FROM THE PRINCIPAL ...

Awards Night

Congratulations to all of our students who received awards at our Annual Awards night. The evening was a tremendous success where many of our students were recognised for their outstanding efforts in academic, sporting and cultural pursuits.

It was wonderful to see so many students receiving awards and the night was made even more special by the large number of parents and other family members who were able to join us.

I would also like to mention our major award winners:

Dux of the College: Xiao Yi Z
Caltex Best All Rounder: Connor M
Mayor’s Citizenship Award: Jack B and Matthew L
Quiet Achiever Award: Emma D
College Values Award: Erin T and Shaun M
School Based Apprenticeship/Traineeship: Dominic S
ADF Long Tan Leadership Award: Aimee S and Shanita S
Juanita Lindsay Personal Achievement Award: Sonika K
Pierre de Coubertain Award: Jordan M
Sportsman of the Year: Challen S
Sportswoman of the Year: Kayla W
Middle School Artist: Tyla M
Senior Artist: Connor M

Dion Coghlan
College Principal

LATEST CHESS NEWS

Congratulations William T has won the 15yrs division of the Brisbane School Chess Championships this week. Brad M secured 3rd place in 16 years age group.
Senior Schooling ...

Partnership with Schools Programs - TAFE Update

Email Communication and Enrolment -

Over the last two months Year 10 and 11 students have been applying to enrol for many TAFE courses that are offered through the Partnership with Schools Program with Metropolitan South Institute of TAFE (MSIT) and SkillsTech TAFE. Enrolment applications have now closed though extra nominations may be called for if courses require extra numbers.

SkillsTech began contacting students who had been successful in applying for their courses immediately on the students return this term. MSIT began contacting students on the 18th October via the email address they provided when submitting the Expression of Interest before the September school holidays. The email will inform students of the course they have been successful in obtaining and request that they enrol and pay the required fees. It is very important that students and parents / carers complete this process as soon as possible to ensure the place is secured in the preferred TAFE course.

If you would like further information regarding the online enrolment process or payment of fees, please contact MSIT TAFE at one of the customer service counters at each campus (Mt Gravatt, Alexandra Hills or Loganlea) on the customer service number 1300657613 or submit an online enquiry at http://www.msit.tafe.qld.gov.au/about_us/contact_us/index.html

In 2014, students will attend their TAFE course one day per week and attend their normal school program on the remaining days during the week. Many students will complete a Certificate I, II or III qualification throughout the duration of their TAFE course, providing all course requirements are met. It is important that students attend all scheduled TAFE days to ensure that they have the opportunity to complete all required work.

In most cases, students are then able to apply for direct entry into higher or Diploma level courses, where offered by TAFE.

Some of the benefits of completing a TAFE course while at school include:

- Studying in a specific area of interest
- Accessing a broader range of courses
- Completing a VET (Vocational Education and Training) qualification while still at school
- Experiencing new opportunities and pathways through Senior School Pathways at TAFE and school

If you would like further information about TAFE Partnership with Schools Program please contact John Van Nunen - Head of Department Senior Schooling on 3823 9114 or jvann1@eq.edu.au.

School Based Apprenticeships and Traineeships (SBAT)

Students of Years 10 and 11 recently received a letter asking for expressions of interest in School Based Apprenticeships or Traineeships. We have been approached by DETE with an offer of support in finding placements for students in priority fields. Unfortunately, only 6 students have returned these forms. The letter also investigates if there is a demand for a White Card course to be run at the school on a user pays basis for those wishing to seek employment in the construction industry. Only one student has expressed interest so far by submitting their form. Could parents of students who should be interested in such offers encourage their young persons to find the letters and fill in the required portions or obtain a replacement from Mr Van Nunen.

Please note, as students need to miss one school day per week to undertake their SBAT, such a pathway is not recommended for students wanting an O.P.

John Van Nunen
Head of Senior Secondary
General News ...

