

Term 4

Important Dates:

First Day of Term 1:
Wednesday 29th January

Family Interview Night:
Wednesday 19th February

Make a Difference Day:
Friday 28th February

Last Day of Term:
Friday 3rd April

Arcadia

COLLEGE Newsletter

Suite B4, RP1 Building
1 Bellvue Drive
Varsity Lakes, QLD 4227
Administration: (07) 5655 1800
Finance: (07) 5655 1857
admin@arcadia.qld.edu.au
<http://arcadia.qld.edu.au>

<https://www.facebook.com/ArcadiaCollege/>

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.

Arcadia College Whole School Awards Day

Parents and Caregivers are invited to visit this website to download free images of your child's group photo's at our 2019 Awards Day. Please contact our school admin for further downloading details.

<https://www.cleabeaterphotography.com.au/p449595499>

**Have a Safe and Merry
Christmas**



**From the Arcadia College
Team**

Deputy Principal Update

Dear Parents, Caregivers, and Friends,

Jingeri Wallal Wahlu - Welcome to the end of Term 4 at Arcadia College.

As we wind up the year that was 2019, I would like to take this time to thank all of our families, students, community organisations, and staff who have helped make this a successful and productive year for our school. With everyone's support, we have had many exciting and engaging projects and activities this year that are highlighted throughout this newsletter.

Two special occasions in Term 4 were the Whole School Awards day and Year 12 Formal. Both events were highly successful and showcased the multiple achievements our students have accomplished throughout the year.

I would like to wish our senior students a safe farewell as they depart their secondary school journey and commence their future pathway, which ever direction that may be. You all looked amazing at the formal this year and it will be sad to see you all go. We hope you have enjoyed your 'Arcadia Experience' with us.

It has been exciting to watch our students engage positively in the community this year. The Varsity Lakes Community Centre and the Indigenous 'Black and Deadly' programs are examples of connections that have provided relevant, real life, experiential, and cultural learnings that have supported the development of our different young people. DJ and audio sound system skills, supporting the elderly with technology issues, canoe paintings, university visits, and participating in smoking ceremonies have all been embraced with open minds and caring hearts.

Focusing on our Aboriginal and Torres Strait Islander senior students, I would like to acknowledge Jayke Hart, Eliza Drew, Grace de Graff, James Davies, Jade Jacobsen, Jack French, and Jessica Walsh who were all successful at gaining QATSIF scholarships this year. These are the very first Arcadia College students to receive these grants and we are happy they will be supported further in completing their senior studies.

Lastly, I would like to acknowledge the effort, hard work, dedication, care, support, motivation, and inspiration that our departing staff have provided for our students in their time at Arcadia College. Matt Dun, Vicki Hayward, Sue-Ellen Carroll, Kerstin Walter (Maternity Leave), Hayley Althaus, and Bec Lindsey you will be missed as you explore the new horizons of your upcoming journeys. Travel well and remember your Ohana.

On behalf the Arcadia College team, we wish all of our families and friends a safe and Merry Christmas. We will hopefully see you all in 2020.

Return strong and well.

Regards,
Byron Cracknell – Deputy Principal



School Nurse

Introducing our new school nurses - Judy Chorley and Dianne St Vincent Welch. Both nurses have extensive experience in providing health services within schools, including emergency care, health promotion and advice and maintaining medical records. Judy and Di look forward to caring for Arcadia students in 2020.

The nurses will provide first aid and health assessment through the sick bay, and will contact parents regarding student health care as necessary. If parents have queries regarding this service please do not hesitate the nurses with any concerns.



MOB:

The Men of Business (MOB) group experienced a stimulating Term 4. There were numerous challenging, and undeniably attitude defining hurdles placed in front of the boys, to which they bounded with the ease and determination that we have become accustomed to. The boys were pushed academically and physically, with each student rising to the challenge.

In the classroom, the students learnt how Mathematical skills directly translate to life outside of the classroom, in particular, the work environment. As the boys are moving towards the age where they become eligible to obtain their licence, they learnt about driver and road safety in HPE. Science also incorporated road safety, where we analysed reaction time, stopping distance and transfer of energy in accordance to speed, weather and Newton's Laws of Motion. In English, we focused on future pathways and endeavours, creating individual podcasts dedicated to the student's dream job. Social and Emotional Learning (SEL) further explored future pathways, with an excursion to Southern Cross University, where professionals from a number of work places shared their insight. In SEL, we also created career action plans as well as finding meaning and fulfilment in the workforce. During the fitness program, MOB mentor and trainer Damo pushed the boys to their physical and mental limits, working harder than they had all year. In the gym we focused on attitude, and how it translates to the young men's education, work and personal life.

