Welcome to another school year. My name is Grant Williams and I have been very privileged to have gained the position as Principal at this wonderful school Brisbane Bayside State College.

I have been teaching for 34 years. My last position was Principal at Barcaldine Prep-12 State School in the Central West of Queensland. Prior to that I was Acting Principal and Deputy Principal at Wellington Point State High School as well as Deputy Principal at Balmoral State High School.

My passion is to work to create a learning community that imagines the future, believes it is attainable and strives to achieve it. I look to foster a culture that promotes learning and that strives for continual improvement.

I want to ensure Brisbane Bayside State College is a learning community that works together to achieve quality educational outcomes for all students; a community that develops effective, capable, professional staff who collaborate to ensure each and every student has the opportunity to know, understand and achieve their potential.

I want Brisbane Bayside State College to continue to create global learners- students who learn from within and outside the classroom; students that connect with each other and the world, to increase their knowledge and then apply this knowledge to make a difference to the world they live in.

I believe that students achieve their best when there is:

- High expectations of classroom pedagogical practice; student engagement and work completion.
- Parental engagement – parents working in partnership with the school to help each student achieve their personal best.
- Consistent, productive and positive feedback to students and teachers that encourages improvement and self-reflection.
- A safe, structured and orderly learning environment that promotes creativity, lateral thinking and individuality.
- A range of opportunities across all areas – academic, sporting and cultural, to allow students the opportunity to be part of the school community, achieve success and have a sense of belonging and connectedness.

BBSC is a high performing school with a dedicated staff and a friendly, polite and engaged student body. Last week I had the privilege of meeting the Student Leadership team for 2017. This is an impressive group of young people who did not flinch when I asked them to conduct the College assembly the next day. Their commitment, and conduct to ensure a successful College assembly, demonstrated to me the high calibre of young people that our College has. I look forward to continuing to work with them.

2016 was a very successful year for BBSC, with 100% of graduating Year 12 students receiving a QCE and almost all eligible students, receiving an offer of a place in a tertiary course. BBSC was also named as an Independent Public School (IPS) - a recognition of its excellent outcomes, solid processes, policies and practices and its commitment to continual improvement and excellence. IPS status also ensures that our school seeks strategic direction and support from our local community, building on the great work our College P&C does. Over the next few months I will be able to provide more
information about IPS, as we continue to work together as a community to ensure our young people achieve their goals.

I wish to thank everyone for the warm welcome I have received and look forward to a great 2017.

Grant Williams
Principal

Attendance Policy

Schooling at Brisbane Bayside State College is a full-time occupation. School is a student’s workplace.

1. Students are expected to attend all timetabled classes each day.
2. Approved absences occur in circumstances beyond a student’s control. These are:
   - Illness;
   - Death or illness of a member of the student’s family;
   - Participation in sporting or cultural event as a school, state or national representative and with Administration approval;
   - Other circumstances approved by the Principal.
3. Students are advised to be familiar with the attendance condition related to the receipt of any Government allowances.
4. If a student’s accumulated absence (albeit with good reason) is significant, it can become difficult to achieve minimum requirements of "substantial coverage" of the course of study. In such instances, credit for a particular semester unit/s can be withdrawn. This can have major implications for Senior Certificates and Tertiary Entrance Statements.

LATE ARRIVAL/EARLY DEPARTURE/ LEAVING THE GROUNDS

- Students who arrive late, wish to leave early or leave the grounds must go through Students Services office and:
- On arrival to school present a note from their parent/guardian (this is retained in the office);

Students who arrive late without a valid reason will make-up time during their breaks or after school.

1. Reasons for leaving early need to be consistent with the “approved absence” reasons listed above.

2. Students who are late for classes during the day will make up time, under the supervision of their class teacher.
3. Students wishing to go home for lunch must obtain a lunch pass from the office. The pass is to be used solely for the purpose of going home for lunch, not for shopping or visiting friends. This pass must be carried at all times. It may be withdrawn if misused.

