FROM THE COLLEGE PRINCIPAL ...

Good bye and Good luck

Our year 12s graduated on 18 November and it is bitter sweet for us all. We are optimistic and hopeful for our year 12s as they face life beyond school. However we are proud of their achievements: seven (7) students have attained direct entry to university, fifty-four (54) QCE, two (2) QCIA, thirteen (13) students completed SAT, three (3) students continuing a traineeship part time and two (2) students continuing on to full time apprenticeships. Congratulations.

Exciting Enrolments

As we plan for 2017 we are excited by the interest that has been shown with over 50 enquiries into Prep and 30 new enrolments into Year 7. Enrolment growth looks to be on the cards.

WINHEC

We are very proud of Helen C. who along with Hannah were the Indigenous youth representatives for Australia through ICEPP - the Office of Indigenous Community Engagement, Policy and Partnerships at Griffith University and COOEE Indigenous Family and Community Education Resource Centre.

WINHEC’s vision is that: ‘We gather as Indigenous Peoples of our respective nations recognizing and reaffirming the educational rights of all Indigenous Peoples’.

In pursuit of the vision we share a collective goal of Indigenous Peoples of the world united in the collective synergy of self-determination through control of higher education.

In doing so we have the common objective of being committed to building partnerships that restore and retain indigenous spirituality, cultures and languages, homelands, social systems, economic systems and self-determination.

Indigenous (Aboriginal and Torres Strait Islander) representatives of Australia at WINHEC 2016

Indigenous (Aboriginal and Torres Strait Islander) and Sami youth and Elders at the WINHEC Conference held at Te Wananga o Raukawa Otaki, Aotearoa, New Zealand on September 26th to October 1st 2016.

Federal member for Bowman Andrew Laming has asked schools to remind families about the Australian Government’s sporting grant - Local Sporting
FROM THE PRINCIPAL cont..

Champions Programme. This is an Australian Government initiative designed to provide generous financial assistance for young people between the ages of 12-18 towards the cost of travel, accommodation, uniforms or equipment needed when competing or coaching at an official national sporting organisation. Currently, the rolling application is under-subscribed in the Redlands. Further information is available at: [http://www.ausport.gov.au/participating/schools_and_juniors/local_sporting_champions](http://www.ausport.gov.au/participating/schools_and_juniors/local_sporting_champions)

Exceptional Teachers
We will be experiencing some change in our teaching cohort at the end of this year. We are very fortunate as a College community to have wonderful teachers who are passionate about their subject and care about our students. It is with sadness in our hearts that we say good bye to the following staff members who have received a transfer or are taking extended leave and or retiring at the end of the year.

Thank you and Good bye to:
Ms Kaye Molloy
Ms Gayle Stroppiana
Miss Kirsty King
Mr Dan Osomolowski
Miss Treyci Maynard
Mrs Stephanie Armstrong
Mr Laurie Lee
Mrs Karen Holescher
Mr John Van Nunen
Mrs Gayle Smith
Mrs Mel Armstrong
Mrs Trish Daley
Mrs Mandy Mallory

We are also very fortunate to be welcoming to our teaching team in 2017:
Mrs Brooke Howard
Mrs Kristina Burns
Mr Carl Harbinson
Mrs Deb Benson
Mrs Margaret Fletcher
Miss Katie Blood
Mr Mark Deere
Miss Kristelle Merson
Mr Sean Carrol
Miss Melissa Pilkington
Mr Toby Armitage
Miss Rachel Hunting
Ms Alicia Griffiths
Miss Anna Rasmussen

Congratulations to Ms Layt and Mrs McClatchey, who recently completed a six month Griffith University post-graduate course, upgrading their qualifications in Junior Secondary Science.

The course is part of a QLD Department of Education & Training initiative to upskill teachers in STEM (Science, Technology, Engineering and Mathematics). Several other teachers in the school are also undertaking similar courses within the program, so stay tuned for the announcement of their completion!

Bronwyn Johnstone
College Principal
FROM THE GUIDANCE OFFICERS

Summer survival kit - Fact Sheet

In this summer survival kit you’ll find everything you need to know, from tips for getting through the holidays to suggestions for curing boredom. Most importantly, be kind to yourself and remember there’s always someone to talk to if you need help. This might help if:

- You’re bored over the summer
- You’re worried about dealing with Christmas stress
- You’re heading to a summer festival

Getting through the holidays

The holiday season can be tough for a lot of reasons and can bring up some issues that are challenging to manage. So how are you supposed to get through it? You might want to check out the following fact sheets at www.reachout.com:

- Managing grief at Christmas
- The family and Christmas
- Managing relationships at Christmas

I know Christmas at my house is often a bit stressful (everyone is frantically cooking, trying to get presents done, sending cards, putting up decorations!) - Ways for managing this stress can include:

- Write a list of things you need to get done (be as specific as possible).
- Prioritise (choose the most important things to do first).
- Say ‘no’ if someone asks too much of you or you feel overwhelmed.
- Sometimes ‘agree to disagree’.
- Start getting involved early - this means you have more of a chance to say what you want and would like to do for Christmas.
- Know what annoys you - If I’m able to recognise what it is that annoys me about people, I can respond differently.
- If you’re feeling overwhelmed, tell someone.
- Discuss what Christmas might mean (or not mean in) in your family and work around this.
- Offer to help in a way that you might be able to manage.
- Try to be patient and have a sense of humour if your family starts telling the same stories they tell every year.

