



From The Executive Principal...

Upcoming Dates

28-05	Immunization 9.30am to 10.35am
03-06	School musical production starts
05-06	School musical production finishes
10-06	ICAS Science competition
16-06	Year 11 & 12 block exam starts
24-06	Year 11 & 12 block exam finishes
25-06	School social

School Office

Opening times:

Monday	8am -> 4pm
Tuesday	8am -> 4pm
Wednesday	8am -> 4pm
Thursday	8am -> 4pm
Friday	8am -> 4pm
Saturday	CLOSED
Sunday	CLOSED

Uniform Shop

Opening times:

Monday	CLOSED
Tuesday	8am -> 11am 3pm -> 5pm
Wednesday	CLOSED
Thursday	8am -> 11am
Friday	8am -> 11am
Saturday	CLOSED
Sunday	CLOSED

Access your allies...

Those of you with exceptional memories might recall me mentioning the wisdom of Canadian educator, Bill Barry, in my first ever Brisbane State High School newsletter article. Today I touch on some more Bill Barry wisdom.

Bill Barry's 'High Five Principles' originated in 1995 when a group of Canadian career development experts were asked to summarise what they knew about life, learning and work in five concise messages.

These High Five Principles resulted:

- Change is constant – embrace it!
 - Recognise that the world around you is constantly changing.
 - Be open to change and remain alert to new opportunities.
- Learning is ongoing
 - Strive for continuous personal improvement.
 - Stay motivated by learning new skills and developing new talents.
- Focus on the journey
 - Don't focus on one destination only.
 - Recognise that your career journey will be throughout your lifetime.
 - Appreciate and value each experience along the way.
- Know yourself, believe in yourself and follow your heart
 - Pursue your passion to find fulfilment.
 - Discover ways to combine your interests with career opportunities.
- Access your allies
 - Rely on the support of your family, friends, mentors, colleagues and peers.
 - Career success can be a team effort.

Source: Department of Education, Employment and Workplace Relations, Canberra, Australia (2007). *The Real Game Series*. (Five principles, created by career development specialists from across Canada, often referred to as *The High Five Principles*, are imbedded throughout all activities and learning objectives in *The Real Game Series*). Retrieved 16 January, 2009, from <http://www.realgame.gov.au/index.htm>.

These messages really resonate with me and seem to align perfectly with many of the core messages that I have tried to communicate to students and school communities during my educational career.

I have been particularly reflecting on the fifth message on a variety of levels - Access your allies - since I took up duty at this school.

At the strategic level it was clear from our wide consultation that Brisbane State High School needed to reach out and forge ahead with new alliances and partnerships with a full range of organisations with



the end point goal being that we could add value to the student learning experience at Brisbane State High School. You will note that this work and these challenges are now represented in our 2009 Operational Plan under Goal D – Establishing Our Key Partners.

A great start, but I'm reminded of a conversation that I had with a Year 12 student recently. She spoke of the last 12 months during which she has had to endure a series of family members suffering from major health issues. She explained some of her coping strategies and it was clear to me that she had significant 'stickability' and plenty of 'ticker'. Very significantly though, she said that her biggest challenge was asking for help from people in our school. Not because they wouldn't be willing to help – but because she needed to swallow her pride to have that first conversation. There's a message in that for all of us and all of our students.

We will have refined student support in Brisbane State High School over the next few years (see the following section detailing our Goal B work from the 2009 Operational Plan), but we will still always need students to be aware that they must – **access their allies**.

We are also pushing this 'access your allies' theme through our new Year 12 Mentoring Project.

This project sees our school ensuring the connection between past students and current students (which is so central to the ethos and tradition of this school) is alive and well.

In 2009, Brisbane State High School seeks to establish relationships between selected Year 12 students and past students who have been successful in their chosen careers.

Underpinning this initiative is the school's belief, common to both past and present students, that 'Knowledge is Power'; knowledge through experience should pass to Australia's future leaders.

Brisbane State High School's Year 12 Mentoring Project aims to create a shared experience between generations of State High students through a mentoring relationship, conducted at the mentor's place of work over a two day period.

This opportunity affords past students the opportunity to reconnect as mentor with the high school experience and with Brisbane State High School, being the shared elements between pupils past and present. Conversely, senior students are presented with unique educational and life experiences through access to successful role models in a select field of interest.

