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- decision making skills.
- the ability to function as an effective team member.
- persistence, perseverance and resilience.
- conflict resolution skills, and
- motivational skills.

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The next generation of 1-to-1 devices are coming! In 2014 the College will be offering students the latest Windows 8 tablet PC’s as part of the 1-to-1 program. This will give students access to the latest technologies, and with 3G internet provided as part of the program, students can access innovative, interactive learning resources anywhere, anytime. More information about the 2014 1-to-1 tablet PC program will be provided to parents of Year 8 students later this term.

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**FROM THE PRINCIPAL ...**

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SENIOR SCHOOLING ...

TAFE PARTNERSHIP WITH SCHOOLS (P.W.S.) PROGRAMS FOR 2014

We are nearing the time of the year where TAFE Queensland will release their Partnership with Schools programs for 2014. These programs are available for students to apply for if they will be going into Year 11 and 12 in 2014. The programs usually run 1 day per week and students attend TAFE on this day (instead of scheduled classes at the College). Students work towards gaining a VET (Vocational Education and Training) qualification over one or two years. They attend all other normal classes at school during the rest of the week. Capalaba State College has partnerships with Metropolitan South Institute of TAFE (MSIT) at their Alexandra Hills, Mt Gravatt and Loganlea Campuses and SkillsTech Australia at its Alexandra Hills and Acacia Ridge Campuses.

There are numerous courses that TAFE offers for students that include VET qualifications in Certificate 1, 2 and 3 level. TAFE is yet to release the official list of courses available, however, in previous years students have had the opportunity to apply for courses including construction, plumbing, engineering, mechanical, electro technology, computer aided drafting, business, design, media, live production, theatre and performing arts, music foundation, visual arts, hospitality, events, hairdressing, fashion, childcare, horticulture, information technology, transport and logistics and health care services.

The PWS Program is a great opportunity for students to gain a VET qualification in a particular area of interest / industry while still at school. Successful completion of these courses by the end of Year 12 allows students to gain credit towards their QCE (Queensland Certificate of Education), and better opportunities for employment and further study.

As soon as official 2014 course details are released, students will have the opportunity to apply for Expression of Interest to TAFE through the College. Students will be notified regularly throughout Term 3 on year level assemblies and student notices, about available courses, application procedures and due dates. Based on previous years, all TAFE Expression of Interest applications are usually due to the Senior School Head of Department by Week 9 Term 3 (Friday 6th September 2013).

M.S.I.T. is providing information nights at all three of their campuses on the following dates:

- **Tuesday 20th August**, at the **Loganlea campus**: Loganlea offers courses in Aged Care, Allied Health, Retail, Horticulture, Children’s Services, Hospitality, Business, Hairdressing, Events and Info Digital Media & Tech (networking)

- **Wednesday 21st August** at the **Mt Gravatt campus**: Mt Gravatt offers courses in Fashion, Millinery, Retail, Horticulture, Children’s Services, Hospitality, Business Admin Legal, Hairdressing, Events, Media Film & TV, Info Digital Media & Tech (networking), Design Fund Graphics & Photo, Music, Music Business and Tourism.

- **Thursday 22nd August** at the **Alexandra Hills Campus**: Alex Hills offers courses in Aged Care, Health Support Services, Fitness, Hairdressing, Retail, Children’s Services, Performing Arts, Technical Production, Music, Animal Studies and Visual Arts

If you have any questions regarding Senior Schooling at Capalaba State College please contact John Van Nunen – Head of Department Senior Schooling on 3823 9114.

**Please note that the Year 10 to 11 Information Evening for Capalaba State College will take place on Tuesday July 23rd from 7pm till 9pm.** Separate correspondence on this topic was sent home with Year 10 reports.
GENERAL NEWS ...

