



Issue 2014-02 ~ Thursday 20th February 2014

~ Our College Vision ~

To excel in the art of teaching and the pursuit of learning
with open hearts and open minds.

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From the College Principal's Desk

Dear Parents, Carers and Students,

Are you aware that social networking is on the rise, and a recent found that 22 percent of teenagers log onto their favorite social media sites more than *10 times a day*, and that 75 percent own cell phones. This level of engagement online increases the risks of cyberbullying, "Facebook depression" (a new phenomenon where "de-friending" and online bullying lead to symptoms of depression), exposure to inappropriate content, and sexting.

Just as we prepare our kids for life in the real world, we should prepare them for life in the online world. Read on for tips that every parent should keep in mind.

Parent tips for young kids

- **Stick with age-appropriate sites.** For kids 5-8, there are sites with strong safety features that help kids play without risking inappropriate content or contact.
- **Facebook won't let kids have sites if they're under 13.** That said, kids simply do the math to figure out what year to put so they'll seem 13 -- or older. Check your kid's computer browser history. If you see Facebook listed, assume your kid has an account.

- **Tell your kids to think before they post.** Remind them that everything can be seen by a vast, invisible audience (otherwise known as friends of friends of friends). Each family is different, but for middle school kids, it's a good idea for parents to have access to their kids' pages, at least at first, to be sure that what's being posted is appropriate. Parents can help keep their children from doing something they'll regret later.
- Make sure kids set their privacy settings. Privacy settings aren't foolproof, but they're important. Take the time to learn how privacy settings work on your kids' favorite sites, and teach your kids how to control their privacy.
- Kindness counts. Lots of sites have anonymous applications like "bathroom wall" or "honesty boxes" that allow users to tell their friends what they think of them. Rule of thumb: If your children wouldn't say it to someone's face, they shouldn't post it.
- Go online. If you don't have one already, get an account for yourself. See what kids can and can't do.

Parent tips for high school kids

- Talk about the nature of their digital world. Remind them that anyone can see what's on their pages -- even if they think no one will. Potential employers and college admissions staff often surf social networking sites. Ask your teens to think about who might see their pages and how they might interpret the posts or photos.
- Set some rules for what is and isn't appropriate for your kids to communicate, play, and post online. Posts with photos or comments about youthful misbehavior could come back to haunt them.
- Let them know that anything they create or communicate can be cut, altered, pasted, and sent around. Once they put something on their pages, it's out of their control and can be taken out of context and used to hurt them or someone else. This includes talk and photos of sex, drugs, and alcohol. Tell them that online stuff can last forever. If they wouldn't put something on the wall of the school hallway, they shouldn't post it online.
- Don't post your location. Social networks allow kids to post their location -- but it's just not safe for teens to do this.
- Watch the clock. Social network sites can be real time suckers. Hours and hours can go by -- which isn't great for getting homework done.

We live in a digital world that can be exciting, rewarding and time saving but we owe to our children to make them aware of the dangers.

"If you can read you can do anything"

Together We Achieve.

Regards

Dave Bosworth

College Principal

Senior Scene

On Monday 10 February, we held an assembly to induct our 2014 student leaders and for the investiture of our year 12's as seniors. Earnshaw College has a unique student leadership program reflecting the College structure. Our student leaders for 2014 are:

Gold Leaders

College Captains: Jesse and Tiana

College Vice Captains: Holly Rose and Josh



Silver Leaders

House Captains - Bradman: Jemma and Ailani

House Captain - O'Neill: Josh and Ghorman

House Captain - Rafter: Morgan and Dennon

Prefects: Zachary, Ngariki and Emma-Louise

Bronze Leaders

Interact Captain: Natalie

Band Captain: Tiana

Cadets

Year 9: Jade and Taylah-Ann

Year 8: Aisling and Taylah

Year 7: Zabiah

Ambassadors

Year 6: John, Joshua, Mackenzie, Keira.

Thank you to our special guests and parents for your support at the assembly and joining us for a light morning tea.

Sally Dexter

Deputy Principal

Head of Department - Teaching and Learning



Researchers at Griffith University want to learn about children's experiences of living and learning as a person identified as having a disability.

Please click on the Griffith University flyer for more details.