Past students participating as mentors:

Robin Gibson

- Architect – accomplishments include the Queensland Cultural Centre, incorporating the Queensland Performing Arts Centre (QPAC).

Professor Lawrie Powell

- Medical research - currently Director of Research at the Royal Brisbane and Women's Hospital, honorary Senior Principal Research Fellow of Queensland Institute of Medical Research and Professor Emeritus, The University of Queensland.

Patrick Dixon

- Real Estate - Co-founder of Patrick Dixon Executive Leasing / Mr Dixon is currently undertaking both commercial and residential development projects whilst also acting as consultant to some of Queensland's leading property developers.

John Sugarman

- Mechanical Engineer and Managing Director - Australian Maritime Safety Authority.

Greg Egan

- Prominent Brisbane Barrister.

Dr Nicholas Nicolaides

- Co-founder of Sullivan Nicolaides Pathology.

Ian Healy

- Former Australian Cricketer / Media – Sports Presenter, National Nine New/ Sports Commentator.

Richard Barker

- General Manager – Austereo/Triple M.

Rhonda Binnie

- Dance Teacher/Administrator, Principal – The Ritz Performing Arts Centre.

John Lazarou

- Marketing – Public Relations Director, The Coffee Club Franchising.

Amanda Newbery

- Public Relations – Managing Director, BBS Communications, Public Relations and Business Advisors.

Malcolm Snow

- Chief Executive Officer of South Bank Corporation.

Tony Bellas

- Chief Executive of Seymour Group.

Duncan Armstrong

- Former Olympian / Media - Sports Commentator.

Doctor Paul Licina

- Founder, Brisbane Orthopaedic Specialist Services.

We are very excited about the rich potential of this project to affirm the value of past students to our school, to add value to the lives of selected Year 12 students and to grow wider and deeper in future years.

Our world and the world that our students will inherit is more than ever one in which networks and networking are critical. We fully intend that our students will be ready to thrive in that environment by the time that they graduate from this school.

2009 Key Projects...

Continuing our series of snapshot reflections of why each of our 2009 Operational Plan Key Projects is critical to our school and of course, our students.

Goal B

Making a large school seem smaller.

Size does matter. There are many benefits to our students from Brisbane State High School being a school of over 2,000 students. We can offer a range and breadth of curriculum, co-curricular activity and other opportunities for students from Years 8 to 12 that other schools can only dream of.

This goal recognises though that while size has benefits, it also provides significant challenges to our school in relation to ensuring that students don't get 'lost in the crowd'.

The Working Party driving this goal will be seeking to develop and action a range of strategies designed to ensure that relationships and support are a critical and strong feature of our school.

They will be aiming to:

- Review and refine pastoral care
- Review and refine proactive student support
- Improve student transition and induction – both for each cohort of new Year 8 students and also for the many new students in Years 8 to 12 who arrive throughout the year.

The 'pointy end' of their work will involve the design of an improved Year 8 to 12 tracking and support process which seeks to ensure that key staff are able to monitor individual student progress and that timely advice, support and if appropriate, intervention can be provided to maximize outcomes for all students.

This work is being trialled in Year 11 and Year 12 at present with HOD – Senior Schooling, Ms Sue Littman, and HOD – Curriculum and Year 12 Student Manager, Ms Kerrie Richards, in key roles.

In fact – three of our four Student Performance Targets for December this year are very much an expression of our belief that this work with our current Year 12s will bring positive dividends:

- 100% of Year 12 BSHS students achieve a Queensland Certificate of Education or a Certificate of Individual Achievement.
- 90% of eligible Year 12 BSHS students achieve an OP 1 to 15 (Please note: 2008 Year 12 result: 85%).
- 100% of Year 12 BSHS students exit with an OP and/or a VET Certificate.

Working Party members for Goal B are:

Goal B	Making a large school seem smaller	
Goal Leader	Mr Mark Law	
Representatives	Mr Wayne Best Ms Michelle Clekovic Mr Andrew Foley Mr Nathan Macpherson Ms Therese Sherley	Ms Catrina Conmee Ms Cheryl Cameron Mr Andrew Service Ms Katherine Wall
Student Representatives	J.Hamilton (9A) J.Newham (9I)	
Parent Representative	Mr David Gillespie	

We look forward to keeping you updated in relation to our progress with this critical work.