If you’re going through a tough time or need a distraction you could:

- Ring a friend/relative for a chat.
- Check out the fact sheets and stories on ReachOut.com
- Write down some short, medium and long term goals. Check out the 'How to set goals' fact sheet for tips.
- Go for a walk/exercise in moderation (maybe in a team).
- Go for a swim or surf
- Read a book
- Write some of your thoughts down.
- Listen to music
- Write some poetry
- Have a cold or hot shower.

What to do if you’re bored?

Some suggestions:

- Take your camera out on a day adventure and see what photos you end up with or take a photo and share it on the forums.
- Check out your local art gallery (sometimes they have some interesting stuff in the summer).
- Go to a different cinema from the one you usually go to or see/rent a movie that you wouldn’t normally
FROM THE GUIDANCE OFFICERS ...Cont’d

see.

- Organise a games night for you and your friends and ask everyone to bring their favourite game and a plate of food.
- Start reading a new book that you’ve been wanting to read for ages.

What else can I do?

- Set some short term (so in the next few weeks), medium term (in 3-6 months) and long term goals (in a year) - there are some fact sheets on setting goals on ReachOut.com for tips
- Create a ‘green box’ or positive box with things that make you feel good or help you through a tough time - check out this story about creating a ‘green box’ on Reach Out - anyone can have one of these!
- Organise daily activities - sometimes if you’re feeling unmotivated or are on holidays it’s easy to lose motivation to do ‘life’ things - having some activities you can do for each day can help you to keep doing things.

Need help right now?

- Check out the Emergency help section ReachOut.com Kids Helpline (1800 55 1800).
- Lifeline (13 11 44) or Headspace 1800 650 890 + www.eheadspace.org.au
- Call the Kids Helpline on 1800 55 1800 (free call from landline and from Optus and Virgin mobiles).
- Call Lifeline on 13 11 44 (cost of a local call from a landline or free from a mobile).
- If you are in immediate danger get to your nearest hospital now or call ‘000’.

Be kind to yourself

All too often we place expectations on ourselves that we would never place on others - so perhaps make a pact with yourself to give yourself a break this summer, especially since Christmas and New Year is a time when things can get tough. Reference: adapted from the Reachout fact sheet - www.reachout.com

We’re looking forward to 2017, and hope everyone has a happy and safe Christmas break.

Kaye Molloy – Guidance Officer-Capalaba.
Gayle Stroppiana -Guidance Officer Capalaba.

UNIFORM SHOP HOURS 2017

Opening hours for 2017 School year:

CLOSED Monday 16 January
8am – 2pm Tuesday 17 January
8am – 2pm Wednesday 18 January
8am – 2pm Thursday 19 January
8am – 2pm Friday 20 January
8am – 2pm Monday 23 January
8am – 2pm Tuesday 24 January
8am – 2pm Wednesday 25 January
CLOSED Thursday 26 January (Australia Day)
8am – 2pm Friday 27 January

PLEASE NOTE: FROM MONDAY 30 JANUARY THE UNIFORM SHOP WILL BE OPEN FOR TRADING ON MONDAY, THURSDAY AND FRIDAY BETWEEN THE HOURS OF 8:00AM TO 2:00PM. THE UNIFORM SHOP WILL BE CLOSED THE LAST FRIDAY OF EACH MONTH FOR STOCKTAKING, WITH THE EXCEPTION OF NEW ENROLMENTS.
GENERAL NEWS.....

Premier’s Reading Challenge Achievers Celebrate
On a recent Year Assembly thirteen students received certificates signed by Annastacia Palaszczuk for completing the Premier’s Reading Challenge, reading fifteen books in fifteen weeks during terms two & three.

A Visit to Riverbend Books at Bulimba
As part of the celebration week for the Reading Challenge, six of these students accepted an invitation to visit Riverbend Book Shop at Bulimba. There they were treated to afternoon tea and a book talk by Ms Pauline McLeod about the newest and most exciting releases in teenage fiction. As luck would have it, their visit also coincided with a visit to Riverbend by author Elizabeth Kasmer who spoke to them about her new book. Afterwards the students got to choose four of these titles to be included in the library’s collection.

