FROM THE PRINCIPAL ...

As Acting Principal of Capalaba State College I will be sharing your journey over the coming 6 weeks while Mr Coghlan takes a well-earned break. I am looking forward to meeting and getting to know as many of you as possible during this time. As a leader and a parent I am strongly focused on ensuring that each student has an opportunity to achieve their full potential by building upon Capalaba State College’s culture that models and promotes **high expectations of: Teaching & Learning, Behaviour and Uniform**.

My expectations during this time will be focused upon ensuring the school systems and procedures to assist your child in their learning at Capalaba are reinforced and maintained in Mr Coghlan’s absence. There is no substitute for hard work and the best advice I can give students and parents is:

**Attendance, positive behaviour and full completion of class work, homework and assessment are the keys to achieving the best possible results for all students.**

Capalaba State College is building an exciting school community through this clear focus on high expectations and clearly defined standards.

**Learning Matters - Term 1 Reports**

Students and teachers are focused on finalising important assessment throughout the final 3 weeks of Term 1. This assessment will contribute towards their interim report card and ultimately their end of Semester 1 report. A key reporting and feedback date for students and parents on the Senior Campus is: Parent/Teacher Interviews held on **Wednesday 27 March 2013**. Bookings can be made via our website.

When you receive the report card please take the time to sit down with your son or daughter and talk about the results on the report card. Some questions to help you could be:

- What does this report card say?
- What story does it tell about how I have worked over the past 10 weeks?
- Is this the very best I can do? If no, how can I improve?
- Which habits do I need to focus on in order to achieve better results?
- What would a potential employer say about my report card?
- Are you proud of your report card? Why? Why not?

**What is NAPLAN?**

The National Assessment Program – Literacy and Numeracy (NAPLAN) is an annual national assessment for all students in Years 3, 5, 7, and 9. All students in these year levels are expected to participate in tests in Reading, Writing, Language Conventions (spelling, grammar and punctuation) and Numeracy.

**Why do students do NAPLAN tests?**

NAPLAN is the measure through which governments, education authorities, schools, teachers and parents can determine whether or not young Australians are meeting important educational outcomes in literacy and numeracy. The tests provide parents and schools with an understanding of how individual students are performing at the time of the tests. They also provide schools, states and territories with information about how education programs are working and which areas need to be prioritised for improvement.

NAPLAN tests are one aspect of the school’s assessment and reporting process, and do not replace the extensive, on-going assessments made by teachers about each student’s performance.

.....Continued over
FROM THE PRINCIPAL ... (cont)

What will be tested, and how?
NAPLAN tests the sorts of skills that are essential for every child to progress through school and life, such as reading, writing, spelling, grammar and numeracy. The content of each test is informed by the National Statements of Learning for English and Mathematics which underpin state and territory learning frameworks. Questions are multiple choice or require a short written response. The Writing task requires students to write a persuasive text.

School Spirit Gets Active
It is unfortunate that due to the wet weather students have been unable to participate in the scheduled interschool sporting program. The Cross Country/Fun Run on March 15 on the senior campus has also been POSTPONED. As many students and staff are getting into the spirit of day, weather permitting, the day will now be held on FRIDAY 22 March. A great way to develop school & HOUSE spirit!

Keep watch on our school @ Capalaba these holidays
With the holidays fast approaching, please keep an eye out for after-hours crime in our school. If you see anything suspicious, please call the School Watch number – 13 1788. The School Watch Program is a partnership between Department of Education and Training, the Queensland Police Service and the State Government Protective Security Service. It aims to reduce vandalism, theft and arson in Queensland schools. If you do see something suspicious, please don’t attempt to intervene. Call the School Watch number and let the local police or State Government Protective Security Service deal with the matter. Keep the number handy – 13 1788 – and let’s work together to help create a safer school community. If you would like to know more about the program, please call Education Queensland’s Security Program on 3237 0874.