And finally....

Together with three other Brisbane State High School staff members (Ms Leanne Hooper - Deputy Principal, Mr Dan Walker - Acting Deputy Principal and Mr Simon Irvine - Teacher), I visited four of Australia's most famous selective/local entry public high schools in Sydney and Melbourne this week for two days. We were beginning the work to benchmark world class public education which is a key part of our 2009 Operational Plan.

I will be discussing what we experienced at these schools over future newsletter articles but I can say that we left the four schools knowing that we have much to do, but proud that we are achieving much already in some areas that they are not. In particular, I observed students beside whom Brisbane State High School students could walk comfortably and confidently. We have much to be proud of in relation to our students.

RICHARD MORRISON, EXECUTIVE PRINCIPAL

State High Champion

This edition's State High Champion is:

Peter Mylrea

Peter is father to Sara Mylrea, Christy Mylrea (both girls were school captains – Sara in 2004 and Christy in 2006), and current Year 10 BSHS student, V.Mylrea. All girls were/are very active in BSHS Swimming. Peter joined the sub-committee when Sara was in Year 8. Over many years, Peter was officially either Secretary or Treasurer but he actually did everything! He provided very detailed minutes of every meeting, reminders of what had to be done and when, and if you needed to know anything, Peter was the man to ask. It was always a great relief to know that he would be there if there was a sub-committee issue that needed to be solved.

Over the years, there has been a succession of teachers in the MIC Swimming role and he has been a constant guiding light throughout the years. Peter is such an organised, softly-spoken man. He once

brought a cake along to a sub-committee meeting but didn't say why. It was eventually discovered that he was his birthday but he wasn't going to say anything - even when the date for the meeting was arranged at the previous meeting and he could have said it didn't suit him because it was his birthday, he put the sub-committee first! (I'm sure his family appreciated this kind of commitment.)

If there was a BBQ, he would cook it. Peter was at every swimming meet and would try and keep a low profile, but if ever a timekeeper (or a starter) was needed, Peter could always be relied upon and he would be prepared. Peter was there for the first ever Thursday morning BBQ and pretty much at every one after that. If he couldn't get enough time from work to stay and cook, he would still be at the pool to set up, organise everyone else and then go to work.

The Mylrea family are very special people. They are all incredibly supportive of each other and very well balanced. They really understand the importance of extra curricular interests but how these can be balanced with academic achievement and family life - why the girls have been such great role models for the student body. Peter's stand out quality is that he really doesn't expect recognition for what he does. He does more than most - he does it for the good of his children, their peers and the school.

From The Deputy Principals

Parent Teacher Interviews

Feedback Requested

The Working Party responsible for Goal E (Culture & Climate) in the Annual Operational Plan is seeking feedback from parents and guardians regarding the format of the Parent - Teacher Interviews.

If you would like to contribute to the discussion or have suggestions for improving this service, please email your ideas to me and I will present them to the Working Party meetings for analysis.

Email address: the.principal@brisbaneshs.eq.edu.au

The elements that we would ask you to consider in your comments/suggestions could include, but are not limited to:

- Amount of time allowed for each interview (5 minutes)
- The time frame for the event (e.g. 4 - 7pm)
- The placement of the dates of the interviews
- The suitability of the venue
- Separating year levels for different nights
- Information/communication with parents to advise of the event
- Degree of ease/difficulty in making bookings with teachers

Any suggestions that you would be willing to contribute would be greatly appreciated.

Year 10 Subject Selections - Semester 2

Students in Year 10 have been provided with information regarding their subject allocations for second semester.

This early notification will ensure that students have ample time to place orders for text books in preparation for the start of the new semester.

At this point in time in the term, students are not permitted to make further alterations to their requests. During the first two weeks of Semester 2, students will have another opportunity to change subjects. The capacity to do this will be entirely dependent on the availability of places in classes.

Any students who are unsure of their allocations should contact their form teacher in the first instance as each Year 10 form class teacher was provided with a copy of their class details. I will also be able to assist students with this information.