Kind Regards

Kath McCann

Head of Department

English & Humanities

Welcome to a new year with the English and Humanities department at Earnshaw State College. This year we are excited to welcome new staff Ms Beth Watts (English/Geog/Ancient History) and Ms Kate Bell (English/SOSE/Drama) to our ranks. Students will certainly benefit from working with them this year and continue build enthusiasm in their areas of study.

2014 holds the promise of many new things across the college. The senior legal studies classes will be exposed to the legal system through a visit to the District and Supreme Courts, and the Law Library on 21st February. Drama is planning a trip to see COSI and Visual Art, and Social and Community Studies students can look forward to planning a mural and visiting GOMA, whilst Geography students are working towards two field trips which contribute to their required practical hours. There are lots of other exciting events and excursions that will dot throughout the academic calendar to help students get the most out of their course of study.

All students are now well into beginning their first assessment tasks for the term. Students are encouraged to do a little bit each night to avoid the stress that can arise from attempting to complete tasks at the last minute. Class teachers will be working with students in class on assessment tasks to ensure that drafting and final submission deadlines are met.

Watch this space for an update on current units and upcoming assessment across the faculty, in future newsletters. We look forward to working with you in 2014 and wish you a great year.

Regards

English & Humanities

Student Council News

For Valentine's Day, students of Earnshaw State College were able to purchase chocolate hearts and roses for delivery by the student council cupids on Friday 14 February. It was a huge success with more than 300 chocolates delivered across the college. A big thank you to all who helped organised the event and to people who supported the fundraising event.



Year 10 QUT Visit

On Tuesday 18 February, 41 year 10 students, 3 supervising teachers and a parent helper had the opportunity to visit QUT at their Kelvin Grove Campus. The aim was to give students an insight into QUT life, with the familiarisation of facilities and learning about different career paths.

The day was designed not just for those who already want to go on to study after school but all students in year 10. We had the opportunity to hear from current QUT students who talked about their own experiences in navigating their post-school options, life as a Uni student and their future career interests.

After the initial meet and greet, the students were broken into small groups and rotated through separate activities ranging from the study areas of Health, Creative Industries, Science & Engineering, Business and Law.

Our students found the day informative and hopefully it has made them more aware of the opportunities available to them.

Thanks must also go to Mr Millard, Mrs Korbatits and Mrs Hurford for all their help in running the day.



P & C News

The College P&C is in quite good shape going into 2014. On that note it is important to point out that to be in such good shape is possible because many people including members, non-members, friends and college staff contribute their time and sometimes equipment. So it's timely for me to thank you all, you know who you are. That said, there is always a need for people to be available to help, and 2014 won't be any exception. While there isn't a festival planned there are other regular events. There is a trivia night on the calendar so I ask that you come along to the next meeting on March 18th. Even if you don't want to be a member you can simply find out what is happening and be a part of it, and know more about how the college works. You can even change the way things are done. March 18th will see all memberships lapse and essential P&C roles must be filled so that the P&C association can continue to operate. I hope you will attend, and help out to the benefit all pupils from P-12.

Kind Regards

Gordan Gray

P & C President

Everything Earnshaw 2014

Just a reminder there will be a Closing the Gap committee meeting on the 20th March 2014. Starting time will be 8.30am in the Teachers Common Room C Block. All Welcome!

Brave Program for Teenagers



The BRAVE Program: Beating Back to School Anxiety!

For children and teenagers with Social Anxiety, returning back to school can be difficult. Concerns about new classmates or teachers, and other school related activities like presenting oral reports, participating in class activities, or making new friendship groups can cause much anxiety. But there is help

available... and it's online!

A team of researchers (BRAVE Team) at Griffith University, University of Southern Queensland, and the University of Queensland are seeking teenagers (13-17 years) and children (8-12 years) suffering from social anxiety; a fear of being negatively judged by others, or extreme shyness.

