Exams and Assessment
All students will have exams and/or assessment during the next two weeks. To support year 11 and 12 students achieve their very best, there is an option for them to remain at home to study if they do not have an exam scheduled. If year 11 and 12 students are completely up to date with all items of assessment submitted, they may have their teachers sign their study week sheet, obtain permission from their parents and remain at home to study. Signed forms must be handed to Students Services and checked off prior to any student remaining home. Study rooms are available for those students whose parents wish them to remain at school to study and for the completion of assessment tasks.

Uniform
There are plenty of warm jumpers in stock in the uniform shop. All students are required to wear the school jumper to and from school. It is not acceptable to wear a non uniform jumper. If you are having difficulty in purchasing the full school uniform, please contact a member of the administration or our school business services manager to make arrangements to support you in having your student provided with the correct clothes for school.

Our school wide positive program is continuing to support students to understand how to respect themselves and others, accept the responsibility for their own behaviours and learning and demonstrate their readiness for learning and ultimately to take their place in our society. The lessons each week have a focus on one behaviour that highlights an aspect of these values. Over the last couple of weeks, the lessons have focused on keeping healthy and behaviours around hygiene. As we move into the winter season when colds and flu are common, this is important so students and staff remain illness free and don’t miss valuable learning time. Every day at school counts.

Teachers Inspire Learning
Parents have the opportunity to honour an outstanding teacher. You have the opportunity to publicly recognise and encourage our great teachers and give them a well-deserved pat on the back through the ASG NEITA Awards for Inspirational Educators. Nominations close on 31 July 2013. Details at www.neita.com.au

Homeless Connect is a yearly event which seeks to provide support and assistance to Brisbane’s homeless. For the past few weeks, the year 8s and year 11s have been collecting items in roll mark to donate to the Homeless Connect day event held at RNA Showgrounds on Wednesday 29 May. The year 8 student leaders, Farhia Mwewiwa, Eyoel Gorfu, Rebecca Steel and Abby Laifai, presented the donations from Sunnybank SHS to Anre Pataczek (Brisbane City Council) and Harriet Goodman (Homeless Connect) in preparation for this week’s event.

P&C News
At this week’s P&C meeting, it was decided to use the services of ACSEA, an organisation that supports P&Cs, to process the canteen and uniform convenors’ wages. This is a consequence of the difficulty that has been faced in finding a treasurer. Parents are invited to provide feedback to the P&C as to how best to continue to support students and the school and be representative of the parent body.

Tuckshop Specials
Wednesday 5 June - Fettucini, Thursday 6 June - Tomato and chive soup. (Small $3, large $4.50)

Diane Hicks,
Principal
CHAPPY CORNER
It’s been a busy month in the world of Chaplaincy with excursions and also with the celebration of Chappy Week! Recently, our year 10 female students had the opportunity to be inspired by a number of successful women from Soroptimist International, who encouraged our girls to pursue their dreams and to make the most of their skills to make a difference in our world.

Also this month, two of our year 11 students attended the World Vision Global Leadership Conference where they learnt about issues relating to world hunger and poverty. All students who attended the conference were encouraged to go back to their schools and to inspire their peers to be part of making a difference in ending world hunger, especially through the upcoming 40 hour famine event in August.

Chappy Week began with an event called Spin Off where a team of staff and friends took up a gym bike challenge to raise funds for the Chaplaincy service at Sunnybank High. This event took place at the Sleeman Sports Centre and involved competing alongside 100 teams. Out of 39 teams in the Open Heat, our staff team came 17th with 24.8 kilometres travelled in 30 minutes. Thank you to those who participated in the bike challenge and to those who supported them and our Chaplaincy service!

Chappy Week also included a teacher in school uniform day where a few of our amazing staff dressed up in school uniform for a fundraising activity. Students had the opportunity to vote for the teachers they wanted to see dressed in school uniform and the five teachers with the most votes had the privilege of being in uniform for a day. Thank you to Mr Jassy Bhullar, Mr Andrey Alexeenko, Mr David Magoffin, Mr Gilroy Hatcher, Ms Kerry Schloss and Mrs Tania Williams for participating in this activity and to the students and staff who supported them!

A great month packed with much fun for both staff and students! Thank you everyone!

CHAPPY CORNER

YEAR 9 GIRLS SOFTBALL TEAM
It has been another successful season for the year 9 girls softball team. After winning our district, the girls set off on Friday 17 May to Ipswich Softball Association to play Kenmore SHS in the first district semi-final. After a slow start, the girls lifted their game to score a massive ten runs in the third innings to make the final winning score of 15 to 9. Very gracious winners, the girls were noted by the Kenmore coach as being a credit to Sunnybank SHS.

The following Thursday 23 May, the girls journeyed out to Redlands Softball Association to play against Wellington Point SHS. Wellington Point SHS was a formidable team, though our year 9 girls put up a great fight, unfortunately losing 23-0. Credit must be given to the year 9 softball girls for their commitment to the game and support given to each other with positivity throughout. It was another successful season with one step closer to the district grand final. Congratulations to all the girls for the hard work and sportsmanship when playing other schools all semester!

Rosy Kalamafoni, Year 9 Girls Softball Coach

WINTER RECIPE
Traditional Pumpkin Soup
Serves 8
Preparation Time 20 minutes
Ingredients
1kg rich coloured pumpkin 1 onion
4 cups chicken or beef stock 1 tablespoon sugar
Pepper 2 teaspoons grated ginger
1 teaspoon nutmeg 1 tablespoon butter
¾ - ½ cup cream

Method
1. Peel pumpkin, cut into pieces and place in large saucepan.
2. Peel and chop onion, add to pumpkin.
3. Add stock, sugar, pepper, grated ginger, nutmeg and butter. Cook until soft.
4. Cool, then place in a blender, about one-third at a time, and blend until smooth.
5. Lastly, add cream and mix well.