College Captains 2013
I would like to congratulate the 2013 College Captains who were introduced to the College Community at the recent Investiture. I am sure you will see or hear of their hard work on behalf of the College throughout the year.

Thank You
Thank you to the school community for welcoming me into your great school and the many parents, caregivers and students who support the schools’ high expectations culture on a daily basis. I look forward to seeing you at the Senior Campus Parent/Teacher Interviews on Wednesday 27 March.

A reminder that school resumes in term 2 for ALL students on Monday 15 April 2013. I would like to take this opportunity to wish all families and staff a safe and relaxing Easter Vacation.

Regards
Jeff Barnett
Acting College Principal

SENIORS (YEARS 10 — 12) NEWS ...

Do you have a business .... or are you an employer ..... that could help us with Work Experience for our Futures Program Year 10, 11 and 12?
At Capalaba State College, part of the Futures Program for Year 10, 11 and 12 students is to provide the opportunity for students to participate in Structured Work Placement (Work Experience) in various different occupations and vocations. Students enquire regularly about experiencing different careers whilst making informed decisions about pathways in the Senior Phase of Learning.

We are currently seeking interest from any local community employers and businesses in supporting our students through the Work Placement Learning Program by offering opportunities for students to participate in Structured Work Placement. Students can participate in Work Experience for anywhere between 40 to 80 hours.

If you would like further information about hosting students for Work Experience or know an employer or business that would support the Work Placement Learning Program at Capalaba State College please contact either John Van Nunen, our Head of Department Senior Schooling (telephone: 3823 9114, email: ivann1@eq.edu.au) or Jane Petersen, our Work Experience Coordinator (telephone: 3823 9116, email: mpete105@eq.edu.au).
FROM THE PRINCIPAL TEACHING AND LEARNING (P-12)

Our five College Expectations create a framework for our young people in the College environment. We talk a lot about being responsible, respectful, safe, and positive but don’t always talk about what it is to be a learner. What does this look like for your young person? How often have you asked the question, “What did you do at school today?” to get that all too familiar response, “Nothing!”

Next time your young person comes home from school try this version “What are you learning at school?” This gives students an opportunity to think about ‘learning’ rather than the activities that happen at school and assists with their growth as a learner.

What does it actually mean – BE A LEARNER? It is all of the things that you would expect –

- Be prepared by bringing all of the equipment that you need for participation in a class;
- Be on time;
- Listen actively;
- Follow instructions;
- Participate fully in all activities and
- Ensure that you have had a healthy breakfast to get your brain and body ready for learning.

It is also a whole lot more than this. Young people of all ages, need to develop an understanding that learning can be hard work. Sometimes parts of it can be easy but, in general, a great deal of effort is required if students are to develop and grow and improve their learning outcomes. It is important that we all encourage learning through helping young people link effort with achievement and not allow them to attribute success or failure to things outside of their control. Such as, luck, ability or other people.

When we make comments like, “You need to work harder.” What does that mean for the student? It is imperative that we all give our students feedback about what they need to do to improve. In every classroom across the College students are made aware of exactly what the learning objective is for a lesson. By doing this, teachers are then able to link feedback about learning to this objective. Feedback should be planned and specific and linked to the learning. Research has highlighted the following classroom recommendations which are also useful to use in any context:

- Provide feedback that addresses what is correct and elaborates on what the students do next.
- Provide feedback appropriately in time to meet students’ needs.
- Provide feedback that is linked to criteria and
- Engage students in the feedback process.

Research tells us that providing feedback has such a powerful impact on not just learning but young people’s perception of themselves as a learner.

If we praise success by making comments such as; you as so clever; smart; intelligent; lucky... all of the time then this can backfire if they are not successful in their task as they could start believing they are not clever; not smart; not intelligent and not lucky.

It is important that we all find every opportunity to link effort with achievement and thus encourage resilient learners who see failure as an opportunity to learn and not just give up.

