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22 March 2019

Principal's Report



Leadership at Cav Road

Community and care aplenty from the pages of Cav Road.

First point of praise this term, I continue to be impressed with 'Cavroadians' and by all accounts so have many prospective families where I understand that about 800 people attended our recent Open Day. Glowing praise was in reference to student leaders and ambassadors. How wonderful it was to have our young people advocate for their school.

Also recently, community acknowledgement for acts of heroism, quite literally, by some of our students including praise for one of our seniors for stopping traffic on a busy Cavendish Road to assist an elderly person who fell to the roadway during peak hour, and other students rescuing a dog whose fate was otherwise if not rescued from the middle of Chatsworth Road. Fraught? Indeed. But the measure of humanity is profound.

As a leader in State education we ring off the pages of our school website and this is echoed in the plethora of school documentation and certainly school policies, expectations of our students and the frequent acknowledgement and celebration of student achievement across the board.

The challenge at Cav is staying ahead of the game, and building on the last few years in particular, of academic success and outcomes that place us in the category of high performing secondary schools in the State. This is great to hear and is affirming, but great schools don't remain so by living in the past or even the present.

In leading our school's evolution our mission this year is to find ways of "getting better at getting better" and to measure the impact of our teaching and the whole of school life experience for students where we can confidently measure one year's learning growth for one year's instruction. Student wellbeing is integral for students to be able to perform at school and life in general.

School performance measured by achievement alone is not the whole story. We can stick by our traditions, provided they remain responsive to changing social needs and mores. I expect most parents would agree that the subliminal message in the quality of 'tradition' is to do with discipline, respect, and pride. On that score key school policies are re-visited annually including our Responsible Behaviour Plan, Assessment, Wellbeing and Community plans.

We need also to acknowledge and renew traditions of acceptance, tolerance and inclusion, and pursue the sensibility of obligation to others and not only the pursuit of personal rights and freedoms. This raises matters of developing self control, self-censorship and the fine art of decent behaviour generally.

To build the capacity of the school to respond to and provide that education we must stretch and challenge on all fronts. I ask parents to reflect on how our school operates with particular intent and the following 3 points:

Having a moral purpose, is not something that must be implicit and not spoken of. In fact we need to come back to it regularly to remind us of the bigger picture. The purpose of compulsory schooling and State education is more than grades and qualifications to next steps, feeding young people into post-school jobs or further education. Nor to have such a banal setting for delivering and consuming facts as the only business of schools for fear of potentially upsetting the opinions of others by exploring proven theories or hypothesizing others in any of the sciences, humanities or arts that contribute to school

curriculum. Our Director General encapsulated the moral purpose of working to see our young people successful, engaged and on pathways of choice and not chance in life.

Our education region recognises that in the global and national context we need to be inspiring minds and engaging students through excellent teaching, nurturing creativity from which inventiveness springs, and making sure our young people do not grow up in a vacuum of disconnect from community.

Education is about intellectual discourse and to have our young people be critical thinkers, socially aware and informed so they become active, informed and responsible adults. Education is about building social and community capital as the underlying context for individual progress and achievement in their formal education. It is in State schools that this is championed. Secular and inclusive has meaning.

Student voice is high on the list to engage young people that they matter. Recent student protests are a case in point where that voice is democratically exercised. Some will become passionate about a cause, be skilled and articulate, do great and wonderful things not only for themselves but their families and community and the economy. I have yet to meet a professional troublemaker or serial protester amongst the students at Cav. Sometimes young people will have ideas that challenge expectations, traditions and beliefs and cause reflection for good. Though I am not keen for students to miss a day of school, democracy and citizenship matter, and to voice a concern in non-violent means is the preferred future and that about 40 Cavroadians took part and conducted themselves responsibly speaks volumes. I can (barely) remember anti-Vietnam War protests, anti-nuclear protests, demonstrations against Apartheid and of women having to handcuff themselves to hotel bars to win the right to enter a Hotel or not to have to resign their jobs when they married. (To our young people – no, I didn't make that up!). In my memory it wasn't the young people involved who caused 'trouble' but uninspired social change and social reform that wouldn't have occurred without protest for a common good.

There must always be the capacity to question and form rational thought as perennial benefit of a good education. Not only is questioning of value, being part of a solution is a responsibility.

School review at the moment is a major piece of work for which we are preparing and which will occur in late term 2. The purpose of the review is to identify and set the compass for school learning direction into the next four years. To be clear, this isn't an old Soviet tractor factory model of counting how many tractors were made last year or pushing out of the factory so many more next year that identify the next work in our school improvement journey. Information can be found in the school website and further below:

Congratulations to in-coming P and C Executive for 2019.

Elected members are:

- **President** – Michael Skinner
- **Treasurer** – Lien Nguyen
- **Secretary** – Adrian Relf
- **Vice-President Community** – Kate Niland

- **Vice-President Operations** – Louise McLeish
- **Vice-President Operations (Finance)** – Gracie Hultzsch
- **Vice-President Information Technology** – Ashley Chan
- **Vice-President Communication** – Melanie Rieger
- **Assistant Treasurer** – Patricia Cox

**Richard Usher BA LLB Dip Teach
Principal**

School Review

Our school review – an opportunity to have your say

Our school is scheduled for a review from 13 -19 June 2019.

The Department of Education regularly reviews the teaching and learning practices of Queensland state schools. The reviews are conducted by the department's School Improvement Unit.

The reviews do not rate or compare schools, but provide us with independent feedback so we can continue to improve learning outcomes for students.

All schools have a review at least once every four years. Key findings from the review will be made available to parents and the community on our school website.

The review team would like to hear from the school community and I encourage anyone who is interested to have their say. Your feedback is important and will help us continue to deliver a great education for students.

Feedback can be provided to the review team by phone or in person. All feedback remains confidential.