TRAVEL TO AND FROM SCHOOL

1. Enquiries regarding bus or rail transport should be directed to Transdev Transport, Brisbane City Council Transport or Queensland Rail respectively.
2. Students must behave in an exemplary and safe manner when using public transport.
3. When travelling to school, students are expected to make their way directly into the grounds and remain there, whatever their mode of transport.
4. Bicycles must be wheeled within the grounds and helmets must be worn while riding. They should be locked to the racks and must be left in the bicycle enclosure.

BBSC Sun Safety Policy Rationale:

Queensland has the highest rate of skin cancer in the world. Two out of every three Queenslanders will develop some sort of skin cancer in their lifetime. Research suggests that at least two-thirds of all melanomas occurring in Australia could be prevented if children were protected from the sun during their first 15 years.

Skin damage, including skin cancer, is the result of cumulative exposure to the sun. Research shows that severe sunburn contributes to skin cancer and other forms of skin damage such as sunspots, blemishes and premature ageing. Most skin damage and skin cancer is therefore preventable.

Ultraviolet radiation (UVR) levels are highest during the hours that children are at school. As children will spend a portion of their day outdoors, we are committed to protecting them from the harmful effects of the sun. With this in mind, Brisbane Bayside State College realises the need to protect children’s skin and educate them about SunSmart behaviour, thus reducing the risk of skin damage from exposure to the sun.

Aims

The policy aims to:

- Provide ongoing education that promotes personal responsibility for skin cancer prevention and early detection;
- Provide environments that support SunSmart practices; and
- Create an awareness of the need to reschedule work commitments and outdoor activities to support SunSmart practices.
Procedures

Our school recognises that winter sun also contributes to skin damage. The implementation of this policy will therefore be conducted throughout the year.

The purpose of this SunSmart policy is to ensure that all children attending our school are, where practical, protected from the harmful effects of the sun throughout the year.

Our Expectations

Parents/carers will:

• Provide SunSmart hat for their child and ensure they wear it to and from school;
• Ensure the child wears SPF 15+ or higher, broad Spectrum, Water Resistant sunscreen 20 minutes before departure to school ensuring adequate time for sunscreen to take effect;
• Ensure child’s clothing conforms to the college uniform policy being sun safe and smart;
• Encourage child to read sun safety policy;
• Act as a positive role model based around sun safety.

Students will:

• Be aware of the College’s SunSmart Policy;
• Take responsibility for their own personal health by being SunSmart;
• Act as positive role models for other students;
• Comply with Brisbane Bayside State College’s Dress Code based around SunSmart rules and guidelines;
• Wear a BBSC broad brimmed hat, bucket hat or cap when outdoors;
• Apply SPF 15+ or higher, broad-spectrum, water-resistant sunscreen 20 minutes before going outdoors;
• Use shaded or covered areas when outdoors;
• Participate in SunSmart Education programs;
• Respond promptly to hat checks.

Teachers will:

• Enforce and follow the rules stated above;
• Lead as role models as per the school sun safe policy;
• Provide sunscreen and spare hats to students in need.

Our Commitment

Brisbane Bayside State College will:

• Inform parents of the school’s SunSmart policy when they enrol their child;
• Include the SunSmart policy statement in the school prospectus;
• Increase the amount of shade in the school grounds, where possible, by building shelters and planting trees;
• Incorporate education programs that focus on skin cancer prevention into the school curriculum;
• Posters displayed in Library to coincide with Health Promotions;
• Encourage all teachers and staff to act as positive role models of SunSmart behaviour;
• Seek ongoing support from parents and the school community for the SunSmart policy and its implementation, through newsletters and parent meetings;
• Ensure all students and staff wear hats that protect the face, neck and ears and SPF 30+ broad-spectrum, water-resistant sunscreen, when involved in outdoor activities;
• Encourage students without adequate sun protection to use shaded or covered areas at morning tea and lunch times;
• Teachers do random hat checks to check hat is at school and in good repair;
• Review the school dress code to conform to the Cancer Council Queensland SunSmart clothing guidelines;
• Provide specific sun safe sporting apparel for interschool-sport;
• Ensure wherever practicable that outdoor activities take place before 10am and after 3pm;
• Ensure adequate shade is provided at sporting carnivals and other outdoor events;
• Ensure SPF 30+ broad-spectrum, water-resistant sunscreen is included in the school sports kit;
• Have SPF 30+ broad-spectrum, water-resistant sunscreen listed with other items students are required to buy for the school year;
• Encourage water intake; and
• Review the SunSmart policy annually.

