Give Your Child the Advantage

Every parent treasures their baby’s first sounds, words and steps. That joy is continued as parents watch their child grow and learn. Additionally, every parent wants to give their child an education advantage to ensure learning success at school. Early learning through structured play and pre-prep programs are a great way for parents to support their child’s educational journey. Recent studies have shown just how valuable early educational experiences can be at influencing motivation and learning power.

At Capalaba State College we believe that early childhood education is a vital phase of life in terms of a child’s intellectual, emotional, social and brain development. That is why the College has developed a pre-prep program designed to assist students and parents to prepare for a successful start to Prep in 2015. The sessions are designed to gather a comprehensive understanding of the needs of the child and connect with parents.

The College offers a pre-prep program every Wednesday to allow young learners to:

- meet new friends
- develop readiness skills for Prep
- gain confidence about their new school with mum or dad and
- have some fun!

The program also allows parents to:

- meet other parents of students attending Prep in 2015
- become familiar with early learning
- transition students into the school and to say ‘goodbye’ more easily on their first Prep day in 2015 and
- know teachers who will become familiar to students in Prep.

Early learning is the key element that helps build a good foundation for a child’s educational success. Every child learns habits and forms patterns that are not easily changed in later years. It is important for schools and parents to work together to develop productive early education patterns for children to enable them to achieve great educational success. At Capalaba State College we are committed to ensuring our pre-prep children have a good early childhood education that can further help them develop their personalities.

Independent Public Schools

The College has submitted an expression of interest to become an Independent Public School. More information on Independent Public Schools is available on the Education Department website: http://education.qld.gov.au/schools/independent-public-schools/index.html

Professional Learning

At Capalaba State College learning is a valued component of the teaching profession. Each week, College Staff engage in professional learning either online, with a coach or at workshops and seminars. This term we have two key staff members trained as coaches to support staff with instruction relating to writing and pedagogy. Our coaches are Kirsty Morrison and Katie Hurst, they work with staff in a number of ways to assist with classroom delivery.
End of Term
Term 3 is almost over and students are currently completing assessment for the term now. Parent teacher interviews will be held on the junior campus in week 10. This is an important time to check in with teachers about your child’s learning progress. Term 3 can be a stressful time of year especially for our senior students as this is the key verification time. Students will also start to think about learning and earning options for next year. If you are seeking advice on next step options I encourage you to talk with the College Guidance Officer. Additionally, for students in year 10 or 11 if they are interested in school based traineeships and apprenticeship please contact the Senior Campus office.

College Bus
Have you seen the College bus around town? We have taken a new approach towards the promotion of the College. The full bus wrap highlights our complete education from Prep to 12. The photos were taken by Mr Laurie Lee and showcase our uniform and happy, smiling students.

Sausage Sizzle
Our Swimming Club is holding a Sausage Sizzle at Bunnings on Saturday 21 September, first Saturday of the school holidays. If you happen to be at Bunnings on that date, please support our Swim Club.

Bronwyn Johnstone
College Principal

Capalaba State College invites Parents, Carers and Friends to The Tenth Annual Awards Night held at the Senior Campus Auditorium on Tuesday 24 October 6.30pm
Junior Campus Choir and various student artists will be providing entertainment from 6pm outside the Auditorium
Students who have achieved Academic, Artistic and Sporting excellence will be acknowledged on the evening
Performances will be given by Dance and Music students
A light supper will be served at the end of the evening
NEXT STEP 2014
YEAR 12 DESTINATIONS
Capalaba State College

Introduction

This page presents a summary of results of the annual Next Step survey for Capalaba State College. The Next Step survey, undertaken by the Queensland Government, targets all students who completed Year 12 and gained a Senior Statement in 2013, whether they attended a government, Catholic or independent school, or a TAFE secondary college. The Queensland Government statistician's Office conducted the survey between March and June 2014, approximately six months after the young people left school. Responses were collected via computer-assisted telephone interviewing and an online survey. Statewide and regional reports from the Next Step survey will be available on the Next Step website in September 2014 at www.education.qld.gov.au/nextstep.

Response rate for Capalaba State College

Table 1 below reports the response rate for Capalaba State College. It expresses the number of respondents from this school, as a percentage of all Year 12 completers who attended Capalaba State College in 2013.

It has not been possible to ascertain how representative these responses are of all Year 12 completers from this school.

Table 1: Survey response rate, Capalaba State College 2014

<table>
<thead>
<tr>
<th>Number of respondents</th>
<th>Number of students who completed Year 12</th>
<th>Response rate (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>70</td>
<td>80</td>
<td>87.5</td>
</tr>
</tbody>
</table>

Definitions of main destinations

The pathways of Year 12 completers were categorised into ten main destinations. Year 12 completers who were both studying and working were reported as studying for their main destination. A table defining these categories can be found in the statewide report at www.education.qld.gov.au/nextstep.

Summary of findings

In 2014, 51.4 per cent of young people who completed Year 12 at Capalaba State College in 2013 continued in some recognised form of education and training in the year after they left school.