IMPORTANT PAYMENT DATES CHANGES
AS FROM 2017, PAYMENTS FOR EXCURSIONS, FEES ETC AND UNIFORM SHOP PURCHASES CAN BE MADE ON MONDAY, THURSDAY AND FRIDAYS ONLY

BOTH THE UNIFORM SHOP AND PAYMENT COUNTER WILL BE CLOSED ON TUESDAYS AND WEDNESDAYS

THESE HOURS APPLY TO BOTH JUNIOR AND SENIOR CAMPUS

NOTE: UNIFORM SHOP IS CLOSED THE LAST FRIDAY OF EACH MONTH FOR STOCKTAKE

AUSTRALIAN AIR FORCE CADETS

RECRUITING INFORMATION

2/5 Squadron, Australian Air Force Cadets is seeking potential recruits from Capalaba State College to join the Australian Air Force Cadets in their annual training on Monday evenings. As part of its yearly training, Cadets have an opportunity to see a range of aircraft and attend a variety of talks by experts in the field. This year, the focus has been on aviation and space technology, with talks on topics such as aerodynamics, satellite communications and the future of space exploration. Cadets are also given the opportunity to try their hand at various aviation and space technology activities, such as building model rockets and designing satellite orbits. The training is both challenging and rewarding, and is a great way for students to develop their skills and knowledge in the field of aviation and space technology. For more information, please visit the squadron’s website.
FROM THE DEAN OF SECONDARY STUDENTS ...

Congratulations to the Year 12 cohort of 2016. You have done it! You have graduated. A fantastic evening was had by all on Wednesday, the 16 November at the formal. We saw some fantastic vehicles arrive with our students to the Carriage Room. Both the formal and graduation ceremonies were emotional events for both staff and students, and I am proud to have been your Dean for the year. I wish you every success and happiness for your futures.

A big thank you to Shelia Sissons Photography for being our Formal photographer.

Congratulations to Catalina K Year 12, who graduated with not only guaranteed entry into Griffith University, but was the recipient of a $2500 bursary towards her study costs at Griffith University. Cat who wasn’t OP eligible, completed the Griffith University Outreach Program and enjoyed it so much that she applied for direct entry and the bursary. Congratulations Cat.

Congratulations also to Lilli F of 10S who has been accepted to study at the University of Southern Queensland during Semester 3 2016 in the Head Start Program.

Our 2017 Captains: Cruz A, Khye C, Tyson D and Charlotte G have already made an impact on the Year 11 cohort going into Year 12. Together with the planning committee, they have already begun planning for the jacket (keep an eye on emails as a letter will be emailed shortly) and where to have the 2017 formal. I am sure the 2017 incoming Captains will do a fantastic job of supporting their peers throughout the year. Thank you also for attending the 2016 Formal and giving our graduating Year 12 cohort a fantastic send off with awards and commentary on their arrivals.

I would like to finish by acknowledging the commitment and contribution of the 2016 Captains: Lachlan Taylor, Daniel, and Natalia. You have been a pleasure to work with in 2016.

Wishing everyone a safe a happy holiday and a very merry Christmas.

Ms Willcocks
Dean of Senior Secondary Students and Acting HOD of Senior Schooling
GENERAL NEWS ...

IMAGINATION
On 14 November our 2017 College Captains participated in The Halogen Foundation’s Youth Leadership Event, IMAGINATION (formerly known as The National Young Leaders Day). This program has been designed to inspire and influence a generation of young people to lead themselves and others well. As part of the IMAGINATION event the students listened to a number of speakers drawn from an exciting diversity of leadership roles. These speakers included;
Alyssa Azar – Youngest person to cross the Kokoda Track and youngest Australian to climb Mount Everest
Poppy Starr – Pro Girl Skater, Art Maker, Business Owner
Robbie Miller – Musician Winner of Triple J Unearthed’s National Indigenous Music Awards (NIMAs) 2013
Danielle Prince – Olympian Rio 2016, Australia’s Top Rhythmic Gymnast
Nic Marchesi and Lucas Patchett – Orange Sky Laundry founders and 2016 Young Australians of the Year

CHESS NEWS ...

CAPALABA STUDENT PLACES 2nd IN BRISBANE CHESS CHAMPIONSHIP
Seven Capalaba students competed in the 2016 Chess Age Championships held at Brisbane Boys’ College on November 9.
In his graduation year, Aiden K finished second in the 17 Years division. It is not the first time Aiden has placed in this competition. This year’s result improves on his third place in the 2015 16 Years grouping one year ago.
Whilst no other Capalaba students placed this year, all performed creditably, including two newcomers to interschool competition, Dominic S and Lochlan M.

The Chess Club Farewells Two Graduands
It is with a heavy heart that the Chess Club farewelled our two graduating members, Aiden K and Teah D. Aiden and Teah between them have represented our College nineteen times in interschool tournaments and made four appearances in the College Championship finals. We will miss Aiden’s wacky sense of humour (sort of), and Teah’s feminine presence. The Chess Club wish them well in their future and offer them this advice as they go through life: when in doubt, push a pawn.