JANICE HEAD, DEPUTY PRINCIPAL

Cyber Safety

Last week on Assembly I spoke with our students about the responsible use of social networking sites such as *YouTube*, *MySpace* and *Facebook*.

While the students were informed that the school Executive will not hesitate to assign consequences to those students who play any part in besmirching the reputation of the school by posting inappropriate or offensive material on social networking sites, they were also advised to exercise caution in terms of the manner in which they choose to present themselves as private individuals.

Seemingly uncontroversial photos taken at social gatherings that are forwarded to other friends often find their way onto sites such as *YouTube*, where there is no way of containing the viewership to the intended audience, nor of having such material removed.

In a technology-driven society where the boundaries between that which is private and that which is public are becoming increasingly blurred we, as teachers and parents, need to alert our young people to the importance of making wise choices in order to minimise the risk of "on the spur of the moment" decisions leading to public embarrassment, and potential damage to reputation.

We seek your help in our quest to keep our students cyber-safe.

LEANNE HOOPER, DEPUTY PRINCIPAL

Faculty News

Visual Art News

CREATE09 Festival

Saturday, June 20

The CREATE festival has been a fixture on the school calendar since its inception in 2006. CREATE encompasses numerous displays and installations throughout the Merivale Street campus and showcases work from every student involved in the Arts at Brisbane State High School. This includes Music, Dance and Drama performances, Animations, Short films, and individual and collaborative projects from Visual Art students.

To mark the significance of the Year of Creativity we are undertaking a public art postcard project that aims to be a true reflection of the diverse and dynamic neighbourhood surrounding BSHS. We are asking a number of people to contribute to this work including primary students from West End and Dutton Park State School; secondary students from BSHS; tertiary students from South Brisbane Institute of Technology and Queensland College of Art; and artists from the Indigenous and local community.

The festival also celebrates excellence in the Visual Arts with the presentation of the Peter and Julie Bellas Art Bursary in the school's Art Factory Gallery. In 2009 the bursary will be awarded to three Year 12 students who have achieved a Very High Standard in their Semester 1 body of work. All VHA students will be eligible for this award and their work will be showcased in the gallery on the night.

The event is scheduled to commence at 6.30pm with the Performing Arts department presenting some items in the auditorium. The official opening and presentation of the bursaries is scheduled to commence at 7.45pm. A program of the evening's events will be published closer to the date. We encourage all students and parents to attend and extend a warm welcome to the wider community.

AMALIA KIDD, HOD VISUAL ART

ICT News

ICT Student Survey 2009

Recently I surveyed 200 students to determine how satisfied they were with the way in which computers are used in learning at Brisbane State High School. The results are pleasing. I believe that your children have access to one of the best school ICT networks in the state.

Extremely satisfied	Satisfied	Dissatisfied	Very Dissatisfied
4%	83%	7%	5%

Some of the other responses are listed below. The internet speed is the main area of concern expressed by students. Unfortunately this area is out of our direct control. We are required to only use the service supplied by Education Queensland. We have requested an upgrade to our bandwidth to help reduce this concern. Last year we gained a modest upgrade, hopefully we can get a larger bandwidth upgrade this time.

Question	Satisfied	Dissatisfied
Are you satisfied with the amount of TIME you have to access a computer room during class time?	80%	20%
Are you satisfied with the amount of time you have to access a computer room outside of class time?	60%	40%
Are you satisfied with the working order of the computers?	72%	28%
Are you satisfied with the working order of the internet?	55%	45%
Are you satisfied with the speed of the internet connection?	41%	59%
If you have problems with your computer, are you satisfied with the level of support from your classroom teacher?	67%	33%
If you have problems with your computer, are you satisfied with the level of support from the IT Department staff members?	73%	27%
Are you satisfied with the file transfer procedure ie using USB flash drive?	83%	17%
Are you satisfied with MIS email?	71%	29%
The level of difficulty associated with the computer-related tasks set by your teachers is...		
	Too Easy	12%
	Appropriate	81%
	Too Hard	7%