Moving towards the end of year, it was time to take our future focused lenses off, and relax in order to reflect on the year that had been. We celebrated with a visit to the Gold Coast Aqua Park and by holding a MOB Beach Day to welcome Summer. This initiative required the boys to adapt to the varying conditions experienced at the beach in order to create and participate in modified games focused on inclusivity, resourcefulness and skill development. As the year comes to an end, we took the time to reflect on how the MOB boys progressed. There was attitude shifts, academic achievement, improved health and fitness and strengthened mental health. We commend each of the young men on their growth this year and are excited to see what unfolds for each of them in 2020!

Sam and Brent



Studio Updates

7:

What an awesome semester we have had! It has been filled with celebrations and successes. From acting out scenes from 1950's movies, building our own balloon powered vehicles, or heading out to Australia Fair Cinemas, the students of the class have made me very proud to be their teacher. Again, I would like to thank my Year 7 / 8 class as well as our cohort support staff for helping create a fantastic learning environment where diversity was celebrated, trust was formed and students were welcomed in with open arms. The growth in maturity from all students was evident, especially on excursions where we were constantly commended for displaying our respect and manners.

I would like to acknowledge the parents, grandparents and caregivers of our students as well. Thank you for the support you have all shown me over the past three terms. Knowing that I could count on your backing through the highs and the lows really does make a difference in guiding your children through these highly important years. And although students didn't always agree with the decisions that I made regarding their learning journey, they trusted that I made those decisions with their best interests at heart. Again, I thank you for a great 2019 and wish you all the best for 2020, and beyond!

8:

Term 4 was very busy in the Year 8 room. Health and Physical Education was exciting with the topic being beach safety. The students visited the Kurrawa Surf Lifesaving Club and learned valuable skills in being able to spot rips and unsafe conditions at the beach. Our students also finished their Duke of Edinburgh Bridging Award and did a great job in painting gnomes, which will be adopted out by businesses in the community during the Christmas break. Our whole school days this term were a lot of fun and well represented by the juniors. The highlight for many staff was our special 7 and 8 ceremony on the last day of school where we acknowledged all our students for the amazing progress we have seen in them this year. We have had an awesome year in our room and we look forward to seeing our students progress even further as they enter into Year 9 next year. Merry Christmas and Happy New Year from Raph, Jane, Hayley and Amoré.

9:

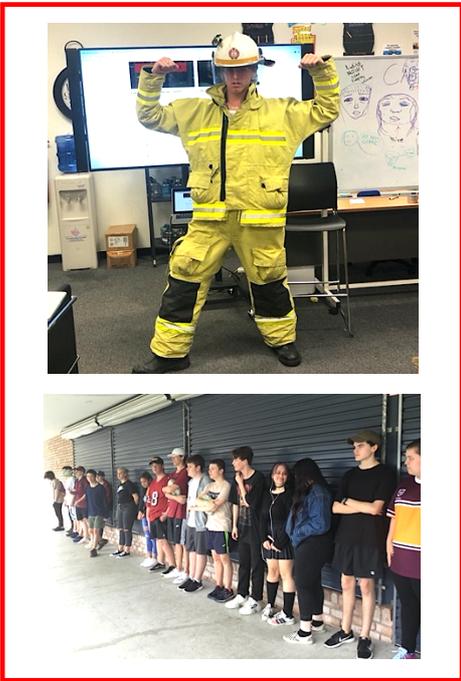
This term seemed to have flown through a lot quicker than any of us had expected. It was a jam packed 9 weeks with a lot of teaching, growth, sometimes challenges, singing and dancing (the students begged us to stop!) and a lot of reflection. We are certain that if you ask any of the students what is one of the most used words of the term 'reflection' would make the top 5 list!

