PRINCIPAL'S REPORT
We have had some great events occur over the last couple of weeks. Firstly, we held our inaugural Masterchef and what an event it was. What a tremendous thing to see the students use their use their creativity in food preparation. I must say I really enjoyed sampling all the meal. Well done Ms Jolly, Ms Duffield and students as the food was simply sensational!

Secondly, a big thank you to the many students who took part in the recent Beenleigh Cane Festival. Our students won the Best School Entry prize and many locals commented how it was good to see our students involved. Thank you to Mr Farmer, Ms Raudon-Hill, Ms Miles, Mr Begley, Harley from the farm and Frank Barnes. Also thanks to the many students who represented our school so well.

The Brisbane Broncos have again donated 100 tickets for students who have improved their performance in a subject at the end of term. I will take students to a Broncos match as a reward. The game is to be confirmed and students who improve their performance have the opportunity to come along and enjoy the game. This is an excellent reward and I thank the Brisbane Broncos for their support of our students.

The refurbishment of the 100 block Student Services area has begun and it will provide a one stop shop to our students to deal with the engagement team. The project should take about a month and will enhance our classrooms.

Can I ask parents to speak with their children about road safety. Some students are showing disregard for basic road rules and this can only lead to problems in future. Student need to obey directions around the school especially at peak hour. We have had some reports about foolish behaviour in, on and around the roads and I would again encourage you to speak to your child about basic safety.

Exams are full on at the moment and all students should be in the process of completing their assessment. Please encourage your child to complete all work to the best of their ability.

Laptop computer accounts need to be finalized as soon as is possible so please arrange for this payment as soon as you can.

Finally, year 12 students are reminded to finalise their accounts so they can participate in the end of year formal, etc. Please see me if there are any issues around this.
MR MATT O’HANLON

PRINCIPAL

6 June, 2014

STUDENT PAYMENTS

STUDENT RESOURCE FEES ARE NOW DUE!

Payments can be made via: Cash, Cheque, Eftpos/Credit Card, or Internet Banking

BEENLEIGH STATE HIGH SCHOOL BANK DETAILS 2013

<table>
<thead>
<tr>
<th>Account Name: Beenleigh SHS General A/C</th>
<th>BSB: 064 401</th>
</tr>
</thead>
<tbody>
<tr>
<td>Account Number: 0090 1289</td>
<td>DETAIL: (Place student’s name)</td>
</tr>
</tbody>
</table>

Centrepay is also available for those who wish to pay via Centrelink deduction. Forms are available from the payment window.

The Student Payment room operates 8:30am – 2:00pm, Monday, Wednesday, Thursday & Friday, closed Tuesdays. For further information please do not hesitate to contact Lisa on 3442 3741.

CLICK HERE FOR PDF OF SCHEDULE OF FEES AND LEVIES

STOP PRESS

• P & C Meeting every 3rd Monday evening of the month at 5:30pm
• If you wish to view the Electronic version of our newsletter, you could phone the office with your email address or view on the website www.beenleighs.eq.edu.au newsletter
• If you wish to have your newsletter forwarded to you by email, please call the office or email info@beenleighs.eq.edu.au
• Students and Parents can assess and print up their timetable on their OneSchool page

BEENLEIGH STATE HIGH SCHOOL RESPONSIBLE ELECTRONICA POLICY SUMMARY

The Use of Personal Technology Devices at School

This policy summary reflects the importance the school places on students displaying courtesy, consideration and respect for others whenever they are using personal technology devices.

- The school does not accept responsibility or liability for damaged or stolen electronica such as mobile phones and other personal technology devices (e.g. iPods).
- Personal technologies must be turned off and out of sight during assemblies or classes.
- Personal technology should only be used in a classroom for learning under the explicit instruction and direction of a teacher.
- Personal technology devices may be used during morning tea and lunch breaks and before and after school.
- Teachers will remove electronica from students if they are not being used appropriately and they will be returned to students within a reasonable time frame.
- Recording of behaviours or incidents such as fighting, pranks or bullying on personal electronica is not permitted or legal. Recording of such incidences is an invasion of personal privacy and will result in disciplinary action.
- Devices containing evidence of criminal offences may be reported to the police. In the event of this occurring, police may take possession of such devices with students/parents advised to contact Queensland Police Service directly.
- The school takes no responsibility for, and has no jurisdiction over, personal social network content (e.g. Facebook, Twitter). Such matters should be referred to the Network Site itself (e.g. Facebook) or the Queensland Police Service.
BREAKFAST CLUB

The Beenleigh State High School Breakfast Club will be providing a free breakfast for all students from Chaplain’s room every day except Tuesdays. Breakfast Club from 8:00am – 2:00pm.

