FEBRUARY 2014

IMMUNISATIONS
Immunisations – Years 8 and 10 students
Monday 3 March 2014 all Year 8 and 10 students had their immunisations.
Catch-ups immunisations for students will be on Monday 5 May.

SCHOOL PHOTO CATCH-UP DAY

WORLD’S GREATEST SHAVE
On the 13th March the school will be supporting the Leukaemia Foundation with the annual Shave for a Cure. If students are interested in shaving their head on this day and raising money for the Leukaemia Foundation they can go to https://www.worldsgreatestshave.com/ and sign up to take part. Students will have to enter a new account under their name – PLEASE ENSURE THAT YOU ‘JOIN A TEAM’. Enter Tamborine Mountain State High School in the team name box. You will also need to download a parent permission note or come and see Mrs Forrest for one.

Students can donate on the day and take part in Crazy Hair Day. Students need to see Mrs Forrest to collect a form and return the form to the office before Thursday 13th March. Two teachers have nominated to participate in the shave and there are target donation boxes located at the canteen and at Student Services. Details of this day will be available closer to the date.

Finance
- Payment can be made at the school office Monday - Friday 8.15 am to 9.15 am.
- Credit Card and Debit Cards (EFTPOS), Cash, Cheques and Money Orders are accepted.
- We do NOT accept American Express or Diners Cards
**YEAR 8 AND YEAR 9 NEWS**

Years 8 and 9 are off to a great start and seem to have settled in well.

The 7th of March will be the Year 8 Tallebudgera School Camp where students travel in buses, leaving the school at 9:00 am and arriving back by 3:00 pm.

Students should have received forms to fill in which must be returned to the school with payment by close of business Wednesday the 5th of March.

Shave for a Cure will be held on the 13th of March. Some students have nominated to have their head shaved – these students must register online and see Mrs Forrest to get a parent permission note. Other students can participate by wearing crazy hair fashions on this day and helping to raise money for the Leukaemia Foundation. Notes for parents' permission to temporarily colour hair will be given out to students closer to the date.

Students must sign an agreement that colour will only be in their hair for the one day (13th March) and will not be noticeable by the next day.

Years 8 and 9 students will be starting assessment pieces in their subjects so will need to be aware of both monitoring and due dates. Assisting students with time management at home is always helpful particularly in these junior levels.

If you have any concerns or questions please do not hesitate to contact:

*Year 8 Co-Ordinator – Rhonda Forrest rforr17@eq.edu.au*
*Year 9 Co-Ordinator – Serena McMahon smcma27@eq.edu.au*

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**NEW STAFF**

**Ms McMahon**

Hello, I’m Mrs Sabrina McDonald and I have joined the Arts Department at Tamborine Mountain State High School.

I am teaching the subjects of Dance and Drama, and will also be undertaking Tamborine’s Dance Group, as well as the role of Yarga House Co-ordinator.

I have made the move across from Benowa State High School and look forward to an exciting and enjoyable year.

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**Mrs Forrest**

Hi, my name is Kylie Oxley and I’m one of the Home Economics/ Hospitality teachers at Tamborine Mountain State High School.

I started as a beginner teacher at Tamborine Mountain 9 years ago but have been on maternity leave for the past 3½ years.

I am excited to be back in the classroom and creating some wonderful food/textile creations with the students. I’m so glad to be able to return to Tamborine Mountain as I can’t think of a better school community to be a part of.

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**Iain Severn**

Hi, my name is Iain Severn and I have joined the Tamborine Mountain staff this year from Toogoolawah State High School. I have been teaching full time since the beginning of 2009 and have been teaching in the areas of Maths, Science and Physical Education. During my time at Toogoolawah I also took on the role of Sport’s Coordinator.

This year I will be involved in teaching Junior Maths, Junior Science, HPE, Prevocational Mathematics and the Cert 3 Sport and Recreation course.

I am excited about the opportunity to work at Tamborine Mountain State High School and look forward to a productive and enjoyable year.

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**Michelle Titiriga**

My name is Michelle Titiriga and I have been teaching with Education Queensland for approximately 25 years. I commenced my career as a teacher in the primary system and decided about 5 years ago that I wanted to challenge myself and aimed to enter the Secondary School System.

I am thrilled to have been given the opportunity to work at Tamborine Mountain High School under the tutelage of such incredible teachers and a great community.
Hi, my name is Martin Bannard. I am a Masters trained educator with teaching experience of almost 15 years; ranging from early childhood through Primary and Secondary to adult vocational teaching.

I have extensive experience in the media industry, having worked professionally in radio, television, film and ICT in Australia and Europe. Practically speaking, I’ve been involved in many renovation, furniture design, up-cycling and arts projects; utilising skills with metals, plastics and wood. I have also previously been employed by the RSPCA and have wildlife carer and snake catching experience.

I’m happily married to my photographer and DJ wife Sabine, and have two wonderful children.

Following my Grand-father’s advice to take care of the inner child.

I enjoy skateboarding, surfing and EXTREME gardening.

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Hi, my name is Beth Holmes and I am an English and Geography/History teacher on contract at the school for the year, teaching Year 8 Focused Literacy, Year 8 Geography/History, Year 9 History and Year 10 English.

I was a permanent teacher at TMSHS from 2002 to 2005, when my family needed to move to Melbourne.

I stepped out of secondary education there and worked for six years in the corporate and VET sectors – great experience that has contributed so much to my current teaching practice.

As so many people seem to do, I returned to the Mountain locale in 2012 and have worked at a variety of secondary schools and colleges in the area. It is great to be back at TMSHS – the students here are delightful; staff members are professional and supportive colleagues, who truly care for students. I’m looking forward to working with my wonderful classes in this beautiful campus environment, focusing together on creating great outcomes for students and their families in 2014.

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Hi, my name is Marie Reid. My Husband and I live on Tamborine with our three children, Daniel 11, Jesse 8, and Gabrielle 5…so life is busy! I have been involved with Dance most of my life, starting at the age of 5 in classical ballet classes and through the years training also jazz and contemporary dance. Prior to completing my teaching degree I travelled overseas for about 10 months, of which some of my favourite memories included doing dance classes for a few months in Paris, spending a day on the French Alps, exploring the sites of Santorini and travelling through the countryside of Italy!

Since being back in Aus I completed my teaching degree and went on to work in a few schools including Robina State High, Nerang High and Kings Christian College for five years, where I began the Dance department and also taught Biology and Junior Science. During those years we worked on several musical productions and entered the states’ Rock Eisteddfod, where we were placed third one year!

I am passionate about passing on skills and experiences I have learnt over my lifetime, particularly in Dance, and I am really excited to now be working here at TMSHS! I have appreciated the help and support I have received so far from both staff and students and I look forward to fostering a lasting relationship with the school.