Student Dress Code

The only place that sell the required school uniform is the P & C uniform shop located on the school grounds. Look-a-like items are not acceptable.

The Student Dress Code is endorsed by the school community. It complies with requirements for an effective and safe learning environment and encourages identification with the school and fosters a sense of belonging.

Students are required to wear their Day Uniform each school day and all formal occasions such as excursions, awards nights and other school and public functions.
Students in Years 7 -10 are required to wear the Sport Uniform on their respective interschool sports day. If students in Years 7 - 10 are involved in an excursion on their respective interschool sports day then the Day Uniform must be worn. Students involved in school sport, or representing the college in other sporting activities, must also wear the Sports Uniform.

Students are required to adhere to the College Sun Safety policy which stipulates that they must wear a College uniform hat when in the sun.

The approved sports uniform, including hat or cap, must be worn for Physical Education lessons. Students who do HPE are required to change into the Sports Uniform at the beginning of the lesson and back into their Day Uniform at the end of the lesson.

The following dress expectations are part of our student dress code:

- Lipstick, eye make-up and coloured nail polish are NOT part of the student dress code.
- Excessive make-up will be asked to be removed.
- The only jewellery acceptable to be worn is a watch; 2 plain sleepers or studs per ear; one plain ring; fine-chained necklace.
- Facial piercings are not permitted and must be removed or replaced with clear covers. Stretchers must be removed and replaced with white or black discs.
- All students must have their hair new natural colours and tidy with long hair tied back for practical classrooms.
- Body art (tattoos) must be covered and not visible.

Students unable, through unforeseen circumstances, to comply with the uniform requirements, must bring a note of explanation from their parent/guardian and present the note to the appropriate member of the Administration before the start of classes. If possible, students will be provided with the uniform from the school’s uniform pool. If the correct uniform item is not available a uniform pass will be issued.

Students who fail to comply with the uniform requirements will be given school code breach notification which they take home to have signed by the parent before completing a 30 minutes detention. Detentions will be conducted either at 10.00am (lunch time) or after school at 2.40. The notification is to allow 24 hours for parents to make alternative arrangements for picking up students from school if necessary.

**The Use of Personal Technology Devices at BBSC**

This policy reflects the importance the school places on students displaying courtesy, consideration and respect for others whenever they are using personal technology devices.

**Personal Technology Device Etiquette**

At BBSC students use technology for learning with teacher direction. Personal technological devices brought to school must be turned off and out of sight during assemblies or classes unless being used in a teacher directed activity to enhance learning. Personal technology devices may be used at morning tea and lunch breaks and before and after school.

**Damage, Loss or Theft**

The cost associated with the replacement or repair of personal technological device as a result of loss, theft or damage remains the responsibility of the device owner and will not be covered by BBSC. Parents and guardians are thus encouraged to gain independent insurance to cover such instances.

**Wellbeing Update – Senior**

It has been a very busy start to the year. Students have come back eager to catch up with stories from holiday adventures. 2017 brings some changes to the wellbeing structure at BBSC. Initially, this is moving the lesson to period 2 on Tuesday and will also focus on using the resources in the school planner throughout all wellbeing lessons. Students have already been given their school planners and will need to bring them to every class, each day. Students are also required to bring a wellbeing notebook to class that can be stored in the wellbeing classroom.

Year 11’s and 12’s will both be beginning the year getting to know what kind of learners they are. The focus over the first two terms will be on the growth mindset and how this differs from a fixed mindset. Looking forward, Year 11’s need to be aware of the expectations of them to attain a Senior Leaders Badge for Year 12. A letter will come out to parents soon to highlight those requirements. In addition, information will come out soon on the Senior Camp that is happening in Term 2 so parents and students can plan accordingly. Year 12 students are also in the process of ordering senior jerseys which is very exciting. All year 12 students are eligible to purchase and order their senior jersey which is a change from previous years. This is a very exciting change for the students. This ordering and payment process must be completed (through the uniform shop) by the 10th of February to receive the jerseys (all going to plan) in the first weeks of term 2.

