From the Principal

Thank you to all school families for your support in Term One. We have commenced end of term assessment with a strong sense of student success in an ever busy term of work.

From swimming carnivals and interschool sports to international women’s day breakfasts, our students have represented our school with great success.

Our School Council elections commence early in Term Two and we look forward to the strategic role that this governance group will play in the life of our school. Please read further to find information about how you can join this important group of people.

Special thanks to our incoming P&C Executive and thank you to our past and continuing members. Our community is most welcome to join us on the third Wednesday of each month in room V05 to support our school decision-making processes and to learn more about how you can contribute to our success.

Our new building continues to take shape and we are still working with Gold Coast City Council to address the traffic issues this building will present in Mediterranean Drive. Community support for a gated left turn only exit onto Ashmore Rd through our top boundary area has been canvassed and needs Council engineers to now support.

Special thanks to our school maintenance and facilities staff, who through BSM Gavin Hutson and Facilities Manager Fanchette Mayer have secured great savings to deliver our 2014 maintenance work. As an Independent Public School we have sourced direct to market through a tender process and this has proven to be very cost efficient.

Please enjoy a safe Easter break and take care if you are driving long distances. We look forward to a fabulous Term Two.

Mark Rickard
Executive Principal

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**BENOWA STATE HIGH SCHOOL** contact information

**Telephone**  +61 7 5582 7333  
**Facsimile**  +61 7 5582 7300  
**Emails**  
  - office@benowashs.eq.edu.au  
  - reportbullying@benowashs.eq.edu.au  
**Website**  www.benowashs.eq.edu.au  

**EXECUTIVE PRINCIPAL - Mark Rickard**

**ADMINISTRATION**

- **Director of School Organisation**  Pam Lynch  
- **Director of Studies**  Brendon Wolski  
- **Director of Senior Phase**  Sarah Douglas  
- **Director of Middle Phase**  Glenn Chippendale (Acting)  

**Business Services Manager**  Gavin Hutson

**SUPPORT STAFF**

- **Guidance Officers**  
  - David Ramsay  
  - Snez Nastic-Kern  
  - Karen Foote  
- **Student Health Worker**  Sue Stevenson  
- **School Chaplain**  Amanda Homann

**HEADS OF SOCIAL JUSTICE**

- **Senior Phase**  Tina Mackay  
- **Middle Phase**  Ben Reynolds  

**HEADS OF DEPARTMENT**

- **Access Centre**  Lieve Rimbaut  
- **Business Education**  Kariea Grace (Acting)  
- **English (Communications)**  Jodie McFadden  
- **LOTE and International**  Cathryn Bruton  
- **Mathematics**  Ben Callum  
- **Industrial Technology & Design Hospitality**  Brian McErlean

**Technology Integration**  Mandy Howden (Acting)  
**Physical Education**  Brian Garland  
**Science**  Rob Keen  
**Senior Schooling**  Yvonne Hucks  
**SOSE**  Anna Aldridge (Acting)  
**The Arts**  Bettianne Stuart

**COORDINATORS**

- **Head of Year**  
  - Yr 8 Anthony Larkin  
  - Yr 9 Joanne Grudzien  
  - Yr 10 Sofie Bainbridge  
  - Yr 11 Katrina Sheffield  
  - Yr 12 Peter Sykes  
- **Careers Centre**  Louise Horan  
- **French Immersion**  Nicole Davies  
- **International Students**  Trudy Campbell  
- **Sport**  Kerry Styles

**Absence Line**  +61 7 5582 7360
**Cashiers’ Office**  +61 7 5582 7302 or +61 7 5582 7348

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**Cricos Provider Name**  Department of Education, Training and the Arts  
**Trading Name**  Education Queensland International  
**CRICOS Code**  00608A
IMPORTANT NEWS

We need a School Council

Nominate now for one of the following positions:

1 parent member
1 staff member
1 student member
(a Year 10 or Year 11 or Year 12 student)

The nomination form and other information is attached to this newsletter.

Nominations must be received by Tuesday, 15 April 2014
(see details on the attached nomination form)

MEET OUR CAPTAINS FOR 2014

OUR SENIOR SECONDARY CAPTAINS ARE..

Bede Bouzaid
Captain

Naomi Bourke
Captain

Ethan Cox
Vice Captain

Zoe Porter
Vice Captain

OUR JUNIOR SECONDARY CAPTAINS ARE..

