Message from the PRINCIPAL

Dear parents, carers and friends of St Michael’s,

As well as celebrating many wonderful student achievements at last week’s assembly, I also spoke to our students about cybersafety. I reminded our students about “The Grandma Rule” ie. Don’t post or send anything that you wouldn’t want your grandma to see. This includes images, text messages, emails and comments on social media.

We all need to remember that the things we post today may be accessible from many decades at least to our children, grandchildren and future employers. This is called our “digital footprint”. The Grandma Test allows us to judge the appropriateness of posts that will become part of our future digital footprint.

For parents and carers, keeping your kids safe online is easy with a few simple precautions from http://www.schoolatoz.nsw.edu.au/technology/cybersafety/cybersafety-tips-every-parent-should-know:

- Nothing replaces parental supervision and education about cybersafety. There are many great online resources to support you with this.
- Set technology rules and a curfew. Many parents and carers insist that online activities happen in a family room or set rules around technology free times and places, such as the bedroom and dinner table.
- Remind your child to never give out identifying information such as your home address, school name or telephone number in a public message such as chat or newsgroups.
- If your child posts photos online, help them to check their privacy settings to limit access to people they know well.
- Remind your child that people don’t always tell the truth online, and they can’t take anything at face value.
- Reassure your child that they can tell you anything, without fear of losing the laptop or internet access.
- If they get a message or email that's threatening or rude, they should ‘STOP, BLOCK, TELL’. First step is to tell your child to stop responding to the abuse and then block those people sending threatening or rude messages if they continue. Let your child know that if they are being bullied, or know someone else who is, they should tell a trusted adult.
- Never click on any links that are contained in emails from people they don't know. As well as sexual content, they could contain a computer virus.
- If you suspect your child has been contacted by a predator, try to save a copy of the chat log (or whatever form the contact takes) for evidence. Call Crime Stoppers 24-hour line 1800 333 000 to make a formal complaint.

Last week, thanks to the great work of many staff and students, we celebrated both NAIDOC and Science Week at school with a number of great events, including:

- A challenging and moving Year 9 Indigenous Spirituality Day with local Indigenous elders.
- A beautiful NAIDOC celebration at assembly.
- Science Quiz challenge with around 70 student teams competing. One of our Junior teams came 15th; our seniors 5th and our staff tied for 1st place before a defeat in the tie breaker.
- Lunch time science challenges and visits from science organisations.

I also had the privilege of watching our junior drama students perform “Ivy Shambitt and the Sound Machine” as part of the ongoing eisteddfod season. I would like to congratulate all of our actors, dancers, musicians, performers, staff and parents who took part in the many performances across the past couple of weeks.
Mrs Carlene Wickham was due to go on maternity leave this week, but had to leave earlier. The good news is that everything is still going well for her and her future baby. We wish Mrs Wickham and her husband all the best. I thank Ms Colleen O’Dea who has stepped up into Mrs Wickham role until the end of the year.

Last week, I let parents know that Mr Stephen Eisenhuth was away until the end of term for surgery. The good news is that Mr Eisenhuth is recovering well.

Just so that parents and carers are clear on some of these changes, the staff currently in acting roles are:

- Deputy Principal: Mrs Kathryn Janovsky
- Assistant Principal (Student Pastoral Care): Mrs Lisa Smith
- Assistant Principal (Religious Education): Mrs Paula Lancaster
- Year 12 Pastoral Leader: Mr Corbin Levick
- Year 9 Pastoral Leader: Ms Colleen O’Dea
- Support Teacher Inclusive Education: Ms Bianca Zorn

We wish all of the staff in acting roles and those on leave all the best.

