**FROM THE COLLEGE PRINCIPAL ...**

**Good bye and good luck Year 12**
Friday 21st November marks the final school day for our Year 12 graduating class of year 2014. We are all very proud of their achievements over the last 12 years and wish them every success with their future endeavours.

**Neuroscience**
Last week Mr Lachlan Thatcher, Mr Brad French and I had the opportunity to hear Doctor Michael Nagel speak at Bond University on the science of the student brain. The presentation covered two significant areas, the childhood brain and the adolescent brain. Two key insights for me were:

- The power of listening and talking to your child. Early conversations build vocabulary and increase learning success, particularly engagement with reading. These conversations increase a child’s awareness of the world around them. I have since been made aware of a free app called SPEAK which provides multiple free fun activities designed to nurture oral language development.

- During the Teenage years, the brain actually thins out the neural connections, discarding pathways that are no longer needed. This can add to the vagueness of the teenage years. Additionally exercise is good for the brain; it was recommended that we all do at least 30 minutes of exercise 3 times a week. This too will enhance brain functioning.

I really enjoyed the session and will continue to reflect on the information to enhance the learning environment for our students.

**School Opinion Survey**
We have recently received the results of the school opinion survey. We are still in the process of analysing the data, however early indications are very positive with Staff, Students and Parents responding positively about the college.

**Remembrance Day**
The 11th hour of the 11th day of the 11th month marks the end of the First World War. This day is an opportunity for us as a community to stop and reflect on all those who have lost their lives in the service of our country. We can often take for granted the freedoms and opportunities that we all enjoy on a daily basis, Remembrance Day is a small reminder of all we have to be thankful for. It can also serve as a stimulus to not take our education and opportunities for granted. Society today is far more competitive and our students need to make the most of every opportunity.

**P&C Meeting**
We have one final P&C meeting for the year. I would like to thank the entire P&C for their contributions to the College this year. We meet twice a term and the P&C extends a warm welcome to any parents who would like to join us. There are a number of executive positions opening up for next year and all expressions of interest are welcome.

**Maintain our focus**
As the year draws to a close we will continue to uphold our high expectations. Delivering education today is more than just curriculum content, it needs to be
FROM THE COLLEGE PRINCIPAL (cont)...

balanced with values and expectations. Our expectations at Capalaba State College are to BE:

- **Responsible,**
- **Respectful,**
- **Safe,**
- **Positive**
- **and a Learner.**

We actively teach these expectations on assemblies and in classes. Our weekly focus is shared with staff who reinforce the expectation throughout the week. I appreciate your support as a parent/caregiver and the support of the P&C, who willingly volunteer and engage with our classrooms and College events. Thank you, together we hold high expectations for learning, behaviour and success.

Bronwyn Johnstone
College Principal

FROM THE SENIOR CAMPUS PRINCIPAL ...

Professional Development
This term, teachers have been visiting a number of schools and participating in a variety of courses to help prepare for the iPad program in 2015. The College has had the opportunity to observe other schools’ journeys with the iPad program and been able to learn from their experiences. Teachers have also been investigating a number of opportunities to extend students learning in 2015.

Upcoming Facilities Repairs
In the June holidays, we had a significant amount of work done with some buildings receiving new floors and a coat of paint, some new windows and new cabinetry. These holidays we will be having contractors working hard on the following:

- New ceiling tiles throughout classrooms and Amenities
- Upgrading walkways
- New windows and doors
- Continuation of College painting program
- Upgrading of student drinking stations
- Improved toilets/facilities
- Improvements to lighting
- Oval restorations

iPad Program
Expressions of interest are flying in for the 2015 iPad Program. We will definitely have at least one class in Years 7, 8 and 9 that will operate using iPad’s, with teaching tailored to suit the devices. This week Apple have dropped off 36 iPads that current Year 7 students will use for three weeks to trial the different applications and test the technical aspects.

Lachlan Thatcher
College Principal
FROM THE PRINCIPAL JUNIOR CAMPUS ...  

Academic Competition Results  
Here follows the final group of results from this year’s International School’s Competition.  

