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7th March 2014

## Principal's Message

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### International Women's Day

During this week we have celebrated International Women's Day at many forums attended by our school captains and senior girls. On Friday we celebrated International Women's Day here at school with a morning tea organised by Mrs Taylor our Year 11 Welfare Leader and senior girls. International Women's Day is a good time for women to get together and celebrate their achievements but it should also be a time where everyone, men and women think about how they can contribute to achieving equality for women everywhere.

### Congratulations to our Senior Students

All senior students were awarded their senior badges for 2014 during our last whole school assembly. Many of our students will wear the badge with pride and will use their seniority to guide and mentor our younger members of the school.

This is a good time to remind parents and carers that our year 12's are preparing for their first round of exams and assignments.

### Uniforms

Aviation High School is a uniform school and the vast majority of our students wear the uniform with pride each day. A small percentage of students continue to let our school down by not wearing correct uniform. Students will be issued with detentions each day they arrive out of uniform. I would like your support to ensure your child is wearing the school uniform as described in the student diary.

Parents can assist by checking as they leave the house each morning and ensuring each child has the correct uniform ready to wear. Please note that this year there are three additions to the school uniform, compulsory school blazer for years 10-12 and the introduction of a new shirt from Semester Two 2014 for years 10-12. I would like to remind parents and carers that the formal hat has always been a part of the school uniform. I have added a letter from the P&C to this addition of our gazette to outline our support for parents and carers with regards to the purchase of school uniforms. I have asked our P&C, for this term only to reduce the price of school blazers. Once term two begins the price will go back to normal.

## New Legislation

During the school Christmas holidays the state parliament enacted new laws to support schools. Please note some of the new changes:

Students who fail to comply with any school rules can receive consequences that involve detentions outside of normal school hours including Saturdays.

- As a part of school consequences community orders can be applied
- Students travelling to and from school whose conduct causes disturbance to the good order of the school can receive consequences for their actions under the school behaviour plan
- Students who are suspended due to extreme behaviour can be given up to 10 days without the right to appeal

Can I stress to all parents and carers that the vast majority of our students conduct themselves appropriately at all times to and from school and are a credit themselves, our school, our community and their families?

## Welcome to Nundah State School

This week we welcomed one of our local primary principal's Mrs Deb Cox from Nundah State School, along with her senior leadership team Ms Aminta Miller, Deputy Principal and Simone Coogan, Head of Curriculum, to view what our school has to offer the students who are currently at Nundah State School. I believe our students and teachers left a wonderful impression of Aviation High School on our visitors. Part of priorities for Aviation High School is to prepare for our year 7's in 2015 and plans are now up and running with regards to professional support from our primary colleagues in our catchment area.

## P&C Meeting

The P&C will meet on Monday 10 March from 6.15pm in the school library. It would be great to see you all there.

## Visit to Parliament House

On Thursday our two school captains Kyle and Tiffany and I were invited to Parliament House to meet with State Treasurer and our local member the Hon Mr Tim Nicholls. Both school captains were excellent in the discussions with Mr Nicholls and talked about their roles as leaders for our school. On a personal note, whilst I was walking with our captains to State Parliament, I heard my name being called from across the street and when I turned around it was to see a smiling Mrs Monteiro with a group of young Aviation High School female students. Our girls who had attended a workshop forum for engineering were wonderful and the general commuters couldn't help but stop and admire and comment on their zest for life. Thank you to Mrs Monteiro, our students and their parents for enrolling them at Aviation High School

Finally thank you to our teachers and teacher aides for their overwhelming support for working to ensure we meet our goals. The school will be audited in the second week of Term 2 and the teachers are working hard on our explicit teaching agenda and our new pedagogical framework. Our teachers and ancillary staff have been willing to spend extra time each week after school working together on our agenda. Thank you to all.

### **Your Partner in Education**

**David Munn**

**Principal**



Deputy's Desk

## DATE CLAIMER - YEAR 7 AND 8 OPEN MORNING - THURSDAY 13th MARCH, 2014 - 9.00 AM

If you are a parent of a student going into year 7 and 8 next year, or you are an interested citizen, please join us in the Multi Media Room to learn about Aviation High School's exciting plans for year 7 and 8 in 2015.

