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22 February 2019

## Principal's Report

### Minister's Visit



This week we welcomed Minister for Education and Minister for Industrial Relations Grace Grace MP, who officially broke ground on our new Performing Arts Centre. School Captains Chloe Ellis and David Buchanan joined me to welcome the Minister and Mr Joe Kelly, Member for Greenslopes. Our PAC will be one of two new jewels in our school's facilities in the Government's "2020 Ready" Building in Schools Program.

Cav is a leading school in the State-wide movement of increasing enrolment demand in State schools as result of renewed recognition of the quality and opportunity State schooling provides. Our school continues to grow with enrolment growth of in-catchment students now accounting for 50% of our enrolment as opposed to 30% 5 years ago and reliably predicted to continue to increase each year up to and beyond 2023.

Established schools across the State are being invested in with Cav receiving more than \$18 million by the State Government boosting our 21st Century learning capacity.

I am very impressed with the scope and quality of these new facilities that are world class without doubt or stretch of the imagination. Minister Grace also took the opportunity to inspect our new Sports Centre which is near completion ready for a handover before the end of term. Details and photos at first opportunity. We look forward to the minister returning to officially open each of our new facilities and to invite parents to experience these exceptional assets to student learning.

### Leadership at Cav Road



I have been working on a leadership structure in our school that measures up to the current and future demands of our growing school and an organization that has a clear vision, where strategic and school operations are efficient, client focussed and agile.

From 2019, 2 Associate Principal positions have been created and currently Mrs Van Genderen (Curriculum, Partnerships and Innovations) and Mr Cox (Teaching and Learning and Wellbeing) are Acting in those positions. Mr Hazzard, Mr Thompson, an Ms Gardiner are joined by Mrs Trapp as Deputy Principals. Mrs Potter will move across to Acting Head of Department, Senior School and Mr Paul Batchler to Year 12 Dean.

### Great start to 2019

Our school year kicked off brilliantly with our official enrolment at 1812 students. Week one was abuzz with activity with our staggered start Tuesday and Wednesday to ensure induction of students to their new scholastic year, school photographs on the Thursday, and our swimming carnival on the Friday that was the best attended in recent memory. Overall attendance on that day including students who remained at school was near

90%. House Captains did a great job and school spirit was not only high but infectious.

We celebrated last year's senior school students' successes as well with reports from QCAA and QTAC that again, showed 100% QCE attainment, over 90% of students with OP 1 to 15 and 96% of tertiary entry aspirants receiving an offer for this year. My message to Year 12s of this year, with the last cohort to go through the OP system, to give this year every chance to be the best on record for Senior outcomes at Cav. They have the capacity, and hopefully the passion to make it so.

Parents and carers will have received in email communications from me a welcome to 2019 outlining how we can work together in the best interests of your child and how you can support us to deliver the business of great schooling.

**Thank you to parents and carers** for responding to these messages, and in particular to the standard of presentation of being proud to wear the Cav uniform this year. From Year 7 right through to Year 12 we have raised the bar and not only are hats being worn and shirts tucked in, the unisex choices have been a big hit and all of our students look smart and walk tall. We are very proud of them and them of their school. Self-esteem and inclusion are important in one's life and all adults have a role to play for our young people. The way we speak, act, behave, and whether or not we show respect for fellow human beings makes life a joy and not a burden.

**The Student Resource Scheme** has kicked off this year particularly well with participation approaching 90% of parents. I want to get resources into every student's hands. All the costs of schooling in a State school are not free. Parents assume responsibility for supplying all text and requisite resources. We have a scheme to assist parents meet these costs. Students not covered by the scheme may have day use to ensure access to the curriculum and instruction but cannot access the hire for take home use unless their parent has joined the scheme.

This requires parents/carers joining the scheme before resources can be issued for take home use. I must stress that joining the scheme is a contractual arrangement with the school and that payments need to be kept up to date either in whole or under a payment plan sufficient to cover the cost. This obligation takes precedence over voluntary participation in extra and co-curricular activities and invitation to celebratory events.

I want to see students maximise their learning opportunity and do not wish to see families accrue a significant debt to the school in this regard that causes anxiety for parents and students.

**Big ticket items** for Cav this year gravitate around one main theme: "getting better at getting better". I have set up 4 staff forums this year to put the collective expertise and 'brain power' of our school to improving Curriculum, Teaching and Learning, Wellbeing, and School Culture. Students will also be engaged and have a voice through class and year level representation, student leadership and student council. These are the goals:

- **Accelerating the learning of every student.** Knowing our learners and putting the right people and resources into the right space. We do this well, but can always value add to every child. This includes

finding better ways to give parents 'real time' feedback on student progress while not creating yet another piece of work for teachers. We can come up with smart solutions.

- **High impact teaching and learning.** An expert teaching team works together and across the school to share best practice that works. We measure what works by measuring student rates of improvement and not only the results. By doing the right work we will get impact on learning and logically student results should improve – even if it's a B- to a B or B+ to an A. Reading and Writing proficiency remain a priority. Good readers become great readers and we aim to lift the writing of junior school boys in particular from above nation in standard to well above.
- **Inclusion in every sense.** There is a world of difference and it's difference that makes our community rich. We are an inclusive school just in the opportunities that abound but we also look for ways of defeating disadvantage and ensuring access to learning without impediment.

