



ST SAVIOUR'S COLLEGE

Dream... Embrace... Become... 21 May 2009

FROM THE PRINCIPAL

Dear Parents, Students and Staff

WORKING BEE

Thank you to the energetic band of parents who joined the P and F Working Bee last Sunday. Coordinated with the help of Mrs Creedon and Mr Reading, parents and students worked on repainting the outdoor furniture. My sincere thanks to all involved

NAPLAN

Last Tuesday, Wednesday and Thursday our Year 9 students were involved in the NAPLAN testing. The planned efforts given to preparation for this assessment enabled the girls to approach these three days with confidence.

HEALTH CHECK

With the media reporting the latest worldwide outbreak of influenza, it is timely to mention that the latest information can be found on the World Health Organisation website. <http://www.who.int/en>. I would also encourage parents to read the enclosed State Government information sheet regarding measures to contain colds and flus. If your daughter is showing symptoms of flu or cold, please keep them at home to prevent the spread among other students.

ONLINE YOURTUTOR SERVICE

I bring to your attention a resource available to all students to assist with their general studies and homework. This is made available through the State Library of Queensland and it provides material that will help students from upper primary to undergraduate level. YOURTUTOR <http://yourtutor.com.au> is a free, live, online homework help service offering help for grades 4 to 12. The service is available Monday to Friday, 4-8pm - for instant, one-on-one assistance with Mathematics, English, Science, research and study skills. The service is available to all Queensland public library members.

UNIFORM SHOP FACILITIES

A reminder that the new uniform shop facilities have commenced operation. These are located in the old music classroom area, opposite McAuley House kitchen. Please note that the new Sport Jacket is now available.

EISTEDDFOD

Congratulations to the members of our College Choir who performed admirably at the 2009 Eisteddfod. Thank you also to Miss Scott for her efforts in both training and support.

PRAYERS

We hold in our prayers the families and Downlands College of the boys who were fatally injured in the recent accident. We pray as a community that God's loving hand tenderly cares for them.

Looking forward to catching up with you on Sunday.

God Bless

Mrs Margaret Battle

...where the sky's her limit!

St Saviour's College

EXPLORATION DAY SUNDAY MAY 24th 10.00 – 2.00pm

Interactive displays

Performances

View the facilities – College and Boarding

Meet the teachers

Past Pupils displays

Meet the P and F at the BBQ

DESPERATELY SEEKING HOMESTAY

One of our Japanese students has requested a change of homestay, so she can experience Australian life with a different family during her stay here. I am really looking for a family who could offer a minimum of a term. A generous amount is paid to the family to cover living costs.

If you are able to assist, please contact Ms Lexie McGregor 4637 1600.

Date Claimers

24 May	Exploration Day 10am - 2pm
29 May	Dance Night 6pm
5 June	World Environment Day
8 June	Queen's Birthday Holiday
9 - 15 June	Year 11 & 12 Exam Block
18 June	Last day of Term 2 3pm

If your actions inspire others
to dream more, learn more, do
more and become more, you
are a leader.

John Quincy Adams

PASTORAL CARE

I was very lucky to spend last Thursday and Friday at Woodlands at Marburg at the Diocesan APRE Retreat, run by two of my former colleagues, Paul Skippen and Marg Grills. The focus was the seeds of our life that we need to nurture. We were encouraged to "water" those aspects of our lives that help to give us purpose and energy. It was a blessing to take time out from the busyness of school life, to reflect on the essentials of life and to swap ideas with like minded professionals.

Meanwhile, the Year 9s spent Friday exploring "Respect, Relationships and Resilience" with the Heads of House and Bill Jackson, an inspiring and creative facilitator who has great experience in working with adolescents. All reports suggest a great day was had by all and we are looking forward to the follow up this Friday.

Among the joys of my life is responsibility for encouraging our students to wear their uniform correctly. Now that we are back into winter uniform for everyone, could I please ask you to encourage your daughter to wear her uniform correctly and with pride? Students should now have black legs – either knee-high black socks (not mid calf please) or black opaque tights. One particularly worrying trend is the number of students who are arriving in the incorrect jumper. The only acceptable jumper with the formal uniform is the College pullover. If students wear incorrect jumpers they will be asked to remove them. As the father of a McDonald's worker, I know my daughter has no leeway in substituting parts of her work uniform and the same should apply here. Your support is greatly appreciated.