Effort isn’t just how hard you work. It is how your hard work impacts on learning. It is important that we all find every opportunity to link effort with achievement and thus encourage resilient learners who see failure as an opportunity to learn and not just give up.

Regards,

Linda Knight (Principal Teaching & Learning P-12)
Junior Secondary (YEARS 7—9) NEWS …

Action Against Bullying
At Capalaba State College we are committed to taking action to protect students from bullying and to respond appropriately when bullying does occur. We take the issue of bullying extremely seriously and do not tolerate behaviour that violates the right of all students to learn in a safe and secure environment. At Capalaba State College we will strive to build a positive culture where bullying is not tolerated.

Bullying is when someone (or a group of people) with more power than you repeatedly and intentionally uses negative words and/or actions against you, which causes you distress and risks your wellbeing. (National Centre Against Bullying)

There are four recognised types of bullying. These are:

1. Physical bullying
This is when a person (or group of people) uses physical actions to bully, such as hitting, poking, tripping or pushing. Repeatedly and intentionally damaging someone's belongings is also physical bullying.

2. Verbal bullying
Verbal bullying is repeated or systematic name calling, insults, teasing, intimidation, homophobic or racist remarks and verbal abuse.

3. Covert (Social) bullying
Covert bullying is often harder to recognise and can be carried out behind the target’s back. It is designed to harm someone’s social reputation and / or cause humiliation. Covert bullying includes:
- Lying and spreading rumours
- Negative facial or physical gestures, menacing or contemptuous looks
- Playing nasty jokes to embarrass or humiliate
- Mimicking unkindly
- Encouraging others to socially exclude someone else

Damaging someone’s social reputation or social acceptance.

4. Cyber bullying
Cyber bullying is overt or covert bullying behaviours using digital technologies. Examples include harassment via a mobile phone, setting up a defamatory personal website or deliberately excluding someone from social networking spaces. Cyber bullying can happen at any time. It can be in public or in private, and sometimes only known to the target and the person bullying.

It is also important to recognise what behaviour is not considered bullying. Such behaviours include:
- Mutual arguments and disagreements (where there is no power imbalance)
- Not liking someone or a single act of social rejection
- One-off acts of meanness or spite
- Isolated incidents of aggression, intimidation or violence.

While these behaviours would not be considered bullying (because they do not involve deliberate and repeated harm and a power imbalance) we take them extremely seriously and they will be addressed through processes as described in the College Responsible Behaviour Plan. It is important that students, staff and parents/carers understand what bullying is, how it impacts on people and how bullying is responded to at Capalaba State College.

Would you like to know more about Action Against Bullying?
The complete College Action Against Bullying policy can be found on the college website. Some helpful links include:
- www.bullyingnoway.com.au
- www.cybersmart.gov.au
- www.amf.org.au
- www.ncab.org.au

Friday 15th March is National Day of Action against Bullying and Violence. Students have shown their support of a Bully-Free culture by purchasing and wearing an orange ribbon.
Junior Campus News (Prep to Year 6)...

Please Take Care of Stairs

During our recent wet weather, we had a number of incidents of parents falling on staircases on Junior Campus. Luckily no one was badly hurt but the potential for serious injury on stairs is very real. There is no doubt that the rain makes stairs slippery and we do not have the capacity to make all staircases weather proof. But these falls have also highlighted the importance that footwear plays on stairs. Items such as thongs and high heels are much less secure than other shoes and it is worth noting that during this wet weather we had no reported incidents of student falls on steps even though there were far more student treks up and down stairs than parent journeys.

So we thought it might be timely to increase parent awareness in regards to choices of footwear when coming on to Junior Campus. Wearing the right shoes could make the difference between a safe, happy visit and a more harmful time.

End of Term Events

There are three upcoming events worthy of note before we end the school term. On the last Monday of term, 25 March, we will be staging our regular end of Term 1 parent teacher interviews. This year we will be continuing our use of the Parent Teacher Online method of booking appointments. A letter will be sent out early next week with details of this process.

