Term Four
This term is traditionally busy with students and staff finalising learning and assessment for the year. Put in celebratory functions such as Awards Night, Sports Awards, Formal and Graduation and it will be easy for students to lose focus on their main goal of learning and achieving the best that they possibly can in all subjects. This week on the school assembly, students were asked to reflect on their learning goals and evaluate how they are measuring up to these high expectations they set earlier in the year. These are some good questions for students to ask themselves (parents can help). Am I:
- Attending all day, every day?
- Prepared and planning well?
- Sticking to my study timetable?
- Completing all set work?
- Doing enough to get me what I want?
- Giving my learning my best shot?
- Focused to have school/education as a high priority?

Better Schools
The Australian Government has a National Plan for School Improvement that will be phased in from 2014 so that every school will get funding to become an even better school. Various Federal Government members will visit school communities across Australia to discuss their plan to make sure every school gets the funding and support it needs to improve results and help every student. For information about these forums and the National Plan visit the website [www.betterschools.gov.au](http://www.betterschools.gov.au) The local Federal Member for Moreton, Graham Perrett MP, is hosting a session at Sunnybank High School on Friday 26 October at 2 pm.

HIA Expo 2012
Congratulations to the year 11/12 Building and Construction team and teacher Mr Chris Ralph who in the months leading up to the Expo designed and constructed an elaborate dog house that was completed on the Friday at the Expo and displayed over the weekend. With judges and consumers voting for their favourite dog house, the Sunnybank State High School entry was the winner. All ‘dog houses’ were donated to Guide Dogs Queensland to help raise funds for this worthy cause.

I have had a great first week at the school meeting students and staff. The school is well resourced and has wonderful staff to assist in improving student learning. I will be at the school until 9 November and look forward to meeting parents at the many school functions over these weeks.

Mr Glen Donald
Acting Principal
LOTE
Learning another language opens doors to the world! Students who have studied another language are often considered to be very valuable and in many cases, preferred employees in their future careers, especially in areas like trade, business and tourism. The ability to communicate in one or more Asian languages is now seen as a necessary skill and both Chinese and Japanese are considered extremely valuable for Australians to learn because these countries are major trading partners of Australia and there has been a marked increase in tourists, especially from China.

It is important to learn Chinese because China is now the second largest economy in the world. About one fifth of the world’s population are Chinese and over 1.3 billion of the world’s population are Chinese speakers. Chinese has become an official language of the United Nations and it is the third most spoken language after English and French in USA, UK and Canada. Learning Chinese and Japanese will enable communication with Chinese/Japanese speaking people all over the world and open doors to huge job markets in countries where these languages are spoken.

Learning a foreign language improves the opportunity for University entry due to the bonus ranks offered. The local branches of Confucius Institute and HANBAN (Office for the Chinese languages) and the Taiwan Cultural Office provide many opportunities to further the studies of Chinese language locally and in China. There are many scholarships on offer to study the language in Japan.

The Chinese and Japanese languages are not that difficult to learn and the language teachers in this school have made learning more interesting by engaging the students in cultural experiences such as taking part in Chinese writing/calligraphy competitions, participating in the Hand-drum World Record Challenge, sharing mooncakes and folklore for the Moon Festival and making Japanese paper cranes to bring well wishes to the needy community. Students of Chinese learn more about the different countries and sports when they are engaged in meaningful and authentic situations such as commenting in Chinese on the number of medals won by the various countries in the Olympic Games 2012.

Ms Cheung, Chinese Teacher

JAPANESE
The year 8s have done an excellent job in their Japanese presentation. Students have created a self-introduction booklet about themselves, their family and hobbies and presented this to the class in Japanese.

Students in the year 9 Japanese class studied food and on the last day of term three had the wonderful opportunity, using the Japanese language, to order traditional Japanese cuisine from Mrs Takahashi.

QLD POLICE SERVICE
PARTY SAFE PROGRAM
Everyone enjoys going to or hosting a great party. For young people it is certainly a part of growing up and celebrating special occasions with friends.

The Queensland Police Service Party Safe program allows you to register your party with local police. Registering your party gives police the opportunity to supply you with some great advice and resources to help you organise a safe and lawful party. It also ensures that, if things do go wrong on the night, police have the information necessary to effectively deal with issues.

To find out more about Party Safe, and for some great ideas to help make your party safe, lawful and enjoyable for everyone concerned, including parents, hosts and guests, go to www.police.qld.gov.au/party.

SECOND HAND UNIFORMS NEEDED
The school is seeking donations of second hand uniforms which can be used in emergency situations. Please leave at Student Services.

