4 March 2016

Principal’s Report

Dear Parents/Guardians,

Last week we had a very successful investiture and induction of senior leaders. I was very impressed with the way our students conducted themselves with time, place and sense of occasion. It was wonderful also to see the number of parents and relatives in attendance as well. Congratulations to all of our 2016 College and Senior Leaders. The College leaders and I signed a senior pledge on behalf of the seniors articulating their commitment as senior leaders to the whole College community. This is currently on display in the office foyer. I would also like to pay tribute to Uncle Alan Johnson for his attendance and Acknowledgement of Country.

During this ceremony I recounted a story of leadership I discovered on the internet about three stone cutters:

One day a traveller, walking along a lane, came across 3 stonecutters working in a quarry. Each was busy cutting a block of stone. Interested to find out what they were working on, he asked the first stonecutter what he was doing. “I am cutting a stone!” Still no wiser the traveller turned to the second stonecutter and asked him what he was doing. “I am cutting this block of stone to make sure that its square, and its dimensions are uniform, so that it will fit exactly in its place in a wall.” A bit closer to finding out what the stonecutters were working on but still unclear, the traveller turned to the third stonecutter. He seemed to be the happiest of the three and when asked what he was doing replied: “I am building a cathedral.”

This story beautifully illustrates a key leadership quality – seeing the bigger picture. All three stonecutters were doing the same thing, but each gave a very different answer. Each knew how to do his job but what was it that set the third stonecutter apart?

Perhaps:

- Knowing not just how and what to do, but knowing why.
- Viewing the whole and not just its parts.
- Seeing a vision, a sense of the bigger picture.
- Having the ability to see significance in work, beyond the obvious.
- Understanding that a legacy will live on, whether in the stone cathedral, or in the impact made on other people.

Similar to the analogy I used at the last College assembly when speaking to the students about building their house and the foundations for their future, this story is about coming to school every day and sculpting their own futures making sure they give their full attention to detail and stone by stone building a wall and then their cathedral. Each and every day has a purpose and hence the importance of everyday attendance.

The P and C Annual General Meeting (AGM) followed by a general meeting will occur on Tuesday the 15th March commencing at 6 pm in the conference room at BBSC. Executive positions will be called vacant and new office bearers will be elected for 2016 College year.

Until the next gazette
Darren Wallwork
On the 23rd of February Brisbane Bayside State College held the 2016 Investiture Ceremony. This was an opportunity to recognize and celebrate our Student Leaders and senior badge recipients for 2016. I know I speak on behalf of the BBSC staff when I say that the school is certainly in good hands. I am extremely confident that our student leaders have the required skill set to be successful in their new roles and will work collaboratively to ensure the school continues to move in the right direction. I would also like to thank all parents and special guests that were in attendance. I know the students certainly appreciated your support and recognition on this very special day. I have attached a list of our 2016 student leaders below.

**COLLEGE CAPTAINS**  
Noah Mortensen & Brianna Ward  
**COLLEGE VICE-CAPTAINS**  
Holly Edmonds & James Hall  
**JUNIOR SECONDARY COLLEGE CAPTAINS**  
Jazmin Lennon & Jonathan Macrae  
**JUNIOR SECONDARY COLLEGE VICE-CAPTAINS**  
Caelan Farlow & Aurora Murray  
**STUDENT REPRESENTATIVE COUNCIL PRESIDENT**  
Rebecca Tognola  
** SENIOR PREFECTS**  
Te Pirihi Puke-Riki, Tamera Summerill, Paolo Torres & Jordan Wegert  
**JUNIOR PREFECTS**  
Paul Green, Isabella Hitchcock, Reyd O’Loghlen & Kellie Taylor  
**STUDENT SUPPORT LEADER**  
Alessandro Newman  
**INDIGENOUS STUDENT LEADER**  
Taneesha Leathers

### HOUSE CAPTAINS

<table>
<thead>
<tr>
<th>House</th>
<th>Senior</th>
<th>Junior</th>
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<tbody>
<tr>
<td>Campbell (Black)</td>
<td>Kenridge Togiatama, Rachel Mann</td>
<td>Mia Akison</td>
</tr>
<tr>
<td>Galea (Blue)</td>
<td>Christina Jimmy, Brandon L’Barrow</td>
<td>Nyalok Tut</td>
</tr>
<tr>
<td>Lynch (Yellow)</td>
<td>John Finlay, Niko Sly</td>
<td>Declan O’Byrne</td>
</tr>
<tr>
<td>Morgan (Red)</td>
<td>Tahlia Stewart</td>
<td>Stella Nathan</td>
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**Kind Regards,**  
Mark Petterson  
**Acting Deputy Principal**

**Junior Secondary**

**Attendance**

Well done to the Year 7 and 8 students whose attendance data is above the school target of 90%. The Year 9 cohort has a little way to go and now is a timely reminder that all students need to be attending school, particularly as assessment approaches. Assessment planners are in the process of being distributed and are a helpful tool for parents and guardians to support their students in managing their time effectively.

