



From the Principal . . .

The first four weeks of Term 4 at Benowa High have seen a lot of great accomplishments for the school. Congratulations goes to the P&C lead by Tom Snowball on the completion of The Benowa Arts Building and the refurbishment of the Canteen and the Uniform Shop. The new Benowa Arts Building was officially opened by Mayor Ron Clark on Wednesday 14th October. Good use has been made of the building with the presentation of "Fusion" displaying students' art work. We have also had success with our Touch Football Teams with the Under 15 Boys Touch and the Year 8 Mixed Team winning the state championships. The Volleyball Teams also had a busy weekend of competition and performed with two teams playing in grand final matches – both teams were runners up. The Sports Awards night held at Bond University on October 22nd was a celebration of Sporting Achievement for the year.

Awards Night held at the Gold Coast Arts Centre on Monday 2nd November was also the culmination of the school year and I would like to take this opportunity

to congratulate all winners on the night. I would like to congratulate the 2010 School Captains Jack Garland and La Toya Dhu and Vice Captains Josh Torr and Emily Brkich.

The end of the year is fast approaching and I would like to take this opportunity to wish the Seniors of 2009 all the very best in their future endeavours.

Ms Pam Lynch
Acting Principal

2010 Week One Arrangements -

Students to return Year level by Year level to school:

Wednesday 27 January -

9.00am - Yr 8 + Yr 12 TIP Leaders
1.30pm - Other Yr 12 students

Thursday 28 January -

9.00am - Yr 8, 9 & 12
11.10am - Yr 10
12.00pm - Yr 11



Since 1990, Benowa High has welcomed hundreds of students to our International High School Programs.

We are now seeking additional homestay families who meet the below criteria:

- Warm, friendly and caring family
- Spare bedroom with a desk and wardrobe
- Open to new cultures
- Willing to include the student in family activities
- Share our culture and lifestyle
- Attend training sessions and meetings
- Financial remuneration

For your opportunity to be a part of our homestay program please contact:

Judy Goldfinch
- Homestay Coordinator.
Phone: 5582 7359
or email: jgold88@eq.edu.au

BENOWA STATE HIGH SCHOOL

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www.benowashs.eq.edu.au

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Principal Mark Rickard	Business Services Manager Gavin Hutson	International Students Trudy Campbell	HEADS OF DEPARTMENTS	School Performance Tim Quinlivan
Director of Studies Pam Lynch	Guidance Officer Pamela Vaggs David Ramsay Lyn Drew	French Immersion Nicole Davies	Business Education Glenn Chippendale	Science Rob Keen (Acting)
Director of Senior Phase Caroline Brokvam	Student Health Worker Sue Stevenson	Sport Andrea Kazimierowicz	English & LOTE Jodie McFadden	Senior Schooling Yvonne Hucks
Head of Social Justice Senior Phase Tina Mackay	School Chaplain Amanda Homann	YEAR CO-ORDINATORS	Industrial Technology & Design Hospitality Brian McErlean	Social Science Lyn Smith
Director of Middle Phase Carmel Gomm-Wright	CO-ORDINATORS	YR 8 Janet Gscheidle YR 9 Anthony Ryan YR 10 Anthony Mott YR 11 Sofia Bird YR 12 Peter Rackemann	Information Technology Graham Reid	The Arts Bettianne Stuart
Head of Social Justice Middle Phase Ben Reynolds	Careers Centre Louise Horan		Mathematics Ben Callum	
	Access Centre Alyson Thorne		Physical Education Brian Garland	

Great news from the French Immersion Department!!!



National Language Certificates

Last August, all the French Immersion students took part in the Assessment of Language Competence Certificates, and we are pleased to announce fantastic results overall, with particularly great achievements from some students in the various year levels. There were so many distinctions and high distinctions that we had to make a selection for the awards database: for Certificate 2 (grade 8 and grade 9), 44% of our students achieved a high distinction for the Listening part and 27% for the Reading part; and for Certificate 3 (grades 10, 11 and 12), 43.8% of high distinctions in Listening. There are so many outstanding results that we are just going to name the top students in each year level.