*What a great way to start the day!!*

---

CALENDAR OF EVENTS

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>9 June</td>
<td>Public Holiday</td>
</tr>
<tr>
<td>11 June</td>
<td>Year 12 Geography Excursion</td>
</tr>
<tr>
<td>11 June</td>
<td>Under 15 &amp; Opens Rugby League Games - Beenleigh</td>
</tr>
<tr>
<td>11 June</td>
<td>Year 10 Girls YBloom Plus University &amp; Leadership Program</td>
</tr>
<tr>
<td>12 June</td>
<td>Year 9 Girls YBloom Program - debrief followed by Presentation</td>
</tr>
<tr>
<td></td>
<td>Evening commencing at 6:30pm</td>
</tr>
<tr>
<td>16 June</td>
<td>P &amp; C Meeting</td>
</tr>
</tbody>
</table>
19 June | QCS Prepartion
---|---
23 - 26 June | Indigenous Camp
23 - 27 June | Structured Work Placement
25 June | Reports Issued
28 June - 13 July | School Holidays

PARENTS/CARERS NOTICE

- Parents/Carers please be aware that if your child is absent for any reason you must phone the absentee line on 34423760. If for some reasons you haven’t contacted the absentee line, a SMS message is deployed to the 1st contact person from student’s data - please reply. We attempt to do our very best in communicating with the information we have.
- Many students are using their mobile phones to ring parents to get permission to leave. Unless someone from the office has actually spoken to the parent/carer, then the student will not be signed out.
- Please understand that during class time it is very difficult to get messages through to students. Please keep messages to emergencies only. If you need to drop off lunches, money or cooking etc, office staff will endeavour to locate your child. However sometimes with outside school/classroom activities, this is not always possible.
- If you wish your child to be signed out, please write a note with student’s name, date, time out and parent’s or carer’s signature which is to be handed into the office in the morning so passes can be arranged. Please be aware of school break times.
- Students can be contacted on their mobiles only during the lunch times (listed below).

A reminder that mobile phones must be turned off during class times.

<table>
<thead>
<tr>
<th>SCHOOL COMMENCES</th>
<th>8:40am</th>
</tr>
</thead>
<tbody>
<tr>
<td>CARE GROUP</td>
<td>8:50am</td>
</tr>
<tr>
<td>MORNING TEA</td>
<td>11:00am – 11:35am</td>
</tr>
<tr>
<td>LUNCH</td>
<td>1:40pm – 2:00pm</td>
</tr>
<tr>
<td>SCHOOL FINISH</td>
<td>2:45pm</td>
</tr>
</tbody>
</table>
OUR YEAR 10'S ARE PLANNING FOR

THE FUTURE

As our Year 10's rapidly approach their senior years of school, they are starting to explore education and training options for their future. They have already spoken with their Care Teachers about the Queensland Certificate of Education (QCE) and considered different scenarios in which they can gain the required 20 points to achieve a QCE.

YEAR 10'S SPEAKS: PLANNING FOR THE FUTURE

![Pictureed and comments below: Isaac Dargin and Amelia Rixon](image)

**What subjects/courses are you planning on selecting for Year 11/12?**

Amelia: “I've picked Biology, Physics, Dance, Drama, Maths B and English, so I can get a good OP to go to Uni”.

**How are the Extended Care sessions helping you plan for your future Career/Education?**

Isaac: “Our Care teachers know my career plans, and are helping me set goals”.

What have you learnt about the QCE in the Extended Care sessions?

Heremia: “We’ve learnt a lot of different ways to get a QCE. How important it is. And, what QCE means – Queensland Certificate of Education”.

What career/education will you pursue in the future?

Courtney: “I’m going to university to study. I want to become a music teacher”.

