FROM THE PRINCIPAL ...

Developing the Queensland Plan

Last Wednesday a group of year 12 leaders represented the College at a Redlands youth forum to provide input into the development of the Queensland Plan. Students were required to discuss and answer the following questions:

- How do we attract and retain the brightest minds and ideas where they are most needed and capitalise on global opportunities?
- How do we create and foster an education culture that teaches skills and values to meet global challenges and optimises regional strengths?

It was great to see our students interacting with students from other schools in the Redlands and assisting in the development of a strategic plan for Queensland.

Queensland Core Skills Test

All of our year twelve students who are seeking an Overall Position (OP) to enter University study in 2014 will sit the Queensland Core skill Test (QCS) on 3rd and 4th of September. The QCS Test contributes information for the calculation of Overall Positions (OPs) and Field Positions (FPs), which are used to rank students for tertiary entrance.

I have been extremely impressed by the commitment our Year 12 students have demonstrated with their preparation for the Core Skills test. All students who intend to sit the QCS Test have attended the College on their off campus day for nearly 12 months to work with our teachers to assist them to achieve to their full potential in the test. Good luck Year 12!

Science Week

A great range of activities were conducted recently on the Junior Campus to celebrate National Science Week. Students attended the “Street Science” workshops conducted by Steve Liddell. They were given first hand exposure to the wonders and excitement of Science. Under 5s were welcomed into the College to learn Science and rockets were launched on the Senior Campus.

Year 9s in 2014 - Parent Information Night - LAPTOP Program

Current Year 8 parents are invited to an Information Session on Tuesday 10 September commencing at 6.30pm to explain the Laptop program for Year 9’s in 2014. A letter will be following to those families, but please save the date as this is an important educational opportunity for your student.

Dion Coghlan
College Principal

STOP PRESS

Congratulations to Jack Megraw who has made the Australian Team for the 7th Commonwealth Karate Championships in Montreal, Canada in October this year.
SENIOR SCHOOLING ...

Year 10 to 11 Night
Large numbers of our Year 10 students, accompanied by their willing parents, attended our Year 10 to 11 night on Tuesday 23rd July. The students and parents received their subject selection handbooks for 2014 as well as a wealth of information covering such topics as the Q.C.E. (Queensland Certificate of Education), O.P.s (Overall Positions), Tertiary Entrance, Subject Types and the Multiple Pathways the school provides to achieve their career goals. This will enable students and their parents to make informed decisions about their subject selections for next year.

Year 10 to 11 Interviews
This is just a reminder that Year 10 to 11 interviews are taking place now. Parents / caregivers need to book through the office for an interview with one of the Heads of Department / Admin team.

TAFE PARTNERSHIP WITH SCHOOLS PROGRAMS FOR 2014
Amongst the topics discussed at the multiple pathways segment delivered by Mr Van Nunen, which was also mentioned in last month’s newsletter, were the TAFE partnership programs. M.S.I.T. has released its range of courses and these were available for collection on the 10 to 11 night. They were reissued to all interested students last week. As mentioned in the last newsletter, the compulsory information meetings are also being held next week at each of the campuses. Details of these information evenings are on the reverse side of the courses list mentioned above. Should you have missed the opportunity to collect this information, it is still available from Mr Van Nunen in the Senior Schooling office. Please note that Skillstech are still to release their range.

To refresh everyone’s memory, 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 (Alexandra Hills, Mt Gravatt and Loganlea Campuses) and SkillsTech Australia (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 levels. Students have 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 Partnership with Schools 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 and better opportunities for employment and / or further study.

Students will have the opportunity to apply for Expression of Interest to TAFE through the College later in Term 3. 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).

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.

Important Dates Year 12
September 3rd & 4th QCS Test (Year 12)
**Junior Secondary (7—9) News**

**Enrolment Tours**
This week we have conducted Enrolment Tours for families wishing to enrol in Years 7 and 8 in 2014. Families were welcomed by the College Principal, myself and the Junior Secondary Leaders. If you missed the tours or know a family considering enrolling at CSC for 2014, please contact the office for an enrolment pack and interview time.

