



## TABLE OF CONTENTS

- Year 11 Debating News
- Drama Club
- Kani Technical High School Study Tour
- Upcoming Music Concerts
- Young French Language Ambassador
- Student Council News
- International Baccalaureate Car Wash
- Presentation Night News
- P & C News
- Your Youth Health Nurse Is Lisa
- Changes to the Way You Can Make Payments to Cleveland District State High...
- Be a Part of Capalaba Warriors Under 14s
- Money School
- Free Community Learning Opportunity

## Year 11 Debating News



We are extremely proud of our year 11 debating team for their excellent performance in this year's Queensland Debating Union Secondary School competition. 77 year 11 teams entered the competition, with International Baccalaureate students Sarah Elliott, Jamie Horay, Kate Gibson and Alexandra Marks representing Cleveland. Our team progressed to the semi-finals undefeated, which placed them in the top 30. This is the third consecutive year 11 team to make it through to the semi-finals, so well done on the team for continuing the tradition.

After beating Brisbane State High School in the debate 'That the government should subsidise print journalism', they went on to defeat Gregory Terrace in a short preparation round, making Cleveland history by being the first team to progress to the quarter-finals, ranking in the top 8. Although they were defeated by the second Brisbane State High School team, the team put up an admirable fight arguing the difficult topic, 'That native title should be able to override pastoral leases', with all members working hard to craft solid arguments in a limited timeframe. The team represented Cleveland with integrity and should be very proud to have progressed to the elite level of the competition.

To cap off the debating season, the team went on an excursion to watch the Grand Final, where they saw their foes Brisbane State High School lose to Stuartholme in a very challenging debate. Although the team might be out of the competition for now,





they will be representing Cleveland at the UQ Women's Day in October. We wish them the best of luck!

## Drama Club



### What's On

September

Monday 4

Music Industry Concert –  
Performance Space 6:30pm

Monday 11

Year 8 Geography Excursion to  
Stradbroke Island

Friday 15

Multicultural Festival  
Last day Term 3

October

Monday 2

Public holiday – Queen's  
birthday

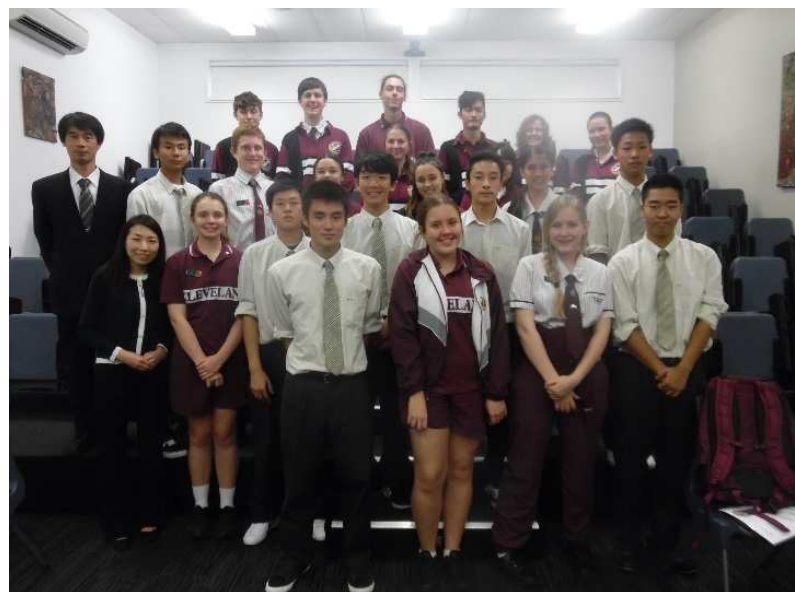
Tuesday 3

First day Term 4



A handful of Drama Club students have participated in Shake and Stir's Shakefest's 'Shakespeare Competition'. This year Cleveland High entered the Monologue, Duologue and Dance Categories. Results are yet to be announced, but all students performed exceptionally well and represented the school with pride. Thank you for your hard work and dedication during the rehearsal process and auditions. Making connections with the theatre community and creating professional experiences for our students is what Drama Club is all about...and of course we had so much fun too! Well done students.

## Kani Technical High School Study Tour



A group of seven male students and two teachers, Mr Akihito Ariga, Deputy Principal and Ms Izumi Watanabe, English Teacher from our sister school, Kani Technical High School visited our school from 22 to 25 August. The group enjoyed a homestay with our wonderful school families and experienced Australian school life, including visits to various classes for cooking, boomerang painting, technical design and metalwork.