Craig Edgman
Librarian and Chess Teacher
Junior Secondary Leaders 2017

Junior Secondary students have recently nominated and voted for the Junior Secondary leadership positions. Congratulations to the following four students who have been elected to lead the Junior Secondary cohort next year:

   Erin T;  Litesha C;  Connor A;  Tom G

Their role and responsibilities next year include:

- shadow the Senior Secondary Leaders (College Captains)
- assist with the running of Junior Secondary Assembly
- run College Assembly in absence of College Captains
- involvement in SMT by linking into one of the committees (Cultural, Sport, Environmental or Citizenship)
- model by example
- involvement in the Year 6 Transition Program
- host Junior Secondary Meet and Greet
- promote Class competitions within Junior Secondary
- enhance and promote Junior Secondary Identity
- promote all five College expectations
- involvement in Student Leader Development programs

All students who were shortlisted will participate in a leadership program next year. Congratulations to all students who nominated and went through the voting process.

TRACTION Program

We are extremely fortunate that students have once again participated in the TRACTION Program. We have six Junior Secondary students who work off campus every Wednesday at Shed 27. Recently, the students were interviewed by Jillian Whiting, reporter for the Great South-East program on Channel 7. The episode will feature early next year. TRACTION is a community-based program helping young people discover, connect and experience their own positive and successful futures. For young people, TRACTION offers the chance to re-purpose bicycles and motorbikes in an action-based learning environment of creativity, empowerment and ownership, while being supported by encouraging relationships, community and employment opportunities. TRACTION enables participants to develop skills and confidence, knowledge and experience across a wide range of disciplines. There are also Traction holiday camps this year. For more information, please visit www.traction.community/

Transition for Year 6 students

Over the past month, we have welcomed our Junior campus Year 6 students to the Senior Campus. It has also been wonderful to welcome 27 new students to the College next year. Students have participated in different lessons to prepare them for high school in 2017. The Transition program is one of the best in the Redlands and ensures that our students are extremely familiar with both the staff and the students before they arrive next year. We are also very excited about our Day Zero: Friendship Day on their very first day of high school. All students in Year 7 will begin their high school experience at the Plantation at Birkdale. Students are expected to arrive at the Senior Campus at 8:15am. They are to meet in the Sports Hall. We have organised lots of fun team building activities that will strengthen relationships between staff and students. We look forward to welcoming both parents and students on their first day of high school in 2017.

Semester rewards for Junior Secondary students

Students will be rewarded with a pizza lunch and a certificate on the last Thursday of school as a reward for showing exemplary behaviour, attendance and wearing the correct uniform with pride on a regular basis throughout the semester.

Kylie Barrett
Head of Junior Secondary
Road Safety for Kids

Pedestrian Safety:
Walk and talk - when in a traffic environment talk with your children about ways to keep safe such as holding hands with a grown up; stopping at driveways, roads, curbs and crossings; always looking both ways and using crossings and traffic lights to cross when possible.
For children old enough to cross the road by themselves, teach them to: Stop! Look! Listen! and Think! before they cross the road.

Bicycle, scooter and skateboard Safety:
Remind them to always wear a helmet when they use their bike, scooter or skateboard.
For young children, guide them to a safe place to play away from traffic. For older children, advise them to ride away from busy roads and ride on the footpath whenever possible.

Passenger Safety:
Always buckle up your seat belt, even on short journeys.
Advise your children to get in and out of the car on the footpath side.
For children riding the bus, always wait until the bus has gone before crossing the road.
October - November 2016

We have a busy, fast paced term ahead as we approach the end of another year. We have exciting events coming up such as our Christmas stall and book fair and notes will go out to students as these events draw nearer.

We are in the process of transitioning to our new room located on School Road near the Junior Campus courts. Meetings will be held in this room from late November. Follow our Facebook page for more details. We welcome all new members and ideas.

Craft
Our craft committee meets weekly on Tuesday & Friday 9am - 2pm in the P&C room. We welcome new members and children are welcome to attend.

Second hand Uniform Shop
Huge Savings to be made - come and see us !!!!
If your child/children have out-grown any uniforms at home, we can sell them for you on consignment (conditions apply). Donations are welcome too.
Our shop is open every Tuesday & Friday 9am-2pm (closed last Friday of every month for stocktake).
Please update us on any changes with phone numbers so we can contact you.
For more information please ring Niki Henare 0433 071 241 or Tina Davey 0437 574 757

Coming up...
24 Oct - P&C General meeting
7pm P&C Room Senior Campus
28 Nov - P&C General meeting
7pm NEW P&C Building
Fete committee meetings
2 Nov - 1pm P&C Room
16 Nov - Fete General Meeting
7pm P&C Room
30 Nov - 1pm NEW P&C Building
Craft committee
Meets weekly on Tuesday & Friday 9am-2pm in the P&C room. We welcome new members and children are welcome to attend.