Yours in Christ

Mr Michael Nayler
Principal

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Message from the ACTING PRINCIPAL RELIGIOUS EDUCATION

Last Friday O’Shea students attended Mass at Sacred Heart Church. Father Nicholas flew back from overseas to celebrate this Mass with us and the Parishioners! His usual happy demeanour, passion and enthusiasm greeted all of us, despite only arriving back in the country at 2am. The students were immaculately dressed in their formal uniform, their behaviour was exemplary and they reverently participated in the Mass. I was proud of every student and delighted with how students conducted themselves when they led the entrance procession, read from the lectern, brought forward the gifts and performed the music and singing. The compliments from the parishioners were expressed voluntarily to me as they exited the church. They were genuinely pleased to have our students celebrate Mass with them as was Father Nicholas.
On Tuesday the Year 9s took part in a Spirituality Day with a NAIDOC focus. Five Aboriginal educators from nearby communities presented workshops for the students so they could experience the spirituality and culture of our Aboriginal people. It was a sensational day which was enjoyed by the students, staff and the presenters. The sense of community throughout the day was very strong and our concluding reflection was not only powerful but also produced a piece of artwork which the College will be able to keep and display proudly.

Finally, one of our presenters, Leeton Lee, gifted the College with one of his art pieces. It was the artwork used for the inspiration and focus for our closing reflection so whilst it is beautiful it also has special meaning for the 9s. In an upcoming newsletter I will display the piece and attach the story which explains the artwork.

I thought photos would help you experience the true essence of the day more than what my words can express. Enjoy.

Mrs Paula Lancaster
Acting APRE

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Message from the ASSISTANT PRINCIPAL STAFF & STUDENT DEVELOPMENT

Homework provides students with opportunities to consolidate their classroom learning, pattern behaviour for life-long learning beyond the classroom.

Students can take responsibility for their own learning by:

- accepting responsibility for the completion of homework tasks within set time frames.
- following up on comments made by teachers.
- seeking assistance when difficulties arise.
- organising their time to manage home obligations, participation in physical activity and sports, recreational and cultural activities and part-time employment.

Homework Club

Our Resource Centre (Library) is open Monday to Thursday after school until 4pm for homework assistance. On every one of these afternoons there are teacher aides available to assist students with their homework difficulties. On some days various subject teachers are available. Please encourage your student to avail himself or herself of this service to assist them with their homework obligations. A bonus for parents is that there is no traffic congestion in the area when doing the “pick up”.

Our Junior students who need extra help can make use of the Chill Zone in HECS room at lunchtimes on Mondays, Wednesdays and Fridays.

Another homework “not done” excuse:

Leonie Trueman
APSS
Last week was a very busy but rewarding week. On Tuesday night we had 8 teams compete in the Griffith University Science Trivia Night. Well done to the "Quarks" who came a very impressive 5th out of over 60 teams entered, and likewise to the staff team who tied for 1st, just losing out on a tie breaker question.

Last Thursday St Michael’s hosted a science teacher hands-on in-service run by QUESTACON. A number of teachers from Gold Coast schools attended this fun PD that involved designing and building a earthquake shaker base and tower that could withstand a high frequency of waves but would still collapse at a precise earthquake reading.

During the week we had some science based lunch-time competitions for fun! Students who engaged with these did have a great time. Well done to Luc Hickey who won the egg-drop cradle building competition.

At assembly we congratulated the senior students who had performed well in the National BIG Science Competition: Credit for Mitchell Busby and Distinctions for both Mitchell Birgan and Victoria Boyd. Top effort!

Are you 14-18yrs old and interested in being part of an exciting 3 day September holiday opportunity?

What is the Questacon Invention Convention?
National and regional workshops where you can work with techsperts from Questacon and innovators, inventors and entrepreneurs from around Australia to turn your ideas into reality.

This is being hosted by Griffith University on 27-29 September, 2016. For more details and on-line application form go to: https://www.questacon.edu.au/outreach/programmes/questacon-smart-skills/questacon-invention-convention

Julie Miles
Science Faculty Leader
**Message from the COLLEGE COUNSELLOR**

**Teen Topics**

**Self Harm**

Self-harm means to deliberately harm or injure oneself without wanting to commit suicide. Some teenagers start self-harming when they are frustrated or depressed, extremely anxious or feeling trapped because of a certain situation in their lives. It is seen as a way of coping with inner pain and it is often linked to low self-esteem and a feeling of being overwhelmed by intense emotions. These emotions typically include a feeling of being disassociated from everything around them.