Amazing intercultural interactions and use of language skills were witnessed in our numerous Japanese classes as the students engaged in communicative activities and games. It was a very successful week, strong bonds were formed between students and homestay families and our sister school relationship with Kani Technical High School continues to go from strength to strength.

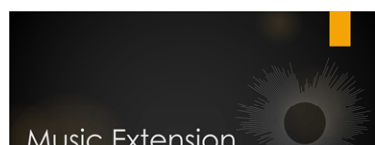
We look forward to seeing our Japanese friends again when we visit during the Japan Tour in December 2018.



## Upcoming Music Concerts



There are exciting times ahead in the Performing Arts Department, with two important concerts coming up very soon. On Monday September 4, Year 11 and 12 Music in Practice students will hold the annual Music Industry Concert; then, on Wednesday October 4, the final Music Extension Concert will be held. Both concerts will be in the Performance Space from 6.30pm, and the students from both cohorts have been working incredibly hard to produce a wonderful selection of music. These evenings are truly special and made more so by the enthusiastic attendance of friends and family. All welcome!





## Young French Language Ambassador

Congratulations to Abbey Taylor, Year 10 student who has been successful in receiving a placement on the 2017 Young Explorers of the Tropics Program as a Young Language Ambassador. James Cook University in partnership with Education Queensland have selected six French language ambassadors to participate in a two week language and cultural exchange in New Caledonia and Vanuatu at the end of this school year.



This is a wonderful opportunity to improve her language and cultural knowledge and represent us as a Young French Language Ambassador. Congratulations, Abbey!

**Alina Augustin**  
Senior French Teacher

## Student Council News



This week the Junior Student Council hosted the QCS Breakfast for the Year 12s. The breakfast was enjoyed by all. A big thankyou to our council representatives, as well as Prac Teachers, Mr Collins, Ms Hodal and Ms Fitzhenry, for assisting us with the breakfast.

We are currently in the middle of organising our Aussie BBQ for Multi-Cultural Day.

From now on, the Junior and Senior Student Council meetings will be combined and held on Thursdays.

### Upcoming Events

7 September - Junior and Senior Student Council Meeting

15 September – Multi Cultural Day



### International Baccalaureate Car Wash



Students from Year 10 and 11 IB who are participating in the USA/NASA excursion at the end of the year are holding a series of car washes and American themed “bake sales” to help raise funds for the trip. Get your car washed for \$10 and four wheel drives for \$15 at the Russell Street staff carpark on the following Sunday mornings from 9am to 12 noon:

- September 10
- October 8
- November 5

Every carwash will receive a free tea or coffee served at a pop-up bakery where customers can purchase delicious home baked goods.

## Presentation Night News

As Presentation Night is fast approaching, so is the deadline for the Special Award Nominations. Please remember to submit the eligibility criteria on the written application to the main office by Wednesday 6 September.

Special Awards include:

Outstanding Representative in Public Speaking Award (All year levels)

Award for Excellence in Information Technology (All year levels)

The CIS International Student Award 2017 (All Year levels)

CITIZENSHIP AWARDS (All year levels)

AWARD CATEGORIES:

1. Outstanding Citizenship Award
2. Excellence in Citizenship Award
3. Merit in Citizenship Award

CULTURAL AWARDS (All Year levels)

AWARD CATEGORIES:

1. Outstanding Cultural Achievement
2. Cultural Excellence Award
3. Cultural Merit Award

Junior Secondary All Rounder Award 2017 (Year 7, 8 and 9)

Annual Arts Bursary (Year 11)

Outstanding Achievement in Vocational Education (Year 11 and 12)

Outstanding Achievement ESL Student (Year 11 and 12 )

Mercer Public Relations Annual Bursary (Yr 11 and 12)

Caltex Best All-Rounder Award – (Yr 12 students)

## P & C News

### Scholarship Award

With the end of Term 3 fast approaching, this is a friendly reminder that nominations for the Cleveland District SHS P & C Scholarship Award need to be received by the last day of term. The P&C would love to award this \$1,500 scholarship to a student who has “enriched” the school community through their activities/contributions/undertakings, so get those nominations in asap. More information on this scholarship, including the application forms, can be collected from the Uniform Shop during opening hours or downloaded from the CDSHS website, P & C page.