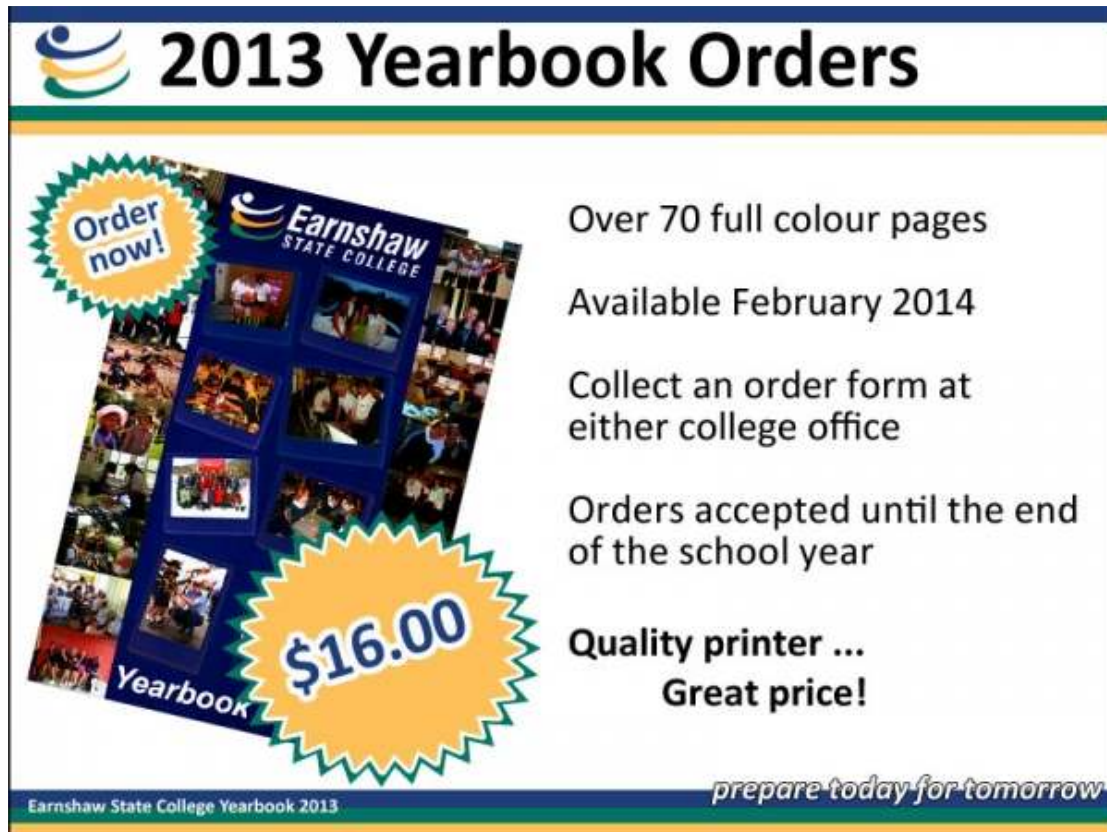
The BRAVE program aims to help children and their parents learn strategies for managing social anxiety and teach techniques to cope with anxiety-provoking social situations. The treatment program involves between 7-12 online sessions for participants, with each session taking approximately an hour to complete. Families are charged a one-off fee of \$120 to assist in covering treatment costs and will also be asked to complete questionnaires and telephone interviews. However, families will receive a rebate of \$25 in vouchers each time they complete a post-treatment assessment.

For more information, or to register your interest in the program, please visit the BRAVE ONLINE **website**: www.exp.psy.uq.edu.au/socialanxiety .

Alternatively, you can **call** the BRAVE team on (07) 3735 3312 or **Email**: brave@psy.uq.edu.au.

For further information, pay a visit to our **Facebook** page: www.facebook.com/braveforanxiety

Order Your 2013 Yearbook Now



2013 Yearbook Orders

Order now!

Earnshaw STATE COLLEGE

Yearbook

\$16.00

Over 70 full colour pages

Available February 2014

Collect an order form at either college office

Orders accepted until the end of the school year

**Quality printer ...
Great price!**

prepare today for tomorrow

Earnshaw State College Yearbook 2013

The advertisement features a central image of the yearbook cover, which is blue and filled with various student photos. A yellow starburst graphic in the top left corner says 'Order now!'. Another yellow starburst in the bottom center of the yearbook image displays the price '\$16.00'. The yearbook cover itself has the Earnshaw State College logo at the top and the word 'Yearbook' at the bottom. To the right of the yearbook image, there are five lines of text detailing the book's features and availability. At the bottom right, the slogan 'prepare today for tomorrow' is written in a cursive font. The entire advertisement is framed by a blue border at the top and bottom, with a green and yellow border on the sides.

