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23 March 2018

Principal's Report



Dear Parents and Carers,

Thank you to all families for your effort and support to ensure that we had a great start to the year. Our students have settled well and are conscientiously now completing term 1 assessment and exams. I am looking forward to reviewing our students' reports and observing their progress. Term 1 reports will be emailed on 24 April with parent/teacher evenings held on 1 May and 9 May. It is essential that we all take time to reflect on term 1 achievement and set goals for term 2.

Camps

The school has been particularly busy in recent weeks with Year 7 students attending Camp Goodenough and our Year 12 Biology students at Hastings Point. I know that many students have benefitted from the opportunity to attend camp and from the contribution and dedication of our teachers who give up so much of their own time to provide such wonderful educational opportunities. This week we farewell Tony Lashmar and the Music students as they embark on their Hawaii trip.

Open Day

Open Day was well attended with the hall overflowing with prospective families in both the day and evening sessions. Feedback from a number of parents was most positive particularly in relation to how our students interacted with the community. We have already scheduled in excess of 250 enrolment interviews for 2019. The first enrolment afternoon is next Tuesday with interviews being conducted by the 21

members of the Strategic Leadership Team and the Directors of the various academies (academic and sporting).

Unfortunately, this year it is necessary to reduce the size of the incoming Year 7 cohort to ensure that the school has the infrastructure to cater for all students in future years. The Department of Education has clearly issued the instruction to ensure the school does not continue to grow at the rate it has been over the past few years. This is understandable given the number of secondary schools in the area who have ample building capacity to cater for enrolling students. The target for 2019 is to enrol a maximum of 312 Year 7 students.

Sibling Policy

The Enrolment Management Plan which appears on the school's website clearly outlines the criteria for guaranteed entry at the school. I would like to remind families of the criteria in relation to the enrolment of siblings:

Siblings of current students (not Year 12s):

- Where the current student at the school was not accepted into an Academy on enrolment, sibling enrolment is guaranteed;
- Where the current student was accepted into the school through an Approved Academy, the sibling's enrolment is not guaranteed. These enrolment applications need to be considered along with out-of-catchment enrolments.

Sad News

- Sadly, one of our Year 12 students passed away two weeks ago as the result of a car accident. As you can imagine this was a very difficult time for both staff and students. We were most fortunate to have extensive support from our Regional Guidance Officers as well as Guidance Officers in neighbouring schools to

assist our community to deal with the grief and to those people I am extremely thankful. I also thank our parents for their messages of condolence. The funeral was held last Friday and was attended by a number of staff and students.

- On Friday, the Student Representative Council held a sausage sizzle fundraiser for a student who passed away last year after a long period of ill health. The proceeds of the fundraiser were donated to the Lady Cilento Children's Hospital. The girl's mother was extremely grateful for the contribution from our community.

Harmony Day

Our assembly theme for last week and this week is Harmony Day. The day aims to engage people to participate in their community, respect cultural and religious diversity and foster a sense of belonging for everyone.

"Harmony Day is a day to celebrate Australian multiculturalism, based on the successful integration of migrants into our community. Australia is the most successful multicultural country on earth and we should celebrate this and work to maintain it. Harmony Day is about inclusiveness, respect and belonging for all Australians, regardless of cultural or linguistic background, united by a set of core Australian values."

Last week's assembly featured the indigenous dance troupe, three Samoan dancers and one of our Year 9 girls singing a Maori song. Our house culture was also re-invigorated by the new house captains in readiness for next week's cross country. Please ensure you remind your student of the need to attend next Thursday and participate in the cross country, either by running or walking the course.

Attendance

I make no apologies for the continued focus on attendance. Research clearly indicates that low attendance significantly affects student outcomes. Of course, students who are unwell need to stay at home. I would like to discourage families from taking students out of school for holidays as this interrupts their learning and can impact on their assessment.

Current Attendance Rates

| YEAR | TO DATE |
|--------------|--------------|
| 7 | 97.3 |
| 8 | 95.2 |
| 9 | 93.9 |
| 10 | 94.3 |
| 11 | 95.6 |
| 12 | 95.0 |
| TOTAL | 95.3% |

Absences by Reason Type

| Reason Type | Part of Day (n) | | |
|-------------|-----------------|-----|------------|
| | AM | PM | Entire Day |
| Holiday | 0 | 0 | 137 |
| Illness | 6 | 241 | 1747 |

Top 10 Peer Support Classes as at 20 March 2018

| | | | |
|----|------------------|------|--------|
| 1 | Adam Guest | JNSK | 97.76% |
| 2 | Kyan Lambie | JNSD | 97.62 |
| 3 | Rena Rusit | HPRD | 97.55 |
| 4 | Ebrahim Bakharia | JNSM | 97.40 |
| 5 | John Adamedes | JNSH | 97.17 |
| 6 | Deva Naidoo | JNSB | 97.14 |
| 7 | Kate Bolland | HPRP | 97.29 |
| 8 | Daniel Kerrison | ROPC | 97.00 |
| 9 | Naomi Skilton | HPRK | 96.93 |
| 10 | Rena Rusit | ROPL | 96.87 |

My very best wishes to all families for a happy and safe holiday.

Meryl Johnston
Acting Principal

Finance

The school finance system produces the following documents for parents:

- Invoice - this is the full amount payable for a fee or charge, and generated when the student is identified as participating in that activity or program. For example, an invoice would be raised for the Student Resource Scheme or for a camp or excursion. Invoices do not specify a due date as this will vary according to the activity, and parents need to refer to other documentation related to the activity for due dates.
- Adjustment note - this is a change to an invoice and usually shows as a negative amount, and no payment options are printed. There is also a comment that payment is not required. For example, an adjustment would be raised if a student was invoiced for a subject fee, but changed to a different subject. If a payment has been made on the original invoice, in part or in full, the value of that payment then becomes a credit on the student account.
- Statement - this is a list of the current open invoices, with balances owing and the total of payments made against those specific invoices. This means that once an invoice is fully paid, it no longer appears on the statement. It also means that the statement does not show individual receipts. Credit balances are shown

as negative amounts. Where a family has entered into a payment plan arrangement, the statement will show the progress of instalments against the invoice/s.

