

Term 3

20th September 2019

Important Dates:

First Day of Term 4:
Wednesday 9th October

Pupil Free Day:
Tuesday 8th October

Penthouse Day:
Wednesday 6th November

Year 12 Graduation/Formal:
Thursday 14th November

Awards Day:
Wednesday 27th November

Whole School Excursion:
Wednesday 4th December

Last Day of Term:
Years 7,8,9 - 6th December



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Deputy Principal Update

Dear Parents, Caregivers, and Friends.

Jingeri Wallal Wahlu – Welcome to the end of Term 3 at Arcadia College.

This term we welcome a number of new staff into our Arcadia Family. Elisha Crossfield is teaching HPE and Science with our Year 10 cohort and Abbey Walsh is teaching Maths and Science to our Year 11 students.

Hayley Althaus and Gabby Barlow join us this term in supporting our junior school in the classrooms as Teacher Aides.

Jane Blundy has stepped into a Youth Worker role after being a Teacher Aide support for our students in the Year 7-8 cohorts. Sam Clausen and Suzanne Pinder also join us as Youth Workers supporting the academic and social/emotional development of our Year 10 students.

Term 3 has been a very important yet fun filled time for our students and staff. Discussions on school reports from Semester 1 were had at our Family Interview Night earlier in the term. Successes and work on areas are important for our families to be aware of. This clarity has led to many assessments and tasks being completed during these past weeks by our students which shows their passion and commitment to doing well at school.

Throughout the term our students have been engaging in some fun community events. The 'R U OK?' Day initiative was an exciting and heart-warming experience for our students and staff. Random Acts of Kindness were occurring across the school showing the care and support that we have for each other. 'Wear it Purple' Day was also a fun reason to dress up, support and raise awareness for our students who are on the LGBTIQ+ spectrum.

I wish all of our students, families, and friends a safe and enjoyable Term 3 break. I look forward to seeing everyone again on Wednesday the 9th of October.

**HAVE YOU MOVED,
CHANGED YOUR
PHONE NUMBER OR EMAIL
ADDRESS?**

A quick and easy way to update your details is through **PARENT LOUNGE**; it only takes a minute and saves you time on the phone or coming into the office.

Parent Feedback

Arcadia College is seeking some feedback from the parent and carer community. A link to a survey has been included in the newsletter email. The survey is 35 questions graded on a scale of 1 to 6. The survey is anonymous and should not take longer than 15 minutes to complete. We do appreciate you taking the time to complete the survey so that the school can continue to improve into the future. The survey will be



MOB Charity Luncheon

The Men of Business Charity Luncheon is a special event for the founders of the program which brought together local business owners and supporters from around Queensland. The focus of this year's event was to raise money and awareness for the new school - The MOB Academy, to open next year.

We couldn't be more proud of our MOB boys for attending this event, not only did they "dress to impress" but they demonstrated confidence and great communication skills for all of the local guests who attended. The boys got a private VIP entrance on to the YOT Super yacht, spoke in front of 200-300 people, networked and connected with some important figures, some gaining work experience opportunities, and all while representing us with respect and honour. Jai Hawker was a standout. Damo from MOB discussed how he could not do 1 push up when he first started the MOB Academy this year to now completing 20-30. The crowd then challenged him to do 20 with a couple attendees putting donation money on the line. Well not only did Jai take up the challenge, but ALL the boys had his back and joined in. Jaxon Bullock also had a local wealthy business owner purchase a brick to sponsor the new MOB academy on behalf of Jaxon. He will have his name placed around their new school.

A big Well Done to all staff, supporters and families who have been a part of these boys journey this year at Arcadia College.