### Uniform

I'd like to take this opportunity to congratulate our students on the terrific effort they've been making with our uniform.

### Hats

The formal school hat is available for both boys and girls in all sizes from the Uniform Shop which is open on Mondays and Wednesdays. Parents are reminded that the formal and the sports floppy hat is a compulsory part of our school uniform.

### Girls' Skirts

Just a reminder that all girls skirts should be worn on the knee and should be accompanied by the long blue socks or black stockings.

### Formal Shoes

Formal shoes for male and female students should be leather or vinyl college lace up shoes. Some of our boys have bought the slip on formal shoe. These boys have been given until the end of term one to sort out their formal footwear.

### Behaviour on Public Transport

Thank you to those members of the community who have alerted us to poor behaviour of our students on public transport. Aviation High takes its reputation very seriously and any student who brings our school into disrepute will be dealt with promptly. We have dealt with three such incidences of late and we want to reassure parents that any misbehaviour by our students will not be tolerated. Thank you to the majority of our students who always do the right thing and add to our school's strong reputation.

**Mandy Forbes**

**Deputy Principal**

*As you know, at Aviation High we've been working on getting our students to school on time every day. See the posters below – we think the message about how important attendance is, is really captured here.*

# Does Attendance Really Matter ?

**1 or 2 days a week doesn't seem much but.....**

If your child misses....	That equals....	Which is.....	and over 13 years of schooling that's...	Which means the best your child might perform is ...
1 day per fortnight	20 Days per year	4 weeks per year	Nearly <b>1.5 years</b>	 Equal to finishing in grade 11
1 day per week	40 Days per year	8 weeks per year	Over <b>2.5 years</b>	 Equal to finishing in grade 10
2 days per week	80 Days per year	16 weeks per year	Over <b>5 years</b>	 Equal to finishing in grade 7
3 days per week	120 Days per year	24 weeks per year	Nearly <b>8 years</b>	 Equal to finishing at grade 4

*If you want your child to be successful at school then YES, attendance does matter!*



## 'Every Day Counts!!'

# What Sort of Start is Your Child Getting?

**Just a little bit late doesn't seem much but.....**

He/ She is only missing just....	That equals....	Which is.....	and over 13 years of schooling that's...
10 minutes per day	50 minutes per week	Nearly 1.5 weeks per year	Nearly <u>Half a year</u>
20 minutes per day	1 hour 40 mins per week	Over 2.5 Weeks per year	Nearly <u>1 year</u>
Half an hour per day	Half a day per week	4 Weeks per Year	Nearly <u>1 and a Half years</u>
1 hour per day	1 day per week	8 Weeks per year	Over <u>2 and a Half years</u>

*Did you know your child's best learning time is the start of the school day?*

*That's when every minute counts the most!!*

## School Starts at 8:45am

**'Every Day Counts'**



Welfare

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Year 10

Year 10 Welfare classes have been actively participating in developing their understanding of the value of Consistency. The focus of this value aligns with the school value of Responsibility as we near assessment time and strategies in the classroom are essential for individual success.

Identify three positive behaviours which show Consistency at home, then at school and then in the community. Note Taking should be much more than purely writing. To cultivate students' resourcefulness as a habit, we should encourage them to gather information by hearing, seeing, feeling and recording it using their dominant Multiple Intelligence and preferred Learning Style. Drawing idea maps, using thinking tools, making lists, creating flowcharts, using abbreviations are all effective methods of taking notes.

When writing and taking notes in class, many students adopt the approach of trying to write down everything that the teacher says and consequently find great difficulty keeping up. This puts them under pressure and tests their resiliency to stay focussed and engaged. This may lead to unwanted anxiety and their learning and understanding suffers. This approach is a non-thinking transfer of knowledge; no learning, just filling the bucket. Pre-reading the material to be covered in class is an excellent strategy that ensures students have a connection with it before they commence taking notes. Learning to listen and reading body language are key habits in life and learning. The 80/20 Principle is an effective listening and note taking technique that will benefit students. It involves listening attentively for 80% of the time and writing/recording/drawing for 20% of the time. Encouraging students to question what they are listening to, lights the fire in their brains to start looking for connections to previously learnt material; their brains are engaged in exploring and searching for meaning – real learning.