On the last day of term, Thursday 28 March, all students will be busy with special events. Prep to Year 3 students will be enjoying an Easter event in the morning while students in Years 4, 5 and 6 will be involved in their annual Swimming Carnival. Details of both these events will be sent to you by letter in the coming week. All parents and spectators are very welcome to attend and witness proceedings.

Happy Holidays

This short school term is passing very rapidly and we will enter school holidays before our next newsletter. Thank you to everyone for their involvement this term. A special thanks to all our parents for their support of our homework reading initiative. I have no doubts that such effort on everyone’s part will be benefitting all students. Please continue this valuable work across the coming weeks and months. In the meantime we wish you all a safe and happy holiday.

A reminder that there is no Pupil Free Day to start Term 2. School resumes on Monday, 15 April. We will see you then.

Regards
Brad French
Junior Campus Principal

Junior Campus Music and Arts Update.

We welcome Mrs Carly Davidson to the Junior campus Arts department this year joining Mrs Lawless and Mr Tickner for an exciting 2013 program. Mrs Davidson will be teaching year 4, 5 and 6 Drama and Dance this year and the student response has been extremely positive. This year there are some changes to the extra-curricular program timetable. Students who wish to join any group can see the relevant teacher to get a letter. Unfortunately places are limited due to high demand so try not to miss out on these great learning and social opportunities.

News of parade performances and upcoming events will be posted in the Junior campus music room window as usual.

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<th>Wed</th>
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<tr>
<td>Before school</td>
<td>Senior Band – Mr Tickner - Music Room</td>
<td>Junior Choir - Mrs Lawless - Hall</td>
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<td>7.45 a.m.</td>
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<td>1st Break</td>
<td>Senior Choir - Mrs Lawless - Music Room</td>
<td>Junior Band (new students) - Music Room</td>
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Music and Arts Committee – Junior Campus

We are looking for any parents who are interested in joining the music and arts committee. We have various levels of requirement depending on your availability and would love to hear from anyone who would like to find out more. Please contact Mrs Lawless if you have any questions.

Thank you,
Louisa Lawless
From the Guidance Officer ...

Career opportunities with the Defence Force

Defence Force Recruitment (DFR) Brisbane Information Sessions Saturday March 16 10am ADFA
Wednesday March 27 6-8 pm Trades - General Entry 11/410 Ann Street Register – 30162307 or cptqld@dfr.com.au

Key DATES: Career Expos and University/ Training Organisation Open Days 2013 (please see provider websites for more details)

May 3 University of New England (UNE) Open Day
May 18 Charlton Brown (Registered Training Organisation) Open Day
May 24, 25 Careers and Employment EXPO - Brisbane
June 1 JMC Academy (Creative Industries) Open Day
June 12 Bond University – Investing in your Future (Brisbane)
July 14 Bond University – Open Day
July 20 Think Education Open Day
July 28 Queensland University of Technology (QUT) Open Day – Gardens Point Campus
August 3 Jazz Music Institute (JMI) Open Day
August 4 Central Queensland University (CQU) Open Days commence
August 4 University of Queensland (UQ) Open Day – St Lucia
August 4 University of Southern Queensland (USQ) Open Day – Frazer Coast
August 7 University of Queensland (UQ) – Ipswich Open Day
August 10 JMC Academy (Creative Industries) Open Day
August 10 Charlton Brown (Registered Training Organisation) Open Day
August 11 Griffith University Open Day (Gold Coast, Nathan and South Bank)
August 11 University of Sunshine Coast Open Day
August 18 Queensland University of Technology (QUT) Caboolture Campus Open Day
August 18 University of Queensland (UQ) Open Day - Gatton
August 18 University of Southern Queensland (USQ) Toowoomba Open Day
August 24 Christian Heritage College - Higher Education (CHC) Open Day
August 25 James Cook University Open Day – Cairns
August 25 University of Southern Queensland (USQ) Springfield Open Day
September 1 James Cook University Open Day - Townsville
September 3 APM College of Business and Communication Information Evening
November 30 Billy Blue and CATC Design School Open Day
December 2 Southern Cross University (SCU) Day – Coffs Harbour
December 4 Southern Cross University (SCU) Day- Lismore
December 5 Southern Cross University (SCU) Day- Gold Coast
December 16 University of Sunshine Coast – Q&A evening
December 16 Central Queensland University – Information sessions
December 16 Christian Heritage College - Higher Education (CHC) options evening
December 16 Australian Catholic University (ACU) Information evening