BRUCE CHAPMAN, HOD ICT

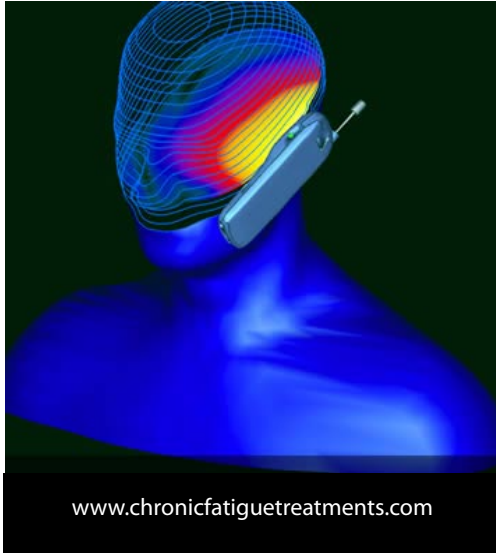
Health and Physical Education News

Year 12 Health Education students are currently engaged in an assessment instrument known as an Integrated Task. This assessment tool requires students to design, implement and evaluate a campaign

which seeks to enhance health outcomes relating to a significant environmental health issue. Students are also called on to do extensive pre and post campaign research to ensure that their campaign achieves the best possible results.

This year, the students have been asked to address the pertinent issue of Electro Magnetic Field (EMF) radiation emitted from mobile phones and other electrical devices. Following is an article written by Year 12 Health Education student S.Bramley as part of her integrated task campaign:

“Mobile phones potentially worse than smoking”



Mobile phones could represent a public-health time bomb akin to asbestos or smoking, according to numerous medical studies undertaken by various neurologists (Global Research, 2007). During a 14-month long study Dr Khurana reviewed more than 100 studies on the effects of mobile phone use in recent medical and scientific literature — in addition to press and internet coverage — and concluded “there is a significant and increasing body of evidence... for a link between mobile phone usage and certain brain tumours”.

The risk may be as great as a twofold to fourfold increase of developing a tumour on the same side of the head as the “preferred side” for mobile phone use, the report warns.

There is a growing and statistically significant body of evidence (Annual Report – Australian Radiation Protection and Nuclear Safety Agency, 2006 - 2007) reporting that brain tumours such as vestibular schwannoma (acoustic neuroma) and astrocytoma are associated with ‘heavy’ and ‘prolonged’ mobile phone use,

particularly on the same side as the ‘preferred ear’.

As well as a link between mobile phone usage and cancer, there have also been links (World Health Organisation, 2001) between the use of mobile phones and memory loss, mental confusion, headaches, fatigue, joint and muscle pains, rashes, retina damage, impaired sense of smell and digestive problems.

While there is still no proven link between medical conditions and exposure to electro magnetic radiation from mobile phone use, the growing body of evidence is a great cause for concern.

It is recommended that mobile phone usage is minimised, using landlines instead where available. It is also recommended that the speakerphone function on mobile phones is favoured, which enables the mobile phone to be more than 20cm away from the body; the use of Bluetooth devices should also be minimised. Mobile phones should not be kept in pockets and away from the body at all times. These precautions are necessary to reduce exposure to potentially damaging electromagnetic radiation.

SCOTT EMBLEN, HOD HEALTH AND PHYSICAL EDUCATION

Senior Schooling News

It’s a busy time of year for our Senior students, particularly the Year 12s. Some may be starting to feel a bit anxious. Sometimes they feel overwhelmed by everything they have to do and can end up doing very little. To combat this, students really need to develop a schedule which allows for study/work/sport/social commitments. They need to have a balanced life and doing this will assist.

Exam Block - June 15 to 24 - Years 11 and 12

Students are advised to check intranet and/or school website to access the exam timetable. Room allocations will be posted next Monday. This is a large document and students will need to read it carefully to ensure that they know in which rooms their exams will be held.

QCS Practice for Year 12 students

June 25 and 26

This will be held in F Block and all Year 12s are expected to participate. Students who are not OP eligible are strongly encouraged to sit the QCS test as it can greatly improve their rank.

Special Consideration

Students have been advised that they needed to apply for special consideration for the actual QCS test by May 21. Information about this is available on QSA website. Strict guidelines apply.