Please contact the school office if you are interested in speaking to a reviewer. Alternatively, you can register your interest by emailing siumb@qed.qld.gov.au.

More information about the review process is available from the department's website at

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

2019 Next Step survey

The Queensland Government is conducting its annual state-wide survey of all students who completed Year 12 in 2018. 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 2019.

Further information on *Next Step* is available online below or on toll free telephone 1800 068 587

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

Parents and Citizens' (P and C) Association

Parent and Citizens' Association

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), except during school holidays. Due to the April holidays, the next meeting is on May 21.

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.

What's new in the P and C

The AGM was held on Tuesday March 19. We welcome all our new members. The new executive committee is:

- **President** – Michael Skinner
- **Treasurer** – Lien Nguyen
- **Secretary** – Adrian Relf
- **Vice-President Community** – Kate Niland
- **Vice-President Operations** – Louise McLeish
- **Vice-President Operations (Finance)** – Gracie Hultzsch
- **Vice-President Information Technology** – Ashley Chan
- **Vice-President Communication** – Melanie Rieger
- **Assistant Treasurer** – Patricia Cox

You can also see the new committee members on our web page -

<https://cavendishroadshs.eq.edu.au/Ourcommunity/PandC/Pages/PandC.aspx>

- Planning is under way for our next community event – a movie night with support from Cr Krista Adams on Friday May 17th – keep your eye out on our Facebook page for details soon -

<https://www.facebook.com/Cavendish-Road-PC-1372922086101301>

- We are also hosting Dr Karyn Healy from Triple P for a seminar on Wednesday May 29 – the topic will be Raising Responsible Teenagers. Again, more details will be on our website page and Facebook shortly.
- At the P and C meeting on March 19, it was agreed that we proceed with reviewing uniform items and suppliers for 2020 before back to school stock needs to be ordered. This will ensure value for money, fit, comfort and durability. Please look out for the parent brief and latest updates on the P and C website page.
- Volunteers are always needed in the canteen and uniform shop. The canteen is particularly on the lookout for anyone who could help out. Please use the contact details below if you can help. 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 and 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 below. 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.

<http://www.entbook.com.au/2252w50>

How to participate

1. **Attend Meetings**
7pm on the third Tuesday of the month in the Resource Centre – next meeting is Tuesday May 21.
2. **Parents and Citizens Facebook page**
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@cavendishroadshs.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@cavendishroadshs.eq.edu.au or the **uniform shop** - uniformshop@cavendishroadshs.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@cavendishroadshs.eq.edu.au

Ashley Chan
Communications Secretary
Cav Road

Finance

Cavendish Road State High School will be a cashless school from April 2019

How to Make Payment at Cavendish Road State High School

DET Preferred Payment Method - BPoint

Please use the CRN (Customer Reference Number) located on the bottom left hand side of your invoice. Payment can be made through the Payment Portal:

<mailto:https://www.Bpoint.com.au/payments/dete>

This is a secure site and receipts are issued immediately. Our records are updated within 24 hours.

Copies of invoices and receipts are available on your QParents Portal. Payments can also be made in QParents.

Payment Plan Via eDDR (Electronic Direct Debit Registration)

Contact finance@cavendishroadshs.eq.edu.au or phone 07-3394-0777 to speak to our Finance Team to discuss a payment plan.

By Phone with a Credit/Debit Card

Please phone 1300 BPoint – 1300-631-073.

When making a payment please have your invoice ready as you will need your CRN (Customer Reference Number) and Invoice Number.

In Person at Cavendish Road State High School

Office Hours are Monday to Friday 8.00am to 1.45pm on school days.

Payment can be made by EFTPOS.

CentrePay Deductions

Please contact our Finance Team to discuss this option.

Canteen News

Wow can't believe we are nearly finished Term 1. It has been lovely to meet so many new volunteers this year and we thank

them for giving up their valuable time to help us out in the canteen.

Don't forget if you are running late in the mornings we are open from 8am for breakfast and to pre-order lunches.

This Friday 22nd March the school is celebrating Harmony Day and we will have a special international menu for the day.

Harmony Day Menu:

Mexican- Enchiladas & Beef Burritos
Japanese – Sushi
Chinese – Fried Rice
Middle Eastern / Syrian – Falafel Wraps
Italian – Lasagna
Indigenous – Tapioca Cake



IT Department

Year 9 Parents:

It is time to start thinking about what type of device you will be sending your student to school with in 2020. There are many options but the device must have the following as a minimum: Windows Machines (Entry Level/ General Purpose) – Core i5, 8GB Ram, Wireless Network 5.4Ghz., 500 GB HDD minimum, Battery sufficient to last 6 hours on Balanced Power Mode, and a 64bit Operating System (Windows 10).

Apart from the specifications of the device, the most important thing you need to do is protect the device for the last 3 years of your students schooling. Please make sure you have a 3-year warranty and 3 years accidental damage insurance. Sometimes even a small breakage can cost more than the device just to have it fixed.

At the year 9 into 10-subject selection night, we will have a series of laptops available and a number of vendors for you to speak with. The laptops on display are an educational build, so just a bit stronger than what you purchase at the local IT store. There will also be a presentation that night and this will be sent to all parents as a guide.

I am more than happy to help parents now with any questions they have about 2020 and the Bring Your Own Device program.

Year 10 & 11 parents:

Assessments are now underway and it's important that all year 10 and 11 students are now connected to the BYOD network. Can you please confirm with your student that they can access the school's student drive and are able to print. If there are any issues please have your student come and see Karen McFarlane in D10.