## Further updates

- New student precincts this year: one junior and one senior define the student areas during break times. Assisted by research by students from Griffith University Occupational Therapy students a student council task force had sound evidence for change. Gone are the year level boundaries and this opens up facilities and space and scope for students to mix in age appropriate friendship groups and not feel confined to a smaller space. The benefit's for Years 7 and 8 students in particular.
- Open nights for Academic Explorers, Year 7, Years 11 and 12 were held last week and well attended.
- P&C organised and led a "Cyber Safety" presentation prior to the first P&C meeting of the year that was attended by well over 100 parents
- We had issues with supplying digital texts to students, no fault of the school, where publishers and suppliers had difficulty with meeting demand, and each day student resources are being released into the application on their devices for student access as they become available. All matters to be resolved in a matter of days.

**Richard Usher BA LLB Dip Teach  
Principal**

## Drama

Welcome to a new year and a new location for Drama. As some of you will know, the demolition of the Hall is well underway and construction on our new Performing Arts Centre will begin soon. Congratulations to all the students who have transitioned really well to our new location in Y Block. We have exciting times ahead and I look forward to your wonderful Drama students enjoying the journey with me.



## QPAC EXCURSIONS – *Death of a Salesman* by Arthur Miller



This year we have many opportunities for students to attend live theatre at QPAC, view live theatre incursions held here at school and in-class workshops to develop and immerse student learning. We imbed a variety of dramatic genres and languages into our curriculum and I am very excited to have year 8 drama back into the timetable. Welcome to all the new students to Drama. You are going to enjoy the exploration of human context in the course of your study. Welcome to the year 8 students who are already demonstrating great enthusiasm and skills in the classroom.

### Drama Classroom Assessment

Drama student assessment covers three specific areas; **Presenting, Forming and Responding**



**Presenting Requirements** – Students **must** wear black performance clothing. As the picture demonstrates round neck t-shirt, long tights, ¾ tights or long shorts. Students are to wear black socks or bare feet. If a student does not own black clothing, please wear navy blue or dark green. Do not go and buy anything for your student. I am sure they have something suitable at home already. Just ask the question.

### YEAR 8 Welcome



Year 8 students have embraced the drama activities and are working so very well in the classroom. Our unit of study will see the students learning stagecraft, characterisation, practical aesthetics, the elements of drama and working within Realism and Contemporary conventions. I am enjoying their enthusiasm for the class work and look forward to immersing them into live theatre.

Monday 18th February saw 45 senior students from year 10-12 join me for our first evening of theatre at the Playhouse Theatre QPAC. *Death of a Salesman* is an intense realism drama highlighting one man's life choices. This was intense drama, which lead to some deep philosophical analysis from the students in class the next day. Thank you parents for giving your student the opportunity and exposure to such outstanding theatre. I really appreciate your support. The students all dressed to impress and their theatre etiquette was outstanding.

*Death of a Salesman* (1949) brought Miller the Pulitzer Prize for drama, international fame, and an estimated income of two million dollars. The words of its hero, Willy Loman, have been heard in at least seventeen languages as well as on movie screens everywhere.

Arthur Miller is also known for his plays; *All my Sons & The Crucible*.

Our next QPAC production is *Hydra* at the Billie Brown Studios on Montague Road West End. I look forward to seeing your student again at this production.

**Toni Ryan**  
**Drama Coordinator**  
[tryan122@eq.edu.au](mailto:tryan122@eq.edu.au)

## Year 7 Humanities Artefact Day



On the 6th of February 2019, the grade 7s went to the library to look at artefacts that were used thousands of years ago. The artefacts came from the University of Queensland. Most of the items we observed were used as a tool, such as an axe blade, a knife or a grindstone. It was very interesting since we had to determine what culture some of the artefacts came from and what material they might have been made out of. We were able to not only witness but interact with the artefacts! This was very fascinating since we could feel finger prints imprinted on each object. The whole event was fun and a great experience to learn more about history.

**Danielle Human, Year 7 student**

Year 7s had the privilege of looking at priceless artefacts from many different civilisations. The artefacts have been passed from generation to generation through many sets of hands. Some of the artefacts even had indents of where they have been held by the ancestors of our generation, who used these tools instead of the modern powerful tools that we use today.

**Angus Parton, Year 7 student**

I would like to thank the University of Queensland for putting their trust in all Cavroadians. Having the ability to touch and investigate how these artefacts were used, makes us think about all the positives that history can teach us.

**Sam Flannery, Year 7 student**

**Hannah Moran**

**English and Humanities Teacher**

by some of the Brisbane Broncos Indigenous players including Jack Bird, Kotoni Staggs, Troy Dargin and Gehmat Shibasaki.

Students who achieve 90% physical attendance this term will be rewarded with a Beyond the Broncos sports bag and stationery pack designed by Mitchelton SHS student Trent Banu, the winner of our 2018 Beyond the Broncos art competition.

Also at the launch was former Beyond the Broncos and Cavendish Road SHS school captain, Will Blair. Will was on hand to wish his former peers well in their 2019 and share his amazing success since leaving school.

Later this term students will be invited to attend the BtB workshop hosted by Broncos Ambassadors. The workshop theme for Term 1 is Goal setting. Students will get a unique insight into how the former internationals set goals in life and their careers. Cav Rd's workshop will be held on February 27th at 1:40pm

Further ahead, the Beyond the Broncos will hold its annual Leadership Camp in Brisbane during the July school holidays. Students will be involved in number of leadership and cultural activities, meet prominent Indigenous leaders and attend a Brisbane Broncos game. Beyond the Broncos students who have achieved benchmarks in attendance, effort and behaviour will be invited to apply.

