FROM THE PRINCIPAL

Term 3 Report Cards
Our Term 3 report cards will be mailed home on Friday October 10. If you have changed your mailing address please ensure that you have informed our office so that your report card is delivered without delay. This report card is a progress report for all subjects this semester and is aimed at keeping students and parents alike up to date with their student’s progress. Included with this report card will be a copy of each individual students Assessment Planner that has already been distributed to students. For our Year 12 students this will be the last report card prior to the issue of their Senior Certificate by the QCAA.

Student Resource Scheme 2015
Our P & C Association has approved our Student Resource Scheme for 2015 for all year levels. The 2015 contributions will be:
- Years 7, 8 and 9 = $310.00
- Years 10,11 and 12 = $320.00

The Student Resource Scheme is fantastic value especially considering that the cost of interschool sport is included in the scheme. Interschool costs alone for buses can be over $100 per semester. It is also extremely pleasing that in these times the school and the P & C have not increased our Student Resource Scheme costs. The school will continue to offer a range of payment options including upfront, instalments and Centrepay deductions. The Student Resource Scheme forms for 2015 have already been distributed as part of the On Target Interviews and thank you to all families who have already met their 2015 financial contributions.

Uniform Changes 2015
There are a number of new uniform changes that will be occurring next year with the arrival of our new Year 7 and 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 and 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 and 2015 Year 9 students for just $25 – a great time to stock up!!

Years 7 and 8 2015 Enrolment – have you booked?
We are extremely busy this term with Years 7 and 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. Elanora SHS Twilight Tours for Year 7 and 8 students and parents will be offered in Term 4 – our website will post details early in Term 4 regarding dates and times.

Yours in Education
Cameron Hodges
Principal
DEPUTY PRINCIPAL’S NEWS

Congratulations to the Technology and Arts teachers at Elanora State High School who have worked collaboratively throughout the year to develop and deliver integrated studies to Year 8 students. These integrated subjects, DDF (Design and Digital Futures) and PPM (Production, Performance and Music) have taken many paths, flown in a range of directions and produced an excellent standard of work. A key focus was on learning by doing – a desire to actively engage students in authentic life exercises.

The teachers involved in this project have worked interdependently to achieve this goal. Not every teacher had every skill required to teach the full integrated subject and make this work. Together, they did though. In order to effectively help the students to learn, the teachers had to continually learn themselves. This they did as part of a collaborative professional learning team, turning aspirations into actions.

Thank you so much to all the teachers involved. Some of you have led, some of you have followed – the key has been your honesty with each other. Stepping outside your comfort zone is never easy and challenges will always be there. This was a big one. Congratulations. 100% pass rate for PPM and 97% pass rate for DDF in Semester 1.

Shirley Booth
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 psychiatric 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 people had arrhythmia (heart rhythm disorders), thirteen had angina and three had hypertension (high blood pressure). Due to a strong under reporting bias, the researchers suggested informing predisposed subjects of particularly risky situations, e.g. where unknown amounts of caffeine are used when having “serial drinks” in social situations or associated with physical exercise. NSW Food Authority data shows 77% of energy drinks contain more than the amount of caffeine permitted by the Food Standards Code. Each individual drink often contains up to the caffeine content of two espressos.

Collated from www.6minutes.com.au by Nurse Jackie 0432 00 5265 jatki89@eq.edu.au

MATHEMATICS DEPARTMENT NEWS

Queensland Mathematics Association of Teachers Year 8 Competition

On a Thursday evening in August three young, capable and confident Year 8 students – Ashleigh Gifford, Cain Leech and Drew Dunstan represented our school in the annual QMAT competition held at Varsity High School. This competition involved one team of only three students from both private and public schools across the Gold Coast. In all, fourteen schools were represented. Challenging questions ranged from estimating the time elapsed while distracting music was being played to knowing that ten to the power of 100 is a google. Both written and oral problem solving questions were answered under a strict time limit.

Ashleigh, Cain and Drew did us proud and although we did not win we were placed well within this group of very, very smart students.