David McErlean
Captain

Eryn Lardner
Captain

Christian Ridley
Captain

Pip Nimmo
Captain

Our other important Captains are:

Ricky Lam - Art Captain, Szimonetta Budai - Environmental Council Captain,
Emma Burton - Sports Captain, Jayden See - Peer Support Captain and our
Homestead Captains are: Carnarvon - Chloe Walkerdene and Jack Curtis.
Moreton - Amy Griffin and Charlie Smith.
Benowa SHS is now an Independent Public School (IPS) and we need to establish a School Council as part of this initiative. The School Council will play an important role in setting directions for the school and will assist in the setting of performance targets and monitoring of our school's performance. This strategic role is a vital link in our school's service to the Gold Coast community.

We are asking parents, students and staff of Benowa State High School to now nominate themselves for one of the following positions:

- 1 Elected parent member;
- 1 Elected student member (a Year 10 or Year 11 or Year 12 student);
- 1 Elected staff member.

**Why join our School Council?**

Have your say on important aspects of our school.

Learn more about our school.

Get to know more people within our school community.

**How to nominate**

You must complete and submit a Nomination Form. The nomination form is attached to this newsletter; it is also available from our administration office between 8.00am and 4.00pm on school days or can be downloaded from our website [www.benowashs.eq.edu.au](http://www.benowashs.eq.edu.au).

Please return your nomination form by **Tuesday, 15 April 2014**. This can be done by:

- delivering to our administration office during school hours (by 4.00pm Friday, 4 April 2014);
- e-mail to schoolcouncil@benowashs.eq.edu.au;
- fax to 07 5582 7300;
- mail to Returning Officer, c/- Benowa State High School, PO Box 5733, GCMC  Qld  9726 (all envelopes containing this nomination form must be post stamp dated before 14 April, 2014).

**Notice of elections**

<table>
<thead>
<tr>
<th>Elected position</th>
<th>Election date</th>
<th>Election location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parent</td>
<td>Wednesday, 30 April</td>
<td>At a special P&amp;C meeting at 6.30pm in Room V05 at Benowa State High School.</td>
</tr>
<tr>
<td>Student</td>
<td>Wednesday, 30 April</td>
<td>Between 10.30am and 11.00am in the courtyard of the administration building at Benowa State High School.</td>
</tr>
<tr>
<td>Staff</td>
<td>Wednesday, 30 April</td>
<td>Between 8.00am and 3.00pm in the administration building at Benowa State High School.</td>
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</tbody>
</table>

**Independent Public Schools School Council Membership Role Description**

The Membership Role Description is attached to this newsletter; it is also available from our administration office between 8.00am and 4.00pm on school days or can be downloaded from our website [www.benowashs.eq.edu.au](http://www.benowashs.eq.edu.au).

We welcome all nominations.

Mark Rickard
Executive Principal
Nominee's Name: ..................................................................................................................

Address: ........................................................................................................................................................
..................................................................................................................................................Postcode ......................

Phone: ......................................................................... Mobile: ..................................................................

Email: ...............................................................................................................................................................

<table>
<thead>
<tr>
<th>Elected Position</th>
<th>Eligibility</th>
<th>Nomination (please X)</th>
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<tbody>
<tr>
<td>Staff</td>
<td>All persons on staff at the school, with the exception of the principal</td>
<td></td>
</tr>
<tr>
<td>Parent</td>
<td>All parents of current children at the school, with the exception of the P&amp;C President</td>
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</tr>
<tr>
<td>Student</td>
<td>All persons who are students of the school in Years 10, 11 or 12</td>
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</tr>
</tbody>
</table>

I agree to be bound by the constitution of the school council. I agree to work within the boundaries of the Education (General Provisions) Act 2006. I agree to be bound by the Code of Conduct for School Councils. I hereby state that I have not been convicted of an indictable offence.

Nominee’s signature: ................................................................. Date: ........................................

Please return your nomination form by Tuesday, 15 April 2014. This can be done by:
- delivering to our administration office during school hours (by 4.00pm Friday, 4 April 2014);
- e-mail to schoolcouncil@benowashs.eq.edu.au;
- fax to 07 5582 7300;
- mail to Returning Officer, c/- Benowa State High School, PO Box 5733, GCMC Qld 9726 (all envelopes containing this nomination form must be post stamp dated before 14 April, 2014).

