

At Smithfield we are fortunate to have a great support team.

## GUIDANCE

Make an appointment to see  
**Ms Jenny Wilson**

My hours at school are:  
Monday - Friday  
8:10 am to 2.30 pm

My contact details are  
Phone: 4058 4301 or  
Email: [jwils312@eq.edu.au](mailto:jwils312@eq.edu.au)



## CHAPLAIN

**Mrs Carla Pappas**

My days at school are:  
Monday – Thursday  
8:10 am to 2.30 pm

My contact details are  
Phone: 4058 4346 or  
Email: [cpapp5@eq.edu.au](mailto:cpapp5@eq.edu.au)



## SENIOR SCHOOLING

Want a school based apprenticeship or  
traineeship?

Check out Ms Seden's noticeboard outside  
E Block for any positions available.

Make an appointment to see  
**Ms Seden.**



## YEAR CO-ORDINATORS

Year 8: Deb Kerlin [dkerl2@eq.edu.au](mailto:dkerl2@eq.edu.au)  
Year 9: Riley Dwyer [rdwye13@eq.edu.au](mailto:rdwye13@eq.edu.au)  
Year 10: David Jarman [djarm3@eq.edu.au](mailto:djarm3@eq.edu.au)  
Year 11: Sonja Metzlar [smetz4@eq.edu.au](mailto:smetz4@eq.edu.au)  
Year 12: Jan Metzlar [jmetz3@eq.edu.au](mailto:jmetz3@eq.edu.au)

## SCHOOL BASED POLICE OFFICER

**Constable Sam O'CONNOR**

My days at school are:  
Monday to Friday  
9.00 am to 2.30 pm.

My contact details are  
Phone: 4058 4346 or  
Email: [socon91@eq.edu.au](mailto:socon91@eq.edu.au)



## SCHOOL BASED YOUTH HEALTH NURSE

**Ms Alana Krzemien**

My work days at Smithfield are every  
Monday, Tuesday and Wednesdays.

Contact details are  
Phone: 4058 4333 or  
Email: [akrze2@eq.edu.au](mailto:akrze2@eq.edu.au)



## YOUTH WORKER

**Martin Comonsoli**

My day at school is: Friday

Phone: 4058 4333



## CEC

**Maureen Sweeney**

My days at school are:  
Monday to Friday

Phone: 4058 4345  
Email: [mswee8@eq.edu.au](mailto:mswee8@eq.edu.au)



"CREATING  
OUR  
FUTURE  
BY  
ACHIEVING  
PERSONAL  
BESTS"



Ms Jenny Wilson

Welcome back for Term 3. There are some important dates for our Years 12's to remember for this term.

QCS Test 1<sup>st</sup> & 2<sup>nd</sup> September

Online QTAC Applications due 30<sup>th</sup> September, 2009

Years 10, 11 & 12 students please remember to check your school email address for the Seniors Newsletter from the Guidance Office. It has important information on courses, scholarships and universities.



### Intending to Study at James Cook University in Townsville in 2010?

The John Flynn College is able to offer you fully catered accommodation. The Principal of the College, Mr Gary Doyle will be holding an information evening for interested students and parents to attend. Enrolments for accommodation open 1 September through JCU Accommodations Services at [www.jcu.edu.au/accommodation/](http://www.jcu.edu.au/accommodation/)

When: Wednesday 5<sup>th</sup> August, 2009

Time: 6.30pm to 8.30pm

Venue: Ridges TradeWinds,  
137 The Esplanade, Cairns

RSVP: 07 4727 2500 by Monday 27 July, 2009

### Young Endeavour Youth Scheme *Expand Your Horizons*

A voyage onboard Australia's national sail training ship Young Endeavour is a unique challenge. It inspires teamwork, communication, leadership and a strong sense of community responsibility.