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Hi, my name is Mr Nicholas Grant. I come to Tamborine Mountain State High School with a vast amount of industry and personal experience.

In my previous life I completed a Bachelor of Photography with Griffith University.

I have operated my own businesses in both photography and fashion industries. I recently finished my Grad. Dip. of Education with Griffith University and have been fortunate enough to gain employment with TMSHS after an amazing practicum experience late last year. My teaching areas currently include Media Studies, Drama, PD/H/PE and Photography.

My name is Anna Richardson. This year I have the pleasure of working at this high school for the first time. I am teaching Year 8 Japanese. I currently teach Japanese at 3 schools, Cedar Creek SS, TMSS and TMSHS. I have been teaching Japanese for 13 years.

I studied Japanese teaching at university.

I spent 2 of my 4 years of university in Japan. I have also taught and worked in different Japanese primary schools, high schools and private adult schools in Japan. I love living and working in Japan and feel very at home in their culture.

I have been living on Tamborine Mountain for about 10 years. I have 2 little children. Ella is 2 and Ryan is 4 years old. I love living and working in a small community.

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Hi, my name is Kathryn Russell and I am a new teacher at Tamborine Mountain State High School.

My teaching areas for this year are Art, Drama, Business, and ICT.

I started teaching at Nerang High School in 2007 after graduating from Griffith University as a mature age student. In 2013 I was transferred to Ormeau Woods State High School teaching Art and Multimedia. I am very happy to join the Tamborine family and already feel very welcome by both staff and students. I am available to chat via email at any time if you have any queries at all.

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Knowledge Quest English 2 Workbooks

As part of the stationery requirements, Year 9 English and English Foundation students are required to purchase a copy of Knowledge Quest English 2 Workbook from the school. The cost of the book is $16.00.

**Remember payments can be made at the office from 8am – 9:15am every day.**

Students then bring their receipt to South Park staffroom to collect their workbook.

Please note that this is the same book used in Year 8 English last year and students who already have this book do not need to purchase another copy.

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English Rules! 2 Books

As part of the stationery requirements, Year 8 English and English Foundation students are required to purchase a copy of English Rules! 2 from the school. It is essential that students purchase a copy of this book as the use of this text helps students to progressively develop their skills.

The cost of the book is $10.00. **Payment can be made at the office from 8am – 9:15am every day.**

Students then bring their receipt to South Park staffroom to collect their book.

I’d like to offer a huge thank you to all parents who have purchased their student’s copy already.

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**Lions Youth of the Year Quest**

**Lions Youth of the Year**

Congratulations to Lachlan, Grace and Felicity who were this year’s entrants in the Lions Youth of the Year Quest. Contestants were required to submit an entry form outlining their achievements and leadership experience, attend an interview and present two impromptu speeches and a 5 minute prepared speech on a topic of their choice. All three students were great ambassadors for the school.

A highlight of the evening was listening to 2013 Lions Youth of the Year winner Megan speak about her youth exchange to Canada.

Congratulations to Grace who was awarded 2014 Lions Youth of the Year and will progress onto the next round of competition.

Angela Ross  
Head of Department English

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**Performing & Visual Arts**

Tubas, tap shoes, birds, wolves, portraits and buses – standard fare for the Arts Faculty. 2014 promises to be spectacular with amazing new staff and students joining our creative team.

We welcome Mrs Sabrina McDonald, Mrs Kathryn Russell, Mr Nicholas Grant and Mrs Marie Reid to our faculty and the excited and engaged Year 8’s. It has been a pleasure to visit Year 8 classes across the Arts and witness the high level of intellectual interactions taking place. The obvious joy gleened from the classroom environment by both staff and students reinforces the value of the Arts in the curriculum.

**Dance**

The Dance Group for 2014 has been formed after a rigorous audition. There is an amazing depth of ability in the group and we can look forward to some fantastic performances in 2014. This group is now rehearsing for a number of performances including Quota Eisteddfod and Dance Ed in the Spotlight on Arts Night. A big thank you goes to Mrs McDonald and Mrs McConnell for the time they have put into this extra-curricula activity.
Year 8 Art
Mrs Jo Baker brought her pet corella in to Art for a fun and challenging ‘life’ drawing lesson (see photo). Students experimented with a range of media as they attempted to capture the antics of the crazy bird. Thanks to Mrs Baker for extending our students with experience.

Media & Film, Television and New Media (FTV)
Mrs Smith and Mr Grant put their renovating skills to the test last year fitting out a storeroom as a purpose built sound recording studio. Sound proofing and audio equipment replicates an industry experience for those students lucky enough to be studying Media or FTV.

On Tuesday 25th February, eighteen Year 10 and Senior Visual Art students from Tamborine Mountain State High School attended GoMA and The Queensland Art Gallery where they immersed themselves in the breathtaking works of Chinese born artist, Cai Guo-Qiang.

The work was confrontational and provoked many questions. There were a diverse range of responses to the work. Students had the opportunity to sketch one of the exhibits and also take part in multimedia activities inspired by the philosophies and aesthetics of Guo-Qiang. We were also treated to a short film about the artist and his background as well as having the opportunity to ask specific questions about the exhibition and artist.

In the afternoon, students attended Reverse Garbage where they purchased a number of items, the strangest of which had to be a suitcase containing a body (a plastic first aid body that is). Feedback from students about the day was very positive including the fact that they were very appreciative to be able to travel through the exhibition in such a small group. Special thanks to Ms Dundas for carefully creating those special opportunities with her attention-to-detail planning! Students had both the time and space to fully immerse themselves in the exhibition and consider complex aspects of the works including possible meanings.

Students commented that having the opportunity to experience real world art and travel through the different galleries has really enriched their understanding of class work and the culture of our city! I would personally like to thank the students on the way they conducted themselves on our excursion. I felt very proud of our student-artists!

Year 8 Drama students are working towards their Improvisation Assessment and are very excited to be performing on Wednesday of Week 6. It's been DRAMA DRAMA DRAMA! Our Year 8 Drama students are fantastic team workers and are excellent at supporting and encouraging one another! It is an absolute pleasure to work with such enthusiastic and positive young people! Watch this space!

Ms Lesley Mannering

Music Department
It is with much excitement that we are able to announce the following ensembles for 2014.

* Vocal Ensemble Years 8 -12
* String Ensemble Years 8 -12
* Junior Concert Band Years 8
* Senior Concert Band Years 9 -12 (audition process)
* Stage Band Years 9 -12 (audition process)

We are well underway with a large number of performances in preparation for the year. Our next performance for 2014 involving the Senior Band and Vocal Ensemble will be the Anzac Day Ceremony which will be held after the Easter Holidays.

We would like to take the time to congratulate all the members of all ensembles in 2014 so far. We are excited at the quality of music that we are hearing from all ensembles and how they have all developed over the last year or so.