This great winter recipe and more can be found in the Sunny Creations Cookbook available at the Finance office for $15.00.

YEAR 10 SCIENCE EXCURSION
Recently, year 10 students visited the Mt Coot-tha planetarium and botanical gardens. The planetarium has been recently refurbished, only re-opening this term. The dome ceiling of the planetarium becomes the night sky with stunning clarity and ease. Constellations and the Milky Way are in front of you, then you take off into space! We had a magical ride to the edge of the universe. Feet firmly back on the ground, we were off to see the biodiversity in the botanical gardens. Two specialist teachers provided by the gardens showed us around. The tropical dome was very hot and humid with broad leaved plants, which contrasted nicely with the cacti in the arid region next door. Highlights included a vanilla pod vine, a chocolate tree, an insect eating pitcher plant, fruit that smelt like parmesan cheese and a close up view of a native bee colony.

Thank you to the Brisbane City Council who provided the bus for no charge and to the year 10 students who were delightful company and represented the school impeccably.

Ms Deirdre Aldridge, A/HOD Science

Traditional Pumpkin Soup

Ingredients
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4 cups chicken or beef stock
Pepper
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¾ - ½ cup cream

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LOTÉ CHINESE

Chinese calligraphy is not only a practical technique for writing Chinese characters, but also a unique art of expression to communicate the spiritual world of the calligraphist.

Our students of Chinese had an inspiring cultural experience in class on 16 May when they learned how to integrate the art of "qi gong" (focused breathing) with mastery of calligraphy. Under the instruction of Master J. Huang, they realised the importance of maintaining proper posture, focused breathing and harmonious alignment of the body and mind when writing with ink and brush. This will enhance presentation and artistic expression of the writing as well as improve the health, energy and power of the writer.

Apart from this activity, our students of Chinese will take part in various artistic and cultural competitions in the 2013 Queensland Chinese Character and Culture Festival organised by the Queensland Mandarin Teachers Association.

Mrs Hazel Cheung, LOTE Teacher (Chinese)

HOMESTAYS REQUIRED
Consider becoming a Homestay provider for Sunnybank High School's International Student Program!
Contact: Catherine Pound, 3323 8119, International Student Coordinator, Cricos Provider Number: 00608A.

WORLD NO TOBACCO DAY - Friday 31 May

Being smoke-free has many benefits that include saving money, having an increased fitness level and having a healthier and often younger looking skin. Quitting requires commitment and a belief that you can succeed. It will also take strength, determination and self-belief that you can succeed. It will also take strength, determination and self-belief that you can succeed. It will also take strength, determination and self-belief that you can succeed. It will also take strength, determination and self-belief that you can succeed. It will also take strength, determination and self-belief that you can succeed.

- Make a list of the things that often set off your anger eg. running late, your children not cleaning up after themselves, or a co-worker blaming you for something you didn't do. If you know ahead of time what makes you angry, you may be able to avoid these things or do something different when they happen e.g. for lateness, set your clocks ahead of schedule.
- Use strategies to calm yourself – deep breath, count to ten, punch a pillow, walk away, put your anger into getting a job completed, talk to a friend (but when calm).
- What you think affects how you feel so CONTROL YOUR THINKING - self-talk yourself into rational thinking. Know you are in charge of you. Choose to act and think calmly. It will win more friends and achieve better outcomes.
- Be assertive - Being assertive means being clear with others about what your needs and wants are, feeling okay about asking for them, but respecting the other person's needs and concerns as well and being prepared to negotiate. Avoid using words like ‘never’ or ‘always’ or ‘should’ (for example, “You're always late!”, “You should do this.”), as these statements are usually inaccurate, make you feel as though your anger is justified and don't leave much possibility for the problem to be solved.
- Seek professional help if your strategies aren't working.

Ms Sardie, Guidance Officer

COMMUNITY NOTICES
Mt Gravatt Blue Light Dance Party
The next Dance Party is Friday 7 June, 7.00 pm to 9.30 pm, at Mt Gravatt PCYC, 90 Klumpp Road, Upper Mt Gravatt.
Enquiries: Senior Constable Shane Stanley on 3323 8106.

Sunnybank High Courts for Hire
Basketball and tennis courts for hire.
Phone: 0413 425 229

STRENGTHENING DISCIPLINE IN QUEENSLAND STATE SCHOOLS - Information for parents

While the majority of students come to school ready to learn, a small percentage do the wrong thing and misbehave, which is why the Queensland Government is strengthening discipline in state schools. Strengthening Discipline in Queensland State Schools is the first of 15 strategies being introduced under the government’s new Great Teachers = Great Results initiative to lift standards of teaching and give schools more autonomy so they can get on with the job of providing a safe and supportive learning environment. Strategies include:
- giving principals greater powers to discipline students
- cutting red tape and streamlining processes for exclusions, suspensions and cancellations of enrolment
- developing more alternative learning environments for students with complex behaviour needs
- implementing new behaviour contracts with students and families.
If you have concerns about your child’s behaviour at school you should talk to your child’s teacher or contact the school.
For more information on Great Teachers = Great Results, visit the DETE website: www.det.qld.gov.au/great-teachers

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<th>ADVANCE NOTICE OF IMPORTANT DATES</th>
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<tr>
<td>June 5 - 12</td>
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<tr>
<td>June 10</td>
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