We are particularly pleased with the following grade 8 students who achieved a HIGH DISTINCTION despite the fact that they had only been studying French for half a year, sometimes obtaining better results than the grade 9 students:

Year 8: Monica Balaz, Aurélie Bordet, Alani Faustino, Anthea Hickey, Jacinta Lok, Denissa Theenathayalan and Ashlon Crockett-Gardner

The following students were awarded a **HIGH DISTINCTION** in both Listening and Reading:

Year 9: Claire Allard, Keegan Brown, Kate Burnham, Shayne Dumka, Felicity Lok, Hannah MacHunter, Hiroki Nakata, Jordan Roe, Jordan Rogers, Brandon Trinh.

Year 10: Liam Cruz, David Futo.

Year 11: Thomas Parer, Sarah Whiteley.

Year 12: Alexandra Ancelet, Jesse Hardman, James Harvey, Lana Ristic, Kelsey Swann.

Congratulations to all the students for this outstanding effort! C'est super!

Maths Competition

The Benowa French Immersion students competed in the 2009 Mathematics International Competitions and Assessments for Schools- A competition organised by the University of New South Wales. The students obtained 8 high distinctions, 38 distinctions, and 55 credits. This is an outstanding result for our three grades in Immersion who achieved better than the state average by up to four points for each year level. All Immersion students do the competition; this makes these results all the more extraordinary!

Grade 8: (52 students from Benowa French Immersion out of 8462 participants)

3 High distinctions: Sam mainwood, Kayla Mals, Alex Stahnke

17 Distinctions: Almir Bajraktarevic, Monica Balaz, Claire Boothby, Aurelia Bordet, Ashlon Crockett-Gardner, Jarrad Eccles, Isabella Faranda, Anthea Hickey, Margaret Park, Joshua Hood, Joshua Karydis, Ryan King, Jacinta Lok, Ricky Ng, Joanna Politakis, Callum Rudwig, Gio Vannuccini, Plus 18 Credits

Grade 9: (59 students from Benowa French Immersion of 6306 participants)

4 High distinctions: Rohan Eccles, James Eggleton, Hiroki Nakata, Tiffany Tan,

15 distinctions: Thomas Cyprien, Daryl Davidson, Samuel Garland, Adam Greer, Hani Hanibali, Steven Jenkins, Imogen Kupis Moller, Luke Levi, Hannah Machunter, Rhys Macintosh, Nicola Mogel, Jessika Nguamo, Jordan Rogers, Jarrod Rowe, Jake Wilton, Plus 22 Credits

Grade 10: (37 students from Benowa French Immersion out of 6962 participants)

1 High distinction: David Futo

6 Distinctions: Massaya Enomoto, Sophie Kearney, Christie Morris, Ariella Moser, Alyssia Skellern, Ashleigh Trotter, Plus 15 credits

Congratulations and thank you to the teachers: Mrs Guerineau, Mr David and Mrs MacGillivray.

LBF - French TV at our door

Since the beginning of Term 4, Year 10 students have been watching French TV every morning in care class. On LBF, there are more than ten channels to choose from and LCI is one of the News channels students are regularly watching. It is interesting to observe that students who are in their third year of French Immersion are able to understand French spoken by TV presenters. It is also valuable for the students to hear French spoken by many different people rather than only by their teachers.

Francoise Escot

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Tyler Keeling



Jack Bright



Australian Defence Force Gap Year Entrants

Tyler Keeling (12 A) and Jack Bright (12G) have been accepted for the Australian Defence Force gap year and will start with the Army in January 2010.

Congratulations and Good Luck Boys!!

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From The Sports Desk



The 2009 Champion Basketball School of Queensland Tournament

Senior Girls Basketball Team competing in the 2009 Champion Basketball School of Queensland Tournament

The senior boys and girls basketball teams played in the Queensland All Schools Basketball Championships 2nd Division held from Thursday 17 September to Sunday 20 September. A special thanks from both teams to Mrs O'Brien who carried out our scoring duties for the duration of the tournament. This was the first time the Benowa girls had played in this competition. The team had a mixture of year groups with all players trialling for their position. The team consisted of: Josie Avuri, Brady Watkins, Tayla Wilson, Maddison Allen, Sam O'Brien, Estelle Snowball, Ariana Paurini, Shonteri Johanson, Britt Kuorokowski, Josie Tukukino and Steph Burton.