English Results  
**Participation Certificates:**  
Ethan H. (Year 2); Simran K. (Year 2); Sebastian M. (Year 2); Cody M. (Year 2); Shiesha M. (Year 2); Mele U. (Year 2); Hayden H. (Year 3); Hayden T. (Year 3); Arkilis U. (Year 3); Nefertini G. (Year 4); Helen U. (Year 4); Manea R. (Year 5); Joweni S. (Year 6)  

**Credit Certificates:**  
Dior M. (Year 2) Top 30% in Australia; Gracie-Jean D. (Year 3) Top 12% in Australia; Venkatesh R. (Year 5) Top 34% in Australia; Bridgette F. (Year 5) Top 28% in Australia; Ryan T. (Year 5) Top 28% in Australia; Ashleigh W. (Year 5) Top 19% in Australia; Claire P. (Year 6) Top 29% in Australia;  

**Distinction Certificates**  
Imani H. (Year 3) Top 9% in Australia; Erin T. (Year 6) Top 11% in Australia;  

Mathematics Results  
**Participation Certificates:**  
Ben C.-E. (Year 2); Leah F. (Year 2); Ethan H. (Year 2); Simran K. (Year 2); Dior M. (Year 2); Sebastian M. (Year 2); Cody M. (Year 2); Shiesha M. (Year 2); Jeremy M. (Year 2); Mele U. (Year 2); Ethan A. (Year 3); Hayden H. (Year 3); Logan S. (Year 3); Arkilis U. (Year 3); Sam C-E.. (Year 4); Ryan M. (Year 4); Helen U. (Year 4); Brodee L. (Year 5); Daniel B. (Year 5); Tara C. (Year 5); Rohan D. (Year 5); Tamika P. (Year 5); Brooke R. (Year 5); Manea R. (Year 5); Nathaniel S. (Year 5); Lingling W. (Year 5); Baylee L. (Year 6); Mason C-E. (Year 6); Bailey P. (Year 6); Joweni S. (Year 6);  

**Merit Certificates:**  
Bridgette F. (Year 5) Top 37% in Australia; Venkatesh R. (Year 5) Top 43% in Australia; Erin T. (Year 6) Top 45% in Australia;  

**Credit Certificates:**  
Gianna H. (Year 2) Top 25% in Australia; Imani H. (Year 3) Top 23% in Australia; Hayden T. (Year 3) Top 17% in Australia; Nefertini G. (Year 4) Top 33% in Australia; Tane R. (Year 4) Top 27% in Australia; Mark W. (Year 4) Top 23% in Australia; Lana F. (Year 5) Top 27% in Australia; Ryan T. (Year 5) Top 22% in Australia; Ashleigh W. (Year 5) Top 27% in Australia; Samantha L. (Year 6) Top 18% in Australia  

We have had record numbers of students undertake these International Schools Competitions in 2014, so we would like to thank every parent and carer who has made the financial commitment to pay entry costs for their children. Congratulations to every student who participated throughout the year especially to those who have demonstrated that they can match the achievements of the finest students across Australia. Well done.  

Carparking around Junior Campus  
We have received some queries about the availability and usage of carparks around Junior Campus. Carparking is always problematic around schools as there never seems to be enough parking spaces particularly at the busy times of the morning and afternoon. Inside our Junior Campus, there are no carparks available for parent parking. The two carparks inside the grounds, near the swimming pool and next to administration, are designated for staff parking. The major carpark for parents is located on the corner of Mt Cotton Road and School Road with access from School Road. This carpark is not actually on school grounds and is
from the principal junior campus (cont)...

therefore not managed by the school. It is controlled by Redlands City Council and from time to time, council officers visit the carpark to ensure compliance to council carpark rules. The major rules for this carpark are firstly, to park within designated spaces and not on footpaths and secondly, to reverse park for the safety of pedestrians. This carpark also has a designated disability carpark for people who have correct parking permits. The school has a designated two minute Passenger Loading Zone on Mt Cotton Road between 8.00-9.00am and 2.30-3.30pm for student drop-offs and pick-ups. There are also bus zones on Mt Cotton Road and School Road which are no parking zones. On street parking is available on both sides of School Road and on Mt Cotton Road south of Larbonya Crescent. As always we appreciate the cooperation of all parents and carers in the considerate and safe usage of all carparks around the campus.