EUMYANG KOREAN MARTIAL ARTS
Training at Capalaba State College, Senior Campus Auditorium

Wednesday
Tai Chi Class: 8 to 9
Instructor - Master Peter Rozario
6th Dan – TaeKwonDo & Hapkido
4th Dan – Kumdo

Enquiries please ring 3245 4824
From the Special Education Program

Transition to Post School Opportunities
Four of our Year 12 students are currently completing a Work Readiness course with Connect 2 Employment Cleveland. The purpose of the course is broadly based. It exposes the young people to the types of activities that they will engage with when they leave school, both in the work and home environments. As valued members of their community and in the employment sector, they are encouraged to explore how they see themselves achieving this as they transition to post school options. The identification of and setting of personal goals, provide the young people with the opportunity to then look more closely at the skills that they will need to work towards and who best can deliver these. Connect 2 Employment has 20 years’ experience working with people who have a learning disability or intellectual.

Early Special Education
We would like to welcome Stephanie Armstrong who has joined our team in Early Special Education this year. Stephanie has been working in the early years of schooling since leaving University and is in her final year towards completing her Masters in Special Education.

We welcome back all our families and to those families who are new, we trust you have settled in to the routine and your young person is enjoying the program’s. Keiran was showing Stephanie the toys in the sandpit the other day, just prior to the days of rain that have stopped us from fully enjoying our outside play.

IPads
Thanks go, to Mrs Judy Galos on the Senior campus and Ms Rachel Evans on Junior campus who have agreed to take up the role of coordinator for the implementation of our IPads into Classrooms to support the ongoing learning needs of our students supported by the Special Education Program. The recent agreement between Apple and Education Queensland has allowed us to now progress our implementation. If you are aware of an application that you or your child use, we would love to hear from you. Although we have an extensive list of applications there are an enormous number of program’s and we are always on the lookout for these.

Capalaba continues to perform strongly in the interschool chess tournament.
In the first round of this year’s competition held at Stretton State College on March 7 our premier team achieved a podium finish with outright 3rd place out of 25 teams that competed. Only Churchie and Brisbane State High finished ahead of us. Our second team finished in 8th spot, maintaining our long-standing record of having two teams in the elite top 8.

William T and Jack B received ribbons of merit for strong individual performances. With six wins out of seven matches, William was also in line for an individual award, but missed out on an official placing on countback. New team members Sam F and Aiden K also made successful debuts winning three of their seven matches.

In a breakthrough achievement for our chess team, William T and Zac W both defeated opponents ranked above 1000. It’s the first time Capalaba team members have managed to do that, and for two of our premier team members to achieve that milestone in the first round of this year’s competition augurs well for our prospects in the 2013 interschool tournament.

Congratulations to Jack
Year 8 student Jack M is going from strength to strength in his chosen sport of Karate. In April, he will be travelling to Sydney to compete in the Australian Open Karate Championships & Australian Schools & University Championships and then heading off to New Zealand to the Open Championships at the end of the month. Jack is a 1st Dan Black Belt at the Kodomon Karate-Do at Alexandra Hills. We wish him well in his endeavours. Later in the year Jack will be going to Canberra to train with the National Team. Well done Jack.
ARTS NEWS ...

Term One in Senior Arts subjects focuses on nourishing our students with professional arts works which they then analyse and respond to in assessment tasks. Students take that learning into Term 2 ready to create, present and produce their own art works. We look forward to sharing these works with you during ArtsFest in the final week of Semester One.

