

FROM THE ACTING DEPUTY PRINCIPAL

Booking sheets for **Parent Teacher Communication evening** will be posted home on Friday the 27th of March with your son's/daughter's Mid-semester report. This measure will enable parents to enact the process of communication with a teacher or teachers quite promptly. All teachers will be available and value this opportunity to learn more about the student in an endeavour to ensure their learning needs are met effectively.

The Mid-Semester report provides you with information from the teachers regarding the progress of your son/daughter in their subjects currently. The Parent Teacher Communication evening allows the opportunity for a more focused exchange of information in relation to any educational goals or concerns.

This is an indispensable means of communication for consolidating the partnership needed between students, parents and teachers to optimise both the well-being and educational outcomes of the student. It also demonstrates a mutual commitment to the education, learning and development of students at Coombabah State High School. This information exchange is vital for optimising the understanding of both the well-being and educational goals of the student allowing teachers to plan and develop curriculum that challenges and engages the student better.

Monday the 6th and Tuesday the 7th of April are the dates for Parent Teacher Communication evening. Humanities block is the venue.

If for some reason the reports and booking sheet do not arrive by **March 31st**, please do not hesitate to call the school and **organise appointments** with the relevant teachers. We look forward to seeing you at this very important event because your student's education matters.

Sports Report

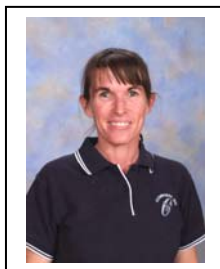
Last Tuesday was the first full day of Inter-school and Recreational Sport. I would like to congratulate all students and staff on their efforts to ensure that this day went as smoothly as possible. However, I do need to take this opportunity to remind students about the importance of following the sun safety guidelines and ensuring that they have sufficient fluids for the day as there were a lot of sunburnt faces the following day.

Please be prepared for the next Sport Day on Tuesday the 24th of March and bear in mind that as we live in Queensland, and although it is Autumn we still need to apply sunscreen, wear a hat, wear a suitable shirt, and drink plenty of fluids.

Thought for the week

All things are difficult before they are easy

Regards,



Katrina Bayldon,
Acting Deputy Principal.

SCHOOL FEES

School fees are now due and can be paid at the cashier window from 8.00am to 1.30pm daily. If you require information on outstanding fees, please contact the school Finance Officer for details.

Arrangements can also be made for a Payment Plan or Centrelink Debit.

We would like to thank those parents who have already paid.

Mr. J. Kenny,
Registrar.

Newsletter Link: Please complete and return to the box in the office.

Student's name: _____

Student's ID: _____

Parent's name: _____

Parent's email address: _____

WHAT'S ON

Tuesday	17/03/09	Rugby League Camp, Lismore
Wednesday	18/03/09	Yr 8,9 & 10 Debating Round 1 Rugby League Camp, Lismore
Thursday	19/03/09	University Showcase Yr 12 8.30-10.00am Balancing Your Life Expo Yr 11&12 12.30-1.00pm Yrs 8->10 1.00-2.00pm
Friday	20/03/09	Lunchtime Dance Competition Student Centre Yrs 8-10
Monday	23/03/09	SES Camp, Tallebudgera
Tuesday	24/03/09	SES Camp, Tallebudgera School Sports Round 1
Wednesday	25/03/09	SES Camp, Tallebudgera
Thursday	26/03/09	Yr 12 Multistrand Science Exc. to O'Reilly's
Friday	27/03/09	Yr 8 Immunisations Girls & Boys Stage 1
Wednesday	01/04/09	Yr 8,9,10 Debating Round 2
Thursday	02/04/09	State Swimming, Chandler Pool
Friday	03/04/09	Cross Country 12.00-3.00pm Lunchtime Dance Competition Student Centre Yrs 8-10

P & C NEWS

Points of interest from General Meeting 9th March 2009

- Support given for the Variation to School Routine applications for the 2009 school year.
- Support given for the Year 12 fundraising BBQ to be held on the 21st of March.
- Discussion on funding for refurbishment for the Tuckshop.
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Annual General Meeting

As our Annual General Meeting (A.G.M.) was held immediately after the General Meeting, I am pleased to advise you that the positions for the Coombabah State High School P & C Executive for 2009 are as follows:

President - Patricia Campbell
Vice-President - Gale Hillier
Secretary - Jane Wilson
Treasurer - Rob Alborn

As the position of Vice-President has not been filled since 2006 it is my pleasure to welcome Gale Hillier to the Executive for the 2009 school year.