Would you like to know more or talk further with a Senior Wellbeing Leader? Contact your year co-ordinator via phone or email.

**Year 11 – Jason Paxman Year 12 – Kaitlyn Follett**

jpaxm2@eq.edu.au kfol18@eq.edu.au
Swimming Carnival 2017

On Tuesday the 31st of January, BBSC had our first full school carnival of the year – our Swimming Carnival. This year we had the opportunity once again to hold our swimming carnival at the Brisbane Aquatic Centre, Chandler and it was a fantastic facility. The competition in the pool was tough on the day with students competing in all 50m and 100m events. There were also a variety of novelty events, in which students could gain points for their house. These events were extremely popular and saw nearly every student in attendance getting into the pool and having a swim. The house leaders did a fantastic job leading their house chants with Lachlan Orton and Billy Walker marching Lynch to victory for the Cheer Cup.

Congratulations to all students who participated on the day – the house spirit was certainly contagious. Thank you to all staff for their contributions in a successful day. Last but not least a big congratulations to Morgan House for taking out the 2017 House Swimming Champion title – a well-deserved win.

Recognition goes to:

**Age Group Age Champions**

- 12yrs Boys – Levi Ehue
- 12yrs Girls – Taylah Thomas
- 13yrs Boys – Ethan Jones
- 13yrs Girls – Ella Apted
- 14yrs Boys – Nicolas Thomas
- 14yrs Girls – Abbey Jones
- 15yrs Boys – Jonathan Dean
- 15yrs Girls – Sophie O’Keefe
- 16yrs Boys – Hayden Boyd
- 16yrs Girls – Kyra Hansen
- Open Boys – Alex Richter
- Open Girls – Tori Wessling

**House Results**

1st – MORGAN
2nd – GALEA
3rd – LYNCH
4th – CAMPBELL

Our final event of the day was our Dash for Cash which saw the fastest 50m freestyle swimmer in each age group race against one another based on their times during their heat. Congratulations to the following students:

- Girls Winner: Ella Apted ($50)
- Girls Runner Up: Kyra Hansen ($30)
- Boys Winner: Bryce Day ($50)
- Boys Runner Up: Alex Richter ($30)

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**MEGAJAM BRINGS URBAN DANCE TO BBSC**

Megajam urban dance instructors, Jasmine Meakin and Luis Pinto are conducting workshops with our Year 10, 11 and 12 dance students as guest instructors for the next four weeks. These workshops will involve the students learning a dance routine for assessment. Students are being charged a nominal fee of $5.00 per lesson to assist in the cost of lessons to the school which is significant, but provides an invaluable experience for our students. Once again costs can be added to payment plans.

**QUEENSLAND BALLET ‘RAW’ PERFORMANCE - EXPRESSION OF INTEREST**

An opportunity is being offered to students of dance to attend this performance in March. Please see your dance teacher for an Expression of Interest form. Only 20 tickets are available for this performance.

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**Arts Happenings...**

The Arts Department has jumped into 2017 with enthusiasm with a range of extra-curricular activities beginning in the first couple of weeks.

**SEUSSICAL THE MUSICAL**

Musical rehearsals for Seussical the Musical began the first Monday back with lead actors. Our performers are so enthusiastic some of them have learnt all of their songs over the holidays and have leap into learning their choreography too. We are still happy to take students into our ensemble which begins rehearsals Week 2 on Thursday after school.

Designs for our fabulous musical shirts have been finalised and will be given to performers once they have paid their musical fee. Students will be advised when the shirts have arrived and will be able to wear these to rehearsals after school.

Costumes, set construction and set design are also now underway.

**DANCE SQUAD AUDITIONS**

Auditions for the 2017 Dance Squad took place on Monday the 30th of January with a large group of excited students from Year 7 to 11 strutting their stuff. Results of the successful auditionees will be published on Wednesday the 1st of February. We encourage any students who were unsuccessful this year to participate in our musical to gain further experience and try again next year.