**What to do**

Often a teenager who self-harms has difficulty coping with and talking about their emotions and believes that they are not coping. The self-harming can make them feel better so they may not see that there are any negative effects. Tell them that cuts sometimes become infected and turn to scars and that they may go too far and cause a severe injury leading to death. Give your teenager different strategies to use when they feel like self-harming, including finding a distraction that works, developing better coping skills, talking to someone they trust, making a personal decision to stop the behaviour and remain focused and positive about life to avoid relapsing. Keep self-harming instruments such as razors and knives in a secure place at home and ensure that any wound doesn’t become infected. Try to focus their mind on something other than the inner pain by occupying their time with creative activities such as painting or writing and encouraging them to have a healthy lifestyle, including healthy eating, physical fitness and overall personal wellbeing. If you or your teenager feels their self-harming is getting dangerous then seek the advice of a psychologist, your family doctor, school counsellor or government health agency.

Please do not hesitate to contact the College Counsellors if we can assist in ensuring the wellbeing of your teenager.

Email: counsellor@stmichaels.qld.edu.au or phone 0438 184 994.

With best wishes

Jeff
Dr. J. Kemp J.P. (Qual), Churchill Fellow
College Counsellor

“To understand your parents you must raise children yourself.” -Chinese Proverb

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**Message from the HPE FACULTY**

**What’s going on?**

Year 10 students should be preparing for their unseen essay. For the Year 10 students in particular, this assessment provides a valuable indicator for those considering Senior Health and Physical Education in the future. Good luck to all students.

Year 12 REC students will be testing their skills on a local golf course and the Year 11 REC students are finalising their preparations for the two-day Outdoor Education Camp.

**Gym**

Parents and students are reminded that the gym is open on a Tuesday and Thursday afternoon, 3:00pm – 4:00pm. Students are asked to bring a full change of clothes, a towel and water bottle to every gym session.

**Healthy Hints**

When you are busy and don’t have time for one long workout, you can get much the same benefit by exercising in smaller amounts throughout the day.

Clinton Daddy
HPE Faculty Leader

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**SMC IN SECOND PLACE ON THE GOLD COAST!**

On Sunday, August 14, St Michael’s had a number of keen contestants enter the Foreign Language Speech Contest. The students chose a topic such as ‘My Future’ and wrote a 3-minute speech, which had to be performed in front of judges. At the conclusion, the judges asked the students three random questions, which they had to answer in the target language. Thomas Simonini in Year 12 received a 3rd place medal for his Japanese speech in the first round.

All place getters from the Gold Coast region were then called back to perform in the finals with Thomas coming in second place convincingly. This achievement was even more impressive considering a number of the competing students have done Japanese immersion.

We are very proud of Thomas and wish him all the best as he continues his Japanese studies at Griffith University in 2017.

Colleen O’Dea
Japanese Teacher
ROSIES

St Michael’s continues their close relationship with Rosies in 2016. On a cold and windy Monday night the girls headed out to Surfer’s Paradise to provide a friendly ear and some warm food and blankets to the less fortunate.

(From left) Victoria Boyd, Hannah Munkley, Rachel Murray and Bernie Lang.

Corbin Levick

SHANNON HOUSE NEWS

Shannon 2 came out as Gold medal winners in our Shannon House Gold Coast Olympic Quiz. Well done to all Shannon house members.

Here is one of the questions to try out at home:

What's the city's main navigation entrance from the Pacific Ocean?

Corbin Levick

BLAZER FITTING FOR YEAR 10 STUDENTS

Letters have been posted to all parents of Year 10 students, regarding the dates for blazer fittings. Blazers are compulsory for all Senior students in Year 11 & 12.

NEW BLAZERS
For those students continuing onto year 11 in 2016 who would like to purchase a “New Blazer” we will be holding fittings from Tuesday 4 October to Friday 7 October 2016 in the Uniform Shop. Parents are not only very welcome, but are also encouraged to accompany their child for this very important selection process of a suitable size blazer. New blazers will be available for collection on the Uniform Day in the first week back from school 2017.

SECOND HAND BLAZERS
A list of the current Year 12 students who would like to sell their blazer second hand is on the window of the Uniform Shop. Please feel free to inspect this list or see Mrs Chouja for a copy.

It is expected that all Year 10 students continuing onto Year 11 in 2017 have a blazer organised either NEW or SECOND HAND before the end of October. Senior students will be required to wear their blazer for the Opening Mass at the commencement of the school year in 2017.