I would like to take this opportunity to thank the parents who were generous enough to make the time to attend this meeting and I hope to see you again at future meetings.

Please feel free to come along to our next meeting on Monday the 6th of April 2009 in the Administration Common Room at 7.00pm.

For any questions regarding P & C activities please call either myself or Jane Wilson (Secretary), Monday – Friday, on 5552 3888, 8.30am - 3.30pm

Cheers,

Patricia Campbell,
P & C President.



UNIFORM SHOP



Price Increase.

As previously advised, due to yet another price rise from our uniform suppliers, the P & C unfortunately has to raise the price of our uniforms.

We have been able to hold our prices for the last two years without passing on previous increases, but as of the 1st of April 2009 prices will be increased by \$2.00 on Unisex Shorts, Junior & Senior Girls Blouses & skirts, Junior & Senior Boys shirts, Sports Polos, Sports Shorts and Jumpers. Microfibre Jackets and Long Pants will rise by \$3.00.

We are proud of the fact that our uniforms are Australian made by a local Gold Coast Company and we will endeavour to support local companies in the future.

Reminder - Uniforms no longer needed or uniforms that your student has grown out of can be traded-in when purchasing new items or can be placed on consignment to resell. We also hold a large range of second-hand uniforms for sale at varying prices according to the condition of the item.

Borrowed Uniforms - Parents are requested to return any items of uniform that have been on loan to students before the end of term. Invoices will be issued for non-return of items.

Should you have any problems or queries with the uniform please feel welcome to ring the Uniform Shop or Administration or just drop into the Uniform Shop & ask for me.

Uniform shop hours are from 8.15am until 11.15am each day.

Mrs. Ruston,
Uniform Shop Convenor.

STUDENT SUPPORT HUB

Our support team continues to grow, and we welcome Hugh Roberts as the *Cultural Education Counsellor* who is available to support Pan Pacific Island students. Hugh can be contacted on 5552 3824.

FROM THE SCHOOL NURSE

International Women's Day

International Women's Day is celebrated on Sunday the 8th March every year to promote women's rights, political participation and economic security. It is inspired and remembered across the world to celebrate the achievements of woman.

This year in QLD it is Themed *Our Women, Our State*. International Women's Day 2009 aims to celebrate by reflecting on the women and their achievements, as well as the events, places and stories significant to women, who have contributed to shaping Queensland since its separation from New South Wales in 1859.

Through reflection on the achievements and contributions of women to Queensland during the last 150 years, the theme aims to inspire all Queensland girls and women to consider how they can contribute to building tomorrow's Queensland.

National Human Papillomavirus Program

The Australian Government has recently updated advice about the National HPV Vaccination Program.

The community-based HPV catch-up program (delivered through general practice and community immunisation services), is provided for:

- 12 to 13* (Year 8 in Queensland) to 18 year old girls who have not completed their course at school; and
- 18 to 26 year old women.

The program finishes on 30 June 2009, so to be eligible for free vaccine, all females in the above age groups must have started the course with their first dose of the vaccine on or before 30 June 2009, and **complete all 3 doses by 30 December 2009.**

*Note: Eligibility is from the age of the first year of secondary school.

Contact your local Population Health Unit if you require further information.
Gold Coast: 5509 7222

Please note: The school program for HPV immunisation remains the same however this information may be of assistance for females who are no longer at school or who have missed out previously.

Anne Read,
School Based Youth Health Nurse.

POLICE MUSEUM EXCURSION

At the end of February the two Year 11 Multi-strand classes visited the Police Museum in Brisbane. The students had a great day sitting in the mock courtroom listening to how forensic investigators solved a prominent murder on a small island with very little equipment over 50 years ago. They then did a tour of the museum, which showcased a range of historical forensic equipment, illegal weapons, current missing person files and a variety of police transport. The most popular item being the siren blaring, light flashing motorbike that the students were able to tryout!

The most important feature of the day was the simulated crime scene. The students had to put on their detective caps and solve the museum murder.



There were 20-30 clues contained in the display, which directly or indirectly described the offender, their actions, the sequence of events and the possible motive behind the murder. The students worked extremely well compiling their evidence list and are now busy in class looking over the police, suspect and autopsy reports.

Good luck using your detective skills to solve the murder!

Mrs Stanbrook.