Stargazing at Capalaba

Capalaba State College held host to the Redlands Astronomical Society on Wednesday 18th October for a Stargazing and Laser Sky Show as part of this year’s National Science Week events. Six volunteers from the RAS brought along their high-powered, magnificent telescopes for 21 lucky students and their families. Over the night we were fortunate enough to see Venus, Saturn, star clusters and even a fuel dump from a rocket passing overhead! The full moon was glorious on the night but it’s brightness stopped us from seeing many of the more distant planets.

Congratulations to Dakota R (5A) for winning the lucky door prize of a telescope and an annual family membership for Redlands Astronomical Society and thankyou to all of the families that attended.

Mel Armstrong
Junior Science Teacher

Wanted—Old Mobile Phones

Hi everyone.
Kate Jennings is a young lady who has Rett Syndrome and Autism.

The best way to describe Rett Syndrome is to think of Cerebral Palsy, Autism, Epilepsy and Parkinson’s disease rolled into one young girl. Kate can’t talk but there is nothing wrong with her mind!!
Last year Kate got a Seizure Response/Mobility Assistance dog named Koopa!

Well Koopa has made such a difference to Kate’s life and in turn Kate would like to make a difference for other children with Autism and related disorders so she has decided to help do fundraising for Smart Pups!
She is collecting old mobile phones for recycling. We have a business that purchases them from us. They either refurbish them or recycle parts from them, and all parts are recycled in an environmentally friendly manner. Your privacy is guaranteed as all information is erased totally by the business.
If you would be interested in donating any old phones, iPods etc it would be greatly appreciated. They can be broken, not working, parts missing, all phones welcome regardless of age or condition.

There are over 60 children with autism waiting to get their buddie and we are so excited to be able to help them have their dream come true.
Kate has already collected enough phones to help fund the initial purchase of a pup for the program!!

If you are interested in helping us please contact Kate and I direct at hjennings@aapt.net.au please can you put Smart Pups Mobiles in the subject line.

We are in the process of securing drop off places but I am sure I can find somewhere close to you that you would be able to deliver them to.
If you would like to know more about Smart Pups and the wonderful work they do please look at their website www.smartpups.org.au
Thank you for your kind support.
Heather, Kate and Koopa.

PHONES CAN BE LEFT WITH THE COLLEGE OFFICES.
Awards Night
Congratulations to all the Junior Secondary students who received awards at our Annual Awards Night earlier this week. The number of students receiving awards was very pleasing and all awards recipients should be very proud of themselves and their achievements this year. Keep up the good work!

Transition
Over the past few years we have found that less and less parents have attended our Transition Evening for year 6 to year 7 due to busy family lives, familiarity with the senior campus (due to older siblings already being here) and being comfortable with the transition into the next year level. For these reasons we have decided to change the format for providing information to parents. Parents should note the following:

- Parents of current Year 7 students are invited to phone the Senior Campus office if you have any questions about your child’s move into Year 8
- Parents of current Year 6 students will have the opportunity to ask questions and discuss their child’s move into Year 7 at a special session which will run immediately after the Year 6 Presentation Morning in December.

More information will be provided closer to the date.

Students will participate in Transition activities including:

- Year 6 into 7 Transition lessons on Senior Campus starting on Wednesday 13th November
- Year 6 into 7 Transition morning on Senior Campus on Thursday 5th December
- Year 7 into 8 Transition day on Senior Campus on Thursday 5th December

More detail about these events will be provided closer to the due date.

Uniform
Students currently in Year 9 are reminded that the uniform requirements for Year 10 no longer include the blue checked shirt – for boys and girls. All students in Year 10 and above are required to wear the plain blue shirt. Girls are still permitted to wear the checked dress. Please visit our website later this term to check opening times for the Uniform Shop.

Cheryl Wilson
Head of Junior Secondary

Early Sibling Relationships Influence Adult Behaviour
The relationship we have with our siblings has a considerable influence on our social and emotional development as adults. Siblings are closer to the social environments that children find themselves in during the majority of their day. It is important for older siblings to be encouraged to befriend, and be a good role model for their younger siblings.

