FROM THE PRINCIPAL

Welcome Back
Welcome back to Term 4 the culminating term for our school year. There are a number of special events held this term, which I will highlight in this article.

Annual Awards Night – Thursday October 30
Our Annual Awards Night will be held on Thursday October 30 – this is an opportunity for our school community to reflect on this year and more importantly recognise those students who have excelled in the academic and cultural spheres. We also are able to recognise those students who have maximised opportunities presented to them at our school and have gained a Direct Entry tertiary placement. All awardees have had an invitation sent home and we look forward to seeing the entire community attend and congratulate our high achieving students. The evening will be held in the Student Centre – awardees are asked to be seated by 6.45pm for a 7.00pm start. The culmination of this evening will be the announcement of our 2015 school captains.

Sport Awards Night – Wednesday November 5
Our Annual Sports Awards Night will be held on Wednesday November 5 – this is an opportunity for our school community to reflect on our sporting achievements this year. This evening is a ticketed affair and a dinner prepared by our talented Hospitality students is part of the evening. We have also secured a former Olympian and World Champion as our Guest Speaker. All awardees have received invitations – book your tickets early through the cashier’s window.

Year 12 Graduation & Formal
As a school we will officially farewell our Year 12 students at our Graduation Ceremony on Wednesday November 19 – this is a very special event for both students, teachers and parents alike and is an opportunity to farewell the 2014 Graduates. This is a uniform function and the P &C generously provide a breakfast to students on the morning of the Graduation. The Year 12 formal will be held on Friday November 21 for those invited students - this prestigious event will be held at the Mercure resort.

Uniform Changes 2015 - Reminder
There are a number of new uniform changes that will be occurring next year with the arrival of our new Year 7 & 8 students in 2015. The most significant change for all students is the introduction of a new sports polo shirt for all year levels – replacing the current white polo – 2015 will be the transition year for this new uniform item. Students in Years 7 & 8 will be required to purchase the new junior secondary uniform and Year 9 2015 students will continue with their existing uniform. Our Uniform store is having a sale on the existing Jade Polo for all current Year 8 & 2015 Year 9 students for just $25.00 – so it is a great time to stock up!!

Years 7 & 8 2015 Enrolment – have you booked?
We are extremely busy this term with Years 7 & 8 enrolments for 2015. Each incoming Year 8 student and their parents have a personalised interview with me and appointments are available through the school office. Our Orientation Day for all incoming Years 7 & 8 students will be held on Tuesday December 2 – all enrolled students will receive a written invitation to attend this day. Our incoming Year 7 teachers will also be in attendance.

Yours in Education
Cameron Hodges
Principal
Fourteen students, one parent and two staff (Mr Newman and Ms Dickinson) jetted off to Japan on 19th September. In our time away we travelled on planes, trains, trains, including the Shinkansen, buses, a ferry and cable car. We travelled to:

- Osaka – Universal Studios including the roller coaster
- Kyoto – Kinkakuji Temple (known by many as the Golden Pavilion) with its
- associated gardens, Ryoanji Zen Garden, Kiyomizudera Temple, ‘Teapot Lane’ with its various handicrafts, the Maiko Experience where the students learnt the intricacies of the tea ceremony.
- Hiroshima – Peace Park, experienced a very moving testimony from an A-Bomb survivor, Atom Bomb Museum, saw the student paper crane memorial, Mazda Museum Factory Tour, Miyajima Island catching the cable cab and then walking to the top of Mount Misen for a spectacular view of the island. In Hiroshima on the 24th September we experienced the tail end of a typhoon which saw Hiroshima blanketed in heavy rain.
- Tokyo – Disneyland, Akihabara, Harajuku, the Pokémon centre, Tokyo Zoo to see the Pandas.
- Yokosuka Sogo High School. The students stated this part of the journey was the highlight of the trip. They were warmly welcomed by their home stay families and got to see how Japanese students live and learn. As well as we were invited on a special day out provided by the Yokosuka Prefecture to
- Hakone. At Hakone we visited the Open Air Art Museum which had us all enthralled but particularly Mr Newman, as well as a boat ride around the harbour. The picture below was taken at the Open Air Museum and it includes Elanora students with their Yokosuka buddies and respective teachers.
- Yokosuka – Yokohama – Nanta and then back to the Gold Coast. It was with sadness that we said goodbye to our Japanese friends at the Sayonara party.

The Japanese people (as a generalisation) are incredibly helpful, honest and polite as a nation. Our students gained a lot from the trip and I would encourage anyone interested in other cultures and the Japanese language to think about joining in the 2016 trip.

A big thank you to Mr Newman who gave up his holiday with his young family to help us to make sense of the highly efficient Japanese transport system. The trip also helped all involved learn how to work as a group. Just a warning to those who go “watch out for Japanese ice cream” – it comes from a vending machine when you least expect it!