On paper the girl's team did not appear to have a lot going for them. They were a combination of volleyball players, some rep basketballers and a whole lot of inexperience. However on the court they shot, rebounded and hustled to the final whistle in every game they played. This tenacity enabled the team to win 6 of the 8 games they played and to be placed 5th in the tournament. One of the two games we lost was by 2 points in extra time. Our other loss was to Palm Beach Currumbin.

Results:

Narangba SHS	BSHS won	76 - 37	Britt 14, Ariana 12, Sam 12.
St Josephs Coll	BSHS won	76 - 30	Ariana 23, Britt 14
John Paul Coll	BSHS won	48 - 38	Maddi 17, Sam 10
AHS	BSHS won	73 - 49	Maddi 21, Sam 17
Harristown SHS	BSHS won	54 - 33	Maddi 24
Grace Luth Coll	BSHS won	65 - 31	Maddi 14, Steph 13, Josie T 13.
Palm Beach SHS	BSHS lost	22 - 49	
Moreton Bay Coll	BSHS lost	26 - 28	Maddi 10, Estelle 8

A fantastic effort girls, well done.

Mr Paurini



BENOWA YEAR 8 MIXED TEAM STATE CHAMPIONS

Congratulations to the Benowa Year 8 Mixed Team who were crowned State Champions at the Queensland All Schools touch Championships. These State Championships are held in October every year and it is one of the twelve State Title's Benowa has won over the last twelve years. It is the first time that Benowa has won a State Title in this division since the competition started. With the Year 8 Mixed winning this year, Benowa is the only school to have won a State Title in every division which is an outstanding achievement.

The Year 8 Mixed Team had to endure three gruelling days of competition, consisting of 9 undefeated games before taking out the Title. After cruising comfortably through the pool rounds, quarter and semi finals against Shalom and Cavendish Road High School, the team found themselves up against the North Queensland school of Kirwan. After racing to an early lead, Kirwan fought back, making it 3 - 3 late in the second half. But with strong defence and outstanding attack, the Year 8 Mixed were crowned State champions coming away with a 5 - 4 victory.

Results

include pool matches beating:

Alex Hills	7 - 1	
Bundaberg	6 - 3	
Sheldon	4 - 3	
Clairvaux	11 - 0	
Browns Plains	9 - 0	
Wynnum	5 - 0	then to finals matches
Shalom	5 - 1	(Quarter Final)
Cav Road	3 - 1	(Semi Final)
Kirwan	5 - 4	(Final)

The team played extremely well throughout the whole tournament, and were well deserved winners in the end. With the team consisting of strength in both attack and defence there was not one player who let the team down, all playing a part in the win. The team however did have some individual honours with Captain Brooke Holamotutama and Jared Layt winning girls and boys Player of the Final respectively. Special mention must go to both Hannah Brennan and Kiera Carnegie who battled through a hamstring and back injury to play the final day of competition, a gutsy performance!!

The full team includes: Jared Layt, Liam Kingi, Kaddison Graham, Brooke Holamotutama (c), Jardey Marsh, Shaye McIntyre, Hannah Brennan, Keira Carnegie, Jesse Mariner, Max Dempsey, Cassidy Habberfield, Elizabeth Wright. Well done!!

Mr Peter Sykes, Coach



BENOWA U15 BOYS STATE CHAMPIONS

Congratulations to the Benowa U15 Boys who were crowned State Champions at the Queensland All Schools Touch Championships. These state championships are held in October every year and it is Benowa's twelfth state title. With the Year 8's mixed winning this year, Benowa is the only school to have won a title in every division over the last 12 years which includes Open Boys, Girls and Mixed, 15 Yr Boys, Girls and Mixed and also Year 8 Mixed. The 15 boys were thoroughly deserving of their win defeating Townsville Powerhouse Kirwan 5-4 in the final. Benowa was undefeated through the tournament contesting 8 games over three days.