Karen McFarlane

HOD Information and Technology Services

Science

The evening of Tuesday 12th March saw Cavendish Road State High School's annual open day, where the Cav Road community put itself on show to a range of prospective students and their parents. While I won't say it's easy to mount an engaging science display, we in the science department are fortunate in being able to access a wide range of activities which spark the interest of younger students. I'd like to take this opportunity to note the contribution of science staff Steve Griffiths, Paul Batchler, Ross Bowles, Joanne Campbell, Bronwen Jones and Leanne McKeveney, for helping out on the night, alongside Year 9 students April, Malika, Grace, Olivia and Randima. The presence and confidence of the students leading the activities was the best demonstration of the quality of our science teaching programs for potential new members of the Cav Road family.

In my presentation to parents and students on the night, I stressed that with the current rate of progress, many of the jobs and careers that 2019's Year 6 students will find themselves doing do not even exist right now. I used the example of the fast growing field of bioinformatics, which straddles the traditional disciplines of biology and mathematics. In the mid 2000s, the majority of research students in the field of genetics came from a traditional molecular biology / biochemistry background. However with the advances in the field of DNA sequencing and personal genomics which has reduced the cost of sequencing a genome from many tens or even hundreds of thousands of dollars to less than \$1000 in just over a decade, many genetics PhD students are now being drawn from a mathematics background, so great is the need for skills in crunching the numbers involved.

This shouldn't be seen as a reason to abandon our traditional disciplines, but it does reflect the need to remain flexible in what subjects we choose to prepare us for our future careers. Like all of the subject areas, science subjects require a certain range of skills which can be applied across a range of activities: forming and testing hypotheses, problem solving, evaluating claims and working as part of an efficient team. Students should remember that choosing science subjects doesn't necessarily mean they have to pursue a career in science. However, the skills they learn in science will help them in any endeavour they choose to pursue.

We have had a number of exciting excursions and incursions in the last few weeks. Make sure to check out our reports on the Year 12 Biology Camp and the visit by Dr Ruben the Surfing Scientist elsewhere in this newsletter.

Peter Darben
Acting HOD Science

Surfing Scientist



On Monday the 4 of March, some lucky Year 7, 8 and 9 classes were treated to an exciting presentation by Ruben Meerman, The Surfing Scientist. Ruben presented the concepts of particle theory and energy transfer by showing us some cool things that liquid nitrogen can do (literally), and by using lasers in a way that we could never try at home or in the classroom! We watched as an inflated balloon shrank when liquid nitrogen was poured over it, and were astonished when it returned to its inflated size again, as the air particles regained their kinetic energy. Ruben answered many questions from the audience and it was rewarding for the students to be able to link the concepts we learn in the classroom with these spectacular demonstrations.

Dr Leanne McKeveney, Science Teacher

Year 12 Biology



From the 20th to the 22nd March, Year 12 Biology classes participated in a highly informative camp hosted by Adventure Education in Hastings Point, NSW. Hastings Point is one of the few areas where multiple environments exist within a small proximity without being significantly affected by human intervention. This made it the perfect location to study ecology and adaptations to different environments without travelling too far. Once the groups arrived at North Star Holiday Resort in the morning, we were escorted by the coastal ecology educator Rhett Brambleby to the on-site museum, where we witnessed over 50 years of extensive work collected from the surrounding environment by Rhett's father, Ted.

After an overview of the program and the environments at Hastings Point, we went straight to the Rocky Shore for low

tide field study. Despite the cyclone approaching, both groups still experienced what would be the lowest tides of the year, allowing us to fully witness the life at the Rocky Shore. We made transect lines down the rocks towards the water, discovering certain organisms that served as indicators for particular areas of the shore. Rhett, along with other staff members, gathered some specimens from around the reef, including a sea cucumber, hermit crab, urchins and a feather star. Certain lucky members of the first group were even able to spot a blue ringed octopus floating around, observing it from a safe and respectful distance.

Once our data was gathered, we headed back to camp for dinner before going back to the museum for a talk from Ted Brambleby. Under the microscope, he showed us the features and adaptations of small sea creatures, helping us further understand the unique adaptations these creatures have to survive their environment.

The next day began with a 6am wakeup call, ready to go explore the Wallum Heathland, a short walk from the North Star Holiday Resort. Rhett led us through the sandy landscape, with one group fortunate to experience the normally hot environment in a light drizzle. We witnessed just how resistant some species can become to certain abiotic factors, including lack of nutrients and water.

Our trip finally came to an end with a kayaking trip through the estuary, getting deep into the mangroves and seeing the environment that supports the life of so many creatures (such as birds and insects) up close and personal. That is, if Dr. Bowles didn't push your kayak into a tree.

Overall, the trip was a really interesting experience, and allowed us to understand the theory learnt in classroom by seeing it applied in the real environment. It gave us more of an appreciation for the marvels of nature.

Arabella, Year 12

German

Karneval comes to Cav



Last week the year 7 German classes got a taste of Karneval in their German classes. Karneval, although better known in Rio, is also celebrated in many parts of Germany. It begins in November and culminates in the weeks before Easter. It is a time to celebrate and German citizens welcome the lights, colour and fun at the end of a long Northern Hemisphere Winter.

Part of the festivities here at Cav, was the designing and making of a series of masks. The students in year 7 German showed great creativity in this task and showed appreciation of this cultural festival. Pictured are students from 7B, C, G, E, F and H (in order from top left).

Katherine Gallagher
German Teacher

International News

Cavendish Road State High School is an international school. This means that we have students join us for either a short time (1 – 4 terms – called Study Abroad) or a long time (between 1 – 6 years – called Graduate Program). The number of students we accept is relatively small.

We also accept Study Tours – these are short visits (ranging from half a day to 2 weeks) by students from overseas, accompanied by a teacher.