Since 1988 the Young Endeavour

Youth Scheme, in partnership with the Royal Australian Navy, has provided dynamic training voyages for over 11,000 youths onboard the tall ship STS Young Endeavour. The ship undertakes 20 voyages each year, exploring the Australian coastline and offering a life changing experience to youth aged 16 – 23.

### How to Apply

Applications are selected randomly using a ballot, which is held twice each year. Applications for voyages from January to July 2010 are open now. To apply, complete the application (held in the Guidance Office) or visit our website at [www.youngendeavour.gov.au](http://www.youngendeavour.gov.au).

Applications close **31<sup>st</sup> August, 2009.**

For more information please visit the guidance office for the above website.

### Saint John's ToCH

The school has received a letter from St John's ToCH Cairns Branch inviting students to apply for the ToCH Leadership Program. The programme includes public speaking, report writing and demonstrates how committee procedures are used. Since 1995 the Cairns Branch has sent approximately thirty Cairns youth to the National ToCH Youth Leadership Program to places as far away as Perth and Hobart, as both participants and facilitators. The program is held in a different location each year and the next course between January 11th and 15th, 2010 will be conducted in Adelaide, South Australia. This year St John's plan is to send up to four Grade 10 or Grade 11 students to the national programme and they will cover air fares, course fees, accommodation and spending money. If you are interested in applying for the leadership course, nominations will be called from September with the selection day



being in November. Please contact Les Lovelock on 0412 557 586 or by e-mail at [leslovelock@optusnet.com.au](mailto:leslovelock@optusnet.com.au). You can also view [www.toch.org.au](http://www.toch.org.au) for more information.

### SCHOLARSHIPS

University of Queensland have just forwarded new information on their academic and equity scholarship initiatives. Details of the scholarships are:

#### Vice Chancellor Scholarships

valued at \$60,000 over five years for OP1 applicants.

#### UQ Excellence Scholarships

valued at \$24,000 over four years for OP1 applicants

**UQ Merit Scholarships** valued at \$6,000 in first year of study to applicants achieving OP 1 – 3.

**Equity Scholarships** a minimum of \$ 100,000 will be reserved for applicants from the following equity groups who meet the selection criteria for academic scholarships:

- ◆ Indigenous Australians
- ◆ Long term financial hardship
- ◆ Disability or long term medical condition
- ◆ Studying in rural/remote locations
- ◆ Difficult family circumstances.

For more information visit [www.uq.edu.au/scholarships](http://www.uq.edu.au/scholarships).

Please also note that the Guidance Office has received new programs offered at UQ in 2010. They are:

- ◆ Diploma in Music, Languages or Global Issues (completed concurrently with a primary degree)
- ◆ Bachelor of Applied Science (Exercise and Nutrition Sciences)
- ◆ Bachelor of Occupational Health and Safety Science

### The Good Universities Guide

As mentioned before, The Good Universities Guide has information about scholarships. Please register with TGUG and look at the scholarships available. The scholarships can help with accommodation, purchase of books, cadetships, travel etc.

To access this information, log on to The Good Universities Guide [www.gooduniguide.com.au](http://www.gooduniguide.com.au) and visit the scholarships section.

### DATE CLAIMERS

#### AUGUST

##### Sunday 2

UQ – St Lucia – Open Day

##### Monday 10

JCU Careers Expo Day – Townsville  
10am – 1.30pm & 4pm – 7pm

##### Sunday 16

USQ – Toowoomba – Open Day  
University of Sunshine Coast – Open Day

##### Sunday 23

JCU Open Day – Cairns  
Bond University – Open Day

##### Sunday 30

Australian College of Natural  
Medicine Open Day

#### SEPTEMBER

##### Tuesday 1

QCS Test – Writing Task, Multiple  
Choice I

##### Wednesday 2

QCS Test - Short Response,  
Multiple Choice II

##### Thursday 10

Information Evening for School  
Leavers (Year 10 & 12 students and  
parents)

##### Wednesday 30

Due date for on-line QTAC  
Applications.

Information article about a new website (developed by Optus and Kids Helpline) aimed at helping parents improve communication with their children.

