

SPRINGWOOD HIGHLIGHTS



February 2009
Issue 1

Brian Forbes
Principal
Email: office@springwoshs.eq.edu.au

Telephone: 07 3380 6111
Fax: 07 3380 6100
Web: www.springwoshs.eq.edu.au

A friendly environment, focussed on excellence

DATE CLAIMERS **2009**

Monday 2nd Feb
Senior Swimming
Carnival

Wednesday 4th Feb
Logan Chamber of
Commerce Business
Breakfast

Friday 6th Feb
Year 12 Accounting
excursion QUT

Friday 13th Feb
Leadership Induction
Ceremony

Tuesday 17th Feb
P and C Meeting AGM
Common Room
Commencing 7pm

Wednesday 18th Feb
Logan District
Swimming

Wednesday 25th Feb
Immunisations

Thursday 26th Feb
Year 12 Leadership Day

Friday 27th Feb
Fashion Parade
Fundraiser

Tuesday 17th Mar
Parent/Teacher Evening
3pm—7pm

Wednesday 18th Mar
Year 8 Camp
18th—20th March

Friday 20th Mar
Mighty Minds

*Students please
remember to bring an
umbrella or
a raincoat
for wet days.*



FROM THE PRINCIPAL

'I have always been delighted at the prospect of a new day, a fresh try, one more start, with perhaps a bit of magic waiting somewhere behind the morning' Joseph Priestley

THANK YOU AND WELCOME

Please accept my sincere thanks for the very warm welcome extended to me at Springwood State High School. I'm sure you would agree that first impressions count for a lot and my first impressions of Springwood High are very positive from the dedication and commitment of staff during last week's preparations for the academic year, to my introduction to classes and on parade this week, where I found students engaged in their learning and respectful. I'm looking forward to getting to know students and their families and helping to maintain and progress the excellent work that is going on here.

Welcome to families new to the school and welcome back to our continuing families. 2009 promises to be a challenging and exciting year as we work with you to ensure that each young person is encouraged and supported to achieve their best possible outcome. We are partners in learning and as such I encourage you to take every opportunity to engage in the life of the school.

STAFF CHANGES

Jonathon Lewis, who has extensive experience in a variety of teaching and administrative roles in both Queensland and New Zealand, has joined the administration team of Springwood High as Acting Deputy Principal and we welcome him to Springwood. Simon Wilson, also highly experienced not only in Maths but the Sciences has joined us a permanent Head of Department Maths.

New teachers to the school include Kerry Austin, English SOSE, Helen Dow, Design and Technology, Rosemary Sciacca, Catering, Melanie Thompson (Art), and we welcome back David Brown (HPE). Returning from leave are Kristin Turner (English) and Kerri Sheppard (English).

DIGITAL EDUCATION REVOLUTION

We were thrilled to learn this week that our application for funding under the Australian Government National Secondary School Computer Fund has been successful. As a consequence we will receive \$179 000 to enable us to replace old equipment and provide new computers, along with associated hardware and software. This will provide greater student access to information technology and broaden our capacity to deliver real-time and engaging learning experiences.

SCHOOL FOCUS

Our short term focus and one of which I'm sure you've become aware of through your young people is about establishing our expectations of students for the year. You may have heard about our 'Big Five' which include: behaviour (including respect), dress code, attendance, preparedness for work and most importantly learning. These expectations are consistent with school policies agreed to by all enrolling students and parents through the Conditions of Enrolment proforma.

Our longer term focus is the completion of the Triennial School Review process which was commenced last year. The outcome through consultation with staff students and parents will be our strategic plan for the next three years.

I look forward to meeting members of our community as the year progresses and opportunities arise.

Brian Forbes—Principal



**IMPORTANT INFORMATION FROM THE
SPRINGWOOD STATE HIGH SCHOOL
P AND C COMMITTEE**

Hello and welcome to all new parents and welcome back to all our continuing parents. We hope you all had a fabulous Christmas and New Year.

