

P & C Meetings every 2nd Wednesday of the month. All Welcome. Ph. 3451 8777

Issue 6

Principal's Outlook

28 April 2009

The Loganlea School community gathered together in the presence of special guests to commemorate the ANZAC tradition and honour those who sacrificed all to allow Australians to live in peace.



Back Row: Mr Terry Milfull A.I.M.M., Principal Allison Crane, Mayor Pam Parker, Councillor Graham Able, Corinne Poynter, Daniel Kane, Federal Member for Forde Brett Raguse MP, Assistant Director General Patrea Walton, Kane Brightman, Warrant Officer Graham Smith C.S.M., Constable Moses Leiatava.
Front Row: Jye Aldridge, Gavin Loweke, Dominique Semyraha, Amber Godfrey

Assistant Director General of Education Patrea Walton congratulated our students:

"Thank you for the invitation to attend the Loganlea State High School Anzac Day Commemoration on Thursday 23 April 2009. The ceremony was highly successful and the behaviour of the students was exemplary. It is important that all students gain an understanding of the significance of Anzac Day in our nation's history. You must be very proud of the involvement of students and the key roles they played during the ceremony. Kayla Dremel, Daniel Garner-Kahler, Sophie Grewcoe, Kelsey Morgan and Rachel Battle spoke very well and I must congratulate the vocal group on their contributions as well. The presentations by these students gave me great confidence in our young people as ambassadors and future citizens."

Allison Crane

Anzac Day Commemoration Ceremony for Students



Whilst the school was commemorating Anzac Day on campus, selected captains and YAP (Youth Action Program) students were invited to attend the Anzac Day Commemoration Ceremony for Students in Anzac Square in Brisbane City. This involved over 3000 students from schools around Queensland. Selected students were also invited to lay a wreath on the Shrine of Remembrance and meet honoured servicemen and special guests. Some students were also interviewed and featured on the National Nine News. Congratulations to students on an excellent representation of Loganlea!

Katherine Bannon – Yr 12 Coordinator



A Paramount Position

Sara Saldez, Music/Humanities teacher and one of Loganlea's best kept secrets, submitted her lyrics to the Paramount Song Group in Nashville, Tennessee. On 31 March she received a letter from Paramount saying, "*What great lyrics you've sent us! In fact, we believe the talent you've displayed has **outstanding** hit song potential. So much so that we're happy to award you a Songwriting Contract .*"

We can imagine her delight in finding this letter in her mail box. Paramount Group is situated on historic 16th Avenue, where an awesome collection of talent, music business professionals, recording studios, music publishers, record producers inhabit, thrive and succeed. Just down the street Curb, MCA, Mercury, Warner Brothers Records, Sony and BMG Music Groups are established.

I am sure the whole school community wishes her every success in this venture and in her future undertakings in this arena. Fortunately Ms Saldez can still teach at Loganlea and write lyrics at home. We would miss her if she left.



Grade 8 Survey for the FRIENDS Program

Parents of grade 8 students should have received a letter for your child to be part of a survey for the FRIENDS program (a course that teaches young people positive ways to deal with stress). By surveying all of the grade 8s, we will be able to determine which students will benefit most from the course. Should your child be selected for the FRIENDS program, we will contact you with more information about the course. Could you please return the slip attached to the letter (stating if you do or do not give

consent for your child to be part of the survey) to the school as soon as possible.

Please do not hesitate to contact myself if you have any questions. I am at your school on Thursdays and Fridays.

Jodie Fisher (School Based Youth Health Nurse)



Ahoy Allan Sheppard !

From 5 April to 8 April, Loganlea State High School Captain, Allan Sheppard took a tour of duty on board 3 Royal Australian Navy ships, HMAS *Launceston* and HMAS *Ararat* (Armidale Class patrol boats) and HMAS *Sirius* (a replenishment ship). He met with Seamen Officers to discuss career paths, and while on watch he checked ropes, worked with Marinelink, the ships control centre, and shared lunch with officers in the Wardroom. Allan spoke with navy personnel about their jobs and aims to become a Seaman Officer (Navigator, Warfare Officer or Divisional Officer) commencing his training as of July 2010. He was very proud to be able to take up this opportunity through Loganlea's Career Pathways program.