Cavendish Road State High School has a policy of issuing statements approximately monthly (depending on school term dates) so that parents are kept informed of the current balance of the students' accounts. Parents using the QPARENTS app can see their balances at any time via the app. To register for QPARENTS, please contact admin@cavroadshs.eq.edu.au to request an invitation.

Education Queensland's preferred payment method is BPOINT. By clicking on the live link in the payment box on the bottom left of the invoice, parents will be redirected to the Commonwealth Bank's secure BPOINT payment site, with invoice details prepopulated. Parents then enter their VISA or Mastercard details to complete the payment.

- Parents have control over which invoice is paid.
- If the amount paid is less or equal to the open balance of the invoice, the payment is applied automatically.
- If the amount entered is more than the balance of the specified invoice, the invoice is finalised and the remaining amount is allocated to the account as a credit, and one of the finance team will apply that credit to another invoice on the account.
- If an incorrect invoice number is entered, the payment is held in our suspense account until investigated and processed manually.
- When making a payment through BPOINT a receipt is issued immediately to the payee's nominated email address.
- BPOINT payments are processed overnight.

When payments are made in person at the school payment window, a receipt is issued at the time of payment.

Cavendish Road State High School has a large cohort of students, and sometimes, despite our best efforts, information regarding changes to student participation in programs or activities does not reach the finance team. If you believe you have been charged for an activity that is no longer applicable for your student, please let the finance team know at finance@cavroadshs.eq.edu.au so that we can investigate and make adjustments if required.

Payments Due

- **Year 11 Camp** – Due 23rd March 2018.
- **Ski Trip part payment \$500.00** – due 23rd March 2018.
- **England/Spain Football Academy Tour** – we encourage parents to make instalment payments for this Tour.
- **Term 2 Student Resource Scheme instalments** – due 27th April 2018

Rad Vlaski
Business Manager

2018 Next Step Survey

The Queensland Government is conducting its annual statewide survey of all students who completed Year 12 in 2017. The Next Step survey is a brief, confidential survey that gains a comprehensive picture of the employment, study and life choices made by Queensland school completers in the year after they finish Year 12.

Between March and June, all our students who completed Year 12 last year can expect to receive instructions to complete a web-based survey or a telephone call from the Queensland Government Statistician's Office. Please encourage them to take part. If their contact details have changed, please assist the interviewer with their updated details or forward the survey to their new address so they can participate.

Thank you for your support of the Next Step survey in 2018.

Further information on Next Step is available online at the website below or on toll free telephone 1800 068 587.

<http://www.education.qld.gov.au/nextstep/>

GRIP Leadership Conference



Both senior and junior prefects recently attended the GRIP Student Leadership Conference. Although it was an early start for many of us, I can say, without doubt, that everyone returned to Cav. full of inspiration, ideas and wisdom. It was certainly interesting to meet and work with student leaders from other schools.

There were many discussions taking place and ideas being shared at the different workshops we attended. The presenters also provided us with information about the ideas that they had introduced to their school when they were leaders. These had all contributed to positive change in their school and this made us realise that we can also make a difference within our own community.

We discussed several topics including maintaining integrity, transforming school pride and how to promote school participation. I, for one, can certainly say that my eyes were opened. We were inspired by these presentations and now we look forward to bringing to fruition some of our own ideas. We hope these will add to the already great culture that exists here at Cavendish Road State High School.

Richard Nguyen
Junior School Captain



Pi Day

On Wednesday March 14th (3.14) our teachers and students celebrated Pi Day. The day represents a celebration for everything Mathematical.

We celebrated the day with a problem solving competition involving over 140 our best mathematicians, a Pi recital and a celebration of everything Pi for everyone else.

The teachers also got into the spirit of the day with some specially prepared personal Pi T-shirts.



This was our first time running a Cav Road competition and we were delighted to fill our hall with some keen participants. Teams consisted of four people. The first round of the competition involved working in pairs to answer as many of the 20 questions as possible in 1 hour. After a quick points update and refuel a second round involved all four students working to complete as many of 10 set questions as possible. It was an exciting day and students demonstrated a great collaborative and competitive spirit.

Winning Teams were:

| Year 7 | Year 8 | Year 9 | Year 10 | Year 11 |
|-----------------|-----------------|----------------|-----------------|----------------|
| Melanie Coppard | Callan Vragalis | Emma Hood | Jeremy Brady | Jacob Aldiss |
| Chris Irwin | Toby Richards | Rashmi Neela | Shisa Longchari | Steven Li |
| Lukas Josipovic | Will Hayes | Adam Hugill | Tim Ryall | Kennedy Yu |
| Finley Williams | Tobias Thederan | Henry Cosgrove | Jasmin Thompson | Benjamin Smith |

Pi Recital

Each year we keep record of how many decimal places our students can recite Pi. Pi is a transcendental number and does not have a pattern that can be followed. Students must simply remember Pi through rote memory. In our Pi recital we had some pretty big shoes to fill from last year with a school record planning 181 decimal places held by Jake Gee.

The first of our Year 7's came incredibly close to the 100 decimal places set by Max Penfold. Arlo Nightingale got to 95 decimal places. Kieran Leever also punched out and impressive 59. Our first Year 8 contestant was Conor Toia. He was impressive and amassed a total of 186 decimal places smashing year 8 record of 81 held by Fathima Faroque and setting a new school record. Fathima however was not to be outdone and set a new year 9 record of 128 places. Year 10 proved also to be a hot contest with Jonothan Vragalis getting to 175 decimal places only to be beaten by Ben Rowan (Harrop) who also set a new school record of exactly 186 decimal places. In Year 11 Peter Tran (Harrop) set a new record surpassing Felix Best (JSN) from last year with 87 decimal places. The Year 12 record remained in tact at 181 decimal place for Jake Gee.



Connor Toai concentrating hard during our competition.



Others at Cav got into the spirit baking Pie's or simply wearing the symbol or digits on their person to be in with a chance to win some great prizes.



Some of our teachers also got into the spirit of the day.