Student Absences
The College has experienced an increasing number of phone calls and messages for students during school hours to leave early for various reasons. There are circumstances where this is unavoidable but it would be appreciated if only urgent or vital appointments be made during school hours. The process for your child to leave during school hours is as follows:

- Communicate (by phone, a note or in person) before the start of the school day to the appropriate College Office that your child will be leaving at a particular time during the day and where to meet you.
- Your child is to come to the office before the start of the school day to receive a leave pass from the office.
- Your child shows their teacher the note and leaves at the appropriate time.

It cannot always be guaranteed that a staff member is available through the day to locate your child with messages or changes to plans.

It would be appreciated if parents/caregivers could, where possible, make appointments outside of school hours for their child to minimise the disruption to classes and their child's education through the day. It is timely that a reminder of the expectations of the Department of Education, Training and Employment on student attendance be shared with the College Community. Below is an extract from the Policy and Procedures Register for your information.

**Parent/Caregiver responsibilities**

- Ensure their child arrives at school or commences their educational program on time every day
- Ensure their child attends school every school day
- Minimise disrupting their child’s school day so their child has the best opportunity to learn
- Contact the school prior to any planned absences
- Provide an explanation (either written or telephone the College on the 24 hour—7 day Absence Line Senior Campus—38239166 or Junior Campus—38239360) for each absence, either before or as soon as possible within 2 days of the child’s return to school, in accordance with the school’s communication processes
- Ensure their child follows the school’s recommended processes and procedures for late arrival and early departure
- Notify the school if their child will be late using the school’s recommended communication processes

Life after school
Students and parents are invited to attend the following open days. Further details can be found on the institutions’ websites:

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
Junior Secondary News (Year 7 to Year 9)...

Welcome back from the Winter Vacation. All students should have received their Report Card in the mail over the holidays. If you did not receive this, please contact the office. Many parents took advantage of the opportunity to meet with teachers at last week’s Parent/Teacher Interviews. I have spoken with the Junior Secondary students and asked them to reflect on their Semester One report. Reflection should include asking questions such as – what did I do well? What can I do better? Do my results truly reflect my ability? Could I put more effort into some of my subjects? I have asked all students to set themselves a goal to improve their report for the end of year!

Currently our Year 7s are on the Sydney / Canberra Tour with Year Coordinator Mr Bowden and several other teachers. By all reports they are having a fantastic time. The weather is chilly, but the cooked breakfasts have been a welcome treat! I have it on good authority that everyone enjoyed their Sunday night sleep which was their first night in a bed, after the long bus trip to Sydney and then out to Canberra! They will return on Friday.

Later this term Year 8 and Year 9 students will be selecting their elective subjects for next year. Both year levels are able to select two elective subjects for the coming year. More information will be provided to students and parents at a closer date. Parents and students will be able to attend the Subject Information Evening in August. Details of this evening will be sent home closer to the date.

All Junior Secondary students have received their Term Planner this week. The Term Planner outlines all assessment for the term. Students have been advised to highlight their subjects and then glue the planner into their diary, or place it somewhere at home where they can easily refer to it during the term. It is a good idea to keep referring to the planner so that students can begin assignments well in advance of the due date; especially at those “busy” times of the term when there are multiple assessments due.

Cheryl Wilson
Head of Junior Secondary
Junior Athletics Carnival

After two failed attempts to stage our annual Junior Campus athletics carnival, we braved more showery forecasts to successfully hold our sports day this week. It was a day of great action and colour with students excelling in all aspects of the sports undertaken. Thankyou to all those parents and visitors who were able to attend on the day. Special thanks to our volunteer helpers for their support on the day. Congratulations are extended to our winning sports house – Moreton House and to our champion athletes– Beau S and Khaya K.

Dogs on School Grounds

A reminder to students, parents and community members that our College has a policy which prohibits access to dogs on our grounds. One of the most important things we aim for at Capalaba State College is the preservation of student and adult safety on the school site. While dogs are much loved pets, they can represent threats to others especially small children who can and do express fears about dogs. There are also a number of hygiene issues associated with dogs which we also want to avoid. For these reasons, we therefore request that dogs remain outside the grounds and thank everyone for their cooperation.