The most common study destination was Bachelor Degree (18.6 per cent). The combined VET study destinations accounted for 32.9 per cent of respondents, including 17.1 per cent in campus-based VET programs, with 7.1 per cent of Year 12 completers entering programs at Certificate IV level or higher.

15.7 per cent commenced employment-based training, either as an apprentice (11.4 per cent) or trainee (4.3 per cent).

There were no respondents from this school who deferred a tertiary offer in 2014.

48.6 per cent did not enter post-school education or training, and were either employed (28.6 per cent), seeking work (12.9 per cent) or not in the labour force, education or training (7.1 per cent).

Figure 1: Main destination of Year 12 completers, Capalaba State College 2014

![Pie chart showing the distribution of Year 12 completers' destinations]
It has been another very busy term on the Senior Campus.

We have been enjoying a number of excursions and sporting events including:

- Competing in Basketball at MetEast
- Gala Cricket Days
- Performing at the Royal Children's Hospital
- Café Scientifique
- Eisteddfods
- The Darling Point Fun Run
- The Scene Project
- Year 7 to Canberra
- Principal Tours for prospective families
- ABCN and Optus Focus sessions for young women to develop leadership skills

Queensland CS completed

Some Year twelve students have also completed their QCS (Queensland Core Skills) test, which is a huge effort and involved almost a year of preparation with Mr Osmolowski and Mrs Gunner. The focus of everyone in year twelve should now be on completing their school based assessment in order to achieve the best possible final results - the end is near!

While we need to use the holidays to unwind, it may be a good time to prepare for term four, making sure those final assessments are done well, and especially finalising any Year 12 Formal organisation required so that it is not an overwhelming distraction during the final precious weeks of school.

2015 iPad's in the classroom

We have started planning for 2015, with a major focus currently on what technology will we be using in our junior secondary classrooms...

The Federal Funding for laptops has been discontinued, which means that we are unable to buy new laptops at a subsidised rate. Students already with laptops and tablet PC's will continue to use them, but we have been looking at what can be done for everyone else?

The College has been exploring the idea of students in years four to nine bringing their own iPad's.

This would mean that if you already have an iPad in your home and you are comfortable with your student bringing it in to school, they will be allowed to. The fee for access to the apps, servers, wireless internet and printing devices will be minimal (in the region of $10 a term).

We are currently investigating how to "semi-manage" the devices to make sure that we can provide access to printers and servers, necessary educational apps, textbooks and novels through the iPad without having to control the whole iPad, still allowing you to manage it as a personal device for your home.

Year Seven students will be offered a trial opportunity next term, with information soon sent home in a letter.

The College is exploring other schools that run the Bring Your Own (BYO) iPad well and working with teachers to make sure the device is more than just a word processor or way of accessing Google!

Watch this space!

Principal Tour's and 2015 Enrolments

We recently held a Principal's Tour morning, with families visiting from our Junior Campus, St Luke's Catholic Parish School, Gumdale State School and Coolnwynpin State School.

If you were unable to make the morning tour, please feel free to call the Senior Campus and make an appointment for a personal tour with the Deputy Principal or Principal-Senior Campus.

Next year we are working toward expanding to three year seven classes and three year eight classes.

Existing Capalaba State College students do not need to complete enrolment forms to transition from the Junior Campus to the Senior Campus, however parents are invited to have a conversation with the Deputy Principal to help us understand the needs and strengths of your student.
Parents Have Much Farther Reaching Effects Than They Know

We were pretty good at keeping computers and televisions out of bedrooms, but as technology developed we somehow missed that phones and tablets ARE computers. Parents may sometimes feel out of control. The majority of families own a collection of iPads, iPods, other tablets, an Xbox, a Wii, a DS, iPhones and more...

Most parents wonder if their limit setting is actually worth it as they regularly have to remind children of the boundaries with technology.

Be encouraged, it IS worth it.

A study with over 1,300 families in the US indicated some powerful benefits for children when parents set healthy limits on entertainment screen time (TV and video games) and limits of the type of content viewed.

Some effects are seen more immediately and others over time.

(Please keep in mind that ‘limiting’ does not mean banning all technology or taking everything away – it indicates a healthy balance and an inclusion of many other actives, such as sport, drama, kicking a ball, going shopping, chatting over dinner...)

Two Immediate effects of placing limits on media (which seem obvious but are great to see):

- Those children spent less time on TV and video games
- Those children saw less violent media content

However, it is the long-term effects that surprised the researchers the most. Children whose parents set more limits on the amount of time spent with media 7 months before:

- were now getting more sleep
- were getting better grades in school
- had an indirectly positive change in Body Mass (as children were simply moving around more)

Additionally, parents limiting children’s content exposure (to violent media) 7 months before resulted in:

1. increased prosocial behaviour – exhibiting more helpful and cooperative pro-social behaviours at school
2. less aggressive behaviour toward their peers

Adapted by Kathleen Lizzio from GenerationNext.com.au

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### How to Order Co-Curricular Groups

To order co-curricular group photos (eg: sports, music, year level groups), please go to the Silver Rose website and click on schools.