Terry Moran
Head of Department – Mathematics

Surfing Scientist

Science in period four on Monday can be sometimes such a drag. However, not on Monday the 5th of March! Lucky students from Years 7, 8 and 9 came to the Auditorium for their period four Science lesson to watch a presentation – nah, a show! – by Ruben Meerman, the Surfing Scientist.



Ruben Meerman is a surfer with a physics degree and a passion for STEM education. He has appeared on many ABC radio and television programs since 2006, including the flagship science program Catalyst, Sleek Geeks with Dr Karl Kruszelnicki and Adam Spencer, Studio 3, Roller Coaster, The Experimentals and he was the first ever resident scientist on Play School.

Ruben captured students' attention by introducing them to laser science with impressive demonstrations and interesting stories. This was followed by cool activities involving liquid nitrogen. Ruben relates to students very well, and presents scientific information in a wonderful fashion, using resources that teachers normally do not have access to.

All students were totally enraptured and absorbed by all the activities presented. The hour just flew – it was fun learning! When the bell rang at 2:50, people were reluctant to leave. A group of enthusiasts stayed behind to ask some more questions. It was a great opportunity and a privilege for our students to encounter such a charismatic, knowledgeable and inspiring scientist.

Dr Ania Bartlett
Science Teacher

Reserve Bank of Australia Visit

On 22 February, Cav Rd Year 10-12 Economics students were joined by 80 students from Mansfield, Villanova, Macgregor and San Sisto College to participate in a seminar held by the QETA, Queensland Economics Teachers Association, and the Brisbane-based RBA, Reserve Bank of Australia. Students were able to hear a first-hand account of the economy from the people who hold Australia's monetary future in their hands every day. This real-world application of what they have learnt in the classroom opened up students' eyes to the avenues that Economics can take them down in the future. Who knows? Perhaps we have the future Australian economic leaders sitting next to us in the classroom. Well done to all the students who came along and got the most out of this unique experience.

Sonya Cossart
Economics Teacher

Senior Schooling News

OP Estimate Interviews

Over the past few weeks, I have been conducting Overall Position (OP) Estimate interviews with the Year 12 OP Eligible students. The purpose of the interview is to provide the students with their OP estimate and strategies they can apply to their studies this year to enable them to achieve an OP in the desired 1-15 range to gain entry into University. These interviews have now been completed. Students will receive their next OP estimate early in Semester 2.

2018 QCS Test

Queensland Core Skills (QCS) Test – Community Representative Nominations

The Queensland Curriculum and Assessment Authority (QCAA) invites applications from community members for the positions of chief community representative and community representative in order to maintain the integrity, security and conduct of the 2018 QCS Test. The position involves the observation of the test procedures and to report on the administration of the test. The QCS test will be held on Tuesday 4th September and Wednesday 5th September 2018. Successful applicants will receive payment from the QCAA for their service for the two days.

If you would like to nominate or find out more information regarding the position and how to apply, please contact Karyn Trapp (Director of Student Achievement – Yrs 11 & 12) on 3394 0708. Applications close on 18th May 2018.

QCS Test – Special Provision

Special Provision is available to Year 12 students sitting the QCS test who are affected by a medical condition, an impairment or exceptional circumstances that may act as a barrier to their access to the test or to their demonstration of achievement in the test. Any student who feels that they may be eligible for special provision should see me or one of the Guidance Officers (Kate Niland or Paul Ross). Applications opened on Monday, 19th March and close on Monday, 21st May 2018.

Commonwealth Games 2018

Two of our Year 12 students will be involved in the Commonwealth Games on the Gold Coast in April.



Congratulations to Viktoria Ellis who will be performing in the Opening Ceremony with her Dance group and Daouda Dolley who has been appointed as one of the Sous Chefs in the Athletes Village. He will be a key person in the team of chefs who will be preparing all meals for the Athletes and will be cooking food to be served at various functions that will be occurring throughout the duration of the games for both the Athletes and dignitaries.

Both students have been spending many hours outside of their school time preparing for their respective events. Our best wishes to you both and well done on securing this wonderful opportunity.

Attendance – Weeks 9 and 10 of Term 1

Students are to check their attendance app regularly to ensure that they are above 95%. Attendance in every lesson, every day, for the remainder of Term 1 is crucial to their performance. There will be some exams scheduled in Week 10 for Year 11

and 12 students, so it is important that students are present at school. Subject areas that have completed Term 1 assessment will be commencing work from their Term 2 topics in Week 10. Students must be present so that they don't fall behind.

The Cross Country is being held on the last day of term. Students who have 95% to 100% attendance for Term 1 will go into the draw for a major prize. This will be awarded at the Cross Country.

Karyn Trapp

Director of Student Achievement – Years 11 and 12

Guidance News

Cav Road Careers Expo - Friday 20 July 2018

The expo will be open to students in Years 10 – 12. Parents will be invited during first break, 11.15 am– 12.00. This is a great opportunity for parents to learn about what is on offer for their son or daughter for post Year 12. This year we have more exhibitors than ever before.

At this stage we have 24 exhibitions: - Connect 2 Group, Griffith University, Tafe Qld, Qld University of Technology (QUT), Australian Catholic University, Central Qld University, Tafe Skills Tech, Axiom College, University of Qld (UQ), Defence Force Recruiting, Qld Police Force Police Recruiting, Brisbane School of Hairdressing and Beauty, Australian Brick and Block Layers, Brisbane City Council Plumbing Team, BCC Community Development Team, BCC Library Services Team, Brisbane City Council Gardening Team, BCC Bus Repair/Maintenance Team, Adapt My Industry Training, MEGT Apprenticeship Network, Volunteering Australia, Australian Child Care Career Options, HELP Enterprises, Churchill Education.

Kate Niland and Paul Ross

Guidance Officers

Business Law Court Excursion

On Monday 19 February, the Year 10 Business Law students visited the Holland Park Magistrates Court as part of the current unit of work on Law and Government. In this unit, students have been learning about the court hierarchy and jurisdiction. At the courthouse, students received a talk by the Depositions Clerk about court processes and etiquette before observing a range of interesting cases in the courtroom. Students saw defendants appear before the Magistrate in person and through video link from various prisons around Queensland. The excursion gave our students valuable insights into the judicial process and allowed them to see court processes in action. They all enjoyed the experience and returned to school with some very interesting stories to share.