Firstly, I would like to extend a warm welcome to our new Principal Mr Brian Forbes, along with the new Acting Deputy Principal Mr Jonathon Lewis. We look forward to forming strong partnerships between the school and the P and Committee to achieve great outcomes for the school.

Uniform Shop A reminder to all that the uniform shop is open Tuesdays and Fridays from 7:30am till 9:30am. You can download a uniform order form from the school's website or just call into the uniform shop and the wonderful ladies will help you out. Unfortunately, the uniform shop does not accept cheques any longer but we do accept cash, eftpos and visa/mastercard.

Canteen Attached to this newsletter is an updated Canteen price list. Our Canteen is open everyday. Did you know that you can order your lunch before school? Our Canteen complies with the Government's healthy eating program so you can be guaranteed your children are getting healthy and nutritious food. If you have an hour or so free, weekly, fortnightly or monthly and would like to be involved in volunteer work, we are always looking for helpers in the canteen and uniform shop. If you are interested in helping out just contact the Administration Office on 3380 6111 and leave your details.

YOU ARE INVITED...

To join the Springwood State High School P and C Association. We meet on the 3rd Tuesday of every month, in the Administration Building, at 7pm. Our AGM is scheduled for 18th February at 7pm. All Executive positions will be vacated for re-election. The AGM will be followed by a general meeting.

Come along and meet interesting and like minded people who are keen to know what is happening in the school community. Enjoy a cuppa and cake while you contribute to making Springwood State High School a great school for our kids. Should you have any questions or queries please contact the school's administration office and a member of the P and C Executive Committee will get back to you.

Here's to making Springwood State High School 'Shine in 2009'!

Amanda Arthur
Secretary
From your friendly SSHS P and C Association

~ Keeping Your Brain Healthy~

WHAT better way to start the year than with an active healthy brain!

When asked what they do to keep fit, people generally think of their bodies, however, keeping our brains fit and healthy is just as important. The health of your brain plays a critical role in almost everything we do from thinking to feeling, remembering, working, playing and even sleeping.

Staying **mentally active** by reading, writing or working on crosswords and puzzles helps strengthen your brain cells and the connections between them.

Regular **physical activity** encourages good blood flow through your brain and promotes the growth of new brain cells. Everything from walking and cycling to yoga and gardening gets your heart pumping and your body moving and will benefit your brain.

By remaining **socially active** we can help to maintain brain vitality. Join social clubs, travel and volunteer with community groups to stimulate both your mind and your body.

A low fat, low cholesterol **healthy diet** with lots of dark green vegetables and a variety of fruit helps protect your brain cells.

Simple lifestyle modifications can have a huge impact on the vitality of our mind and can help keep our bodies as well as our brains healthier as we age. Next time you're flipping through the weekend paper, try a sudoko puzzle or a crossword and keep your mind focussed, sharp and healthy!!

The above article was submitted with the support of the Logan Women's Health and Wellbeing Centre, 1 Mary St, Kingston, (07) 3808 9233.

Regina Tyson
School Based Youth Health Nurse

Student exchange A U S T R A L I A

FREE INFORMATION EVENING IN BRISBANE—4 FEBRUARY 2009

- ⇒ Come and meet our staff
- ⇒ Hear comprehensive information on all aspects of exchange
- ⇒ Ask questions
- ⇒ Listen to questions asked by other students and parents, and
- ⇒ Meet other students who are considering going on exchange
- ⇒ Scholarships available!

**7:30pm
Wednesday 4 February
Urban Brisbane
345 Wickham Terrace
Brisbane
www.studentexchange.org.au
1300 135 331 (cost of a local call)**

+ - > ÷ x Maths Department + - > ÷ x

The teachers in the Maths Department are looking forward to a successful year for students by working closely with both students and parents, so as to achieve the best possible results for all students at Springwood SHS this year.