Thank you to all parents and students who support the Instrumental and Vocal programs. We truly are very lucky to have such enthusiastic Instrumental and Vocal students at Tamborine Mountain State High School creating precision and enjoyable music and, it is for this, the students are to be congratulated.

John Clyde/ Cam Hart
Australian Computational and Linguistics Olympiad:

If you think you are an expert in solving riddles, patterns or logical based questions then listen in carefully. For the first time, Tamborine Mountain State High School has partaken in the annual OzCLO competition which is held every year around the end of February. Schools from around Australia enter as small groups to decipher series of language related questions over a period of 2 hours.

The event is run by all the major universities of Australia and even some random universities from Sweden. This event can be undertaken by students who have no real knowledge of any real subject however it requires a deep problem solving ability and the strength to think deep and straight. The lucky competitors from Tamborine Mountain State High School were privileged to be the school’s honorary first takers at the comp guided by Sensei Fenton from the Japanese Department.

As a result of this opportunity they were rewarded with an amazingly fun and hectic afternoon.

Our school entered a junior Year 9 team and a senior Years 11/12 team, fighting till everything was done.

Our Year 9 competitors: Our Years 11/12 competitors:
1.  Erin  1.  Louella
2.  Lukas  2.  Freddie
3.  Jasper  3.  Eleanor
4.  Will  4.  Logan

Fuelled with sugar, motivation and determination, our teams burst into the arena (the Japanese classroom) prepared to take down any foe willing to take them on. 4 hours later, the Year 9 team still battled it out rapidly typing on the keyboard as the final seconds passed away. 20 seconds till submissions closed, the save and submit button was pressed and the rejoicing started. Yet another foe was still to be brought down: the mess that came after. The senior team had saved and submitted their answers by ‘kell kolm’ (3 O’clock, in Tallinn).

What is OzClo?

The OzClo competition is based on abilities to understand linguistic patterns and deciphering the logic of a language or symbols. To give an example of what our competitors were working on - was visible speech, read by sounds the symbols made. You would have to find the patterns in the symbols and write the required words given in a series of symbols. To overcome the challenge of OzCLO, you as a competitor would have to use your teammates to consolidate and answer the questions.

Fingers crossed in hope that one of our Tambo teams makes it to round 2. In future, if you think you might be good at this sort of thing, then OzCLO is the comp for you. A huge thanks to Mrs Fenton for all the hard work, and we hope to see this event expand in our school and continue with new competitors to try their luck at the almost impossible challenge ahead of them.

Lukas – Japanese Department

Congratulations again on a mighty effort. We are so proud of our Years 9 & 12 contestants!

Susie-sensei

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Global Studies

Focus Literacy Department are pleased to announce that all Year 8 Focus Literacy students now have access to the educational website-Literacy Planet. Tamborine Mountain State High School has recently spent $1,250.00 to ensure students can participate in this dynamic and challenging program.

Each student receives a log-in code and password and can access this literacy website from school or at home. Teachers assign spelling, grammar and reading comprehension tasks based on the individual needs of their students. Students will be given regular opportunities to complete the work while allowing teachers to monitor progress. Focus Literacy teachers acknowledge that Year 8 students are very fortunate to have this learning opportunity and thank the administration team for funding this invaluable course.

Colette Weeden
Focus Literacy Teacher
Global Studies Cont’d

Know Your Rights – Office of Fair Trading

Say you’ve just bought the latest X-box, however no matter how hard you try; it just doesn’t seem to turn on. What a waste of $600, or is it? Did you know that you are entitled to a full refund to any serviceable product no matter what you think is wrong with it? So if you have that freezer that doesn’t freeze or that heater that doesn’t heat up, why not demand a refund.

With all the changing laws in Australia, it’s hard to keep up with what rights you as a consumer are entitled to. This is why the Office of Fair Trading is here to your rescue. The O.F.T. improves safety and fairness for Queensland businesses and consumers, so this means that you have someone on your side no matter how pushy the seller is. Most Australians have no idea about what rights they have, so here’s a heads up: if your product is not fit for its original purpose or is faulty, don’t worry about those receipt things or the original packaging, JUST DEMAND A REFUND. This may sound absurd, but really, it’s your money.

So you might be wondering why I’m going on about this topic. The Office of Fair Trading is sending community engagement officers around to south East Queensland schools to educate students and businesses about consumer rights and responsibilities. Tamborine Mountain State High School was privileged to have one of these teachers to come out to our Year 9 Business class and spend a lesson explaining the lot. There’s a lot of in depth terminology and information but the point to be spread around is that if you haven’t damaged the product yourself or if it hasn’t reached its “due date”, you have rights. No matter what those pesky sales reps say.

Pull out your phone with your “Shop Smart” app: https://itunes.apple.com/au/app/shopsmart/id444416196?mt=8 and prove that YOU are right and THEY are wrong. This does not apply if you just want to make a simple exchange of a product or if there is minor breakage. So check out your rights and know what you are entitled to.

Lukas
Year 9 Business

Maths/Science/IPT

The ICAS – UNSW Global Maths and Science Competitions are on offer again for 2014.

The dates are:

ICAS Science Competition is held on Wednesday June 4 – entries close Wednesday May 7.

ICAS Maths Competition is held on Tuesday 12 August – entries close Tuesday 15 July.

The cost of either competition will be $8.00 payable by students directly to the office payments counter.

Design Technology

As Term 1 is well underway the students have parts of their projects ready to start assembling. There are spice racks, iPod/Phone stands, model cars, 3D printed key rings, cake servers and a very diverse range of graphics and GRD (Graphical Design/Technology Studies) folios that clearly display the great range of skills the students are developing.

Our GRD (Graphical Design/Technology Studies) students are putting the new 3D printer to the test.

Years 9 and 10 GRD classes are developing key-rings for the disabled through the process of design. They begin by exploring design problems, researching the market, developing ideas and producing products. Here Cody and Matt work on the 3D printer to develop prototypes for evaluation before their final production.
ITD students have the CNC router running each lesson as they cut out and engrave parts of their spice racks prior to assembly. Integrating computer design and computer machining into a practical subject highlights the differences between hand skills and machine quality.

The Senior Graphics and Senior Technology Studies subject areas have new work programs that are being implemented this year. It is certainly a worthwhile conversation to have with your child with regard to these programs. It could start with, “Can you show me your design folio and tell me about it?” This process should help clarify what they are doing, how they are doing it and why they are doing it!! These are the three main questions we ask (over and over and over).

The Industrial Graphics classes are starting the year “Old School” with drawing boards and tee squares to draw their house frames and floor plans. They will soon be on to AUTOCAD and appreciate the benefit of computer aided drafting as well as the different skills they use.