The Rites of Passage camp challenged individuals in many different ways. Some students shone brightly whilst others needing encouraging from their peers. This is something the students do exceptionally well and one of the many things that make us proud - coming together as a team. We have worked upon the idea to introduce self-care into their lifestyles and the holiday period is a wonderful time to put this into practice. Over the Semester the students have been working with Carly and Jillian to produce High Resolves - Social Action Films and we were very impressed with the results which we celebrated with a Film Fest. Well done to all students for raising awareness and a call to action on important issues such as homelessness, PTSD and bullying.

Unfortunately, we bid farewell to Sue-Ellen Carroll. The students shared tears, stories, highlights and appreciation. It would be hard to believe not every student has learnt something that will assist them into the future in and outside of the classroom. Sue-Ellen, Mick and Greta have shown great dedication, humour and patience in their efforts this year with the students and will hold fond memories of the Year 9 cohort of 2019.

We wish the Year 9 crew all the best for 2020. You are unique and special humans with a lot of heart and resilience. Keep believing in yourself and the world will be full of opportunities.





10:

The Year 10 crew has had a very busy Term 4. Throughout this term, there was a major Future Focus. This included the students engaging in a Careers Day, where they had the opportunity to listen to and engage with many guest speakers from various career paths. The students also focused on 'Who Am I' within SEL. The end of the term saw many rewards and excursions, including an excursion to AquaSplash, and a Science excursion to MovieWorld. Well done to all the Year 10s for an amazing year, and all the best in Year 11 for 2020.

11:

Term 4 has been extremely rewarding for Year 11 seeing success in our students as they transition into Year 12 and other opportunities. Throughout the term students have had many opportunities to engage outside the classroom including trade days, boxing, field studies for Science and teamwork activities.

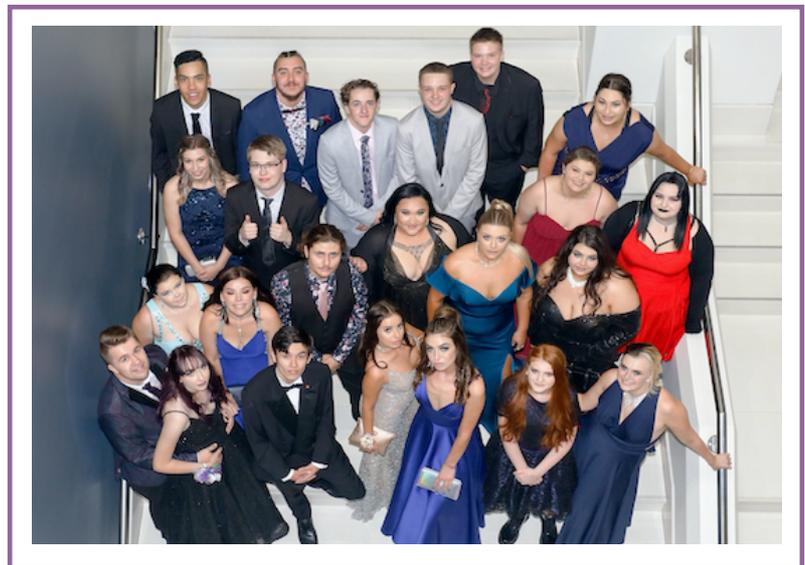
Students enrolled in Arts in Practice put all their hard work and understanding they gained throughout the year to create art sculptures/pieces, all the students in this course should be highly commended for their level of engagement and enthusiasm. It has been an exciting year seeing all the students grow and find purpose in their education.



12:

Term 4 was a race to the finish line for our incredible Year 12 cohort. In the midst of working hard towards completing their Certificate work and Maths and English assessments, the students found time to enjoy some fantastic rewards to celebrate the end of their final year. A group of courageous students and staff battled it out for glory on the Skirmish field while the rest of the tribe enjoyed a much needed break with a delicious High Tea. Both groups had an amazing time. The last semester Staff and Students dug deep showing plenty of perseverance and stamina, with some exceptional results. Currently we have 22% of students enrolled in University, 35% are enrolled into TAFE, 50% completed their QCE and 45% of students are already employed. This is a fantastic result and a comfort to know so many of our students are well on their way to a bright future.