If you have any queries, please contact Mrs Chouja on 5530 2722 extension 2017.

TUCKSHOP ROSTER

<table>
<thead>
<tr>
<th>Monday August 22</th>
<th>Tuesday August 23</th>
<th>Wednesday August 24</th>
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<tbody>
<tr>
<td>Vicki Boevink</td>
<td>Donna Clarke</td>
<td>Dorothy Brazil</td>
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<tr>
<td>Jackie Hicks</td>
<td>Tracey Zimmerman</td>
<td>Kim Hunter-Smith</td>
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<td>Thursday August 25</td>
<td>Friday August 26</td>
<td>Monday August 29</td>
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<tr>
<td>Selena Duff</td>
<td>Gold Coast Show Day Holiday</td>
<td>Selena Duff</td>
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<tr>
<td>Jenny Harding</td>
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<td>Help Needed</td>
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</tbody>
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Message from STUDENT SERVICES

Well it's that time of the year again and students are frantically buzzing around: lodging expressions of interest for TAFE in schools programs, considering tertiary direct entry, applying for scholarships, checking their online learning accounts, tallying up QCE points, scrolling through the QTAC guide, desperately pondering: what am I going to do with my life? Take three deep breaths and slow down…help is only a short email away, or perhaps a visit to Student Services.

Students and their parents alike can make a booking to speak with me at an appropriate time. If you have any queries, please look online and consider making contact with the institution/s directly for sound advice. If this doesn't give you the answer you were hoping for or if you would just like some general advice regarding these concepts, please reach out, I am always happy to help in any way possible.

We have already had an incredible response to the TAFE in schools program being offered for 2017. There are 22 courses available all of which are displayed in our Student Services Bulletin Board. These courses, along with information on how to apply have been emailed to all students from Year 9 to 11.

Another exciting event I would like to advertise is our Year 12 Mock Interviews! We have secured eight industry professionals who will be here on August 30 to put our Seniors through their paces and give them vital job interview exposure. This day will also involve two more guest speakers, who will speak about various career pathway choices in a fun and interactive way! This is a compulsory event which will kick off with a bbq breakfast at 8am.

Have a great week.
Mick Esdale
Vocational Pathways and Careers Coordinator

2017 DIRECT ENTRY APPLICATION - TAFE QUEENSLAND
The Direct Entry Application has arrived! All Year 12 students who are interested in securing an early place in a TAFE Diploma program, commencing Semester 1, 2017 are strongly encouraged to apply. To secure an early placement into any Diploma program students will need to apply online at www.studentrego.com (CODE - TAFE6).

Applications open online on 29 July 2016 and will close on 9 September 2016.
Students are also encouraged to apply for a TAFE Queensland Scholarship. For more information or to apply for a Scholarship please visit http://www.scholarships.tafeqld.edu.au/.

APPLICATIONS FOR THE AUSTRALIAN DEFENCE FORCE GAP YEAR 2017 ARE NOW OPEN
A Gap Year in the Australian Defence Force is a great way to get a feel for an exciting career in the Navy, Army or Air Force, while gaining life skills, making new friends and developing leadership qualities you can take anywhere. Choose from a number of Gap Year roles.

Applications are only open for a limited time, until numbers have been filled, so don't miss out!
Applicants must have completed Year 12 and be aged between 18 & 24 years old as of 1 April 2017 (Navy), 31 May 2017 (Army) or 7 April 2017 (Air Force).
For more information, contact the ADF at Robina on 5569 3900 or visit http://www.defencejobs.gov.au/education/gap-year

BRISBANE/QUEENSLAND OPEN DAYS – AUGUST 2016
Southern Cross University (SCU) invites students in Year 11 and 12 to attend the annual SCU Careers in Health Day on Tuesday 23 August 2016, from 9.45am – 2pm. Students will join SCU academic staff and students in eight different interactive laboratory workshops to explore study options and careers in Clinical Sciences, Midwifery, Nursing, Occupational Therapy, Pedorthics, Speech Pathology and Sport and Exercise Science. Registration is essential, please see Mr Esdale in Student Services for further information.