Year 7 & 8 students will complete their first Arts rotation by Easter, and then move onto other art forms in Term 2. Families are requested to ensure students have their equipment ready for their new subjects. Year 9s will complete a semester in one Arts subject. During Term 2 they will select a second (different) Arts subject for Semester Two.

Students have commenced participation in co-curricular activities such as our bands, dance teams and Drama Club. Please ensure required paperwork and any payments have been returned by due dates.

Debb Wall
HOD – The Arts & LOTE

Drama Excursion

Viewing professional live theatre is integral to studying Senior Drama and Drama Studies. Senior students enjoyed an excursion on 27 February to see Queensland Theatre Company’s two one-person-shows in QPAC’s Cremorne Theatre. Great examples of dramatic farce, all students agreed the acting in both was strong and engaging. Interestingly, students were split on gender lines as to which show the students preferred. Year 11 & 12 Drama & Drama Studies students are now preparing assessment based on at least one of the productions.

Propel Dance Excursion

On the 1st March my fellow peers and I went on a dance excursion to see Propel. I was excited to see the two dance works by emerging choreographers Liesel Zink from Brisbane and Lucas Jervies from Melbourne. Each choreographer created a 30 minute work. The first performance was Synapse which loses itself in the space and electricity of the brain. It questions our actions and reactions to the silly things we do in life like standing in a line and moving as a group. The second performance was Apples and Eve, and it shook the audience with laughter. It was pretty funny with most of the dancers wearing sequined hot pants and mini tutu’s, including the boys! After the show we got to talk to the dancers and ask them questions on how they felt about the dance works. We even got to meet and have a photo with the choreographer!

In class we have been learning about how different choreographers have different ways of teaching and making up their choreography. We have also been looking at the demands of a performer in preparation for a performance or an audition.

I’m glad I went on this excursion because now I know from talking to the dancers that they do a range of fitness training and rehearse everyday to be a professional dancer. Now I understand what its like to be a professional dancer.

Katelyn T, YR12 DANCE STUDIES.

Music

The Music Department has had a wonderful start to the 2013 year. Students in year 10,11,12 have participated in a fantastic excursion to the cinema, viewing the great production Les Misérables for assessment purposes. It was a pleasure to receive compliments on the students behaviour from the general public. Capalaba State College would like to thank Birch Carroll and Coyle Capalaba for their special screening times and professionalism, making the excursion a memorable experience for our students.

Could Senior Campus Instrumental Music students return their permission forms and payments for the Plantation by 2pm Thursday 18th April. All students should have received their forms by now.

Guitar lessons

Any student wishing to participate in private guitar tuition for $20 on Wednesdays for a half hour lesson please contact Mr Travers on 38239111, or alternatively please collect a note from the music block.
Clanestry Opening Ceremony

Capalaba State College students: Jasmine, Shaniah, Beau, Kymberley, Tallis, Savannah, Hayley, Elleigh, Alana, Dylan and Chloe represented our college and our community admirably in the recent indigenous arts festival opening ceremony held at South Bank. Students prepared for two and a half days prior to the ceremony and were an important part of the spectacular event which was attended by Government dignitaries, community elders and the general public. Our students made the most of their opportunity to work with outstanding professional artists and choreographers, who brought the event together. The ceremony was supported by a star studded cast, including Archie Roach and Troy Cassar-Daley.