School Swimming Carnival
On Friday 7 February a small but enthusiastic group of students walked the pilgrimage to Tamborine Mountain Pool for the annual school swimming carnival.

Besides the serious competition other highlights of the day included Mr Pollock swimming in the relays, not one but two Salmon relays peppered by laughter and elaborate dives and some amazing body artwork made from fluro zinc.

Age Champions of the carnival were:

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<tr>
<th>GIRLS</th>
<th>BOYS</th>
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<tbody>
<tr>
<td>13 Years</td>
<td>Cheyenne</td>
</tr>
<tr>
<td>14 Years</td>
<td>Mikaela</td>
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<tr>
<td>15 Years</td>
<td>Isabella</td>
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<tr>
<td>16 Years</td>
<td>Lily</td>
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<tr>
<td>Open</td>
<td>Daniella</td>
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<td></td>
<td>13 Years James</td>
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<td></td>
<td>14 Years Peter and Thomas</td>
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<td>15 Years Joseph</td>
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<td>16 Years Benjamin</td>
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<td></td>
<td>Open Thomas</td>
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House points for the day: 1st - Holt, 2nd - Waiburra, 3rd - Yarga and 4th - Curtis
Broadwater Swimming Carnival
A number of our most aquatically gifted represented the school at the Broadwater District Swimming Carnival on Wednesday 19 Feb.

Our results on the day were exceptional, not only individually but in the team events. Our small team pushed themselves to personal best times, cheered louder than any other school and in the end placed 3rd overall against schools such as Pacific Pines, Helensvale, Aquinas, Upper Coomera, Qld Sports Academy and Southport.

Congratulations to the following students who have made it into the Southcoast Regional team:

- Cheyenne
- Abby
- Joseph
- Thomas

Joseph also won Age Champion having placed 1st or 2nd in every individual event.

Interschool Sport
Super Tuesdays this Term are on: 04 March, 18 March, 01 April.
A reminder to all students playing interschool sport - payment is due by FRIDAY 28 FEBRUARY.

News from Home Economics. 2014 has started well for staff and students in the Home Economics Department. February has slipped away and students have been very creative and have learnt some essential life skills. This year we welcome back Mrs Kylie Oxley, who was last here in 2010. Mrs Oxley has quickly settled in again with Mrs Spence and Mrs Dobson.

Year 8 Home Economics
The Year 8’s have started off Term One with the textiles unit of Home Economics. They have been busy looking at different textiles, parts of fabric, parts of the machine and safety in the sewing room. The practical component involves the students sewing a pair of boxer shorts. The Year 8’s have been very enthusiastic in learning how to use a sewing machine and developing their sewing skills. It’s been good to see a few students have previous sewing skills and have been able to show off their sewing skills in the classroom.

Mrs Kylie Oxley

Year 9 (B) Food Studies
The Year 9’s have been studying the unit ‘Snacking for Life’ which has involved the students completing a food diary. The food diary has then been analysed against the Australian Guide to Healthy Eating and recommendations by the students have been made. The practical component has seen the students partaking in a weekly cooking class on healthy snack foods. The students have been very enthusiastic with their weekly cooking and have been enjoying some healthy snacks.

Mrs Kylie Oxley

Year 11/12 Certificate II in Hospitality
We welcome Year 11 students into the course for 2014. All students are currently working on modules regarding “Information from the Hospitality Industry” and the more practical component of “Simple Dish Preparation”.

Mrs Kylie Oxley

Year 9 (A) Food Studies
Students in Year 9 are studying healthy snack foods with the practical focus on being able to make a quick healthy snack for themselves. Recipes so far have included fruit skewers, vegetables with home-made dips and bruschetta. Later in the term students will look at food labelling and how to interpret the information that can be found on them.

Mrs Shelley Spence
Year 10 Food Studies
This term the Year 10’s are undertaking a unit of work on ‘Coffee Shop Foods’ with a focus on presentation and serving paying customers. They have been taught a number of different garnishing techniques that they will be applying throughout the term. Plating up and presentation is vital to impress customers and student’s first attempts at this are very pleasing to date.

Mrs Shelley Spence

Years 11/12 Home Economics
The Senior students have been studying dietary related diseases along with aspects of healthy lifestyle theory. Assessment for these topics is underway.

Years 11/12 Early Childhood Studies
The study of Cognitive Development is an extremely interesting field that students are very keen to learn about. The next area of study moves into Language Development.

Mrs Shelley Spence

We would like to thank families for the prompt payment of course fees, it allows students the opportunity to quickly move into the practical components of our courses.

Health & Physical Education
Benefits of sport for children.
Some of the many benefits of sport participation for children include:

• reduced risk of obesity
• increased cardiovascular fitness
• healthy growth of bones, muscles, ligaments and tendons
• improved coordination and balance
• a greater ability to physically relax and, therefore, avoid the complications of chronic muscular tension (such as headache or back ache)
• improved sleep
• mental health benefits, such as greater confidence
• improved social skills
• improved personal skills, including cooperation and leadership.

Reducing inactivity may be more effective in achieving overall increases in energy levels in young children than putting the emphasis on increasing involvement in sporting activities. Taking steps to reduce children’s sedentary time is important.

The Year 9 Health & Physical Education program has seen a change in 2014. Where students had been accustomed to a three period program across the school week in previous years, this year they have both their practical and classroom based lessons on a Tuesday only.

The term one program has also seen a wonderful change for the students. The school, in consultation with Tamborine Mountain community member and former Wallaby Garrick Morgan, has joined forces with Queensland Rugby Union (QRU) to deliver a 6 week introductory rugby program to all Year 9 students. The aim of the program is to provide a safe, enjoyable environment where both boys and girls can enjoy learning the skills of rugby. The program is also aimed at promoting the sport of rugby within the Tamborine Mountain community, with the hope that students will enjoy their 6 weeks so much that they look to further their skills outside of school in a club rugby environment.

Students are extremely lucky to not only have expert advice on a weekly basis from qualified QRU Development Officer, Tom Bower, but joining the program this year is ex-Tamborine Mountain SHS student Eleanor O’Connell. Eleanor is a current member of the Queensland Reds Women’s squad and is a wonderful ambassador for women’s rugby here on the mountain. And if that isn’t enough expert advice, Garrick Morgan provides the icing on the cake. Garrick is currently the Queensland Country Rugby Union Coach, and as mentioned previously, played 24 Tests for the Wallabies from 1992-1997.

For further information on the program here at school, or club rugby outside of school, please don’t hesitate to contact the school or contact the Tamborine Mountain Rugby Club.
News from Health and Physical Education
As you would know, it has been a very dry start to the year, which in-turn has allowed us to get outside for maximum HPE activity. We welcome some new staff members in 2014. Mr Severn, Mr Grant, Mr Bannard and Mr Sanagan have all joined our teaching teams to complement our seasoned HPE experts of Mr Anderson and Mr Pollock.