Southern Cross University (SCU) is opening the campus on Thursday, 25 August to any year 11 or 12 students who are interested in finding out more about careers in media, music, visual arts and creative writing. Students are invited to participate in four interactive workshops, join academic staff and current students to explore career and study options. Students interested in attending this free event should see Mr Esdale in Student Services.

SAVE THE DATE – Southern Cross University Gold Coast Campus (SCU) is hosting a parent information evening from 5-7pm on Thursday, 1 September, and invites all parents of Year 12 students to an insightful evening on the transition from high school to university. Guest speakers will cover information on the application and enrolment process, careers, student support, costs, scholarships and more. For registration or further information please visit www.scu.edu.au/futurestudents/events

TAFE GOLD COAST – MID YEAR INTAKE
TAFE Queensland Gold Coast is accepting Expressions of Interest for mid-year entry into various Schools Programs across a diverse range of study areas. This program allows you to fast track your career by completing a Certificate qualification and gaining points towards your QCE.

TAFE AT SCHOOL 2017 COURSES
TAFE Queensland would like to announce that applications are now open for 2017 courses. Many wonderful opportunities for students on a VET pathway. Please see our Student Services Notice Board for all courses available and pop in and see us with any enquiries. Applications can be done online at www.studentrego.com (Code-TAFE7).
INTRODUCTION TO VETERINARY NURSING
TAFE Gold Coast are offering an Introduction to Veterinary Nursing course for students over the age of 15 who would like an insider’s overview of life as a Veterinary Nurse. Conveniently spaced over four evenings and finishing with a behind the scenes tour of an Oxenford Veterinary Clinic. For more information please contact Student Services or call TAFE Queensland Gold Coast Customer Service on 07 5581 8300.

2016 AVIATION CAREERS EXPO
The 2016 Aviation Careers Expo is back for its 16th year, offering aspiring aviation professionals the chance to get one step closer to their dream career in the sky. The expo is being held at Brisbane Airport on Saturday 20 August 2016 from 10am until 4pm. The event is free to attend however you must register to obtain a ticket for entry at www.eventbrite.com.au searching for ‘2016 Aviation Careers’. There are also cabin crew information sessions being held on Wednesday 20 July and 24 August from 6.30pm – 8.30pm. This is also free entry and you will need to register to receive a ticket, searching for ‘Brisbane Cabin Crew Careers Session’.

ULTIMATE GAP YEAR IN THE UK
Would you like to work in the UK for two years? The Ultimate Gap Year includes London city placements, English countryside manor houses & castles and even European resorts. If you would like to know more, please see our Student Services Bulletin Board or email gapyear@pst.edu.au

WHITE CHRISTMAS HIGH SCHOOL PROGRAM
Are you 14-18 years old and would like to go on a cultural exchange? Would you like to live in another country or speak another language? If yes, CAMPUS EDUCATION AUSTRALIA (CEA) are offering overseas programs and language group tours. Please see the Student Services bulletin board for more details or visit www.campus.com.au.

PRESTIGE SERVICE TRAINING
Prestige Service Training are offering a Diploma in Business and Certificate III in Information, Digital Media & Technology during school hours. For more information please see Student Services or learnmore@pst.edu.au.

PRESTIGE SERVICE TRAINING SCHOOL BASED TRAINEESHIPS
Cert III Hospitality:
- Soul Origin, Pacific Fair
- The Press Café, Coomera Waters
- Zarraffa's Coffee, Hope Island, Runaway Bay
- Crema Espresso, Q1 Building Surfers Paradise
- Gloria Jeans, Varsity Lakes
- Little Elm Café, Ormeau
- Hudson's Café, John Flynn Hospital - Tugun
- Coolabah Downs Private Estate, Mt Nathan
- Coomera Roadhouse Café, Coomera
- The Coolabah Tree Café, Stabylon, Waterford West
- Michel's Patisserie, Springwood
- Crying Tiger, Helensvale Night Quarter Markets
- Four Beans, Ormeau

Cert III Business Admin:
- Prestige Service Training, Southport:
  - Rare opportunity for Year 12 Students wanting a career in administration. Prestige Service Training at Southport is offering a School Based Traineeship which will convert to an ongoing position next year.
  - Willow Vale Gourmet Co, Coomera
  - Mad About Life Risk Advice, Clear Island Waters