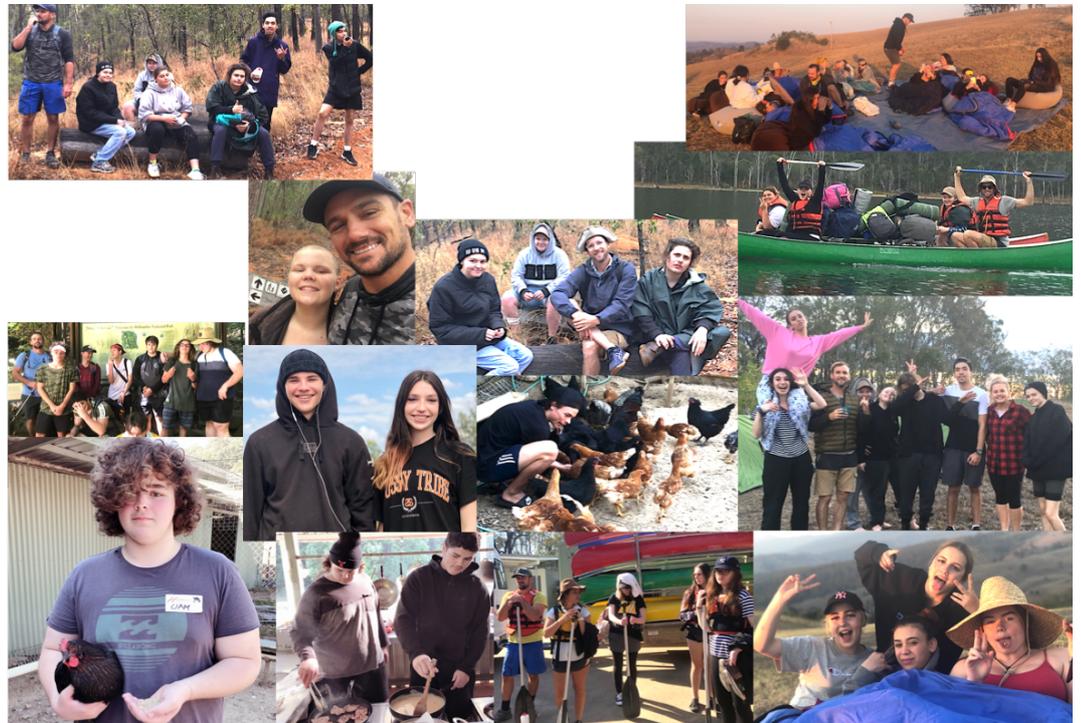
Year 12 Camp

Themed 'Transition to Independence', the Year 12 class were invited to participate in an expedition camp that tested their leadership, self-confidence and sense of adventure. This wilderness camp was in a remote part of the Scenic Rim, where students had to canoe to their destinations after being dropped at the edge of Lake Wyaralong. After gruelling through the blood, sweat, tears and laughter; the group successfully navigated their way to the pick-up location.

Year 11 Camp

This Term saw the Year 11 boys participate in an exciting camp in Northern NSW. Choosing to stay in the huts for their duration, the crew had the mammoth task of climbing Mount Warning on Day 2. Students were able to learn about the ecological and sustainability of the local area, as students participated in farms and canoeing. A massive commitment from the Year 11 girls saw the majority of the group head west to Boonah. An action packed three-days had the group juggling canoeing, high ropes, adventure ropes, a ghost tour and a sunset tour - all after they climbed Mount Cordeaux! The crew showed off their skill in the kitchen with homemade pizza's and were able to share stories and 'shout-outs' at the dinner table.

Year 11 Camp



How to teach a child to reset after a bad day

The following article provides useful tips and strategies for parents and carers to help your child reset after a bad day



https://www.washingtonpost.com/lifestyle/on-parenting/how-to-teach-a-child-to-reset-after-a-bad-day-without-fixing-their-problems-for-them/2019/08/22/8761489a-b21e-11e9-8949-5f36ff92706e_story.html?fbclid=IwAR26GILLqAZz9n7EIIq6_k0FFXddxQN-HAaZxF6CSFgYhDMZhe5

Studio Updates

7:

It has been another great term and students have been lucky enough to have had some very cool experiences of which they may have never had before now. At the beginning of the term we made it a goal to continue to grow as a class and build a trusting and supportive environment. One of the highlights of the term was our excursion to the Tallebudgera Recreational Centre. Each of the students who attended, stepped up and ventured outside of their individual comfort zones at some stage during the day. Congratulations to every one of you!