Year 8 HPE
Students have been playing touch football as their practical unit and working on a persuasive article for a sports drink.

Year 9 HPE
All Year 9 students have been working on a Harm Minimisation unit along with the QRU Development Program, see the separate article and photos.

Year 10 HPE
Students have been doing more than working on their juggling skills, an analytical essay on Skill Acquisition and Juggling is an excellent assessment piece. This will be followed up by more practical components of basketball and volleyball.

Year 10 Certificate III in Sport and Recreation
We have two classes this year on Tuesdays for Year 10. Students have started well and are progressing through their coaching modules and are planning their training sessions.

Year 11 HPE
Students have been studying volleyball and in particular motor learning and practice methods related to skill acquisition which is linked to their research report.

Year 12 HPE
Students are also studying volleyball but this time it is a focus on the biomechanics, particularly around motion, angles, forces and stability.

Just a reminder that hats are expected for outdoor HPE lessons. Students do have access to sunscreen at school but our sun safety measures dictate that both sunscreen and a hat is required.

TAFE/Traineeships and Work Education
If students are interested in school-based traineeships and apprenticeships they can see Mrs Cox in Central Staffroom on Monday, Wednesday and Thursdays. She also has extensive noticeboards containing plenty of work related information. Tax file number applications are also available.

School program TAFE students have now all started their courses one day per week.

All courses for 2014 are now closed.

Generally designed for Years 11 and 12 students, enrolment for 2015 for these courses starts around July/August –so if you are looking for information regarding TAFE, be ready during Term 3 to contact Mr Ross in Central Staffroom.

For any career and job guidance, students are required to see our Guidance Officer, Mr Wackwitz in the office.
If you might be interested in engineering, you should sign up with The Engineering Link Group (TELG) at http://www.telg.com.au/ (see top right of the home page)
TELG run 3 day Engineering Link Projects, where you talk with engineers and university lecturers, and work on activities related to a range of engineering specialisations – Civil, Environmental, Mechatronic, Mechanical, Computer, Mining, Military, Geomatic etc
The closest of these will be in Brisbane in July (probably at Uni of Qld). TELG have also organised other activities to engage and interest students in engineering.

**Kokoda Challenge Youth Program**

Interviews are being conducted at the moment for interested students, you need to apply asap. The application closing date is 7 March, but it is better to apply sooner. The launch of the 2014 program will be on Sunday 4 May.

For further details & online application, visit the Kokoda Challenge website –
http://kokodachallenge.com/kokoda-challenge-youth-program

A brief overview of the youth program is below, but full details are available on the Kokoda Challenge website.

**Kokoda Challenge Youth Program (KCYP) 2014**

Young people from the Gold Coast, Brisbane and Tweed are invited to put their hand up and take part in the experience of a lifetime. If you know of a young person age 16-18 (age restrictions are detailed on the website) who may feel like life is at a crossroads and could use a little motivation or discipline to get life moving in the right direction, then the KCYP is a great opportunity. The program is a 14 month commitment commencing in May.

The first 20 weeks consist of training (including participating in the Kokoda Challenge in the Gold Coast Hinterland in July) and team building activities that develop physical fitness and prepare participants for the challenge of a lifetime – travelling to PNG to visit Kokoda.

This life changing experience is then followed by monthly community service activities where participants volunteer their time to local not-for-profit organisations and events such as Landcare projects, Surfing with the Disabled and working with the homeless and elderly. These projects give young people an understanding of the broader community and an enhanced appreciation of their own circumstances.
The Administration Team is available to parents/caregivers and students. Please feel free to email.

<table>
<thead>
<tr>
<th>General School</th>
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<tbody>
<tr>
<td>Mrs Tracey Brose</td>
<td>Principal</td>
<td><a href="mailto:tbros2@eq.edu.au">tbros2@eq.edu.au</a></td>
</tr>
<tr>
<td>Miss Rosemary Falconer</td>
<td>Deputy Principal</td>
<td><a href="mailto:rfalc1@eq.edu.au">rfalc1@eq.edu.au</a></td>
</tr>
<tr>
<td>Mr Graeme Locastro</td>
<td>Deputy Principal</td>
<td><a href="mailto:glocal1@eq.edu.au">glocal1@eq.edu.au</a></td>
</tr>
<tr>
<td>Mrs Jackie Anderson</td>
<td>Deputy Principal</td>
<td><a href="mailto:jande83@eq.edu.au">jande83@eq.edu.au</a></td>
</tr>
<tr>
<td>Mrs Bronwen Mowbray</td>
<td>A/Deputy Principal</td>
<td><a href="mailto:bmowb4@eq.edu.au">bmowb4@eq.edu.au</a></td>
</tr>
<tr>
<td>Ms Serena McMahon</td>
<td>Year Co-Ordinator</td>
<td><a href="mailto:smcmca27@eq.edu.au">smcmca27@eq.edu.au</a></td>
</tr>
<tr>
<td>Mrs Rhonda Forrest</td>
<td>Year Co-Ordinator</td>
<td><a href="mailto:rforr17@eq.edu.au">rforr17@eq.edu.au</a></td>
</tr>
<tr>
<td>Mr Hugh Wackwitz</td>
<td>Guidance Officer</td>
<td><a href="mailto:hwack1@eq.edu.au">hwack1@eq.edu.au</a></td>
</tr>
<tr>
<td>Ms Margie Burrie</td>
<td>Business Services Manager</td>
<td><a href="mailto:mburr8@eq.edu.au">mburr8@eq.edu.au</a></td>
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**Writing Competition is NOW OPEN!**

Calling all Australian School Students... from Prep to Grade 12

Write a story or poem today for your chance to win $1,000 ($500 for you and $500 for your school)! **AND an iPod Touch 16GB + an Xbox 360 OR an Xbox One OR a Playstation 4!!!**

All it takes is an AWESOME story, or poem. Easy!

**Entry is FREE!** Entries close Sunday March 30, 2014.

IDEAS.....you could write a story or poem about:

- Someone you really like (friend, teacher, family member or even your favourite pet)
- Something you really enjoy doing (a party, an excursion, a holiday, an adventure, a school carnival, homework... oh wait... forget that last one)
- Something interesting that happened to you or someone you know (winning a competition, finding a treasure, learning something new)
- A place, or person completely made up, in your very own world where ANYTHING is possible!!

There is NO THEME so you can write about whatever your heart desires!

- Stories no more than 500 words, Poems no longer than 16 lines.
- Entries must be in by Sunday 30th March 2014.

ENTER online, via email, via post (P.O Box 2734 Nerang DC Qld 4211) or via fax (07 5574 3644).