SUE LITTMAN, SENIOR SCHOOLING

English News

On April 27, author of the book 'Don't Call Me Ishmael', Michael Gerard Bauer, came to visit Year 8. He talked about his life, which included some funny stories and moments. He also gave us tips on how to write a good story, how to make it interesting and how to capture the reader's attention. All in all it was a fun experience for us. We look forward to more books written by him.

P. Nguyen, Year 8

...As he visited State High, he taught us how to write a story all the while weaving in amusing anecdotes and tying them in with how to make our narratives realistic. The experience of actually meeting an author was fantastic in itself, but the knowledge we gained that day will be with us for as long as we can remember.

J. Saw, Year 8

In my opinion, it was very interesting having a real author coming in to talk to students. I thought that Mr Bauer's writing was very fascinating and inspired many students including myself to create stories. Also, I enjoyed listening to his humorous style of speaking. Thank you very much for coming!

A. Andres, Year 8

Year 8 students certainly enjoyed their recent encounter with the author of their class novel. Our own future budding authors have been on display in recent weeks with K. Subramaniam from Year 8 shortlisted for the Write for Fun competition. Under the guidance of Mrs Tamara Bracey many students have entered the myriad of writing and speaking competitions which fall in the opening semester.

A focused study of literary texts is the main drive behind the Term 2 English program. Year 12 students are currently engaged in a detailed study of Shakespeare's Macbeth while Year 10 students continue their study of Harper Lee's classic To Kill a Mockingbird. The Year 11 program continues its investigation of Markus Zusak's The Book Thief; an interesting new tale of the trials and tribulations of a young girl growing up in Nazi Germany. Year 8 students recently completed their novel study, short story and author visit just as Year 9 students began their study of Phillip Gwynne's Australian tale, Deadly Unna.

Our program's examination of literature should form the raw foundation from which each student continues to pursue his/her own personal reading journey. I'm reminded of a belief repeated in a song by Australian singer Paul Kelly – 'From little things, big things grow'. Never was a statement more exact than when applied to your son/daughter's time spent reading at home.

GREG NEWMAN, ACTING HOD ENGLISH

Science News

On Saturday May 23, 12 senior science students from Brisbane State High School will be competing in the Royal Australian Chemical Institute's Chemical Analysis Competition. This national competition is designed to encourage students who enjoy chemistry (especially practical chemistry) and allows them to demonstrate their skills in a competitive environment.

The Chemical Analysis Competition has been held annually in Brisbane since 1980. In 1984 the Brisbane competition was included in the national contest. Leading teams in regional competitions are eligible to enter the finals of the national competition which are held during the second half of this year.

OWEN WEBB, ACTING HOD SCIENCE

Student Voice

Extracurricular Passions

It was a privilege last week to attend events which represent two very important aspects of Brisbane State High School. Both academic pursuits and sport play a huge role in the culture that is State High.

What struck me most on my first visit to debating and boys' rugby and soccer at Fursden Road, was the commitment and passion that students showed for the activity they were competing in and for the school they were representing.

The debating students represented BSHS with pride and showed Brisbane State High as it truly is, passionate in victory and gracious in defeat. Although the rugby and soccer players excelled on the day, winning almost all matches, the commitment they showed was outstanding when many teams stayed to watch and support the First XV and First XI respectively.

As a school, Brisbane State High is able to pride itself on the commitment and passion of all students in their respective endeavours. I am proud to count myself as part of the State High student cohort, and cannot wait to see how the year continues.

O.MACGINLEY, SCHOOL CAPTAIN

School Community News

Year 12 Mentoring Project

Two weeks ago, all Year 12 students were introduced to the exciting new initiative known as the Year 12 Mentoring Project. It is an attempt to link current Year 12 students with past pupils who, upon leaving State High, have excelled in their professional pursuits. When the 15 mentors were initially contacted by Mr Morrison, their level of enthusiasm for the idea was clearly evident.

The Project involves practice in applying for positions (both a written application and an interview phase) as well as unprecedented on-site access to a successful mentor for a consecutive two day period next semester.