The Arcadia College event of the year - The Formal 2019 - was the icing on the cake for the dedication and perseverance of these amazing students. The night went off without a hitch and each and every student was recognised for their outstanding achievements this year. Special mention goes out to our award winners, Zac Lawson and Kyle Bettenay (Attendance), Sophie Redgate (Maths), Sophie Eachus (English), Sinead Macaulay (Very High Achievement), Oceaniah Turner-Sykes (Ohana Spirit) and Tanaya Clark (Radfly Most Valuable Pupil). We wish all our graduating Year 12 students the very best for the future and good luck with their future endeavours.



Welfare



Psychology Clinic

The Bond University Psychology Clinic provides an extensive range of assessments and interventions for a broad range of psychological and health-related problems. Referrals are accepted from medical practitioners, Lawyers, Courts, Schools, Agencies, Families and self-referrals! Clients include adults, adolescents, children and families. Some of the areas assistance is provided with include:

- depression & other mood disorders
- anxiety disorders, phobias & panic
- obsessive & compulsions
- adjustment to physical & health conditions
- grief and loss
- child behaviour problems and disorders
- parenting and family problems
- relationship & marital Issues
- impulsive behaviours
- conduct & violence problems
- substance abuse
- occupational difficulties

Clinic Hours

Consultations are available by appointment and can be made: Monday - Friday between 9am - 1pm and 2pm - 5pm. No child-minding service at the Clinic, please do not bring children to your appointment unless it has been previously agreed that they will be participating in the session.

Appointments and Fees

Please call to book a clinic appointment. Traditionally a "consultation hour" is approximately 50 minutes; please be sure to arrive on time. Clinic fees are as follows:

- Free initial consultation
- \$15 for additional therapy sessions
- Fees for psychological assessments and reports are determined on a case by case basis.

Directions

Directions on how to get to Bond Uni Psychology Clinic: Turn left at the main roundabout on University Drive. Car park is located on the left side of the ring road, past the tennis courts. Ground Floor, Faculty of Law building, Bond Uni.

Ph: 0755952527 E: psych_clinci@bond.edu.au

<https://bond.edu.au/about-bond/facilities-services/services/bond-university-psychology-clinic>



Southport Clinic

Level 1, H20 Broadwater,
1/2 Nind Street, Southport, Queensland 4215
Phone **(07) 5509 5900** Fax (07) 5527 1251
reception@headspacesouthport.org.au

HeadSpace Southport is an accessible 'one-stop-shop' for young people aged between 12 and 25. **HeadSpace Southport services are free for eligible young people**, through the Medicare system.

HeadSpace Southport can help with: Mental Health, Sexual Health, Drug & Alcohol, Relationships, Employment & support around education. We also have Doctors who can help with any medical concerns you have.

HeadSpace Southport is an inclusive service which does not discriminate regardless of race, cultural background, religion, sexual orientation, gender, or disability.

HeadSpace Southport is open 9am – 5pm Monday to Friday.

Check out the huge range of resources for parents and young people online at <https://headspace.org.au/>



COLLEGE CALENDAR

2020

January 2020						
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June 2020						
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August 2020						
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September 2020						
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October 2020						
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November 2020						
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December 2020						
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Term Dates 2020:

Term 1:	29 January to 3 April
Term 2:	20 April to 26 June
Term 3:	14 July to 18 September
Term 4:	7 October to 4 December
Year 12 Last Day:	20 November
Year 10 & 11 Last Day:	27 November
Year 7, 8 & 9 Last Day:	4 December

School Holidays

Pupil Free Day / Staff Professional Development

School Events 2020 :

Family Interview Nights:	Wednesday 19 February Wednesday 5 August
Make A Difference Day:	Friday 28 February
Penthouse Days:	Wednesday 24 June Wednesday 11 November
Year 12 Graduation/Formal:	Thursday 19 November
Whole School Awards Day:	Friday 27 November
Junior School Excursion:	Wednesday 2 December

Public holidays 2020:

Wednesday 1 January	- New Year's Day
Monday 27 January	- Australia Day Substitute
Friday 10 April	- Good Friday
Monday 13 April	- Easter Monday
Saturday 25 April	- Anzac Day
Monday 4 May	- Labour Day
Friday 28 August	- Gold Coast Show
Monday 5 October	- Queen's Birthday
Friday 25 December	- Christmas Day
Saturday 26 December	- Boxing Day
Monday 28 December	- Additional for Boxing Day