![Silver Rose](www.silverrose.com.au)
**Two Year 12 students from our Special Education Program, Brandon and Alex, commenced a work experience placement at a new business in Capalaba called 'Shed 27'. We are hopeful that the boys will gain school-based traineeships in the near future.**

The facility has been set up by 2 local businessmen, Shane Gilchrist and Stephen Beaumont, to provide opportunities for disadvantaged youth in gaining employability skills, confidence and increased self-esteem/efficacy. These men also operate an outdoor education facility known as 'Sailaway'. Another student in our senior SEP group, Gemma S, has a traineeship with Sailaway.

Shed 27 will commence a 'Men's Shed' program on September 30, providing further opportunities for young people to interact with skilled members of our community. 'Men's Shed' is a vehicle restoration program that offers enthusiasts a professional space to work on their projects.

I was fortunate enough to be part of the pilot program for these boys and have to say that it was reminiscent of Christmas morning as the boys opened a rather large parcel of tooling (supplied by Shed 27) and proceeded to place them in their new tool chest.

We have been operating a basic mechanical program out of the shed behind the hall - sharing the space with PE (and lots of chairs). An ex-parent, Dave Paul gives his time and expertise to work with the boys predominantly repairing mowers and other small engine items. We thank Mrs Johnstone College Principal and Mr Thatcher, Senior Campus Principal for getting behind us on this one! Our progression to Shed 27 came as a result of Mrs Johnstone being involved in various local business forums. As a result, she was asked to be a guest speaker at the recent launch of Shed 27 - and so the partnership began. Mrs Johnstone excitedly broke the news to me about 2 weeks ago with a special class visit.

Mick Quinn
Special Education
FROM THE P&C ASSOCIATION...

Capalaba State College P&C
Junior Campus

“Beach Party”
DISCO

Friday 19 September
Prep- Yr 3 - 5pm-6.30pm
Yr 4 - Yr 6 - 7pm-8.30pm

Junior Campus Hall

$5 per person (include 1 Sausage Sizzle and 1 Juice)
Prize for the Best Dressed

Soft drinks, lollies and glow products will be on sale on the night

Please note all children must be signed in and out by a parent or guardian. Whilst the disco will be fully supervised the P&C encourages parents and carers to stay and enjoy the end of term celebration.

If you or someone you know has a child between 0 - 5 years
Consider attending the
Capalaba State Colleges P&C Playgroup
Mondays 9am to 11am
All you need to bring is a piece of fruit to share and $2 towards tea/coffee.
This is a great way to meet other parents and children.
For more details please contact
Bethan Gainger - 0411 412 103 or Kirsten Astles - 0410 364 215

Morning Playgroup
Welcome Back Rico Bruesch
Thirty years ago, a new Year 4 student called Rico Bruesch arrived at Capalaba State School having recently immigrated to Australia. Rico was also new to the English language and set about learning the intricacies of our difficult language under the tutelage of his teacher, Mrs Gayle Smith. This week Rico Bruesch returned to Capalaba State College as a successful author and book publisher and reacquainted himself with Mrs Smith and his old school. He spoke with pride and excitement about the special place that our school became for him in his formative years and even went on to publish a story which he wrote in Year 4 with a special dedication to Gayle Smith. A copy of that published work entitled The Magical Rolls Royce now resides with us here at the College.

While he was here, Rico undertook writing workshops with Year 4 classes and established a new Year 4 creative writing competition. Congratulations to Olivia W. who is the inaugural winner of this competition which came with a $100 first prize. We thank Rico for his interest and generosity and for remembering us at Capalaba State College.

STOP PRESS
The College has just been advised by Rico Bruesch that Olivia's book is now registered and copyrighted. She is the world's youngest published author. What an achievement Olivia!! The dedication in Olivia's book is to her parents and famous author JK Rowling. Mr Bruesch has couriered a printed copy of Olivia's book to JK Rowling and has been advised by JK Rowling's agent that Olivia will receive a personal thankyou from Ms Rowling. We are looking forward to advising our College community when the book will be available for commercial sale. Once again, congratulations Olivia on a World First.

Academic Competition Results
It is pleasing to see increasing numbers of students entering academic competitions in 2014 such as the International Schools Competitions. Here are the results from this year's first two competitions which were Computer Skills and Science:

**Computer Skills Results**


**Merit Certificates:** Ryan M. (Year 4) Top 46% in Australia, Tamika P. (Year 5) Top 42% In Australia

**Credit Certificates:** Ashleigh W. (Year 5) Top 25% in Australia

**Distinction Certificates:** Imani H. (Year 3) Top 10% in Australia, Mark W. (Year 4) Top 10% in Australia, Venkatesh R. (Year 5) Top 5% in Australia

**Science Results**


**Merit Certificates:** Zac F. (Year 5) Top 41% in Australia, Bailey P. (Year 6) Top 39% in Australia

**Credit Certificates:** Leah F. (Year 2) Top 32% in Australia, Gianna H. (Year 2) Top 32% in Australia, Imani H (Year 3) Top 19% in Australia, Nefertini G. (Year 4) Top 36% in Australia, Tamika P. (Year 5) Top 29% in Australia, Venkatesh R. (Year 5) Top 35% in Australia, Joweni S. (Year 6) Top 23% in Australia.