DRAMA NEWS

Well done to the Year 11 Drama students who helped Mrs Woolnough with a Drama workshop during the recent visit by a Japanese study group. The Japanese students and teachers really enjoyed working with the Year 11 Drama students and were thoroughly engaged in the experience.



Well done also to all of the Drama students who attended the live performance of 'The Forwards' presented by Zeal Theatre which visited us here at the school last week. The drama students were greatly entertained by the live performance and enjoyed it immensely. All students were required to complete a piece of assessment based on this live performance and should be busily finishing their assignment for their teachers now. Good luck to all students on this piece of assessment.

Date claimer - Wednesday 22nd of April - Some of our Year 12 students will be competing in their first heat in the Brisbane/Gold Coast competition of Theatre Sports. If you've ever seen "Whose line is it anyway" or "Thank God You're Here" - you already have a great idea of what theatre sports involves. Please come and support the Year 12s in this great competition when they compete here at our school, in the theatre, on the 22nd of April. Your support will assist them in going further in this competition. It should be a wonderful and entertaining evening.

Another date claimer - Monday 27th of April - The Year 12 Drama students will be presenting their Brechtian theatre performances for a live audience. We would love to see some parents and teachers present at this show. Students will be assessed on their performances and will explore a range of world issues prevalent in today's society. We look forward to your support!

Melanie Woolnough,
Head of Department – Arts.

Green Corner

How Coombabah is reducing our environmental footprint...

I hope to submit an article in each newsletter letting you know what our school community is doing to reduce our environmental imprint and to promote a sustainable future. The school is currently taking part in a number of initiatives across areas including wildlife conservation, solar and other energy efficient technologies, recycling and water conservation.

Coombabah was selected as one of 10 State Schools to be part of the government's solar and energy efficiency initiative. This has involved the installation of 2-kilowatt (KW) solar panels to generate electricity and the replacement of inefficient lighting with improved lighting technology.

Both the SOSE and Science departments are reviewing our curriculum to ensure our students are made aware of the issues that will impact upon their futures and provide them with strategies to ensure a sustainable future. You may occasionally hear about homework set to do just this. Year 11 and 12 Geography students were asked to go home and turn off any appliances that were not necessary or on stand-by. I specifically asked them to leave the fridge alone!

What Can You Do?

Not only can the following tips assist the environment but will also save you money in the long term...

1. Go to www.climatesmarthome.com to book a Climate Smart Home Service, which will reduce your home's carbon footprint and could save you up to \$250 a year. The service includes installing a wireless energy monitor so you will be able to see how much energy you use and how much you can save.
2. Replace your incandescent lighting with compact fluorescent lights. Origin estimates a saving of \$38 per quarter by switching six lights.
3. Consider turning on a ceiling fan rather than an air conditioner (a ceiling fan uses 65W an hour compared with 1kW for a small air conditioner).
4. If something does not need to be on standby, turn it off. The average home has 53 appliances that can have a standby mode which could use 800kW a year.
5. Turn off your lights on **Saturday the 28th of March at 8.30pm** for Earth Hour. Organisers are aiming for the goal of 1 billion people switching off their lights as part of a global vote against global warming. For more information about Earth Hour visit the website on <http://www.earthhour.org/about/>

***We do not inherit the earth from our ancestors;
We borrow it from our children.***

Native American Proverb

Ms Shearer,
Humanities and LOTE Head of Department.

THE COOMBABAH SHS STUDENT SUPPORT TEAM
PRESENTS

Balancing Your Life



An event promoting students' wellbeing and future options

THURSDAY 19th March, 2009
Student Centre 12.30 – 2.00 pm

Balancing your Life:

This event will be open to all students and will focus on the various resources available to assist young people at the school as well as through community agencies. It will be held in the Student Centre during the lunch hour on Thursday March 19 and will feature a number of activities and displays.

Glenda Musgrave, Kevin Glasheen
Guidance Counsellors

ENTERPRISE DEPARTMENT

HOME ECONOMICS

Responsible Service of Alcohol

A reminder that we have organised a Responsible Service of Alcohol (RSA) course to be conducted at school. Cost of the course is \$59.00 and we have booked two dates – Wednesday the 1st of April and Wednesday the 22nd of April. Students who have given me their names **MUST** inform me which date they wish to attend. Money for both classes **MUST** be paid to the cashier before Friday the 27th of March.

Fees. A reminder all fees are now **OVERDUE**. Students who have not made any payments are now completing additional theory notes while their peers are cooking. Please arrange payments of fees as soon as possible.

