# **NERANG STATE HIGH SCHOOL**



# International Student Handbook

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# 1. Principal welcome



I am very proud of the achievements of our students over a wide range of academic, cultural and sporting pursuits. Our school has been serving the Nerang community for over thirty years and has developed a reputation of providing high quality education for the secondary students who live in our community.

The school provides a well-balanced curriculum to cater for students wishing to pursue university courses, as well as those looking to take up an apprenticeship or join the workforce upon leaving school. To this end, we have some students completing university subjects in their final year school, along with students who are solely focussed on finishing a high level academic course, while others are undertaking school based apprenticeships or traineeships and also students completing a course of vocational subjects at school. Technology plays an important role in the delivery of our curriculum and the school is well set up with computers in laboratories and in the classrooms, along with a well-supported BYOD (Bring Your Own Device) program. Highlights of the year away from the academic arena are such events as the School Musical, Swimming and Athletics Carnivals, Debating, Public Speaking, and performances from our Concert Band, Funk Band and Drumline.

Nerang High provides students with every opportunity to have a well-rounded education that prepares them to have the confidence and knowledge to succeed as young adults. We believe our school motto, Seek Within... Strive Beyond, is a guide to ensuring our students achieve their very best.

I am confident that we can meet the educational needs of your child, and look forward to you choosing us as a preferred partner in giving your child the best possible future.

Scott Ison

# **Principal**

# 2. School details

Street address 1 Weedons Road, Nerang. QLD. Australia

Officer hours Monday – Friday 8.30 – 3.00

Telephone: 07 55037 888

Fax: 07 55037 800

Absence line: 07 55037 7860

Administration Email: <a href="mailto:admin@nerangshs.eq.edu.au">admin@nerangshs.eq.edu.au</a>

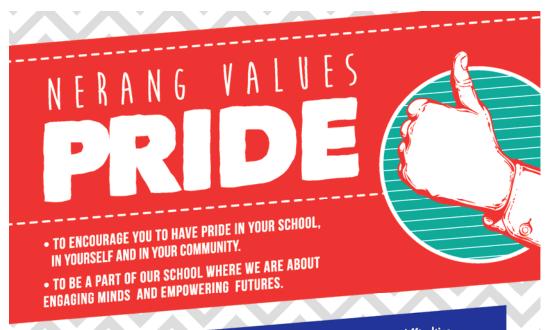
Website: www.nerangshs.eq.edu.au

Facebook <a href="http://www.facebook.com/nerangshs">http://www.facebook.com/nerangshs</a>

# 3. Administration

Administration	Name	Telephone/contact
Principal	Scott Ison	admin@nerangshs.eq.edu.au
		55037888
Deputy Principals		
<ul> <li>Year 11-12</li> </ul>	Kate Jorgenson	admin@nerangshs.eq.edu.au
<ul> <li>Year 9 – 10</li> </ul>	Kerry Wharton	55037888
• Year 7-8	Suzy Riley	
Financial matters	Donna Rath	drath6@eq.edu.au 550377804
Business Service Manager	Gayle Reese	grees1@eq.edu.au
Student Resource Scheme	,	55037 888
Student attendance	Sandy Sheppeard	absences@nerang.eq.edu.au
	,	07 55037860
Heads of Department		
• Arts	Mandy Acott	macot1@eq.edu.au
• English	Cathi Bell	cbell37@eq.edu.au
HPE Sport	Cameron Puddey	cpudd1@eq.edu.au
Humanities	Daniel Alarcon	dalar1@eq.edu.au
Information Technology	Aaron Woolnough	awool42@eq.edu.au
<ul> <li>Industrial Technology and</li> </ul>	Shane Courtney	scour33@eq.edu.au
Design		
Mathematics	Alex Eddy	astep142@eq.edu.au
Science	Lara Hayes	lhaye81@eq.edu.au
Senior Schooling	Jodie Teng	jteng5@eq.edu.au
Special Education	Ferne Laing	flain2@eq.edu.au
Visual Art and Home	Juliane Dwyer	jdwye85@eq.edu.au
Economics		
Deans of Students		
Dean of Senior School	Year 11 & 12: Sam Cox	sjcox0@eq.edu.au
Dean of Middle School	Year 9 & 10: Nigel Wilson	nwils38@eq.edu.au
Deans of Junior School	Year 8: Alex Hinge	ahin6@eq.edu.au
	Year 7: Steve Gasson	sgass4@eq.edu.au
Student Wellbeing and Support		
HOD Student Wellbeing	Nigel Wilson	nwils38@eq.edu.au
Youth Support Coordinator	Erin Watts	ewatt96@eq.edu.au
Guidance Officer	Year 8, 11, 12:	
	Rishi Jagunundan	rjagu4@eq.edu.au
	Year 7, 9, 10:	
	Kerri Henderson	khend111@eq.edu.au