Second hand Uniform Shop
Open Tuesday & Friday 9am-2pm (closed last Friday of every month for stocktake).

Seeking Fete Sponsors
We are currently seeking sponsorships for the Fete.
We have sponsorship packages available to suite all budgets including fantastic promotional opportunities for your business. If you are interested or know someone who would like to become involved please contact us at sponsorship@capalabascfete.com.au or download our complete sponsorship proposal at capalabascfete.com.au.

Would you like to hold a Stall?
If you are interested and would like to be a part of our food and market stalls at the Fete please contact tanyak@capalabascfete.com.au.

Fete Team volunteers needed
Even if you can only spare an hour or two we would love for you to join our dedicated team of volunteers. enquiries@capalabascfete.com.au.

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The P&C Craft Committee’s
Christmas Hamper Raffle

Our Craft group will be running a raffle of fantastic prizes during our Christmas Stall. To help us to achieve this, we are asking our families to help by donating non-perishable items or food items with long use-by dates to be used as part of the hamper.

There will be a tub in the office where you can drop your donations into.
Bring weeks will run for four weeks from October 17 - November 11.
Your support is greatly appreciated.
P & C NEWS CONT....

2017 Booklists
We are pleased to announce we have partnered with Mount Cotton Road News as our booklist supplier for 2017. For every list lodged by December 31st, the P&C will receive a percentage in commission which will benefit the College. You can place your orders online or instore and pay on pickup in January and lay-by is available. We hope you all support our College by choosing Mount Cotton Road News as your supplier.

Fete Committee
Our fete committee will hold their final meeting for 2016 on Wednesday 7th December at 7pm. This meeting will be held in the New P&C room. We are seeking volunteers to assist with planning for our College celebration. Please contact us at: enquiries@capalabascfete.com.au Please also Like & Share our Facebook page “Capalaba State College Fete”.

PLAY GROUP
Our Playgroup is becoming a favourite for parents of youngsters who will join our College community in the near future. Held on Monday mornings, it is a wonderful place to meet new people and for parents and their children to make friends prior to starting their schooling journey. Playgroup meets on Monday’s 9-11am in the ECOPD rooms/ playground on Junior campus.

Our first playgroup of the year is on the 30/1/17. We cater for children of all ages, just bring along $2 and a piece of fruit to share.

Capalaba State College Playgroup. Join our facebook group to keep up to date with all our playgroup activities.

Capalaba State College
Piratehna Swim Club
Are you looking for a great summer activity where you can make some friends, stay active and have fun? Then you should come down to the Swim Club and see what we are all about!
Registrations are open all season and adjusted pro rata and new swimmers can trial for 2 weeks before registrations are finalised.
The Club meets every Tuesday night from 6pm with events starting at 6:30pm. Anyone aged 5 years to 21 years can join for an all inclusive cost of $150 per swimmer. Families with 3 or more swimmers receive a discount.
Membership even includes a club swimming cap and shirt.
We are all about providing young swimmers with an opportunity to swim for fitness and enjoyment, providing them with a sound basis for future competitive swimming if they wish to progress.
It’s all about supporting each other, showing great sportsmanship and trying your best.
If you are interested please give us a call, email or pop down to the pool on a Tuesday.
(Note: Club breaks for the holidays from 6/12/16-22/1/17).

capalabaswimclub@gmail.com
www.capalabaswimmingclub.org.au

Capalaba Amateur Swimming Club

Spring Cleaning over the Holidays?
If you happen to be planning a clean up or clear out at your house over the holidays, please consider donating some of your pre-loved goods. We will be collecting books, and non electrical household items in the new year and would really appreciate donations.
A drop off location for all donations will be advertised in term one 2017.

Seeking Sponsors
We have sponsorship packages available to suit all budgets including fantastic promotional opportunities for your business. If you are interested or know someone who would like to become involved please contact us at sponsorship@capalabascfete.com.au or download our complete sponsorship proposal at capalabascfete.com.au.

capalabascfete.com.au | enquiries@capalabascfete.com.au

Fete Team volunteers needed
Even if you can only spare an hour or two we would love for you to join our dedicated team of volunteers.
enquiries@capalabascfete.com.au
JUNIOR CAMPUS NEWS ..... 

Year Four Gala
This term our Year 4 cohort participated in a Gala Day at the Cleveland Showgrounds. This day is to introduce students to interschool sport that Capalaba State College offers throughout the year levels from Year 5. They played a number of sports including: Soccer; Hockey; Tennis; Oztag; Newcombball; Auskick; & Cricket over the day. All students showed great sportsmanship in their games and had an enjoyable day.

Climbing Day
On Friday 18th November, a group of Junior Campus students had the opportunity to spend a day at an Outdoor Education Centre at The Gap SHS. They spent the day bouldering, rock climbing and conquering vertical challenges. Students had to take responsibility and second belay their peers which requires team work and communication. They had an opportunity to challenge themselves on all obstacles and most students learned that they could overcome fears and personal challenges by never giving up. All students were exceptionally well behaved and upheld a high standard of effort and courage throughout the day.