Upcoming Facilities and Repairs
During the holidays the following works will be carried out on the Junior Campus:

- Upgrading concrete and bitumen areas
- Upgrading pathways
- New windows and doors
- Continuation of College painting program
- Upgrading student drinking stations
- Upgrading toilets/facilities
- Upgrading of lights and fans in classrooms
- Oval restorations

Brad French
Junior Campus Principal

general news...

Capalaba Students learning at Men’s Shed
Capalaba State College students have commenced mechanical studies with a local business, Shed 27. This business runs a men’s shed program working on vehicle restoration and other mechanical projects. Two of our students have been offered school based traineeships and two more have commenced work experience each Wednesday.

They are involved in:
- assembling LED trailers for commercial sales
- sanding the engine bay of a project vehicle (1976 Ford F100 Ute) ready for painting
- stripping back car seats for re-upholstering
- re-building a holden V8 engine

Capalaba State College students are being mentored by a local parent and tradesman, David Paul, and owner of Shed 27, Stephen Beaumont. Stephen has involved other local businesses to extend the experiences and learning of the young men involved.

When they complete rebuilding the V8 motor, they will then be involved in researching sale prices and preparing an eBay advertisement to sell it. The proceeds will go into restoring their project vehicle (F100) which will be used as a local pickup bearing an acknowledgement of CSC as part of the paintwork.
Day of Excellence in Robotics
Recently Capalaba State College sent representative students from Years 5 and 6 to participate in a Robotics Day of Excellence at Victoria Point State High School. Two of our Year 5 students and two of our Year 6 students were both successful in winning the robotics building competition on the day. Congratulations to Jonathon N and Luke B from Year 5 and Dakota R and Samuel W from Year 6.

Daniel Morcombe Health Unit
This semester students at Capalaba State College have been learning about personal safety through the Daniel Morcombe Unit. Students have previously learned how to recognise an unsafe situation and have discussed different ways to react to this information.

Report
We are now starting to implement the final key message of the Daniel Morcombe Child Safety Curriculum: report. This means that when children or young people have been in a situation that is unsafe that they are taught to report what has happened to an adult. Even if a child has been able to make themselves safe, it is vital that they still report what has happened. Adults need to know about unsafe situations so that some action can be taken to help the child be safe again or ensure it doesn’t happen again.

Students involved in the Daniel Morcombe Child Safety Curriculum will be encouraged to make a list of adult safety helpers. These are adults the children and young people nominate whom they can talk to when they are feeling unsafe or have experienced an unsafe situation or feel they are at risk of something that may cause them harm. This list will include a selection of adults who live in and outside the home.

Report also includes telling an adult about unsafe or inappropriate incidents which may occur when children or young people are online. This might occur when surfing the net or using social media sites like Facebook and twitter, and can include cyberbullying, viewing or receiving inappropriate images or messages or communicating with unknown contacts.

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.

Our recent ‘Day for Daniel’ was an important day for the students to wear red as it helped the entire student body to see that we are all supportive and aware of this important campaign.

Good Quick Tukka
This term, some students in Year 4-6 are fortunate to be able to participate in a cooking program called ‘Good Quick Tukka’. The program is an initiative of Deadly Choices and is based on Jamie Oliver’s ‘Ministry of Food’ concept. Every Thursday afternoon a group of students will be learning how to cook relatively cheap healthy meals, quickly. We look forward to hearing about their favourite recipes!