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**Somerset Celebration of Literature**

Permission notes are now available for students interested in attending the Somerset Celebration of Literature on 21st March (8:00 am – 3:05 pm).

This excursion offers great opportunities to see three authors talk about their work. With only 23 places available, it is important that the form and payment are completed as soon as possible to secure a place. See Ms Watt in Central Park for further information.
ICAS Competitions

ICAS – A challenge for English students

Students who enjoy English and would like a challenge can participate in this year’s University of NSW ICAS English and Writing tests. This is an international competition that will give your student an opportunity to gain a measure of their own achievement when compared with other students worldwide, as well as highlight their strengths and weaknesses. Students in all year levels can participate – so please encourage your child to enter, especially if English is one of their strengths.

Each student who enters receives a high quality UNSW certificate and an individual student report which will enhance their employment portfolio. They are also a very appropriate preparation for the Year 9 NAPLAN tests as well as the Year 12 Queensland Core Skills Test.

The assessment dates and entry fee per student are as follows:

- **English** – Tuesday 29th July 2014 - $8.80 GST included
- **Writing** - Monday 16th June 2014 - $18.70 GST included (To be subsidised by the English Department)

A permission form will be issued to students in the near future.

Teachers can work with students before school, first and second lunch and after school. Students can also email teachers.

**Vocal Ensemble** – contact Mr Cam Hart – chart25@eq.edu.au

**Instrumental Program** – contact Mr John Clyde – jclyd3@eq.edu.au

**Anthony Ikin Dance Workshop for Dance Group participants only.** (Top 10 So You Think You Can Dance star and 5 times Australian Aerobics champion Anthony Ikin).

Teachers can work with students before school, morning tea, lunch time and after school. Students can also email teachers.

**Performing & Visual Arts**

- Ms Cheryl Dundas cdund2@eq.edu.au
- Mrs Jo Baker jbake47@eq.edu.au
- Mr John Clyde jclyd3@eq.edu.au
- Mr Nicholas Grant ngrant58@eq.edu.au
- Mr Cameron Hart chart25@eq.edu.au

**Global Studies**

Opportunities for Business students at Griffith University

The Business Department has continued to have an excellent relationship with Griffith University, benefiting from a GriffithBUSINESS Year 12 Program. Business students who are achieving a B grade in BOM (Business Organisation and Management) and a C grade in English are eligible to take part in the programme. Students are invited to attend Griffith for 3 days during the year to attend lectures and take part in assessment. If they achieve the required standard in the assessment, then they will gain direct entry to the university to take a Business course, without the requirement to gain a certain OP.

This year, 7 students have decided that they want to take part in the program and attended their first day at Griffith University last Tuesday. They chose from the three options of Business Management, Commerce and Event Management and spent the day experiencing ‘Uni life’!

The feedback from all of the students was very positive and several parents contacted me to say that they were delighted that this opportunity is available at school and how it has given their child direction in Year 12. One final point to note is that in previous years, Griffith University has given a scholarship to one student from our school and last year it was for $2,500! I’ll keep you posted on this one!

Mr Andy Clark
Bringing the world into your classroom

The ASX Game brings the world into the classroom. It's a great opportunity for students to interact online, in what is as close to real life share trading as you can get.

Students are given a virtual $50,000 to trade for 10 weeks.

As a result of playing the Game students will:

- develop their knowledge of the sharemarket
- learn how to research companies
- discover the importance of wise investment decisions
- learn more about investing which is beneficial for their future

It is free to play and as a bonus, students can win great cash prizes.

Registrations are open – See Mrs Rekort-Blundell if you would like to join as an individual player or syndicate (team) of up to 4 students.

Geography and History Competitions

The Global Studies Department will be running both the Geography and History Competitions again this year.

- ✓ Entry Deadline for the Geography competition is Friday 28th March.
  Competition Date: 24th March – 2nd April

- ✓ Entry Deadline for the Year 8 and 10 History is Friday 4th April. Competition Date: Wednesday 28th May.

Teachers can work with students before school, morning tea, lunch time and after school. Students can also email teachers.

Mrs Christina Rekort-Blundell creko1@eq.edu.au
Mr Andy Clark aclar57@eq.edu.au
Mr Lindon Darling ldar4@eq.edu.au
Mrs Danielle De Redder ddere3@eq.edu.au
Mrs Susie Fenton sfent2@eq.edu.au
Mrs Rhonda Forrest rforr17@eq.edu.au
Mrs Beth Holmes bholm73@eq.edu.au
Ms Leisha Johnstone ljoh89@eq.edu.au
Mrs Colette Weeden cweed3@eq.edu.au
Ms Renee Morrison rcher16@eq.edu.au
Mrs Anna Richardson arch208@eq.edu.au
Mrs Maree Rowell mrowe29@eq.edu.au
Ms Kathryn Russell kruss83@eq.edu.au
Mr Anthony Sanagan asana3@eq.edu.au
Mrs Kelli Thomson kthom605@eq.edu.au
Mrs Michelle Titiriga mtiti1@eq.edu.au
Mrs Maree Rowell mrowe29@eq.edu.au
Ms Kathryn Russell kruss83@eq.edu.au
Mr Anthony Sanagan asana3@eq.edu.au
Mrs Kelli Thomson kthom605@eq.edu.au
Mrs Michelle Titiriga mtiti1@eq.edu.au

Free tutorial assistance is available to students at all levels. Senior students should consult their teacher about opportunities or see Mr Washburn.

Junior School tutoring is available Monday afternoons from 3:15 to 4:15 pm.

Tutoring is on a voluntary basis so interested students attend with their parent’s permission and must have an arrangement in place for transport home. Students need to check on the day they intend to attend – just in case a teacher is away sick – so that arrangements can be made to get home if the tutorial needs to be cancelled. Students can be picked up from the school office from 4:15 on the day of a tutorial.

Any student attending a tutorial needs to come with questions they need answering to ensure maximum gain from the session.

Any enquiries can be made to Mr Stephen Cox, on 5545 7225 or at scox26@eq.edu.au.
Teachers can work with students before school, morning tea, lunch time and after school. Students can also email teachers.