Solid Pathways Lego First League
Capalaba State College sent an Indigenous Solid Pathways student representative to the Hi Tech Cube Building at QUT for the Brisbane Championships of the Lego First League Robotics competition. Year 5 student Liam was able get up close and personal with the best robotics teams in Brisbane competing in this national competition. Liam was also given VIP access to all areas and behind the scene tours of the Cube. Solid Pathways is a critical and creative thinking program for high-achieving Aboriginal and Torres Strait Islander students.
JUNIOR CAMPUS NEWS …..

Year 6 Celebration
The Year 6 class of 2016 was presented to the community in a morning ceremony in the Junior Campus Hall. Future Junior Campus Captains led the proceedings that included a Dance Performance, Dance and Music Awards, the Rotary All Rounder won by Ebony, new Leadership awards and each Year 6 student received a beautiful photo certificate recognising their completion of Primary school. Mrs Johnstone and Mr Thatcher presented the certificates with the Year 6 teachers. Both current and future Junior Captains led the official party to the annual Year 6 cake cutting and a lovely morning tea followed with parents and carers. Our Year 6 were very excited about their presentation and then headed to the Senior campus for their Junior Secondary transition day.

Year Five Camp
Year 5 students attended a Leadership Camp at Currumundi on the Sunshine Coast for 3 days. The camp was orientated around challenges that required students to work together in order to complete them. Students participated in a range of engaging activities that included: the big swing, archery, rock climbing and body boarding. During these activities, students’ demonstrated skills such as team work and communication which ultimately helped each group reach their goals.

Many students said that the highlight of the camp was body boarding at Shelly Beach and involved riding the waves into shore and having a relaxing walk along the beach to end the day. They also enjoyed the rock climbing and the big swing, where students needed to work together to pull each other above the ground and then swing down in a harness. Some children were raised up to 30 metres above the ground but with the encouragement of their peers and continuous reassurance of their fellow students they completed the activity with a smile on their faces.

I am overwhelmed with the positive comments about the Year 5 students on camp. Each individual child accomplished so much, broke down barriers, made new friends and had fun whilst doing it. Every adult and child began the camp very excited and full of energy, but with three full days of exciting new adventures, students left the camp tired but with a sense of accomplishment and feeling proud of their individual achievements and their fellow peers.

Maddison Hooley
Year 5 Teacher
HIGH PERFORMANCE SPORT NEWS …

End of year sport report
Semester two this year saw the introduction of our High Performing Sport Program. Students who excel at Volleyball and Basketball, after an application and trial process, were selected into the program which includes 3 timetabled lessons per week, after school and holiday training sessions as well as participating in specialist clinics with current professionals in the respective sport. Students who excelled in Rugby League were able to join the Rugby League program and participate in clinics with both the Brisbane Broncos and Wynnum Manly Development Officer, Chris McKenna.

High Performance Volleyball
Volleyball has long been a flagship sport at Capalaba State College and the introduction of the High Performing Sports program allowed us ways to build upon this strong foundation. The students who were selected into the program have begun developing their inner athlete, showing skills such as dedication, time management and team work. These skills were developed through classes, after-school training sessions and holiday training camps with the outcome being evident through the tremendous successes of our teams. The year 8 girls Volleyball team started their season on a high, winning the District competition and progressing to place third in the Brisbane Metropolitan semi-finals. After this outcome, the girls refocussed and committed to training hard for the Queensland Volleyball Schools cup tournament. The team entered the tournament in division two, and went through each day undefeated before winning the Grand Final in a relaxed 2-set game. The year 7 boys and girls also entered into the tournament, in which for many of the students was their first tournament in the sport, and finished with outstanding results. The boys proved themselves worthy of a 3rd place finish with the girls winning 5 of 6 games, resulting in a 5th place finish.

High Performance Basketball
After the success of our year 10 girls’ basketball team winning the district competition, the High Performance Basketball program was developed for Junior Secondary students. Under the professional expertise and mentoring of Mr Carroll and Mr Brady, the students in the program used class time to work on their fundamentals and have shown extraordinary improvement in all facets of the game. The competitiveness of each session has improved exponentially throughout the semester and the leadership shown by students in the program has been tremendous. Game play is a key focus of the lessons as students learn to transfer skills into real situations which was evident in term 4 when students travelled to Chisholm Catholic College to play a friendly game. Our year 7 and 8 High Performing Basketball students began the game nervously but were competitive to the end, narrowly losing by 10 points. A highlight of the program was welcoming Brisbane Bullets players’ Mitch Young and Shaun Bruce to run a special clinic for the Basketball students. The players provided some expert advice and a few tricks of the trade, and it was a privilege for our students to learn from the best. Mitch and Shaun also answered some insightful questions from students about their journey, professional basketball career and gave advice to our young athletes.

