FROM THE PRINCIPAL...

Thank you to all parents who responded to the Great Results Guarantee survey. I now have finalised the College Learning Guide. I really appreciate your feedback and was able to share your thoughts and concerns with the teaching staff.

Capalaba State College will receive $145,457. Our mission is to nurture positive values and a strong sense of self-worth in our students, enabling them to step into their future communities equipped as knowledgeable, resilient young people with a strong ethical foundation. Our College community welcomes and supports all learners, 9% of our student population is supported through a special education program designed in response to a diagnosed disability, 12% of our school population is multicultural and 6% is Indigenous.

This funding will be used to:
- Increase the percentage of students results in Mathematics to a “C or above” in all years to 80%
- Increase the percentage of students results in English to a “C or above” in all years to 80%

We will also continue to improve our NAPLAN outcomes. Our targets for 2014 are:
- >90% of students meeting National Minimum Standards (NMS) in Reading.
- >92% of students meeting National Minimum Standards (NMS) in Numeracy.
- To provide a learning plan for all students below NMS.

We will continue to monitor student achievement with:
- School based assessment;
- Diagnostic assessment instruments;
- Teacher monitoring.

We will use the funding to:
- Provide additional teacher aide time in classrooms;
- Provide professional development to teachers through coaching;
- Purchase resources and assessment tools.

I also appreciate your offer to support the College by assisting your children with homework. Homework helps to reinforce key concepts and builds recall and accuracy.

I am optimistic about are learning goals this year and look forward to working with you to support our young people to Live, Love, Learn, Leave a Legacy.

Last week we celebrated our 2014 Leadership Team at the Student investiture ceremony.

I would like to congratulate all our leaders on their appointment this year.

Leadership is a combination of many characteristics which enables an individual to lead a group. Although there are natural born leaders many leaders have to work at building a team and articulating a goal. It is also important to note that every effective group requires both leaders and followers.
FROM THE PRINCIPAL cont...

We at Capalaba State College need to recognise the role we will play in supporting and following our leaders this year.

Some of the necessary ingredients of leadership include:

- **Good communication** and this involves both listening and communicating effectively;
- **The ability to work collaboratively and in teams**, by working together in a group we can get become more accomplished and in less time, rather than simply going it alone.
- **The art of negotiation and compromising when we work in teams**. Through the process of working in teams, we need to learn the art of “give and take”, being able to bend and compromise in some areas so that the task is still completed and everyone is still on side. Our leaders will learn these skills this year as they fulfil their leadership responsibilities.

Today more than any other time, our school motto of Live, Love, Learn, Leave a Legacy provides a clear guideline for our 2014 leaders. By possessing and developing the many skills of leadership, I hope that our leaders Live, Love, Learn and leave a legacy as they fulfil their leadership roles.

So Year Leaders of 2014:

**Live**: get involved, don’t let life pass you by. Stand up and be counted and contribute, you are an extraordinary group of people. In the few short weeks I have been here I have been impressed with your many strengths and talents. Follow that passion, once you know what makes you feel happy and fulfilled, follow that passion until you have a career that’s focused on doing that thing. If you’re doing work that caters to your passion, then you’ll love getting up every morning.

**Love**: be kind and generous with your talents, time and words. Being kind is a way of living that keeps giving long after the kind thoughts, words, and actions have taken place. Kindness is a force without force, and it goes well beyond manners to the very heart of how people respect and treat one another. Being kind is a vital way of making our own lives, and the lives of others, meaningful. Being kind allows us to better communicate with others, be kind to yourself, and also be a positive force in other people’s lives.

**Learn**: all years, but particularly year 12 is an important year to prepare you ready for your future. Whatever your future holds, one trait will stand you in good stead, and that is the ability to learn. Life, technology, occupations are constantly changing and to be able to stay relevant you must be able to learn. Here in your classes you are challenged daily with your thinking, problem solving and analysis. Never lose your passion for learning.

**Leave a legacy**: Leaders of 2014 You will leave a legacy, make it one to be proud of!

Finally, I would like to congratulate Mrs Linda Knight on her recent appointment as Regional Manager, Teaching and Learning and welcome Mr Lachlan Thatcher in the role of Senior Campus Principal.