At the end of February, we had a 2-day visit by Beijing Aidi High. We had 16 students spend time with our students in class. The students all formed friendships over the 2 days. Special mention needs to be made of the students who were buddies and taught the Chinese students about the Australian way of life and language. The buddies were: Irene D, Taran P, Malika D, Maeve C, Kadija A, Chad B, Anna C, Eva S, Oorja G, Ella S, Tracy N, Giannina V, Tahlia B, Peter T, Ivan L, and Lewis T.

In late July-early August we will have Junten High come for the 4th time to do a two week study tour specialising in Science.

We are asking for International Ambassadors to help with both the International program (helping new students to the school) and Study Tours. If any student is interested, they need to see Miss Masselos in B21 for an application form.

Miss Masselos
Acting HOD of International/LOTE

Duke of Edinburgh

Update

Over the last three weeks, thirteen industrious students have organised, discussed and experienced their first ever Adventurous Journey as a component of the Duke of Edinburgh Award and it was a huge success. Joe, Molly, Maddi, Jakinta, Eva, Tom, Tom M, Conor, Rhyan, Jess, Grace, Billie and Maggie were those dedicated students.

The Award requires participants to undergo an initial practice journey, to get a feel for what they are to do and serve as a means for what they would ultimately want and need to bring for their final qualifying journey.

Both journeys are two-day, overnight stays, comprising an average of 6 hours per day of activities that examine either an exploration or expedition of a certain area.

Practice Journey:

On Friday 22nd and Saturday 23rd February, this excursion took the aforementioned students and myself out to Wynnum.

We enjoyed the hospitality and guidance of Erin and Aimee from the Moreton Bay Environmental Education Centre (MBEEC) as our Duke cohort experienced orienteering through the Moreton Bay area on foot.

Students planned for lunches and activities before we all set to the seas on an exploration of marine life in the Moreton Bay upon the boat "Inspiration". This group showed great resolve in completing all of these activities in high spirits and in a timely fashion before returning to MBEEC to engage in some team-building activities, in which students blindfolded each other and gave instruction to navigate certain areas of the precinct as well as activities involving working together to get through obstacles as quickly as possible.

The students emerged unscathed and began cooking their own dinners on a gas BBQ, which all went without a hitch other than the fact that no one had brought oil. The majority of the cohort really excelled at this and showed great teamwork to assist each other in the preparation, cooking and cleaning of meals. Tents had been set up and after some interesting games in which we realised no one knew the rules to the classic game 'Spotlight' and that Joe could fall asleep within 5 seconds of lying down, the students retreated to their tents ready for a busy morning. The morning started with weary heads emerging from tents, throwing down as much sugary breakfast as they could followed by an intent to get through the group activities as early as possible.

Sadly, day 2 saw less communication and teamwork as the lack of sleep got the better of this group. A balancing activity finished unsolved and a game of Jailbreak took excessively long to complete given the rules and players involved, but the students had a chance to redeem with our Rogaine event through Wynnum Central.

Students did well to get through as much of their scavenger hunt as possible in their respective groups and made up for the lesser effort given in the morning. We returned around midday and were able to discuss some of the positives and negatives for the trip and included what we wanted to keep doing and what we wanted to change before our qualifying journey took place. It was a pass mark, but there was still a lot of untapped potential in this group that I wanted to have on display for the qualifying aspect of the Award.

Qualifying Journey:

In the weeks between the Practice Journey and the weekend just passed (15th-16th March), the participants and I met each Tuesday in Period 4 to discuss our next task – navigating Stradbroke Island in a similar manner, but with less structure afforded to us by the MBEEC staff and a bit more independence and autonomy needed from our participants.

The group completing the Duke of Edinburgh's Bronze Award are confident and very bright individuals, without doubt, however they were forced to reflect upon their ability to work effectively as a group and decide how they could work more efficiently and with more synergy in our next step of the journey.

There were things that we had forgotten to bring as a group, but also things brought that were superfluous, so creating the appropriate equipment and food list was an imperative. The students were also in charge of their own navigation to and

around Stradbroke Island. The students did a great job in transporting everyone from Cav Rd on Friday morning before school had started all the way to the Cleveland-Stradbroke Island ferry terminal without my assistance. They even managed to successfully return to school on time on Saturday afternoon despite the train we had planned to catch from Cleveland being out of service due to the severe storms.

While on the island, our groups set up tents quickly while the sun was out and we embarked on a trek to Point Lookout oval to engage in a historical and cultural discussion from Mat, an Indigenous Australian and a part of the Noonucal community who are the original inhabitants of Minjerribah (the Indigenous name for North Stradbroke Island). Mat led a fantastic presentation that included the playing of a didgeridoo and its use and place in different cultures, the throwing of different weapons and the application of gender-based face paints that would be used in various ceremonies. This was all in conjunction with a very thorough discussion in how their community has been affected by early European and Melanesian visitors, later European settlement/invasion as well as the efforts that have been made in repatriation and the restoration of jobs, ownership and entitlement on the island.

The students were very appreciative and respectful for the entirety of this and used some of this new knowledge to get a greater understanding for their surroundings as they navigated themselves from this meeting place to the entrance of the Two Gorges walk. Kangaroos and dolphins were observed (as well as the Gelato store) before a warning from BOM sent us back to our campground to ensure we stayed as out-of-the-storm as possible. The rain and lightning did little to diminish the energy and moods of the students as they showed great resilience in adapting to the situation and changing their activities and tent locations to better suit the conditions. Dinner was prepared and the students were even more resourceful and practical with their meals this time around in the face of even fewer outlets from which to cook. The clean-up was swift as preparations were made for the inaugural 'Duke's Got Talent' and 'Duke Trivia' competition, two activities designed by the respective groups.