Laurenn Clarke
Business Teacher

Looking after your digital work

There is nothing more distressing than being told your hard drive has died and your documents cannot be retrieved. As with all mechanical devices, you need to be prepared for a malfunction or failure. Here at Cav we use the motto "if it's not saved in 3 places, it's not saved". Those three places are:

1. OneDrive for Students <https://cavroadshs.eq.edu.au/Supportandresources/Formsanddocuments/Documents/1to1%20Program/onedrive-for-students-pilot-information-pack.pdf>
2. Your H drive which is the school network
3. Your external backup hard drive or USB

Another way to keep your assignments safe is to email yourself each time you have done some work on them. This way they will be available to you on any device.

Global cyber security incident

What is ransomware?

Ransomware is a type of malicious software that handicaps computer functionality, for example, through browser hijacking or encrypting personal data, and offers to restore the functionality for a fee, which is a form of extortion.

Recovery of systems that have been infected with ransomware is almost impossible without clean backups, so prevention is the best approach.

While there have been reports that files are recovered if the ransom is paid, this does not protect your computer against further attacks. The attacker may simply encrypt your files again, and increase the ransom. For this reason, responding to extortion threats is not recommended.

Cyber security guidance

As general guidance we recommend the following simple strategies:

- Do not open emails that you don't recognise, especially if there are attachments.
- Make sure you are using a reputable security software product any device you use.

- Make sure your operating system and applications are up-to-date and all updates have been run.
- Run a full scan of your computer regularly or preferably set it to run automatically.
- Consider reviewing passwords for all your personal systems and devices.
- Back up your data regularly to a secure and separate storage location.
- Only visit reputable websites and online services.

Should you have any concerns, please feel free to contact our IT Department on 3394 7718

Karen McFarlane
HOD Information Services

German News

It is a busy time in German at the moment with students having just sat or getting ready to sit exams. Please consult the assessment planner for specific details. We would like to congratulate the Year 7 German students on their very successful first term of language at high school. Classes are learning very quickly and have settled very well.

A reminder for students in years 10, 11 and 12 that SAGSA scholarship applications close soon. For more information, your child could email Frau Gav or come and see her in the Languages staffroom during breaks or before school.

Finally, practising German at home is quick and easy with the numerous website available. Examples include: www.german.net (grammar practise) and languages online (vocabulary and sentence patterns). There are countless other free resources available. Simply 'google search' German resources, and the specific topic of interest. You will find a wide variety of information to supplement and help practise class work.

Kath Gallagher
German Coordinator

Drama News

As we approach the end of term 1, I would like to congratulate every student for their diligence within the classroom and for completing all assessment tasks by the due date and returning all expression of interest forms for our up-coming productions. Next term will be busy with two musical theatre visits viewing "American Idiot" and "Aladdin" at QPAC. In addition, all students will view a performance in the school Hall from Shake and Stir titled "Territorial". Students will be bringing home expressions of interest in order to attend this production later this week.

Date Claimer

- American Idiot 17th April @ 7:00pm to collect tickets – 7:30pm show begins [this is the first day term 2]
- Aladdin 9th May @ 7:00pm to collect tickets – 7:30pm show begins

Senior Drama

Year 12 students are preparing to complete their Political Theatre unit by Bertolt Brecht this term and next term will see us embark on Absurdist Theatre studying "Waiting for Godot" by Samuel Beckett. Year 11 students will present their Realism unit in week 9. This is the student's first presenting assessment task as Senior Drama students and I am very excited for them. Next term we embark on Verbatim Theatre viewing and reading "April Fools" by Brisbane writer David Burton.

Junior Drama

Both year 9 and 10 Drama students are preparing for presenting assessment tasks in week 9 and 10. Students will be bringing home an expression of interest letter in order to view Shake and Stir's production "Territorial" which students are viewing for assessment purposes.

Assessment Expectations

As one third of the assessment tasks are group/individual performances, the drama student must wear black performance clothing. This consists of:

- Black pants [tracksuit pants, dance pants, long shorts] are all acceptable.
- Black T-shirt with no slogans or print on the front [otherwise students can wear the shirt inside out and back to front] this is acceptable.
- No jewellery
- Hair off their face.

Parents do not have to purchase black performance wear. If you do not have anything black, then navy blue or bottle green is fine. I am looking forward to a wonderful year within the Drama Department. If you need to contact me regarding any of the above information, please email: tryan122@eq.edu.au

Drama Club

The Australian Acting Academy offer after school drama classes every Monday at Cav Rd in the senior drama classroom under the hall. All students interested in increasing their confidence, public speaking, meeting new people, extending their current drama knowledge and skills, this is an outstanding program. If you are interested in attending a trial class, come along the class runs every Monday from 3:00-4:30pm.

Happy Holidays

Enjoy the remainder of term 1 and have a happy and safe Easter holiday. Go AUSTRALIA in the Commonwealth Games and I am looking forward to a productive and busy term 2. If you would like any further information regarding Drama, please feel free to contact me: tryan122@eq.edu.au

Toni Ryan
Drama Coordinator

School Nurse

Understanding Grief and Loss

The following has been adapted directly from Headspace:

<https://headspace.org.au/friends-and-family/understanding-grief-and-loss-for-family-and-friends/>

It is normal to experience sadness and to grieve after loss. But that doesn't make it easy. Some people say grief is the most powerful thing that can be experienced in everyday life. It is what happens after the loss of someone or something really important to you. Everyone experiences grief differently, so it can be hard to know how a young person might respond to loss. However, there are a lot of ways to support a young person experiencing grief.

What to expect?

FEELING: Do not be surprised if the young person you are supporting has strong and unpredictable mood swings. Grief can include an intense combination of the following: shock, disbelief, pain, intense sadness, longing, guilt (about the past, or about being happy in the future), anger, resentment, abandonment, confusion, anxiety, and worry.

THINKING: It might seem like the person you are supporting is lost in a world of thought, and more distant than usual. Other ways thoughts can be impacted can include trouble concentrating or focusing on everyday tasks, increased forgetfulness, and a sense that the world does not make sense any more, or that a young person can't figure out their place in it.