The CDSHS P & C Student Support and Enrichment Fund has already received a number of applications, both Group and Individual, which is very pleasing. One of the Group Applications received was from the 'Cultural Exchange 2017 Europe Tour'. This outstanding application met all the criteria for eligibility and, as a result, the CDSHS P & C is proud to announce that this Group has been the first to receive support from this fund.

### **Saver Plus**

Enrolments now open for Saver Plus, a matched savings and financial education program offered locally by community organisations. Saver Plus can get you planning and saving for education costs with up to \$500 for school resources. It's free to join, call or SMS 1300 610 355 or email [saverplus@bsl.org.au](mailto:saverplus@bsl.org.au) to find out more.

[www.bsl.org.au/Saver-Plus.aspx](http://www.bsl.org.au/Saver-Plus.aspx)

There is no P&C meeting scheduled for September due to school holidays so come along in October to the next meeting as we wind down for the year.

**Kellie James**  
**Operations Manager**  
**CDSHS P&C**

## **Your Youth Health Nurse Is Lisa**



### **Exercise Your Mood - September 1- 30**

Evidence says that exercise has a positive impact on both your physical and mental health. This September, it is time to take the first step to exercise your mood. There is extensive evidence that shows exercise can be used to treat and even prevent mental illnesses like depression.

Everyone can benefit from exercising their mood. We all have room to build up our resilience and wellbeing. Exercising your mood is about starting at your own level - research shows that even small amounts of exercise are both mentally and physically beneficial.

Now is the time to take the first step to improve your own wellbeing.

#### **Check out the information below and find the best way to Exercise Your Mood.**

##### **1. Start at your own level**

Everyone starts somewhere and if you are new to exercise, set small goals and build your way up to a bigger goal like 30 minutes of exercise per day. If you already have a set exercise regime, there is already a first step to something new. Why not try meditation? Our guided meditations can improve relaxation and concentration.

##### **2. Find a time in the day that suits you**

You don't skip brushing your teeth because you're not in the mood, so there's no reason why exercise should be skipped.

Even on a rainy day, there is plenty you can do inside – like yoga or meditation. One

study found that even a single session of mindful exercise (like yoga) can improve mood and reduce stress.

### **3. Choose activities that you enjoy**

Exercise doesn't have to mean going to the gym and lifting weights. Whether you like bush walking, swimming, kite surfing, pilates or walking the dog, even 10 minutes of physical exercise daily is proven to have a positive impact on both your mental and physical health.

### **4. Remember to reward yourself for incremental changes**

It won't all happen overnight, just make sure you use this September to take the first step to a better frame of mind.

When you reach a milestone of some sort, even if it is an extra 500m on your daily walk, tell someone who you know will be able to celebrate it with you.

### **5. Give yourself a break**

If you miss one session, one day or one week, don't be too hard on yourself. You can pick back up where you left off and refocus on the goals that you have set for yourself.

### **6. Take your friends or workmates along for the ride**

If you are living with a mental illness, it can be difficult at times to socialise, however, asking a friend or colleague to join you in physical activity is a great way to keep motivated. It gives you the chance to share an experience with someone while keeping your plans accountable to one another.

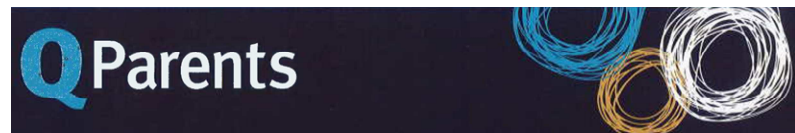
For more information visit:

<https://blackdoginstitute.org.au/exercise-your-mood>

or

See your Youth Health Nurse.

## **Changes to the Way You Can Make Payments to Cleveland District State High...**



We continue to work with Education Queensland to protect the security of your credit card and conform to privacy laws.

Commencing Semester 2, we will no longer be able to take payments over the telephone or handed card details through the payment window in our office. Education Queensland now provides a centralised, automatic telephone payment that you can use 24/7 at your own convenience. Please be aware you will need the invoice number and CRN number that relates to the payment you wish to make. These details are available on your invoice that has been e-mailed to you. The number is 1300 631 073.

For another fast easy payment option we strongly encourage you to register for QParents (see below) and use their BPoint payment option. Simply phone the office and request an invite. QParents allows you to access a wealth of information about your student/s as well as facilitating payment (or part payment) of any invoices.