**COMPULSORY DANCE UNIFORM**

Parents of students enrolled in Dance classes or extra-curricular dance will have received a letter last year and last week detailing the new compulsory dance uniform to be changed into for all practical classes. Thank you to those parents who have already paid for the uniform and the students who are wearing the uniform as required. Remember if you have a payment plan with the school that this can be included as part of your plan. Please contact the payment centre if this is the case and they will notify the dance department so your son or daughter can be issued with their shirt.

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**Stephanie Norris**

**Acting Head of Department HPE**
DRAMA ‘FLICK’ PERFORMANCE – EXPRESSION OF INTEREST

Senior Drama students are being offered the opportunity to attend a performance of ‘Flick’ at the Queensland Performing Arts Complex in February. See Ms Nanan in C Block staffroom for an Expression of Interest form which must be returned now if students wish to attend – please note that this performance is directly linked to senior assessment.

Mardi Stitt
Head of The Arts

Need for Feed

BBSC is once again excited to be hosting the Need for Feed healthy eating program in Term 1 and Term 2 this year! This program is a significantly funded by Diabetes Queensland and is an 8 week program that teaches students about healthy eating, recipe adaption and having fun with food. The program goes into more detail and works with a much smaller group than Home Economics or Food Studies classes so is a wonderful opportunity for any keen cooks or budding chefs. The program will be run in the BBSC kitchens by Home Economics teachers Kaitlyn Follett and Claire Stanic and all food and equipment will be provided for during these sessions. Only 20 students can participate in this exciting program so make sure you get in quick!

Cost: $30
Time: 3-5pm Wednesday afternoon (week 7-10 Term 1, and weeks 1-4 Term 2).

Want more information? See the Need for Feed website by clicking the link below or contact Kaitlyn Follett kfol18@eq.edu.au or Claire Stanic cstan132@eq.edu.au for further details.

Want to participate? Find forms on the door of F303 staffroom and bring them back ASAP.

Kaitlyn Follett
Year 12 Coordinator

School Shoes

At BBSC, as part of our Positive Behaviour for Learning (PBL) expectations, all school community members must take pride in their uniform every day. Wearing the appropriate footwear is an important part of this. Please ensure students have either hard black leather schools for non-sporting days or sports shoes/sneakers on sporting days (preferably black and/or white). Black and coloured fashion shoes (e.g. Converse shoes) are not part of school uniform policy. Black and coloured fashion shoes that do not meet this criteria result in students being issued with code breaches. If your child is in the process of getting new footwear or has another legitimate reason why they cannot wear the appropriate footwear to school each day, can you please write a note that can be presented to their role teacher or to the year coordinator on duty in N103 each morning that the note will be required so that they can write a uniform pass.

Thank-you!
The Positive Behaviour for Learning Team

FINANCE NEWS

NEW Finance Office Opening Hours

Monday – Friday
8.00am – 3.00pm

Happy New Year to our Brisbane Bayside State College community.

Welcome to our new families at the College and welcome back to our existing families. Hope you all have had an enjoyable break.

Thank you to all families who have returned the 2017 Student Resource Scheme forms. It is greatly appreciated.

If you are still to return your forms they can be found on the College website. Alternatively, I have the forms at the Payment Window for your completion when making payments.

NOTE: The NEW SRS forms for 2017 were emailed or mailed to all families in November 2016.

Thank you to all families who are continuing to make payments and to those families who have completed their payment of account thus far.
Statements will be issued this month and will continue monthly throughout the year.

Here is a quick user guide to follow when using **BPOINT** for payments:

You need to enter the invoice number for the payment whether you are paying the total amount or a part payment.

When making part payments or the balance, continue to use the same invoice number.

Alternatively, payments can be made by Eftpos or Direct Debit. To pay via phone using Credit Card please call Holly on 38935340.

If you would like to Direct Debit, the College Bank Account details are as follows:

- **Commonwealth Bank**
  - BSB: 064133
  - Account: 00090204
  - Reference: Your student’s name

And if you are paying a specific invoice please use your student’s name and the invoice number or subject for example: **H Brown Sport**

**Holly Brown**

**QPARENTS**

Did you know you can access your student’s information online now?