While my impromptu magic skills were only enough to garner a respectable 7/10, the students presented an impressive array of qualities not limited to disappearing acts, singing, improvised acting, hat-juggling, stand-up comedy and the eventual winning act, Maggie and Tom B. combining to read the first page of Moby Dick while performing an interpretive dance. Somewhat preserved undercover, the group got an earlier night's sleep than their practice and awoke on Saturday morning to far less rain and an opportunity to engage in some beach activities. The activities were designed by the groups and were completed with more success than the Practice Journey provided. We made it back to the campgrounds and took down the soaking wet tents promptly, with very few missing or damaged items to account for. Four hours of public transport got us to the ferry, across to Cleveland and back to school, exhausted, but accomplished and proud.

The group performed remarkably across nearly every aspect of the Adventurous Journeys. What started as a group of individuals that did not interact much outside of their own groups culminated in a cohort greater than the sum of its parts.

No activity is without its obstacles, but the response that this group made when faced with these inconveniences was exactly what the Duke of Edinburgh is all about and I left feeling very proud of these students in how they had persevered through momentarily challenging and less than pristine conditions.

This group is to be commended and I am very keen to see and hear how they go forth to use these experiences to shape future Duke of Edinburgh, scholastic and life challenges.

Mitchell Evans
Mathematics and Science Teacher

Year 9: Wellbeing Update



Our year level parades this term have focused on kindness and gratitude. Students have been encouraged to display small acts of kindness and express gratitude towards each other and at home.

Expressing kindness has the ability to affect others in a positive way. When we see or hear about an act of kindness, we can become greatly affected by it.

We have discussed the ways research has shown that kindness can improve your life:

1. Kindness reduces the effects of stress

Next time you're having a chaotic day, take a breather and do a random act of kindness. Studies have found that doing kind things for others, even if it's as simple as holding a door open for a stranger or offering a couple minutes of help to a friend, it minimizes your own stressful emotions.

2. Being kind improves your mood

Not only does being kind help alleviate your bad mood when you are stressed, it also helps you experience more positive emotions. Research has shown that doing random acts of kindness triggers the release of serotonin, a neurotransmitter that plays a role in mood stability and oxytocin, a hormone that makes you feel connected to other people. Combined, this has the effect of making you feel loved and emotionally stable when you are frequently kind to others.

3. Being kind boosts your immunity

While stress has the unfortunate ability to make us get sick at the worst of times, engaging in acts of kindness has the opposite effect. Research has shown that being kind to others activates a part of the brain that boosts immunity.

4. Kindness is Contagious

A 2008 study conducted by the University of California San Diego and Harvard University found that cooperative behaviour can spread from one person to another and cause a ripple effect of happiness. People can literally catch kindness! Furthermore, you don't even have to witness these acts of kindness first hand. The study found that the kindness spread

to at least three degrees of separation. Imagine the impact your kindness on social media can have.

5. Acts of kindness are the solution for social anxiety

If trying to make new friends makes you anxious, then kindness is the perfect way to begin a conversation. One of the biggest obstacles for people making new friends is worrying about making a poor impression and end up looking silly instead. One study found that when socially anxious people approach others with acts of kindness it helps them overcome their fears because when people receive acts of kindness, they usually respond with positivity. Over time, these positive interactions will make talking to people less nerve-wracking.

6. Be kinder to increase your energy levels and confidence

There's something thrilling and deeply satisfying about making other people happy. Those good vibes you get from other people's gratitude and joy translates into benefits for you. Studies show that being kind makes you more energetic and increases your sense of self-worth.

Year 9: Housekeeping

Uniforms

If students have the incorrect uniform they must report to Wellbeing Teacher Aide in E9 (Uniform Correction Room) before school and have a note from home. We can supply students with a replacement uniform/item for the day. If we don't have a replacement item, students will be issued with a uniform pass for the day and will avoid a detention. PS and class teachers will issue detentions if this procedure is not followed.

Late to School

Students are expected to arrive to school by 8:40am each day, in order to be on time to PS roll marking at 8:45am. If students are late to school they must sign in at Student Services and have a note from home. If a student arrives after 9am on more than 2 occasions without a note, I will follow this up with the student and contact home to confirm if there is an explanation. Students receive a detention if they arrive after 9am on more than 3 occasions and there has been no approval from home.

Tracy Laidlaw
Year 9 Dean
Talai0@eq.edu.au
Phone: 3394 0731

Congratulations

Congratulations goes out to Felix S for being chosen to attend and perform with the Voices of Birralee. We wish Felix a wonderful and exciting trip.

Brisbane youth choral organisation, Voices of Birralee, will send 71 of its choristers on an incredible tour throughout Europe this April, with a key focus performing at the Australian National Memorial, Villers-Bretonneux, France, on Anzac Day.

Performing on Anzac Day will mark the finale of Voices of Birralee's five-year commitment to the Department of Veterans' Affairs (DVA), where more than 200 choristers having performed

across nine tours at both Anzac Day and WW1 Centenaries in France and Belgium since 2015.

HPE

Sport @ Cav Road

Cavendish Road SHS students continue to impress, with many students continuing to make their mark in various levels of sport across Brisbane. Here are some of our students' sporting achievements so far these past few weeks.

Cav Pride

At the recent AFL trials, Harry, Josh, Sam, Rafe, Ky and Sam were commended on their exceptional sportsmanship and impressive displays of school pride. Best of luck boys. Well done.



Interschool Sport – Summer Season

Our Summer Sport Interschool Season is well under way and into its fifth round. With only a few rounds left, many Cav Road teams are sure to contest for an honourable place in the Metro Finals Series after the April holidays.

Interschool Sport – Winter Season

Trials for Winter Interschool sport will commence from Week 3, Term 2. Some of the sports available will be; Netball, AFL, Basketball, Volleyball, Football (Soccer), Rugby League, Ultimate Disc and Oz Tag.