Regards
Bronwyn Johnstone
College Principal

---

**SPORTING ACHIEVEMENTS**

Congratulations Taylor T who will be representing Queensland in the Under 15 OZTAG Competition at National Championships in May.

Congratulations Jack B who is in the Brisbane South Little League Baseball team competition attending the Queensland State Titles in April.

---

**Redlands Young Champions**

We all want our children to be able to participate in extra-curricular activities and achieve their goals. Unfortunately, these activities are often costly! Do you need some help to cover these expenses?

The Redland Young Champions Program offers school age children travel reimbursements for any sporting, cultural, academic or other extra-curricular events. This includes but is not limited to:

- Academic activities
- The arts and community service
- Cultural events and citizenship
- Scouting, cadets and related activities
- Leadership activities and student exchanges

You can apply for travel related expenses up to $500.

To find out more log onto www.andrewlaming.com.au or call Andrew Laming’s office on 3821 0155.
We all have anger. It’s a normal human emotion. At times it is useful to express strong feelings as it helps us deal with situations that trigger those strong feelings. However management is the key. If anger is expressed in harmful ways then it can lead to problems in relationships and affect the overall quality of one’s life.

**Recognizing Anger**

Our bodies are great indicators of anger. When you get angry, your heart rate and blood pressure rise and stress hormones are released. This can cause you to shake, become hot and sweaty and feel out of control. You may then yell, throw things, criticise, ignore, storm out, and sometimes withdraw and do nothing. Take note of your body as it can help you control the extent of your anger.

**Anger is a problem when:**

- It involves verbal, emotional, physical or psychological abuse.
- You feel angry a lot of the time.
- People close to you are worried about your anger.
- Anger is leading to problems with personal relationships and work.
- You think you have to get angry to get what you want.
- Anger seems to get bigger than the event that set it off.
- Anger lasts for a long time, and well after the triggering event has passed.
- Anger affects other situations not related to the original event.
- You are becoming anxious or depressed about your anger.
- You are using alcohol or other drugs to try to manage your anger.
- You are getting angry with the people who are closest to you, or with people who are less powerful than you, rather than dealing with the situation that sparked off your anger in the first place.

Anger can often lead to violence if not properly controlled and some people use anger as an excuse for being abusive towards others. Violence and abusive behaviour gives someone power and control over another person, usually through creating fear.

**Tips to Manage Anger**

- **Make a list** of the things that often set off your anger eg running late, your children not cleaning up after themselves, or a co-worker blaming you for something you didn’t do. If you know ahead of time what makes you angry, you may be able to avoid these things or do something different when they happen eg. for lateness set your clocks ahead of schedule.
- **Use strategies** to calm yourself – deep breath, count to ten, punch a pillow, walk away, put your anger into getting a job completed, talk to a friend (but when calm).
- **What you think affects how you feel** so CONTROL YOUR THINKING - self-talk yourself into rational thinking. Know you are in charge of you. Choose to act and think calmly. It will win more friends and achieve better outcomes.
- **Be assertive** - Being assertive means being clear with others about what your needs and wants are, feeling okay about asking for them, but respecting the other person’s needs and concerns as well and being prepared to negotiate. Avoid using words like ‘never’ or ‘always’ or ‘should’ (for example, ‘You’re always late!’ ‘you should do this’), as these statements are usually inaccurate, make you feel as though your anger is justified, and don’t leave much possibility for the problem to be solved.
- **Seek professional help if your strategies aren’t working**

Remember – how we respond to anger will set the example for our children to follow.

Our behaviour is a choice. When dealing with anger which wolf do you want to feed?????

*Adapted from Anger Management : http://www.psychology.org.au/publications/tip_sheets/anger/#s5*
QATSIF Scholarships
From the late 1800s until the 1970s Aboriginal workers were for all intents and purposes enslaved. They were denied access to their wages which in many cases were simply stolen by corrupt officials and employers. It locked them into a cycle of poverty. Governments and churches made it difficult to access records and there was a general reluctance to pay the monies withheld. Following legal action which started in 2000, the Queensland State government made a payout which was eventually (2008) put into a trust fund (QATSIF) to be managed for the educational benefit of our current generation. The fund represents the toil of previous generations of Aboriginal and Torres Strait Islander Queenslanders who laboured under now-repealed control laws and policies.