Follow Us On Twitter



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twitter

<https://twitter.com/earnshawsc>



Community Notices



SIGN ON

11am Saturday 1st March 2014

69 Sinbad St Shorncliffe Qld

Want more fun & friendships in your life?

Why not go Sailing, Power-Boating, Canoeing,
Drill, Learn life skills?

For boys and girls Under 13* to 19 year old.

*(you can join in the calendar year you turn 13, or
any time after that)*



Join Navy Cadets - Part of the Australian Defence Force Cadet Scheme

For more info – Call Robert on 0409 585 777



Learn about the Norths Traineeship please click on logo.



Does an 8 week mindfulness yoga program, “MiYoga”, enhance cognitive functions such as attention, physical strength, behaviour and emotional control in children with cerebral palsy? MiYoga incorporates a family centered approach to therapy by inviting a caregiver to participate alongside their child. We will also want to see if MiYoga can relieve caregiver stress and improve parent child relationship.

We are looking for children with diplegia or hemiplegia cerebral palsy, aged 6-16 years old, who can walk independently or with a gait aid (GMFCS I-III) and one of their caregivers.

For more information please see flyer (please add link to flyer here if possible) and webpage:

<https://exp.psy.uq.edu.au/miyoga/index.html?page=home>

You may also contact the MiYoga study co-ordinator:

Catherine Mak (Psychologist and Yoga Teacher)

Email: c.mak@uq.edu.au

ph: 3646 5539 or 3646 5361





GYMNASTICS

Promoting flexibility, co-ordination,
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SESSIONS FOR 2014

Nundah & District Youth Club Inc.
NUDGEE SCHOOL OF ARTS HALL,
61 Hayden St, NUDGEE Hall Ph 3267-8328



SESSION TIMES

(No bookings required)



Kindergym (ages 3 and under)

- Sat 8:30 – 9 am

Pre School and Prep (ages 4 – 5)

- Sat 9 – 10 am

Beginners (boys and girls from 5 years)

- Tues 4 -5 pm
- Sat 10 – 11 am



Gymnastics Levels Program (boys and girls)

- Tues 4:30 – 6:30 pm
- Sat 10:30 am – 12:30 pm



ENQUIRIES: phone 3267 – 8328

Email: ndycigym@optusnet.com.au



facebook



www.facebook.com/ndyci





North Star FC invites all Under 6, 7, 8, 9, 10 & 11 players for their 2014 soccer season. Please click on icon for details



Youth Performing Arts
YPAQ
Queensland

PRESENTS **DANCE-EXERCISE**

FREE DANCE/EXERCISE CLASSES (5 - 18yrs)

get fit get healthy get active

 Three dancers are shown in motion against a dark background. The first dancer is on the left, with a pink and purple glowing trail around them. The second dancer is in the center, with a yellow and orange glowing trail. The third dancer is on the right, with a blue and white glowing trail.

Mondays
Presbyterian Church Hall
28 McGregor St Wilston
3.15-4.00pm (5-8yrs)
4.00-4.45pm (9-12 yrs)
4.45-5.30pm (13-18rs)

Tuesdays
Bar Jai Community Hall
178 Alexandra Rd Clayfield
4.30-5.15pm (5-8yrs)
5.15-6.00pm (9-12yrs)

**Classes start
17/02/14**

Enrol at: www.ypac.com.au
Tel: 0451 161 135
info@ypac.com.au

Each session is 45 minutes of high energy dance/movement.
NB: NUMBERS ARE STRICTLY LIMITED-ENROL NOW

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**National Council of Women of
Queensland Inc**

2014 Bursary Program



Would \$1000 help you with your studies?

The NCWQ is proud to launch its 2014 bursary program for female students.

Do you

- **Live in Ipswich? Cairns? Logan? Moreton Bay?**
- **Do you want to be a teacher?**
- **Is your home in regional or rural Queensland?**
- **Does a family member have cancer?**
- **Are you an Indigenous student?**
- **Are you keen to work in aged care?**
- **Do you have a disability or mental illness?**
- **Do you have a passion for volunteering?**

If you answered **YES to any of these questions, you may be eligible to apply.**

Each of these bursaries has its own criteria. Most are for tertiary students, but several are for secondary students.

Go to the NCWQ website www.ncwq.org.au and follow the links for the bursary information.

**Applications are open from
17 February to 4 April 2014**





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