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<tr>
<th>Math / Science / IPT</th>
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<tbody>
<tr>
<td>Mr Wayne Anderson</td>
<td><a href="mailto:wande2@eq.edu.au">wande2@eq.edu.au</a></td>
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<tr>
<td>Mr Martin Bannard</td>
<td><a href="mailto:mbann21@eq.edu.au">mbann21@eq.edu.au</a></td>
</tr>
<tr>
<td>Mr Jack Buttigieg</td>
<td><a href="mailto:jbutt93@eq.edu.au">jbutt93@eq.edu.au</a></td>
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<tr>
<td>Mr Andy Clark</td>
<td><a href="mailto:aclar57@eq.edu.au">aclar57@eq.edu.au</a></td>
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<tr>
<td>Mr Stephen Cox</td>
<td><a href="mailto:scox26@eq.edu.au">scox26@eq.edu.au</a></td>
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<tr>
<td>Mrs Emma Henderson</td>
<td><a href="mailto:ehend33@eq.edu.au">ehend33@eq.edu.au</a></td>
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<tr>
<td>Mr Geoff Hooper</td>
<td><a href="mailto:ghoop7@eq.edu.au">ghoop7@eq.edu.au</a></td>
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<tr>
<td>Mrs Deb Koureas</td>
<td><a href="mailto:dkur1@eq.edu.au">dkur1@eq.edu.au</a></td>
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<tr>
<td>Mrs Robyna Martinovic</td>
<td><a href="mailto:mmart37@eq.edu.au">mmart37@eq.edu.au</a></td>
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<tr>
<td>Ms Sarah Moreno</td>
<td><a href="mailto:smore47@eq.edu.au">smore47@eq.edu.au</a></td>
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<tr>
<td>Ms Serena McMahon</td>
<td><a href="mailto:smcma27@eq.edu.au">smcma27@eq.edu.au</a></td>
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</table>

And our very capable Scientific Officer -

| Mr Marilyn Morris | mmorr186@eq.edu.au |
| Mr Ryan Pollock  | rpol130@eq.edu.au |
| Mrs Marie Reid   | mrei0@eq.edu.au |
| Mr Cameron Ross  | cross55@eq.edu.au |
| Mr Anthony Sanagan | asa33@eq.edu.au |
| Mr Iain Severn   | iseve8@eq.edu.au |
| Mr Glen Washburn | vwash1@eq.edu.au |

Teachers can work with students in first break. Students can also email teachers.

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<tr>
<th>Design Technology</th>
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<tr>
<td>Mr Martin Bannard</td>
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<td>Mr Peter Brose</td>
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<td>Mr Brad Peterson</td>
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<td>Mr Glen Watson</td>
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Sport Head of Department

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<th>Sport</th>
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<tr>
<td>Ms Serena McMahon</td>
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</table>

Teachers are available before school, during breaks and after school for students or they can be contacted by email:

**Home Economics / Hospitality**

| Mrs Kylie Dobson | kdobs19@eq.edu.au |
| Mrs Kylie Oxley  | koxle3@eq.edu.au |
| Mrs Shelley Spence | sspen11@eq.edu.au |

**Health and Physical Education**

| Mr Wayne Anderson | wande2@eq.edu.au |
| Mr Martin Bannard | mbann21@eq.edu.au |
| Mr Nicholas Grant | ngrant58@eq.edu.au |
| Mr Ryan Pollock  | rpol130@eq.edu.au |
| Mr Cameron Ross  | cross55@eq.edu.au |
| Mr Anthony Sanagan | asa33@eq.edu.au |
| Mr Iain Severn   | iseve8@eq.edu.au |

**Guidance Officer**

| Mr Hugh Wackwitz | hwack1@eq.edu.au |
| Mrs Jo Cox      | jcox111@eq.edu.au |

David Forbes the School Chaplain still works 3 days a week at Tamborine Mountain SHS. He works every Monday, Wednesday and Friday.

The Chaplaincy Program is here to meet some of the social, emotional and spiritual needs of the staff, parents and the students. That is the Chaplaincy Services official mandate from EQ and the employing body of Scripture Union puts chaplains into the schools to work within school communities to assist with these needs.

Dave works within the student support team here at Tamborine Mountain State High. If you need a chat for yourself or your children then please contact the school.

Chaplain - Mr David Forbes dforb4@eq.edu.au
Nurse - Mrs Lisa Condon Lisa_Condon@health.qld.gov.au
TAMBORINE MOUNTAIN STATE HIGH SCHOOL
PAYMENT OPTIONS

PAYING BY INTERNET BANKING: Direct Payment into School Bank Account

- School’s Bank Account Name: Tamborine Mountain State High School General A/C
- BSB Number: 064-430 (CBA Branch Southport)
- Account Number: 10417005
- Reference/Details: Please record “STUDENT SURNAME, 1ST INITIAL and Reference/Invoice No., in the reference/details section so that your payment can be recorded correctly. If insufficient details are supplied, payments will be applied to the oldest debt for that Family/Customer.

- Should you wish to forward a remittance advice this can be emailed to mfiord4@eq.edu.au (e.g. CITIZEN, J – Res Levy; BLOGGS, D – Laptop Payment)

- We cannot take internet payments for P & C Uniform or Building Fund

PAYING BY PHONE: Payment by Credit Card ONLY

- Call the school on 07 5545 7222, Monday - Friday 8.15 am to 9.15 am.
- Please have the account and your credit card details with you when you call.
- VISA, MasterCard accepted.

PAYING BY MAIL: Payment by Credit Card, Cheque or Money Order

- Credit Card details completed on the Payment Advice below.
- Cheques and Money Orders made payable to TMSHS and returned with completed Payment Advice below.
- Post to Tamborine Mountain State High School, Holt Road, North Tamborine Qld 4272

PAYING IN PERSON: Payment by Credit Card, Debit Card, Cash, Cheque or Money Order

- Payment can be made at the school office Monday - Friday 8.15 am to 9.15 am.
- Credit Card and Debit Cards (EFTPOS), Cash, Cheques and Money Orders are accepted.
- We do NOT accept American Express or Diners Cards

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CREDIT CARD / PAYMENT ADVICE

The section below is destroyed after processing of the bank reconciliation which contains this payment
We cannot hold details for future payments

STUDENT’S NAME: __________________________

AMOUNT PAID: _______ REFERENCE / INVOICE No.: _______ DATE: _______

CARD TYPE: ☐ VISA ☐ MASTERCARD

CREDIT CARD NUMBER: ___________ ___________ ___________ ___________ ___________ ___________ ___________ ___________ ___________ ___________ ___________ ___________ ___________

(Please ensure that all sixteen numbers are entered)

EXPIRY DATE: _______ / _______

CARDHOLDERS NAME (as it appear on card): __________________________

Please return to: Tamborine Mountain State High School
Holt Road North Tamborine Qld 4272
Phone: 07 55457222 Fax: 07 55457200
AIR FORCE FLIGHT CAMP FOR GIRLS

STUDY AT ADFA IN 2015

The Australian Defence Force Academy (ADFA) combines military and leadership training with a world class degree from the University of New South Wales for the future leaders of Australia’s Navy, Army and Air Force. The key benefits of studying at ADFA include:

- Range of undergraduate degrees available
- The best student-to-teacher ratio in the country
- No HELP debt and paid a salary to study
- Guaranteed career upon successful graduation

To find out more about ADFA attend the next information session:
6 pm, Tues 25 March, Currumbin RSL Club, Currumbin Creek Road. To book your seat call: DFRC Coolangatta on 07 5569 3900 or email nwenberg@df.com.au

Australian Defence Force One/Two Year Jobs Information Session

Experience what it’s like to work in the Army/Air Force over 12 or 24 exciting months. No long-term commitments and no strings attached. Just one or two years of adventure with the Australian Defence Force.