Once again, this year the Beyond the Broncos will be inviting University students to volunteer to provide in class learning support to Beyond the Broncos students. We hope the staff and students at Cav Rd make them feel welcome.

The Beyond the Broncos would like to thank the staff and students at Cavendish Rd SHS for their ongoing support.

**Kym Ford**  
**Indigenous Liaison Officer**

**Beyond the Broncos**



The Beyond the Broncos would like to welcome back all students and staff back to school for 2019!

The Beyond the Broncos continue to work with young Aboriginal and Torres Strait Islander students in Year 10, 11 and 12 at Cavendish Rd SHS.

Already this term Taneshia Atkinson, Scott Prince and Justin Hodges have delivered the Program launch to students. The launch is the opportunity for all Indigenous students in Years 10, 11 and 12 to come together to get to know one another and hear about the program for 2019. Students were engaged in a number of icebreaker activities, heard about this year's workshops themes and students were introduced to this year's term challenges, the expectations and the reward incentives

**Maths**

Welcome back to another fun filled year at Cav Road. This year is an exciting one with our Year 11's beginning their journey to a new QCE. Many parents will already be familiar with many changes that have come with a new senior tertiary entrance system, however, I thought it wise to outline some of these as they will impact Mathematics in year 9 to 11.

**Subject changes**

The Year 11 mathematics subjects have changed names, content and assessment requirements. The subjects are now divided into General and Applied and are similar but not the same as the subjects we have offered since 2008.

- Pre Vocational Math becomes Essential Mathematics (Applied subject)
- Maths A becomes General Mathematics (General subject)
- Maths B becomes Mathematical Methods (General subject), and
- Maths C becomes Special Mathematics (General subject).

Please note the changes are far more significant than just a name change but it may help parents get a handle on the new subjects by comparing to the subjects they replace.

One of the biggest changes that has come with the new subjects is how we assess.

## For General, Method and Specialist subjects (General Subjects)

The new subjects are divided into Unit 1 and 2 (formative assessment) and Unit 3 and 4 (summative assessment). In mathematics, Unit 3 will begin at the beginning of Term 4 Year 11. Assessment is now marked in percentages and students will receive a percentage result for each assessment piece. The assessments themselves will be a combination of a Problem Solving and Modelling task (PSMT), Internal Assessment (IA) and external assessment (EA). Each of these have different weightings. The table outlines this below.

Unit 1 and 2 – Year 11	Term 1	Term 2	Term 3
Formative assessment (Does not contribute towards their ATAR)	PSMT 20%	Internal Test 30%	Internal Test 50%

Unit 3 and 4 _ Year 11 T4 and Year 12	Term 4 Year 11	Term 1 Year 12	Term 3 Year 12	Term 4 Year 12
Summative Assessment (Does contribute towards ATAR)	PSMT 20%	Internal Exam 15%	Internal Exam 15%	External Exam 50%

## How are we preparing student for the change?

One of the biggest changes for students will be how and what we assess.

Last year we changed our assessment in Year 10 to model what students can expect during their summative assessment in Years 11 and 12. For many this came with lowered results. Prior to this students will have only experienced testing on work they had covered that term. The External Exam (which has a weighting of 50%) will test subject matter from Units 3 and 4 and assume knowledge from Units 1 and 2.

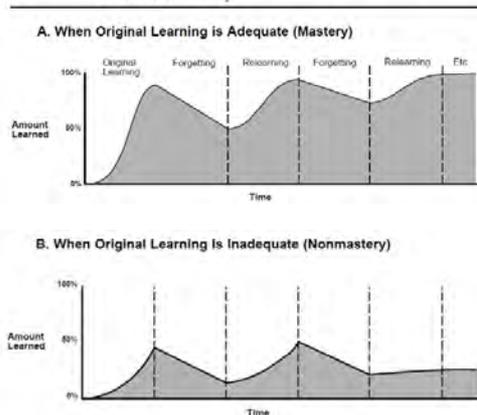
Much of our work with students will be preparing them for this change and encouraging students to change work and study habits.

## Mastery Learning

If students in mathematics are going to experience success in an external exam that tests knowledge and subject matter going back 2 years, many will need to change the way they work in and out of the classroom. One of the early messages we are giving students is to address areas of work they do not fully understand as soon as possible. The graphs below and be helpful to give a visual representation of the differences that can be expected in final learned amount percentages if students

work to gain 100% understanding early as opposed to leaving areas of misunderstanding unaddressed.

Figure 1.2 Hypothetical Learning/Forgetting Curves for Mastery Versus Nonmastery



## Tutoring

To help students get on top of their work early we have tutoring on Thursday afternoon in E6 (between 3pm and 4pm) and a specific Maths Methods tutoring occurring in E10 at the same time. Students should be encouraged to make good use of these services if they are not getting complete understanding of the work in class time.

## Formative Testing

Another way to help students keep on top of how they are progressing is the use of formative testing. This will occur in Week 4 or 5 of each term to give students feedback to help feedforward what is needed in order to address early deficiencies.

## Note books

All students are expected to bring 2 notebooks to mathematics. One is for notes and the other consolidation and practice. This is help students organise important information and keep it for regular review.