Your child’s educational journey is in your hands. You can access their daily **timetable** on your phone, tablet or computer as well as their **Semester report cards**. You can notify the school of your child’s **absences** and monitor their **attendance** as well.

To start the registration process you need to receive an invitation email, 100 points of ID documents and your student’s EQ ID number.

Click on the diagram below which outlines the step by step process to register.

If you are not online at your residence or not feeling comfortable completing the registration, please feel free to come in and talk with our friendly office staff so we can assist you with this process.

**Now** you are registered you can access your student’s invoices and payment details through **QPARENTS**.

http://qpARENTS.qld.edu.au/

You can pay school invoices online using a debit/credit card.

Invitational emails will be sent to new families next week.

If you are an existing family and no longer have the invitation email sent in 2016 giving you access to register for **QPARENTS**, please do not hesitate to contact the school so we can arrange to send it again.

**Holly Brown**

**P&C OPERATIONS**

**Canteen**

The Canteen is open every day from 8am and is available for breakfast, morning tea and lunch.

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

A copy of the current menu can be found on the College website.

**Uniform Shop Opening Hours:**

The Uniform Shop is open from 8am to 11.45am on Monday, Wednesday and Thursday.

**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 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 be sold in the uniform shop. All proceeds will be utilised in the
provision of college facilities, services and resources. Donations can be left at either the uniform shop or the college office.

**Private Sale of Second Hand Uniforms**

SCHOOL SECONDS – your #1 Online School Classified Site specialising in recycled school essentials servicing all Australian families and Schools.

BUY or SELL your pre-owned school essentials 24/7- school uniforms, school textbooks, sports apparel & equipment, hobbies, computers/IT, musical instruments, formal wear, UNI/ TAFE, and more!

![School Seconds](https://www.schoolseconds.com.au)

**Paula Hewitt**  
**P & C Operations Manager**

**Welcome Back 2017**

My name is Gabrielle Nolan, your School Based Youth Health Nurse (SBYHN) at Brisbane Bayside State College.

I am employed by Child and Youth Community Health Service and I am based in the school two days a week so that staff, parents and students can access me easily, and confidentially, if needed.

The Youth Health Nurse works with students, school staff and parents to; address concerns or problems about health & wellbeing, help our school to build a supportive and healthy environment, and provide liaison and referral to other support services outside the school as needed.

In my consultation role I am able to support young people with making healthy choices to improve their physical and emotional health. I am able to see young people in private to talk about, for example; health issues, nutrition, relationships, smoking, puberty and sexual health, alcohol or drug use, feeling unhappy or stressed and to assist young people and their families to connect with specialist services in the district.

When a young person engages with the service, I am required to keep this information confidential (not talking to others) unless the young person poses a risk to themselves or others, or if the young person agrees I can do otherwise. Family support is essential for young people, and my advice often includes encouraging and supporting the young person to discuss the issue with a trusted family member.

In 2017 I will be offering a small group program for year 7 and 8 students and their parents or carers. The group will focus on understanding anxiety and its impact, and increasing knowledge and skills for both the young person and their parent or carer. More detailed information is included in this newsletter. If you feel this group could be of benefit to your family, please contact me in the next week to discuss your young person’s needs.

Please feel free to contact me if you would like more information on my role, to talk over an issue, or if you wish to book an appointment. I am available at Brisbane Bayside State College on Mondays and Fridays in the Student Services offices.

If the young person you care for has concerns please encourage them to contact me, if you feel I may be of assistance,

**Gabrielle Nolan**  
**Youth Health Nurse**


**BABI Youth and Family Service**

Dear Parents and Carers,

Brisbane Bayside State College, alongside BABI Youth & Family Service are offering a child and parent program to support families with a child who is experiencing significant anxiety to learn new skills to assist their child manage anxiety more effectively.

An information night will be held at BABI (34 Bay Terrace, Wynnum) at 6 pm on Thursday 23rd of February 2017 for interested parents and carers.

The 6 week program is designed for students who are under the age of 15, and is being offered to year 7 and 8 students, and their parents or carers. If your child is 15, or older and you would like to learn more about anxiety, you would also be welcome to attend the parent sessions.