**QCE (Queensland Certificate of Education)** – The QCE is Queensland’s senior school-based qualification. It is awarded to eligible students on the completion of the senior phase of learning and is recognised internationally. Students must achieve 20 credits and have completed the Literacy and Numeracy requirements before being awarded their QCE.

**SET Plan (Senior Education & Training Plan)** – All Year 10 student are required to complete a Senior Education & Training Plan, which is signed by a parent/caregiver to acknowledge/endorse their son/daughters education and training plans.

**DATES TO REMEMBER**

* Subject Expo – period 1 & 2, Tuesday 5th of August (E-Learning Centre, Beenleigh SHS)

* Parent Information Night – 6:00-8:30pm, Tuesday 5th of August (E-Learning Centre, Beenleigh SHS)

* SET Plans – 14th and 19th of August, (Care Class, Beenleigh SHS)
ASDAN EDUCATION

Recently, the highly successful initiative by Beenleigh State High School participated in the Queensland Education’s 2014 Showcase Awards for Excellence in Schools. Using the Oxford University backed international pioneering curriculum development organisation and awarding body; ASDAN, we are successfully re-engageing reluctant learners. The program gives hope, support and opportunities to students with behavioural, emotional and social difficulties. By removing barriers to their learning and achievement, CTF! offers square pegs (unique and exceptional individuals) something other than round holes:

Skills for Learning, Skills for Employment and Skills for Life.

By Ms Raudon-Hill – ASDAN Co-ordinator

BEENLEIGH SHS MASTERCHEF 2014

CLICK HERE FOR SLIDESHOW OF GREAT PHOTOS OF MASTERCHEF COMPETITION
During Week 6, 24 keen young Masterchef contestants competed in the first-ever Beenleigh SHS Masterchef competition. The energy in the Trade Training Centre (TTC) was electric as contestants cooked against the clock to present a Main and a Dessert to the two judges. Mongolian lamb, smoked cod with baby potatoes, stuffed pork with sweet potato fritters beef stroganoff and German coleslaw were a few of the creative main meals. For desserts, the judges were delighted with snow eggs and homemade custard, flourless chocolate-raspberry cakes, mini pavlovas and banana split cupcakes.

Mr O’Hanlon, Miss Anderson and guest judge Anj Pieper from Luv-a-Coffee were very impressed with the work ethic and organisation from all students. Their time management was perfect with all students ready to present their meals at the specified times.

The winners were:

**Seniors:**

1st: Jazzi Pybus & Maddi Rowlands – They produced Cajun chicken breast with avocado, lime and chilli salsa with baby rosemary skewers followed by their dessert of Banana Split Pancakes. They had outstanding presentation!

2nd: Helenha Augustini & Hayley Thom – They produced stuffed pork with sweet potato fritters & apple sauce followed by homemade apple crumble and freshly made custard.

3rd: Courtney Novak & Kaitlyn Moyer – They produced chicken parmigiana followed by Apple & Banana crumble with ice cream.

**Juniors:**

1st: Lucas Sims & Caleb Cummins: They produced a fantastic homemade spaghetti bolognaise followed by pikelets served with jam/cream and hot tea.

2nd: Rhiannon Bun & Georgia Armstrong: They produced smoked cod with Baby potatoes and side salad followed by a flourless chocolate raspberry cake with ice cream.

3rd: Deakin Stutz & Zaid Andrews: They produced chicken satay kebabs with a side salad followed by apple crumble and ice cream.

Contestant place getters received gift vouchers, recipe books and the winners will be presented with a personalised Beenleigh SHS 2014 Masterchef apron on the next full school parade. Many of these students are pursuing careers in Hospitality and are enrolled in the Certificate 2 Hospitality (Kitchen Operations & Front of House) at Beenleigh SHS. If you would like to utilise our facility we are looking at hosting community groups for Breakfasts, morning teas and lunches. Also acknowledgement to Chole Muller for taking great photos.

We look forward to hosting a ‘Round 2’ of Masterchef in Term 4.

*By Miss Jolly - Head of IT/Business / Industrial Tech & Home Economics*
THEATRE SPORTS

Last Wednesday the 21st May our two Beenleigh SHS Theatre sports teams participated in the Annual Youth Competition at Macgregor State High School. They competed against 4 other schools in 4 rounds of improvised games.