I look forward to catching up with some of you at Exploration Day this Sunday.

*Mr John Clarke
Deputy Principal*

P&F NEWS

Exploration Day is this Saturday, and the P&F will once again be helping out on the lunchtime BBQ. Any parents interested in lending a hand are welcome – you may leave your name at the office, or come on the day. In preparation for the day, a group of workers spent Sunday afternoon sanding and painting the outdoor furniture. Thank you to all those involved.

Volunteer Register Forms: Thank you to those parents who have offered their talents. Forms can still be dropped into the office at any time ...just in case you forgot to fill one out!

Wendy Carlish
President

WORLDWIDE MARRIAGE ENCOUNTER:

A weekend for married couples. Take time out of your busy schedule, to invest in your most precious asset . . . Your Marriage! This is a unique opportunity to recharge your relationship batteries, refocus on each other and fall in love all over again!

Weekend date: 12– 14 June, 2009

Venue: Kindilan, Victoria Point, QLD

For bookings/details contact:
Terry and Rhonda Boyle
(07) 3352-3328
www.wwme.org.au

LEARNING AND TEACHING

NAPLAN testing

Year 9 students sat for the NAPLAN testing last week. The testing required the students to write a narrative related to stimulus. The stimulus gave students a lot of scope to write creatively and develop their stories. Many students found the exercise stimulating. The other testing in literacy and numeracy required students to show their ability to spell, punctuate, read for understanding and perform mathematical calculations. My thanks to the Year 9 English and Mathematics teachers for working with the students for preparing our young women to be test wise.

Year 11 and 12 Examination block

Please note that the examination block commences Tuesday June 9 and concludes Monday June 15. During this block, senior students are only required at the college when an examination or assessment item is scheduled for them. All students should arrive at the college at least 15 minutes before the start of the examination session.

Wednesday sport fixtures will continue on Wednesday June 10. All senior students are required to be at school on Wednesday for sport time: 1.10 to 3.00pm.

For senior students, the assessment block is pivotal in determining their learning and the results that will be listed on their Senior Statements. For this reason, all students should negotiate their work commitments around their assessment requirements. Ideally, no student should work through this week of exams. It is important to revise content and concepts covered in their studies and to have enough sleep so as to allow them to perform at their best during the actual exam.

For those students who are involved in traineeships, TAFE courses or university Headstart program, they are required to attend the examination sessions as scheduled.

The examination schedule will be given to students next week and we hope that you will review this with your daughter and that she will then develop a study plan leading up to and in the examination block.

Academic Tutorials

Mathematics each Monday lunch time. Tutorials in senior sciences are held regularly. Please encourage your daughter to attend.

The Student Academic Circle are also hosting peer tutoring in room 1, every Friday at lunchtime. Any students in years 8, 9 and 10 are more than welcome to attend, also any year 11 and 12 students wishing to help tutor are also invited along.

*Mrs Kathryn Janovsky
Assistant Principal Curriculum*

ACADEMIC CIRCLE

The Academic Circle has been very busy this term. We have been very busy organizing the **St Saviour's Spelling BEE** which is next week, Tuesday 26 May. So hopefully everybody has been practising their spelling words. We are also hosting peer tutoring in Room 1, every Friday at lunchtime. Students in years 8, 9 and 10 are more than welcome to attend, also any year 11 and 12 students wishing to help tutor are also invited along.

At the end of next term we are hoping to launch a book with talented artistic pieces by all students of St Saviour's College. It is called SPLAT so anybody willing to contribute an artwork, poetry or creative writing piece to this literary journal is more than welcome to. I would also like it if students would be able to design the cover, so that it really does show just how talented the students of St Saviour's College really are.