Kym Dickinson
Deputy Principal

NURSE NEWS

Energy Drink Risks

Researchers who included cardiologists, psychiatrists, neurologists and physiologists, found that consumption of energy drinks resulted in 257 reported and confirmed cases of adverse events in France in the two years 2009 to 2011. These included 95 patients with cardiovascular symptoms, 74 with psychiatic and 57 with neurological, with the symptoms sometimes overlapping making diagnosis and therefore treatment more complex and difficult.

Caffeine syndrome, characterised by tachycardia, tremor, anxiety and headache was the most common problem. Severe adverse events included myocardial infarction (cardiac arrests), and sudden or unexplained deaths which occurred in at least eight cases, forty six patients having “serial drinks” in social situations or associated with physical exercise. NSW Food Authority data shows 77% of energy drinks contain more than

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Collated from www.6minutes.com.au by Nurse Jackie 0432 00 5265 jatk89@eq.edu.au.

HOME ECONOMICS NEWS

GOLD COAST SHOW PRIZE WINNING STUDENT

Codi Provan (HEC101) in Year 10 Home Economics excelled herself by designing, creating and decorating a decorative cup cake in the 2014 Gold Coast Show. All of

Codi Provan (HEC101) in Year 10 Home Economics excelled herself by designing, creating and decorating a decorative cup cake in the 2014 Gold Coast Show. All of the year 10s baked their show entries in the Hospitality kitchen. Codi is an energetic, exuberant and creative class member who inspires others with her love for cooking. She puts a lot of care and effort into all of her practical cooking recipes at home and at school. Codi is a delight to have in the Home Economics department.

Well done Codi!

Mrs Cathryn Campbell.
Home Economics/Hospitality Teacher.

SCHOOL BELL TIMETABLE

All students must be on time for classes. Students arriving late to class without a valid reason are likely to be issued with a detention. This is particularly crucial for Year 11 and 12 Early start classes which commence at 7:50am with a warning bell at 7:45am. Years 11 and 12 students who miss early start classes without a valid reason are likely to be asked to make up the time on a Friday.

**TIMETABLE BELL TIMES**

**Early Start (Monday to Thursday - Years 11 and 12 only)**

| Form Class | 7:50 - 9:00 |
| Period 1a and 1b | 9:00 - 9:10 |
| Morning Tea | 9:10 - 9:20 |
| Period 2a and 2b | 10:20 - 10:45 |
| Period 3a and 3b | 10:45 - 11:55 |
| Lunch | 11:55 - 1:05 |
| Period 4a and 4b | 1:05 - 2:45 |

Sport is held on a Wednesday. Times for Wednesday are as follows

| Early Start (Monday to Thursday - Years 11 and 12 only) | 7:50 - 9:00 |
| Assembly/Extended Form Class | 9:00 - 9:30 |
| Period 1 | 9:00 - 10:40 |
| Morning Tea | 10:40 - 11:05 |
| Period 2 | 11:05 - 12:15 |
| Lunch | 12:15 - 1:05 |
| Sport | 1:05 - 2:45 |
SCIENCE NEWS

We have all seen dogs and cats walking, so quick now; how do their feet go? Is it both feet on one side on the ground together or how? This contribution to our school’s newsletter is being written just as our yearly contingent of guaranteed entry students are being placed into the courses they have chosen. This is even before they have finished Year 12, got their OP or an offer from QTAC...what a relief it must be to know that they have a place at Griffith University!

So congratulations to all of you for a job well done in completing HLS 1002 at high school. Thanks must go to Dr Suzanne Owen and Debbie Amsler, both of Griffith University, who provide this vital link and pathway between our school and Griffith University.

I would like to continue with a note of thanks to everyone who has contributed to the ‘life and blood’ that is our science department. A particular note of thanks must go to our Scientific Operations Officers, (Eliza and Andi) both of whom work quietly and diligently to ‘keep the show running backstage’. A great note of thanks must go to our science teaching staff, all of whom work assiduously to help our students reach their target goals.

Practical activities within the department have been both extensive and numerous this year with the senior students engaged in such things as wine-making and analysis of water from Flat Rock Creek and the Currumbin Wildlife Sanctuary area to determine the ‘health’ of the river system as well as Mr Provan’s famous rocket launching project, which sends empty drink bottles soaring vigorously above the trees, being among the highlights.

The science department is continuing to forge links with the local primary school whereupon we are now teaching practical activities on a regular basis to Years 5, 6 and 7 students at Elanora State School. This has been a great experience for us all, with the Year 6 students enjoying the high school experience and our science teachers having the unique ‘treat’ of teaching the ‘younger ones’, who will soon be coming to our school in 2015, when the ‘Flying Start’ Project starts whereby Year 7 students will in our school, beginning their Junior Secondary Experience.