Although we didn’t win, the evening was still a success with Beenleigh’s own Year 11 student Zeke Whitfield winning the overall funniest moment of the evening.

Everyone involved had a great evening and we look forward to competing again next year. I am very proud of my Theatre sport members and their time and dedication.

By Mrs Voight – Drama Teacher
MIBUNN JINNDI NEWS
Camping at Carnarvon!

This year our indigenous students will be travelling north-west for their annual camping trip to visit the beautiful Carnarvon Gorge.

Staying at Takarakka Bush Resort, students will engage in cultural activities and visit spectacular aboriginal heritage sites, including some very well preserved cave art.

<table>
<thead>
<tr>
<th>Cost:</th>
<th>$120, which can be paid off up until the time of the camp.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Camp Dates:</td>
<td>23 – 26 June (last week of term 2)</td>
</tr>
</tbody>
</table>

Contact Brenda Little on 34423709 if you have any queries.
Nominations are being called for the Australian Mathematics Competition sponsored by the Commonwealth Bank. This is the biggest international competition of its type in the Southern Hemisphere.

The Competition is not designed specifically for the student who has a high innate ability in Mathematics, even though such a student could be expected to do well. It is expected that good, average students entering the competition will find many questions within their competence and other questions to challenge or interest them.

The actual competition day is Thursday, 7th August.

Year 8 will sit for the Junior section, Years 9 and 10 for the Intermediate section and Years 11 and 12, the Senior section. All students will receive a certificate showing their level of achievement and a detailed report showing how they went on each problem.

Please encourage your sons and daughters to enter.

To enter students are to give their details and pay their nomination fee of $6.00 to the Payment Officer, Lisa.

By Mr Harris – Head of Department: Mathematics
AURASMA AT BEENLEIGH STATE HIGH SCHOOL

The PBL team have been keen to inform students and parents of the focus for the week or fortnight. Therefore we have decided to use the app Aurasma. Aurasma is easily downloaded on any smart phone/device, once in the app the viewfinder will recognise a trigger image and bring the 2D image to life. The first image to become an ‘Aura’ is our PBL logo. By following the instructions available with this newsletter, you will be able to view a video of Kyra Brook (our year 10 PBL Leader), who will explain what the PBL focus for the fortnight is.

CLICK HERE FOR THE PDF INSTRUCTIONS OF AURASMA

By Mrs Wonnacott-Wakeham Head of Curriculum Teacher Instructions

INDUSTRIAL TECHNOLOGY & DESIGN NEWS

Year 10 ITD - Designer Mantle Clocks
Students enrolled in Industrial Technology Design for 2014 have been the first cohort of students to complete the department's new "Designer Mantle Clock". It can be stated that this project has been a great success. Students use a variety of hand tools and fixed machinery to create the majority of the project, as well as Computer Aided Design (CAD) and Computer Aided Manufacture (CAM) for designing and creating a personalised clock face. Students create their designs using computer software and laser them onto their project using the department’s state of the art laser cutter. Some students included the Canterbury Bankstown Bulldogs emblem in their designs. These students had photos of their projects sent to numerous Bulldogs NRL players via Principal Matt O’Hanlon, with some great feedback.

**Year 11 Furnishing Studies - Footstool**
Year 11 students have done a great job in completing their first practical projects for the year. The footstool project is an introductory project that allows students to learn basic hand tool skills. The entire projects are constructed with minimal use of power tools or fixed machinery. Students learn about concepts relating to a variety of timber joint and construction methods, upholstery techniques and timber finishing.

*By Mr Brenden McDonough – Subject Coordinator- Industrial Technology and Design*

**EMPLOYEE OF THE MONTH AWARDS**
Each month staff nominates their colleagues for the Employee of the Month award. This recognises teachers that go above and beyond in the school and community to ensure the best possible outcomes for our students. The winner of the Employee of the Month of April: Miss Graham, congratulations and appreciation for all your hard work.

*By Miss Jolly – HOD of IT/Business, Industrial Technology & Home Economics*

PARENTS/CARERS MESSAGE

The message this fortnight from Beenleigh State High School is WE CARE – National Reconciliation Week.