Inter- house Cross Country

The Cav Road Cross Country Carnival was a huge success. A big thank you to all teachers and students for their efforts on the day. The efforts of our students are shown in the close scores. Cross Country House Points:

- **4th place** on 1761 points – PAGE HOUSE
- **3rd place** on 1949 points – JOHNSON HOUSE
- **2nd place** on 1958 points – HARPUR HOUSE
- **Congratulations HARROP house on 2028 points**

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. Trials are advertised through student notices, student emails, and parades on the HPE noticeboard. Should you be selected to represent Metropolitan East Region, it is your responsibility to inform the school of any absences incurred from this sport.

Cross Country Age-Champions

Congratulations to the following students on their achievement as 2019 Age-Champion:

LINDSAY V	12 Year Girls AGE CHAMPION
CHRISTIAN H	12 Year Boys AGE CHAMPION
CODY M	13 Year Boys AGE CHAMPION
AVALON B	13 Year Girls AGE CHAMPION
JESSICA W	14 Year Girls AGE CHAMPION
WILL H	14 Year Boys AGE CHAMPION
LUCIA P	15 Year Girls AGE CHAMPION
SAM C	15 Year Boys AGE CHAMPION
TEGWEN B	16 Year Girls AGE CHAMPION
LEVI S	16 Year Boys AGE CHAMPION
ANNA M	17 Year Girls AGE CHAMPION
DIEDONNE B	17 Year Boys AGE CHAMPION

Mt Gravatt Primary District – Cross Country Trials

Cav Road was well represented at the recent 12 year old Cross Country Trials. The rain had passed and the sun was hot, making it a great day for a run. 19 students competed for our school, representing the Green Machine in exceptional fashion. You should be so proud of all of them. A special congratulations to Lindsay V, Wil A, Flynn M and Christian H on their selection in the Mt Gravatt District team with a Top 10 finish.



Key calendar dates:

- **22 March** – South District Secondary Cross Country
- **28 March** – Cav Field Athletics Day (Nominations only – using link)
- **5 April** – Cav Road Track Athletics Day
- **24 April** – Met East Regional Cross Country
- **1 – 2 May** – Mt Gravatt Primary District Athletics Days
- **10 May** – South District Secondary Sport Field Athletics Day
- **13 May** – South District Secondary Sport Track Athletics Day

Ms Nikki Bairstow – nbair4@eq.edu.au
Interschool Sports Coordinator

Maths

Pi Day

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

We celebrated the day with a problem solving competition involving over 170 our best mathematicians, a Pi recital and a celebration of everything Pi for everyone else.



This was second time running a Cav Road competition and we were delighted to fill the resource centre 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
Ben F	Amber Y	Euane K	Millie N	Ben R
Gloria E	Lakshpreet K	Kyland W	Jaide T	Cooper J
Daniel T	Sofia T	Charles R	Jessica H	Dion K
Emmaj S	Laruen V	Will H	Tom F	Kye W



Pi Recital

In our Pi recital we had some pretty big shoes to fill from last year with a school record of 206 decimal places held by Connor.

The first of our year 7's started the day by bettering Max Year 7 record of 100 and also setting a new school record of 214 Decimal places. Ben and Neel go to 31 and 32 respectively, Madeline stepped it up and managed a huge 73 decimal places before Daniel knocked out an unbelievable 214 decimal places. This took the school record from his older brother and cemented a new Year 7 record. Unfortunately for Daniel he was later outdone by Dan in Year 12 who knocked out an incredible 245.

Year eight had two keen participants who also competed last year. They both knocked out an impressive 79 decimal places. After a follow up event, Arlo became our 2019 year 8 winner with an impressive 121 decimal places. Keiren ended in second but still punched out a notable 98 decimal places.

The year 9 record is currently held by Fathima at 128 decimal places. A tough ask for most but with our reigning school champion Connor in the field it was likely to topple. Thomas gave it first crack and amassed a huger 82 decimal places before Connor did one better at 111 decimal places. Enough for the win but Fathima keeps her record intact.

The Year 10 record is huge and held by Ben who amassed 186 decimal places. Three people had a crack at his title. Daniel started with 3. Thanks Daniel. Jack took us to 43 decimal places before just being outdone by Ethan at 53 decimal places.

In year 11 Peter keeps his record in place at 87 decimal places.

The Year 12 Record was set 2 years ago by Jake at an impressive 181 decimal Places which the school record was at the time. To take this record would take some serious commitment.

Ben jumped in a gave it a good go with 143 decimal places and almost a certain win before Dan coolly amassed an amazing 245 decimal places. A new year 12 record and new school record.



It was another great day at Cav and we hope to go bigger and better next year.

Many thanks and yours in Pi

Terry Moran
HoD Mathematics

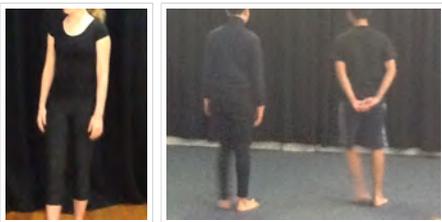
Drama



March has been a great month for Drama with heaps of immersion into live theatre both on and off campus. The students have enjoyed a visit from Grin and Tonic Theatre Company performing *APRIL'S FOOL* and Shock Therapy Theatre Company performing *VIRAL*. Senior students also attended Queensland Performing Arts Billie Brown studios at West End to see *HYDRA*.

As we approach the end of week 8, please be aware that your drama student will be completing class assessment, both written and practical over the next two weeks. Can I please remind students and parents that black performance clothing will be required for all in-class assessment.

Performance Clothing



This is an excellent example of black performance clothing for your drama student.

Every student must wear a long sleeve or short sleeve black t-shirt. No singlet shirts. Dance pants, bike pants, tracksuit pants, long shorts are all acceptable. Bare feet and no jewellery. Thank you.