**Subject Selection Evening**
Students in Years 8 and 9 will be selecting Elective courses for 2014 within the next few weeks. A Subject Selection Information Evening will be conducted on the 3rd of September, as per the information below:

Cheryl Wilson  
*Head of Junior Secondary*

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**SUBJECT SELECTION EVENING**
*For Year 9 & 10 in 2014*

All parents of current Year 8 and Year 9 students are requested to attend the Subject Selection Evening

Date: Tuesday 3rd September

Time: 6:00 – 6:50pm Year 8 in to 9  
7:00 – 7:50pm Year 9 in to 10

Venue: Cultural Centre, Senior Campus

Attendance is essential as students and parents will receive vital information about subjects on offer in 2014.

Subject Selection sheets and handbooks will also be distributed.
Last week Capalaba State College celebrated National Science Week with students, staff and parents participating in many and varied hands-on science experiments and activities in our Space Science Spectacular. Classes on the Junior Campus had hands-on, engaging activities ranging from Rockets to Robots. Year 6A and 5/6C took part in a Skype session held with Penny Pettigrew PAYCOM Officer of NASA Marshall Space Centre on Wednesday afternoon. She gave the students an insight into where a career in science may take them.

Thursday morning saw Steve Liddell from StreetScience bring his science stage show to the Junior Campus for the Preps and Year 1,2 & 3 classes. Everyone had a great time watching his exciting science experiments; how much energy we get from a gummie bear, blowing up a pringle tin and even how fake snow for the movies is made from disposable nappies! The Colouring Competition, very kindly drawn by Steve Brady (Senior Art /Music) was very popular and the winners will be announced during parade Week 8. Congratulations to everyone who participated. They were beautifully done.

Our first Under 5s Science Morning was held on Friday morning. Children had the opportunity to take a trip around the Solar System. From the Sun to Neptune and every planet in between the children had a fantastic time exploring our Universe participating in safe, easy experiments with their parents/caregivers. Many thanks to the Senior Campus staff and students for their participation on the day and to Ruth Vickery and Indigiscapes for donating the plants for planet Earth.

The Rocket Competition and Demonstration and the Stargazing will be rescheduled due to cloudy skies. Letters will be sent home advising of new dates. A huge thanks to Michelle Niell, a volunteer scientist with CSIROs Scientist-in-Schools program for keeping the class activities running smoothly all week, Wendy and her family for their contribution, Belinda Porter for our Cosmic Café cakes, Andrew and Rebecca Gill and Belinda Duke of Scarborough State School for their help in organising many of the items needed for Under 5s and of course all of the students and teachers for their enthusiasm and participation. Hopefully we have ignited a passion for science in some of our young people that will carry them into future science and technology careers. Next year’s National Science Week will be bigger and better. Stay tuned!

Remember to shoot for the moon, even if you miss you will land among the stars.

Melanie Armstrong, Science Teacher
Junior Campus News (Prep to Year 6)...

Get Set for Prep 2014
At this time of the year we are busy preparing for a new year of Prep enrolments. The size of our Prep intake is critical for the future growth of the College because the group which starts with us tends to remain relatively stable in number throughout the primary years and of course impacts on the size of cohorts into the Senior Campus. The number of students enrolled also directly determines the financial and human resourcing grants for the College so we are therefore very keen for every new Prep enrolment. We are currently taking enrolments for the 2014 intake and have already seen strong interest from parents. We need to maintain this level of interest throughout the remainder of the school year. Children born between 1 July, 2008 and 30 June 2009 are eligible for Prep in 2014 so if your child meets these age limits please contact us for an enrolment package. If you know of families looking for high quality Prep programs, facilities and teachers, please don’t hesitate to promote our wonderful Prep offerings. I know that we have many satisfied parent and student clients who will be more than happy to sell us to prospective parents. All new families are very welcome. We are also taking enrolments for all other Junior Campus Year levels from Year 1 to Year 6. Again, please promote our College to all prospective families.