A person is ineligible to be an elected parent member, elected staff member or appointed member of a school council if the person has been convicted of an indictable offence, unless the Minister gives approval, in accordance with the Education (General Provision) Act 2006 for that person to be elected or appointed to the council.

Scrutineer
Each candidate may appoint by written notice to the returning officer, one scrutineer for the examination of the voting papers received by the returning officer, to be present when the returning officer opens the ballot box containing the voting papers on the day of the election.
- A notice of an appointment of a scrutineer by a candidate must be received by the returning officer not less than 5 days prior to the day of the election.
- No election is invalid by reason of the failure of any candidate to appoint a scrutineer or the failure of a person appointed as a scrutineer to carry out the duties of a scrutineer.

If you have any queries regarding the school council election process, please contact Mark Rickard, Executive Principal of Benowa State High School on 07 5582 7333.
On acceptance of election to the Benowa State High School School Council, members are entrusted with the long term integrity and viability of the School. In return for this trust, members perform their duties always in the best interests of the School, in good faith and with honesty.

The School will develop a Council Induction process as part of the School’s commitment in assisting Council members to fully understand the nature of their duties and responsibilities. The induction will serve two purposes:

• to induct members in regard to policy, procedures and systems associated with the Council and its governance role;
• to provide important information to assist members learn about the School’s characteristics, challenges and successes.

The following role description is provided to potential applicants to assist the understanding of requirements for membership of an Independent Public School (IPS) School Council. This information will also assist those participating in the voting process to ascertain which applicants will be able to contribute most effectively to the strategic responsibilities of the School Council.

Membership Role Description

As a member of the School Council you will be required to:

- be conversant with the School Council Constitution and the Education General Provisions Act 2006;
- be familiar with Education Queensland’s Strategic Plan;
- be familiar with the school’s Strategic Plan;
- understand the philosophy and core values on which the school’s services and programs are based;
- demonstrate a personal suite of values aligned to realising harmonious and constructive conversations and decision-making;
- offer an array of personal capabilities to assist creative and productive discussions and decision making relative to the strategic responsibilities of the School Council;
- be able to work cooperatively with other council members to ensure productive and constructive discussion;
- be able to leave aside personal agendas and bias;
- demonstrate personal experience in assisting strategic planning and development;
- understand the difference and the delineation between operational, governance and strategic issues;
- work with all other council members and school personnel for the benefit and betterment of all students and the community;
- demonstrated ability through personal and professional history to be able to follow through on tasks and meet associated timelines;
- be willing to attend council meetings as required;
- be supportive of decisions made and be loyal to and portray a positive image of the school council;
- be prepared to represent the school council as requested by the chair;
- be prepared to undertake extra activities or duties as requested by the Council or the Chair.

M. Rickard
Mark Rickard
Executive Principal
March 2014
In 2014, Benowa SHS will work to improve reading and writing skills across the student cohort. Part of this strategy involves promoting the principles of good reading. From Term 2, 2014, every classroom for every subject will display and refer to the following Reading Principles. Teachers will be referring to them explicitly in all subjects, and students should also use them as a guide.

The first set of principles (above) involves what reading IS and what it DOES. Meaning, comprehension and understanding do not just ‘happen’ magically. They require strategies, skills and working habits which students need to use frequently. Without a ‘plan’ for reading, students can wander aimlessly through the text without discovering the meaning or message behind it.

The second set of principles (above) involves what good reading habits look like. While students may have different reading abilities and talents, there is a common set of practices which all students can use to become good readers.

**Knowing Our Purpose** – Students must define their purpose for reading. They need to look at their task or question first, identify what they need to find when reading the text. This will allow them to search actively for answers, instead of moving passively through the text without a goal.
Asking Questions, Seeking Answers – Active readers ask *themselves* questions – often by writing on the text. For example, if they are unsure of what a word means, they will circle it, write a question mark and what they think it could mean. They then re-read the section of the text to find an answer, by looking more closely at the context. It is important that students learn to use this process *before* asking the teacher for clarification. This will develop more independent reading skills.

**Making Inferences and Connections** - An inference is any logical conclusion made about the text, usually filling in the gaps of what the author hasn’t said clearly. We use clues from the text to arrive at these conclusions. A connection is something the text reminds us of – from our lives, other texts, etc.