BODY CHANGES: Changes in a young person to watch out for when supporting someone experiencing grief might include: headaches, stomach aches, body aches, changes in eating and sleeping patterns, weight changes, feeling tired or just generally sick and run down.

DOING: You might notice the young person you're supporting spending more time alone, or avoiding certain people or places. Don't be surprised if they cry a lot, or have more unpredictable outbursts than usual.

It's important to acknowledge that young people will respond to grief in different ways. Some young people will choose to express their grief through creative expression such as art or music. Others may want to talk about it, and some may appear to be unaffected and getting on with their life.

There will also be some young people who behave in ways that are disruptive, frustrating or risky. Some may turn to using alcohol or use drugs to try to cope with their grief. Whatever their response they will need time, support and understanding as they find their way through their grief.

How long will this go on for?

Most young people will carry on with their lives while moving through the grieving process, and not require professional support. For some however, the loss may contribute to the development of more serious mental health problems.

It's common for people to be impacted by grief for varied lengths of time, but if there is still ongoing difficulty beyond 6

months in a number of domains as listed above, it's important to seek professional support.

What can I do?

Families are extremely important in supporting a young person who is grieving. Continuing your family life and encouraging your young person to stay connected with friends and activities will allow them to maintain a sense of safety and security, and to feel hopeful about the future. Loss can contribute to a sense that things are out of control for a young person. Helping them to regain some control can be important.

Some other strategies that may be helpful in supporting a young person include:

- Acknowledging their loss and the need to take time to grieve
- Providing information about normal patterns of grief
- To talk openly and honestly about the loss and your willingness to support them
- Ask them what they might need from you
- Be patient. Someone experiencing grief can be unpredictable. Responding to their needs in a way that is calm, consistent and responsive will help them to feel safe and connected with you.
- Encouraging their continued participation in enjoyable activities such as sports or hobbies, and family activities
- Supporting them as they gather stories and memories of the loved one in ways that appeal to them (e.g. writing, photos, journals, talking, blogs or memorials)
- Helping them to anticipate times that may be particularly difficult, (e.g. Christmas, birthdays or anniversaries) and develop a plan for coping with these periods
- Helping them find meaning in what has happened and foster a sense of hope for the future

Getting help and support

The grieving process can take time and it's not unusual for young people to experience ups and downs over months or years while dealing with grief. People generally find that things get easier as time passes; however, if the young person's grief is persistent and severe, getting help is important.

If you're also experiencing grief, it is important to check in on yourself, and access support if you need it. Modelling proactive self-care behaviours can have a big impact on how your young person responds to their grief. It might help to think about the standard airline safety brief, where in the case of emergency they ask you to put your oxygen mask on before helping others, to make sure you're able to be as helpful as possible.

If you would like to provide additional support to a young person, it might help to use this as a guide, depending on their needs.

- See your GP

- Access your school based supports: School Chaplin, School Based Youth Health Nurse, and Guidance Officers
- Visit Kids Helpline: <https://kidshelpline.com.au/> 1800 55 1800
- See the following resources:

<https://eheadspace.org.au/>

<https://au.reachout.com/tough-times/grief-and-loss>

<https://www.youthbeyondblue.com/understand-what's-going-on/grief-and-loss>

<https://itunes.apple.com/au/app/reachout-worrytime/id96431176?mt=8>

On another note, I have attained a new position in health and wish to thank you for your support of my role here at Cavendish Rd SHS. Another nurse will continue to support the wonderful Cavendish Rd SHS community in health and wellbeing.

I wish you all the very best,

Regina Tyson
School Based Nurse

Cross Country

With only one week left until the Inter-House Cross Country Carnival, students have been working incredibly hard to make as many early morning training sessions as possible in the hope of making the district team.



Students from all year levels have been conquering Whites Hill, the gruelling 1km school course and Mr Rutter's punishing time trials, all with a smile on their faces and a spring in their step. Cavendish Road aims to be district champions this year and as such are looking to put together a team that will achieve this goal. If any student wants to be a part of this potential championship winning team they will need to give it their all in the competitive race at the X-Country carnival on the 29th of March. Training will continue every Monday, Wednesday and Friday from 7:15am, right up until the Inter-House event.

Go Green Machine!

Matthew Rutter
Health and Physical Education Teacher

Netball Academy News

Cav's netballers have had a busy few weeks, with the 2018 Super 7 Series kicking off, as well as District and Met East trials, rep trials and club seasons beginning at many associations.



Poppy Priestley Year 7 puts up a mid-range shot

Cav Road had a record seven teams across year 7 – 9 competing at the Super 7 carnival. Our year 10s took charge of the day, coaching all seven teams and also helping out with umpiring. The girls did an excellent job, especially considering this was the first opportunity for many of them to don their coaching hats and take the lead. Four of our seven teams made it through to the grand final round, with two teams victorious in taking out their divisions. We look forward to another successful outing at the Term 2 Super 7, which is all set for Friday, May 25.



Aimee Muller Year 8 takes a baseline throw-in

The South District U15 netball trials saw almost 60 girls from the district vying for only 10 positions. Four of our very talented Netball Academy students, Baylee Pikinga, Emma Archbold, Mariah Vankerivoort and Georgie Domagala, were successful in gaining selection into this team. The ladies played exceptionally at the Met East trials, and Georgie, Mariah and Emma were named in the possibles and probables Met East list. Two of our year 12s and former Netball Academy students, Mikaylah Ah Toon and Ella Fitzgerald, also represented South District at the trials. Both girls were selected in the Met East U19 team to compete in the State Netball Championships later in the year.

Our girls are also being recognised in club representative netball, with some impressive achievements listed below:

Ashleigh Lindsay (year 10) – U19 Brisbane West Lions Training Partner

Ella Fitzgerald (year 12) – U19 Brisbane East Tigers Training Partner & Queensland Heat Indoor Netball Team
Mikaylah Ah Toon (year 12) – U19 Brisbane East Tigers Squad

Many girls have also been selected into rep netball squads and teams for State Age. Congratulations girls and best of luck for the 2018 netball season!