The mentors are:

- **Professor Lawrie Powell** (medical research)
- **Duncan Armstrong** (former Olympian, motivator and Olympic commentator)
- **Malcolm Snow** (CEO South Bank Corporation)
- **Robin Gibson** (architect, Robin Gibson and Partners)
- **John Lazarou** (marketing, The Coffee Club)
- **Amanda Newbery** (Managing Director, BBS Communications, Public Relations and Business Advisors)
- **Greg Egan** (barrister)
- **Tony Bellas** (CEO the Seymour Group)
- **Richard Barker** (General Manager, Austereo Brisbane)
- **John Sugarman** (mechanical engineer, Managing Director - Australian Maritime Systems)
- **Rhonda Binnie** (Principal – The Ritz Performing Arts Centre)
- **Ian Healy** (former Australian cricketer, sports commentator and news reader)
- **Doctor Paul Licina** (spinal surgeon)
- **Patrick Dixon** (real estate)
- **Doctor Nick Nicolaides** (Sullivan Nicolaides Pathology)

As well, entrepreneur and past student Graeme Wood, founder of wotif.com, has kindly agreed to participate in the Project and will conduct a workshop for the successful applicants.

Successful Year 12 applicants will meet their mentor at a wine and cheese evening to be held in the Resource Centre on Thursday June 11. This will be followed by two days 'on the job' with their mentor next semester. This is an amazing opportunity for our seniors!

GREG NEWMAN, ACTING HOD ENGLISH

Student Support

Guidance News

At the start of this term, Year 10 students have been given a hardcopy of the "Job Guide". This will be a very useful resource throughout the next three years and vital to completing the Year 10 career education program successfully during PCL. The Job Guide is issued free to every student in Year 10 by the Australian Government and contains a parent pack to assist parents in speaking to their children about careers.

Date Claimers

The Institute of Chartered Accountants is holding a "Meet the Business Leader" event on Wednesday June 10 at the Brisbane Convention Centre for students in Years 10, 11 and 12.

Register free on www.charteredaccountants.com.au/students or see the Guidance Officers.

Applications for 2010 ADF Gap Year open on May 1, 2009. To register your interest go to www.defencejobs.gov.au or call 13 19 01. Don't miss this fantastic opportunity to experience life as a member of the Defence Force team. For further details, see a Guidance Officer.

June 10 - UQ Information Evening for Parents and Prospective Students (5pm – 7:30pm) UQ Centre, Union Road, St Lucia.

Alternative Programs

I recently completed a 10 week programme called Get Set for Work. This programme is about self respect and gaining experience both in the workforce and for the workforce. The Adventure Therapy part of the programme focussed on anger and how to control it. It involved canoeing, a Wynnum walk and bushwalking in Noosa. We were challenged both physically and mentally and learnt how to work as a group. The Rock and Water part of the programme aimed at building confidence and understanding more about yourself and by the end of the programme we could break a piece of wood 10"x 5"x 1" with our fist.

This programme has helped me learn more and better people skills and when I felt angry recently I thought back to what I had learned on the Adventure Programme. I now feel more motivated to do well at school.

J.Brown (Year 11)

I was on the same programme with J.Brown and I gained really good experience. The programme has helped me get ready for work and given me some good ideas and a focus on what I want to do apart from school. We went to TAFE and did courses in literacy, numeracy and business. The flexible start and finish times were good for me too. I really enjoyed all the activities and especially my work experience which may result in a traineeship.

B.Dean (Year 11)

Changes To Youth Allowance

The new Youth Allowance rules announced in the Budget are going to affect many current Year 12 students who had hoped to get Youth Allowance with working a gap year.

"The Government is tightening the definition of independence to ensure that only students who have demonstrated genuine self support can qualify for Youth Allowance through workforce participation independence rules prior to turning 22 years of age.

From 1 January 2010, the workforce participation criteria will be limited to having worked full-time for at least 30 hours a week, for at least 18 months in the last 2 years. Students who have already met the workforce

participation criteria, prior to 1 January 2010, will be unaffected. Other independence rules based on personal circumstances will not change".

Source: <http://www.budget.gov.au/2009-10/>

NATHAN MACPHERSON & ROBYN DRAKE, GUIDANCE OFFICERS

School-based Youth Health Nurse

The Swine Flu 2009

We are probably getting a bit weary of this topic now the football scandals are grabbing our attention, but if you want to know more about how you can be protected, please read on.

At the time of writing, Queensland has only one confirmed case and 15 suspected cases.