Converting Past Injustices into a Positive Legacy
The Queensland Aboriginal and Torres Strait Islander Foundation (QATSIF) is a charitable trust that was established by execution of a Trust Deed on 25 November 2008. The effect of the Trust Deed was to place an amount of money under the control of The Public Trustee of Queensland. That amount "almost $26 million" is to be held and invested to produce income, which will then be used to achieve the Trust’s objectives:

- to provide scholarships which will advance the education of Aboriginal and Torres Strait Islander children and young people in Queensland;
- to increase community awareness of the need to advance the education of Queensland's Aboriginal and Torres Strait Islander children and young people;
- to ensure engagement by the Aboriginal and Torres Strait Islander community with QATSIF; and
- to ensure the income produced is unending, and to secure additional financial support from the wider community for the Trust and the objectives it seeks to achieve.

While the income is used by QATSIF, the original amount given to The Public Trustee of Queensland to generate that income is preserved. It was drawn from two sources: $10.8 million from the former Aborigines Welfare Fund and $15 million from the remaining unspent funds from the Indigenous Wages and Savings Reparations Scheme.

Each student receives a total of $3000 to support him/her over the two years ($750 per semester) of senior schooling in the areas of academic, vocational and personal school related activities pursuits. Scholarship students must have high attendance and must be achieving satisfactory results to maintain the funding across the four semesters.

CAPALABA COLLEGE Specifics
Congratulations to our 2013 QATSIF graduates who exited school with a QCE: Ashley B, Jasmine Y, Jake W and Shaniah T

We currently have 6 QATSIF scholarship holders
Year 12 : Tait S and Corey W
Year 11: Beau Y, Zac A, Jordan S and Anjannja S

Next Step Survey - Yr 12’s of 2013
The Queensland Government is conducting its annual statewide survey of all students who completed Year 12 in 2013. The Next Step survey is a brief, confidential survey that gains a comprehensive picture of the employment, study and life choices made by Queensland school completers in the year after they finish Year 12.

Between March and June, all our students who completed Year 12 last year can expect to receive instructions to complete a web-based survey or a telephone call from the Queensland Government Statistician’s Office to complete the survey. Please encourage them to take part. If their contact details have changed, please assist the interviewer with their updated details or forward the survey to their new address so they can participate. Thank you for your support of the Next Step survey in 2014.

For more information visit www.education.qld.gov.au/nextstep/ or telephone toll free on 1800 068 587.
Being Positive
Congratulations to the Junior Secondary Leaders for 2014. Daniel T, Christopher W, Charlotte G and Grace D were inducted as our Junior Secondary Leaders at last week’s Investiture ceremony. They have started the year as positive role models and leaders for the Junior Secondary cohort. They have some great ideas and I know they will work with their teachers and peers to make a difference in 2014.

Being A Learner
Homework Club is up and running for 2014. It will operate every Monday afternoon from 2:30 – 3:30pm in SC01. Students from Years 7 – 10 are welcome to come along and get some help with homework and assignments. A range of teachers will be in attendance at Homework Club.

A Tip for Parents to help your child Be A Successful Learner
Sleep research suggests that a teenager needs between 9 and 10 hours of sleep every night. This is more than the amount a child or an adult needs. The majority of adolescents only get about seven or eight hours. Some get even less.

Regularly not getting enough sleep leads to chronic sleep deprivation. This can have dramatic effects on a teenager’s life, including reduced academic performance at school. One recent US study found that lack of sleep was a common factor in teenagers who receive poor to average school marks. Even 30 minutes of extra sleep each night makes a difference.

Some of the reasons why many teenagers regularly do not get enough sleep include:

- **Hormonal time shift** – puberty hormones shift the teenager’s body clock forward by about one or two hours, making them sleepier one to two hours later. Yet, while the teenager falls asleep later, early school starts don’t allow them to sleep in. This nightly ‘sleep debt’ leads to chronic sleep deprivation.
- **Hectic after-school schedule** – homework, sport, part-time work and social commitments can cut into a teenager’s sleeping time.
- **Leisure activities** – the lure of stimulating entertainment such as television, the Internet and computer gaming can keep a teenager out of bed.
- **Light exposure** – light cues the brain to stay awake. In the evening, lights from televisions, mobile phones and computers can prevent adequate production of melatonin, the brain chemical (neurotransmitter) responsible for sleep. **Vicious circle** – insufficient sleep causes a teenager’s brain to become more active. An over-aroused brain is less able to fall asleep.