Student Work

Guest speaker inspires Year 8 students of German
By Codey J 8A
Isaac Wall visited all the grade 8 German classes at Capalaba State College to talk about Germany and tourism. Isaac had been an exchange student to Germany for 9 weeks between Years 11 and 12. He lived with his exchange partner Conni, Constantin Halim. Isaac attended school with Conni and he told us about the different schools there.
In Germany Years 11 to 13 have to go to school at 7:30 and go home at 5:00pm. Students study as many as 13 subjects. In winter when Conni and Isaac went to school at 7:30, it was still dark and when they went home it was dark again. For the younger students, they had no home work on fine winter days. They are encouraged to go out to play in the sunshine to get vitamin D.
Isaac showed the Year 8s all the different styles of buildings.
German roofs are steep so snow will fall down the side. If they have flat roofs the snow will cave in and the house will destroy everything and everyone in it.
I got inspired to learn more about Germany and I hope others did too. Thanks for reading J

An Interesting Exchange
Written by Charlotte G 8B

Lessons in German are always edutaining (educating + entertaining), but this lesson was particularly special because of our super special guest. This was of course Isaac Wall (Mrs Wall’s son). He gave us an interesting talk about his exchange trip to Germany…

Isaac switched lives with a well-respected, young man- Constantin Halim. Conni lives in Brüggen, a small village in northwestern Germany. Luckily Isaac got to experience what school life is like in Germany… School starts at 7:30 am and since students have 13 subjects a DAY they usually come home around 5pm (they younger children finish by 1pm). That means 9.5 hours at school (I’m surprised he didn’t go insane). In Germany there are 3 types of high schools; grades from primary school decide which one students get into. School in Germany is certainly different.

The people of Germany are extremely friendly, though you have to speak formally to most people. Since all students are required to learn a second language most Germans speak English. This was unfortunate because Isaac was over there to learn more German, but he found they wanted to practice their English on him. Isaac also cleared up some of the common misconceptions about Australia while he was over there (like that we ride kangaroos to school).

In Germany they have a saying; Eat breakfast like a merchant, lunch like a king and, dinner like a peasant. Breakfast was mainly meat, bread and, cheese. Lunch was huge and dinner was fruit, bread, cheese and meat. All this delicious food was usually accompanied with a beer (except for the children). The food of Germany is all-in-all, super cool.

Isaac was a really nice special guest to have. I learnt an incredible amount and will now ask my parents if I can go to Germany. No, I’m serious - Capalaba State College should do exchange programs.
Does your child suffer asthma or eczema?

Every day thousands of Australian children suffer the effects of asthma and eczema, and families struggle with illness management and children’s behavioural and emotional adjustment.

Positive Parenting for Healthy Living is an adaptation of the successful Triple P - Positive Parenting Program, offering practical ideas and support for parents of children suffering asthma or eczema. This innovative group program is designed to help parents manage their child’s illness, assist children in coping with their illness and emotions, and prevent and manage difficult child behaviour.

Over the next few months and for a limited time only, parents of 3-10 year old children suffering asthma or eczema are able to access Positive Parenting for Healthy Living Triple P free of charge as part of a University of Queensland research project. Contact Amy Mitchell on (07) 3365 7305 or email healthyliving@uq.edu.au, or visit www.exp.psy.uq.edu.au/healthyliving for more information.

Local Sporting Champions Program

Grants of $500 per individual and $3,000 per team are available for young people participating in a nominated National Sporting Organisation endorsed state or national sporting championships, a School Sport Australia national championships or an international competition where the applicant is participating in the official Australian team.

For further information, including application forms and eligibility criteria, go to http://www.ausport.gov.au/champions

Dyslexic Support - Redlands

A place that encourages Parents, Educators and Carers to come forward and feel comfortable about receiving expert advice by Professionals.

GUEST SPEAKER: Lynda Werda
Chief Executive Officer of SPELD QLD
www.speld.org.au

WHEN: Monday 25th March 2013
TIME: 6:30 pm
WHERE: Redland Bay Golf Club
North St, Redland Bay
COST: Gold coin donation (proceeds going to SPELD QLD)

Learn how we can build awareness in the Community and help advocate for Dyslexia

For further information, Contact Stacy on 0408832760
EMAIL: staceysolomon74@gmail.com

2013 Careers Expo

Saturday 20 and 21 July
10am to 4pm
Exhibition Building, RNA Showgrounds
Entry is Free
For more information: www.careersevent.com