29 April 2016

Principal’s Message

Welcome back to term 2 to all Coorparoo Secondary College families. I trust everyone had a relaxing break with family and friends.

Term 2 shapes up to be a very busy time with:

- X-Country/Get Active Day Friday 15 April
- Parent/Teacher interviews on Tuesday

April 19

- Year 11 Biology camp
- ANZAC Parade Friday 25 April
- Yr 7&9 NAPLAN practice Tuesday 3 May
- NAPLAN testing for year 7 & 9 on May 10, 11, 12.
- Musical preparation for opening night at the start of term 3
- Year 11/12 Block Exams beginning on 13 June
- CSC Athletics Carnival 24 June

With this in mind it is important that we as a school community continue the focus on our high expectations around uniform, attendance, behaviour and commitment to learning. We look forward to working with parents and students to ensure each and every student has access to the many opportunities provided within and beyond the school community.

School Cross Country

Congratulations to the whole school community for your involvement in the Get Active X–Country carnival. I was very proud of the fact that all staff and students got behind the event to make it a success. The smiles on the faces students who participated in the X-Country and Get Active activities is evidence enough! It showed once again what a great school we have – careful planning, careful preparation, great staff and student team work! Special congratulations to the PE staff and the senior leaders for your leadership. Also to the group of ladies in the Welfare group (Sarah, Helen, and Tamar) for your support and lunch preparation – thank you. Following are some snapshots of the get active activities students were able to participate in throughout the afternoon.
Investing for Success (I4S) Funding

I am pleased to advise that Coorparoo SC’s 2016 Investing for Success (I4S) agreement has been approved and signed by the Director-General, Department of Education and Training. The 2016 I4S agreement is now published on the school website to share with the school community how the funding will be used to maximize learning outcomes for all students. The school will monitor progress towards the targeted outcomes throughout the year and provide updates to the school community using a variety of approaches such as newsletter items, website articles, principal reports to the P&C and in the school annual report.

Congratulations to all students who attended ANZAC ceremonies.

On Friday 25 April in the hall the school community paused to reflect upon the importance of ANZAC Day. Congratulations and thank you to the staff and students for creating such a memorable event. It was pleasing to hear the positivity from students and their increasing interest in ANZAC day. The ceremony certainly reflected the spirit of the ANZAC and encapsulated the courage, resilience and tenacity that the diggers displayed.

Congratulations are also extended to the students who followed up by representing Coorparoo SC by attending the many ANZAC day ceremonies conducted throughout the local community.

2016 NAPLAN

On May 10, 11 & 12 the year 7 and 9 students will undertake NAPLAN testing. To help our students in year 7 & 9 to prepare for this, on Tuesday 3rd of May students will be able to experience the NAPLAN test setting with a day to familiarize students with the tests and how to go about completing them.

The National Assessment Program – Literacy and Numeracy (NAPLAN) is an annual national assessment for all students in Years 3, 5, 7, and 9. All students in these year levels participate in tests in Reading, Writing, Language Conventions (spelling, grammar and punctuation) and Numeracy.

Focus on student Learning, Conduct and Work Ethic

One of our key priorities this year is the delivery of consistent teaching and learning experiences and opportunities. As a college, we have been implementing clear and consistent routines so that our students and staff share the same expectations for learning and success in every lesson.

Our classroom procedures and expectations of all students are:

• Students are to follow all instructions as provided by the teacher and Work and Learn in the Green Zone.
• Students are lined up outside of the classroom before the lesson with their required equipment, including their school diary
• Students are to be prepared with reading materials to participate in STAR (Spend Time and Read)
• Students are to be punctual to classes
• Mobile phones/devices are off/on silent and out of sight.
• Earphones/headphones are out of sight
• Students outside of the classroom are require to wear a school hat

STAR continues in Term 2

I would like to congratulate the whole college community on the way they have embraced the focus on Reading throughout college. For 10 minutes 4 days a week the whole school Spends Time and Reads to improve our reading. Please assist your son/daughter to prepare for term 2 STAR by having a book, magazine or suitable reading material with them each day.
Parent/Teacher Interviews –

On Tuesday 19 April the parent/teacher interviews were well attended by parents and we appreciate your efforts in getting involved in your child’s education at Coorparoo SC. We encourage parents to contact their student’s teachers at any time to discuss their progress or to seek clarification on any matter of a curricular or non-curricular nature.