Congratulations to all participants especially those who have achieved higher level awards. More results in next month's newsletter.

**District Athletics**

Congratulations to Kaitlyn F and Kaylin K who were successful in being selected in the Redlands District Athletics at the recent district carnival here on Junior Campus. Last week the girls travelled to the QEII stadium to compete in the Metropolitan East Regional athletics trials. Kaitlyn ran in the 10 year girls 100 metre event while Kaylin competed in the 10 year girls high jump. Both girls performed creditably and we are proud of their achievements. Well done Kaitlyn and Kaylin.
**FROM THE JUNIOR CAMPUS ....**

**Happy & Safe Holidays**

Yet again we have swiftly worked our way through the school term. The cold weather is behind us for another year and everyone is looking forward to a Spring holiday. We extend our best wishes for a restful and safe vacation.

A reminder that Monday, 6 October is the Labour Day public holiday in Queensland. This means that school will resume on Tuesday, 7 October. There is also a Term 4 Pupil Free Day which occurs on Monday, 20 October which is at the start of the third week of the term.

Brad French  
**Junior Campus Principal**

**C.S.I. Day of Excellence**

This week on Thursday, we have three students who will be representing Capalaba State College at the C.S.I. Day of Excellence for schools in the South East Region. Natalie M, Bailey P and Erin T will be attending Coomera Rivers State School to participate in a series of Forensic Science activities to solve a real life mystery. Good luck team!

**Mathematics Cluster Day**

Thursday 18 September, the College will be sending a team of five, Year 5 students to represent Capalaba State College at the Mathematics Day of Excellence. Hilliard State School will be hosting the event and a number of schools will be represented from our region. Best wishes to the following students for the day! Lana F, Ella H, Venkatesh R, Manea R and Ashleigh W.

**Daniel Morcombe Health Unit:**

**Recognise**

Over the last four weeks we have been implementing the *Daniel Morcombe Child Safety Curriculum*. The first key safety message of the curriculum is **recognise**. Recognise is about being aware of your environment.

Children, young people and adults can all learn to take notice of what is happening around them to help keep themselves safe. Everyone can use clues, such as the things we see, hear, smell or feel to help protect us from harm and keep ourselves safe. Clues can be simple things that warn us about a danger, e.g. hearing a fire alarm or seeing smoke, that prompt us to **react**. We can also use clues to prepare for potentially unsafe situations, e.g. if we are walking alone at night, then we try to use a well-lit route and avoid secluded lanes or parks.

When we **recognise** that there might be a safety problem we can take steps to move away or reduce the risk or develop strategies that can help keep us safe. For instance, if you are in a busy environment such as the Ekka or a local event where there are big crowds, you might consider what you and your child could do if you became separated. Strategies could include: going to a highly visible pre-determined meeting spot; writing your phone number on a card and placing it in your child’s pocket; identifying who your child could approach if they become lost, e.g. police, staff at a booth.

It is important that the key safety messages of the *Daniel Morcombe Child Safety Curriculum*: **Recognise**, **React** and **Report** are reinforced, both at school and home. I encourage you, wherever possible, to talk with your child about safety to help them stay safe now and in the future.

Hayley Hampton, Head of Curriculum 4-6
GENERAL NEWS ...

TIRED OF FIGHTING WITH YOUR TEENAGER?
FREE SEMINAR ON REDUCING FAMILY CONFLICT!

- Is your teenager between 11 and 16 years?
- Would you like practical tips for dealing with conflict with your teenager?
- Come to our free 2-hour seminar!

Parents of teenagers are invited to take part in new research by attending a seminar based on the successful Teen Triple P: Positive Parenting Program.

Dates: September and October
Venues: PCYC Bayside, Carindale & Inala and UQ St Lucia

To find out more or register your interest:
W: https://exp.psy.uq.edu.au/parentingteens
E: parentingteens@uq.edu.au
P: 3365 7306 or 3365 7303

Learn to more effectively resolve conflict
... Teach your teen better problem-solving skills
... Improve family relationships
... Get support from a trained psychologist
... Meet other parents of teenagers

For information on HOLIDAY PROGRAMS (12 – 17 year olds) – contact:

Tina Adams
Coordinator Of Youth Hubs
Gold Coast
Thrower House
Salk Oval, Thrower Drive, Palm Beach QLD 4221
Telephone: (07) 5581 1622
Facsimile: (07) 555 90 191
Mobile: 0408734061

Spring School Holiday Program

Monday to Friday
9:30am – 3:30pm
Indoor Water Ski
Carnet 6: 3 days
Low Obstacle Course
$6/indiv.
Price: $5 per person