GRIN AND TONIC Theatre Company present *APRIL'S FOOL*



Year 10, 11&12 students attended *APRIL'S FOOL* written by Dave Burton and performed by Grin and Tonic Theatre Company in week 6. This was an outstanding production displaying verbatim theatre at its best. Viewing live theatre so well performed on social topics that are relevant to our young people is such an important inclusion into our curriculum.

In April 2009, two weeks short of his nineteenth birthday, Toowoomba teenager Kristjan Terauds died due to complications from illicit drug use. Using the words of Kristjan's friends and family interviewed over many month, and inspired by the journal of Kristjan's father, David Burton has dramatized a powerful story of love, loss and sadness. With touching

humour *April's Fool* is a thought provoking, memorable and ultimately optimistic reflection on the choices we make and how they affect those we love.



Year 10



Year 11



Year 12

Senior student's recent visit to the newly renovated Billie Brown studio QPAC to view *HYDRA* was a wonderful evening of adult drama. The set was incredible, the lighting and the characters journey was totally mesmerising.

Award-winning Sue Smith weaves the original writings of two of Australia's literary icons into a moving relationship drama. She conjures the passion and intensity of the near mythical 'King and Queen of *HYDRA*' as they follow their dream, only to end up in a Greek tragedy of their own making.

Shock Therapy present VIRAL



Viral is a story about Art and Zane, two boys who seek to attain internet 'fame' in order to become more popular at school and to make some money. It examines the role of social media and technology and how it impacts the way we record, communicate and think about events of racism, abuse and violence in our community. It investigates the line between disassociation and raising awareness about such events, asking the question "is it better to record these activities and post it on the Internet or step in and stop it from occurring in the first place?"

All drama students 8-12 attended this very captivating and high-energy performance on social media and posting on YouTube. The production looked at the behaviour of two boys and their pursuit for fame regardless of consequences. This was an outstanding production and hopefully educated our students whilst being highly entertaining.

Enjoy the remainder of the year and your Easter break and I look forward to our next term together.

Dates to remember Term 2;

May 3 – SCHOOL DAYS incursion by Shake and Stir Theatre Company 8-12

May 6 – ABSURD THEATRE workshop in-class by Australian Acting Academy year 12

May 8 – MEDEA incursion by Shock Theatre Company 8-12

May 14 – 1984 incursion by Shake and Stir Theatre Company 8-12

Japanese

2019 Omiya Koryo SHS Sister School Visit

Twenty-five host families are needed to provide homestays for Omiya Koryo SHS students. The proposed dates are Sunday August 18 – Tuesday August 27, 2019 (9 nights).

Your child does not have to be studying Japanese as the students speak a good level of English. Host families need to provide three meals a day, a bed (the student may share a room with a student of the same sex) and access to transport to school. An information night is held prior to the visit to ensure a successful hosting experience for families. Host students will have the opportunity to participate in an excursion to Dreamworld. Host families are also invited to a thank you party hosted by Omiya Koryo SHS.

Please note that there is no payment to homestay families as our students are in turn hosted free of charge by Omiya Koryo SHS families during reciprocal CRSHS Japan Study Tours. Our exchange program relies on the generosity of Cav Road families. Students whose family hosts this exchange will be given preference for participation the Japan Study Tour in 2020.

One Month Exchange Opportunities - are available for Year 10 -12 students hosting Omiya Koryo students for one month from August 18 to mid-September. The Cav Road students then have the opportunity to study for one month at Omiya Koryo in December 2019. The airfare, insurance and personal spending costs for this exchange are paid by the student's family. Homestay, tuition and uniform costs are met by Omiya Koryo SHS.

Japanese students will be given Expression of Interest forms for the exchanges in class. They are to be returned to their Japanese teacher by the end of Term 1. Please contact the Japanese Coordinator, Joy Balfour, jbalf7@eq.edu.au if you require further information.

Ashley H and Chelsea R participated in a one month Omiya Koryo SHS exchange over the summer holidays, after welcoming Omiya Koryo students into their family homes last August. You can read about their experiences at the end of this article.

Thank you Masato Sensei and Kaho Sensei



In Weeks 6 and 7 two volunteer assistant teachers from Sendai, Japan visited Cavendish Road. Masato Yuda and Kaho Suzuki worked with our classes to teach calligraphy, origami and famous Japanese songs. They also gave students the chance to practise their Japanese conversation skills with native speakers. We wish Masato and Kaho all the best as they continue their studies of education in Japan.

Taiko Drumming Incursion



At the end of week 7 Year 7 and 8 students enjoyed a performance by TokoTon Taiko, a Queensland based taiko drumming group. The event was organised by Mrs Karfs and was attended by over 100 keen Japanese students.

Student Reports - One Month Omiya Exchange

Ashley H



Over the holidays, I was given the chance of a lifetime, a month long homestay in Japan while attending our sister school Omiya Koryo SHS. Looking back on it, it was one of the best trips of my life. Even though it was challenging, crossing the cultural and language barriers without any parental or teacher assistance for the first time, I was able to gain so much. For the first time I was challenged to use my Japanese not just to talk with people, but to get my daily needs across. This experience was amazing, and one I'd truly recommend for anyone with a passion for languages. Every day at school I'd struggle to understand what was going on, but when I understood even just the tiniest bit, well... it's a feeling I won't be forgetting any time soon.

Going to Omiya Koryo was truly lifechanging. I was able to create life-long friendships and gained a second family. I've been given the drive to keep studying, something which is in my eyes invaluable. For anyone even just considering participation in an exchange like this, do it! The amount of things you learn, the experiences you gain... it's something you can't get in the classroom. I know after all the amazing memories that I have from my trip that I'll definitely be back to Japan.

Chelsea R

After the Cav Road group returned back to Australia, I remained in Japan along with two other extended stay students. Now we were alone with our homestay families. Spending time in Japan without English speaking influences gave me the opportunity to significantly improve my Japanese ability.