## Assessment changes Year 9, 10 and 11

Our preparation for the new style of assessment begins in Year 9 and is mirrored in Years 10 and 11. This gives students three years of to make the necessary adjustments and be well prepared for success in units 3 and 4.

## To Finish

Finally I did want to paraphrase some words from Dr Lara Boyd who works in the Centre of Brain Health in the United States. Some of her key messages around brain development are these:

“The primary driver of change in your brain is your behaviour”

“Nothing is more effective than practice at helping you learn”

“Increased difficulty, increased struggle, during practice leads to both more learning and greater structural change in the brain”

So the key message is practice, do the work and don't fear the hard stuff. Those are the questions that build the brain you want.

**Terry Moran**  
**HoD Mathematics**

## Science

### Welcome to 2019

I'd like to start this column by welcoming all of our new students to the school, and welcoming back our returning students. 2019 brings with it a lot of changes that will make it an exciting and rewarding experience. I would also like to welcome Natalie McConnell to the science department who comes to us from Mackay North SHS. Natalie will be teaching year 8 students.

### Introductions

My name is Peter Darben, and this year I have stepped in to fill the big Science Head of Department shoes of Michael Denner, who has taken leave for 2019. I first arrived at Cav Road in 2004 after teaching for six years in Mount Isa. From 2008-2015 I oversaw SPARQ-ed, an education outreach centre based at the Translational Research Institute, before being fortunate to be able to return to my teaching position at Cav in 2016. Having started out as a biomedical scientist and researcher, my major teaching area is in the biological sciences, and my passion is for connecting the learnings of students in classrooms to the work of real-life science practitioners.

### Looking Forward

By the time you read this article, our Year 12 Chemistry students will have already completed a workshop in chemical synthesis at Griffith University, and our Year 12 Biology students will have returned from their ecology camp at Hastings Point.

Our Academic Excellence Program will be kicking off in week 6 with our "Nature of Science" workshops for Year 7 and the "Forensics Incursion" for Year 8. 2019 will also see the return of the award winning STEM Horizons program for Year 7 and Year 9 students in terms 2 and 4.

### New Senior Syllabuses

Foremost among the changes 2019 is bringing in the introduction of the new senior syllabuses and tertiary entrance procedures. Year 11 students will be commencing their studies in the new suite of senior subjects which are based around consistent courses across the state, the replacement of some school based assessment pieces with external assessment in year 12 and the introduction of the ATAR to replace the OP as the principal means to determine into tertiary studies. There is a lot change at hand, and for the past 12 months staff in the science department have been engaging in intensive professional development and participating in professional learning communities with staff from other high performing schools to ensure they are prepared to guide our students through the new system.

Information for students about the new system can be found on the QCAA website at the website below. Of particular interest is the Academic Integrity course for students

(<https://myqce.qcaa.qld.edu.au/academic-integrity-for-students.html>) which clearly outlines the QCAA's expectations for students with respect to appropriate use of online resources and avoidance of plagiarism.

<https://www.qcaa.qld.edu.au/senior/assessment>

**Peter Darben**  
**Acting HOD Science**

## Japanese



This year will once again be a busy year in Japanese. In August, we will welcome 25 students from Omiya Koryo SHS to Cavendish Road for the bi-annual sister-school visit. We will run the Cav Road Japanese Speech Competition in May as a pre-cursor for entry into the Brisbane Japanese Speech Contest in August. We are also looking forward to the Year 8 Taiko drumming incursion this term, the Japanese Film Festival in October, a visit by Rakugo comedian and storyteller Jarrod Hoare, as well as Obento lunch picnics and a visit by the Curry Ninja food van.

We also welcome Ms Natalie McConnell to the Japanese staff. Ms McConnell, has come to us from Mackay North SHS. She has lived and worked in Japan for a number of years and is looking forward to sharing her love of Japanese language and culture with Cav Road students.

At the end of 2018 a number of students were able to pursue their passion for Japanese through scholarships organised by our department. Three students, Marissa Riggs (ex Year 12), Chelsea Reeves-Calabretta and Ashley Hancock (Year 11) spent a month studying at Omiya Koryo SHS. Dion Keenan (Year 11), also won a DET STEM- Japanese scholarship through the school and spent time in Hiroshima and Kyoto in December, studying the latest innovations in Japanese technology and seeing how science is taught in Japan. Dion's report follows this article. There are a number of DET scholarships, linking Japanese to the study of STEM subjects, open for 2019. We encourage Year 10 and 11 students to submit applications to the school, which will then forward selected applications to DET. Students will be given details in class and further information can be found in the link below.

<https://education.qld.gov.au/schools-educators/international/international-opportunities/opportunities-in-asia/opportunities-in-japan>

The 2018 Japan Study Tour was a great success. The fifteen students, Ms Balfour and Mrs Karfs had a marvellous time during the 18 day tour. The Cav Road students were an absolute pleasure to take overseas, displaying all the best of the five C's with their courtesy, co-operation, consideration as part of the tour group, their commitment to improving their

Japanese ability and their willingness to be challenged by new experiences while in Japan.

Jenny On (Year 11) writes about her experience on the tour:

“Going to Japan was an unforgettable experience, where I was given the opportunity to be immersed in the unique Japanese culture. As we travelled through the freezing winter in Tokyo, Hiroshima and Kyoto, we played around with new technology, saw stunning shrines and tried different delicacies. I was able to learn much more about the Japanese way of life by studying their core values and beliefs. It was fascinating to hear the Japanese legends and stories about each destination and to know that each place carries a history.