Date: 10 MAR 14
TIME: 6pm–9pm
RSVP: 05 MAR 14
PHONE: 07 5569 3900
CALL 13 19 01 OR VISIT WWW.DEFENCEJOBS.GOV.AU
TRAVEL OVERSEAS
in your summer holidays
with the Lions Clubs International Youth Exchange Program

LIMITED PLACES AVAILABLE IN 2014
APPLY NOW!

- Lions Clubs International is one of the largest service organisations worldwide. The Lions Youth Exchange Program gives youth aged 16-23 years a unique opportunity to live with families overseas to experience a cultural holiday and practice second-language skills such as German, Spanish, French, Japanese, etc. No school attendance is required overseas.
- The Program is not based on touring or sightseeing. Australian youth live with an overseas family as a family member to experience their lifestyle, culture, interests and values.
- Lots of exciting overseas destinations including Europe, North and South America, USA, Australia, New Zealand, Scandinavia and Japan.
- Chaplaincy support available in Los Angeles and London.
- Accommodation provided at no cost by host families associated with Lions Clubs International.
- Depart early December 2014, return mid-January 2015 (5 weeks of summer holidays).
- Approximate costs range from $1,800 to $5,900 depending on overseas destination chosen.
- Email Lion Helen Diggins (helen222@hotmail.com) or Lion Lorraine Hermonworth (Hermonworth@bigpond.com) of the National Lions Youth Exchange Committee to discuss the application process.
- More information is available on the national Youth Exchange website:

www.lionsclubs.org.au/yae

TRY YOUTH EXCHANGE
YOU WILL ENJOY IT!

NORTHERN GOLD COAST
COMMUNITIES FOR CHILDREN
Oxenford and Coomera Community Youth Centre (OYCC), 25 Tamborine
Oxenford Rd 4210, Oxenford Ph: 55804995/5529887

FREE PROGRAMS FOR PARENTS : Term 1, 2014

PARENTING MADE EASIER
This is a 6 week program written in consultation and based on many years experience working with families. To understand our children's behaviours, we first need to understand the purpose behind their behaviour. This program aims to help parents find strategies to teach children respect, cooperation and responsibility.
Wed 19th February - 26th March 6:30pm-8:30pm (OYCC)

1, 2, 3 MAGIC & EMOTION COACHING
A 3 session program for parents and carers to help promote positive behaviour and manage difficult behaviour in children 3-12 years olds. Learn how to help your kids become better at managing their emotions.
Thurs 27th Feb - 13th March 6:00pm-8:30pm (Great Start Early Learning Centre 1 Michigan Drive Oxenford)
Fri 21st March - 6th April 9:00am-11:00am (OYCC)

BRINGING UP GREAT KIDS
This 6 week course is practical and inspiring approach to parenting that uses mindful reflection to support parents to review and understand their patterns of communication with their children, promote positive and respectful interactions, and encourage the development of children's positive self identity.
Mon 17th Feb - 26th March, 9:00am-12:30pm at St George Church Hall, Mt Tamborine
Thurs 20th Feb - 13th March, 9:00am-12:30pm (OYCC)

RELATIONSHIP RESCUE
This 6 week program offers an opportunity to explore ways to have a fabulous relationship, to receive support and understand why the relationship isn't working. Relationship includes parents, siblings, work associates, partners, spouses and children.
Tues 19th Feb - 25th March, 6:00pm-8:30pm (OYCC)

BABYSITTER TRAINING
For 13-17 year olds, this 6 week course is a practical and fun approach to baby sitting. The course covers interacting with kids, basic first aid, and tips on managing difficult behaviours. A certificate of attendance is provided at the end, supporting you to gain employment.
Thurs 20th Feb - 27th March, 4:00pm-6:00pm (OYCC)

BUILDING A CONFIDENT YOU
This 6 week program nurtures the development of a healthy self esteem, supporting you to fulfill your goals in life.
Fri 14th February - 14th March 9:15am-12:15pm (OYCC)

While parents participate in our day programs, children who require childminding can participate in "Kids at Play" activity group (5-9 years accepted). A fee of $40 per child, numbers are limited and places are essential.
Please phone 5580 4995/5529 8087 to book a place and / or to register your child/children for childminding.

Note:Whilst all due care is taken to undertake programs regularly, they may be subject to change. Please ensure you book prior to attending any programs.
Be Healthy & Active with our free and low cost activities across the region from 10 FEB - 11 MAY 2014

ACTIVITIES FOR ALL AGES INCLUDE:
- Tai Chi
- Yoga
- BMX Freestyle Clinics
- Kids fishing
- Healthy cooking workshops
- Come and Try Sports days & more!

Get moving for a healthier happier you!

FREE and low cost activities for all ages across the region from
10 FEB - 11 MAY

WHAT’S ON THIS MONTH

TAMBORINE MOUNTAIN
- Tai Chi class starts 10 February, $3
- Foodoonts healthy cooking workshop starts 10 February, FREE
- Balance and Exercise with Physique Health starts 12 February
- TMSA Family Fun Day, 23 February, FREE

CANUNGRA
- Fat burning classes start 11 February, $3
- Yoga starts 15 February, $3
- Canungra Owls Family Fun Day, 22 February, FREE

BEAUFESERT
- Yoga starts 11 February, $3
- Breath, Body and Balance Seminar, 22 February, $2
- Foodoonts healthy cooking workshop starts 26 February, FREE

BOONAH & FASSIFERN
- Beau Boxing Youth Program starts 12 February, $2
- Rathdowney Swimming Pool Come and Try Day, 22 February, FREE
- Canoeing Come and Try Day at Wyaralong Dam, 23 February, FREE

Fassifern Falcons AFL Come and Try Day 6 February, FREE
- Pilates with Sam starts 10 February, $3
- Intro to Zumba with Arnie starts 10 February, $3
- Group Fitness Workout for Beginners starts 11 February, $3
- Indoor Bowls for Over 65s starts 12 February, $2
- Yoga for Mums & Kids starts 13 February, $3
- Fab Fun Fitness at the Hydro Pool starts 13 February, $3
- Boonah Golf Club Come and Try Day on 23 February, FREE

Find out more about Council’s Be Healthy & Active Program:
Visit your nearest Customer Service Centre or Library
Call Council’s Customer Contact Centre on 5540 5111

Scenic Rim Regional Council