Project 600

At Capalaba State College, we are always looking for innovative opportunities to promote student learning. One such opportunity is called Project 600 which is an online learning package delivered by Capalaba State College in partnership with Education Queensland’s South East Region and the Brisbane School of Distance Education. Selected students attend a 70 minute group web conference each week and are taught by an online teacher who works from another site somewhere in the region. Over the past two years, groups of Capalaba students in Years 5, 6 and 7 have undertaken projects in Reading, Writing and Numeracy. Next week, some of our Year 4 students will commence a project in Mathematics which will aim to develop and extend mathematical skills and understandings. We expect to see improved outcomes for the students involved and wish the participants well.

Regards

Capalaba is Cooking!

Term 2 saw the start of a new cooking program for some of the junior campus SEP students. The aim of the program was not just to cook yummy food but to practice important life skills such as hygiene, health, healthy eating and the use of utensils.

Students have been taken through the steps and the importance of hygiene such as effective hand washing, dish washing and drying, avoidance of touching food stuffs unnecessarily, etc.

By looking at the eat well plate and discussing healthy eating, the students have learned that you can make truly delicious meals that are both nutritious and easy to make. Some of the foods prepared by the students were sausage rolls, spaghetti bolognaise and chocolate mud cake (a healthy one of course).

Through the cooking program students have learnt to use utensils such as sharp knives, forks, skewers, potato mashers, whisks, etc. Using these utensils have improved these student’s fine motor skills.

This term our cooking group has increased (possibly due to popularity) and we will be “upping the ante” by inviting a guest from home in each week to dine with us and sample our culinary expertise. As all our recipes this term will be based on different food groups, our home visitors will be in for a real treat.

Rachael Lewis-McCormack
SEP Teacher
Year3-6
Helping kids become resilient

Definition: ‘Resilience – the ability to cope in times of stress or hardship.’

As parents we work to equip our children with the tools they need to solve their own problems, to respond to difficulties, to feel good about themselves and others, and to perceive the future in a hopeful and confident manner.

It would be great if all children arrived with a Do it Yourself Manual but here are some ideas to help your child become resilient.

Brooks and Goldstein talk of 10 key principles for resilience:

- Be empathetic – teach understanding of how another person might feel, recognise your own feelings
- Communicate and listen effectively – and respond to what your child is saying
- Love your children in ways that make them feel special and appreciated – let them know you love them unconditionally.
- Accept your child for who they are and help them to set reasonable goals – goals for today, and goals for the future. It’s good to work towards something.
- Help them experience success in whatever they show competence in (even if it’s collecting bugs)
- Focus on positives, reword negative talk – sometimes the positive may be hard to see, but it’s there. Always end a conversation with something positive. Instead of saying ‘don’t do …..’ - say what you want your child to do.
- Help them to understand that ‘mistakes’ are just things yet to be learnt
- Develop responsibility, compassion and social awareness by providing opportunities where your child can contribute or give back to others.
- Teach your child to solve their own problems and make appropriate decisions (What’s the problem? What are the choices? Which is the best choice? Try it. If it doesn’t work review your choices.) This also helps them to take responsibility for their actions.

Discipline in a way that promotes self-discipline and self-worth. Punishment is one form of discipline and often a least effective form as it teaches the child what not to do rather than what to do, and can often build resentment. It is difficult to teach your child a better way to behave when you yourself are angry and upset. So be calm, tell your child what you want them to do, and praise your child for doing the right thing. Have a plan in place for dealing with non-compliance, but STAY CALM. Your child is watching you and will copy how you behave.

In following these principles we will contribute to helping our children be resilient, to be emotionally healthy, and equipped to successfully confront challenges, and bounce back from setbacks.