Good readers make different types of INFERENCES. They…
- recognise who or what pronouns refer to
- figure out unknown words from context clues
- understand the tone of the text and its words
- identify beliefs, personalities and motivations
- understand relationships between people in the text
- provide details about the setting
- provide explanations for events or ideas presented in the text
- understand the author’s view of the world
- relate the text to their own knowledge of the world
- offer conclusions from facts in the text

**Annotating the Text** - circling, underlining, highlighting, drawing arrows to connect words (pronouns and the nouns they refer to), writing down synonyms, questions, inferences and connections. **Basically, we are writing down our thinking on the text.** This active reading strategy has a positive influence on comprehension and understanding. *If it’s a novel or textbook – you can use pencil and post-it notes.*

As a school community, if we follow and refer to these principles in all reading activities and tasks, we will be able to improve reading ability and achievement. Talk about these principles with your student the next time they have reading to do for homework.

Many thanks and happy reading,
Matt Pickersgill
Literacy Coach

**NEWS FROM OUR DIRECTOR OF STUDIES**

It is with great pride that I begin my first report of 2014 by summarising the successes of our graduating OP-eligible cohort of 2013. Congratulations to Charlie Cho for not only attaining the ultimate recognition of achievement - an OP1, but being chosen as a recipient of a Dean’s Sir Samuel Griffith Scholarship valued at $60,000. Charlie, along with 14 other students, was part of the thirteen percent who received an OP 1-5. It is also very noteworthy to mention that 50% of the cohort received OP 1-10 and a tremendous result of 85% obtaining an OP 1-15. This signifies that a massive number of our students will have the score required to obtain placements at a number of local, state and national Universities of their choice. It ensures that a large number of young people will embark on a career of preference and become successful and contributing citizens in this world.

Special mention must also be extended to the families of these students who I am certain have invested great amounts of love, support and encouragement in each of these students. Your efforts, working in conjunction with our school’s aspirations and staff, have been fundamental to each individual’s success.

Whilst providing a fine example for our Year 12 students, the work now begins in earnest in not only emulating this result but setting a new and higher benchmark of success. Year 12 students have begun their QCS preparation program, both in-class and with the Mighty Minds immersion sessions. Students will also have the opportunity to participate in free “Master Classes” in the lead up to the QCS Test that are focussed on providing additional after-school sessions. These sessions run for two hours and cover eight important skills/aspects of QCS test. Information has been provided to all OP-eligible students. For those students seeking an alternative pathway, either Rank or Workforce, they are continuing to work through modules in order to achieve a Certificate 1 in Work Preparation and have these points contribute to their QLD Certificate of Education (QCE).

Each year we have a number of opportunities for students to undertake University subjects whilst still attending school. Success in these subjects can secure Guaranteed Entry into an assortment of courses for that particular University. I encourage both students and Parents to view the local Universities’ websites for details on such programs offered.

Brendon Wolski
Director of Studies
NEWS FROM OUR
SPORTS DEPARTMENT

2014 Homestead
Swimming Carnival

Congratulations to all students who took part in this year’s Homestead Swimming Carnivals. The Junior Carnival (Feb 3) and Senior Carnival (Feb 7) were full of colour and spirit and were held at a new venue this year. The change of venue to TSS pool (with Southport pool being redeveloped at present) gave the event more swimming lanes and much more shelter for our students!

The overall carnival results saw Girraween Homestead start the 2014 sporting year in fine form, winning the competition with a 100 points gap from their nearest rival. Congratulations to all Girraween students who made this possible! The final results were:

1st was Girraween with 1,093 points
2nd was Lindeman with 993 points
3rd was Carnarvon with 944 points
4th was Moreton with 664 points

Congratulations also to the 2014 Swimming Age Champions:

13YRS Chelsea Hodges (8M) - Lindeman
Harley Dring (8Y) - Girraween

14YRS Emma Phillips (9A) - Moreton
Mitchell Coombes (9Y) - Girraween and
Rhian Stowers (9Y) - Girraween

15YRS Maigen Roper (10Y) - Lindeman and
Jayne Coulston (10E) - Carnarvon
Jeremy Miller (10X) - Lindeman

16YRS Emma Curtis (11T) - Carnarvon
Bayley Wakefield (11B) - Carnarvon

17YRS Celine Garibaldi (12I) - Moreton
Jack Curtis (12Y) - Carnarvon

18YRS Vaniee Tse (12A) - Carnarvon
Jesse Lumsden (12D) - Carnarvon

BROADWATER DISTRICT SWIMMING –
BENOWA 2nd !!