In term 4, we are looking forward to further implementing our strategies learnt from the Green X-7 program which focuses on student's holistic wellbeing. The program presents students with tools to help them monitor their "battery" (all round energy levels) and presents them with suggestions of how they can recharge themselves. This is something that I will be modelling for them on a daily basis and I urge you to question your child each week about some of things they are learning from the program. Who knows, you might even want to download the App yourselves and give it a go as a family. I hope that everyone enjoys their break and recharges their batteries, ready to tackle the challenges of term 4 head on from the outset.

8:

The theme for our Year 8 class this term is "What about me?", where students have been exploring aspects of their identity and what rights they have as young people. We were fortunate enough to have Senior Constable Kurt Foessel come and speak to us in Week 6 about what the students can do to keep themselves safe. He was an engaging speaker and was instrumental in establishing our school, many years ago.

This term also saw the introduction of the Duke of Edinburgh Bridging Award, where students have actively engaged in picking up rubbish around our neighbourhood as part of their community service component. On one particular occasion, the students picked up a total of 2209 cigarette butts in just one area! The student engagement in this program and care for our community has been astounding and we look forward to what we can do next term to serve others. A big thank you to Duncan for leading this program.

9:

Term 3 is always a busy one. Year 9 has been writing scripts using traditional formatting as used in Hollywood. There are certainly some great story tellers amongst our students and we have had the privilege of reading some gripping screenplays.

In Geography we have been investigating interconnections to spaces and places and looking at how these can impact the economy, the environment and the social construct in these areas. The reward excursion in week 5 saw eligible students involved in a scavenger hunt in Surfers Paradise. One of our teams went to the aid of people who had been involved in a car accident. It is always a proud moment when you see teenager show empathy to others and go out of their way to be of assistance to those in need.

Week 7, students all went on an excursion to QUT in Brisbane to visit the Cube. This building has huge interactive screens, one of which was focussed on Physics. We were able to enjoy the grounds at lunchtime before walking over the Goodwill bridge to South Bank. The students have been upskilled in touch Football and the rules that go with it during P.E Science they have been studying Energy including heat and electricity. In Maths study has focussed around Data and integers and indices. For the subject of High Resolves which focusses on social action and being considerate Global citizens, students have visited the Apple Store at Robina to do a iMovie workshop to prepare them for making movies in term 4. Students are currently finishing assessments and working towards the end of term reward excursion to Movie world.



**10:**

The Year 10 group have been having a lot of fun over the past few weeks whilst engaging in the Green X7 program. We have set every Wednesday as 'Wednesday walk-day', where the students walk to the near-by park and get to have fun on the equipment or simply sit and enjoy the outdoors. We have also been engaging in other Awareness Area's including Mental Health and Attitude, Fun, Physical Health, and Nutrition. This has included activities of a guided reading, a blind-taste testing of various foods, learning a dance, and games of paper-wall and Teacher vs Student Tunnel ball.

The students have also been working on their Relationships and Connections with others. We have seen some amazing growth and connections within our space, and the students should all be very proud of themselves for their efforts.

The Year 10 cohort went on an excursion to the *SparkLab* in Brisbane for their Science unit. The students loved the interactive nature of the *Sparklab*, and enjoyed being able to engage in real-life activities. They were amazed to find how Science was all around them, and it continued to spark their curiosity of 'how things work' even further. The students then went into the Museum to explore each of the levels. All students commented on what an amazing time they had.

**11:**

Term 3 in Year 11 has been exciting and productive. We have welcomed a new teacher to the space, Abbey Walsh and have found great progress in the student's engagement and academic application. Together as a group we have celebrated NAIDOC Week, Random acts of kindness (in line with green X7 and Anti-Bullying), art therapy and school camps.

Throughout the term the students have been learning and applying concepts around managing money, this allowed for a very engaging guest speaker who allowed the students to apply their learning and ask real world questions that will affect them in the future. Students have been applying themselves well in all aspects of the curriculum, submitting assessments of quality.

**12:**

Term 3 has been another busy time for the Year 12 cohort. Not only have they been working hard to complete their Certificates and Maths and English assessments for the term. Several students have now successfully completed a Certificate II in Community Services or a Certificate III in Business and we are very proud of their efforts.