The developing brain of a teenager needs between nine and 10 hours of sleep every night. The effects of chronic (ongoing) sleep deprivation may include:

- Concentration difficulties
- Mentally ‘drifting off’ in class
- Shortened attention span
- Memory impairment
- Poor decision making
- Lack of enthusiasm
- Moodiness and aggression
- Depression
- Risk-taking behaviour
- Slower physical reflexes
- Clumsiness, which may result in physical injuries
- Reduced sporting performance
- Reduced academic performance
- Increased number of ‘sick days’ from school because of tiredness
- Truancy
Preventing sleep deprivation – tips for parents

Try not to argue with your teenager about bedtime. Instead, discuss the issue with them. Together, brainstorm ways to increase their nightly quota of sleep. Suggestions include:

- Allow your child to sleep in on the weekends.
- Encourage an early night every Sunday. A late night on Sunday followed by an early Monday morning will make your child drowsy for the start of the school week.
- Decide together on appropriate time limits for any stimulating activity such as homework, television or computer games. Encourage restful activities during the evening, such as reading.
- Avoid early morning appointments, classes or training sessions for your child if possible.
- Help your child to better schedule their after-school commitments to free up time for rest and sleep.
- Assess your child’s weekly schedule together and see if they are overcommitted. Help them to trim activities.
- Encourage your child to take an afternoon nap after school to help recharge their battery, if they have time.

Work together to adjust your teenager’s body clock. You may like to consult with your doctor first.


Being Safe

Parents and students are reminded that scooters and skate boards are not permitted on College grounds due to the increased risk of accident and injury associated with them. This is not just for the person riding the scooter or skate board, but also for the general student and staff population. The only means of mobile transport that is acceptable is a bicycle. All students are reminded that if they do ride a bike to school they must wear a helmet and they must ensure their bike is securely locked in the bike enclosure.

Cheryl Wilson
Head of Junior Secondary

Student Centre - Senior Campus

The new Student Centre is buzzing along with students dropping in at lunch time to hang out with Chappy (Chaplain) Drew and teachers. Board games, fussball and guitar playing are just some of the activities you are able to join. All students are welcome.

Join a Club – There are a number of clubs operating at the Senior Campus and always looking for new members. There is the Mural club (see Mr Brady); Science club (see Mr Taylor Byrne); Environment club (see Ms Ganter) or why not start your own by filling out the application form on the student home page.

There are a number of events planned, below are a few but students should access the whiteboard at LA08 for more information.

- Thursdays Lunch 1 until the end of term, staff from Indigiscapes will be coming to work with students on improving our grounds for us and for wildlife. Meet at THE CENTRE, LAO8, Thursday lunch 1 - 11am if you are interested.

- On Tuesday April 22 we have Eric Baily, a highly acclaimed motivational speaker, coming to speak with Year 10s, 11s and 12s.

Mitchell K
College Vice Captain
**GUIDANCE OFFICER NEWS ...**

My role, as Guidance Officer at the Senior Campus, is to support students at our College to be the best they can be – both academically and personally. To this end I offer support in three areas:

**Career Guidance**
If your child doesn’t know where s/he is heading after high school, s/he is encouraged to make an appointment with me. I have a range of methods for supporting our students to make plans for their futures. If your child does know what s/he wants to do after school but is unsure of the pathways and options – I can provide information to help make the important decisions and reduce any stress associated with this.

**Personal Counselling**
If students have personal dilemmas or school or home based problems, they are welcome to meet with me for confidential counselling and support. We work collaboratively on solutions to their problems and may, with appropriate consultation and approval, seek the support of external agencies.

**Study skills**
If students are not achieving the academic results they would like, they are invited to meet with me to discuss their organisational and study skills. Good organisational and study skills are critical for success – both at school and in life.