Results include pool matches beating:

Beerwah	7 - 0
Aspley	11 - 0
St. Lawrence's	10 - 2
Emmar's	4 - 3

Final match results were:-

Final 16	Centenary	6 - 2
Quarter Final	Ignatious Park	6 - 3
Semi Final	Rocky Grammar	4 - 1
Final	Kirnan	5 - 4

The team has some individual honours award with Queensland State Rep and Captain Luke Swan winning Player of the Final and most ASSISES leading to tries award. Brayden Johnson won the most tries award with 12 from other state rep Daniel Van der Werken 11. Nick Leonard won the rucking award and State Shadow 15's. Player Jarom Morgan won the Diving Touches Award pulling off many spectacular try saves with his full length diving. Special mention to Nathan Sandry who twisted an ankle doing a beep test

four days before the tournament and was in huge doubt only to strap himself up and get the job done on Sunday. The full team includes Luke Swan (c), Daniel Van de Werken, Jarom Morgan, Nick Leonard, Patrick Trimmer, Jarrod Smith, Brandon Cain, Brayden Johnson, Nathan Sandry, Aleks Skar and Aaron Foxover.

Well done Boys!!

Anthony Mott

QUEENSLAND VOLLEYBALL JUNIOR SCHOOLS' CUP

Silver Medallists and ...Benowa is 3rd overall in Qld !!!!

October 16th-18th saw 85 students in 10 Benowa High teams represent the school at Qld Volleyball Junior Schools' Cup at 6 different venues all over Brisbane ! These 3 days were very long and tiring for our teams and dedicated coaches, some of whom left home at 6am on the Saturday and didn't arrive back until close to midnight!! All of our teams were exceptional in terms of their behaviour on and off the court, their sportsmanship and the way they performed their court duty. Congratulations to all of these students and their coaches. A big thank you must go to all of the coaches and "assistants" who gave up so much of their own time to take charge of one of these ten teams:-

Yth Girls Div 2- Mr Ian Hutchison (& Zoe Hackett), Yth Girls Div 3 -Mrs Hope McCormack (Megan Russell & Emily Brkich); Jun Girls Honours – Mr Brian Garland; Intermediate Girls Honours – Mrs Kerry Styles (Stephanie Burton and Shonteri Johanson) ; Intermediate Girls Div 3 – Ms Amy Thompson (Mitchell Rogers) ; Yth Boys Honours –Mr Rob See & Mr James Tucker; Yth Boys Div 2 –Mr Tim Quinlivan; Jun Boys Honours –Mr Jon Burt; Intermediate Boys Div 2 –Mr Peter Sykes; Intermediate Boys Div 4 –Mr Murray Sinfeld (& Georgia Trickett).

Special mention must go to the following teams that reached the finals:-

Intermediate Girls Honours (1st Division) – These girls took out 2nd place in the highest division for their age. After being down 2 sets to nil in the Gold Medal match the team fought back to 2 sets all but were

outplayed by Holland Park in the final set. It was a valiant effort which has qualified the team for the Australian Volleyball Schools' Cup in Melbourne in December!!! Congratulations to Jessyka Nguamo, Kelly Densham, Montana Dove, sienna Russell, Lucy Wooles, Emily Haines, Tiana Burns , Kristy Brennan, Danielle Rosenbaum & Elizabeth James- coach Mrs Styles .

Youth Girls Division 2 – 2nd place These girls were denied entry to the Honours Division this year and they went on to make sure they will be given automatic entry to honours next year. Their skills and gutsy teamwork were too much for their early opposition, winning all Pool and Semi Final games 2 sets to nil. They were unlucky to lose the final 2 -1 to Nambour. Congratulations to :- Kahla Agius, Paige Wiringi, Angelina Reid, Gemma Anderton, Jardey Marsh, Claire Boothby, Hannah Xavier & Allana Williams – coach Mr Ian Hutchison.

Youth Boys Division 2 – 4th place These boys were actually supposed to be in Division 3 but with not enough teams for a viable competition in that division Volleyball Qld combined Div 2 & 3. That meant the boys ended up playing many teams that were the very top 13

Year boys' team for their school! The team did a fantastic job to get through to the Bronze Medal match but were unfortunately defeated 2-1 by Tin Can Bay. Congratulations to Jesse Mariner, Michael Dagg, Riley Harrington, Jakeb Goodall, Kane Darker, Brock Newton, Benett Stone & Renny Searson- coach Mr Quinlivan

OVERALL RESULTS

When all team results for the schools were tallied Benowa High was ranked 3rd in Queensland overall (out of the 71 State and Private schools involved)!! This is a FANTASTIC result – our best final result for 5 years. This is all due to the wonderful students and teachers who gave up so much time and effort to train and play at this competition. Thank you all for your involvement !!