50TH ANNIVERSARY BOOK
A commemorative book is being produced for Sunnybank’s 50th Anniversary next March. It will detail Sunnybank High’s history and will be a valuable resource for anyone with a link to Sunnybank High. The cost is $65. An order form is enclosed with this newsletter.
ANTHOLOGY RELEASE
As part of the National Year of Reading, we thought we’d give you something new to read, something no one else has read before; something written by authors who’ve never been published before. On 17 September Sunnybank State High School launched a new anthology of short stories and poems written by emerging Australian authors. Those authors are the students here at Sunnybank State High School.

Students from all year levels were invited to submit original short stories and poems for publication in the anthology. At first I wondered if we’d have enough to put a book together at all, but then the idea caught on and we were inundated with entries. Unfortunately we were limited by the number of pages we could have in the book so not everyone who submitted a story or a poem has had their work included in the anthology.

Congratulations to those of you who submitted work. It takes a lot of courage to take something you’ve created and put it out there for other people to see, to read, to judge.

All entries published in the anthology were judged by Australian poet and author, June Kent. Ms Kent has won numerous awards for her writing and poetry and has recently completed a six month residency in Paris. Ms Kent highly commended the following students’ work:

**Short Story**: ‘The Loner’ by Mohammed Jama
**Poetry**: ‘My Age’ by Betina Telegaru

‘I Would’ve Had Your Eyes’ by Dianne Ventura

The winners chosen by Ms Kent were:

**Short Story**: ‘Dancing with the Daffodils’ by Betina Telegaru
**Poetry**: ‘Consider First’ by Hubeldin Legese

The winners each receive a copy of the Anthology as their prize.

The anthology is now available for sale for $10 a copy. It would make a wonderful addition to your home library and a terrific gift for any member of your family. You can purchase your copy from financial services at the office.

Ms Elaine Cobb, Teacher/Librarian

MENTAL HEALTH WEEK
7 October to 13 October
“Breathing space” working toward wellbeing
One in five Australians will suffer from a mental illness e.g. depression and/or anxiety. Mental illness affects people of all ages and from all walks of life. Stress has been identified as a possible trigger to some mental illnesses or it may prolong episodes. We are living life at a much faster pace; there is always somewhere we have to be and things that should have been done yesterday. Depending on the circumstances within our lives these stressors can be greatly increased e.g. relationship problems, study, etc. and whilst we may not always be able to resolve the problem, changing our attitude and seeking help can help maintain good mental health. Try the following: -

- Think positively
- Be assertive
- Set realistic goals – not even you can do everything in one day
- Like yourself – you are a great person, take time out just for you
- Balance work and play
- Eat healthy foods, engage in daily physical activity and try to get at least eight hours sleep per night
- Talk about your problems – find someone you trust and share your feelings and worries. Build yourself strong support networks e.g. family, friends or work colleagues.

If you are concerned about yourself, a loved one or a friend, a good place to start seeking help is through your local general practitioner (GP). Students and concerned parents or caregivers are very welcome to access student services through school.

Sources: Mental Health Council of Australia
Helpful website: www.beyondblue.org.au or call 1300224636

See next edition for celebrations at Sunnybank High School. Good Health. Maggie Kerr

School Based Youth Health Nurse

COMMUNITY NOTICES
Sunnybank Mini Variety Market
Refreshments will be on sale PLUS flowers, craft, jams, pickles, cakes, sweets, knick knacks and Christmas gifts.

*When:* 9.00 am to 2.00 pm, Saturday 27 October
*Where:* Sunnybank RSL Hall, Gager Street, Sunnybank

Mansfield State High Class of ’87 Reunion
Saturday 27 October 2012
There will be a tour of the school at 5.00 pm and dinner at the Mansfield Tavern at 6.00 pm. More information and tickets: www.reinventyourself.com.au/mshs

POST-SCHOOL PARENT’S FORUM
Sunnybank State High Auditorium
Wednesday 17 October, 6.00 pm to 8.00 pm
This is special opportunity for parents of our year 11 and 12 students to find out more information about the opportunities available for their children after school, including services and other support in the community, training and employment options, navigating Centrelink and job network providers and more. The presenter will be Byron Mulligan from the PCYC. Refreshments will be provided. Please confirm your place by contacting Sunnybank High School on 3323 8111.

**ADVANCE NOTICE OF IMPORTANT DATES**

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<tr>
<th>Date</th>
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<tr>
<td>October 16</td>
<td>P&amp;C Meeting</td>
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<tr>
<td>October 17</td>
<td>Year 11 and 12 Parent Forum 6.00 pm - 8.00 pm Auditorium</td>
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<td>October 22</td>
<td>Student Free Day</td>
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<td>October 24</td>
<td>Awards Night 7.00 pm</td>
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<td>October 25</td>
<td>State Track and Field QSAC</td>
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<td>November 1</td>
<td>Sports Awards Night 6.30 pm</td>
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