Saturday & Sunday
1:00pm – 4:00pm
Indoor Waterski
Prize $50 (Prize: $15)

SLEEMAN SPORTS CENTRE

Capalaba State College
Web: www.capalabasc.eq.edu.au
E-Mail: info@capalabasc.eq.edu.au

Senior Campus
Phone: 07 3823 9111
Fax: 07 3823 9100
Absence Line: 07 3823 9166

Junior Campus
Phone: 07 3823 9333
Fax: 07 3823 9300
Absence Line: 07 3823 9360
**GENERAL NEWS ...**

**13TH SEPTEMBER**
**9AM-1PM**
**SIGN ON DAY**

Please come down and see the friendly team at Capalaba for all your information on a summer sport with a relaxed vibe.

- $140 for a single child
- $120 each for two children
- $100 each for three or more children
- Fees include cap, club shirt, gate fee & membership fee.

Cash or direct debit only no eftpos
capalabaswimmingclub.org.au

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**Want some summer fun while staying fit and healthy?**

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**Want to laugh with your mates while swimming against your Personal Best Times**

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**Then come and give swimming a go at Capalaba Swimming Club**

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**We are a family orientated club with good times our main aim!!**

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**CAPALABA SWIMMING CLUB**
School Rd Capalaba
Richard Goss 0421693363
Bec Harding 0462838279
capalabaswimclub@gmail.com

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**Live well with asthma**

Are you or someone you care for living well with asthma? If you:

- wake up coughing, wheezing or breathless
- struggle to keep up with normal activity
- use your blue reliever puffer more than three times a week
- are unsure about the way your medications can work best for you

These are all signs your asthma is not well controlled or signs you are not living well with asthma.

If your asthma is limiting your quality of life, Asthma Foundation Queensland invites you to join for a free one hour Live Well with Asthma workshop. To register please call Asthma Assist on 1800 645 130 or visit [http://www.asthmafoundation.org.au/QLD/Courses_for_the_community.aspx](http://www.asthmafoundation.org.au/QLD/Courses_for_the_community.aspx).

**Where:** Cleveland Library (Meeting Room), Cnr Bloomfield & Middle Streets, Cleveland

**When:** Thursday, 9th October

**Time:** 10:00am—11:00am

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**Free children’s dental program**

Metro South Health provides free dental care to children throughout our region.

**Who is eligible?**

- All children aged 4 through to year 10
- Students in years 11 and 12 who have a current Centrelink Card, Healthcare Card or Pension Card
- 0-3 year olds whose parents have a current Centrelink Card, Healthcare Card or Pension Card
- 2-17 year olds who are eligible for the Child Dental Benefits Schedule

**Who needs to attend the appointment?**

A parent or legal guardian is required to attend every dental appointment.

**How do I make an appointment?**

You can now book an appointment for you and your child at a time and location convenient for you. For all appointments, please telephone:

**1300 300 850**

Metro South Oral Health Hub

Cost of a local call. Calls from mobile phones may be charged at a higher rate. Please check with your telephone service provider.

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**Asthma Foundation Queensland**

Celebrating 50 years

1865 – 2015

42 Costin Street
Fortitude Valley QLD 4006
PO Box 394
Fortitude Valley QLD 4006

T (07) 3252 7677
F (07) 3257 1080

Asthma Assist:
1800 ASTHMA (1800 278 462)
asthmaaustralia.org.au
ABN 31 325 525 917
Helping Kids With the Ups and Downs of Friendships

It is not always easy for children to know how to manage friendships. Problems with friends can affect how children feel about themselves and their enthusiasm for activities that involve others. Parents and carers can help children learn the kinds of friendship skills they will need as they grow and develop. Learning how to make and keep friends involves a number of skills. Children learn more and more complex social skills from those around them as they develop. Home life has an effect on the development of social skills.

Friendship skills for children include:

Cooperation
• how to share, how to take turns, how to work together towards a common goal

Communication
• using words to explain what you want and listening to others respectfully
• paying attention to body language, eg making eye contact, smiling and being able to read nonverbal reactions

Understanding and managing feelings
• being able to express feelings in ways that help others understand you
• recognising and responding to others' feelings

Accepting and including others
• recognising others’ needs for respect and friendship.

How Parents and Carers can help

Be aware of feelings
Children need to learn that having angry feelings is normal and okay, but that reacting aggressively towards others when you're angry is not. Adults can help children become aware of feeling annoyed, frustrated, angry or furious by naming feelings. Learning to say, “I’m feeling angry” or “I’m really frustrated” gives children a way to separate feeling angry from how they react.

Time to talk
Talking to a child about what has put him/her in an angry mood will help him/her see that feelings have causes and that solutions can be found. Once you find out what he/she was angry about you can help him/her think up better ways to handle the problem. This kind of conversation doesn't work while he/she is really angry. Sometimes it must wait until later.

Children often find it easier to talk in informal situations where they feel less pressure. Find a relaxed time to talk to children about feelings. Asking, “What makes you angry?” can be a good way of starting a conversation.