Thank you also to all of the Parents who have been so supportive of all of our Volleyball students throughout this tournament. In many cases this involved doing long hours of driving and many very stressful hours supporting our teams! Without our wonderful coaches, student helpers and parents our Benowa students would not be able to take part in these tournaments. Thank you all so very much.

Mrs Kerry Styles Volleyball Coordinator



Just some of our 2009 Qld Volleyball Junior Schools' Cup participants!!

GOLD COAST SECONDARY PRINCIPALS TEACHERS GALA BALL

The recent Gold Coast Secondary Principals Teachers Gala Ball was held to celebrate the wonderful job teachers do in our school everyday. Each nominee was presented with a **Flip UltraHD - BLACK** from Videopro Business Centre.

The winner on the evening was Stephanie Wright from Helensvale State High School and her award was donated by Griffith University. The runners-up, also supported by Griffith University, were Brian Woodham from Elanora State High School and Paul Bullpitt from Robina State High School.

Our staff selected (Schools nominee name) as their nominee on the evening was. The evening was a true celebration of our outstanding educators and the influence they have on our children.

Thanks you for your support



Leanne Nixon
Principal

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"A Message from Student Support Services"

"Let's talk..." is a regular health related article from Sue Stevenson the School Based Youth Health Nurse

Let's talk - Energy Drinks

Energy drinks have become very popular with young people. I'm going to give you the information the companies that market energy drinks don't tell you.

Energy drinks Red Bull, Mother, Red Eye, V and others are not sports drinks and they do not re-hydrate you. The marketing will tell you they will give you copious amounts of energy for whatever you want to do. Yes they will give you more energy but at what cost - let me tell you the down side of getting that copious amount of energy. Energy drinks have large amounts of caffeine, sugar, & Guarana which contains even more caffeine. A can of Red Bull or V contain twice as much caffeine as a regular cup of coffee, one can of Red Eye contains four times the amount of caffeine.

So what does caffeine do? Caffeine is a stimulant; it can improve mental speed-related tasks. However, too much caffeine is not good for complex reasoning tasks. Teenagers reasoning ability isn't fully developed which is a good reason for not drinking the stuff.

Some of the more unpleasant or even dangerous effects of caffeine include:

Involuntary shaking (tremors), Muscle twitching, Irritability, headaches, nausea or vomiting, Irregular or rapid heart rate, dizziness, anxiety, panic attacks and confusion. An extreme case would be if a person became delirious or had a seizure. Seizure can result in an inability to breathe, causing death. Energy drinks can also give you diarrhoea, hyperactivity, dizziness, headache, nausea, anxiety, sleep disturbance, bed wetting, heartburn, stomach ulcers, high blood pressure, an increased heart rate and possibly even a heart attack. All these drinks also contain at least 12 teaspoons of sugar, with some having even more!

Nutritionists suggest that we limit sugar consumption to only 10-12 percent of daily kilojoule intake. This equates to 50g to around 12 teaspoons a day for women and 70g or 17 teaspoons a day for men, so less for younger people. Too much sugar reduces your immune systems ability to kill bacteria in your body by 60%. The bacterium in our mouths uses sugar to form substances that cause tooth decay. An over consumption of sugar can not only lead to becoming overweight, but the chance of developing diabetes or low blood sugar level is multiplied. Guarana

is another of the substances in energy drinks. Guarana seeds are rich in caffeine and contain up to 4-8% caffeine per berry, which is more than coffee beans which contain approximately 1-2.5% caffeine per coffee bean.

If people must drink "energy" drinks have only one can per day and make it a treat NOT a habit.

Thirsty???? Drink water! It's cheap, easy to get and will keep you hydrated!

THE NUTS & BOLTS OF PARENTING TEENS

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Senior Schooling...