In order to learn effectively, students must develop effective scavenging habits of gathering what they need to know through all of their senses. Coaching and mentoring students in finding their personal best ways of learning will enable them to strive, thrive and flourish. Encouraging and introducing students to an array of note taking 'gathering' strategies will see their learning efforts well rewarded.

*"He listens well who takes notes."* Dante Alighieri



**Ms Coman**

**Year 10 Welfare Coordinator**

### *2014 Next Step survey*

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The Queensland Government is conducting its annual statewide survey of all students who completed Year 12 in 2013. The *Next Step* survey is a brief, confidential survey that gains a comprehensive picture of the employment, study and life choices made by Queensland school completers in the year after they finish Year 12.

Between March and June, all our students who completed Year 12 last year can expect to receive instructions to complete a web-based survey or a telephone call from the Queensland Government Statistician's Office to complete the survey. Please encourage them to take part. If their contact details have changed, please assist the interviewer with their updated details or forward the survey to their new address so they can participate. Thank you for your support of the *Next Step* survey in 2014.

For more information visit [www.education.qld.gov.au/nextstep/](http://www.education.qld.gov.au/nextstep/) or telephone toll free on 1800 068 587.

### *Inspiring Tomorrow's Leaders High Tea Forum*

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We were privileged to attend the "Inspiring Tomorrow's Leaders High Tea Forum" in the Bastille Room at The Sofitel Hotel, hosted by Defence Force recruiting on Tuesday 4<sup>th</sup> March. The four female senior students of Aviation High thoroughly enjoyed the experience and were inspired and in awe of the achievements of the three guest speakers.

Ms Linda Biunaiwai, Ms Kate Pasfield and LTCOL Alison Berlioz-Nott presented their journey as women in competitive fields in society and offered words of encouragement, enthusiasm and empowerment for our young women as they aspire to be leaders of the future.

We appreciated the time, effort and organisation of the event and the encouragement of pursuing and overcoming challenges to succeed in our professional lives whilst still remaining feminine.

The forum was engaging and the questions from students from many schools in Brisbane demonstrated that positive female role models inspire our female students to excel and achieve their goals in their chosen career paths.

We were genuinely inspired by all the Defence staff that willingly gave their time and shared their experience with us also.

**Tiffany Hofmeier (School Captain 2014), Ashley Dixon (School Leader 2014)  
Mikayla Stephens, Ashleigh Bond & Ms Louise Coman**





## Guidance News

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### Cultural Care Au Pair

Cultural Care Au Pair provides opportunities for 18-26 years olds to Au Pair in the USA. Young adults become part of an American host family and help care for their children while experiencing life abroad.

An information session is being held on Saturday 8 March at 1.00pm at EF International Language School, 164 Melbourne Street, South Brisbane.

Further information on the Guidance Officer's notice boards or see the Guidance Officer.

### Exchange student from France

The time is drawing closer for the arrival of Xavier from France into Australia. Aviation High is looking for a host family for Xavier.

Xavier is a keen tennis player alternatively there may be an engineering family who share the same careers as his parents.

Suzanne can be contacted at Nacel on 130 735 732 or [suzanne@nacel.com.au](mailto:suzanne@nacel.com.au)

### Career Exploration

#### **Career Quest – a quiz for career explorers**

Career Quest is a career interest questionnaire. It consists of 78 questions and takes about 10 minutes to do. At the end of the questionnaire you are presented with a list of jobs that result from how you answered the questions in the quiz. You can then select the jobs on the list that seem most interesting and find out more about them.