Parents teach skills, model and supervise appropriate behaviour, but siblings can be better role models of more informal behaviours – how to act at school or on the street, or, most important, how to act cool around friends. Siblings are “agents of socialization”. For example, a female teen is at higher risk for getting pregnant if her older sister was a teenage mother. In order to maximize an older sibling’s positive influence, one of the most important things parents can do is to help foster a supportive relationship between the siblings from the very beginning. If kids start off their relationship with a sibling on a positive note, it’s more likely to continue positively over time. It’s not all that important whether you’re spaced closer together or farther apart, or if you have a brother or a sister.

It’s important for parents to encourage siblings to be engaged with one another and develop a relationship where there is mutual respect, cooperation and the ability to manage problems. Parents who have children who are spaced closely together in age may not see much of a need to have children over to play once a week because their children are already having significant social experiences within the family unit.

Not all of the implications of sibling influence are known, but research shows that growing up in a family where there is another child makes it a very different environment socially, cognitively and emotionally. Children learn things through growing up with other children in the house, just as they learn things growing up in a more adult-oriented environment if they’re a single child.
Take a few minutes to see how absences and being late for school can affect your child’s learning

### From the Guidance Office.....

| If your child misses.... | That equals.... | Which is..... | and over 13 years of schooling that’s... | Which means the best your child might perform is...
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<tbody>
<tr>
<td>1 day per fortnight</td>
<td>20 Days per year</td>
<td>4 weeks per year</td>
<td>Nearly 1.5 years</td>
<td>Equal to finishing in grade 11</td>
</tr>
<tr>
<td>1 day per week</td>
<td>40 Days per year</td>
<td>8 weeks per year</td>
<td>Over 2.5 years</td>
<td>Equal to finishing in grade 10</td>
</tr>
<tr>
<td>2 days per week</td>
<td>80 Days per year</td>
<td>16 weeks per year</td>
<td>Over 5 years</td>
<td>Equal to finishing in grade 7</td>
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<tr>
<td>3 days per week</td>
<td>120 Days per year</td>
<td>24 weeks per year</td>
<td>Nearly 8 years</td>
<td>Equal to finishing at grade 4</td>
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### How about 10 minutes late a day? Surely that won’t affect my child?

| He/ She is only missing just.... | That equals.... | Which is..... | & over 13 yrs of schooling that’s...
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<tbody>
<tr>
<td>10 mins per day</td>
<td>50 mins per wk</td>
<td>Nearly 1.5 wks per yr</td>
<td>Nearly 1/2 year</td>
</tr>
<tr>
<td>20 mins per day</td>
<td>1 hr 40 mins per wk</td>
<td>Over 2.5 wks per yr</td>
<td>Nearly 1 yr</td>
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<tr>
<td>Half hr per day</td>
<td>Half a day per wk</td>
<td>4 wks per yr</td>
<td>Nearly 1 1/2 yrs</td>
</tr>
<tr>
<td>1 hr per day</td>
<td>1 day per wk</td>
<td>8 wks per yr</td>
<td>Over 2 1/2 yrs</td>
</tr>
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### Thinking of quitting smoking?

**My Quitbuddy** is fantastic! You set your data (age, quit date and amount smoked per day etc.), then the App calculates the relevant data for you. When you check your App, you will be told –
- How many milligrams (mg) of tar you are avoiding
- How much money you are saving, and
- How many ‘smoke free’ days you are up to.

There are also links to **Quitline (13 78 48)**, goal setting, health benefits and facts of quitting smoking. This App is even great for educating young people on the health and financial costs of cigarette smoking.

A good tip (when trying to quit) is to put aside all your money saved (from not buying cigarettes) and treat yourself. Some choose to treat themselves each day, week or save up for the year...or even longer! New shoes, holiday, car, deposit for a home? See the money you could be saving below (on a rough guide for a packet of cigarettes at today’s prices).

If your packet of cigarettes costs you $20.00 and you smoke 1 packet/day this equals an extra $140.00/week in your pocket!  
$140.00 (per week) x 52 (weeks in the year) = $7280.00/year in your pocket!  
Over a longer time, $7280.00 (per year) x 20 years = $145,600.00 again in your pocket!  
These are just the financial benefits, the benefits to health, quality of life and life expectancy cannot be priced – give quitting a go!