**Appointments**
to see me are made through the office. I work at Capalaba College Mondays, Tuesdays and Thursdays.

Students may self-refer or may be referred to me by parents or school staff. I am happy to speak with parents regarding any concerns- so please don’t hesitate to contact me if you would like to discuss any aspect of your child’s wellbeing.

Joy Ganter
Senior Campus Guidance Officer

---

**You Can Do It!**

This year all Year 7 and 8 classes have one lesson of You Can Do It scheduled into their timetable each week. The You Can Do It program focuses on 5 Keys to Success – Persistence, Confidence, Resilience, Getting Along and Organisation. By developing these five qualities, students will be better equipped to meet the 5 College expectations. So far this term we have been discussing what success is and the sorts of thinking that can “block” success. Currently we are focusing on Getting Along - solving “people problems”, dealing with conflict, not letting words hurt us and working as a team.

Elise Garner
Junior Secondary Student Welfare

---

Capalaba library

Noeleen St, Capalaba

ADVENTURERS BOOKCLUB – 8+ years

Thursday 27th February, 2014

3.30 – 4.15

Grab your Reading Passport and come on a book club adventure. Join us as we explore books, characters and themes using quizzes and games.

For more information and to book, phone 3843 8031 or email youngpeople@redland.qld.gov.au
Junior Campus Parking

Car parking can be a big issue for parents and visitors here on Junior Campus. There are times during our school day when parking is at a premium in carparks and in streets all around the school. This is particularly the case at drop off time between 8.00 and 8.45am each morning as students arrive and even more so at the finish of the school day when all students are leaving at the same time. For this vehicle movement to operate smoothly, we rely on the goodwill of drivers and everybody following the appropriate rules.

Some of these considerations could include:
- Parking correctly in the council carpark on the corner of Mt Cotton Road and School Road with cars reverse parked
- Using the drop off zone on Mt Cotton Road correctly and not as a carpark
- Parking safely on streets with parents/carers accompanying or supporting students in making safe entry to the campus.
- Not parking across driveways. We have many neighbouring properties at our school whose driveways require clear access at all times.
- Avoiding using staff carparks. These have been shown to be dangerous locations for pedestrians over time and are therefore not suitable for parent parking.

We thank all parents, carers and community members for their care and consideration with road safety around our College.

National Day of Action Against Bullying & Violence

Friday, 21 March is the annual National Day of Action Against Bullying & Violence. This day provides a focus for us to reinforce messages that bullying and violence at our school are not acceptable at any time. Capalaba State College has a strong anti-bullying policy which clearly states a commitment to:
- All students being able to learn in a safe environment
- Everybody working together to develop the skills that support positive behaviours and social relationships
- Implementing proven approaches to prevent bullying and violence
- Raising awareness that bullying and violence towards children is a problem requiring the response of the whole community.

To support these commitments, our College reinforces the active teaching of effective social skills and positive relationships through such programs as:
- You Can Do It - a program which teaches explicit lessons about the keys to a successful life including how to get along with other people
- The High Five program which teaches students the appropriate vocabulary and actions to use when confronted by bullying behaviour
- The School Wide Positive Behaviour Support Process which provides messages about appropriate social behaviours and the expectations of the College in relation to safe and respectful behaviour.

Our work in this important initiative will continue this year and every year because the safety of our children is paramount. To help mark this National Day of Action we will be staging activities and inviting students to wear orange items of clothing. A letter will be issued shortly with further details.

Regards
Brad French, Junior Campus Principal

Junior Environmental Club

On Friday, March 2nd, the Junior Campus Environmental Club took part in the Clean Up Australia Day Schools event. Although we only booked in for a first break rubbish pick-up so many students wanted to be involved we spread it over the two breaks.

Well done to all the students who took part. Although the clean-up only took an hour we will now spend some time looking at the rubbish we collected and doing a waste audit in planning for our next phase on our Environmental Plan.