Find alternatives
Getting children to think through a difficult situation helps them develop problem solving skills. Asking, “Is that what you wanted to happen?” or “What else could you have tried?” encourages children’s helpful thinking. Thinking of alternative solutions helps children plan different ways of reacting next time. Be sure to praise their efforts.

Have ways to calm down
When emotions are strong, it is easy to act without thinking. Encourage your child to take control and allow time for the emotions to subside. Walking away, using a quiet spot to think or doing something else like riding a bike or listening to music, are all activities that can assist in reducing strong emotions.

Try a Problem Solving Approach
When problems arise in friendships it is important not to blame children but to show them how to find a solution. A problem solving approach is often helpful.

1. Encourage the child to describe what has happened
2. Ask about how they felt
3. Ask them how they think the other person might see it and how they might be feeling
4. Get them to think of ways they could do things differently next time
5. Encourage them to try the new approach – get them to practise with you so they feel more confident
6. Check back with your child to see how things turned out.

Guidance Officer Jnr Campus
Kaye Molloy
GENERAL NEWS....

VEGEMITE SURFGROMS
IS NOW AVAILABLE IN YOUR REGION!

VEGEMITE SurfGroms has landed on North Stradbroke Island with specialised centres (N.S.I. Surf Schools) now delivering the program for children in the Redland City Brisbane areas.

VEGEMITE SurfGroms offers youngsters aged between 5 and 12 years old the opportunity to learn how to surf in a fun, safe and supervised environment, whilst also learning about ocean awareness and beach safety skills. These are essential skills for every child growing up in this region of Australia.

The VEGEMITE SurfGroms program has been partnered as a flagship participation program by the Australian Government and presents an AMAZING opportunity to introduce your children to a healthy, fun and iconic Australian lifestyle that can be embraced for a lifetime.

Since its launch in 2011, over 30,000 Australian kids have taken to the surf through VEGEMITE SurfGroms, and more than 50 delivery centres are now in full swing for the coming summer season across the country.

*World Surfing Champion and VEGEMITE SurfGroms Ambassador* Mark Richards is particularly excited about the world’s first national junior surfing program and is looking forward to joining the kids in the surf this coming season.

*“VEGEMITE SurfGroms is a great program for getting your kids into the surf. Hopefully I get to come out and surf with some of you kids soon!”* Richards said.

Delivered by qualified and experienced coaches, the program features five incremental skill levels designed to teach the basic skills of surfing and SUPing, and introduces youngsters and their families, to the fun of the surf. The program is non-competitive based and designed to build confidence in everyone taking part.

As well as professional instruction, every participant receives a special VEGEMITE SurfGroms participant pack which includes a Quicksilver backpack, cap, and rash-vest, a tube of VEGEMITE, a Nikon voucher and a Toyota Wax Canister.

Operating in the same space as AFL’s Auskick programs, KO Cricket and Netball’s Net Set Go – VEGEMITE SurfGroms is being rolled out to every primary school on the coast and connects participants with their families through their local Surfing Australia Surf School, and VEGEMITE SurfGroms delivery centre.

To sign up to a VEGEMITE SurfGroms program, simply visit www.surfgroms.com

If you would like further information, please don’t hesitate to contact
Jim Hughes at Surfing Australia – jim@surfingaustralia.com.
Or your local delivery centre North Stradbroke IS. Surf School whose contact information can be found on the SurfGroms website.

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**Drama 7**

**PRESENTING...**

"INSERT TITLE HERE"

**COME AND SUPPORT**

**THE YEAR 11 AND 12 DRAMA PRODUCTION**

**FEATURING COMEDIC SKITS**

**WHEN:**

**MONDAY 15TH SEPTEMBER**

**WHERE:**

**CULTURAL CENTRE**

**GOLD COIN DONATION**

**DOORS OPEN AT 5.45 FOR A 6.00 START AND WILL RUN THROUGH TO APPROXIMATELY 7.00**

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Capalaba State College
Web: www.capalabasc.eq.edu.au
E-Mail: info@capalabasc.eq.edu.au

Senior Campus
Phone: 07 3823 9111
Fax: 07 3823 9100
Absence Line: 07 3823 9166

Junior Campus
Phone: 07 3823 9333
Fax: 07 3823 9300
Absence Line: 07 3823 9360
THE ARTS NEWS ...

Mozart to Metallica
A full house was treated to a spectacular array of musical performances from students in years 9-12 in the annual Mozart to Metallica concert last week. Performances ranged from solo vocal to instrumental and full band. Students in music and music studies spent many months preparing to, not only perform, but also stage the event. A big congratulations to all of the students involved as well as our dedicated teachers Mr Travers, Mr Brady, Mr Quinn, and Mr Lee for his technical support.

Photography Success
Congratulations to Mikayla B who received an award at the 6th Annual Redlands Schools Exhibition of Photography. Mikayla earned three merits for her entries as well as having her images on display for the entire weekend, alongside the images from the National Exhibition.