Jacqui Russell
Netball Academy Director

In Touch

National Touch Football League

Each year hundreds of senior players converge on Coffs Harbour to compete in the National Touch Football League. This carnival involved 2 senior touch academy boys Kapu and Kohl and our two touch teachers, Mr Loth and Ms Farrelly. Both boys played T league (under 20s comp) Kapu Broughton-Winterburn for South Qld Sharks Men's and Kohl Beazley for Brisbane City Cobras. Kapu's team was very successful making the Grand Final but going down narrowly to Central Queensland Bulls by 6 tries to 5. Kohl Beazley played amongst a very young Brisbane team that finished 5th.

Mr Loth coached in the Elite 8 division as head coach for the Mens QLD Titans Team. The Titans suffered 3 close losses to the QLD Cowboys, NSW Country Mavericks and the NSW Scorpions. This placed them 5th at the end of the round games, however they narrowly missed out by one try for a spot in the finals. Ms Farrelly strapped on her boots to compete in the 40 ladies division. Her team made finals but went down in the semis by one try. Well done to all involved.

District Touch Selections

Last week many of our Cav Rd touch academy students trailed for South District. Congratulations to the following students that were successful in their selection for the South District Touch trials. These students will go and compete for a spot in Met East teams on April 20 at Whites Hill Reserve. Also a special mention for all those students that were unsuccessful. It takes a lot of courage to turn up to these trials, especially for those that are at the younger end of these divisions. The bravery and resilience that you demonstrated shows us what a wonderful bunch of students we have and we are very proud of you.

Boys 13-15 Years

Calan Wiremu, Rafe Priestly, Heath Crawford, Noah Jordan, Haydon Wong, Khoen Pahiva, Luke Schafer, Joshua Tupuola and Lincoln Kelly

Boys 16-18 Years

Mitch Williams, Kohl Beazley, Aiden Davis, Kapu Broughton-Winterburn, Tayne Wong, Brandon Wong, Jackson Burgess, Jackson Roberts, Jude Saldanha, Robbie Williams and Ethan Mandavy,

Girls 13-15 Years

Tyler Beazley, Billie Manns, Lilly Prescott, Olivia Burnett, Dynasty Tamihana and Imogen Boon

Girls 16-18 Years

Renae Nona, Shajuate Aila, Bella Allan and Tahnee De La Cruz

Note: Paperwork needs to be signed by your parents and the principal before you attend the trial. Remember to pay your \$20 to the school who is nominated on your paperwork before you attend the trial.



New Uniforms

We are looking forward to receiving our new uniforms after the school holidays. A big thanks to Mitch Williams and Makaela Cook who liaised with Jimmy from Inferno sports to come up with our new wicked designs!

Dates to Remember

First Schools Touch League – Caboolture - Monday March 19

13-15 years and 16-18 years boys and girls Met East Touch Trials – Whites Hill Reserve (only district players)

Boys Mt Gravatt Primary district trails for 10-12 years - Tuesday May 1

Girls Mt Gravatt Primary district trails for 10-12 years – Wednesday May 2

Interschool Sport

We have been playing some good footy for Cav Rd at Interschool sport. All teams are improving and have yet to be defeated. Well done and keep up the good work!



Club Rep Touch

Good luck to all players who about to be are named in the Brisbane Mustangs teams for Junior State Cup. And congratulations to those that have already made Redlands Mudcrabs and Coomera Comets Teams. Enjoy your training and the lead up to Junior State cup which will be held In Harvey bay in the June/July holidays.

Cathy Farrelly
Director Touch Football Academy

Sport at Cav Road

Although it is only March, 2018 is already allowing Cavendish Roadians opportunities to show their achievements in sport. Our students are taking it to Brisbane and showing everyone what they can do on the sporting platform. They wear the Cav green with pride and chase those dreams with great determination. Here are some of our students' sporting achievements so far this year.

Student Sport Success – 2018 Brisbane Lions Girls Youth AFL Academy

AFL continues its strong presence in the Cavendish Road State High School community, with a number of girls selected in the Brisbane Lions Girls Youth AFL Academy for 2018. Congratulations to students Georgia Carmody, Ayla Fraser, Alex Grace and Hayley Moore. Best of luck to these ladies as they move their way through the selection process.



Brisbane Roar W-League

Big shout out to the female Cav Radian Alumni that continue to make us proud. Kaitlyn Torpey, Katrina Gorry and Ayesha Norrie are valuable members of the Brisbane Roar W-League Football team. Torpey returned from a successful tour of Asia late last year with the Australian Under 20 team, with Gorry wearing the green and gold proudly in 2017 with the Matildas defeat of China. We see these young women balance their lives as they pursue their dreams. Congratulations on another successful season ladies.



Interschool Sport - Winter Season

Sport is compulsory for all students at Cavendish Road State High School. Students from Years 7-12 participate in either Recreational sport or Interschool sport (Selection Process only). Interschool and Recreational sport is offered on both Tuesday and Wednesday across all grades. Winter season trials for Interschool will occur in Week 2, Term 2. More specific details will become available to students as time approaches. Explore our Sport tab on the Cavendish Road SHS website for the range of sports on offer.

Student Sport Success – Queensland OzTag

Congratulations to Billie Manns (U14 Girls), Khoen Pahiva (U15 Boys) and Sylvia Malayta (U15 Girls) on making the Queensland Oztag teams. They will compete at the upcoming Tri Series Tournament to be held on 15th – 17th June 2018. This event will be attended by 78 teams from Queensland and New South Wales. From this event Queensland Oztag's Selectors will select the Queensland Merit Team.