You are also welcome to transfer funds directly to our bank account using your banks' online payment system. Our bank account details are:  
Cleveland District State High School



CBA 064 -138  
Account 00090051

However you choose to pay, it is essential to send a quick e-mail to ensure your payment is correctly allocated. [accounts@clevdistshs.eq.edu.au](mailto:accounts@clevdistshs.eq.edu.au) Please note we are unable to reply to these e-mails. All enquiries can be attended to by calling the office.

Finally, our payment window is open for payments, cash or card. Opening hours are:  
Tuesday to Friday  
8.00am – 10.45am and 12.45pm-3.15pm

Receipts can be provided for all payments to your student at the payment window.

For payment arrangements please contact the office to discuss.

Easy ways to pay:

- QParents and BPoint (our preferred method)
- Bank Transfer: 064-138 00090051
- Cash and card accepted at our payment window open Tuesday to Friday

## Be a Part of Capalaba Warriors Under 14s

In 2018, Capalaba Warriors Under 14s are competing in both Division 1 and Division 3 competitions. If you're interested in being part of this, we are holding an open trial, for one day only, on Sunday October 15. As the 2017 Under 13s have had such a successful season on the field, next years Under 14s have already had much interest from experienced and developing players across Brisbane wanting to join the Capalaba Warriors.

Although Capalaba Warriors have several Stingers coaches, NRL Development Officers and Q Cup players amongst the coaching staff, Capalaba's success in 2017 was a direct result of our Code of Conduct. To put it simply, Capalaba has a zero tolerance for unsportsmanlike behaviour. This includes parents and athletes alike. We are a family focused Rugby League Club and endeavour to stay that way. Our coaches are here to help, develop, support, encourage all players at all levels. So far this year Capalaba Warriors has produced one third of all players in the Under 13s to be selected into various Representative programs. This year Capalaba Warriors Under 13s not only won the Chairman's Trophy, they finished the season with the highest 'for and against' percentage in any age group or division across the Brisbane Junior Rugby League. Capalaba Warriors Under 13s will shortly compete in the BJRL finals series.

If you would like to be part of our squad in 2018, an open trial will be held on October 15. Numbers are limited, so please contact our coordinator Amy Seeto as soon as possible on 0420 611 885.

<https://www.facebook.com/events/1337916509640591/?ti=cl>

## Money School

**Free** community education program open to all ages that aims to help people improve their financial position covering the Basics of Investing, Introducing the Stock Market, Different Ways to Invest, Superannuation, Taxation, Mortgages, Loans and Life Insurance.

**Commencing:** Tuesday 5 September 2017

**Time:** 6pm to 8pm for 6 weeks

**Location:** Performing Arts Room, Cleveland District State School

Parking available on Russell Street or Haggup Street, Cleveland.  
Refreshments provided.

For more information and bookings contact

Trish on 3826 6111 or email [trish@clevelandfinancialplanners.com.au](mailto:trish@clevelandfinancialplanners.com.au)

## Free Community Learning Opportunity



### REDLANDS DEMENTIA AWARENESS

## Free Community Learning Opportunity

Presented by

**Beverley Giles OAM Dementia Educator**

**An Active Response to Ageing and Dementia**

**Use it or lose it**

**Use it and grow some more**

**It is never too late, to start**

### **Who Should Attend?**

Anyone interested in:

- Making Redlands a Dementia Friendly Community
- Learning more about what dementia is and what it is not;
- Becoming a Dementia Friend
- Assisting people affected by dementia to remain in their community and thus live a happier life;
- How to age well and reduce your risk of dementia

**Where:** Thorneside Community Hall, 204 Mooroodu Rd Thorneside (ample parking)

**When:** 9.30 – 12.00 Thursday 7<sup>th</sup> September 2017

**RSVP:** 5<sup>th</sup> September: **Una Sandeman** 0414 195 754-  
[usandeman@anglicaresq.org.au](mailto:usandeman@anglicaresq.org.au) or **Jess Sattler** 0438 748 991

**Light refreshments will be provided**

[Edit your subscription](#) | [Unsubscribe](#)

Russell Street Cleveland  
PO Box 808  
Cleveland Qld 4163  
Ph: 07 3824 9222  
Fax: 07 3824 9200

Scoop E-Newsletter  
[www.scoopnews.com](http://www.scoopnews.com)