At Coorparoo Secondary College – ‘I am Safe’ at all times

Due to our location on a busy road and intersection and access to the rail line, I would like to reinforce with students the necessity of being SAFE at all times. To that point it is necessary to ensure that ball games/kicking soccer/footballs are not played outside the school fence near the bus stop areas or while walking away from the school to the lights and train station. With the area experiencing heavy traffic, students need to be vigilant at all times when travelling to and from school or waiting to leave school. This includes following the signals at the lights and at the railway line. Waiting that extra couple of minutes as a result of missing the green walking light or traffic light will help to prevent an accident that may have serious consequences. Our thanks to parents for helping to reinforce this message with their students.

Wearing of the College uniform is important for a number of reasons. The public judge our students on how they look. Rightly or wrongly, everyone does it. When students go to work they will be expected to dress in a manner suitable for that business, so at school, the expectation is to wear the uniform neatly and respectfully. School is the training ground for societal expectations.

Students who fail to comply with the uniform expectations will be given a detention unless they provide a written explanation for the noncompliance. Where possible the students will be expected to change into the correct uniform piece selected from second hand college stores.

Your assistance in this is paramount. If you do have concerns please do not hesitate to contact me so the situation can be problem solved.

STUDENT ABSENTEEISM:

The number of students regularly late to school or absent is unacceptable.

Students who are legitimately sick or late are to ring on the absent line 33948813 the morning of their absence. A note should follow explaining the absence when the student arrives back at school. Students are marked through a program ID Attend in Form and then each lesson during the day. Students missing have text messages sent home to indicate that they are not in attendance.

Students seem a little shocked when told that in the Adult World of work, that entitlement to sick leave is 8-11 days per year. Any student in excess of this on a school report should look seriously at the reasons for their absence. A student not at school cannot be expected to perform to his/her best ability. It is the ‘consistent persistent’ student who performs the best at school and achieves the desired outcomes.

The College has set a target of 95% for their school attendance for this year. This equates to 10 days of absence over the school year. Students are being monitored on their attendance and should know their attendance percentage.

YEAR 12 CORE SKILLS PREPARATION:

Core skills preparation is well underway with students showing an increasing willingness to develop their exam strategies as the days of the state wide testing approaches. QCS is scheduled for the 30th and 31st August this year. Students are working on their test strategies during Wednesday Access and with scheduled lunchtime sessions to follow in coming weeks. Students are currently looking at the Writing Task and investigating tactics to cope with a range of stimuli provided.
Students in this situation will be expected to write 600 words of prose about a concept that is represented in stimulus materials.

**Work Experience:**

The College has scheduled the work experience week for the last week of Term 3, 12-16 September. Although no longer a specific part of the College curriculum, students are encouraged to consider Work experience as a valuable tool to assist with young people clarifying their work ideas. Year 12 students are not encouraged to participate due to the finalisation of the Term 3 results. If Year 12 students are keen, then they need to make an application to myself for consideration.

Key paper work is required for this to occur. If your son or daughter has a placement in mind then they need to provide the details (Employers name, address, contact person, phone number) to Melissa Moodie for the preparation of the paperwork. No student is permitted to participate in the Work Experience without the correct documentation.

**School Based Apprenticeships and Traineeships (SATs)**

Students interested in a SATs are encouraged to regularly check the CSC Job Listings and the notice boards outside the Administration Office (2nd floor).

New job possibilities are arriving weekly. If students have a specific interest in applying, they will be required to have a resume and write a cover letter to represent their understanding of the position as well as present for an interview at the second stage. If you have concerns, please do not hesitate to contact Melissa Moodie or Kelly Free (Senior Schooling HOD).

---

**Entertainment Book on Sale Now!**

---

**English/Social Sciences Faculty Update**

*All the world’s a stage, and all the men and women merely players. ('Twelfth Night')*

Last Friday, Coorparoo Secondary College became a stage for our students when we celebrated the 400th anniversary of the death of William Shakespeare. Shakespeare400 is a global sensation and is a year-long festival celebrating the life, works and times of the English Bard, William Shakespeare who died on 23 April, 1616.

At college, the Seniors assisted English staff members to provide various Shakespearean-themed activities such as dressing in Elizabethan costumes (for a 21st century Instagram photos!), listening to a talk by the Head of English, Mrs Terry, on Shakespeare’s construction of women in his plays, writing messages of love, borrowed from Shakespeare, and learning some insults from Shakespeare’s plays and poems. Students enjoyed performances of short scenes from Romeo and Juliet and Macbeth from some of the Seniors and were also treated to some Elizabethan food, such as apple and berry pies, potato soup and bread and cheese. They got crafty as well making some coats of arms whilst listening to some beautiful Elizabethan lute music.