Student Sport Success – District / Regional Selections

| | | |
|----------------------|--------------|----------------|
| Jackson Roberts | Rugby Union | South District |
| Caleb Bernard | Rugby Union | South District |
| Sione Taulani | Rugby Union | South District |
| Harrison Smythe | Softball | South District |
| Emily Butler | Football | South District |
| Toa Doyle-Brockfield | Football | South District |
| Eva Heron | Football | South District |
| Chantelle Lloyd | Football | South District |
| Estella Mazzoni | Football | South District |
| Izabella Milen | Football | South District |
| Dominique Spampinato | Football | South District |
| Lateisha Wilkins | Football | South District |
| Brandon Elliot | Rugby League | South District |
| Jonathon Tapau | Rugby League | South District |
| Isaiah Vincent-Cook | Rugby League | South District |

| | | |
|----------------------|----------------|-------------------|
| Brock Ashton | Rugby League | South District |
| Ned Barbara | Rugby League | South District |
| Jude Saldanha | Rugby League | South District |
| Mikaylah Ah Toon | Netball | South District |
| Ella Fitzgerald | Netball | South District |
| Georgina Domagala | Netball | South District |
| Emma Archbold | Netball | South District |
| Baylee Pikinga | Netball | South District |
| Mariah Vankerkvort | Netball | South District |
| Amila Cutuk | Swimming | South District |
| Ella Eccleston | Swimming | South District |
| Charlotte Graham | Swimming | South District |
| Bradley Haupt | Swimming | South District |
| Jared Hughes | Swimming | South District |
| Joshua Perren | Swimming | South District |
| Matthew Scheenhauer | Swimming | South District |
| Annie Simpson | Swimming | South District |
| Brooke Stevens | Swimming | South District |
| Zsombor Csintalan | Swimming | South District |
| Rafe Priestley | AFL | South District |
| Levi Staines | AFL | South District |
| Harry Domagala | AFL | South District |
| Joseph Cosmo | AFL | South District |
| Sam Carmody | AFL | South District |
| Jacob Crook | AFL | South District |
| Kyne McDonald | AFL | South District |
| Chanelle Lloyd | Football | Metropolitan East |
| Dominique Spampinato | Football | Metropolitan East |
| Eva Heron | Football | Metropolitan East |
| Ava Guilford | AFL | South District |
| Bonita Norman | AFL | Metropolitan East |
| Cara Campbell | AFL | Metropolitan East |
| Maggie Fraser | AFL | Metropolitan East |
| Georgia Carmody | AFL | Metropolitan East |
| Tyler Beazley | Touch Football | South District |
| Billie Manns | Touch Football | South District |
| Lilly Prescott | Touch Football | South District |
| Olivia Burnett | Touch Football | South District |

| | | |
|---------------------------|----------------|----------------|
| Dynasty Tamihana | Touch Football | South District |
| Imogen Boon | Touch Football | South District |
| Tyler Beazley | Touch Football | South District |
| Billie Manns | Touch Football | South District |
| Jackson Roberts | Touch Football | South District |
| Kapu Broughton-Winterburn | Touch Football | South District |
| Tayne Wiremu | Touch Football | South District |
| Ayden Davis | Touch Football | South District |
| Jackson Burgess | Touch Football | South District |
| Kohl Beazly | Touch Football | South District |
| Jude Saldahna | Touch Football | South District |
| Robbie Williams | Touch Football | South District |
| Ethan Mandavy | Touch Football | South District |
| Mitch Williams | Touch Football | South District |
| Brandon Wong | Touch Football | South District |
| Vivienne McDowall | Football | South District |
| May Salazar-Kohara | Football | South District |
| Tayla Dorrington | Football | South District |
| Abbi Taylor | Football | South District |
| Kate Dann | Football | South District |
| Jaimee Taylor | Football | South District |
| Isabella Ihaia | Football | South District |
| Lilly-Rose Inch | Football | South District |
| Sophie Bohan | Football | South District |
| Bertie Cate | Football | South District |
| Aidan Bender | Football | South District |
| Angus Lewis-Castle | Football | South District |
| Nate Taylor | Football | South District |
| Nathan Coll-Reyes | Football | South District |
| Tom Goodwin | Football | South District |
| Kai Dekker | Football | South District |
| Jake Ward | Football | South District |
| Aaron Smith | Football | South District |
| Diedonne Bigirindavyi | Football | South District |
| Nicholas Clarke | Football | South District |
| Calan Wiremu | Touch Football | South District |
| Rafe Priestly | Touch Football | South District |
| Haydan Wong | Touch Football | South District |

| | | |
|-------------------|----------------|----------------|
| Heath Crawford | Touch Football | South District |
| Luke Schafer | Touch Football | South District |
| Khoe Pahira | Touch Football | South District |
| Lincoln Kelly | Touch Football | South District |
| Josh Tupuola | Touch Football | South District |
| Noah Jordan | Touch Football | South District |
| Renae Nona | Touch Football | South District |
| Bella Allan | Touch Football | South District |
| Shajuate Aila | Touch Football | South District |
| Tahnee De La Cruz | Touch Football | South District |
| Max McChlery | Hockey | South District |
| Rhys Lloyd | Hockey | South District |

Share the Dream

From 4-15 April, history will be made on the Gold Coast. The Commonwealth is a collective of diverse nations spread across every continent and ocean and makes up to 30% of the world's population. From Asia to Africa and beyond, the Commonwealth is composed of a rich variety of faiths, races, languages, cultures and traditions.



The Commonwealth Games is a unique, world class, multi-sport event that is held once every four years and is often referred to as the 'Friendly Games'. The Commonwealth Games brings together the members of the Commonwealth of Nations in an effort to raise the bar of sport for all humanity and provide a level playing field where athletes compete in a spirit of friendship and fair play.

The Gold Coast 2018 Commonwealth Games (GC2018) will welcome more than 6,600 athletes and team officials from 70 Commonwealth nations and territories to the Gold Coast and event cities Brisbane, Cairns and Townsville, to share in the celebration of sport, entertainment and culture.

The largest sporting event to be staged in Australia this decade, GC2018 will feature the largest integrated sports program in Commonwealth Games history, comprising 18 sports and seven para-sports.

Beach Volleyball, Para Triathlon and Women's Rugby Sevens will make their Commonwealth Games debuts and for the first time at a Commonwealth Games, with an equal number of men's and women's medal events will be contested.

A symbol that represents the Games' effort to raise the bar of sports and level the playing field where athletes can come to complete in a spirit of friendship and fair play. It also acts as a collective aspiration for the whole of the Commonwealth and is something that will be present during the Gold Coast 2018 Commonwealth Games. For more information: https://www.gc2018.com/GO_CAV!