Career Quest can be found on the Careers NZ website at <http://www.careers.govt.nz/tools/>. Other career tools on this site are:

- Know your skills – an activity to help you identify your skills
- Skill Matcher – helps you identify jobs based on your skills
- Subject Matcher – gives you job ideas based on the subjects you like

Remember, none of these activities can tell you the best job for you. What they do is help you come up with ideas, in a fun way, to start your career exploration. You can use the resources on the Careers NZ website to read about the jobs that come up for you or you can use Australia's career information website, myfuture, at <http://www.myfuture.edu.au/>

### **Considering university but don't know what it's all about?**

The Queensland University of Technology's 'Considering Uni? The Basics' web page explains some of the processes and language used at university. Visit

<http://www.qut.edu.au/study/undergraduate-study/considering-uni-the-basics> to find out more. Also, you can access a Dictionary of UQ Terminology at <http://www.uq.edu.au/study/index.html?page=116591> Other universities use many of the terms listed in this dictionary. Another way of finding out about university is to follow the experiences of a first year uni student. You can do this on the What Degree? Which University? website at <http://www.whatdegreewhichuniversity.com/Survival-Guide/Smart-money.aspx>

### **CQ University (CQU) online information session**

CQU will conduct an online information session from 4 – 6 pm on Thursday 6 March 2014. The session will provide you with an opportunity to find out about CQU courses and the various pathways to gaining entry. See [http://www.cqu.edu.au/calendar/event-items/information-session/online-information-session7?SQ\\_CALENDAR\\_DATE=2014-03-06](http://www.cqu.edu.au/calendar/event-items/information-session/online-information-session7?SQ_CALENDAR_DATE=2014-03-06) for details.

### **Experience Griffith 2014**

Griffith University is inviting Year 12 students to experience being a university student during its Experience Griffith Week. Students can select one of 10 different study areas from one campus for their one-day experience. Campus dates and study areas are:

#### **South Bank: Monday 28 April 2014**

- Visual and Creative Arts

- Queensland Conservatorium

#### **Mt Gravatt and Nathan: Tuesday 29 April 2014**

- Business and Government
- Criminology and Law
- Education
- Engineering and Information Technology
- Health
- Humanities and Languages
- Science and Aviation

Registrations open on Monday 10 March and close on Friday 28 March 2014.

#### **Interested in performing arts courses?**

You can access the 2014 Directory of Performing Arts Courses at <http://stagewhispers.com.au/showcase> The courses listed in the directory cover areas such as acting, drama, arts management, dance, costumes, sets design and making, make-up, directing, music theatre, sound and light, voice, stage management, and writing for theatre.

#### **Start university while still at school**

The following universities in Queensland offer programs that enable high achieving students in Years 11 and/or 12 to have a university experience through studying a university subject. The subjects may be free and may provide credit towards a university degree and/or guarantee entry to a degree at the end of Year 12. The universities usually provide information sessions for these programs (explore the links below for dates for Semester/Term 2, 2014). Entry to these programs must have the support of your school.

Bond University has a Student for a Semester program for academically capable students in Years 11 and 12 who live on the Gold Coast, Brisbane and Northern New South Wales. The application due date for the May Semester is 30 April 2014. Visit <http://www.bond.edu.au/student-for-a-semester> for details of the program and an online application.

CQUniversity has a Start Uni Now (SUN) program for students in Years 11 and 12. Applications for Term Two (1 June – 24 October) will close on 16 June 2014. See <http://www.cqu.edu.au/study/who-am-i/school-leaver/start-uni-now-sun> for more information.

James Cook University (JCU) offers exceptional or gifted students in Years 11 or 12 an opportunity to enrol for study in the School of Creative Arts at JCU, Townsville Campus as part of their senior studies. See [http://www.jcu.edu.au/soca/JCUPRD\\_046987.html](http://www.jcu.edu.au/soca/JCUPRD_046987.html) for more information.

The Griffith University Early Start to Tertiary Study (GUESTS) program is offered to students in Year 12. Applications for Semester Two close on 30 May 2014. See <http://www.griffith.edu.au/pathways/guests-program> for more information.

The Queensland University of Technology's Start QUT Program is offered to students in Year 12. The application due date for Semester Two is 16 May 2014. See <http://www.qut.edu.au/study/high-school-programs/start-qut> for more information.

The University of Queensland offers an Enhanced Studies Program (ESP) for Year 12 students. Applications close in the year previous to commencing the program (usually in October). See <http://www.uq.edu.au/esp/> for more information.