Wade McClelland – (School Based Youth Health Nurse)  
At CSC – Tuesdays and Wednesdays.
Junior Campus News (Prep to Year 6)...

Awards Night
Congratulations to all our Junior campus students who starred during our recent College Awards Night. Over 60 Junior students received awards on the night and we congratulate all of them on their efforts and achievements. Special congratulations are extended to our two major award winners:

- Jack B- Junior Campus Citizenship Award
- Erin T- Junior Campus Values Award

Our combined Junior choirs, numbering over 90 students, also performed to a high standard. Thankyou to everyone, especially our parents and carers, who attended the event to support their children.

Academic Competition Results
The last of this year’s International School’s Competition results have been presented to our Junior recipients. The results are as follows:

**English Results**

*Participation Certificates:*
- Year 3: Jolie H, Nefertine G, Ryan T
- Year 4: Ebony P, Manea R, Torylee R
- Year 5: Maia T

*Credit Certificates:*
- Year 4: Bridgette F Top 12% in Qld, Venkatesh R Top 16% in Qld
- Year 5: Erin T Top 21% in Qls

*Distinction Certificates*
- Year 4: Ryan T Top 3% in Qld, Jemma J Top 8% in Qld

**Mathematics Results**

*Participation Certificates:*
- Year 3: Jolie H, Amelia R, Ryan T, Ryan B, Ryan M, Ryan T
- Year 4: Tamika P, Ebony P, Torylee R, Bayden T,
- Year 6: Krishant D, Jack B, Caden D

*Credit Certificates:*
- Year 3: Nefertini G Top 27% in Qld, Tane R Top 33% in Qld
- Year 4: Tara C Top 36% in Qld, Zachary F Top 36% in Qld, Venkatesh R Top 36% in Qld, Manea R Top 36% in Qld
- Year 6: Tyson F Top 12% in Qld

*Distinction Certificates*
- Year 4: Bridgette Fisher Top 9% in Qld, Ashleigh Walker Top 6% in Qld.

Congratulations to all participants for taking on the challenge of these difficult, international standard exams and many thanks to our parents and carers for their support which included competition entry fees.

Brad French
Principal Prep to Year 6

Dear Junior Campus Parents/caregivers,
Do you have 4 to 5 hours per fortnight on a Friday to volunteer in your Childs’ school canteen? Help is urgently needed preparing lunches for our many hungry students.

Lunch is provided to volunteers, along with a few laughs. Please come and see Narelle in the tuckshop if you are willing to help out.

I promise not to work you too hard, and you will gain satisfaction from contributing to your School community.

Many thanks
Narelle Bannister.
Tuckshop convenor
General News ...

Congratulations Junior Campus Choir
Well done to all members of the Junior Campus combined choir on their fabulous performance at Awards Night. Thank you to Mrs Evans, Mrs Matthews and Mrs Louise Bryant for your help before the performance. Thank you also to the parents and supporters who ensured we had a full complement of singers. We are all so proud of the 91 members of the choir.

JUNIOR CAMPUS ARTS EXTRAVAGANZA Thursday 14th November 6:30pm Junior Campus Hall.
We would like to invite everyone to the biggest event on Junior Campus. All of our music, dance and arts groups will perform their best work. We also welcome the Brisbane Federal Band who will perform and play alongside our school musicians at a massed band event. This is set to be a real treat for all. Some refreshments will be provided.

BAND WORKSHOP Thursday 7th November 2.45 – 4.30 Junior Campus music room.
Musicians from the Queensland Conservatorium of Music will be taking a workshop for the members of the Junior Campus concert band. This will also involve some preparation for the Arts Extravaganza the following week.
Louisa Lawless

Can Saver Plus assist you with education costs?
Join Saver Plus and match your savings, dollar for dollar, up to $500 for education costs including uniforms, text books, laptops, sports equipment, music tuition and TAFE or apprenticeship costs.
Saver Plus is Australia’s largest and longest running financial education and matched savings program, empowering over 20,000 people to save and build their financial confidence over the last 10 years.
You may be eligible if you have a Health Care or Pensioner Concession Card, are at least 18 years old, have some regular income from work (you or your partner) and have a child at school or study yourself.