Swine flu is a respiratory disease of pigs caused by type A influenza virus that causes regular outbreaks in pigs. People do not usually get swine flu, but human infections can and do happen. It can be spread from person to person, but in the past this transmission was limited and not sustained beyond three people.

With a high number of severe cases reported in March-April 2009 in Mexico in mostly healthy young adults, there is an indication that transmission person to person was occurring. Initial cases in America have not been as severe.

Symptoms are similar to those of the seasonal flu of fever, cough, sore throat, body aches, headache, chills and fatigue. Some people have reported gastro-intestinal upsets. Pneumonia, respiratory failure and death have occurred in severe cases. Like the seasonal flu, swine flu may cause worsening of underlying chronic illness.

Transmission is the same as seasonal influenza and other common respiratory infections. Close contact of 1 metre with an infected person while they are talking, coughing or sneezing puts you at risk of becoming infected. Droplets can land on surfaces of the mouth, nose and throat of people close by. The virus can also spread through contact with infectious respiratory secretions on the hands of an infected person or other objects and surfaces. The virus does not absorb through the skin but if we do not wash our hands before eating, touching our eyes, nose or mouth then the virus can enter our body.

Treatment: Anti-viral medications such as Tamiflu and Relenza can be used. They keep flu viruses from reproducing in your body. They work better if started within two days of symptoms developing. Antibiotics will help with secondary bacterial infections.

Prevention

The seasonal influenza vaccine is unlikely to offer useful protection against swine flu. However, it is strongly recommended that people continue to be vaccinated with it.

For any seasonal or swine flu, the best way to protect yourself and others is to:

- Stay home if you are sick.
- Wash your hands frequently with soap and water or use alcohol based hand gel.
- Wash your hands prior to touching your eyes, nose and mouth.
- When coughing, sneezing or blowing your nose, cover your mouth and nose with disposable tissues which should be disposed of immediately.
- Don't share food, glasses, cups, lipsticks, toys or anything which can be contaminated with respiratory secretions.
- Maintain at least 1 metre from people who have flu-like symptoms such as coughing or sneezing.
- Consult your doctor if you have a cough and fever. Take medications as prescribed.
- If you are attending an Emergency Department with the known symptoms, telephone beforehand so that they can arrange for you to be seen away from other people.

Source Populations Health Unit, QLD Health www.health.qld.gov.au

MICHELLE CLEKOVIC, SCHOOL-BASED YOUTH HEALTH NURSE

Extra Curricular Activities

Congratulations to Year 8 student, T.Hale, who returned to his primary school - Milton State School to play The Last Post and Rouse at their ANZAC Day Ceremony on Friday April 24.

Sports News

Congratulations to:

- J.Pollock, K.Kamara, T.Madden, A.Other-Gee, B.Cook, C.Black, G.Anderson, N.Dougall, M.Chandler-Mather and D.Daubaras on their selection in the Composite District Cross Country Team.
- J.Schofield on his selection in the Qld School Sport Football U/19 Team.
- R.Arthur, K.Brown, A.Motum, D.Sturgess, C.Thomas, R.Waititi on their selection in the Composite District Basketball team.
- J.Kohout, T.Laycock, E.Gameren, A.Chen and L.McGrath-Volau on their selection in the Composite District Basketball team.
- R.Samios, K.O'Neill, S.Gray and T.Schirmer on their selection in the Composite District U/15 Football team.

Qld All Schools Cross Country

The Qld All Schools titles were held at Bald Hills on Saturday May 16. BSHS fared well in two team competitions. Our 15 years boys' team scored a great victory over "Churchie" in a close finish in team points. The 14 years girls' team was placed third.

13 year old girl N.Assefa made a great breakthrough to run 4th in the 3km event. She has been running consistently all season and is now in the top level of runners in the State. L.Young ran a gallant 3rd in the 14 years girls' event.

13yrs girls (3km) – N.Assefa 3rd

14yrs girls (4km) – L.Young 3rd , E.O'Neil 19th , C.Denham 26th Team – 3rd

14yrs boys (4km) – T.Madden 7th

15yrs boys (4km) – B.Cook 4th , C.Black 5th , G.Anderson 27th Team – 1st

JO DUFFY, QGSSSA SPORTS CO-ORDINATOR