*By Mr Bartlett – Deputy Principal*

NATIONAL RECONCILIATION WEEK

Reconciliation is all about improving relationships between Aboriginal and Torres Strait Islander people and the broader Australian community. Reconciliation Week is held each year between 27 May and 3 June. Launched by the Council for Aboriginal Reconciliation which started in 1998, it has been celebrated every year since. 27 May is the day that the 1967 referendum was passed. This was a national vote where more than 90% of Australians voted to change the constitution to better recognise Indigenous people as full citizens. 3 June marks the anniversary of the High Court of Australia’s 1992 judgement in the celebrated Mabo case. In this case the court recognised the Native Title rights of Indigenous peoples. Each year during Reconciliation Week, people from across Australia gather to hold events that celebrate Indigenous cultures and raise awareness about what still needs to happen to achieve reconciliation. Please go to the link below to find out more about events in your neighbourhood for National Reconciliation Week. [http://www.reconciliation.org.au/](http://www.reconciliation.org.au/)
BSHS entered its Droughtmaster Stud Cattle Embryo Transfer program in Education Queensland’s Showcase awards held on the Gold Coast. ‘ET for Beenleigh’ was entered in the Secondary Engagement competition and had some stiff opposition from some very high profile schools including Queensland Science Academy and the School of the Air.

‘ET for Beenleigh’ was originally established to improve the quality of the herd’s genetic pool in a short period of time. The program ran over a two week period requiring many hours of work and I personally had to stay at school every day for two weeks injecting the cattle with the required hormones at 6.00am in the morning and 6.00pm at night. The result of the process was our new calves Beenleigh High’s: Noorlam Rock, Nottingham, Noah and Nevette.

Our plan is to engage the program again in 2015, after the current group of calves have been weaned off their mothers.
Unfortunately, the program did not win the regional showcase award despite embryo transfer never conducted before as an Education Queensland Program. The program also built productive partnerships and engaged our students with the University of Queensland, Gatton Agricultural Campus.

The true benefit of this program is, however, that the school will produce animals for our Droughtmaster stud program that will have a significantly higher value at sale than previous stock. This too will benefit the students because they will be involved in an innovative and genuine application of the technologies involved in artificial insemination and embryo transfer for the stud stock industry. These technologies will allow our students to further their employment opportunities in these fields.

The regional final winner was the Queensland School of the Air for their submission to improve communication with distance education students. BSHS congratulates the School of the Air and wishes them well in the state final.

*By Mr Nowlan – Head of Agricultural Science Department*

**BEENLEIGH SHS SHOW TEAM - IPSWICH**

**EXHIBITION**

[CLICK HERE FOR SLIDESHOW OF IPSWICH SHOW]

The Beenleigh State High Show team has started its 2014 year with preparation and exhibition of animals at Ipswich Show.
The school was supported by Mr Garry Morrati, his wife Tania, who drove the bus, Mr Russell who drove the school truck, and our lovely Ms Karen Miles.

The animals have had several months of preparation and are looking to be in a forward condition for the 2014 show season.

Students arrived bright and early on Sunday the 17th and left the school at about 6:30am for the Ipswich Showgrounds. On arrival at the showgrounds the animals were disembarked and taken to the wash bays for a quick clean up before exhibition.

All animals were then assigned to their respective classes and competition began.

Results for the day were as follows:

<table>
<thead>
<tr>
<th>Animal</th>
<th>Leader</th>
<th>Ribbons</th>
</tr>
</thead>
<tbody>
<tr>
<td>Magnum</td>
<td>Jack Nichol / Jaydn Hopewell</td>
<td>Red</td>
</tr>
<tr>
<td>Milo</td>
<td>Levi Craig / Kylie Moratti</td>
<td></td>
</tr>
<tr>
<td>Noorlam Rock</td>
<td>Caitlyn McAway / Coen Telehin</td>
<td></td>
</tr>
<tr>
<td>Noah</td>
<td>Breeanna Milsop / Dean Moratti</td>
<td></td>
</tr>
<tr>
<td>Nottingham</td>
<td>Taylor Newton / Kiale Ritchie</td>
<td></td>
</tr>
<tr>
<td>Nevette</td>
<td>Jasmin Dewey / Cameron Russell</td>
<td></td>
</tr>
</tbody>
</table>
Miss Kyra                                              Rachael Sammes / Annette Moratti       Ist in her class

Reserve Champion Heifer

Several students entered the junior judges with Dean Moratti beating his Queensland Champion Sister in the competition. Paraders was a much more heavily contested event with students from many of the studs competing.