Congratulations to all of the 37 students who represented Benowa at the Broadwater District Swimming Carnival on February 19th at Somerset College. The enthusiasm and effort shown by this group of swimmers was outstanding, with many students filling in where needed. The overall results for the day saw Benowa finishing a very fine 2nd overall after being 2nd in both the Boys and Girls divisions.

Congratulations also to Celine Garibaldi who earned the title of 17yrs Broadwater Age Champion!
BENOWA SENIOR GIRLS
HONOURS VOLLEYBALL TEAM
AUSTRALIAN CHAMPIONS 2013

Congratulations to
Australian Champions:-
Mykaela Faulkner,
Georgia Hjort,
Claudia Young,
Renee Reardon,
Franni Goldfinch,
Carina Brennan,
Abby Byrne-Hartmann,
Emma Burton and
Kate Fordyce

HISTORY HAS BEEN MADE!!

The Benowa High Senior Honours Girls Volleyball team created history in December 2013 when they achieved something that no other Gold Coast school has ever been able to - they are the number one Under 17 High School Girls' Volleyball team in Australia after winning the Under 17 Honours Division at the Australian Volleyball Schools' Cup in Melbourne. This is the best ever result by a Gold Coast High school at this National Schools' Volleyball competition as it is the very first time that a Gold Coast High School team has ever won an Honours Division, the very top division in an age group at the Australian Titles. This is also the first ever Australian Championship to be won by any Benowa High School Sporting team!

After a very tough tournament that involved playing 10 games in less than five days, many late nights of competition and up to 4 hours of travel time on some days, the Benowa team became Australian Champions. In a double round robin competition with no "final" (similar to the English Premier League structure) the result of every game was crucial! Coming back after being down 2 sets to nil to win an incredibly tough 5 set match against Billanook 3-2 on the second last day of competition set the team up to take the title. Congratulations to all of the girls on the most amazing team effort! Mrs Kerry Styles, your very proud coach!

The Benowa High Senior Honours Girls Volleyball team would like to sincerely thank the Benowa SHS P&C Association, Griffith University, Bunnings Crestwood and Amart AllSports for all of their support of the team.
43 Benowa students selected in South Coast Sporting Teams!

The start of 2014 has seen a very impressive number of Benowa students involved in Representative Sporting selection trials. As of March 24, 86 Benowa High students have been selected in Broadwater District Sporting teams across a number of different sports. This is an incredible number for this early stage in the year.

These students then went on to represent the District at their respective South Coast Region Sporting trials and an amazing 44 students have been selected in South Coast teams at this point in time!!

Congratulations to the following students on their Regional selection:-

U19 Tennis - **Marina Johnston** (Yr 12)
U19 Water Polo - **Kate Cottle** (Yr 11)
U19 Girls’ AFL - **Laikyn Dove** (Yr 9)
U19 Volleyball - **Emma Burton, Franni Goldfinch, Renee Reardon, Will Koskela, Bede Bouzaid, Brody Brooke, Jamie Meredith** (Yr 12), **Carina Brennan, Kate Fordyce, Sabrina Lowe, Abby Byrne-Hartmann, Claudia Young, Grayson Walker** (Yr 11)
U15 Volleyball - **Tenika Stafford, Laura Bland, Jessica Paul, Grace Lefale, Marie-Claire Dean, Flynn Loft, Cameron Goldfinch, Bailey Springer, Aidan Abdul-Rahman, Lachlan Reardon, Dominic Gould** (Yr 10), **Cydnee Barnett, Eryn Lardner** (Yr 9)
U19 Touch Football - **Eden Yandell, Mitchell Ferris** (Yr 12), **Bridget Beddow, Sam Walkerdene** (Yr 11)
U15 Touch Football - **Marama Thomas** (Yr 8), **Tiarri Bryce, Rhian Stowers** (Yr 9), **Jeremy Miller, Harry Leonard** (Yr 10)
13YRS Swimming - **Chelsea Hodges** (Yr 8)
17YRS Swimming - **Nikolina Davidovic** (Yr 12)
U19 Softball - **Laikyn Dove** (Yr 9)
U19 Football - **Charlie Smith** (Yr 12), **Elliott Middleton** (Yr 11)
U19 Cricket - **Bede Bouzaid**

Further updates on more Benowa South Coast selections will be in the next newsletter.

---

**Congratulations to…**

**Courtney Thwaites - Qld Champion and State Record in Athletics!**

Talented young Benowa High Athlete **Courtney Thwaites** (9X) has been very busy over the last few weeks, competing in two major Athletics competitions with outstanding results.