At Springwood SHS, students are fortunate to have a dedicated Maths staff with a high degree of expertise. The Maths teachers have backgrounds that involve a wide range of diversity and experiences and are eager to educate students. They are highly motivated people and anticipate an exciting year ahead.

For success to occur in Mathematics, it is imperative that students bring a pen, ruler, note book, text-book, calculator, and diary to every lesson. Students who consistently arrive to class with these items demonstrate that they are prepared to learn.

Maths homework will always be set each lesson. Homework is an important revision of the day's lesson where students consolidate their understanding through practice and study. Students who are committed to complete their homework on a regular basis are rarely surprised or disappointed when they receive their results after an assessment item.

Teachers are available at various times outside of class time to help students who are having difficulties in mathematics. It is important that the student seek help from their teachers early before a small issue suddenly becomes a very large one.

Please contact me if you have any concerns at all regarding Mathematics and the education of your child.

Simon Wilson
HOD Mathematics

SPRINGWOOD SHS AFTERNOON TUTORIALS 'HOMEWORK CLUB'

Does your son / daughter have a learning difficulty or disability? The Teaching and Learning Support Team will be running weekly tutorial sessions to help with:-

- Subject assignment tasks
- Study Skills
- Exam preparation
- Homework assistance

Where: H1 (in H Block)

When: Tuesdays 2.45pm-3.45pm



Please contact Ms Chrissie Bowie in H Block on 3380 6137 to register your attendance. Bookings essential.



*Shop 8, 15 Dennis Road
Springwood Plaza, Springwood
Telephone: 3208 4075*

*On presentation of this advertisement receive 15% off
the cost of all beauty services.
Valid until the end of March 2009*

Logan City Kings Football Club Junior Sign on 2009

January 31st and February 1st
10am—6pm
(every Thursday 5:30pm—6:30pm)
Meakin Park Soccer Drive
Slacks Creek
Phone 3808 1909
Teams Required
Under 6 - Under 16

Boys	Girls
Youth (Under 18) \$200	Youth \$190
Under 11—Under 16 \$145	Under 12—Under \$145

All competition players require a passport photo
SSG (Small Sided Game) Teams
Under 6,7,8 & 9

(must be age 5 prior to season starting)

Rooball teams Under 10's

All sign on's require a birth certificate or other proof of age document.



Azzure Beauty

*Shop 8, 15 Dennis Road
Springwood Plaza, Springwood
Telephone: 3208 4075*

*On presentation of this advertisement receive 15% off
the cost of all beauty services.
Valid until the end of March 2009.*

SCHOOL NOTICES:**ANNUAL REPORT**

The 2007 School Annual Report is now available on our website.
<http://www.springwoshs.qld.edu.au/schoolreport.pdf>

STUDENT ABSENCES

Our school uses **Automatic Texting** to advise Parents/Carers when students are absent from class. It is important that the school has your up to date contact details at all times. Please advise our Student Records Department of any changes to phone numbers as soon as possible.

We ask that parents/guardians telephone the school **before 10am** if your child is going to be late, or absent from school—the direct phone number is **3380 6165**. If the phone is unattended, please leave a brief message clearly stating:-

1. Your name.
2. The student's name and the reason for absence (e.g. sick)

If your child is going to be late, a letter of explanation is also required. There is sufficient space in the back of the student's planner for communication between home and school. Parents will also be receiving text messages from the school if your child arrives late.

If no explanation is received by the school, an absentee letter will be posted to the student's home address. These letters are to be signed off by a Parent/Carer and **returned to the school**.

Number of days late and number of days absent are listed on the student's report card. Students with unexplained lateness will be given a detention.

UNIFORM SHOP

Current opening hours for the uniform shop are Tuesdays and Fridays 7.30am—9.30am. Order forms are available from our website.


Also a reminder to families—the Uniform Shop accepts Cash, Eftpos, and Visa/Mastercard, but advise unfortunately we cannot accept cheques. Please note that there is a minimum purchase of \$10.00 on all EFTPOS transactions.