Once again we would like to thank our parents, Agricultural staff and of course Ms Miles for giving up their Saturday to help the Show team exhibit the animals.

Our next exhibition date is the 14th of June at Kalbar Show. Mr O’Hanlon is the Master in Charge of operations and his support is most appreciated.

There are still a couple of spots available for more Show team students should you wish to become part of the Saturday Show team.

By Mr Nowlan – Head of Agricultural Science Department

POSITIVE BEHAVIOUR FOR LEARNING (PBL)

During week 6 our PBL focus was WE CARE – Show respect through our words and actions, which corresponded with National Reconciliation week. This focus was introduced to all students on parade and during an extended care lesson in which students talked about what Reconciliation is and what it means to all Australians.

Next fortnight our focus will be WE ARE RESPONSIBLE – use common sense around vehicles.

Congratulations to the following students....

<table>
<thead>
<tr>
<th>YEAR 8 CLASS</th>
<th>YEAR 9 CLASS</th>
<th>YEAR 10 CLASS</th>
<th>YEAR 11 CLASS</th>
<th>YEAR 12 CLASS</th>
</tr>
</thead>
<tbody>
<tr>
<td>AWARD – 8C</td>
<td>AWARD – 9A</td>
<td>AWARD – 10S</td>
<td>AWARD – 11F</td>
<td>AWARD – 12F</td>
</tr>
<tr>
<td>YEAR 8 AWARDS</td>
<td>YEAR 9 AWARDS</td>
<td>YEAR 10 AWARDS</td>
<td>YEAR 11 AWARDS</td>
<td>YEAR 12 AWARDS</td>
</tr>
<tr>
<td>Talib Abdul Khaliq</td>
<td>Dean Moratti</td>
<td>Jarod Nash</td>
<td>Ali Jawad</td>
<td>Joshua Curtis</td>
</tr>
</tbody>
</table>
SUGAR CANE FESTIVAL

Beenleigh State High School participated in the Beenleigh Cane Festival on Saturday. A big thank you to all the students and staff that attended the event, great effort. You guys looked amazing and did a fantastic job representing our school, it was great to see that even a little bit of rain did not dampen your spirit.

By Mrs Richardson – Teacher Aide

CLICK HERE FOR SLIDESHOW OF THE SUGAR CANE FESTIVAL
CAREER HUNTER APP

New smartphone app helps young people with jobs and career opportunities

The Career Hunter app, developed from a young person's perspective, is a simple way for young people and their parents to explore career opportunities.

Believed to be the first career exploration app of its kind, it provides information about occupations and industries, job descriptions, training and qualification requirements, and job vacancies. It makes tangible links from school to the world of work and highlights the industries where skills are most needed.

The Department of Education, Training and Employment; The Smith Family; Regional Development, Australia; Busy at Work and Group Training Australia worked together on the development of the app — now available from the Apple app store.

Learn more at http://deta.qld.gov.au/about/app/index.html

By Miss Armitage – Guidance Officer
MY HIGH SCHOOL CAREERS

mhscareers.com

Beenleigh State High School has subscribed to mhscareers. This allows all students and parents to register for Careers Email Newsletters, and to have a login & password for the website to see careers news and events for all Australia.

<table>
<thead>
<tr>
<th>Newsletters</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Newsletters are sent weekly during term time and are also sent during the holidays.</td>
<td><a href="http://www.mhscareers.net">www.mhscareers.net</a></td>
</tr>
<tr>
<td>To register to receive the newsletters use the CONTACT US page on the mhscareers website or send an email to <a href="mailto:mhscareers@twg.net.au">mhscareers@twg.net.au</a> stating your name, email address, school/college name, whether you are a student or parent and the state(s) that you are registering for.</td>
<td>Login on the home page to see the calendar and news.</td>
</tr>
<tr>
<td>Login: student or parent</td>
<td>Password: 14cairns</td>
</tr>
<tr>
<td>Go to “How to use mhscareers” under ABOUT US to see what is on the website.</td>
<td></td>
</tr>
</tbody>
</table>

By Miss Armitage – Guidance Officer

TERITARY EXPO STUDIES

- The event your students
cannot afford to miss!