It was a lovely afternoon, filled with literature, music, craft and culture and so many students were able to join us in our Arts Amphitheatre area for the festivities. Thank you to the staff who supervised and to the CSC students for being so enthusiastic and paying tribute to the great William Shakespeare!

---

**Medieval Power Exhibition**

On Monday, 21 March, the Year 8 cohort ventured to the “Medieval Power: Symbols and Splendour” exhibition at the Queensland Museum, accompanied by Ms Richmond, Miss Fiona, Miss Lunney and Mr Durand. This was a fantastic privilege for our students, as this exhibition hailed all the way
from the Royal British Museum in London. After catching the train into Southbank and enjoying some lunch outside the museum, the group was briefed by museum guides about expectations and behaviour whilst exploring the exhibit.

Excitement mounted as students were split into smaller groups and finally entered the exhibition. Everyone was in awe of the artefacts and relics, especially the ways that they had been so well-preserved. From the marvellous knight’s helmet, the remnants of a medieval European chess set, many fragments and gems from signet rings and jewellery, as well as many other superb relics, students were given a fantastic insight into the daily life of medieval European citizens.

After journeying back to school, right on time for the last bell of the day, the Year 8s were abuzz with excitement. Miss Lunney, Ms Richmond, Miss Fiona and Mr Durand all agreed that the students were fantastically behaved all day, both at the museum and whilst travelling on the trains.

A big congratulations to the Year 8 cohort: what a fantastic way to begin their study of Medieval Europe!

Also we would like to send a special mention and congratulations to Talia S. for making the 12 year old Met East Football team, to compete in the State Championships in June. Good luck Talia.

### AGE CHAMPIONS

<table>
<thead>
<tr>
<th>AGE</th>
<th>FEMALE CROSS COUNTRY AGE CHAMPIONS</th>
<th>MALE CROSS COUNTRY AGE CHAMPIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>14 yrs (2002)</td>
<td>Lauren S.</td>
<td>Charles E.</td>
</tr>
<tr>
<td>15 yrs (2001)</td>
<td>Jemma M.</td>
<td>Oscar D.</td>
</tr>
<tr>
<td>16 yrs (2000)</td>
<td>Kate A.</td>
<td>Marcus S.</td>
</tr>
<tr>
<td>17 yrs (1999)</td>
<td>Ellie L.</td>
<td>Christian M.</td>
</tr>
</tbody>
</table>

### Junior Writers’ Day

On Friday 22nd April a group of students, grade 7 to 9, were nominated for a writing workshop. In this workshop we were fortunate enough to have gained knowledge on new writing techniques and tools from a successful author, Josie Montana. Her enthusiasm inspired students to be creative in their writing.

She introduced new ways to find inspiration in everyday objects and situations, such as newspaper articles, glasses, money, unsolved mysteries on the news and even things around you that may spark your interest. I think the experience was useful and will improve our writing in class when writing stories.

Overall, every student benefited from this experience and was inspired by Josie Montana.

**Jemma M.**  
**Year 9**

### Cross Country Age Champions

Congratulations to our 2016 Cross Country Age Champions. The first four placed students in each age group were eligible to compete at the South District Cross Country on 28th April at Citipointe or the Lytton District Cross Country on 29th April at Villanova Park, Tingalpa.

### Year 7 Boys Basketball Round Up

As the season draws towards finals, the Year 7 Boys Basketball team has had some great success. The team has begun to unify and work together when competing against tough competition of St James College and Balmoral State High School. The boys have been developing their basketball skills and thoroughly enjoying the competition.

Team Members include Byron H., Jake B., Lee O., Jaynard K., Bailey M., Miles H. and Coen C.

### Current Season Results:

<table>
<thead>
<tr>
<th>Date</th>
<th>Opposition</th>
<th>Result</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 Feb</td>
<td>St James 1</td>
<td>22-16</td>
</tr>
<tr>
<td>Date</td>
<td>Opposition</td>
<td>Result</td>
</tr>
<tr>
<td>--------</td>
<td>------------</td>
<td>--------</td>
</tr>
<tr>
<td>17 Feb</td>
<td>St James 2</td>
<td>5-20</td>
</tr>
<tr>
<td>2 March</td>
<td>St James 1</td>
<td>7-12</td>
</tr>
<tr>
<td>16 March</td>
<td>St James 2</td>
<td>18-22</td>
</tr>
</tbody>
</table>

**Ashleigh Thomson**  
Coach

**Year 9 Manual Arts**

The year 9’s have been working hard to complete their Spice Racks. The photos display the great work and effort they’ve put in to completing them.

| Teenagers and Sleep |

Sleep research suggests that a teenager needs between nine and 10 hours of sleep every night. This is more than the amount a child or an adult needs. Yet most adolescents only get about seven or eight hours. Some get 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.