Rugby League
2016 was a great year for Capalaba Rugby League. This year we fielded four teams in the interschool sports competition and competed strongly. All teams recorded wins and improved tremendously as the season went on. Coaching clinics and pathways were set up for students with the Wynnum Manly Seagulls
HIGH PERFORMANCE SPORT NEWS (CONT) …

Development Officer, Chris McKenna and the Brisbane Broncos. The knowledge and expertise passed on to students in the program was evident through their continual on-field improvement. Next year, we look to maintain our high standards and develop more teams. We are very excited to announce a partnership with Capalaba Warriors Junior Rugby League Club. With this partnership, we hope to see more representatives from our school follow in the footsteps of William B, who made the Brisbane Representative Team and has also been selected as part of the Wynnum Seagulls Development Squad. A fantastic achievement!

**Student reports**

“Going to the tournament and versing other schools that I haven’t heard of and learning about a new sport, improving at it and growing to absolutely love it” – Stacey, yr. 7

“When the bullets came out was awesome. The teachers also help us improve – Mr. Carroll doesn’t do the same things over and over. He is constantly teaching us new and exciting drills to improve our game play.”  – Manea, year 7

“Training with the year 8’s to gain experience. I love the games during lunchtimes and after school training sessions!” – Trinity, year 7.

“Holiday training was the best! It went for a long time, we got specific training and it helped the team bond.” - Luke, Year 7

**What’s in store for next year?**

All teams have worked extremely hard this year and, through High Performing Sport, are more determined than ever to train hard to defend and win titles next year. Students in the program are currently looking forward to their day camp, which will take place in week 1 next year. Students will travel to the Runaway Bay Sports and Leadership Excellence Centre, an official venue for the Commonwealth Games, to participate in specialist seminars and training sessions. Stay tuned for more exciting news and results!

**CSC Traineeship Program**

Here at Capalaba State College, we have developed an excellent work transition program which is inclusive of every student in the senior phase of learning. This program usually commences with work experience and progresses to either school-based traineeships or apprenticeships. The initiative has been established over time and involves close working relationships with local employment services and businesses. Recently, Carol Matibiri from the Australian School Based Traineeship organisation attended the college and presented traineeship certificates to two of our senior students on their very last school assembly. Jamal B and Jesse McC received the awards, both in the industry of Car Detailing and were very proud of their achievements, as were all of us here at Capalaba State College. We wish them all the best for their post-school endeavours. Well done boys!
GENERAL NEWS ...

Taking action against violence, abuse and harassment

We all need to speak out against men’s violence against women.

Silence and inaction will let this violence continue.

Sometimes it is hard to know what to say and how to act, and you may feel uncomfortable about speaking out. In this factsheet, you will find some tools to help you.

Above all, remember to keep yourself and others safe.

Call 000 in an emergency.

Intervening in violent situations

This is what you can do when you see violence:

• Stay safe: Safety is vital in deciding when and how to respond to violence when it is occurring. If the situation is already violent and looks like it is escalating quickly, don’t directly intervene. Call the police.

• Create a distraction: an indirect and non-confrontational distraction can help disrupt the situation. You can do this by starting a conversation with the victim or perpetrator about anything, for example the weather. This can help keep a potentially dangerous situation from getting worse.

• Watch: stand a safe distance away so the violent person knows they are being watched.

• Ask for help from people near you: speak out together to tell the violent person that his actions are unacceptable.

• Support the victim: talk to the woman to show your support. Ask if she needs help.

Signs that a woman may be experiencing violence and abuse

Most violence against women happens in the home and other private places, so you probably won’t see it happening. Here are signs that a woman is experiencing violence and abuse:

• She often mentions that her partner is ‘jealous’ or has a ‘bad temper’.

• She is afraid of her partner and tries hard to please him.

• Her partner criticises and humiliates her in public.

• She has become increasingly anxious or depressed, has lost confidence or is unusually quiet.

• She has physical injuries (for example bruises, cuts and sprains) and gives unlikely explanations for these injuries.

• She tells you that her partner pressures or forces her to perform sexual acts.

• Her partner makes all the decisions, for example he controls the finances and tells her who she can and can’t see.

• Her children seem frightened of her partner, have behavioural issues or are withdrawn and anxious.

• She doesn’t want to leave her children alone with her partner.

• If she has left the relationship, her ex-partner calls or emails her constantly, follows her, comes to her house uninvited or waits for her at work.

Supporting women

If you feel comfortable approaching the woman, you can speak to her and simply say, “I’m concerned about what just happened. Are you OK?”. Let her know that violence and abuse are wrong and that she does not deserve it.

Tell her that you are willing to help. Let her know about local support services that offer free and confidential advice and offer to help her access these services if she needs extra support.

Read the White Ribbon factsheet “What to do when someone tells you about their experience of violence or abuse” for more information about what to do.
THE ARTS ...