Cert III Business Retail:
- Lucky Dragon Newsagency, Australia Fair
- Wild Cards and Gifts, Pacific Fair

Cert III Business:
- News Agency, West Helensvale

Cert III Retail Operations:
- Noodle Box, Arundel, Pacific Pines
- Waters, Benowa, Coolangatta, Arundel, Pacific Pines
- Burgered, Arundel, Pacific Pines

Cert II Warehousing Operations:
- Reece Plumbing, Nerang

IGNITE EDUCATION HOSPITALITY SCHOOL BASED TRAINEESHIPS
Cert III Hospitality:
- Crema Espresso, Pacific Fair
- Bumbles Café, Budds Beach
- Blackboard Café, Varsity
- BSKT, Mermaid
- Koffee Shack, Burleigh Heads
- Crema Espresso, Robina Town Centre, The Pines, Broadbeach
- Latitude 28, Surfers Paradise
- Surfers Beach Café, Surfers Paradise
- Zarraffas, Tugan, Helensvale
- Crust Pizza, Surfers Paradise
- Alleygators Rugby, Currumbin

Cert III Business:
- Account For It, Palm Beach

AURORA TRAINING INSTITUTE
Are you interested in doing an RSA course? Aurora Training Institute are offering a workshop at their Robina office. Thursday 1st September 2016. 6:00pm-9:00pm at a cost of $50. Please see Student Services for more details.

AURORA SCHOOL BASED TRAINEESHIPS
Cert III Commercial Cookery:
Finders Keepers Bar, Burleigh Heads

Cert III Hospitality:
Gloria Jeans Drive Thru, Robina
Le Café Enchante, Coolangatta

California Tacos, Burleigh Heads
The French Lantern, Hope Island
Koncubine, Chim Park Southport
Loca Café, Hope Island
Julius Meinl Coffee, Main Beach
Harrigan’s Drift Inn, Jacob’s Well
Subway, Runaway Bay, Coomera, Westfield Helensvale, Australia Fair, Carrara, Harbour Town, Main Beach, Worongary, Palm Beach, Hope Island, Surfers Paradise
Zarraffa’s, Runaway Bay
Burger Bro, Upper Coomera
Michele’s Patisserie, Runaway Bay Shopping Centre
Betty’s Burgers & Concrete Co, Surfers Paradise
Baskin Robbins, Pacific Pines
The Industrial Café, Nerang

Cert III Business (Administration):
Illusions Magic Show – Matt Hollywood, Sanctuary Cove

Gold Coast Adventures, Main Beach
Hinterland Veterinary Surgery, Nerang

REDMAKO SCHOOL BASED TRAINEESHIPS
Cert III Hospitality:
Michels Patisserie, Pacific Fair, Southport
Royal Thai Hut, Pacific Pines
Nando’s, Mermaid Waters
Two Seasons Café, Broadbeach
Uncles Takeaways, Worongary
Dominos Pizza, Helensvale
Sunshine Grills, Nerang
Marinara Café & Restaurant, Hawthorne

Cert III Commercial Cookery:
Toscanis Café Bar and Restaurant, Robina
Royal Thai Hut, Pacific Pines
Marinara Café & Restaurant, Hawthorne

AUSTRALIAN RETAIL COLLEGE TRAINEESHIPS
Cert III Business:
Zarraffa’s, Burleigh
Pizza Hut, Helensvale
Baskin Robins, Mermaid Beach
Subway, Robina

Expressions Evening 2016 presents
Dancing through time

Gold Coin Donation at the door
When: 24th of August.
Time: Junior Performance from 4:30pm, Live Music and Art Work from 5:00pm, Staff Act Followed by Production at 6:00pm
The Principal, Staff and Students of St Augustine’s Parish Primary School Cordially invites

St Augustine’s Past Staff and Students

To celebrate the 90th Anniversary of the School and Blessing of our Chapel Stations of the Cross

Friday 2 September 2016

Mass commences at 11.30am in Mackillop Hall (followed by light lunch)

Galleon Way, Currumbin Waters

RSVP: Thursday 25 August
Mrs Clare Zuber
Phone: 07 5598 8730
czuber@bne.catholic.edu.au