Adapted from ‘Raising Resilient Children’ by R. Brooks and S. Goldstein

Our Student Management Team (Environment Sub Committee: Sonika, Brooke, Michael and Breeanna) is conducting a plant drive.

The purpose of this drive is to enhance our school environment by providing plants for the school Grounds Personnel to plant. Some may go directly into the ground. Others may be used as pot plants around the buildings.

ALL donations are gratefully accepted and can be left at the front office.
Capalaba State College celebrates with *Space Science Spectacular* Prep to Year 12 9th – 16th August 2013

Keep an eye out for a letter coming home soon

Students will be skyping scientists at NASA who are in contact with the International Space Station

Rocket Competitions

Colouring Competitions
ARTS NEWS ...

In Ms Debb Wall’s absence, it is my pleasure to welcome in term 3 as Acting Head of Department for The Arts. There are lots of exciting events coming up this term, the first of which is the Trivia Night on Friday July 26 that is helping to raise funds for our wonderful dance team - for more information see the ad in this newsletter. Senior drama students will be off to the stage production of the renowned book and film Warhorse on Wednesday July 31 – if your young person has yet to return their money and permission form ensure to get in early to avoid disappointment. Also coming up on Wednesday September 5 is the annual Mozart To Metallica music concert that showcases student talent throughout the year levels. Our concert and big bands will also be in action throughout the term, including at the annual ‘Redfest’ community event. Dance students will be busy as always – check Miss Briggs’ article in this issue for dates and more information.

Yours in the arts
Dan Osmolowski

QUOTA BEENLEIGH EISTEDDFOD Thursday 15th August
All Dance Teams will be competing on the day and we are looking forward to seeing how they perform after receiving excellent results at the previous eisteddfods.

At the South East World Cup Cheer and Dance Idol our Senior Team placed 1st for Contemporary, our Middle School Team placed 2nd for Jazz and our Junior Team placed 2nd for Hip Hop.
At the Brisbane Performing Arts Challenge our Senior Team came 3rd for Contemporary and Our Middle School Team placed 4th for Jazz. Well Done to all participants

DANCE NIGHT Friday 13th September.
Dance Students from Yr 7 to Yr 12 will be showcasing their class work and assessment together with Dance team students who will be featuring their competition and performance routines. The night will be themed Black Friday so mark it in your diaries with more details to follow.

YR 10 DANCE PRODUCTION:
Last term Year 10 Dance formed their own Dance Company; Eternity Productions. For their assessment they had to plan, organise, create and perform a contemporary dance production to a live audience.
They performed their work ‘Eternity; the eternal emotions felt by humanity,’ at the end of last term. The production was an absolute success with the students showcasing their hard work and effort in the preparation and presentation of their assessment. Not only did the students have to perform their work but they also had to learn about the roles of backstage, lighting and audio technician, front of house, marketing and costume design. Miss Briggs thinks they did a great job!

The Senior Campus Big Band will be performing at RedFest on Friday 6th September in the evening. A permission form will be sent home soon.
Jeo F Wins College Championship
Congratulations to Capalaba’s new chess champion Jeo F who overcame Austen A in a closely-fought final.

A positional error in a tense endgame cost Austen the match, and Jeo skilfully exploited his winning position, finishing his opponent with a classically-executed King & Rook checkmate.

Congratulations to both finalists on their successful campaigns, and to all the other sixteen competitors in this year’s championship who made it our most competitive contest ever. Trophies and certificates will be awarded next week.

Interschool Results
Capalaba’s two teams finished 4th and 6th respectively out of the 18 teams that competed in the second round of the Brisbane South region interschool chess competition at Stretton State College on June 13.

Top competitor on the day was rising star Zac Windsor, who received a merit ribbon for winning 5 of his 7 games.

Capalaba’s chess fame goes global!
The visit of chess master Andrew FitzPatrick to our College in April was reported in the Bayside Bulletin on June 4th. But the story has now also gone global, with the former world women’s chess champion Alexandra Kosteniuk linking to the article in her widely-read U.S. site chessblog.com:
Great publicity for our College, and our ever-improving chess players.