And now back to our question. Did you get it? All four-legged animals walk on their feet that are diagonally opposite (e.g. right front and left rear).

Nick Chandler
Head of Science and Industrial Design Technology

Queensland Health

Gold Coast Oral Health Services

Did you know year 8, 9 and 10 students are entitled to FREE dental examinations and full courses of general dental care until students complete Year 10.

This years Year 10 students are only eligible for a few more weeks so get in quickly!

To organise an appointment parents need to ring 1300 300 850.

Patients are entitled to an examination every 6 months if they choose to take up the opportunity.

Nurse Jackie jatki89@eq.edu.au 0432 00 5265

DON’T MISS OUT!

Order your 2014 Elanora SHS School Magazine now.

Only $15.00

It’s jam-packed with all the amazing events that have occurred at Elanora during the year. Payment can be made at the Cashier’s Office, by BPay or by Credit Card.

SENIOR PHASE STUDENT PROFILE –
Name: Matt O’Grady
Year Level: 12
Current Subjects: Biology, Chemistry, Mathematics B, Mathematics C, Japanese and English
What is the best thing about Elanora SHS?
The GriffBio Direct Entry Programs are great to relieve stress at the end of Year 12 and know that you have a place at Griffith University in the following year.
My future plans?
To study Biomed at University and get into medicine.

ALUMNI PROFILE – WHERE ARE THEY NOW?
Name: Jayden Beckwith
Years at Elanora: Years 9–12
Year 12 Subjects: Mathematics C, Mathematics B, Chemistry, Physics, English and Japanese
Elanora SHS Honours: Physics Subject Award, Year 10 Distinction
What was the best thing about Elanora SHS?
The teachers and the exciting environment in every class.
What I miss about Elanora SHS?
Teachers and Students
Future plans?
To study Biomedical Science / Medicine at Griffith University in the future

INTERNATIONAL STUDENT PROFILE –
Name: Jil Kess
Year Level: 10
Country of Origin: Luxembourg
Length of Stay: 5 Months
Previous School: Lycee Michel—Rodange Luxembourg
Current Subjects: English, Mathematics, Recreational Sport, History/Geography, Marine Aquatics and Biotechnology
What is the best thing about Elanora SHS?
Surfing, Marine Aquatics and the variety of subjects available to study.
Future Plan?
Finish school and travel

INTERNATIONAL STUDENT PROFILE –
Name: Camilla Vallaperta
Year Level: 11
Country of Origin: Italy
Length of Stay: 6 Months
Previous School: Scientific High School
Current Subjects: Visual Art, Photography, Geography, Marine and Aquatic Practices, Mathematics B, English and Hospitality
What is the best thing about Elanora SHS?
The school grounds are always clean, teachers and students are nice and I like having the earn and learn day on the Friday off school to study.
Future Plan?
Travel the world

Every day and every minute counts
What sort of start is your child getting?
Just a little bit late doesn’t seem much but …

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<thead>
<tr>
<th>He/She is only missing just...</th>
<th>The equals...</th>
<th>Which is...</th>
<th>and over 13 years of schooling that’s...</th>
<th>Which means the best your child can perform is...</th>
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<td>10 minutes per day</td>
<td>10 minutes per day</td>
<td>Nearly 1.5 weeks per year</td>
<td>Nearly half a year</td>
<td>Equal to finishing in grade 11</td>
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<td>20 minutes per day</td>
<td>1 hour 40 mins per week</td>
<td>Over 2.5 weeks per year</td>
<td>Nearly 1 year</td>
<td>Equal to finishing in grade 10</td>
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<td>Half an hour per day</td>
<td>Half a day per week</td>
<td>4 weeks per year</td>
<td>Nearly 1 and a half years</td>
<td>Equal to finishing in grade 7</td>
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<td>1 hour per day</td>
<td>1 day per week</td>
<td>8 weeks per year</td>
<td>Over 2 and a half years</td>
<td>Equal to finishing in grade 4</td>
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<td>1 day per fortnight</td>
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<td>2 days per week</td>
<td>80 days per year</td>
<td>16 weeks per year</td>
<td>Over 5 years</td>
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<td>3 days per week</td>
<td>120 days per year</td>
<td>24 weeks per year</td>
<td>Nearly 8 years</td>
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It is a requirement under the Queensland Education Provisions Act 2006, that parents and carers ensure children of compulsory school age are in attendance at school every day. Some circumstances, such as illness, may prevent 100% attendance but all parents should be aiming for maximum school attendance for their child/ren.

THEIR FUTURE LIFE CHOICE OPTIONS DEPEND ON YOU!