Hayley Hampton
Head of Curriculum
Junior Secondary Leadership positions 2015
Over the past few weeks, fourteen Junior Secondary students nominated for the leadership positions. It was wonderful to see so many students apply for the leadership positions. The students wrote to the selection criteria, went through an interview process and then took part in the voting process. All students were exemplary throughout the entire process. Sarah P, Corey M, Kayla W and Tommy C have all been elected to represent the Junior Secondary students in 2015. Their role and responsibilities next year include:

- shadow the Senior Secondary Leaders (College Captains)
- assist with the running of Junior Secondary Assembly
- run College Assembly in absence of College Captains
- involvement in SMT by linking into one of the committees (Cultural, Sport, Environmental or Citizenship)
- model by example
- involvement in the Year 6 Transition Program
- host Junior Secondary Meet and Greet
- promote Class competitions within Junior Secondary
- enhance and promote Junior Secondary Identity
- promote SWPBS
- involvement in Student Leader Development programs

Assessment period for Term 4
Over the next few weeks, students will be completing assessment tasks. It is important for students to study and plan for their assessment tasks in advance so that they are well prepared. Students are encouraged to write their assessment due dates in their diary.

They should be seeking feedback from their drafts from their classroom teacher so that they can improve the assessment piece before their due date. Attendance during this period is extremely important. Please do not hesitate to contact me if you feel that your child is not coping during the assessment period or if you feel that they are not organising themselves well.

Kylie Barrett
Head of Junior Secondary

Don’t miss the
Prep to Year 3 Christmas Concert
Thursday 4 December
6pm—7pm
Senior Campus Auditorium

Merry Christmas!
ARTS NEWS ....

In 2015 year 4 & 5 students have an opportunity to learn a brass, woodwind or percussion instrument through our school Instrumental Music Program. Letters went home last term regarding this wonderful opportunity. If you have children in year 3 or 4 who wish to play an instrument next year, please return the expression of interest form urgently. Spare copies can be obtained at the Junior Campus office.

Junior Campus Instrumental Music

The Junior Campus Band will be going out on their day tour with the choir on Thursday 27th November. Permission forms were due back on Thursday 13th November. If you haven’t returned this yet please do so urgently. All school instruments, band folders and uniforms must be returned on Thursday 27th November when we have returned to school.

Senior Campus Instrumental Music

The final day for Concert Band and lessons will be on Tuesday 18th November. Students are reminded to return their band uniforms in the Calico bags. The final day for Big Band rehearsals will be on Friday 21st November. The Big Band will perform at our year 12 Graduation.

Mozart to Metallica

Our wonderfully talented music students were back in action last Thursday night for another round of Mozart to Metallica. Once again a full house was treated to some stellar performances from music students in years 9-12. This time around, solo, duet and band performers were joined by a specially formed band comprised of teachers from the college. They rounded out proceedings with a rousing rendition of George Ezra’s hit ‘Budapest’ after all performers from the evening joined them on stage for a giant sing-a-long.

Congratulations to all the film students whose work was showcased at the College’s Annual Film Night. A sizeable audience was treated to the best work produced by students across years 9-12 that included film trailers, short films, music videos and art cinema works. The evening highlighted some outstanding work from students who often go unnoticed behind the camera as directors, cinematographers and editors.

Dan Osmolowski, Head of Department the Arts
Thankyou to our Volunteers

With the year winding down we would like to take the opportunity to thank all those who volunteered their time to help out in any way. Whether you are a member of the P&C or not, volunteers do such an enormous amount for both teachers and the students to help. Last Friday, November 7th, was World Tuckshop Day and all of us appreciate the work that goes into running the Junior Campus Tuckshop. Thanks must go to Narelle and all the ladies that volunteer in the tuckshop.

A new opportunity has presented itself to the school in the form of a young entrepreneurship with the owner of Snowy Joey, a local snow cone business. If any parents are interested in their Year 12 student running their own snow cone business in 2015, please contact me either via email pancpresident@capalabasc.edu.au or phone 0419024682.

A few fundraisers are being run this term for the Junior Campus with both Stickybeaks bags and re-usable book cover letters having been sent home already. The book lists have also been sent home. This year the book packs will be available to be picked up out of the Parent Room on the Junior Campus. Please also keep a look out for a hair accessories notice. These are available from the Second Hand Uniform Shop. All of these fundraising efforts put money back into the school for our kids.

Environmental Club

We have been busy on the Junior Campus with our environmental club. Last week we received over 400 cans for our National Recycling Week project. Thanks very much to all of those families that contributed. We are going to use these cans to put together a piece of recycled art work. Keep an eye out for it on the Junior Campus.