In 2013 we registered as a Cleaner, Greener School through the Keep Queensland Beautiful Campaign and this year we will be a part of RedSWAP – an initiative from the Redlands City Council to encourage students to look after our world. We hope to establish recycling bins, a compost bin, gardens and other sustainability practices. As a club we are looking forward to spending the year improving the sustainability of our school and having fun doing it!!
Shake & Stir Theatre Company  Shake & Stir Theatre Company engaged students from across Years 7-12 on 17 February with their dynamic and thought-provoking production. Tag addressed issues of responsibility when using social media. The three actors impressed students with their abilities to play multiple roles. Year 11 & 12 Drama Studies students valued the opportunity to also participate in a Master Class on directing with local artist, Amy Ingram.

AMPS – Arts & Music Parent/care giver Support Group (AMPs) – Senior Campus
Capalaba State College has a strong arts culture. Students thrive in our arts classrooms and co-curricular programs such as the bands, dance teams and drama productions. A fabulous way for parents/care givers to get involved and support their students’ arts education is by participating in AMPs. Our current executive no longer have students attending the College. Charlie Green and Sue Daniell are ready to hand over their roles. We need volunteers who can fill their roles as office bearers. We also need lots of volunteers who can support the executive with the organisation of events, costumes, uniforms, fundraising… The AGM is on Monday 10 March at 7pm in the Jordan and Emily with Ms Naomi Russell Education Manager Shake & Stir Theatre Company

Griffith University early entrance
Congratulations to Daniel A in Year 12 who has been accepted into Griffith University studies whilst still at secondary level. He will be undertaking Introduction to Performance Skills and on successful completion may be offered guaranteed entry to University.

The College has developed flexible learning arrangements for our senior students to accommodate further studies at tertiary level and/or Vocational training or apprenticeships/traineeships within the student’s timetable. Please contact the College if you would like more information.

Senior Campus Instrumental Music
The Bands will be attending their annual workshop at the Plantation on Friday 4th April. Permission forms and money need to be returned to the school office by no later than 2.00pm on Monday 24th March.

Senior Students involved in Masterclass
Music Block. The Arts Teachers look forward to your support. If you have any questions, please call Debb Wall – Head of Department, 3823 9111.

Mr Thatcher Senior Campus Principal congratulates Daniel A
Head in the clouds?

Why not fly something there too? The Australian Air League is a youth organisation for boys and girls of 8 years and over who are interested in aviation and associated subjects. Parade nights are held weekly and include marching, physical activities, aviation, meteorology, and aircraft building. Cadets regularly fly RC aircraft more their size through the skies, and inspect airfields, hangars and more on day outings, along with travelling further afield on overnight camps with other Squadrons. Specialist training and leadership courses are also available.

For more information about the Australian Air League Inc. and Forest Lake Squadron contact:-

Chris Chandler
0421 578 641
oc.forestlake@airleague.com.au
www.airleague.com.au
P&C NEWS ...

The P & C would like to thank all of it’s sub committees for their hard work fundraising throughout 2013. We look forward to another great year. Please support our sub committees, the crafts stalls, sports day stall, sausage sizzles etc.

Just a reminder P&C Annual General Meeting will be held on Monday 24th of March, At 7pm in the P & C Building and everyone is welcome.

PARENTS AND CITIZENS ASSOCIATION

The Capalaba State College Parents and Citizens Association is a committee made up of parents of current and past students, local citizens and representatives of the College. It is a forum providing parents an opportunity to share ideas, give voice to your concerns and also a chance to meet other parents. Capalaba State College P&C as a group, works collaboratively with the College. Our aim is to look after the student’s best interests while supporting the College administration wherever we can. Some of the issues discussed and endorsed at P&C meetings include: The school Budget and Operational Plan, Risk Management Strategies, School Uniforms and Responsible Behaviour Plan, road crossings and parking as well as avenues to raise funds for new school facilities.

The benefits of joining the P&C

Actions speak louder than words, so this is your chance to have a say and to make a difference. This is the best way to show your children how much you value their education while showing them how to become a community minded person. Some of the benefits the P&C provides to the College and students are:

- Nutritious and healthy tuckshop
- Pre-Loved College Uniform Shop
- Enhance Learning Environment

The P&C allows you to provide input on our College issues and policies while continuing to build on a strong Parent, Teacher and Student partnership.

How much time do I need to give?

We realise that everyone is busy, so any time that you can spare is valued and appreciated, joining the P&C doesn’t mean that you have to attend all the monthly meetings or take a title on the committee. It’s just your chance to have a say and to make a difference to your child’s educational experience. Children love to say “My mum/dad helped with that”.