The 33rd annual Tertiary Studies Expo (TSXPO) is the most comprehensive and longest running event of its kind in Australia. Students from years 10, 11 and 12 are invited to meet one-on-one and discuss their study, career and employment options with representatives from around 110 exhibitors including:

- Universities from around Australia and Overseas
- Representatives from ALL faculties from Griffith, QUT and UQ
- Private Education Providers
- TAFE Institutes
- Defence & Police Forces
- Government Agencies
- Employment opportunities
- Student Services and more!

What can you expect?

- Scholarship, financial and bursary information available.
- The chance to win a $2,000 bursary
- Information on study and career options
- Exhibitor seminar sessions
- Post graduate course info
- Chance to win one of two iPads!

Where can you find more info?

- Lift-out feature in the Courier-Mail.
- Visit www.tsxpo.org for info
- Participating Exhibitors
- iPad competition and bursary details
- Student Worksheet
- Seminar details & more
BRAKING THE CYCLE

CLICK HERE FOR PDF OF BRAKING THE CYCLE INFORMATION

WEP EXCHANGE PROGRAM

CLICK HERE FOR PDF INFORMATION OF EXCHANGE PROGRAM

Are You Interested In Different Cultures?

World Education Program (WEP) is inviting you to experience another culture in your own home by becoming a volunteer host family to an international student arriving in July 2014. Our students from Belgium, France and Italy are looking forward to experiencing life in Australia, making new friends and becoming a member of an Australian family soon. Call us on 1300884733 or email sylviakelly@wep.org.au or www.wep.org.au
STS EXCHANGE PROGRAM

BRING CULTURAL EXCHANGE INTO YOUR HOME!

STS Student Exchange are seeking Aussie families who are busy, friendly, interested in other cultures and willing to welcome an STS exchange student into their family. Aussie families come from all walks of life and all cultural backgrounds, that’s what makes up our country. Our volunteer host families provide room & board and treat their host son or daughter as a member of their own family. Exchange students have their own spending money and medical insurance. While your exchange student is learning about Australian culture, your family members will learn about theirs. What a great way for your children to learn about another country!

CONTACT US TODAY TO START YOUR ADVENTURE IN STUDENT EXCHANGE!

1800262964 (charge free), 0401741754 (mobile)
Email: stse@people.net.au
Web: stse-education.com.au

SOUTHERN CROSS CULTURAL EXCHANGE

Any students interested in this program contact our free call 1800 500 501. More details are also on our website:
www.scce.com.au or Email: promotion@scce.com.au

Southern Cross Cultural Exchange
Good Mental Health Messages: **STRESS - COPING WITH EVERYDAY PROBLEMS**

What is stress? Most adults and young people experience stress from time to time and can benefit from learning how to reduce stress. People can experience stress when they perceive a situation as being dangerous, difficult, or painful. Often our perception and our interpretation of a situation cause far more stress than does the actual situation or its consequences.

Sources of stress can include:

- School demands and frustrations
- Experiencing financial difficulties
- Negative thoughts and feelings about oneself
• Moving or changing schools

• Conflict with friends or family members

• Death of someone close to us

• Relationship problems

• Taking on too many activities or having too high expectations of oneself

How can you reduce stress? To deal with stress effectively, identify your sources of stress, either within yourself or your life, and then plan ways of coping with them.

Ask yourself the following questions:

1. When or in what situations do I feel stressed out?  3. How do I feel before, during, and after stress?

If you answer these questions, you will have a reasonably good idea about the sources of your stress and the nature of your stressful reaction. Having identified the people and the situations that cause your stress you should then plan what to do about them.

These might include:

• Sharing your feelings with others

• Learning and regularly a relaxation technique

• Taking time to exercise regularly

• Spending time with friends

• Playing music

• Making sure that you have a healthy diet

• Getting enough sleep; or

• Just doing things that you enjoy!

• Changing the way you look at things in order to feel better about them

Resources: Although these resources do not specifically relate to this article, they are very useful phone numbers/websites to contact for further information.
40 Alamein Street / PO Box 29
BEENLEIGH 4207 QLD

07 3442 3777

07 3442 3700

07 3442 3760

info@beenleigh.eq.edu.au

http://www.beenleigh.eq.edu.au/

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