Arts

This week is a busy one for the Arts on Junior Campus. We have our annual choir trip to open the KMart Wishing Tree on Thursday 12th November at Capalaba Park. The students look forward to this excursion every year. This year we will be performing traditional Christmas carols starting at 10:30 am. Tonight our Arts Extravaganza is being held in the Junior Campus Hall. Performances from the concert band, choir, dance teams and Capalaba’s Got Talent winners will be something to look forward to. There will also be visual art on display. We hope to see as many of our parents as possible at both of these events.
Capalaba Student Wins Brisbane Schools Chess Championship

On Tuesday 28th October eight Capalaba State College students competed in the Brisbane Chess Age Championships at Nundah State School. Three placed in their age groups.

The outstanding result of the day went to Brad M who improved on his third place in last year’s competition to win the title of Brisbane 17 Years Champion. Brad becomes the third Brisbane Age Chess Champion our College has produced in four years, which is an impressive record.

Zac W took second place in the 17 Years division on countback. In the 16 Years division, Jonathan N finished in third place.

For the first time, Capalaba State College’s chess team included students from the Junior Campus: Ashleigh W and Jonathan N. Whilst not placing, both acquitted themselves well in their first scholastic competition and enjoyed the experience.

Craig Edgman
Chess Coordinator

THE REDLANDS COMBINED SCHOOLS ANZAC PROJECT

Remembrance Day held more meaning for Drama students at Capalaba State College. They are participating in an innovative drama project connecting them with the experiences of young people who lived in the Redlands during WWI.

The project, supported by Redland City Council and the Cleveland RSL, has Drama students from five high schools working with professional teaching Artists to devise, script, produce and perform a theatrical work. Playwright Robert Kronk from Debase Productions encourages the Redlands community to support the production on 23 & 24 April 2015 at the Redlands Performing Arts Centre.

Introducing Our Youth Support Co-ordinator

I am Alison Finlayson and have recently been appointed to the position of Youth Support Co-ordinator at Capalaba State College.

I am available for appointments on Tuesday and Wednesday during term time. My role involves networking with employers, businesses, local community based organisations and the training sector to facilitate opportunities for students to achieve their education and employment goals.

I have worked in the education sector in Victoria for 10 years and also the Community Service Sector for 7 years prior to that. My qualifications are in Career Development Counselling and Community Service. I have extensive experience in pathway planning and working alongside individuals to assist them think through and plan where they are heading.

The school has a caring, skilled and experienced team of people ready to assist students each step of the way. I look forward to being a part of that and supporting both staff, students and the wider school community to enrich the broad learning pathways on offer.

Alison Finlayson
I would like to introduce myself, as I am new to the school. I am a Andrea Sticklen, Clinical Nurse working for Queensland Health in the School Based Youth Health Nurse program. I am based at the school on Thursdays and Fridays.
The Youth Health Nurse works with students, school staff and parents to:
- Address concerns or problems about health & wellbeing
- Help create a more supportive, healthy school environment
- Connect people to other support services outside the school

I work with individuals and school members to identify and act on issues that affect both the individual and the health of the school community. This includes helping with curriculum, teaching and learning activities, supporting an environment and school culture that supports health and wellbeing and working with community and other services.
I can see young people in private to talk about - health concerns - relationships - sexual health - personal/ family issues - smoking, alcohol & other drug use - referral to other services - feeling unhappy/stressed – puberty. My office is in the Commerce block and students can come and see me at any time. Parents are also most welcome to phone me or make an appointment with any concerns. There will also be regular health information articles in the school newsletters so look out for those.

I look forward to meeting many of you in the coming year.

Andrea Sticklen  School Based Youth Health Nurse

HEALTH MATTERS: Schoolies

Schoolies is nearly upon us and many young people, most under 18, will be converging on beachside locations (Gold Coast, Sunshine Coast, Stradbroke Island) to let their hair down and celebrate the end of their schooling years. The experience of Schoolies is different for everyone. For many it is a memorable experience for all the right reasons. For some those memories are not pleasant and may be associated with regret, embarrassment and guilt. Unfortunately for some teenagers and their family and friends, Schoolies can mean being a victim of a crime, being arrested for illegal behaviour and may even mean death.