Science Week
This week we have enjoyed a very busy and exciting National Science Week. Students in all classes have participated in a host of activities in our Space Science Spectacular. This has included a live cross via SKYPE to a NASA scientist in the United States of America. Students also enjoyed a travelling science show and experimenting with rockets and robots. We were even able to host a space session for our Under 5 pre prep children which was great fun. Huge credit goes to our specialist Science teacher, Melanie Armstrong, for her tireless organisation over many months and to all of the sponsors, supporters and helpers who supplied materials, prizes and time for the week. However, we haven’t finished yet. Postponement of some activities has meant that we will be rescheduling our Stargazing Evening and Rocket Competition. More news on this as we reorganise our plans. Check out the action photos of the week throughout this newsletter.

Lockdown Followup
Our recent lockdown experience highlighted the need to educate parents in the procedures for a lockdown. Please see an explanation of lockdowns below.

Academic Competition Results
Once again this year, many of our students are participating in academic competitions such as the International Schools Competitions. Here are the results from this year’s first competition which was Science:

Science Results
Participation Certificates: Ryan T (Year 3)  
Ebony P (Year 4)  
Torylee R (Year 4)  
Tyler G (Year 5)

No Parking in school grounds - Junior Campus (Gate 6—near the Swimming Pool)  
Please note that there is no public parking available through this gate. This car park is dedicated for staff and contractors only.

Lockdown Procedures
A lockdown is an emergency procedure designed to ensure the safety of people when a threat exists at a particular site such as a school. At Capalaba State College Junior Campus, the following procedure is followed in the event of a lockdown.
- A siren sounds emitting a short beeping sound which increases in volume.
- Emergency Services are contacted.
- All people on site including parents and visitors are to move quickly to the nearest building and enter inside.
- All building entry points to are closed and locked including doors and windows.
- Internal lights are turned off.
- All people sit quietly inside away from sight. Students sit under desks.
- The lockdown is cancelled when an announcement is made from administration when the site is cleared of any risk.
- All present on site move to the Junior Campus hall to undertake roll checks to ensure that everyone is accounted for.
From the Guidance Officer ...

QTAC
Year 12 students intending to study at university in 2014, are currently working on their QTAC (Queensland Tertiary Admissions Centre) applications. The closing date (to avoid late fee penalty) is September 27. Students are encouraged to meet with the Guidance Officer (appointments can be made through the office) before lodging their 6 preference application.

New Free Career App
A new free ‘careers’ App, called Career Hunter, for iPads and iPhones has been released. It isn’t available for android devices at the moment. The app is useful for all individuals investigating career options. It may be particularly useful for Year 10 students completing their SET Plans and other students who are considering subjects for 2014, applying to QTAC or investigating their training and employment options.

The QUT Health Clinic – Psychology and Counselling provide affordable, professional services to the public across a broad range of issues and can offer therapy to families who are dealing with problems specific to children and adolescents including:

- behavioural problems
- learning difficulties
- excessive worry
- separation anxiety
- sleeping problems
- family interaction difficulties
- Asperger’s disorder and autism spectrum disorder
- ADHD
- concentration and study skills
- bullying

Therapists are QUT postgraduate psychology students who have provisional registration as a psychologist. Sessions are supervised by experienced psychologists and fees start from $20 for a consultation. No referral is necessary. To make a booking, phone the QUT Health Clinics on (07) 3138 0999

Powerhouse Programs
Powerhouse Programs is a company that runs courses for fathers and sons that support the changing nature of the father son relationship.
Building Bridges is a six week course for fathers and sons that runs one evening per week or in a weekend format. The course is for fathers (or older male mentors) and sons aged 12-16 years of age. Program outcomes include:

- greater communication;
- understanding of differences; and
- how to best handle challenging situations both in relationships and with life in general.

Participants engage in a fun and rewarding adventure that includes games, storytelling and healthy male camaraderie. Communication, understanding others and navigating difficult situations are just some of the valuable outcomes.
Journey to Manhood is a five day bush experience for a father and son who spends time in the bush with other men and boys (13-16 years). It’s precious technology-free time to do something memorable for your family. Mothers play a big part in this program at ‘Leaving Day’ and community ‘Return Day’ ceremonies. This program creates and acknowledges the boy-to-man shift ‘from dependence into service’ and enables families to build a new foundation for their future.