On March 14-16 Courtney competed in the U15 Age group in the Australian Junior Athletics Championships and finished a fine 5th in the 1500m and a commendable 7th in the 800m. These are both great results at the National titles!

Courtney then travelled to Cairns on March 20 to compete in the Under 14 division at the Queensland Little Athletics Championships with fantastic results in a very full schedule of events. She came 1st in the 800m, 2nd in the 400m, and 13th in the 200m. Courtney won the 1500m Walk – an event she hadn’t actually trained for!

The most outstanding result for Courtney over the competition was becoming the Qld Champion in the 1500m run and setting a new Little Athletics State Record with a time of 4min 50sec!

All of these results are even more impressive considering Courtney was competing in some cases against athletes nearly a year older than her!

Congratulations Courtney!

---

**South Coast Tennis team - Qld Champions**

Congratulations to Marina Johnston (11X) for being a member of the South Coast Tennis team that won the 2014 Qld Championships!

**Chelsea Hodges sets 2 South Coast Swimming Records!!**

At the recent South Coast Swimming Trials Chelsea Hodges (8M) showed her outstanding swimming prowess and enormous potential by not only winning 3 of the 6 events she competed in (and finishing 2nd in another), but by **breaking two 10 year old records**. These records were set in 2004 as a 13yr old by Leiston Pickett (2012 Olympian!!).

Chelsea broke the record for 50 metre Breaststroke with a time of 34.90 (old record 35.09) and smashed the 100 metre Breaststroke in 1.17.36 (1.19.11). These are both amazing results from a brilliant young swimmer.

Congratulations Chelsea and good luck at the Qld Titles this week.
The options for Term 2 Sport for Benowa High students are explained below, with key dates listed on the Term 2 Benowa Sport calendar.

The 42 Interschool teams listed below will continue in the Wider District Sport competition, with all of our teams giving their best and still in the possible running for the Semi-finals to be held on May 28th. Good luck to all teams:-

<table>
<thead>
<tr>
<th>BOYS</th>
<th>GIRLS</th>
</tr>
</thead>
<tbody>
<tr>
<td>AFL - 14 &amp; Under (A,B,C)</td>
<td>Basketball - 15 &amp; Under</td>
</tr>
<tr>
<td>Basketball - Open A, 15, 14, 13</td>
<td>Hockey - Open Mixed</td>
</tr>
<tr>
<td>Hockey - Open Mixed</td>
<td>Soccer - Open</td>
</tr>
<tr>
<td>Soccer - Open, 15, 14, 13</td>
<td>Tennis - Mixed Open A &amp; B, 15 &amp; Under and 14 &amp; Under</td>
</tr>
<tr>
<td>Volleyball - Open A &amp; B, 15, 14, 13</td>
<td></td>
</tr>
</tbody>
</table>

The students in the Senior and Intermediate Drama Festival, Dance Extension and Glee groups will also continue in that activity in Term 2 and are well underway with rehearsals!

On Wednesday April 2nd students in all other Recreational Sporting Activities will be re-selecting their Term 2 activity whilst completing their final day of the 1st Rotation of Recreational Sport. Students will receive an outline of the costs involved in these activities, however the proposed Recreational Sports for term 2 are listed below:-

**TERM 2 Recreational Sports Choices**

<table>
<thead>
<tr>
<th>Free Recreational Activities</th>
<th>Power Walking (8/9/10/11/12)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Open AFL</td>
<td>Beach Volleyball (8/9/10/11/12)</td>
</tr>
<tr>
<td>Table Tennis (all grades)</td>
<td>French (DELF) (10/11/12)</td>
</tr>
<tr>
<td>Soccer (8/9/10/11/12)</td>
<td>Movie Maker/Photoshop (# Laptop used)</td>
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<tr>
<td>Touch (8/9/10/11/12)</td>
<td></td>
</tr>
<tr>
<td>Rec Basketball (8/9/10)</td>
<td></td>
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<tr>
<td>Handball (all grades)</td>
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<tr>
<td>Eco Warriors (all grades)</td>
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<tr>
<td>Chess (all grades)</td>
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<tr>
<td>Yoga (all grades)</td>
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<tr>
<td>Mixed Media (10/11/12)</td>
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</tbody>
</table>