To find out more, call or SMS your postcode to 1300 610 355 or email saverplus@bsl.org.au

Internet Safety

Always put the computer in an open area where you can see it – NEVER in the bedroom.

Advise your teenager:
☑ Not to give out any personal info, address, date of birth etc
☑ No to share usernames, passwords.
☑ Not to respond to bullies—block them.
☑ Report any cyber bullying behaviours and save messages / emails / conversations as evidence

Senior Campus students check out the Library for some great Halloween books to borrow.
Arts News ...

Arts Update
Congratulations to the 2013 recipients of the Senior School Artist of the Year – Connor M; and Middle School Artist of the Year – Tyla M. Both of these awards were presented at Awards Night.
At Arts Night on 5 November, we will present the individual art form categories at 7pm. Come along and listen from 6pm to some fabulous music in the outdoor Music Café. Following the presentation of awards, view visual art, film and performances inside the Cultural Centre. Cost of entry is a gold coin.
Sport @ CSC

Teachers vs. Students Games
The annual teachers versus Year 12 students’ games are underway with two rounds already being completed. The teachers have been a dominant force this year with resounding wins in the first two rounds. The first round win in Netball was attributed to an all-round performance of team players and excellent statistics from our star shooters who secured a 28-3 goal victory over the flailing Year 12 squad. The second round of competition was held this week with Volleyball being the sport in contention. The Year 12’s were confident in the pre-game warm up but were quickly put in their place when the teachers triumphed with a convincing 3 sets to nil win. The third and final round will see the teachers and the year 12 students match up in a Futsal contest next week. Best of luck to all participants.

Year 11 overpower Year 12 convincingly with a 20-8 win
The annual Year 11 versus Year 12 Boys Rugby League match was contested at Lunch 1 on Monday 28 October at the CSC oval. The 11’s overpowered the 12’s with a triumphant 20-8 win in trying conditions. The barometer was a balmy 28 degrees and all players were feeling the heat and pressure of performing in front of a large crowd. Notable mentions go to try scorers Jayden C and Maitlin K from the Year 12 team for their efforts. Unfortunately there efforts weren’t enough to stop the steam rolling machines of Jordan T and Jalen H-A who both scored doubles. Jordan M also put in an exceptional effort to run over the line and score for the 11’s.

Student Management Team 2013 Report
The Student Management Team (SMT) has had a very successful year again in 2013. The SMT which comprises of student representatives from Years 7-12, the College Captains and Junior Secondary leaders have had a busy year fundraising and facilitating activities and events for the students of Capalaba.

This year the SMT was organised slightly differently as it had four sub-committees that had specific focus areas; cultural, citizenship, environmental and sporting. These subcommittees were comprised of student SMT representatives who were supported by a teacher leader. The sub-committees ran a number of different activities throughout the year including the State of Origin Free Dress Day and Jersey Raffle; pet photo competition; cultural screen printing; bushwalking; the 40 Hour Famine and National Bandanna Day.

The World Vision 40 Hour Famine is a venture that the College has supported for some years now. This year we had approximately 20 students elect to participate in the Famine and commit to raising community awareness and much needed funds to go towards helping people who are chronically hungry and living in poverty. The students raised $686.30. This is an excellent effort from such a small group of people. Well done.

Last week, senior campus students participated in CanTeen’s annual fundraiser – National Bandanna Day. Bandanna day was a resounding success yet again with staff and students getting behind the cause and showing support to kick cancer in the butt. The SMT sold bandanas and pens and raised $650.55 to donate to the CanTeen organisation. Thank you to all staff and students for your support. It was greatly appreciated.

Personally, I would like to thank all students and staff who participated in the Student Management Team this year. I thank you for the effort you put in and for your contribution to making Capalaba State Colleges’ students active and conscientious citizens of society.

Melissa Mason
SMT Teacher Leader / Facilitator