There were many highlights on the trip, one of them included our visit to Miyajima – there were so many cute deer! Another popular day everyone went hysterical for was the visit to Universal Studios where we rode on many of the extravagant rollercoasters! It was truly unlike any Australian theme park.

During the second week, we met our homestay partners and were welcomed to experience the Japanese lifestyle up close. Although I was nervous at first, the homestay ended up being one of the best parts of the trip! We visited Omiya Koryo Senior High School for a few days and were lucky to witness Mt Fuji behind the school on a clear day. It was interesting to see how different their school routines were to ours. For example, the Japanese students do all the cleaning in their classrooms at the end of the day. When it was time to say goodbye to our lovely friends and host families, we were all left wishing that our time in Japan could have been longer. Although it was sad to leave so soon, I have countless memories of all the good times in Japan and I wish I could return in the future to make more!

Dion Keenan’s 2018 Queensland STEM Student Program to Hiroshima and Kyoto Report:

Last year, I was given the opportunity to travel to Japan with 12 other students through the Queensland Government’s Department of Education STEM Study Tour to Hiroshima and Kyoto. This trip was overall an amazing experience for me in both improving my personal attributes/skills and understanding how another country implements their understandings of STEM into their own lives in both the present and the future.

Our study group participated in a wide variety of activities that were packed with Japanese culture and history. We were able to participate in the wearing of kimono, a Japanese tea ceremony and calligraphy. I am especially attached to the memory of when I participated in the tea ceremony: it was a very engaging experience in which I was fully able to appreciate Japan’s history of conducting the ceremonies. I particularly boast to my friends and family that I spilled the tea during the ceremony. Not only did it allow me to understand is that it was unacceptable, but it made me appreciate the kindness of the Japanese people and the honour that they withheld my mistake.

One of the greatest highlights of my trip was the opportunity to travel to many schools within the district of Kyoto Prefecture. Throughout our week at member high school, we had numerous chances to interact with the students in both English and Japanese, which was a great opportunity to exchange

knowledge and information of our lifestyles in different countries. Probably the most riveting event was my participation in the tennis club. I was able to play tennis against some older students from Japan.

Overall, I personally enjoyed the tour and am grateful for my selection as a participant. I will never forget the personal experiences I gained from the attributes of Japan. It has overall allowed me to refocus my passion for STEM and Japanese and continue to work hard to achieve my future goals.

**Joy Balfour**  
**Japanese Coordinator**

## German

### Willkommen in Deutsch 2019

Welcome to German 2019. Frau Gavranich, Frau Pettersen and Frau Gallagher would like to welcome your child to German, or back to German this year. We hope that students have settled into the routine of the German classes. This year, the Grade 7 students will study German for the whole of years 7 and 8 having 2 lessons per week. The current year 8 students will be studying languages 3 lessons per week in either semester 1 or 2. Elective students in years 9 – 12 study the subject 3 times per week.

This year we will again offer the restaurant visit to students from years 9 and 10, and the annual excursion to the Oktoberfest will be offered to students from years 9 – 12. Generally, the German film festival takes place in May each year, and if possible, we would like to incorporate this activity into the excursion planner. Finally, fingers crossed for a trip to Germany in 2020. More details to follow when they become available. This year in term 3, there will be a Languages Speech Competition held at Griffith University. Interested students are encouraged to listen for further details during the semester.

This year we begin assessing the new senior syllabus starting with year 11 students and the German department will incorporate the same marking scheme for the year 10 class. This is to prepare these students for their transition to the new system. Please feel free to ask for further details.

Helping your child with their language skills can seem daunting to a parent who does not speak the language, but there are ways to assist. Letting your child ‘teach’ you their new words or phrases is a great way for your child to consolidate his/her knowledge. Similarly, there are numerous free websites which allow students to practise topics and grammar. **German.net** for grammar practice and **languages online** for vocabulary practice are highly recommended.

Finally, I recently saw an interesting article about the brain benefits of studying a second language. Check out: *Trust me I’m a doctor series 8 episode 1 – Can learning a new language help boost my brain?*

## School Based Youth Nurse

### The Teenage Brain: Under Construction

Do you ever look at your teenager and wonder what on earth is happening to them? The Australian Parenting website, Raising Children, helps shed some light on what's happening in the teen brain.



*By the time a child turns six, their brains are already about 90-95% of adult size. But the brain still needs a lot of remodelling before it can function as an adult brain. This **brain remodelling happens intensively during adolescence, continuing into your child's mid-20s.***

#### Inside the teenage brain

*Have you noticed that sometimes your child's thinking and behaviour seems quite mature, but at other times your child seems to behave or think in illogical, impulsive or emotional ways? The back-to-front development of the brain explains these shifts and changes – teenagers are working with brains that are still under construction.*

**For more information on the adolescent brain and its construction watch this Youtube clip narrated by Daniel J. Siegel, MD**

Neuropsychiatrist, New York Times Bestselling Author, and Mindsight Educator

<https://www.kidsinthehouse.com/teenager/health-and-development/brain-development/pruning-process-adolescent-brain>

#### Building a healthy teenage brain

The combination of your child's unique brain and environment influences the way your child acts, thinks and feels. Your child's preferred activities and skills might become 'hard-wired' in the brain, so it's worth thinking about the range of activities and experiences your child has. Music, sports, study, arts, languages, video games, how are these shaping the sort of brain your child takes into adulthood?