Upper Junior SEP storm Cornubia Sports Centre
Thursday 20th June saw the upper junior SEP students attend the annual multi sport expo held at Cornubia Sports Centre. The expo was set up to help encourage students with disabilities to participate in different sports regardless of any disability they may possess. It was great to see students from over 20 different schools playing baseball, soccer, tennis, athletics etc.

The 7 SEP students from CSC participated in AFL, Tennis, Athletics and a water safety program all organised by the Lifestream crew. They had a great day and received lots of promotional material including hats, pencil cases and wrist bands.

Zach S, year 6, said that the best sport he participated in on the day was AFL. Although he plays AFL outside of school he demonstrated to the other students that even if you have a disability you can still achieve and succeed in sport. Issak S, year 4, said that the day had encouraged him and given him confidence to try more sports at school and outside of school. Great enthusiasm and encouragement was demonstrated by all students and they all had a great and memorable day.

Rachael Lewis-McCormack
SEP teacher
GENERAL NEWS ...

Chaplaincy at CSC
All parents are advised that the Chaplaincy program will be discussed at the upcoming P&C meeting and plans for 2014 funding will be determined.

Health News
Diabetes is the world’s fastest-growing chronic disease. It’s the sixth-leading cause of death in Australia. Every day, 62 Queenslanders are diagnosed with the condition.
It needs to be noted that diabetes is usually a life-long condition and can profoundly interfere with and affect everyday life. Unfortunately, the complications of diabetes are not often talked about e.g. nerve damage, limb amputation, blindness and kidney failure.
Diabetes symptoms are often subtle - tiredness, feeling lethargic, feeling thirsty, blurred vision. These symptoms are often put down to normal daily stresses, age, or general wear and tear. Furthermore, mainly due to lifestyle, we are seeing more young people being diagnosed with type 2 diabetes, leading to risk of disease and lower life expectancy.
Are you at risk?
There are no risk factors related to type 1 diabetes.
However, a number of factors that can increase a person’s risk of developing type 2 diabetes. Your risk for developing type 2 diabetes is higher if you:
• Have a family history of type 2 diabetes
• Developed diabetes during pregnancy
• Are more than 40 years of age
• Are of Aboriginal or Torres Strait Islander Descent
• Don’t get enough exercise
• Have high blood pressure
• Are overweight an adult waist measurement above 94cm for men, or 80cm for women
Have a poor diet, containing too much fatty and sugary food.
You can reduce your risk of developing type 2 diabetes by:
Reducing the amount of calories (fat and sugar) in your diet www.eatforhealth.gov.au
Eating healthy foods, including fresh fruit and vegetables www.gofor2and5.com.au
Losing weight (if you are overweight) www.qld.gov.au/health/staying-healthy/diet-nutrition/diet/
Exercising for 30 minutes each day, www.healthier.qld.gov.au/healthy-living/fitness and
Reducing your alcohol intake www.alcohol.gov.au

If you are experiencing any of the above symptoms, are in the above risk groups or for more information, talk to your family doctor or Wade (School Based Youth Health Nurse) at Capalaba State College Tuesdays and Wednesdays.
Information taken from www.diabetesqld.org.au

Submissions now open for 2014 Premier’s Anzac Prize
Do you want to learn about our Anzac tradition and go on an educational adventure of a lifetime?
Year 8–11 students can now submit a two- to five- minute multimedia presentation for the 2014 Premier’s Anzac Prize with five lucky winners touring Gallipoli and the Western Front next year as part of Anzac Day commemorations. The 2014 tour will take in historic sites and cities including Anzac Cove, the Menin Gate, Villers -Bretonneux, Istanbul, Brussels and Paris.
Videos, photos and journals from the 2013 tour group — along with other resources — are available on the Premier’s Anzac Prize web page www.education.qld.gov.au/anzac-prize/