### 'Talk To Your Kids' Website

**Did you know?** 1 of the top 5 reasons children call Kids Helpline is because of a breakdown in family relationships and communication.

'Talk to your kids' website, developed by Optus and Kids Helpline includes a range of practical and straightforward information, tools, and tips to help bring your worlds closer together. It covers topics such as:

#### **Sexting -**

What is sexting, why kids may do it, what are the consequences, what to look for and what to do if your child is a victim of bullying.

#### **Bullying -**

Covers symptoms, tips for talking to your child and where to go next

#### **Cyber bullying -**

Covers symptoms, tips for talking to your child and where to go next.

#### **Abuse -**

An overview of child abuse, possible symptoms, what to do if you suspect your child has been a victim and links to child protection services.

#### **Mental Illness -**

An overview of symptoms of mental illness, what to do if you suspect you child is suffering from a mental illness and everyday tips for stress reduction.

#### **Technology -**

An overview of MSN, Internet Safety and Text Speak.

#### **How to help -**

Tips for helping your child develop the necessary skills to deal with problems independently.

#### **Closing the Gap -**

Tips on how to modify your approach to communication, to make it easier to talk with children.

#### **Conversation Starters -**

Links to popular websites for particular age groups so that you can discuss their interests with them.

#### **Translator –**

To help you understand common kids-speak.

Link: <http://www.talktoyourkids.com.au/>

SSHS Wall of Support members Sam O'Connor (SBPO) and myself held a stall during Drug Action Week (DAW). Many students enjoyed the free give aways such as pens, rulers, tattoos & wristbands etc. Thanks to the Qld Police Service, several students were able to try out the Beer Goggles and put their motor skills to the test. Drug Action Week is a National Campaign to raise awareness about alcohol and other drugs issues in Australia.

### How can I ensure that my child won't come to harm from drugs?

Australia is a drug-using society and at some point it is likely that your child will come into contact with drugs.

There are a number of things parents can do to reduce the likelihood of their child coming to harm from drugs:

#### 1. Be prepared:

Anticipate potentially difficult situations that children may encounter and discuss ways to deal with these. Plan ahead by negotiating rules and expected behaviour and impress that you are most concerned about their personal safety. Negotiate an agreement that you will come and pick them up if they are unable to get home safely, and that discussions will be held over until the next day.

#### 2. Talk to your child and listen to what they have to say:

Establishing and maintaining clear, open channels of communication is the key to building trust in families. Your child may be more willing to talk about their problems if they feel they can trust you.

Talking **to** your child is very different from talking **at** your child.

#### 3. Get to know your child's friends and their parents:

Other parents can provide a great source of support and encouragement.

#### 4. Become well informed about drugs:

How your child deals with such experiences may in part depend on how informed and prepared you are about drugs and related issues.

Don't believe everything you read about drugs or see on TV. Accurate information is obtainable from a number of reliable community sources, including the Australian Drug Foundation or your local health centre. Many schools and community groups provide drug education programs for parents. Working together as a family to find out more about drugs may enhance communication between parents and children.

#### 5. Model safer or responsible drug use in the home:

Avoid using drugs as a means of coping with problems. Ensure that your own use of alcohol and other drugs is within safe and responsible limits. Discuss your own and others' drug-taking in a way that encourages your child to explore and clarify their own attitudes and values towards drugs.

#### 6. Look for alternatives to drug use:

Parents can encourage their children to use other ways to relax or deal with difficulties.

For further information please contact:

Cairns Alcohol, Tobacco and Other Drug Service 4050 3900

Alcohol and Drug Information Service 1800 177 833

Alana - School Based Youth Health Nurse 40556604 or [akrze2@eq.edu.au](mailto:akrze2@eq.edu.au)

Drug Action Week 2009 is an initiative of the Alcohol and other Drugs Council of Australia (ADCA), providing individuals, organisations, and communities with the opportunity to promote awareness of alcohol and other drugs.

