



Semester One has been particularly busy in every aspect of school life, from extraordinary student learning opportunities through to the planning of a large, three storey, 20 classroom building to make the Year 7 to high school 'Flying Start' strategy a success.

The P&C continues to support students through important investments in our infrastructure and will soon decide on the successful tender to air-condition both J block and I block. Together with B block our largest teaching spaces become cool comfortable learning centres in our hotter months.

Sadly Ms Carmel Gomm-Wright passed away on the 22 May after a long and courageous battle with cancer. Her legacy will always remain in the 'striving and caring' phrase which underpins our school crest and in the facilities that she worked so hard to enhance on our site.

Our student leaders have been very active in semester one, with our School Captains and Vice Captains representing us at important community functions; our peer leaders doing wonderful work with students across the campus and our Middle Phase Captains working hard to create opportunities for student feedback into decision-making processes.

Teaching and support staff have worked hard to deliver an amazing range of learning opportunities for students and it is pleasing to see students so engaged in their own learning. I have spoken at length on assemblies to encourage students to seek feedback from teachers about their progress. Please encourage your student to do this as the research evidence shows it is a key driver in improving student learning outcomes. Our practice at Benowa is committed to evidence based teaching and is based on the research of Professor John Hattie in his book, 'Visible Learning'.

The upcoming June holiday break is a time for rest and renewal for both staff and students leading into a busy and important term three. Senior students must ensure that their focus is on the successful completion of assessment tasks in this next calendar of learning as it will determine their destination after school.

Year 11 parents are advised that we are scrutinizing semester one results to ensure that students have not chosen an OP pathway in which they are not succeeding when a rank pathway can offer a better measure of ability and subsequent success. Year 12 parents are advised that our goal is for every Year 12 student to exit 2013 with a QCE.

Enjoy the time together as a family this holiday break. My very best wishes from school where we are committed to our school vision statement: '*Many Pathways ~No Limits*'.

Mark Rickard
Executive Principal

BENOWA STATE HIGH SCHOOL contact information

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reportbullying@benowashs.eq.edu.au

Website www.benowashs.eq.edu.au

To notify us of an absence please send a text message to 0417 159 081

Alternatively you can phone our Absence Line on 07 5582 7360 and leave a message or send an email to studentabsences@benowashs.eq.edu.au

Cashiers' Office +61 7 5582 7302 or +61 7 5582 7348
Email accounts@benowashs.eq.edu.au

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

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
Karlea Grace (Acting)

English (Communications)
Jodie McFadden

LOTE and International
Cathryn Bruton

Mathematics
Ben Callum

Industrial Technology & Design Hospitality
Brian McErlan

Information Technology
Graham Reid

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 Joanne Grudzien
Yr 9 Sofie Bainbridge
Yr 10 Katrina Sheffield
Yr 11 Peter Sykes
Yr 12 Andrew Taylor

Careers Centre
Louise Horan

French Immersion
Nicole Davies

International Students
Trudy Campbell

Sport
Carle Hakaria

FINANCE DEPARTMENT - RESOURCE HIRE SCHEME 2013

Years 8, 9 \$290

Years 10, 11, 12 \$385

For those families who have taken up the instalment option the Term 3 payment of \$90 – Years 8, 9 and/or \$100 – Years 10, 11, 12 is due by Friday, 19 July 2013.

1 TO 1 LAPTOP (Years 9-12) - \$190 *NOW DUE*

SUBJECT LEVIES *NOW DUE*

Marine Studies Year 11 \$275

Marine Studies Year 12 \$185

Multi Media Studies Years 11/12 \$200/year

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, Tuesday, Wednesday: 8.00am to 3.00pm

Thursday: 8.00am to 1.00pm

FRIDAY: CLOSED

21st Century Skill Building

Critically Evaluating Web Information

The Marzano Research Laboratory identifies student's ability to analyse and use information effectively to show learning as a cognitive task. This simply means that your student can draw on a range of mental capabilities including applying logic, thinking and reasoning skills to determine validity and usefulness of information. Students in the 21st Century must be able to navigate a range of digital sources and focus on not only what is important, but finding information is both relevant and reliable as a source for academic work.

Some key ideas that you can ask your student in undertaking research that could assist in evaluating a web page for use as an academic source may include:

What is the site's domain?

A domain name can be useful to indicate the origination of a site and thus help determine its mission or purpose. Common domain names include

.gov - a government website

.org - an advocacy website such as a non-profit organisation

.com - a commercial or business website

.edu - an academic institution

.ac - a higher education institution based outside of the US

.net - a site from a network organisation or Internet service provider

.mil - a military website

Who is the author of the page?

On the internet anyone can pose as an authority, and therefore knowing who has posted the information is vital. Most pages where there is academic credibility the author's name will be visible, and what organisation or institution they are a part of. This helps determine if the information is credible, and could be considered a quality source for use in assessment.

Is the page information current?

Determining when the page was created, or last updated is an indicator of whether the information is timely and the webpage maintained.

Additional help

To help in gathering this information it is advised to access www.easywhois.com. This website will help provide the above information to assist you and your student in critically evaluating web information.