Up, Up and Away with Logan Healthy Schools at Loganlea SHS

The Logan Healthy Schools Network organised a freestanding rock wall for use by our students during lunch on Thursday last week. This was organised to encourage all students to participate in different forms of physical activity. All students who participated showed great determination in reaching the buzzer at the top and the organisers commented on their courteous and friendly attitude. Our next rock wall day will be later this term, so keep listening to the school morning notices. David Cooke
HPE Coordinator



Calendar of Events

April	30	Expressions Dance Excursion
May	3	Beacon Industry Breakfast—7.30-9.00
May	6	Labour Day
May	7	Year 10 Dance Night
May	8	Arts Excursion
May	9	Cross Country Carnival
May	13	Year 8 Footsteps Workshop—2-3pm
May	14	Expressions Dance Workshop
May	20	Red Day—Pizza Day

Red Day
Wednesday 20 May 2009
Pizza—\$3.00
Soft Drinks—\$2.00
And lollies

Colds And Flu: The Common Sense

The National Prescribing Service (NPS) — a non-profit, independent organisation working to improve the health of Australians through appropriate use of medicines — offers some commonsense advice for coping with colds and flu this winter.

How can you avoid getting the flu or common cold?

- Practise preventative measures: wash your hands, and keep your fingers away from your eyes and nose.
- Avoid close contact with cold sufferers.
- Help your immune system: get plenty of rest, drink lots of fluids, eat well-balanced meals, sleep for 7 to 8 hours each night, and get regular exercise.
- Consult your doctor for an annual flu injection. Although not 100 per cent effective, the vaccination dramatically lessens the severity of the flu (but has no effect on the common cold).

Practical ways to treat the symptoms of common colds and flu

- *Don't use antibiotics.* Antibiotics won't help a common cold, the flu or other upper respiratory tract infections caused by viruses. They are used to treat

infections caused by bacteria, and so maybe prescribed by your doctor if you have a bacterial infection following a cold or flu. Most viruses however are fought and overcome by your immune system. If you have a cold, use common sense.

- *Treat the symptoms.* Over-the-counter cold remedies, decongestants and simple pain relievers may relieve some cold symptoms, but will not prevent, cure, or even shorten the illness. However, they can make you feel better!
- *Drink plenty of fluids.* Drinking plenty of liquids is essential to prevent dehydration. Hot honey and lemon drinks are a great way to soothe the throat and help to clear the nasal passages and sinuses. Also try inhaling steam. To assist with a sore throat, try throat lozenges, gargles and throat sprays.
- *Take it easy.* Shifting into lower gear by staying at home — with plenty of rest — is a good idea until you're feeling better. You won't be popular if you spread your cold around the workplace! Likewise, if you have children who are sick, keep them at home too. Kids spread germs quickly!

Will antibiotics help you to get better?

Antibiotics won't stop your cold from getting worse

and will not stop infection spreading to other people. Importantly, using antibiotics when you don't need them may make them less effective when you do need them. Antibiotics may cause side effects like stomach upsets, diarrhea and thrush.

Antibiotics may be helpful in treating respiratory illnesses not caused by viruses. These include: middle ear infection (otitis media), which can cause severe earache in children; severe tonsillitis; and sinusitis, which may cause facial pain and a thick discharge from the nose. However, these illnesses tend to get better by themselves, and antibiotics are needed only in some cases.

For more information

- Talk to your doctor or pharmacist. Telephone the NPS Medicines Line on 1300 888 763, Monday to Friday, 9 am to 6pm, for confidential, independent information about medicines for consumers.



Jodie Fisher
Youth Health Nurse

Spiritus—Foster Carers Needed

Spiritus TRACC Logan would like to hear from anybody interested in being a Foster Carer. They may be single, a couple, have family already or not. Most importantly they must have a love of children and young people and able to provide a safe, stable and supportive environment.

Foster Children may need care for a few days, months or years and can be of different ages, cultures and backgrounds. Spiritus TRACC Logan will provide ongoing training and support for their Foster Carers.

For further information, please contact **Spiritus TRACC Logan on 3340 9299**



Police Volunteers will be visiting us on the 6th May to engrave bikes, scooters, Ipods, phones, cameras etc. If you would like your student to have an item engraved — please contact Lachlan on 3451 8708