**ELearn Courses**

For students undertaking the BYOD, links to the courses using ELearn are listed on the school website and are a quick and easy way to navigate to these resources. Parents and guardians are reminded that these courses will be updated over the course of the semester as more subjects come on line in Term 2.

**Social Media**

This week the Year 7, 8, 9 and 10 students had the privilege of listening to Tricia Munn from Eyes Open Social Media. Tricia, together with our school based police officer Senior Constable Crystal Moore, educated our students about the risks associated with social media accounts. Tricia highlighted the need to set the privacy settings on any social media account to the maximum to ensure that students were not exposing themselves to complete strangers. A number of students were shocked as to how easy it was to find out information about themselves through what was posted on social media sites. It is incredibly important that students are following the rules for these platforms by being at least 13 years old and being extremely vigilant in the types of things they post. Parents and
guardians can also assist by checking the security settings and highlighting to students to be very careful about what they post.

Susan Taylor
HOD HPE / Junior Secondary

Year 7 2016

Brisbane Bayside State College has welcomed approximately 167 students to Year 7 to start their secondary education. The Deputy Principal is Ms Julie Strong, Head of Junior Secondary is Ms Susan Taylor and Year Level Coordinator is Mr Frederic Legrand. The Wellbeing and core teachers are:

- 7A - Ms Williams
- 7B - Mr Hasson
- 7C - Mr Rudman
- 7D - Ms Taylor
- 7E - Ms Griffiths
- 7F - Mr Oates

If your student is absent for any reason, please make sure you contact the College (3893 5366) on the Student Absent Line.

Should your student be absent for several days please make contact with your Wellbeing Teacher for any missed work/ assessments and forthcoming exams.

It has been a pleasure meeting the students/parents and guardians at the start of the day at the front of the main College car park. When students are being dropped off, please ensure students exit the vehicle in the designated parking areas and not at the pedestrian crossing zone on the roadway.

All students are reminded to walk their bicycles on the foot paths and in the car park areas as they head to the bicycle cage both to and from the College. Another safety aspect is ensuring they have an appropriate helmet.

Upcoming events for Year 7:

- Commencement of lunchtime sport activities in O Block.
- School Immunisation Program (Wednesday 2 March).
- Year 7 Interschool Sport Gala Day (Thursday March 17).
- Yr 7 Camp Program at Runaway Bay Sports Centre (Tuesday 3 May until Thursday 5 May) Term 2 Week 4.

Frederic Legrand

FINANCE NEWS

Farewell and congratulations to Jackie Newbegin on her promotion to BSM at Coorparoo Secondary College. We wish her all the best.

Welcome to Holly Brown whose role is Accounts Receivable and to Gail Moore Accounts Payable.

All parents of BBSC were issued with and emailed a yellow Participation Agreement Form for the Student Resource Scheme. This form is issued yearly and requires completion and return to the payment window. These forms are an audit requirement and we thank all the Parents/Guardians who have completed and returned their form. If you have not returned your form please do so at your earliest opportunity or contact Holly on 3893 5340 or email hbrow245@eq.edu.au with any enquiries.

We are currently in the process of posting home statements for your information and urgent attention for payment.

Thank you for your support

Kim Mackay
BSM
Ph: 3893 5310
kkeyt1@eq.edu.au

A Captain’s Roar – Noah Mortensen at the 2016 YOTY

On the 16th of February 2016, school captain Noah Mortensen participated in the annual Lions Youth of the Year competition run by the Moreton Bay Lions Club. The YOTY is a competition that recognises the significant contribution to the local community made by exemplary young people. Noah competed against students from Moreton Bay Boys College, and Iona College. The competition consisted of multiple parts, a panel interview that examined Noah’s participation in the school and wider community, as well as a public speaking event held the week after the interview.