**Recreational Activities with a Cost Involved**

<table>
<thead>
<tr>
<th>Zumba</th>
<th>$40</th>
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</thead>
<tbody>
<tr>
<td>Surfing</td>
<td>$80</td>
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<tr>
<td>Ice Skating</td>
<td>$48</td>
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<tr>
<td>Craft</td>
<td>$20</td>
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<tr>
<td>Senior Art (10/11/12)</td>
<td>$10</td>
</tr>
<tr>
<td>Indigenous art</td>
<td>$10</td>
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<tr>
<td>Claymation (# Laptop used)</td>
<td>$5</td>
</tr>
<tr>
<td># Lawn Bowls (a possible activity - cost yet to be confirmed)</td>
<td></td>
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<tr>
<td>Monday</td>
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The Single Parent Juggling Act: 5 Tips to Help You Manage

Written by Debbie Pincus – Family therapist
Adapted from Empowering Parents

Is this scenario possibly true for a lot of you out there: “I rush home from work, dash off to the supermarket, pick the kids up from practice, go home and try to get dinner on the table. The arguing begins when I ask them to help out, and they start fighting with me. Any time I tell my oldest “no” these days, she screams, ‘I hate you – you are the worst mother in the world! I wish I could live full-time with Dad!’ I explode, she runs out of the room, slamming her bedroom door. I’m so tired of playing out this scene night after night!”

It’s hard enough raising kids with a partner, let alone parenting on your own. It takes confidence, resilience and courage. If you’re a single mom or dad, rest assured you’re not alone. There are many difficulties in raising kids in a two-parent home as well, but to raise them alone has its own special set of challenges. Day-to-day parenting becomes more daunting when a parent feels overburdened and under-supported.

It’s important to remember that children naturally fight to get what they want. To not be worn down and give in to your child’s demands and challenging behaviours can take a superhuman effort when you never get a break. Added to this, if you’re separated or divorced, your energy may still be absorbed in ongoing conflicts with your ex. Children from divorced homes sometimes get pulled into the middle of these conflicts and might have a lot of complicated feelings around the breakup. They may disrespec their parents and feel they’re “owed” for the disruption to their lives by acting rebellious, defiant or entitled. Other kids feel like they need to play the role of the missing parent, and start acting like the boss instead of the child they are.

If the single parent is widowed, their energy may be absorbed in their grief. It may take a long time for the remaining spouse to get back on his/her feet. The child might become the caretaker of the grieving parent or try to fill the void of the missing one.

If you add to the mix a child with a learning disability, ADHD, or Oppositional Defiant Disorder, you can feel extreme exhaustion and isolation without a partner to step in when you are overwhelmed and at the end of your rope. Single parents simply do not have this luxury, because there isn’t anyone there to pick up the slack or give them a break.

As a result of the stresses and strains, a single parent might tend to “give in” to their child’s demands from pure exhaustion, and then lose it on their kids from exasperation. It might sometimes feel like you and your child have become like bickering siblings rather than parent and child. Or as time goes by, you might look to your child as a source of support, but start to feel uncomfortable about displeasing them. These dynamics can happen naturally over time, but they make it difficult to set limits with their children and to be respected as the authority in your home, which can make your life a lot more challenging in the long run.

So what does it take for a single parent to raise resilient kids?

1. Develop a support network for yourself. This is really important. Work on building a network of caring individuals around you and your child. Share holidays and go on day trips with family and trusted friends if you can so they get to know your children. Encourage your children to use them as supports when necessary. Discuss with your friends your big decision issues. Vent your frustrations and share your joys with them. Developing strong adult relationships will help prevent you from leaning too heavily on your children for emotional support, too.

2. Try to maintain a mature relationship with your ex. If you are separated or divorced, work at being civil with one another. Ongoing conflicts often have a negative effect on children, and can leave them feeling bitter, frustrated, withdrawn and stressed. Work to manage your communication and emotions well so your child isn’t caught in the middle of your battles. If you have a difficult relationship with your ex, the first step is to stop contributing to the conflict. It takes two to participate, but only one to stop. If your ex criticizes you to the kids, just respond by saying that you are comfortable with how you are handling things, rather than defending yourself or throwing back a jab. This way your children are not in a position to have to decide which parent is right, wrong, better or worse. Kids want to be free to have good feelings toward both parents and get on with their lives. Children will appreciate you if you put your energy toward maintaining good relationships with them rather than trying to prove what a jerk their other parent is.