While everyone experiences some level of anxiety at times, high levels of anxiety can have serious consequences and interfere with academic functioning, social activities and relationships with others. Young people with anxiety may present as fearful, shy, quiet, withdrawn, clingy, tearful or lacking in confidence; whilst others may present with oppositional behaviour, and be irritable and aggressive, this can be driven by frustration and low self-confidence.

Children with anxiety may have difficulty with school work, especially tasks requiring sustained concentration and organization. They may develop a ‘perfectionist’ approach and not be satisfied if their work does not meet their high personal standards. Anxious children often complain of headaches and stomach aches and commonly have sleep problems including problems falling asleep, nightmares, and trouble sleeping alone.
Parents and carers who have an interest in finding out more about the program are invited to contact the school office on 3893 5333 to register interest by COB Friday Feb 19.

One of the group facilitators, Gabrielle Nolan (Youth Health Nurse), or Karen Misso (BABI Counsellor) will contact you to discuss further.

The program is anticipated to run in term 2, 2016.

Please note your name, your child’s name and your preferred contact details (business hours) when you contact the school office.

Gabrielle Nolan  Karen Misso
Youth Health Nurse  Counsellor
Children’s Health  BABI Youth and Family
Queensland  Services

Healthy Mouth Day – Brisbane Bayside State College

Metro South Oral Health Services and Brisbane Bayside State College are holding a Healthy Mouth Day at the school on Wednesday 15th and Thursday 16th February.

Students in Years 7 to 10 are invited to register for a FREE dental check, which includes:

- Oral health assessment (i.e. checking teeth and mouth for obvious signs of dental disease)
- Preventative care such as tooth cleaning, dental education and/or applying fluoride varnish
- Personalised take-home oral care packs (including a free toothbrush and toothpaste), and
- Information on accessing follow-up dental treatment.

To register to participate please complete the Registration Form and return to the school office no later than Monday 13th Feb. (Note: Registration Forms have been issued via Form teachers, with spare copies available from the school office)

REMINDER – 2016 YEAR BOOKS STILL AVAILABLE

If you wish to purchase the 2016 Year Book please collect one the Payment Window. The cost of the Year Book is $10. If you have already paid for a copy please collect from the administration building.

Redlands Touch – Senior and Junior Seasons

Redlands Touch – Senior and Junior Seasons

SENIOR SEASON COMMENCES: 30th January
Taking nominations now

JUNIOR SIGN ON: Friday 3rd February 4pm to 7pm
(Includes Free Skills Session – 6.30pm to 6.50pm)

Junior Season Fixtures Start Friday 17th February
Junior Age Divisions: U8 – U18

Mini Muddies - Limited spots available
age 4 to 7 years. Sign on 4pm

Seniors: www.redlandstouch.net
Juniors: www.redlandsjuniortouch.com
3296 5941
admin@redlandstouch.com.au
Norm Price Park, Long St, Cleveland

Calendar

23.01.17  All Year Levels Start
26.01.17  Public Holiday – Australia Day
31.01.17  College Swimming Carnival
10.02.17  Year 11 AHS excursion – Abbey Museum
13.02.17  College Photos
14.02.17  P & C Meeting
16.02.17  Bayside District Swimming Carnival
17.02.17  College Photos Catch Up Day
21.02.17  Year 12 Drama Excursion – QPAC
28.02.17  Year 12 Legal Court Excursion
01.03.17 – 03.03.17  Year 12 Biology Camp
13.03.17  Year 11 and 12 Art Excursion – GOMA
07.03.17  College Leaders Investiture Ceremony
14.03.17  Year 11 Aquatic Practices Excursion
14.03.17  P & C Meeting – AGM
17.03.17  Funky Hair Day – Leukaemia Foundation
21.03.17  Harmony Day Celebration
22.03.17  Year 7 BCC Immunisations – HPV1 and Boostrix
27.03.17  College Cross Country
30.03.17  Year 11 Legal Court Excursion
31.03.17  Year 11 and 12 Hospitality Excursion – Sunnybank
Facebook Page

Remember to like Brisbane Bayside State College on Facebook via the link below

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