Managing Difficult Moments

Praise and other kinds of acknowledgement are motivating, and are often needed to help children (and adults) change their behaviour. Psychological research has shown that following up a person's good behaviour with something positive makes it more likely that the behaviour will happen again, but is this enough?

The following suggestions will also contribute to a calmer household:

Pick the battles

- ◆ Especially as children get older the battlefield can, if not monitored, become 'out of control' – as children grow and assert their independence they, at times, push the boundaries. Friends and technology become a focus rather than family; safety can be ignored; messiness and mood changes can create disharmony in the family. Picking and choosing which battle to tackle is an art to acquire. Here is a tip - focus on the most important **issue** at any one time rather than a plethora of problems. Remember: Safety is a priority not to be negotiated. If children/adolescents perceive that nothing they do is right then often they give up listening.

Be clear in your expectations

- ◆ Is what you have asked your child/adolescent to do clear enough? Saying 'I want you to pick up the clothes off the floor in your room' is clearer and achievable than 'your mess is annoying me'.

Ensure the expected behaviour is realistic and achievable

- ◆ Sometimes we ask children to do things that are too difficult for them to do without help eg. expecting a child to be in charge of young siblings is not realistic nor safe.

Monitor your own behavior

- ◆ Are you managing your own emotions when you are requesting your child to do the same (yelling at a child because of their angry outburst is actually reinforcing that yelling and loss of control is ok).
- ◆ Do you say one thing and do another (eg. getting annoyed about mess when you are messy).

Catch Your Child/ Adolescents Being Good

- ◆ Keep a record of the behaviours you are pleased with and share the positive observations with your child.

Have reward strategies up your sleeve for those 'hard to change' behaviours:

- ◆ Ask your child about what they like. If they suggest the reward, it will be more motivating.
- ◆ Make sure the reward is realistic for you to give (and preferably not costing money).
- ◆ If the child becomes bored by use of the same reward, use a menu of items to create variety. When your child meets his/her behaviour expectation, he/she selects one reward from the menu.
- ◆ A mystery reward is also very motivating for most children.
- ◆ If a child wants to earn a big reward (e.g. computer game, movie, etc.), you could use a token system. Each day he/she could earn tokens that can be exchanged later for a bigger reward.
- ◆ Emphasise social rewards and privileges over material rewards. Material rewards (e.g. toys, money, etc.) are expensive and often don't work. Many children enjoy having time to spend with their parents or carers. Rewards involving time and activities with parents or carers (no matter what age), can be reinforcing and promote good relationships at the same time.

Follow through with consequence

- ◆ Is it fair and related to the misdemeanor.
- ◆ Does your child understand why they are given the consequence.
- ◆ Will there be opportunity for your child to learn from their mistakes eg. parent/child discussion about the problem at hand, problem solving with your child around better choices, and if necessary, role playing of appropriate behaviour.

Homework for the week ahead:

Double the amount of praise you give your child for his/her good efforts in the coming week, and monitor its success. Keep a track of negative responses you use in conversations with your child. (You may need to expand your own vocabulary so you have a variety of positive comments ready to encourage your child).

If you have reached this line, then **well done for taking such an interest in reading these strategies.**

Good luck with your implementation.

Helping kids become resilient

Definition: 'Resilience – the ability to cope in times of stress or hardship.'

As parents we work to equip our children with the tools they need to solve their own problems, to respond to difficulties, to feel good about themselves and others, and to perceive the future in a hopeful and confident manner.

It would be great if all children arrived with a *Do it Yourself Manual* but here are some ideas to help your child become resilient.

Brooks and Goldstein talk of 10 key principles for resilience:

- Be empathetic – teach understanding of how another person might feel, recognize your own feelings.
- Communicate and listen effectively – and respond to what your child is saying.
- Love your children in ways that make them feel special and appreciated – let them know you love them unconditionally.
- Accept your child for who they are and help them to set reasonable goals – goals for today, and goals for the future. It's good to work towards something.
- Help them experience success in what ever they show competence in (even if it's collecting bugs).
- Focus on positives, reword negative talk – sometimes the positive may be hard to see, but it's there. Always end a conversation with something positive. Instead of saying 'don't do ,,,,,'- say what you want your child to do.
- Help them to understand that 'mistakes' are just things yet to be learnt.
- Develop responsibility, compassion and social awareness by providing opportunities where your child can contribute or give back to others.
- Teach your child to solve their own problems and make appropriate decisions (What's the problem? What are the choices? Which is the best choice? Try it. If it doesn't work review your choices). This also helps them to take responsibility for their actions.

Discipline in a way that promotes self-discipline and self worth. Punishment is one form of discipline and often a least effective form as it teaches the child what not to do rather than what to do, and can often build resentment. It is difficult to teach your child a better way to behave when you yourself are angry and upset. So be calm, tell your child what you want them to do, and praise your child for doing the right thing. Have though, a plan in place for dealing with noncompliance, but STAY CALM. Your child is watching you and will copy how you behave.

In following these principles we will contribute to helping our children be resilient, to be emotionally healthy, and equipped to successfully confront challenges, and bounce back from setbacks.