Till Next Time,
Sarah Mengel
Circle Leader

COMMUNITY DEVELOPMENT

This week our staff and P and F have been busily preparing for Exploration Day this Sunday. The day will start at 10.00am with our student hostesses ready to escort families around the campus. Hostesses have been asked to be at the Callaghan Centre at about 9.30am. The Callaghan Centre will be a hive of activity with dance rehearsals, magic shows and displays showcasing our Pastoral Care and Academic programs. Principal, Mrs Margaret Battle, will present an address at 12.00 pm.

Our staff have been preparing displays, demonstrations and activities to help give an insight into the working life of the College. The College P and F have also been very busy. They held a very successful Working Bee last Sunday and repainted all of the outdoor furniture in the Science Quad. This Sunday they will be cooking a family BBQ from 12.30pm in our Science Quad. So, see you on Sunday for a chat.



P&F Parents painting at working bee held on Sunday.

*Mrs Linda Creedon
Assistant Principal
Community Development*

HUMANITIES

Embracing the world beyond the class room continues to be a major focus for the Humanities Department.

Senior Modern History students have participated in an enrichment day hosted by Harristown State High School. Guest lecturers present on a variety of topics and students from a large number of schools in the region attend.

National Archaeology Week is from the 17-23 May and as I am typing, the Senior Ancient History students are participating in an archaeological dig at Caboolture's Abbey Museum. They are going to utilize their newly found skills by setting up a dig site for Exploration Day. The Ancient History will also be participating in an enrichment day at Harristown State High School in the very near future.

At the end of May, Senior Geography students will be participating in the Landcare Property Planning Day as part of their biodiversity studies. This involves a number of schools in the region and includes soil, macro-invertebrate and biodiversity studies.

Junior students are studying a variety of topics including Natural Hazards, Living in Difficult Environments, Ancient Civilizations and Heroes, Rogues and Villains.

Ancient History Excursion to Abbey Museum Thursday 14 May

After an early start and a long bus trip, the 11/12 Ancient History class, was faced with the daunting task of excavating an Egyptian 18th Dynasty tomb site. After marking out the grids, the girls were shown how to properly excavate using trowels, buckets and sieves. Amy Zanders proved to be an expert at hammering. The digging was hard physically, as archaeologists are not allowed to kneel and have to keep their excavations at the same depth, even when an artefact is partially

BUSINESS DEPARTMENT

On Friday 8 May, the Year 9 and 10 Business students put into practice their Business Plans and Break Even Analysis and opened their small business ventures to the College community. The students were kept busy selling a variety of stock including pizza, noodles, lollies and toffees, jewellery and gift lines. It was a valuable learning experience for all participants and the students now realise the amount of planning, preparation, time and effort required in running a profitable small business.

Mrs Alyson Holmes

AND ALL THAT JAZZ...

Recently 21 keen music students and Miss Scott travelled to the Qld Performing Arts Complex in Brisbane and viewed the acclaimed Musical CHICAGO. It seemed obvious that many of the younger students had not experienced this level of performance before and were spellbound, as were the more experienced music students for the entire show. The



singing, dancing and staging were all breathtaking. The amazing Cabaret style with often up to six different melodies and lyrics being sung simultaneously in the same song was a technical (almost mathematical) feat. Girls also enjoyed visits to the Qld Museum and Art Gallery.

*Ms Megan Scott
Music Teacher*

unearthed. The 1 metre square area was a tight squeeze for those with big feet, and there was some trampling of the baulk walls. Liz Moulds and Michelle Bird proved that they were the most expert and quickest at excavating. The recording of the finds has to be very exact. The sieving of the excavated soil was also difficult and there were quite a few buckets of sand tipped out unexamined – mainly by the teachers. However, at the end of the time the group had excavated many artefacts – scarabs, jars, shabtis, and a partially revealed sarcophagus. We learnt that archaeology is a physically demanding activity and that precision and patience are necessary. As a result of the experience, perhaps there will be no archaeologists from this class. The trip home was also an experience as the bus had a flat inner wheel. Our pre-service teacher, Kym Goddard, and Kirin Davis showed their expertise in replacing the tyre with the help of three burly men who kindly stopped to help us.