How do I join the P&C?

To become a member of the P&C simply complete the annual P&C membership form. Forms are available at our meetings or by getting in touch with the P&C President at pandcpresident@capalabasc.eq.edu.au.

Craft Group is a sub committee of the P&C who meet on Tuesdays and Fridays between 9am - 2pm. The volunteers make gifts for Mothers Day, Fathers Day and Christmas stalls and they are always looking for more volunteers. Can you sew, knit or crochet? Are you a handyperson? Do you enjoy craft? You can stay an hour or all day, whatever fits into your busy life. Please come along and meet other like minded parents. The Craft Group are also looking for the following donations:

- Spray paints, paints, spray adhesive, craft materials, soft toys, scrapbook materials, unwanted gift packs, soaps, powders etc, jars, nuts and bolts and material.

Second Hand Uniform Shop.

Many thanks to all those families who have donated pre-loved uniforms and those that have placed them on consignment. Please wash and iron any uniforms before sending them to the Uniform Shop. Remember to update phone numbers or address changes if you have uniforms on consignment so that we can forward the monies to you as soon as they are sold. Unfortunately there is no EFTPOS facility available for sale of second hand uniforms.

For more information, please contact Niki on 0433071241 or Tina on 0437574757
Last month’s newsletter outlined the definition of bullying and the 4 types of bullying, as determined by NCAB (National Centre Against 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) at CSC 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 and parents/carers understand what bullying is, how it impacts on people and how bullying is responded to at Capalaba State College.

**Why do people bully others?**

People who bully others are often motivated by the status and social power they can achieve through bullying. Some may bully others to compensate for what is happening to them and their own feelings of powerlessness. Bullying behaviours can also be copied by others.

**Who bullies others?**

All individuals have the potential to bully others or to be bullied.

**Why is it sometimes hard to identify bullying?**

Bullying can be done through a number of different actions and behaviours, it can be overt or covert, and can occur in both individual and group situations. Some bullying can be quite subtle or involve words known only by the students, making it difficult for adults to recognise. These complexities can make it difficult to identify if a person or group is being bullied.

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.amf.org.au](http://www.amf.org.au)
- [www.ncab.org.au](http://www.ncab.org.au)

Friday 21st 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 or a blue wrist band.

**Please remember** — Bullying needs to be reported to the College; either to your Year Coordinators or Heads of School (Head of Junior Secondary and Head of Senior Secondary). All reports of bullying will be treated confidentially and an agreed plan of action will be put into place.

**STUDENT RESOURCE SCHEME**

Forms are overdue. If you would like your child/children to take advantage of the scheme, please contact the office on 38239111.
SUPPORT FOR PARENTS....

Have you just had a new baby?
Community Child Health Service
The Community Child Health Service runs clinics to educate and support parents and carers of children aged 0-12 years.
To find out more and get services, contact the Central Intake Service:
Phone: 1300 366 039
Hours: 8.30 am-5 pm, Monday-Friday (except public holidays)
There is also a Child Health Line staffed by maternal and child health nurses:
Phone: 13 HEALTH (13 43 25 84)
Hours: 24 hours, 7 days a week
Parentline
This is a confidential telephone counselling service offering free professional counselling and support for parents and carers.
Phone: 1300 301 300 (cost of a local call)
Hours: 8 am-10 pm, 7 days a week

Are you finding parenting harder than you thought?
Triple P – Positive Parenting Program
This a parenting support program. It aims to prevent severe behavioural, emotional and developmental problems in children by enhancing the knowledge, skills and confidence of parents.
Ellen Barron Family Centre
This is a free residential centre that provides a service for families and children aged 0-2 years who are experiencing parenting issues of a more complex nature. The Centre specialises in providing child and family health information, education, strategies and support. It also helps to link families to resources in their community.
Phone: 1300 366 039

Do you need to find care for your child?
There are four options for child care in Australia:
home-based care, which is having your child cared for by a friend, relative or nanny in your home
family day care with a small group of children in an approved carer’s home
centre-based care, in a child care centre with trained staff and a structured program
occasional care, which is short-term, centre-based care.
Child care is mainly designed for children aged up to five years, but can also include before-school, after-school and holiday care for primary school-age children.