It was a big thing to adapt to the Japanese culture and traditions, from things as little as wearing house slippers and

taking little hand towels everywhere with me, to pounding rice to make mochi (small rice cakes which can be sweet or savoury) as a New Year tradition. One of the weirdest experiences was Christmas Day. In Japan, on Christmas Day everyone still goes to work. My host family sisters went to school to do their club activities even though it was school holidays. New Year is a much bigger holiday in Japan. My host family spent it in the countryside with their massive extended family. There were rows and rows of traditional Japanese foods and drink such as omochi, sashimi, inari and green tea. It was a time to socialise with the family, and of course, confuse the foreigner for some good entertainment.

Returning to school after the holidays was hard. We had to wake up around 5:30 am every day so we didn't miss the bus. In comparison to Australia, schools are very 'old school'. The students have all their classes in one room and the teachers use blackboards. No students have laptops and any computer work occurs in a computer lab. As it was the end of term, we had some half days at school and a few parties. One was an onigiri party where we all learnt how to make rice balls. Another was a sweet potato party where we cooked sweet potatoes in a fire and ate them. It was really nice, spending so much time with the class and learning from them. It was very hard parting with everyone when it was time to leave.

Year 10 Geography

Moreton Island Excursion Semester 1



As part of our Year 10 Geography course on Environmental Management and Change, students are given the opportunity to go on a two day camp to the magnificent Moreton Island. On the island, students collected data regarding land use on Moreton Island and the human impact that has occurred on the island since its settlement. Students are solving the Geographical Inquiry problem of coastal erosion for the residents of Cowan Cowan on Moreton Island, and learning ways that we can protect Australia's much loved beaches. There was also time to snorkel on Tangalooma Wrecks and play some beach cricket, amongst other things. It was an excellent couple of days, and it was great to see students out and about, solving real world problems in the field.

Student Comments

"This field trip was the best experience to learn about coastal erosion and how to manage that and what human impacts effect that erosion. It was also great to bond with the rest of the class because we all became closer friends on this field trip. The tour guides and the tour itself was amazing. It was a really good experience and we really enjoyed it. Ms Chappell and Mr Kosanovic are the best teachers to go a geography trip with because they know how to have fun and make an educational

trip enjoyable. IT WAS THE BEST FIELD TRIP EVER!" – **Liv and Jacinta**

It was very fun to learn about the history of Moreton Island and what affect erosion has had on the island. The camp was very fun, food was great and the beach was beautiful. When we went snorkeling at Tangalooma Wrecks we saw all types of amazing animals. – **Angus**

I loved that we went on a ferry and had a lot of fun. While we looked at coastal erosion and its impact, we listened to music, went camping and spent time hanging out with friends.

I learned that Moreton Island's wrecks are really cool and that it's a lovely place to go on holiday. Thanks for the camping fun! – **Annalese**

My experience of Moreton Island was fantastic! We went to the champagne pools, honeymoon bay and Tangalooma wrecks and although we did work, learning about the current erosion happening on the island was quite interesting. I am so glad we went on this excursion as it made us all closer as a class. My favourite part of the trip was Tangalooma Wrecks as we witnessed some of the coolest marine life on the planet. I am so glad we went and would definitely go again – **Jemma**

Marie Chappell
English and Humanities Teacher

Netball

Southside Super 7's



Last Friday, the Netball Academy students got their first opportunity of the year to hit the court together and compete against other local schools in the first Southside Super 7's tournament for 2019. There was certainly a lot of excitement leading up to this event and it was brilliant seeing the girls out on court, transferring skills from class into a competitive game situation. With 8 teams competing from Year 7 -10, we finished the day with mixed results. The Cav Rd Blue 9/10 team went through undefeated, just getting on top of Clairvaux MacKillop late in their game to win by 2 goals and take top honours in their division. Cav Rd White (7/8) and Yellow (9/10) both only dropped one game all day to finish runners-up in their pool. But what was most impressive on the day was the way the girls represented Cav Rd and the spirit in which they played the game. They played hard and fair and displayed some amazing team work, especially as a lot of them also juggled umpiring duties in between their games, on an incredibly hot and humid day.

A day like this only makes us even more excited to get back to school and continue learning and building on our current skills, to return even stronger next time. Thanks so much to Mrs Miller and Mrs Mitchell for your work with the teams on Friday and Mrs Jane Brisbane for so kindly offering to umpire at the last

minute to help lessen the load on some of the girls. Well done to all teams! A great start to the year!

Belinda Stickney
Netball Director

School Based Youth Nurse

Communicating with your teenager during adversity or tough time

The recent tragic events in Christchurch serve as a reminder that at any time young people can experience adversity. As adults we can find it difficult to hold tricky conversations about tough times.



The National Workforce Centre for Child Mental Health has developed a resource to assist in holding those conversations. This resource will help you prepare for conversations with your teenager about your experience of adversity, so together you can better understand these challenges. The document steps you through:

- understanding how adversity affects you
- thinking about what your teenager notices and experiences and how they make sense of what is happening for you; and
- preparing to talk to your teenager.

Click here to view.

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

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).

WEP Student Exchange



Mansfield Eagles Club



JOIN MANSFIELD EAGLES SOCCER CLUB!

CALLING ALL PLAYERS

U12 Boys and Girls

&

U13 Boys and Girls

Register now at www.mesc.org.au.

For more information, please contact Club Registrar Belinda Olsen at registrar@mesc.org.au

Tarragindi Tigers Football Club

2019 SEASON
**PLAYERS
NEEDED**
16-18YRS
FOR OUR U18 DIV 3 TEAM
Training - Tues and Thurs evening
Contact
michael.nugus1@gmail.com

#KICKINGGOALSTOGETHER
#THEFUTUREISBRIGHTATTTC