Congratulations to the following students who recently commenced their traineeships:

Kristen Salmon 10A and Tory Piesse 11G who have been signed up for Certificate III in Hospitality at Benowa Salads and Juices

Stefanie Steigner 10X who has begun Certificate III in Hospitality at the Gold Coast International Hotel.

Serena Neilsen 11X Library Assistant and IT Stephanie Barlow 10 F Certificate II Retail at Brumby's Benowa

Nikita Singh 10D and Anne Thomasini 10D Certificate II Retail at McDonald's

CAREERS CENTRE

A number of students have successfully completed work experience. While these placements do not always lead on to traineeships, they nevertheless give students a valuable experience of the workplace.

A word of farewell to all Year 12 student apprentices. Congratulations on gaining your qualifications!

Miss Horan (Industry Liaison Officer)

Senior Schooling news

Year 12:

Year 12s, who are currently completing their final assessments, are to be

commended on the outstanding contribution they have made to Benowa. We will miss you.

Important dates are:

Year 12 students must be at school until 20 November to receive a QCE.

SALs will be published outside the main office on 25 November for checking.

Year 11:

Students who are planning an OP pathway are working on QCS test preparation while Year 11 students who have selected Rank have already begun work on Certificate I in Work Education. Lessons take place on Wednesday afternoons. Next year during Semester 1, lessons will be held on Friday mornings during PDP and on Wednesday afternoons in Semester 2 until the end of August.

"Community Notices"

URGENT MESSAGE FOR ALL YEAR 12's WHO ARE GOING TO UNI NEXT YEAR

By now you've put in your QTAC form (if not, you can still apply - you'll just need to pay a late fee. Visit www.qtac.edu.au for details). BUT, if you think financial hardship may affect you getting the OP you need or make it difficult for you at uni, you should also fill out the QUT Equity Scholarships Scheme and Q-Step Program application. On-time applications are due 6 November 2009. It's quick and easy AND you will be considered for an OP bonus of up to 3 points along with a guaranteed bursary of \$1000 (if you have QUT as a preference).

The Federal Government is also making improvements to Youth Allowance. This means more students will be eligible and have access to Commonwealth Scholarships. Talk to **Centrelink** on 132490.

For more information and a copy of the form call the **QUT Equity Scholarships Team** on 07 3138 5582

ATHLETES OF THE MIND SECURE FINALS BERTH

AB Patterson Public Speaking Competition

Congratulations to Tahlia Disisto (Yr 12), Madison Brown and Callum Rudig both of Yr 8 for their participation in the AB Patterson Public Speaking Competition. Tahlia and Madison won their heats and secured places in the Preliminary Finals. Topics included Tall Poppies; Random acts of kindness; Murphy's law; and The getting of wisdom. The nerves and pressure associated with presenting a speech to a group of peers, adjudicators and family members is one of the most harrowing moments in any individuals' life. To face those challenges is testament to Tahlia,

Madison and Callum's courage and personal resolve; their triumphs are truly exceptional.

I hope their success is inspirational for all students, whether in the field of public speaking and debating, sporting or artistic. Striving to succeed and achieve your personal best should be the goal of every individual; mediocrity is climbing molehills without sweating...

Jodie McFadden

Head of Communications

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LOOKING FOR VOLUNTEERS - CAN YOU HELP?!

The Silver Cord Service is currently in need of more volunteer caring callers in the Gold Coast region. Our service provides social support to clients who are elderly and/or frail, or people with a disability and their carers, who are in danger of becoming socially isolated. This support is provided through regular security calls, or weekly friendship calls to hear a friendly voice over the phone. Phone calls offer peace of mind both for the clients themselves, and their families who may not live nearby and are comforted to know someone is taking care of their loved one. This would be an ideal flexible volunteering opportunity for stay at home mums, as these phone calls can be made from home, at days/times suitable to the volunteer, and local call costs will be reimbursed if desired. It is unfortunately not a suitable option for students, as caring callers must be 18 or over.

Please contact **Bronwyn McIntyre** Team Leader - **St John Ambulance (Qld) 36329934 0429 343 773** : bronwyn.mcintyre@stjohnqld.com.au

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