Visit [www.powerhouseprograms.com.au](http://www.powerhouseprograms.com.au) for information, program dates and costs. Email [admin@powerhouseprograms.com.au](mailto:admin@powerhouseprograms.com.au) or phone (07) 3071 5000.
From the School Nurse …

Talking drugs with your teenager

Talking drugs (whether legal or illegal) can be a tricky conversation for some, yet it’s a concern of a lot of parents on how to initially bring up the topic. This concern, around drugs, usually ends in parents questioning - is my child thinking, experimenting or using drugs? The following link offers some great tips on engaging young people in the conversation of drugs and drug use www.agws.com.au/Drug/Docs/TenWays.pdf.

Drug use has been around for many centuries, in the last few decades, we have seen a surge in the availability of more ‘synthetic’ or ‘manufactured’ drugs, sometimes leaving us question, what drug is that? The Australian Drug Foundation www.druginfo.adf.org.au is a great tool to use, so the information you have is relevant, up-to-date and accurate.

It’s always good to remember, just because a drug has been around for some time, or may grow in the ground (e.g. cannabis – aka weed, grass, dope, pot...), doesn’t change the fact that it is illegal and can be harmful to one’s health! Cannabis, for instance, is a drug that comes into conversation quite often in the context of young people. The law and penalties, in Queensland, for drug possession (and use) can be viewed at www.police.qld.gov.au/programs/drugs/parents.htm.

However, from a health perspective, school nurses often have conversations with young people, around drug use, in particularly cannabis. It’s interesting to note, the Drug and Alcohol Research and Training Australia www.darta.net.au, suggest that in 2010, the recent percentage of cannabis use for persons over 14 years was 10.3%, leaving 89.7% of persons not recently using cannabis.

Cannabis use can (but is not limited to) immediate effects such as -

- Loss of inhibition
- Spontaneous laughter
- Relaxation
- Confusion
- Anxiety, and
- Mild paranoia.

In higher doses, we tend to see (again not limited to) -

- Restlessness
- Hallucinations
- Detachment from reality, and
- Confusion

Long-term use, of cannabis, can be problematic to many areas of one’s psychosocial health. Body systems, as a whole, start to become affected including the brain, lungs, hormones and immune system. The mental health, of long term cannabis users, can be linked to ‘drug induced psychosis’ and its use can also play a significant part in family/friend relationships and strain of school, work and finances.


Alternatively, talk to your local GP or I’m also available in the schools for confidential student consultations Tuesdays and Wednesdays.

Wade
(School Based Youth Health Nurse)
Music News

Once again the *Mozart 2 Metallica* concert is on Thursday 5th September from 4.30 pm - 8.00pm
Gold coin entry. Come and support our finest. Always a wealth of talent and a supportive atmosphere.

Year 6 & 7 instrumental music students

A reminder that **INTERMEDIATE MUSIC CAMP for students in Years 6 and 7** will be held from Monday 2nd September until Friday 6th September. Forms and money must be returned to the office by no later than 3pm on Wednesday 21st August.

Dance Eisteddfod—Beenleigh

I had the pleasure of attending my first ever dance eisteddfod last week at the Quota International Beenleigh Eisteddfod. Coming into the event with no idea what to expect, I was blown away by the exciting atmosphere of dozens of schools competing in so many different categories in such a variety of dance styles. Our Junior, Middle and Senior Dance Teams competed in a range of categories and walked away with the following results:

2nd - Junior Hip-Hop
4th - Junior Contemporary
3rd - Middle Contemporary
3rd - Middle Musical Theatre
3rd - Combined Jazz
4th - Combined Alan Phillips Contemporary

More importantly, however, was the spirit in which they competed and the manner in which they conducted themselves on the day. To see students from year levels right across the College work together, solve problems and dance so magnificently was truly an honour. A big congratulations to Miss Briggs, Miss King and Year 12 student Chantelle Wallace for preparing all of the students and making sure the day ran smoothly.