Noah performed extremely well, illustrating the positive traits of BBSC and its leaders during all stages of the competition. Although competition honours were won by Moreton Bay Boys College, the judges found the competition to be extremely close. Noah’s speech entitled “Big Shoes to fill” was very poignant, reminding all of those who listened that we need to set high standards for ourselves, something which Noah’s actions have definitely exemplified.

Paul Cavanagh
Student Leadership

Green Shorts – 8 Aces Writing for the Environment

Ever wanted to meet a real life, published author? Well the students of 8A (Aces) have recently enjoyed an opportunity to do just that. On the 23rd of February 8A participated in the
1st of 3 workshops with children’s author Samantha Wheeler, author of wonderful Australian children’s books such as Mr Cassowary, Smooch and Rose, and Spud and Charli. The workshops will continue over the next 2 weeks as students write stories based on environmental issues, a process that includes a trip out into Moreton Bay on the Education Queensland research vessel Inspiration. The course culminates with the actual publishing of a book of short stories written by the incredible 8 Aces extension class. These workshops are being facilitated at the Moreton Bay Environmental Education Centre by BBSC ETL Head of program Tasha Stone and the 8 Aces English teacher, Paul Cavanagh. It is part of BEAP program on offer for students excelling in Key learning areas.

**Paul Cavanagh**

**Student Leadership**

**Flexible Learning Program Update – Week 6 Term 1**

The ‘You-Turn’ Flexible Learning Program kicked off its second year at BBSC with some excited, fresh students and some older, motivated and wiser students.

This year the program has the new students joining for 2 subject lines and are enjoying the varied and interesting activities we have commenced the year with including Geocaching, learning photography techniques, analysing horror movies to make their own short sequences and planning and maintaining their own garden bed for a ‘Paddock to Plate’ unit that takes place over the course of the year.

Last Friday we went out to the Wynnum-Manly bayside after a solid week of researching the concept and rules of Geocaching (GPS-based treasure hunts) out in the community as well as practised our ‘Rule of Thirds’ photography for an upcoming exhibition. The students exhibited excellent behaviour and diligence and represented BBSC well with many in the community complimenting me on their attitudes and enthusiasm for their community engagement.

The ‘senior’ students returning from last year are in a different set of classes and are focusing on employability. We have worked hard on resume-writing, interview skills including body language, articulation, shaking hands, online application writing and much more! We’re also using the Divergent Thinking Process to brainstorm and prepare a community awareness project which is proving fruitful in having the students come up with creative and dynamic potential ideas.

The class shares Destiny’s excitement in trying to prepare her carrots for planting while Ryley and Dallas inspect their own handwork.

Exciting times overall, stay tuned

**Dan Bailey – Flexible Learning Coordinator**

‘You-Turn’ Flexible Learning Program

**Good Quick Tukka**

Institute of Urban Indigenous Health and Deadly Choices brought the ‘Good Quick Tukka’ program into our school. This program will run until the end of term 1.

The aim of the Good Quick Tukka (GQT): cook it, plate it, share it program is to increase the number of meals being prepared at home among Aboriginal and Torres Strait Islander people. The philosophy of the project is to increase cooking skills, and to have fun gathering, preparing and consuming nutritious meals. A unique aspect of the program is to pass on the recipe to family and friends at home.

Objectives of the GQT program include:

- **Caitlin Berderow, Kashani Richards, Ryley Webster, Joffe Thompson and Cayla Smith** delighted to unravel a Geocache log they found hidden away.
To engage Aboriginal and Torres Strait Islander children, young people and adults.
To increase confidence and skills required to prepare food and cook healthy meals.
To enhance and explore cooking techniques and experiences of participants focusing on the social fun and enjoyment of food.

Sue Trevor
CEC

L Plates Program
At BBSC we conducted a Learner Licence Program; the course was facilitated by Uncle Norm Clarke. Uncle Norm helped applicants understand the road rules and pass the written test. The program was supported by 9 students who all left with big smiles on their faces.

A big ‘Thank You’ goes out to Mimi Pace for liaising with Uncle Norm and Yulu Burri Ba and helping to facilitate the program.

Sue Trevor
CEC

Feeling the Library Love
To celebrate Library Lover’s month, students were asked to write the library a love letter saying what they love most about our wonderful library here at Brisbane Bayside State College.