Art
The current Yr12 Visual Art Studies students have recently completed a design unit looking at Skateboard Art. They thoroughly enjoyed the unit and each student designed and painted their own plywood skate deck as an artwork in itself. Students spent the beginning of the term researching famous skateboard and surf wear designers dating back from the sixties to now. The end products were highly individual and colourful, reflecting each of the student’s personalities.

Instrumental Music Camp
20 of our younger Instrumental Music students had the opportunity to attend the Intermediate Music Week last week (1-4 September). This camp involved schools from the Redlands area. Students were taught by Instrumental Music Teachers from our region, including Mr Tickner. There were 110 students in attendance. The camp culminated in a concert on Thursday night last where all students played exceptionally well. Three of our students are pictured here with Instrumental Music Teacher, Mr Cippalone (a past Capalaba student himself).

Big Band
Our Senior Campus Big Band performed at RedFest on Friday night (5th September). The students learnt a lot with Jazz man, John Morrison giving helpful tips along the way. Past students also turned up to watch. Instrumental Music Teachers, Mr Tickner and Mr Melton (from Cleveland District State High School) remained on stage all night playing with each other’s band. No competing - just the pure joy of making music!
National Science Week 2014 Junior Campus

Once again National Science Week activities were enjoyed by every student from Prep – Year 6. This year we were successful in acquiring a grant from Australian Science Teacher’s Association to support our activities. 2014 is the International Year of Farming. The activities throughout the week included:

- Eco-Botanica incursion learning how to make dyes from plants and using them as the basis for their garden art, making sun-teas and sun oil from their favourite herbs and setting up their own herb gardens and worm farms in empty boxes.
- Students in Year 2 watched the hatching of a dozen chickens – all of which have found a new home with our Year 2 families. Mrs Hampton was so excited that she got to witness and record the hatching of one of the chicks on her iPhone for her own little girl!!
- Extracting DNA from strawberries was a “real” scientific experiment that everyone participated in. Thanks to Michelle Neil, our CSIRO Scientist-in-Schools, for conducting the experiment and Wellington Point Farms for supplying the strawberries we needed.
- *We also had a visit from Craig Duncan, RedSWAP Schools Officer from Redlands City Council, who conducted a bin audit to help us in our quest to be a Cleaner, Greener School and improve our sustainability.
- Our Café Scientifique was attended by 6 scientists, experts in food science who covered everything from the science of soil to how we investigate food poisoning. It was a fascinating night and although the rain kept numbers down, those that did attend went away having learnt something new.
- And last but not least, congratulations to Anna D (Year 1) who won our Food Trivia Quiz and walked away with a Healthy Lunches Recipe book and re-usable lunch wrap.

We hope that everyone enjoyed their week learning “Fast Food Science”,
Melanie Armstrong
(Junior Campus Specialist Science Teacher)
If you are using social media sites such as Facebook or Twitter, there are some simple steps you can take to manage your reputation and protect your identity. Even if you are not using these sites, it is important to manage your digital footprint and identify any false or misleading information about you online. In this booklet you will find our top 10 tips for protecting your reputation online. We also provide practical guides for setting up Facebook, Twitter, Instagram and mobile devices to help you ensure your information is safe online.

https://pipl.com/
VOCATIONAL NEWS

Komatsu Apprenticeship Development Program
Komatsu is a global leader in the manufacture of earthmoving machinery with over 40,000 employees worldwide. They are seeking students completing years 10, 11 or 12 to join them as apprentice Mobile Plant Technicians. Applications close Thursday 18th September. To apply, search for apprenticeships online: http://www.komatsu.com.au/AboutKomatsu/Careers/Pages/Job-Search.aspx

Australian Apprenticeships & Traineeships Information Sessions
These information sessions would be of most use to career advisers. There will be information about the new and existing features on both the www.aatinfo.com.au and www.aapathways.com.au websites. Brisbane Session One: Wednesday 15th October, 9:30am - 11am @Cliftons Brisbane, Level 3, 288 Edward St, Brisbane Brisbane Session Two: Wednesday 15th October, 11am - 12pm @Cliftons Brisbane, Level 3, 288 Edward St, Brisbane Gold Coast: Tuesday 14th October, 2pm - 3pm @ Royal Pines Resort, Benowa http://www.aatinfo.com.au/What's-New---FAQ/Events

Bundaberg Regional Council Apprenticeships
Bundaberg Council is seeking applications from people interested in undertaking a trade as a: - Boilermaker - Electrician/Instrumentation (Dual Trade) - Painter & Decorator (Industrial) http://bundaberg.qld.gov.au/employment/apprenticeships-14-09-14

Local Council Apprenticeships and Traineeships
Each year many local councils offer apprenticeships and traineeships in a variety of fields. Students interested in undertaking an apprenticeship or traineeship in 2015 should visit their local council’s website for opportunities that may be available

HIA youthBUILD Adviser Program
HIA youthBuild offers advice on a range of different trades including typical duties, training requirements and desirable personal qualities. http://www.hiayouthbuild.com.au/

Understanding Where the Jobs Are
The Department of Employment publishes information about which industries and occupations have the largest number of jobs, where the new jobs will be over the next five years and where the skill shortages are: http://www.polson.com.au/wp-content/uploads/sites/3/2014/06/Understanding-where-the-jobs-are-flyer.pdf

Actuaries Institute Website
Actuaries are in demand and well rewarded for their analytical and problem solving skills in a number of growing industries. This website provides a broad range of information about becoming an actuary as well as career advice. http://actuaries.asn.au/becoming-an-actuary.