The pinnacle event of the year, Formal, is fast approaching and to help raise funds for this the Year 12 team held a Bunnings BBQ. Several students, staff and mentors donated their time to this special experience and they were rewarded with what turned out to be a great success. Congratulations to all involved. Week 7 also saw a group of brave and fearless students embark on a challenging and by all accounts rewarding camp. The students were responsible for their own navigation, camp set-up, cooking, cleaning and activity organisation. Staff reported that the students did a phenomenal job and were very proud of their efforts. Such a wonderful



R U OK? DAY™

A conversation could change a life.

WHAT TO DO IF THEY AREN'T OK?

R U OK?Day is our national day of action dedicated to reminding everyone to ask, “Are you OK?” and to remember every day of the year to support people who may be struggling with life’s ups and downs. This year in the build-up to R U OK?Day we’re encouraging everyone to **Trust the Signs, Trust your Gut & Ask R U OK?**

We want everyone to feel confident they know the signs someone might need support by listening to what they’re saying, seeing what they’re doing or knowing what’s going on in their life. Whenever you notice a change, no matter how small, we want you to trust your gut and start an R U OK? conversation.

At Arcadia College all students reviewed the ALEC process via a in class presentation and video. Then we filmed students and staff and compiled our own approach to RUOK?Day taking it one step further... How’s your battery? To link to our GreenX7 initiative.

Kate and JJ our provisional psychologists filmed and edited a great clip that all students watched, whilst Hayley our Wellbeing Support Worker provided activities for students throughout the day. All staff participated in Random Acts of Kindness to encourage connection and care and we all had yellow RUOK? cupcakes and wore yellow. Our students are well informed about mental health issues and all care about checking in with a friend.

Ask your young person to explain: ALEC
A – Ask
L – Listen
E- Encourage
C – Check in

- LISTEN WITHOUT JUDGEMENT AND DON'T JUMP INTO 'FIX-IT' MODE STRAIGHT AWAY**
Giving people a chance to share their experiences and voice their concerns without judgement is of great benefit. It helps people to feel less alone and more hopeful.
- LET YOUR FRIENDS KNOW THEY DON'T HAVE TO GO THROUGH THIS ALONE**
Having you there for support can make a world of difference to someone in crisis. Be present and let them know they can reach out to you when they need.
- ENCOURAGE THEM TO SEEK HELP**
Suggest they make an appointment with their general practitioner (GP), or check out the resources available at ruok.org.au/find-help
- SUGGEST SOME SELF-HELP STRATEGIES**
Things like exercise, quality food, and a good nights sleep can contribute to a more positive outlook.

FOR MORE TIPS VISIT
WWW.RUOK.ORG.AU/HOW-TO-ASK

Our Year 11 Girls getting involved on R U OK Day from Camp Boonah





January 2019							
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February 2019							
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March 2019							
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April 2019							
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May 2019							
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June 2019							
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July 2019							
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August 2019							
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September 2019							
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October 2019							
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November 2019							
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December 2019							
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Term Dates:	
Term 1: New Students	29 January to 5 April
Year 10-12:	30 January to 5 April
Year 7-9:	31 January to 5 April
Term 2:	23 April to 28 June
Term 3:	16 July to 20 September
Term 4:	9 October to 5 December
Year 12 Last Day:	15 November
Year 10 & 11 Last Day:	29 November
Year 7, 8 & 9 Last Day:	6 December

School Events:	
Orientation Evening	Wednesday 30 January
Family Interview Nights:	Wednesday 27 February
	Wednesday 21 August
Make A Difference Day:	Friday 3 May
Penthouse Day:	Wednesday 26 June
Mentor Breakfast Day:	Wednesday 14 August
Penthouse Day:	Wednesday 6 November
Year 12 Graduation:	Thursday 14 November
Awards Day:	Wednesday 27 November
Whole School Excursion:	Wednesday 4 December

Staff Professional Development

School Holidays:	
	6 December 2018 to 28 January
	8 April to 22 April
	1 July to 15 July
	23 September to 7 October

Public Holidays:	
Australia Day:	Monday 28 January
Good Friday:	Friday 19 April
Easter Monday:	Monday 22 April
Anzac Day:	Thursday 25 April
Labour Day:	Monday 6 May
Gold Coast Show:	Friday 30 August
Queen's Birthday:	Monday 7 October