The University of Southern Queensland (USQ) has a Head Start Program for students in Years 11 and 12. This program is offered on-campus at USQ's Toowoomba, Springfield and Fraser Coast Campuses, or via distance education. Applications for Semester Two close on 30 June 2014. See <http://www.usq.edu.au/future-students/high-school-students/head-start> for more information.

The University of the Sunshine Coast (USC) has a Headstart Program for students in Years 11 and 12. Applications for Semester Two close on 16 May 2014. See <http://www.usc.edu.au/study/courses-and-programs/headstart-program-year-11-and-12-students> for more information.

**Alison McFarlane**

**Guidance Officer**

## Fighting Depression

With recent media highlighting celebrities, Charlotte Dawson and Ian Thorpe, suffering Depression it is timely to remind you as parents of resources and supports to access for mental health concerns (such as Anxiety and Depression).

Research indicates that *ongoing difficulties* – living in an abusive or uncaring relationship/household, long-term isolation or loneliness, prolonged exposure to stress at work or school – are more likely to cause depression than recent life stresses. However, recent events (such as losing a family member or significant relationship or heightened stress in their lives) or a combination of events can 'trigger' depression in people who are already at risk because of past bad experiences or personal factors.

Factors that contribute to (although are not necessarily the sole cause of) mental health, may include: Family history, Personality, Serious medical illness and Drug and alcohol use. Everyone is different and it's often a combination of such factors that can contribute to a person developing depression. It's important to note that a person can't always identify the cause of depression or change difficult circumstances. The most important thing is to recognise the signs and symptoms and seek help as soon as possible.

Signs and symptoms: How to recognise them?

A person may be depressed if, for more than two weeks, he or she has felt sad, down or miserable most of the time or has lost interest or pleasure in usual activities, and has also experienced several of the signs and symptoms across a variety of the following:

- Changes in their usual behaviour (e.g. not going out anymore, not getting things done at work/school, withdrawing from close family and friends, relying on alcohol and sedatives, not doing usual enjoyable activities, unable to concentrate);
- Ongoing negative patterns of thought (e.g. 'I'm a failure', 'It's my fault', 'Nothing good ever happens to me', 'I'm worthless', 'Life's not worth living', 'People would be better off without me.
- Changes in feelings (e.g. overwhelmed, guilty, irritable, frustrated, lacking in confidence, unhappy, indecisive, disappointed, miserable, sad, etc.)
- Changes in physical feelings (e.g. tired all the time, sick and run down, headaches and muscle pains, churning gut, sleep problems, loss or change of appetite, significant weight loss or gain, etc.)

It's important to note that everyone experiences some of these symptoms from time to time and it may not necessarily mean a person is depressed. Equally, not every person who is experiencing depression will have all of these symptoms.

If you suspect someone you care about may be experiencing difficulties, please direct them to the Beyond blue website for further information. <http://www.beyondblue.org.au/the-facts/depression>  
There is also a useful checklist for people to check in to see how they are feeling and to monitor their thoughts.

Please support the individual by encouraging them to seek professional help - visit your family GP to access a mental health care plan for allied health support (Psychologist, etc.). If they are a student from our school, please arrange for the mental health care provider to communicate with me so we can better support your son or daughter at school.

Email: [amcfa9@eq.edu.au](mailto:amcfa9@eq.edu.au)

*Adapted from the Beyond blue website.*

**Alison McFarlane**  
**Guidance Officer**

## Year 8 Camp

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A very successful camp was held at Wildeco, Ewan Maddock Dam, on the Sunshine Coast last month.

The students participated in a variety of challenging, nail-biting activities throughout the three days. These included low and high ropes with flying fox finish, canoeing and bush survival, raft-building and

the yo-yo. The evening activities were less physically strenuous and challenged a different part of their brain.

The camp's activities are designed to help the students settle in to high school life and to make new friendships outside of their form and subject groups. The evening activities also help the students gain confidence in working in a group as well as work responsibly with others.

From comments made to staff, the students had a tiring but enjoyable time on camp. There was an abundance of food which they appreciated every meal time.

The camp and school staff commented on the wonderful behaviour of this Year 8 cohort. The Aviation High staff look forward to working with these students at school.