The Uniform Shop is looking to purchase good quality second hand uniforms. They can be left at the Uniform Shop bagged with contact details. The Uniform Shop staff will then contact you at a later time regarding reimbursement.

Julie Kraak
 President
 SSHS P & C Association

STUDENT PAYMENTS

Students may make payments at the 'Payment Window' from 8.00am until 8.30am, and during first break. Parents may pay anytime between 8.00am and 2.45pm.



School Resource Fees are due to be paid
by 13th February, 2009

**HOMESTAY REQUIRED FOR
MEXICAN STUDY TOUR**

Approximately 10 students (girls and boys) aged between 15—18 years old will be visiting our school from the 14th July to the 31st July, 2009.



If you are able to accommodate a student please advise your expression of interest to Mrs Kay Docherty at Springwood State High School on Ph: 3380 6167 Or
 email: office@springwoshs.eq.edu.au

Ola!

SCHOOL CANTEEN

Did you know that students can order their lunch from the canteen before school? The school canteen opens at 7:30am.

NEWSLETTER ON OUR WEBSITE

In addition to the hardcopy sent home with students, our newsletter is published to our website. If you would like to receive an email providing the direct link to the newsletter, please email Mrs Kay Docherty at kdoch6@eq.edu.au to be added to the distribution list.



AUSTRALIAN ARMY CADETS
161 ACU (Army Aviation)

NOTICE



The Australian Army Cadets has commenced recruiting for 161 ACU (Army Aviation).
 In addition to being taught Army Cadet skills, training will also be provided in Aviation industry skills. Cadets will have the opportunity to elect for the following courses which include theory & practical training:

1. Powered Flying
2. Non-Powered Flying (Gliding)
3. Aero Modeling
4. ATC (Air Traffic Control)
5. Ground Crew – Aircraft Handling
6. Engineering

 Cadets on the Powered Flying Course

Upon the successful completion of specified courses, the Cadet will be issued with an industry recognized qualification.

Courses are conducted during school holidays. Bivouacs are also conducted throughout the year. There will also be an opportunity to join the Unit Drum Corps

If you are at least 12 years & 6 months of age and would like to learn about compass navigation by day and night, people management, leadership, radio communications, military history, basic bush skills, self discipline and aviation skills, take the challenge and contact us.

For further information & expressions of interest please contact:

CAPT (AAC) Richard Leahy 0417 758 492
LT (AAC) Charles Martin 0411 247 544
 Email bushranger77@hotmail.com
 Web Page [HTTP://sarahaac.hopto.org/161avn](http://sarahaac.hopto.org/161avn)
 To find your local Army Cadet Unit:
 Call toll free **1800 203 307**

NEXT ENROLMENT / INFORMATION DAY

Date: Sunday **06 FEBRUARY 2009**

Time: Open 08:30 am to 3.00 pm

Location: Joint Logistics Unit
 Apollo Road
 Bulimba BRISBANE



Bushranger 77




BARBARA STONE
State Member for Springwood
 Always available to listen to your views on State Government issues.

NEW ADDRESS:
 Shop 4-6, Springwood Rd Business Centre
 71-73 Springwood Rd, Springwood, 4127.
 (PO Box 174, Rochedale South, 4123)

Phone: 3423 2788 Fax: 3423 2922
 Email: springwood@parliament.qld.gov.au



Come join
Daisy Hill Netball Club
 we play at
 Underwood Park Netball Courts
 Underwood Road, UNDERWOOD
 on Saturday afternoons
**New season
 To start March '09
 Girls aged from 8 to 18 years old**
 Contact
 Barb Lennox on 3209 4991 or 0412 217469
 Tracey Wigney on 3208 1132



SIGN ON DAY
 31 January 2009 9.00am to 12.00 pm at
 St Edwards School, Chatswood Rd, Daisy Hill
(Early bird discount for those who sign up on this day)