Part of the culture of Schoolies in Australia is drinking alcohol – often binge drinking and /or drinking every day for the duration of schoolies. Pressure is brought to bare on parents to supply alcohol beware the teenager who says “it’s better that you know how much we are having and what we are having – Remember supplying is breaking the law.

What we know –
- Alcohol consumption by young people has consequences of, risk of sexual assault, unwanted pregnancy, STI’s, accidental injuries and MVA as either perpetrator or victim.
- The brain does not fully develop until mid 20’s and damage from drugs and alcohol is widely recognised
- SUPPLY OF ALCOHOL TO YOUR UNDERAGE CHILD FOR CONSUMPTION IN AN UNSUPERVISED ENVIRONMENT, YOU WILL FACE PENALTIES OF UP TO $9108.

While the opportunity to be with friends, taking responsibility for accommodation, feeding themselves and negotiating transport etc are all great skills for young people and developmentally appropriate, please consider that the circumstances are unusual and a lot of maturity and common sense will be necessary.

Assist by
- Develop a safety plan with them
- Be prepared to be rung at any hour of the day and night and communicate this to your son/daughter in case they are in trouble
- Be prepared to pick them up early if feeling unsafe or “over it”
- Have a set time to check in to allay your fears

Red Frog volunteers will be on hand to assist and can be contacted 24/7 during Schoolies on 1300557123. Check out the Queensland Government Schoolies website for detailed information. http://www.schoolies.qld.gov.au

MEN’S HEALTH MONTH - Movember is here,
No matter your age one of the most important things you can do for yourself by remaining healthy is to know
- Body mass index/weight
- Waistline measurements
- Blood pressure/blood sugar
- Cholesterol levels

Prevention is everything, early detection is the key, Make that appointment with your G.P.
RECRUITING NOW!

Do you want to learn about aviation, fieldcraft, adventure training & teamwork?
Do you want to develop leadership skills, effective communication skills, self reliance and confidence?
Do you want to make life long friends?

SEE US AT THE RECRUITMENT INFORMATION NIGHT
Monday 24th November 2014

Capalaba State College Cultural Centre
Gate 3, 53 School Rd Capalaba
7:00pm – 8:30pm
VOCATIONAL NEWS

Defence Work Experience: Flight Camp for Girls
Tue 10th – Fri 13th March 2015, RAAF East Sale, Aerodrome Road, East Sale Victoria
Applications close Fri 6th February
Flight Camp is a four day residential program designed to showcase the diverse activities aimed solely at young women who have an interest in flying. Held at RAAF Base East Sale, Flight Camp is designed to give participants a comprehensive overview of life in the Air Force, particularly as a pilot. The dynamic program will include flying in Air Force aircraft, an opportunity for some time in a flight simulator and observing actual squadron operations. Serving Air Force pilots and other members will talk about their roles and personal experiences, specifically, what motivated them to become an Air Force pilot.
Students must be 16-18 years at the time of placement
https://defencecareers.nga.net.au/cp/index.cfm?event=jobs.listJobs&audienceTypeCode=defenceworkexp

How to Become a Naturopath
This article by the Australian Institute of Applied Sciences provides information about the field of alternative medicine called Naturopathy. It covers what a naturopath does, what skills are required, and why people may want to pursue a career in naturopathy.

Skills Road: Choosing the Right Career – Top Tips

HIA youthBUILD Adviser Program
HIA youthBuild offers advice on a range of different trades including typical duties, training requirements and desirable personal qualities.

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:

Agrifood Careers & Rural Skills Australia
This website provides information to students, parents, career advisers & teachers about the agricultural and horticulture industries in Australia. Students interested in pursuing a career in these industries should visit this website.

TAFE Gold Coast: Hospitality, Events, Tourism and Travel Information Night
Wednesday 19th November, 5:30pm - 6:30pm @ TAFE Gold Coast Ashmore, Cnr Heeb St and Benowa Rd, Ashmore
Learn about all the amazing career opportunities that these industries have to offer you.

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.

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.