You are an important part of your child's environment. How you guide and influence them will be important in helping your child to build a healthy brain too.

You can do this by:

- encouraging positive behaviour
- promoting good thinking skills
- helping your child get lots of sleep.

#### Behaviour strategies for teenage brain development

While your child's brain is developing, your child might:

- take more risks or choose high-risk activities
- express more and stronger emotions
- make impulsive decisions.

Here are some tips for encouraging good behaviour and strengthening positive brain connections:

- **Let your child take some healthy risks.** New and different experiences help your child develop an independent identity, explore grown-up behaviour, and move towards independence.
- **Help your child find new creative and expressive outlets** for their feelings. They might be expressing and trying to control new emotions. Many teenagers find that doing or watching sport or music, writing and other art forms are good outlets.
- **Talk through decisions** step by step with your child. Ask about possible courses of action your child might choose, and talk through potential consequences. Encourage your child to weigh up positive consequences or rewards against negative ones.
- **Use family routines** to give your child's life some structure. These might be based around school and family timetables.
- **Provide boundaries** and opportunities for negotiating those boundaries. Young people need guidance and limit-setting from their parents and other adults.
- **Offer frequent praise** and positive rewards for desired behaviour. This reinforces pathways in your child's brain.
- **Be a positive role model.** Your behaviour will show your child the behaviour you expect.
- **Stay connected** with your child. You'll probably want to keep an eye on your child's activities and friends. Being open and approachable can help you with this.
- **Talk with your child about their developing brain.** Understanding this important period of growth might help your child process their feelings. It might also make taking care of their brain more interesting.

Teenagers are often passionate about their interests, especially ones that give them opportunities to socialise. You can help your child develop skills and confidence by supporting their interests, activities and hobbies.

**Sandra Chesney**  
**School Based Youth Health Nurse – Cavendish Road State High School**  
**Every Thursday and Friday**

## Year 12 Chemistry

### Excursion



On Monday 12 February twenty eight of our Year 12 Chemistry students, accompanied by Dr Bartlett, travelled to Griffith University to learn how to make acetyl salicylic acid, also known as aspirin. We were able to use specialised equipment at the

Griffith University Science Laboratory and learned how to handle organic compounds. To synthesise the acetyl salicylic acid we used an esterification reaction. The crude product was isolated by filtration and then recrystallization was used to purify the final product. We used High Performance Liquid Chromatography (HPLC) to assess the purity of aspirin prepared and Fourier Transform Infra-Red (FTIR) spectroscopy to analyse its structure. This was definitely a worthwhile experience that enhanced our chemistry knowledge.

**By Kirsten Lin and Lola Franke, Year 12 students**

## Year 11 Legal Studies

### Excursion to the Supreme Court



On the 14th of February, the Year 11 Legal Studies students travelled to the Supreme, District and Magistrates Courts in Brisbane City. After an introduction to the courts, we were fortunate to attend a talk from Magistrate Thacker who gave us insight into what it is like to be member of the judiciary. We then observed a multitude of Supreme and District Court cases, both civil and criminal. We really enjoyed our trip and learned some valuable lessons about the hierarchy of our legal system and the proceedings of court cases at the different court levels.

**By Alanah Berglund – Year 11 Legal Studies Student**

## Year 12 Legal Studies

### Excursion to the Griffith University

On Tuesday 5th February, our Year 12 Legal Studies students attended a Legal Studies Conference at Griffith University. The conference was well attended by many other Legal Studies students from across Brisbane. The day commenced with a keynote address delivered by Heron Loban on the importance of Aboriginal and Torres Strait Island customary laws and how these both conflict with, and complement statutory law in Queensland. Our students then had the opportunity to attend workshops on a variety of legal matters including the impact of technology on our legal system, animal rights and the law, refugee law and social media and the law. Overall, the conference provided the students with valuable insight into studying law at a tertiary level and also the legal issues which will be studied in our class this year.

**Amanda Pacek  
Business Teacher**

## Touch

Hello and welcome to the first edition of the 2019 In Touch. This section of the school newsletter helps us to recognise and celebrate, team and individual successes of all students in the Touch Football Academy. This segment will also be an opportunity for me to keep you updated with events, training days and special occasions that our Touch students are involved in.

### Welcome Year 7s

We are super excited to welcome 23 year 7 students into the program this year. We look forward to developing each individual and helping them achieve their touch goals for 2019 and beyond. Already the girls are into season one playing for Cav Rd in one of the two under 13 teams at BMTA on a Thursday night at Whites Hill. Both teams won their first game and we are looking forward to playing together each week. The boys' competition will start this week, good luck and have lots of fun.



### 2019 Touch Captains

Congratulations to Billie Manns and Rafe Priestley who are our 2019 Touch Academy leaders. We look forward to a wonderful year with Rafe and Billie at the helm.

### 2018 Awards Night

In the busyness of the New Year, we often forget to recognise the award recipients from the previous year. Thanks to all the parents, guests and students that attended. It was a wonderful evening, and a great chance to meet and celebrate all things wonderful about Cav Rd Touch. Congratulations to all!