Adapted from 'Raising Resilient Children' by R. Brooks and S. Goldstein



Hospitality Department News

Congratulations to our Hospitality students who have recently provided delicious meals for many guests here at school! Thankyou so much to all those people who have attended our Functions. We hope you enjoyed it!



Industrial Technology Department News

Congratulations to Aiden Hulm and Peter Arnold from Yr 12 Engineering who contributed greatly in the making of a musical stage. It's great to see students contributing in a such a positive way to the school environment.



Homestay families needed

Since 1990, Benowa High has welcomed hundreds of students to our International High School Programs.

We are now seeking additional homestay families who:

- Are **warm, friendly and caring** and are willing to include an International student in their life.
- Have a spare comfortable room with a desk and wardrobe, fan or air conditioning.
- Are open to sharing new cultures.
- Are willing to include the student in family activities and outings.
- Will attend training sessions and meetings.
- Live within 3km of the school.
- Three month minimum stays.

Payment of \$245.00 per week for approved homestay families.

Please direct expressions of interest to jgold88@eq.edu.au



LEAVE PASSES ON SPORT AFTERNOON

All students requiring a leave pass on a Sport afternoon **MUST** have a written note from a parent. Due to the large number of phone calls for leave passes, **NO** student will be given a leave pass without a note unless it is an emergency.

Sport is a compulsory part of the curriculum and students are required to attend.

STUDENT DETAILS

It is vitally important, should parent/s, guardian/s or caregiver/s change address, telephone numbers (work, home or mobile) or email address that they advise Administration in writing as soon as these changes apply.

P&C Information

The next P&C meeting will be held on Wednesday, 17 July 2013 in room V05 (located at the left of the administration car park) at 6.30pm. Everyone is welcome and encouraged to attend.

IMPORTANT DATES IN OUR SCHOOL CALENDAR:

JUNE 2013	
Friday, 21	Last day of Term 2
JULY 2013	
Monday, 8	First day of Term 3
Thursday, 11	Uniform Free Dress Day for all year levels
Saturday, 13	Kokoda Challenge (for participating students)
Saturday, 13	Musical—Lighting and sound crew only 10.00am to 4.00pm
Sunday, 14	Kokoda Challenge (for participating students)
Sunday, 14	Musical Rehearsal (for all participating students) from 9.00am to 3.00pm
Monday, 15	Strings Performance at Benowa State School (for participating students)
Tuesday, 16	Athletic Carnival for all year levels
Wednesday, 17	Musical Rehearsal (for all participating students) from 9.00am to 3.00pm
Wednesday, 17	Parent and Teacher interview evening from 3.15pm to 6.15pm (information will be sent out regarding this interview evening with your student's report)
Wednesday, 17	P&C meeting in room V05 commencing at 6.30pm. Everyone is welcome and encouraged to attend.
Thursday, 18	Parent and Teacher interview evening from 3.15pm to 6.15pm (information will be sent out regarding this interview evening with your student's report)
Sunday, 21	Musical Rehearsal (for all participating students) from 9.00am to 3.00pm
Monday, 22	Musical Tech Rehearsal (for participating students) from 9.00am to 3.00pm
Tuesday, 23	Year 11 Legal Studies Court visit from 9.00am to 12.00pm (for participating students)
Tuesday, 23	Full Musical Rehearsal (for participating students) from 9.00am to 3.00pm
Tuesday, 23	World Challenge Parent Information Night commencing at 6.00pm in room K03 (for participating student's parents)
Wednesday, 24	Matinee Performance for Bellevue Park State School from 11.30am to 1.00pm (all participating students are required at 9.00am) Musical Performance in K05 commencing at 7.00pm (doors open at 6.30pm) - tickets on sale now and selling fast - purchase yours from our cashiers office
Thursday, 25	Matinee Performance for Benowa State School commencing at 10.00am (all participating students are required at 9.00am) Musical Performance in K05 commencing at 7.00pm (doors open at 6.30pm) - tickets on sale now and selling fast - purchase yours from our cashiers office
Friday, 26	Musical Performance in K05 commencing at 7.00pm (doors open at 6.30pm) - tickets on sale now and selling fast - purchase yours from our cashiers office
Friday, 26	Year 11 English Excursion QUT 'Frankenstein' at 7.00pm (for participating students)
Monday, 29	Strings Workshop with Varsity College from 1.15pm to 4.00pm in room K05 (for participating students)
Monday, 29	Strings Concert from 4.45pm to 5.30pm in room K05

For the latest school news and
upcoming school events check our website -

www.benowashs.eq.edu.au

BENOWA STATE HIGH SCHOOL PRESENTS

Tickets on sale NOW

BACK TO THE 80's

You are about to go
on a journey...

A journey back to a
time when Michael
Jackson and Rick
Astley were the
Kings of Pop...

A journey back to a
time when bubble
skirts and blue eye
shadow were cool...

A journey back to a
time when the Atari
was cutting edge
technology...

That's right dudes...

You are about to go
on a journey...

7pm 24th, 25th and 26th July

Arts Benowa Building

Benowa State High School

Tickets \$15 (adults at student prices)

Tickets on sale NOW

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