Marg Flanagan – Year 8 Maths Teacher

MARINE EDUCATION

MARINE OPPORTUNITIES FOR STUDENTS

Marine Education provides students with the opportunity to develop industry knowledge and skills. Students may also develop their interpersonal and workplace skills which apply to many life roles. They include:

- a responsible and caring attitude towards the safety, health and wellbeing of themselves and others in work-related and recreational situations.
- The ability to communicate effectively and confidently in written and oral formats using correct terminologies.
- Skills associated with teamwork
- Undertaking small and large-scale practical tasks such as sport fishing, scuba diving, boating and sailing
- Ethical and responsible attitudes in the work environment
- Observing and demonstrating techniques and skills

How parents can help

Parents can help students by providing a supportive environment in the home and by showing a daily interest in what students are doing. Parents can promote an appreciation of the educational, lifeskills and employment value of studies in the marine industry. Discussion with students of marine and other water environment issues that arise in the media helps students consider a variety of options on topics and situations. Use also can be made of community and school information centres and personnel to supplement the learning resources available in the home. Frequent communication between the home and school should also provide support for students.
Taste of Tallebudgera is a spectacularly photographed coffee table cookbook. In over 170 pages of beautiful recipes and scenery you will reconnect with our local landscape and cooking. Our cookbook is a story about enjoying food with our families, sharing secret recipes, recognising new dietary requirements and learning the meaning of "Tallebudgera". We hope you will support our P&C community project. It is a great gift idea at $25 per book, or $20 per book for 3 or more!! Available now at local shops, cafes and also online at www.tasteoftallebudgera.com.au

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. Follow the link to download your order form: https://elanorashs.eq.edu.au/Supportandresources/Formsanddocuments/Documents/News%20Items/school-magazine-order-form-2014.pdf
SENIOR PHASE STUDENT PROFILE –

Name: Aleisha Kooper
Year Level: 8-12
Current Subjects: English, Maths A, Ancient History, Dance, Drama and Music

What is the best thing about Elanora SHS?
The people are very nice, the environment and grounds are always clean and the teachers are always willing to help.

My future plans?
Go to university to study speech pathology, get a good job to then move out and make money.

ALUMNI PROFILE – WHERE ARE THEY NOW?

Name: Shayne McNabb
Years at Elanora: 8-12
Year 12 Subjects: Maths A, Drama, Modern History, Ancient History, Legal Studies and English
Elanora SHS Honours:
International Leader and Senior Leader

What was the best thing about Elanora SHS?
Teacher Support

What I miss about Elanora SHS?
Teachers, classes, friends and all the support from the school.
Future plans?
Study to become a high school teacher

INTERNATIONAL STUDENT PROFILE –

Name: Anne Urban
Year Level: 10
Country of Origin: Germany
Length of Stay: 3 months
Previous School: Martin-Schongawer-Gymnasium
Current Subjects: English, Physics, Chemistry, History, Sport Recreation, Hospitality and Maths

What is the best thing about Elanora SHS?
Surfing Lessons for internationals

Future Plan?
Continue to study so that I can get a good job that earns a lot of money

INTERNATIONAL STUDENT PROFILE –

Name: Benedeta Berdusco
Year Level: 11
Country of Origin: Italy
Length of Stay: 6 months
Previous School: Li Ceo Classic (Collengiosacra Famiglia)
Current Subjects: Visual Arts, PVM, Photography, Hospitality, English and Geography

What is the best thing about Elanora SHS?
The earn and learn day helps me as it gives me time to study on my subjects.

Future Plan?
University in the USA

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

<table>
<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>
</tr>
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<tbody>
<tr>
<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></td>
</tr>
<tr>
<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></td>
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<tr>
<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></td>
</tr>
<tr>
<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></td>
</tr>
</tbody>
</table>

1 day per fortnight
20 days per year
4 weeks per year
Nearly 1.5 years
Your child
Other children
Equal to finishing in grade 11

1 day per week
40 days per year
8 weeks per year
Over 2.5 years
Your child
Other children
Equal to finishing in grade 10

2 days per week
80 days per year
16 weeks per year
Over 5 years
Your child
Other children
Equal to finishing in grade 7

3 days per week
120 days per year
24 weeks per year
Nearly 6 years
Your child
Other children
Equal to finishing in grade 4

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!