Award	Male	Female
<b>Southern Storm Recognition for coaching junior teams</b>	Noah Jordan Hayden Wong Rafe Priestley Heath Crawford Ahi Hape Jude Saldahna Ethan Mandavy Edward Aila Azaria Aila	Dynasty Tamihana Antonia Williams Tia Wong Tia Kirkwood Isobel Relf Eve Kirkwood Grace Matheson Sabrina Hearn Imogen Boon Sophia Crawford Lilly Prescott

Award	Male	Female
		Brooke Prescott Mia Smith Emma Chaffey Olivia Itel
<b>Junior Touch player of the year</b>	Haydon Wong	Tyler Beazley
<b>Senior Touch player of the year</b>	Jackson Roberts	Bella Allan
<b>Touch Academy Coaches Award</b>	7/8 – Jayde Blair 9/10 – Tayne Wiremu 11/12 – Mitch Williams	7/8 – Antonia Williams 9/10 – Shajuate Aila 11/12 – Tahnee De La Cruz
<b>Best New Talent</b>	Edward Aila	Imogen Boon
<b>Players Player – QLD All Schools</b>	Open Boys – Robert Williams 15 Boys – Haydon Wong 13 Boys- Josh Tokam	Open Girls – Billie Manns 15 Girls – Dynasty Tamihana 13 Girls – Ava Guildford
<b>Players Player - STL</b>	15 Boys – Khoen Pahiva 13 Boys- Vinnie Barker	15 Girls – Tyler Beazley 13 Girls – Ava Guildford
<b>National All Schools players player</b>	15 Boys – Brock Ashton 13 Boys – Kenny Tapau	15 Girls – Renae Nona 13 Girls – Ebony Kelly
<b>Met East</b>	Jude Saldhana Kohl Beazley Jackson Roberts Robbie Williams	Tyler Beazley Bella Allen Billie Manns Eve Kirkwood
<b>PNG Representatives</b>	Shajuate Aila Tahnee De La Cruz	



This year we yet again strengthened Cavendish Road Touch in our local community. Our partnership with The Storm touch club and Brisbane Metropolitan Touch continues to strengthen. We also have four girls' teams playing on a Thursday night – two teams in the 13 years and two in the 15s tears divisions. All teams have just started playing and we are looking forward to seeing each individual improve and enjoy the sport that brings us together. We also have many students refereeing and coaching again this year. I'd like to thanks all students involved in these programs. I always receive such positive feedback from parents whose children are coached by our touch academy

students and from administrators for the professionalism our kids demonstrate.

## Indigenous All Stars

Congratulations to Renae Nona who represented The Indigenous All Stars last weekend in Melbourne. Renae played against the Maoris in the curtain raiser before the NRL All STARS game at AAMI Park. The Indigenous team went down but Renae played some wonderful footy.

## Represent PNG

Shajuate Aila was recently announced in the Papua New Guinea Open Mixed team. Shajuate will travel to Malaysia in April for the 2019 World Cup. We wish her all the best in her lead up preparations. We look forward to also watching her live on the TFA website.

All students in the academy should have received a Touch calendar for the year (if you haven't please contact me). This calendar includes all touch dates that our students can be a part of. It illustrates the school carnivals, including representative dates, club dates for competitions at Whites Hill (BMTA) and representative pathways either Mustangs or Cobras (older students). A Schools Touch League (STL) permission slip was emailed and a hard copy sent home to parents. All students should return this to finance to be eligible to play in one or all of these 3 carnival days.

## Some dates to remember

South District Trials – 13-15 and 16-18 years either Monday 11 March (please listen to morning notices – paperwork from Ms Bairstow)  
Girls Mustangs Trial (2) Saturday March 9 – BMTA  
Boys Mustangs Trial (3) – Sunday March 10 – BMTA  
First Schools Touch League – Caboolture - Monday March 25

## HPE

## Swimming Carnival



What a start to the year we've had. In only just a few weeks Cav Roadians have been making the most of their opportunities to show their achievements in sport. 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 – Metropolitan East Selections

Harrison Smythe	Baseball	Metropolitan East Region
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### Mt Gravatt Primary District Sport

It was a very strong presence at the recent Mt Gravatt Primary District Swimming Trials, with the following students representing Cav Road for the first time; *Lindsay Vandeborn, Clare Phillips, Matilda Rogers, Ben Haupt, Jake Illingsworth, Will Atchison and Thomas de Brito*. A special congratulations to Lindsay Vandeborn, Ben Haupt, Jake Illingsworth and Thomas de Brito on their selection in the district team. They will be competing at the Metropolitan East Regional Swimming Trials in early March. Well done to all our swimmers and welcome to Cav!

### South District Secondary Sport

Congratulations to the following students that represented the Green Machine Cav Road at the recent South District Swimming Trials; *Natasha Brook, Sam Carmody, Zsombor Csintala, Amela Cutuk, Ella Eccleston, Charlotte Graham, Brad Haupt, Jacob Hills, Jared Hughes, Reece Hughes, Dion Keenan, Lachlan Keenan, Lauren Robinson, Mitchell Robinson, Matt Scheenhouwer, Clayton Schilg, Annie Simpson, Brooke Stevens, Brynn Turner, Reece Waterhouse, Jackson Whittle, Jessica Williams, Ella Wooldridge, Claudia Zivec, Jessica Wilson-Stewart, Evie Einam, Quinn Oldham, Jaquara Newton, Xavier Williams, Bayley Kindermann, Jack Kindermann and Henry Cosgrove*. Overall school points and regional selections not available at time of printing. Well done Cav! What a great day!