In other news, we welcome Instrumental Music Teacher Mr Langerak who is replacing Mr Tickner while he is on leave. The students have welcomed Mr Langerak warmly and I know he has both bands on track to take on their upcoming performances.

Dan Osmolowski
Acting Head of Department The Arts

Trivia Night

A big thank you to the whole community for supporting Dance Team at our recent Trivia Night Fundraiser in July. With your support we were able to raise over $2,000. These funds will help to strengthen our extra-curricular Dance Team Program at the College.

Want to support Dance at the College

Attend our next Arts Parent Support Group meeting held on Monday the 19th of August at the Senior Campus Music Block 6:30pm.

Congratulations Indiana

Indiana M is a Year 10 Dance Student who also participates in our Extra-Curricular Dance Program. She has been studying Dance at the College since Year 7 and has recently been awarded 1 in 15 spots to attend the prestigious Expressions Dance Company Spring Extension Program. This is an amazing achievement with students from all over Brisbane competing for this spot. Well done!
On the 8th August, we celebrated Koopa’s 2nd birthday at the SEP. He had a meat cake with apple and carrot trimmings. We all ate patty cakes and snowflakes and we sang HAPPY BIRTHDAY. It was fun.!!!!!! from Kate

Students and staff recently celebrated the birthday of one of the most popular members of the Capalaba State College Senior Campus community, Koopa.

Koopa is an Assistance Dog for Year 12 student Kate and has stolen everybody’s heart at the College. The College assisted in a small way in the fundraising of $25,000 with Kate’s family to purchase Koopa. He is a highly trained Assistance dog and has made a significant and positive impact in not only Kate’s life but many of the students and staff. Those families with Year 12 students will have seen Koopa’s face in the Year 12 photo and when he received his Senior Badge at the Student Investiture.

Top Performers in Fun Run
On Wednesday the 24th July students from Capalaba State College participated in the annual Darling Point Fun Run. This run is five kilometres along the Wynnum foreshore. Two of our students performed particularly well.

Dylan N finished second in the 12 years and under grouping and in the category twelve years and over, Georgia E also in 7C finished second. This was a great effort in a field of over 500. All students enjoyed the day and represented their school responsibly and respectfully.

3rd PLACE FINISH FOR CAPALABA
Our highest-ever season finish

Out of the 33 teams from 16 schools that competed in the three rounds of the Brisbane South High Schools Regional Interschool Chess Competition this year, Capalaba’s two teams finished third and eighth.

Capalaba’s first team’s third placing means that we missed out by just one placing on qualifying for this year’s state finals. The top eight teams in competition are designated the premier league. Capalaba, along with Churchie and Brisbane State High, dominated this division by having two teams finish in this elite grouping. It’s testament to the depth of chess talent at our College (which is half the size of the other two schools). Moreover, Capalaba’s two interschool teams have maintained their position in this leading group now for three years.

Another successful year for Capalaba’s chess team
Hi Everybody

Just a reminder our P & C Meeting will be held on the 26th August in the P & C Building (building nearest to the pool). Everyone is welcome and if you have something to discuss or bring to our attention please feel free to express your opinion or query.
Meet at 7.00pm with a 7.15pm start.

Can I also take this opportunity to remind everyone that ALL persons are asked to stay off campus grounds during the September Holidays. Asbestos Removal Teams will be present therefore the school will be out of bounds for those 2 weeks. If you have any enquires please send me an email.
Have a safe and happy holiday.

Many Thanks

Charlie Green
P & C President.

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**DISCO**

Years Prep—Year 3  4.30pm – 6pm
Years  4 – 6  6:30pm – 8pm
Junior Campus Hall Monday 16 September

PRICE $5.00 per CHILD
Includes sausage sizzle and drink
FOOD AVAILABLE:
LOLLIES
DRINKS
GLOW STICKS

CHILDREN MUST BE SIGNED IN AND OUT
AND WILL BE FULLY SUPERVISED

Helpers needed please contact Cheryl Walker – 0403 899 417