If you are widowed or have been left, get the support you need to grieve so that you can move forward. Work to get back on your own feet so that your children don’t feel they have to hold you up. Consider seeking professional help or a support group.

It’s also important to be a listening ear for your children when they need to express their feelings about being in a single parent home. There is no need to defend yourself. They are not blaming you even if it sounds like they are. They might just be unhappy with the situation. Expressing their feelings and being heard by you will help them come to terms with things.

3. Manage your expectations of yourself and others. Be realistic and reasonable. Your kids will do well and turn out “good enough” when you calm down and allow yourself to be “fine enough” as a parent. That means accepting your limits and imperfections so they can come to terms with their own. You don’t need to be, nor can you be, a “super-parent”—and if you try to be one, your stress will get in the way of that goal. Be compassionate and reasonable toward yourself and your kids.

4. Expect respect from your children. Expect your children to treat you with respect, even when they grow bigger and stronger than you. Instill from day one that they respect you. Never put up with abuse. You are their parent and they need to treat you as such. Do not allow yourself to get entangled in endless debates or arguments. Once you have decided “no,” politely and calmly disengage. Give yourself some time to decide your answer. If it’s appropriate, give them a chance to negotiate with you, but once you have given their request some reasonable thought, end the conversation…even if they are not happy with your decision. Your answer is now final. Explain limits clearly and honestly, and then walk away if your child tries to engage you in an argument.

5. Spend uninterrupted time with your kids - even if it is just twenty minutes. Get to know the important people in their lives such as their teachers, coaches and friends. Create routines and rituals with your family. Whether you vacation each year in the same place, have holidays with the same extended family or have a special evening or Sunday routine, stick with it as best you can. These daily, weekly, monthly or yearly routines become a tremendous support for kids after a break up or loss of a parent. The routines also provide kids with a sense of security, continuity and a healthy sense of family togetherness.

Incorporate these strategies into your life so you can continually build and maintain your own resilience. Let your parenting principles—rather than your moment-to-moment emotions—be your guide.

Read more: http://www.empoweringparents.com
NEWS FROM OUR IT DEPARTMENT

BRING YOUR OWN DEVICE

BYOD Trial Pilot is commencing at Benowa State High School in Term 2. For a student to participate in the Trial Pilot they have to fill out a suitability device checklist form. The Information Technology Department will assess the device as whether it is suitable to be connected to the school system and the device must meet a minimum specification for hardware and software.

Many students have been to our Information Technology office to pick up a suitability device checklist form but they need to return this form as soon as possible. Parents will be notified by mail if their student has been accepted or not accepted into the trial pilot.

Notification of when students are required to bring in their own devices for connection will be sent week 2 of Term 2. All forms can be located on our school website at the following link: https://benowashs.eq.edu.au/Cocurricular/Computerandinternet/Pages/BYOD.aspx

NEWS FROM OUR FINANCE DEPARTMENT

RESOURCE HIRE SCHEME 2014

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For those families who have taken up the instalment option the Term 2 payment of $100 – Year 8, 9 and/or $150 – Year 10, 11, 12 is due by Monday May 5.

1 TO 1 LAPTOP Program $190 for full year NOW DUE

SUBJECT LEVIES NOW DUE

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<td>Multi Media Studies Yrs 11/12</td>
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P&C BUILDING FUND

This is a voluntary and tax deductible contribution. These funds will be directed this year to the air conditioning of 3 major teaching blocks. Contributions are:

- 1 student $50
- 2 students $80
- family $100 (maximum)

PAYMENTS

Payments can be made in person or by phone to the school cashier. Payments can also be made through internet banking using the following information.

BSB: 064-430
A/c Number: 00090630
A/c Name: Benowa SHS General Account
Reference: Student ID number + reference code (example only: 1234567892XRes)

OPERATING HOURS for the Cashiers Office are:

Monday - Wednesday 8.00am to 3.00pm;
Thursday 8.00am to 1.00pm;
FRIDAY - CLOSED

IMPORTANT ENROLMENT INFORMATION

2015 Excellence Programs and ‘Out of Catchment’ Merit Entry Applications are now open.
Applications close: Sports Tuesday 22nd April,
Cultural and Academic Monday 28th April and
Scholarships Friday 4th April.

Please see www.benowashs.eq.edu.au or phone 55827304 for information on how to apply.
For latest school news and upcoming school events check our website -
www.benowaslis.eq.edu.au