### Interschool Sport – Summer 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. The Summer Season progresses through until mid-April, including Metropolitan Final Series for some sports. Students are expected to communicate with their coaches regularly, listen to notices and check their emails for any weekly organisation details about interschool sport.

### Representative Sports Trials

Across a range of sports, students may nominate to trial at district / regional representative levels. Students must collect official paperwork from Ms Nikki Bairstow in T Block. Approaching trials are (dates are subject to change due to the weather);

**25 FEBRUARY:** Mt Gravatt Primary District 12 years BOYS & GIRLS HOCKEY

**26 FEBRUARY:** Mt Gravatt Primary District 12 years BOYS RUGBY LEAGUE

**4 MARCH:** South District Paper Nominations 3

- 13-18yrs B & G Surfing

- Girls 13-19yrs Hockey
- Boys 13-19yrs Hockey
- 10-19yrs B&G Golf

**5 MARCH** – Metropolitan East Regional 10-19yrs Swimming  
**5 and 6 MARCH:** Mt Gravatt Primary District 12 years BOYS FOOTBALL

**11 MARCH:** South District CLUSTER DAY 3

- 16-18yrsB&G Basketball
- 16-18yrs B&G Touch
- 13-15yrs B&GB Touch
- 13-15yrsGirls Football
- 13-16yrs Boys Football

**GO CAV!**

**Ms Nikki Bairstow – [nbair4@eq.edu.au](mailto:nbair4@eq.edu.au)**  
**Interschool Sports Coordinator**

## Parents and Citizens' (P and C) Association

### What's new in the P and C

Parents and Citizens' (P&C) meetings are held on the third Tuesday of the month from 7pm in the Resource Centre (enter Gate 1). The next meeting is on March 19 and includes the AGM.

### What is the P and C

The Parents and Citizen's Association (P and C):

- Fundraises to support the school and education of our students – at Cav Rd this is predominantly through running the Canteen and Uniform Shop. New families will be pleased to hear that the success of these businesses means we don't need fetes or chocolate drives.
- Works closely with the school principal and administration team, providing representation for the school community
- Runs the Canteen and Uniform Shop
- Organises community events that improve engagement and connection.

### The 2019 P and C AGM

- The AGM will be held prior to the General Meeting on March 19 – at 7pm in the Resource Centre – enter via Gate 1
- At the AGM all executive positions are spilled and any member can nominate for a position (you can become a member on the night). Please contact the P&C – [pandcsecretary@cavroadshs.eq.edu.au](mailto:pandcsecretary@cavroadshs.eq.edu.au) if you are interested in more information about any of the positions or a nomination form. In particular our Treasurer and Minutes Secretary will not be renominating so we are especially keen for new nominees – lots of support will be provided in both roles:

- The Minutes Secretary takes minutes at each meeting and sends them to the P&C Executive for distribution. This is not a very time consuming role and is a great way to start on the Executive
- The Treasurer will have support and guidance available from both the P&C's paid Administration and Support Officer who does most of the book work and bill paying, and from the outgoing Treasurer
- The complete list of positions is:
  - President
  - Treasurer
  - Assistant Treasurer
  - Minutes Secretary
  - Communications Secretary
  - Vice President Communications
  - Vice President Community
  - Vice President Operations (overseeing uniform shop and canteen)
  - Vice President Grants
  - Vice President Information Technology

## What's new in the P and C

- We have started the year in an exciting way with our first community event of the year – a free cyber safety presentation by ThinkUKnow ([www.thinkuknow.org.au](http://www.thinkuknow.org.au)) for parents and carers prior to our first meeting of the year
- We enjoyed seeing so many new faces on February 19 for the presentation and P&C meeting
- The AGM will be held prior to the General Meeting on March 19 – at 7pm in the Resource Centre – see details above
- Volunteers are always needed in the canteen and uniform shop. Please use the contact details below to let us know if you can help out. Every little bit helps.
- Second hand uniforms – a reminder that the uniform shop is no longer selling second hand uniforms on consignment. A facebook group has been 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. Donations in excess of need will be sold in the uniform shop with funds going to the P&C. The facebook group can be found by searching in Facebook for Cavendish Road SHS Second Hand Uniforms. As it is a closed group you will need to apply to join and wait to be approved.
- 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](http://www.entbook.com.au/2252w50). You can save even if you don't eat out often with lots of discounted gift cards and e-gift cards on offer through your membership 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.

## How to participate:

1. **Attend Meetings**  
7pm on the third Tuesday of the month in the Resource Centre – next meeting is Tuesday March 19.
2. **Parents and Citizens Facebook page**  
<https://www.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](mailto: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: the **Canteen team** on 3394 0723 or [canteen@cavroadshs.eq.edu.au](mailto:canteen@cavroadshs.eq.edu.au) or the **uniform shop** - [uniformshop@cavroadshs.eq.edu.au](mailto:uniformshop@cavroadshs.eq.edu.au) .

We are always looking for new members for working groups or to assist at events – if you are interested please contact [pandcsecretary@cavroadshs.eq.edu.au](mailto:pandcsecretary@cavroadshs.eq.edu.au).

**Ashley Chan**  
**Communications Secretary**  
**Cav Road**

## Lost Property

Please remember, where possible, to write your name on your personal items. There are many unnamed lost property items awaiting collection at Student Services, (B Block).

## PCYC

PCYC Mt Gravatt is hosting an amazing Youth Week event on Saturday 13th April and we would love to see lots of young people attending.