It was really difficult to choose the winners out of all the beautiful love letters received but eventually the library staff managed to choose the lucky winners who will all receive an inscribed book as a prize.

Here is a small taste of some of the wonderful love letters received.

Oh sweet library I love you so. When I come to your counter I just can’t say no, to one of the books sitting on your shelf. Sometimes I just can’t help myself. So I guess I should really say, I love you library, HAPPY VALENTINE’S DAY. - First prize Tiffany Russell Year 11

I love the BBSC library because the librarians are all so kind. They help us find books. There is always fun activities and clubs. The library has a book for everyone in every year. I love the library. - 2nd prize Jordan Richter Year 7

I like the way that the books are organised with the stickers and I love the different chairs and how they are organised. - 3rd prize Ciara Halliwell Year 7

I love the library because it is a place to let your imagination run free. Having the privilege to read a book is a privilege to travel for free, even if the place you are travelling to does not exist in the real world. - Jess Kondys Year 12

Dear library, you are amazing and glorious in every way. You are always there when I need you and you are a calm, quiet place to rest and unwind. - Emma Wells Year 10

I love our school library because of the friendly workers, the great books but most of all the different levels of books. Thank you. - Liam McGregor Year 8

Thank you students, for all the library love.

Your devoted library staff.

P&C Operations

Notice of the 2016 P&C Annual General Meeting
The P&C’s AGM meeting is on Tuesday 15th March 2016 at 6.00pm in the Boardroom of the BBSC Administration Building. Following the AGM, there will be the regular monthly meeting. Please note: there will be NO meeting on Tuesday 8th March 2016.

We welcome all parents to come along and meet other parents in our community and gain an understanding of what is happening in the school.

NEW Uniform Shop Open Hours:
The Uniform Shop is changing its open hours to the following:
Mondays, Wednesdays and Thursdays from 8am to 11.45am
Uniform Orders:

If you are unable to make it into the shop during open hours, we will happily provide uniforms to your student with a completed order form. Forms can be delivered to the uniform shop, faxed or emailed to uniformshop@brisbanebaysidesc.eq.edu.au. Payment can be made via cash, cheque (made payable to BBSC P&C uniform shop) or credit card by filling in your card details on the order form. Alternatively, we can take credit card payments over the phone. We also provide assistance with sizing your student.

Second Hand Uniforms:

Your donations are greatly appreciated….Second hand uniforms can be donated to the P&C Association – these uniforms will then be on display and for sale in the uniform shop. All proceeds from their sale will be utilised in the provision of school facilities, services and resources. Donations can be left at either the uniform shop or the college office. Donations are very welcome and greatly appreciated. Thank you.

Private Sale of Second Hand Uniforms

If you wish to privately sell your second hand uniforms, these can be added to the BBSC second hand uniform catalogue. This is a free service provided to the school community which allows individuals to sell their uniforms privately and retain 100% of the proceeds. Please email uniformshop@brisbanebaysidesc.eq.edu.au if you have uniforms you would like added to the catalogue. Please provide size, price, condition and contact details. Download this month’s catalogue.

Staff Farewells and Welcome

We farewell Kellie Swingler and Pam Sharp from our team and thank them for all their hard work and dedication to the success of the P&C Operations. We welcome Bev Murphy to our team who commenced with us last week as Operations Assistant.

Canteen

The Canteen is open every day from 8am and available for Breakfast, Recess and Lunch.

We welcome orders daily, so please see our team for your order form. ALL orders must be placed by 8.45am.

Healthy Weight

Is your weight in the healthy range?

Waist Circumference

People who have most of their body fat around their waist (abdominal fat) have an increased risk of type 2 diabetes, high blood pressure and heart disease. So when it comes to being a healthy weight, having a waist circumference in line with the recommendations is a great start.

The correct place to measure your waist is horizontally halfway between your lowest rib and the top of your hipbone. This is roughly in line with your belly button. Make sure the measuring tape is snug, but not squeezing the skin.

Check your risk of type 2 diabetes:

Female: a waist of 81cm/32in or more = increased risk
Male: a waist of 95cm/37in or more = increased risk

Body Mass Index

Body Mass Index (BMI) is another measure often used to estimate health risks associated with your weight. It compares weight with height but does not take into account how much of your weight is muscle or fat. The proportion of these impacts your health risks. BMI should be used in conjunction with other measures, such as waist circumference, and results should be interpreted by a health professional.