**Causes of sleep deprivation**

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.
- **Social attitudes** – in Western culture, keeping active is valued more than sleep.
- **Sleep disorder** – sleep disorders, such as restless legs syndrome or sleep apnoea, can affect how much sleep a teenager gets.

**Effects of sleep deprivation**

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.
Preventing sleep deprivation – tips for teenagers

The typical teenage brain wants to go to bed late and sleep late the following morning, which is usually hard to manage. You may be able to adjust your body clock but it takes time. Suggestions include:

- Choose a relaxing bedtime routine; for example, have a bath and a hot milky drink before bed.
- Avoid loud music, homework, computer games or any other activity that gets your mind racing for about an hour before bedtime.
- Keep your room dark at night. The brain’s sleep–wake cycle is largely set by light received through the eyes. Try to avoid watching television right before bed. In the morning, expose your eyes to lots of light to help wake up your brain.
- Do the same bedtime routine every night for at least four weeks to make your brain associate this routine with going to sleep.
- Start your bedtime routine a little earlier than usual (for example, 10 minutes) after four weeks. Do this for one week.
- Add an extra 10 minutes every week until you have reached your desired bedtime.
- Avoid staying up late on the weekends. Late nights will undo your hard work.
- Remember that even 30 minutes of extra sleep each night on a regular basis makes a big difference. However, it may take about six weeks of getting extra sleep before you feel the benefits.
- Other issues to consider

If lack of sleep is still a problem despite your best efforts, suggestions include:

- 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

Where to get help

- Your doctor
- Sleep disorder clinic

Things to remember

- Sleep research suggests that a teenager needs between nine and 10 hours of sleep every night.
- Chronic sleep deprivation can have dramatic effects on a teenager’s life, including reduced academic performance at school.
- Even 30 minutes of extra sleep each night makes a difference.
- All recreational drugs (including alcohol, caffeinated drinks and cannabis) and chocolate can cause broken sleep.

(information is from http://www.betterhealth.vic.gov.au/)

Sarah Round
Guidance Officer

Message from Helen the School Based Youth Nurse

I won’t be too long before we are halfway through the school year. Your young person will have received their term 1 report card so maybe it’s time to check in with them to see how they are going.

It’s normal for young persons and teenagers to sometimes have low moods, your motivation and troubles with sleeping. It’s not always the sign of a problem, but it’s important to talk with your child. Your young person may find this overwhelming, remember to stay calm, and maybe that you may need to make the topic in different ways or in different environments to get a response.

Some tips that may help you:

- Acknowledge that opening up about personal thoughts and feelings can be scary.
- Talk openly and honestly with them, let them know you are concerned.
- Reassure them that you will be there for them, and ask what they need from you.
- Suggest some other people your child could talk to like family, your GP, other health professionals. You could also suggest a confidential telephone counseling service for young people such as Kids Helpline (1800 55 1800) or https://www.headspace.org.au (online chat or visiting http://www.openminds.org.au/

Top rated apps help young people improve wellbeing

Not all apps are created equal and it can be hard for young people to know which ones to use, especially when it comes to health and wellbeing. ReachOut Australia, with support from the Young and Well CRC, has created The Toolbox – an online collection of more than 50 apps that have been rated and
reviewed by mental health professionals and young people aged 13-25.

With one in four young people experiencing mental ill-health, and 75% of mental illnesses emerging before the age of 25, The Toolbox app is an important resource to empower young people to easily keep track of and help maintain their own wellbeing.

For further information visit link below.
http://youngandwellcrc.us2.list-manage.com/track/click?u=78ff24a48eb25995cb805a32&id=c50214af5e&e=4b89098a46
http://au.reachout.com/sites/thetoolbox

Helen Dunkley
School Based Youth Nurse

From the P&C

As we are such a small group we have to work on what is achievable. We are looking into some grants for sound proofing the music practice rooms and working with Mr Barnett on a wish list of structures for shade around the grounds.

We’d love to hear from you if you have any experience writing grants or submitting plans to council.

In the canteen we are looking at online ordering. Stay tuned...

In the not so distant future you'll be able to order lunch and a jumper.

Remember you can get your entertainment guide too. Follow the links. The digital version can be shared across 4 of your devices (phone, tablet, etc).

Follow us on Facebook for more update.

Georgina Kinchin
P&C President

Assistance with High School Costs

Can Saver Plus assist you with high school costs?