Arts Awards
Our final presentation of Arts Awards took place at the Visual Arts Exhibition and Dance Night. These included:

- Junior Secondary Dancer of the Year: Aroha H;
- Senior Secondary Dancer of the Year: Kate P;
- Junior Secondary Visual Artist of the Year: Fiona F;
- Senior Secondary Visual Artist of the Year: Courtney M.

Extension Drama Project: The Scene Project – Riley Valentine and the occupation of Fort Svalbard
On 24 October, 16 actors from across Year 7-12 experienced performing on the Redlands Performing Arts Complex stage as part of Qld Theatre’s The Scene Project. This valuable extension project focussed on developing actors’ skills in interpreting, devising, collaborating and performing. Throughout Semester 2, our students devised and rehearsed their performance with collaborating teacher-artists Miss King, Miss Prior & Ms Wall on Friday afternoons, adding an extra hour on Thursday mornings during Term 4.

During October, 39 schools throughout Queensland, including the 5 schools at RPAC, performed their 15 minute interpretation of Riley Valentine and the occupation of Fort Svalbard. Following the sharing of each school’s performance, a professional cast performed the entire play.
THE ARTS NEWS…

Hands On Artists at Capalaba
Past parents of the College, Errol and Michelle White have enlisted the help of Capalaba students and staff to paint their car which they will be using for an upcoming rally next June to raise money for research into Cancer.

Students have embraced the hands on Art experience with the assistance of teachers, Ms McEachran, Ms Elliot and Mr Brady. The results are stunning. You will be able to view the car over the next few months as it will be driven around the Redlands and will also be on display at the Manly Markets on Sunday 11 December. The car will also displaying the Capalaba logos. Good luck Michelle and Errol.

JUNIOR CAMPUS SWIMMING CARNIVAL…

A great day was had by Junior Campus students at Thursday’s Swimming Carnival. Years 4 to 6 enjoyed the morning’s competition with our Prep to Year 3s participating in the afternoon. Thanks to all those parents for their support.
Dance
This year’s Senior Campus Dance Night “Shut Up and Dance,” hosted by Tyson Dixie 2017 Vice-Captain, was held on Friday 4 November in the Senior Campus Hall. It was an evening full of talent, with routines from curricular and co-curricular classes from year levels 7 to 12. All the Dance students have worked hard throughout the year to learn routines across a range of dance styles that came together to create a fantastic show. This year’s Dance Night provided opportunities for some students to perform on stage for the first time and extension for experienced dance students, some performed in over half of the routines on the night. I would like to thank staff, parents and the community for all your support throughout my first year at Capalaba and I look forward to your support in 2017.
– Miss Katie Blood

ARTS NEWS (cont) ...

Capalaba students learning from business professionals
Throughout terms 2, 3 and 4 a number of our year nine students have participated in, and completed, the ABCN Goals Program. This program provides opportunities for students to be mentored by business professionals with the aim to raise awareness of the wider range of personal, educational and vocational choices. Over a series of six sessions the students undertook activities with their mentors that focussed on developing confidence, goal setting and communications and interview skills. Our student participants were Bella G, Tiarna G, Jaydn M, Karishma D, Rachael A, Mason T, Amber H, Alex R and Jay S.

Merry Christmas and a Happy New Year to our students, parents and staff
The Amazing Year 3 Expo Day

What an exciting time we had at the Year 3 Expo Day! All the fun of a country fair came to our playground on Friday 25th November, as parents and grandparents were invited to experience our “Cultures of the Past,” Expo Day. This term, Year 3 has studied different cultures and places of the past, such as Ancient Rome, Ancient Greece, Vikings, Egypt, Pirates, Olden Day Australia and The Wild West. The grade 3s set up play based learning activities on the playground to celebrate our learning.

We had so many other great activities too: spaghetti mummification, roman catapults, grecian mask making, fishing in the Aegean sea, and digging for pirate treasure. Thank you to all the grade 3 teachers for organising, to all the wonderful student helpers and the parents for coming along! What a great day!
By Rachael Hunting – 3A

Christmas Concert
Prep to Year 3 classes prepared an array of festive musical pieces the annual Christmas concert in the college hall. Our College P&C provided a delicious BBQ for pre-concert snacks. Families filled the hall and were entertained with songs that covered the globe from Africa to the North Pole and USA.

Performances were chosen by the teachers to reflect the holiday season and our student’s bright futures at the college of choice in the Redlands. Students sang traditional Christmas songs, danced to electronic Crazy Frog mixes of Jingle Bells, performed a Rock’n’Roll Hokey Pokey and wowed the audience with Hip Hop, Swing and Pop numbers.

Year 3 students performed Santa Claus is Coming to Town using AUSLAN, the language used by Deaf people in Australia. The concert was also interpreted in AUSLAN for our students learning AUSLAN. The costumes were brilliant, the children’s smiles enormous and the cheers from the families heartfelt for another successful Christmas concert.