**Jan Gough**  
**Year 8 Coordinator**

## Aviation High Black Tie Anniversary Ball

SPECIAL OFFER- tickets only \$110 per person for next 10 days!

Inaugural Aviation High Alumni Black Tie Anniversary Ball to celebrate the 7<sup>th</sup> Anniversary of the launch of Aviation High.

Date: Saturday 9<sup>th</sup> August 2014

Venue: The Ballroom - Riverside Function Centre, 50 Oxlade Drive, New Farm

Time: 6:30pm -11:00 pm

Cost: \$125.00 per person: Includes Chefs Selection of hors d'oeuvres, one free champagne on arrival and a three course meal (Set menu)

Dress: Black Tie/Formal/Evening

(Tickets are limited – full payment required at time of purchase)

Beverages available to purchase at bar prices

Presentation from 2007-2013 School Leaders

Dance Floor, Door Prizes, Music

Payments: Ring or visit Linda in the school office 3637 0111

SPECIAL OFFER- tickets only \$110 per person for next 10 days!



## P & C News from the Uniform Shop

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Dear Parents/Guardians/Carers

The weather will soon be turning cooler and our Uniform Shop would like to ensure that we have enough winter uniforms available for purchase in the coming months. Would you please indicate below whether you are intending to purchase any of the following items and the sizing that you would require. Please note that we require only an expression of interest for the Track Jackets, Track Pants, Navy Jumper and Trousers. Blazers will need to be ordered as per below.

Please note that Blazers are compulsory for students in Years 10-12 and will need to be worn during Terms 2 and 3 (the Winter months). Current Year 12 students will be exempt as this is their final year. Students in Years 8 and 9 can purchase a Blazer but they are not compulsory at this time. Students not wearing the Blazer will need to wear either the Navy School Jumper or the Track Jacket.

As a special offer to parents – for Term 1 only - there will be a discount offered when ordering the Blazers. The cost will be \$100 and a deposit of \$30 will be required to be paid upon ordering. At the end of Term 1, any Blazers ordered will be \$117. Please note that Blazers need to be ordered as a special make individually and will take 4-6 weeks to arrive. If you are requiring a Blazer, please attend/phone the Uniform Shop to arrange for your order to be placed ASAP so that your Blazer will arrive early in Term 2.

Please indicate your expression of interest only:				
Item		Price	Size	Quantity
Track Jacket	XXS, XS, S, M, L, XL, XXL, XXXL	\$70.00		
Track Pants	XXXS, XXS, XS, S, M, L, XL, XXL, XXXL	\$42.00		



Navy Jumper	12, 14, S, M, L, XL, XXL	\$55.00		
Boys Formal Trousers	8 – 19 M6 – M11	\$36.00		

Please place your order and make payment of your deposit of \$30:				
Boys Blazer	10R – 30R	\$100.00 (Term One only)		
Girls Blazer	10R – 30R	\$100.00 (Term One only)		
<p>Student Name: _____ Grade: _____</p> <p>Payment method: Cash : _____ Cheque: _____ CR Card: _____</p> <p>Amount: \$ _____ Type of Card: _____ Signature: _____</p> <p>Card No: _____ Expiry Date: _____ / _____</p>				

We would appreciate the return of this form to the Administration Office or directly to the Uniform Shop by Friday 14 March, 2014. Please direct any enquiries to Michelle Lindenmayer in the Uniform Shop. The Uniform Shop is open on Monday and Wednesday mornings from 8.00am to 10.45am.

Thanking you in anticipation,

**Aviation High School - P&C Association Uniform Shop**

## Diary Dates

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P&C Meeting - 6.15pm (Library)	Monday 10 March
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Year 6/7 Open Morning - 9am-10.30am	Thursday 13 March
Vaccinations Year 8 (all) / Year 10 (boys)	Tuesday 25 March

Widdop Street

Clayfield, QLD, 4011

(07) 3637 0111

(07) 3637 0100

[admin@aviationhigh.eq.edu.au](mailto:admin@aviationhigh.eq.edu.au)

<https://aviationhigh.eq.edu.au>