To calculate your BMI and find out your health risks visit https://heartfoundation.org.au/your-heart/know-your-risks/healthy-weight/bmi-calculator

You can also use the BMI calculator to determine a healthy weight for you. Set this to be your long term goal. But remember to achieve this weight, lifestyle changes must be:

- Realistic
- Achievable
- Able to be maintained for the long-term.

Aim for a healthy weight loss of 0.5-1kg per week to achieve your long term goal.

Body shape

Research has shown that the location of excess body fat can be linked with higher health risks.

Apple shape

People with excess body fat surrounding the abdomen or stomach (called abdominal obesity) carry higher health risk.

Pear shape

People with excess body fat on the hips, thighs and buttocks carry lower health risks.

Waist to hip ratio

The waist to hip ratio (WHR) can identify abdominal obesity. You can determine your WHR by dividing your waist measurement (cm) by your hip measurement (cm).

A WHR greater than the following indicates an increased health risk:

- 0.9 for men
- 0.8 for women

Older Adults

This information has been developed for adults aged 19-65 years. The nutrition needs of older adults can often be different to those of younger adults.

Download the link for free cookbook
Dear Parents/Carers and Students,

Rotary would like to offer current Year 10 to Year 12 students the opportunity to participate in a truly life-changing and prestigious educational and cultural experience – the Rotary Youth Exchange Program.

We are now calling for candidates for our next Rotary Youth Exchange Program in January 2017.

The Rotary Club of Wynnum and Manly has been a proud participant in this program for over fifty consecutive years. We currently host a student from Brazil in Wynnum and Manly and we sent one lucky student to Sweden a few weeks ago for a 12-month exchange.

This student is now living with a local family, attending the local school and an intensive language course, and experiencing a new world of -15 degrees and snow.

**COME ON AND MEET THE WORLD**

A year of study overseas as a Rotary Youth Exchange Student is an opportunity to:

- develop your personal self-confidence and maturity;
- develop a lifetime of international friendships;
- develop a real understanding of many different cultures;
- develop new language skills;
- and develop a base for future education and career goals.

Would you like to know more? The process:

1. Register your interest and email secretarywmrotary@gmail.com We will contact you asap and provide further details – “the fine print”.
2. The candidate lodges an application before the 31st March.
3. Candidates and parents/carers are invited to attend a panel interview in April 2016 with Youth Exchange experts.

We are looking forward to meeting you!

**The Rotary Club of Wynnum and Manly**

**Fashion Parade**

Brisbane Bayside State College P & C Committee invites you, friends and families to a presentation of a fundraising fashion parade by Portofino and High Tea.

It will be held in the Noel Humphrys Sports Hall here at Brisbane Bayside State College on Sunday 17th April. The entry fee will be $20 per adult with a free glass of champagne on arrival and $10 per child with a free can of soft drink on arrival.

See the latest fashion, shoes and accessories with sizes and styles to suit every woman. There will also be a Lucky Door Prize of a $50 Portofino Gift Voucher.

**BYO Cup** – Special prizes for best tea or coffee cup and the best story behind your cup.

Book your tickets by 12th April by calling the BBSC Uniform Shop between 8 am to 2 pm – 3893 5358 or 3893 5354. For after-hours bookings please call Debbie on 0409 774 034.

**Calendar**

- 02.03.16 | Biology Camp
- 03.03.16
- 04.03.16
- 07.03.16 | Year 11/12 Visual Art GOMA excursion
- 09.03.16 | Year 12 Home Economics IndigiScapes Excursion
- 10.03.16 | Year 12 Legal Studies Excursion
- 15.03.16 | P & C Annual General Meeting – 6.00 pm
- 18.03.16 | No Way to Bullying Day
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<tr>
<td>21.03.16</td>
<td>College Cross Country</td>
</tr>
<tr>
<td>22.03.16</td>
<td>Harmony Day/Close the Gap Day</td>
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<tr>
<td>22.03.16</td>
<td>Year 12 SOS Excursion</td>
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<tr>
<td>24.03.16</td>
<td>Year 11/12 Hospitality Yum Cha Excursion</td>
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<tr>
<td>12.04.16</td>
<td>P &amp; C Meeting</td>
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Facebook Page

Remember to like Brisbane Bayside State College on Facebook

https://www.facebook.com/BrisbaneBaysideStateCollege/?fref=ts

Queensland Academies