Ancient History Seminar Harristown State High School Friday 15 May

The class joined with seven other Toowoomba schools to listen to four lectures from Professors from UQ. These professional seminars were intellectually challenging because of the depth of knowledge of the speakers. Topics were The Great Library at Alexandria, Greek and Roman Coins, The Roman Forum and Roman Panel Painting. This day was rewarding and much more restful than the Archaeological Dig.

Mrs Mary Conaghan & Mrs Marietta Day

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ENVIRONMENT CIRCLE



of the school year.

Coming up on Friday, 5 June is World Environment Day. On this day the Environmental Circle will be raising money as well as running fun activities during lunch breaks. All the funds raised on the day will be used to fund the garden we are planning to build later in the year to liven up the toilet block. This will be the start of the Environmental Circles fundraisers and we are planning to run many more throughout the course

Daneka Selman
Circle Leader

PARENTS of primary and secondary students, in all locations, are warmly invited to take part in the third online conference to be held by Parents Victoria. The conference will be held non-stop on the internet from **6am Monday 18 May to midnight Sunday 24 May**. No special software is needed, other than an internet-connected computer and a browser. The online discussions will be very easy to join in, and guidelines about how to participate will be provided. You don't need to be a member of Parents Victoria to take part. Join in for all days, just some days, or even a few hours, depending on your lifestyle and other commitments.

Register online at no cost

The Parents Victoria Online Conference 2009 website will open from 6am on Monday 18 May at: http://www.cybertext.net.au/pv1_09/ but please register yourself online first at <http://www.cybertext.net.au/pv09.htm>

The conference will feature seven 'live' daily online discussions, each of them hosted, for several hours each day, by a member of Parents Victoria or expert staff from the Department of Education and Early Childhood Development and the VSCA. Each 24-hour period will focus on a topic that is currently of concern to parents. An online 'resource bundle' of information and opinions will also be provided as an optional extra to give you a kick-start on each day's topic.



KEEPING YOUR CHILDREN SAFE

SUNDAY 12 JULY 2009

DOWNLANDS COLLEGE

6:30 - 8PM

Child Abuse Awareness Sessions for parents/carers and others looking after children

Toowoomba Catholic Education office invites you to attend a free information session facilitated by Child Wise, to learn about protecting children from harm and abuse.

The most important tool to protect your children is information. These sessions will be delivered by highly qualified child protection specialists and will provide important and practical information on:

- The definitions and indicators of child abuse
- What is normal childhood development?
- How you can protect your children in the community and on the internet
- The tricks that sex offenders use to gain access to abuse children
- What you can do if you suspect a child is being abused
- How you can talk to your children about safety and speaking up when they need to
- How to select a child safe organisation and activity for your child, eg. sports, clubs etc.

More information www.childwise.net

TUCKSHOP VOLUNTEERS REQUIRED


Tuckshop volunteers are required. Assistance with preparing and/or serving. For more information please call Michael 4637 1691

DANCE NIGHT

24 May
Friday

In the Hall
Just
a Gold Coin
Donation!

ST. SAVIOUR'S
COLLEGE
DANCERS
performing
SPECTACULAR ROUTINES!



To WATCH US DANCE... Is To HEAR OUR HEARTS SPEAK



When you shop at IGA Clifford Gardens, be sure to place your tokens in the Community Chest for St Saviour's.

Influenza (The flu)

Description:

Influenza or 'the flu' is a highly contagious disease caused by infection from influenza type A or B (or rarely C) virus. These viruses infect the upper airways and lungs but can also affect other parts of the body. In Australia, outbreaks of influenza of varying severity occur every year usually between May and September.

Symptoms:

Symptoms usually appear one to three days after being infected. A person can spread influenza to others a day or two before they become unwell and up to five days after they have become unwell for adults and even longer for young children. The symptoms of influenza can include: fever, dry cough, muscle and joint pain, tiredness/extreme exhaustion, headache, sore throat and stuffy nose. Most people recover within a week, although a cough and tiredness may persist.