PRIVATE COLLEGES

JMC Academy: THROGA Workshops
Monday 13th October, 1pm - 2:45pm @ JMC Academy, Auditorium, 75 Grey Street, South Brisbane Celebrity vocal coach, Richard Fink IV, will be visiting from New York to teach his world-renowned vocal development techniques known as THROGA. The workshop is free to JMC Students and High School Students. RSVP to lkaye@jmc.edu.au by Wednesday 1st October. http://www.jmcacademy.edu.au/News/2014-10-10/FREE-THROGA-Workshops-for-JMC-Academy-and-High-School-Students.cfm

SAE Creative Media Institute: Study for a Day
Saturday 18th October, 10am - 4:30pm @ SAE Institute Brisbane, Cnr Jane St & Riverside Drive, West End. Interested in studying Animation, Audio, Design, Film, Games or Web & Mobile? SAE is holding a workshop where prospective students can participate in actual coursework and hands-on training. Tickets are $20. http://sae.edu.au/news-and-events/events/study-for-a-day-2/?date=2014-10-18
UNIVERSITY NEWS

Griffith University: Exite Camp for Girls
Wednesday 5th - Friday 7th November @ Griffith University, Nathan Campus
Students will learn about technology and engineering from IBM and Griffith University specialists through fun, and hands-on activities. The students will also have the chance to network with role models. Contact Jackie Rudd for more information, j.rudd@griffith.edu.au or (07) 5552 7205
http://www.griffith.edu.au/griffith-sciences/science-on-the-go/events/exite-camp-for-girls

USC Semester 1, 2015 Undergraduate Scholarships
There are scholarships available for prospective students from all different backgrounds. Applications close Friday 31st October. You can download the scholarship brochure online: http://www.usc.edu.au/study/scholarships/how-to-apply-for-a-usc-scholarship/usc-semester-1-2015-undergraduate-scholarships

QTAC Year 12 Presentation for 2015 Entry
QTAC’s Year 12 Presentation for 2015 entry (PowerPoint) is now available for download. The PowerPoint will have information to assist students with their QTAC applications. There is information on preferences, key dates, QTAC fees, services available and responding to offers and more. http://www.qtac.edu.au/Schools/Resources.html

Queensland Govt. Supporting Women Scholarships
Applications are now open. Each Scholarship is worth $5,000 per year for a maximum of 4 years and they are available to women seeking to study and attain qualifications in:
- Agricultural Science and Environmental Studies
- Architecture and Building
- Engineering
- Information Technology
- Earth Sciences

Open University
Open University offers the ability to study online from a range of courses offered by leading universities throughout Australia. Check out their Career Advice and Online Readiness tools to learn about this type of study. http://www.open.edu.au/careers

QTAC New Courses 2015
For a comprehensive list of all new, cancelled and amended courses as well as new courses at private institutions, visit the QTAC website.

My Future Scholarships Listing
The Myfuture website has a definitive and updated list of scholarships for undergraduate study at university. http://www.myfuture.edu.au/tools-and-resources/study-or-training-options/scholarshipsearch

Queensland University of Technology: Email A Student
If you have a question about any aspect of undergraduate study at QUT, these current students are perfectly placed to give you the lowdown. There are ten students studying a range of subjects waiting to hear from you. https://www.qut.edu.au/study/undergraduate-study/email-a-student

University of Queensland: Enhanced Studies Program
ESP provides students with an opportunity to extend their knowledge and find out more about university study, assessment, and campus life by doing a university subject during semester one of Year 12. Applications for 2015 are now open and close Friday 31st October http://www.uq.edu.au/esp/

Griffith University and QUT also offer FREE study programs for 2015 Year 12 students
If you are interested in studying a university subject whilst in Year 12 (2015) – see Ms G – Guidance Officer for details or support in writing your application. Alternatively check the University of your choice website for more information.

TERTIARY PREREQUISITES 2017 – FOR CURRENT YEAR 10s
This term, the QTAC Tertiary Pre-requisite books were issued to all Year 10s. These booklets list the prerequisite subjects required for entry to tertiary courses for 2017 (the year the current Year 10’s will start their tertiary studies). It can now be accessed on the QTAC website at http://www.qtac.edu.au/Schools/Resources.html

Students who wish to discuss options for their future are invited see the Guidance Officer – Ms Joy Ganter. Appointments may be made through the main school office, in person or by phone: 38239111.