MyChild
This Australian Government website has information about the different types of child care and about government assistance to help with fees. You can search for a child care service near you.
You can also get information from the Child Care Access Hotline:
Phone: 1800 670 305 (free call) or TTY service: 1800 639 327 (for hearing-impaired or speech-impaired callers)
Hours: 9 am-8 pm, Monday-Friday

Do you want help finding playgroups?
Playgroups are a great way for small children to practise the fine art of getting along with others and to try new ways to play. They’re good for parents too, with lots of support and social contact in a relaxed, welcoming environment. For more information contact the Playgroup Association of Queensland.
Phone: 1800 171 882 (free call)

Is your child ready for prep?
In 2007, Preparatory Year (prep) replaced preschool in Queensland. Prep is part of primary schooling and is provided through state schools and accredited non-state schools.
The Queensland Government website has more information about prep, or you can contact your local primary school.
On February 25th two teams from Capalaba State College competed in the first round of the restructured interschool chess competition. No longer are there separate regional contests in Brisbane North and South. Instead all Brisbane high schools compete in the same competition. In addition there are now two divisions based on strength: A & B.

Competing in A Grade our first team (Will T, Kjeioh F, Zac W & Jack B) finished 8th out of 21 teams in that top division. That strong result effectively means we can presently claim to have the eighth best school chess team in Brisbane and the top state school team in competition.

Our B graders (Brad M, Jonathon N, Sam F & Aiden K) scored a podium finish in their division finishing in 3rd place out of 28 teams. All four players also received individual ribbons of merit for their strong performances.

For the first time since 2010 Capalaba’s interschool chess team included a female member. Competing individually in the B Grade competition, Teah D scored four wins out of seven matches for an impressive debut.

The secret to chess success… CONCENTRATION
**EARLY CHILDHOOD DEVELOPMENT PROGRAM AND SPECIAL EDUCATION PROGRAM**

**Update**
I have accepted the offer of a regional position with Education Queensland working with Principals around Complex Case Management support. The position is for 6 months with a possible extension to 12 months. In my place Francine Rigby has been appointed acting HOSES. I would like to thank you all for your support. The SEP team is one I am very proud of and certainly I can say with some knowledge that the programs and support provided at Capalaba State College are excellent. I wish you all the very best in 2014.
Jo Gillespie.

**Reading Folders**
All students will now have Reading folders coming home. Please encourage your young person to read each night. The research strongly supports parents reading to their young people even into their teens.

**Extra Curricula Activities (Senior Campus) – Clubs, Chess, Enviromental Club, Sport ******
The programs are up and running. Check in with your young person and encourage them to join in with the extra curricula activities that are on offer. If you are unsure please contact your child’s Program Manager for further information.

**SportSTAR**

*Support  Transition  Affiliation  Recognition*

Sportstar is a weekly program of various sports, skills and games that enables and encourages people with a disability 16 years and over to participate in a weekly physical activity program. You can attend if:

- You are a school student 16 years and older attending with your school
- An adult with a disability attending with you support worker

Or members of the Tertiary PLACE

The activities will be held at the Clem Jones Sports Complex, Zahel Street, Carina on Thursdays from 12.30 – 1.45

For more information go to [www.thetertiaryplace.com.au](http://www.thetertiaryplace.com.au)

---

**RAISE THE BAR**

are once again having their disco on the first Friday of every month in the Language Building of the Alexandra State High School in Windemere Rd, Alexandra Hills. The cost is $10, which includes a sausage sizzle and soft drink. For more information please call Lisa on 3823 4058

---

**Ethan’s Journey**

Shaun and Tricia are parents to Ethan who currently attends our Early Childhood Development Program. The family wanted to make a page for Ethan to help raise awareness of Craniosynostosis, Hydrocephalus, Benign Neutropenia, Chromosome XP duplication and Autism. Ethan’s continuing journey with this very complex diagnosis can be accessed through the following Facebook link:

[https://www.facebook.com/groups/296659040465002/](https://www.facebook.com/groups/296659040465002/)

Everyone is welcome to join Ethan’s page.

Thank you

Shaun and Tricia