Transmission

The virus that causes influenza is mainly spread from person-to-person by virus-containing droplets produced during coughing or sneezing. The droplets can be spread up to a metre through the air and enter the body through the nose and mouth. A person can also catch influenza if they shake hands with an infected person or touch a contaminated surface such as a door knob or telephone, and then touch their nose or mouth.

Treatment:

Many people treat 'the flu' by simply resting in bed, drinking plenty of fluids, and taking over-the-counter medication that helps relieve the symptoms. In the past few years, new antiviral medications have been developed to treat influenza. These medications reduce the length of time symptoms last and help people return to their daily routines earlier. These medications are most effective if they are started within 48 hours of influenza symptoms appearing.

Health Outcome:

Most people recover from influenza within a week, although a cough and tiredness may persist. Influenza can sometimes lead to severe complications such as pneumonia. Young children, elderly people and those with certain chronic illnesses are more likely to develop complications. Influenza can be fatal.

Prevention:

A reliable and safe vaccination is available to prevent the spread of influenza. Anyone over the age of 6 months old, who is not allergic to vaccine ingredients, including egg materials, can be vaccinated. It is particularly important for people in high risk groups to be vaccinated, including:

- people aged 65 years or older;
- Aboriginal and Torres Strait Islander people aged 50 years or older;
- adults and children with a chronic disease, especially heart conditions, lung disease, kidney disorders or diabetes;
- children with cyanotic congenital heart disease;
- adults and children who are on therapy which lowers their immunity;
- residents of nursing homes and residential care facilities;
- pregnant women who will be in the second or third trimester of pregnancy (even if already pregnant) between May and September;
- children (six months to 10 years) on long term aspirin therapy.

Vaccination is also recommended for anyone who is in contact with people in high risk groups, including:

- anyone who lives in a household with a person who fits into any of the high risk categories;
- anyone who works in a nursing home or long term care facility;
- health care workers.

Influenza (The flu)

Free vaccination is provided for:

- people aged 65 years or older;
- Aboriginal and Torres Strait Islander people aged 50 years or older;
- Aboriginal and Torres Strait Islander people aged 15 to 49 years with chronic disease including heart, lung, kidney or liver disease and diabetes.

Don't spread it around! If you get symptoms of influenza:

- stay at home until you are better;
- cover your nose and mouth when you cough or sneeze with a tissue and dispose of it;
- wash your hands with soap and water after coughing, sneezing or blowing your nose, and before touching other people or objects that others might touch.

Help and Assistance

For further information, please contact your local doctor, community health centre or your nearest public health unit.

Other Resources

[Queensland Health Flu Prevention website](#) [Commonwealth Department of Health and Ageing Publications](#), including the current editions of the Australian Immunisation Handbook.

Footnotes

Heymann, D., ed. 2004. *Control of Communicable Diseases Manual*, 18th edition. Washington, DC: American Public Health Association, pp 281-286

National Health and Medical Research Council, 2003. *The Australian Immunisation Handbook* (8th Ed.) Canberra: National Capital Printing. Pp 167-175

Mandell, G., Bennett, J & Dolin, R. *Principles and Practices of Infectious Diseases* 6th ed. (2005). Elsevier Inc. US.



Scholarships to Italy and French-speaking Belgium

World Education Program Australia (WEP), a not-for-profit student exchange organisation registered with the education departments, is now accepting applications for students to travel overseas in 2009/10 as exchange students for a summer, semester or year.

Give your child the opportunity to gain international experiences and foreign language skills to kick-start a future career. Along with distinct foreign language benefits, exchange students mature, gain confidence and develop a much more worldly approach upon their return to Australia.

WEP is offering a scholarship for a year-long program to Italy and French-speaking Belgium commencing in January 2010. Applicants need to be in year 9, 10 or 11 in 2009 and enrolled in Italian or French.

To find out more, please visit our website www.wep.org.au, attend one of our information evenings or call us on 1300 884 733 (for the cost of a local call).

Next information evening in Brisbane:

12 May & 23 June

7:30pm – 9pm

Metropolitan Motor Inn

106 Leichardt Street

Spring Hill