Join Saver Plus and match your savings, dollar for dollar, up to $500 for educational costs including:

- school uniforms and text books
- computers, laptops and tablets
- excursions and camps
- sports equipment, uniforms and lessons
- music tuition and instrument hire.

You may be eligible if you have a Health Care or Pensioner Concession Card, are at least 18 years old, have some regular income from work (you or your partner) and have a child at school or study yourself.

Contact David Smit, your local Saver Plus Worker:
(07) 3115 6202/ 0417 436 183
or david.smit@thesmithfamily.com.au

Saver Plus was developed by the ANZ and the Brotherhood of St Laurence and is delivered in partnership with Saver Smart, The Benevolent Society, The Smith Family and other local community organisations.

The program is funded by ANZ and the Australian Government Department of Education, Training, Community Services and Indigenous Affairs, with ANZ providing matched savings for participants.

Saver Plus is Saver Smart’s largest and longest running matched savings and financial education program. The program is offered locally to community organisations in over 65 locations across Australia.

Who can join?

To be eligible, participants must:
- have a Commonwealth Supported pensioner Concession Card.
- be at least 18 years old.
- have some regular income from work (you or your partner) and/or have a child at school or study yourself.
- be currently enrolled or grauduating in high school.

How does the program work?

Saver Plus participants are assigned a Saver Plus Worker at their local community organisation who will assist participants to open an ANZ account, if they don’t already have one.

Participants commit to saving $25/week for 12 months and have $25 matched by Saver Plus.

Since 2005, Saver Plus has supported more than 28,000 Australians to save.

Successes

Dedicated to helping you make the most of your money, Saver Smart has been helping young people save since its launch more than 11 years ago.

Saver Plus is one of the most successful programs delivered in partnership with Saver Smart, The Benevolent Society, The Smith Family and other local community organisations.

The program is funded by ANZ and the Australian Government Department of Education, Training, Community Services and Indigenous Affairs, with ANZ providing matched savings for participants.

What are the benefits of the program?

Independent research published in The Australian found that at least 39% of participants who completed the program:
- were more confident about managing their money.
- were able to save more than twice the amount they paid.
- are more likely to use financial services to budget.
- have increased their understanding of financial services.
- have saved more as a result.
- have increased their financial knowledge.

With the help of Saver Smart, 72% of participants have more money in their bank accounts than they did at the start of the program.

The program is delivered by ANZ and the Australian Government Department of Education, Training, Community Services and Indigenous Affairs, with ANZ providing matched savings for participants.

How do I find out more?

To find out more, call or visit your nearest ANZ branch and talk to a local customer representative.

Follow us on Facebook for more update.

Georgina Kinchin
P&C President
Student Exchange

Attend a student exchange Info Session this April and realise your dreams!

This April WEP Australia is holding student exchange Info Sessions in Brisbane! If you've ever dreamt of living and studying abroad, learning another language or boosting your CV with international experiences, now is the time to find out more as applications for exchange programs commencing in late 2016 are closing soon! WEP guarantees country of choice and offers more than 100 programs that fit into the Australian academic schedule. Let us provide you with all the information you need to make your dreams come true! RSVP now at link below or request a free information pack at the below link to find out more!


We are urgently seeking volunteer host families for overseas exchange students arriving in Australia this July. Volunteer hosting is a wonderful experience. All our students are chosen on their academic and personal merit and become role models for their host siblings, inspiring them to learn more about our world.

Date Claimers

May

4th May
Musical Rehearsal 1.20pm-4.30pm

10th-12th May
NAPLAN – Yr 7/9

11th May
Musical Rehearsal 1.20pm-4.30pm

June

1st June
Musical Rehearsal 1.20pm-4.30pm

8th June
Musical Rehearsal 1.20pm-4.30pm

13th – 17th June
Year 11/12 Senior Block Exams

15th June
Musical Rehearsal 1.20pm-4.30pm

20th June
Arts Support Group Meeting 6pm

20th June
P&C Meeting 6.30pm

20th – 21st June
Year 12 Practice QCS Tests

22nd June
Musical Rehearsal 1.20pm-4.30pm

24th June
CSC Athletics Carnival

24th June
Semester 1 Reports posted home

24th June
Last Day of Term 2

July

11th July
First Day of Term 3

13th July
NAIDOC Parade 9am

13th July
Musical Rehearsal 1.20pm-4.30pm

18th July
Year 11/12 Clowning Workshop

19th July
Parent Teacher Interviews

20th July
Musical Dress Rehearsal 1.20pm-4.30pm

27th July
Musical Tech. Rehearsal 11.50am-4.30pm

29th July
Musical Performance Night 1

30th July
Musical Performance Night 2