Hygiene. To demonstrate the importance of hygiene in the kitchen we have hired a 'light box' from the Queensland Health Department. Students are given a mixture of Sorbelene and a highlighter mix to rub on their hands. They then wash off the solution and put their hands under the neo light. The light 'glows' where they have not washed their hands correctly. Students then have a better understanding of the importance of the need to wash carefully around nails and not wearing jewellery in the kitchen.



Assessment

Year 8 Textiles - Exam

Year 8 Nutrition - Design Brief

Year 9 Prac Exam - Healthy Lunch Box

Year 10 - Multi-cultural Brochure

Year 11/12 Hospitality - Completion of first modules

Year 11/12 Children's Services - Module Tasks, Year 12 Centre visits

Year 11/12 Early Childhood Practices - Unit of Study on Children, Unit Special Needs

Playgroup

As part of their studies in Early Childhood Studies and Certificate III Children's Services, students must run a playgroup session. This year we are opening up playgroup to staff and parents of Coombabah High School community. If you have a young child at home and wish to come along to playgroup on Wednesday mornings between 8.30 – 11.30, please contact me. There will be a minimal charge to cover insurance fees. If you require additional information, or wish to enrol your child, please call me on 555 23 835. First playgroup is Wednesday 18th March. Parents must report to the front office on arrival, then move down to the Home Economics block.

Recipe of the Week (serves 4)

Ingredients:

¼ cup (75g) tandoori paste

¼ cup (70g) yogurt

12 french-trimmed lamb cutlets (600g)

1 cup (110g) coarsely grated fresh coconut

½ large firm honeydew melon (850g), grated coarsely, drained

1 tablespoon lemon juice

Method:

1. Combine paste, yogurt and lamb in large bowl; turn to coat in tandoori mixture. Cook lamb on heated oiled grill plate (or grill / barbecue) until browned both sides and cooked as desired.

**Tandoori Lamb Cutlets
with Fresh Melon
and Coconut Chutney**

2. Meanwhile, combine coconut, melon, mint and juice in medium bowl. Serve coconut chutney with lamb and, if desired, pappadums and lemon wedges.

Liz Bailey,
Head of Department – Enterprise.

Runaway Bay 3 Neighbourhood Watch



Family Fun and Community Awareness Day

Sunday 29th March 2009
Between 10am – 2pm

In the park adjacent to the Runaway Bay Library
Complex
Corner Morala Avenue and Lae Drive



Lots of fun for everyone

Jumping Castle
Animal Farm Face Painting
Mini Olympics (between 10.30am – 12.30pm)
Sausage Sizzle
Music Giveaways

Community information displays
and demonstrations

Children's activity area and bicycle track

All Activities Free (except sausage sizzle)
Plenty of shaded area so bring along a blanket
and join in the fun

Please note this area is an alcohol free zone

For further information contact Jean on
55005705

Proudly supported by
RAY WHITE – Runaway Bay and Paradise Point
GCCC and Councillor Grant Pforr – Division 3
Peta-Kaye Croft MP State Member for Broadwater

Help!!!

The Tuckshop needs you!

***If you have any spare time & are interested
in helping out anytime during the day,
please feel free to call Caralyn in our
Tuckshop on 5552 3850. You don't have to
serve or take money if you feel more
comfortable just making sandwiches or
rolls, not a problem and you'll even get
morning tea & lunch!***

Any help you can give would be great.

***So call Caralyn on 5552 3850 & we look
forward to seeing you in the Tuckshop.***

SUMMER BASKETBALL LEAGUE 2009



MINIBALL TO UNDER 10 COMPS AVAILABLE.
GIRLS & BOYS. BEGINNERS WELCOME
FRIDAYS (U14 – U18)
SATURDAYS (MINIBALL – U12)
RUNAWAY BAY INDOOR SPORTS CENTRE (SPORTS DVE)
FOR MORE INFO – PHONE GREG FOX ON 0409 769883.

BASKETBALL



Come and play basketball on Tuesday from 4.00 – 6.00 pm at the Labrador
Primary School Community Hall, Imperial Parade, Labrador.
Ages range from primary to high school age.

Only \$5 a night!
For more information please phone Andy on 0406 990 121
or contact
goldcoast@fusion.org.au



JUNIOR INDOOR NETBALL

When: Tuesday afternoons from 4.00pm

Where: Parklands Indoor Sports, Cnr Smith St and Parklands Dr

Who: Boys and Girls (All Ages and Abilities)

Phone 5531 3022 for more information today!!

Teams and Individuals Welcome