Ms Nikki Bairstow
Interschool Sports Coordinator

Parents and Citizens' (P and C) Association

We were very happy to welcome many new faces to our first P and C meeting for the year in February. We look forward to getting to know new families. Parents and Citizens' (P and C) meetings are held on the third Tuesday of the month from 7pm in the Resource Centre (enter Gate 1). Please note that due to school holidays there is no meeting in April so the first meeting for term two will be on Tuesday 15th May.

At the Annual General Meeting held on Tuesday March 20, all the P and C Executive positions were re-elected. At the time of writing this, the vote had not yet occurred so we will include the new Executive names in the next newsletter. These names are also available on the P and C page of the school website – (under the "Our community" tab).

<http://www.cavroadshs.eq.edu.au/>

The P and C would like to say a huge "thank you" to Melinda Groves who has retired from the P and C after three years as president and vice-president. In these roles, Melinda has steered the P and C through some challenges and she has made a huge contribution to both the P and C and the school, for which we are very grateful.

What is new in the P and C?

- White socks are now in stock at the uniform shop. Please ensure your student collects any orders that have not yet been picked up.
- Second hand uniforms – the uniform shop will no longer be selling second hand uniforms. A facebook page will be set up for parents to organise their own buying and selling. Used uniforms can also be donated for distribution to families in need by dropping them off at the uniform shop or student services.
- Community Guest Speaker evenings – planning is underway for a series of community evenings where a guest speaker will cover a topic relevant to high school parents. These evenings will not only be informative but a great way to meet other parents and join in with our school community. Watch out for more information about the first event early in term 2.
- Entertainment Books – these are available from the uniform shop and both books and digital memberships (loaded on your phone) can be ordered at www.entbook.com.au/2252w50. You can save even if you don't eat out often with lots of discounted

gift cards and e-giftcards on offer through your memberships including Wish Cards (save on your everyday shopping at Woolworths, BWS and Woolworths Caltex), BCF, David Jones, Country Road, Supercheap, Rebel, JB Hi-fi and more.

- The canteen is well underway with the development of the new winter menu. As always our convenors have some great food planned.

How to participate

1. **Attend Meetings**
7pm on the third Tuesday of the month in the Resource Centre (Enter Gate 1).
2. **Parents and Citizens Facebook page**
<https://m.facebook.com/Cavendish-Road-PC-1372922086101301/>
3. **Email list**
If you would like to be added to our mailing list and receive reminders about future meetings and copies of our minutes and agenda please email pandcsecretary@cavroadshs.eq.edu.au
4. **Volunteering**
The canteen and uniform shop are always looking for helpers. If you have a little time and would like to help please feel welcome to pop in. Even coming along for a short time to assist on one of the days would be a huge help. For more information or to advise when you are available to assist please contact:
Canteen team on 3394 0723 or canteen@cavroadshs.eq.edu.au
uniform shop - uniformshop@cavroadshs.eq.edu.au.

The subcommittees are also keen for new members – if you are interested please contact pandcsecretary@cavroadshs.eq.edu.au

Ashley Chan
P and C Communications Secretary

Uniform Shop

- There are still some outstanding orders ready for collection. Students have been notified about the orders through the daily Student Notices. Therefore, parents please discuss with your children if you have any outstanding orders.
- Formal Girls' Hats have arrived and students may collect them from the Uniform Shop.
- The following items are due in by the end of March:
 - Cav Rd White Socks (Sizes 2-8 & 8-11)
 - Cav Rd Sports Shirts & Sports Shorts
 - Cav Rd Tracksuit Pants
 - Cav Rd Girls White Blouses

Madonna
P and C Uniform Shop Convenor

Canteen News

Well we have survived the hot weather! The introduction of the healthy Slushy drink has been very popular on hot days...99% apple juice, cold and refreshing.

Our Eftpos issues seem to have settled down with the addition of a different terminal. If you have any problems just let us know.

Winter is just around the corner. Keep an eye out for our updated winter menu. Also with the flu season coming, please take advantage of our new hand sanitiser pump located at the front door, which was kindly donated by our packaging supplier- Bluedust.

Last weekend, Heather and I were invited along with two other schools and various suppliers to attend the annual Queensland Association of School Tuckshops (QAST) event to show case our menu and share how we do what we do. There were over 100 attendees. It was lovely to meet so many convenors from around Queensland. They were impressed with our healthy menu and went away with lots of ideas.



A big thankyou to all of our new volunteers. It has been very nice getting to know you all. It is lovely to hear that you enjoy your time with us. We do try to keep a happy cheerful environment so if you are looking for something to fill in your time, we are always happy to greet more volunteers!

A fond farewell to my Co-Convenor, Heather Connors. After 7 years, she is retiring at the end of this term to enjoy some quality time with her family. Best wishes on your new adventures from all of us.

Roberta, Madonna, Sue, Adriana, Janielle, Intessar, Rita and Judy.

Phone: 33940723 or email us

canteen@cavroadshs.eq.edu.au

Queensland Baton Relay for the Commonwealth Games

Holland Park Community Celebration

Join us in celebrating the Queen's Baton Relay (QBR) in Holland Park. The QBR is a Commonwealth Games tradition that celebrates the Commonwealth's diversity, inspires community pride and excites people about the world-class festival of sports and culture to come. Residents and visitors will have a chance to see the Baton and engage with the batonbearers as they move through the city and stop in selected Brisbane streets, and celebrate together. The Holland Park community celebration event will feature performances by Super Stars Dance School, live music, sports demonstrations, free pace painting and tasty treats from a range of food stalls. Be part of the excitement when the batonbearer Matthew Ames arrives on site with the Queen's Baton at 1.09pm. Roads will be closed in the area around the community celebration event from 12.30-2.30pm, so get there early to see the Baton arrive. NOTE - The event program may be subject to change. For more details about local traffic impacts or the relay route, see Brisbane City Council's QBR interactive map. Find other Queen's Baton Relay community events across Brisbane.

QBR - CB Mott Park, 11:30 AM

<https://www.brisbane.qld.gov.au/whats-brisbane/gc2018/queens-baton-relay-brisbane/brisbane-route>

<https://www.gc2018.com/qbr>