# 4. School values



PERSISTENCE

Is working through things despite obstacles or difficulties. Seeing something through to the end and not giving up.

RESILIENCE

Is knowing you have the ability to deal with the hard things in life and that you can solve your own issues and problems. It is about having inner strength and self-belief.

INTEGRITY

Is adhering to moral and ethical principles. It is about being honest and true.

DIVERSITY

Is a concept that encompasses acceptance and respect. It means understanding that each individual is unique, and recognising our individual differences.

EMPATHY

Is the experience of understanding another person's condition from their perspective. It is about placing yourself in their shoes and feeling what they are feeling.

#### 5. International Team

The International Team are here to guide you with your studies and support you during your time at Nerang State High School.

Name	Role	Contact
Scott Ison	Principal	admin@eq.edu.au
Scott Ison	International Student Program –	
	Line Manager	
Tamlyn Dooley	International Student Coordinator	tdool16@eq.edu.au
Sara Tappenden	Homestay Coordinator	stapp21@eq.edu.au
Rishi Jagunundan	Guidance Officer	rjagu4@eq.edu.au
Kerri Henderson		khend111@eq.edu.au
Anita Kuschmirz-Chugg	English as a Second Language or	akkus0@eq.edu.au
	Dialect (EAL/D) Coordinator	

The international office is located at F Block (Humanities).

# 6. Emergency contacts (during school hours)

An emergency is a situation that may/ does affect your health, safety or welfare.

In the event of an emergency during school hours please contact any of the people below immediately.

Name	Role	Contact
Tamlyn Dooley	ISP Co-ordinator	tdool16@eq.edu.au
		55037 893
Fiona Carter	Student Services	fcart10@eq.edu.au
		55037806
Sara Tappenden	Homestay Co-ordinator	stapp21@eq.edu.au
		55037830
Scott Ison	Principal	sison3@eq.edu.au
		55037 888

# 7. Emergency contacts (after school hours and on the weekends)



Your safety is our number one priority. Because of this, we work with our partners to ensure you enjoy a safe and high-quality study experience. All Overseas students studying an international program at an accredited International Student Program (ISP) school can use our student support service called 1800 QSTUDY (1800 778 839).

The 1800QSTUDY service provides support for you, your authorised contacts and Education Queensland International (EQI) homestay hosts, and responds to incidents that involve Overseas students outside school hours.

You can call 1800 QSTUDY before **9.00am** and after **3.00pm** on school days, and **24 hours** a day during weekends, public holidays and school vacations.

For more information on 1800 QStudy please go to the following link <u>1800QStudy</u>

#### What is the free call 1800 QSTUDY? 1800 QSTUDY

1800 QSTUDY (+61 1800 778 839) is a free support phone service for Overseas students studying in state schools in Queensland. The service provides access to advice and assistance 24 hours a day, seven days a week. This also includes an emergency after-hours service which manages incidents for Overseas students participating in the International Student Program, Exchanges and Study Tours.

#### When should I use the 1800 QSTUDY service?

During school hours, school staff are your main point of contact but when school is closed and you would like urgent assistance, then phone free call 1800 QSTUDY.

#### At these times:

- Monday to Friday before 9am and after 3pm.
- Any time on the weekends (Saturday and Sunday).
- Any time during school holidays and public holidays.

# 8. Critical or life threatening situations - dial Triple Zero (000)

A critical or life threatening situation includes:

- immediate danger
- physical or sexual assault
- serious injury or illness
- student threatened with violence
- there has been a death.

You can download the <u>Emergency+</u> application (app) from the Apple, Google and Microsoft app stores. The <u>Emergency+</u> app helps provide critical location to emergency services.

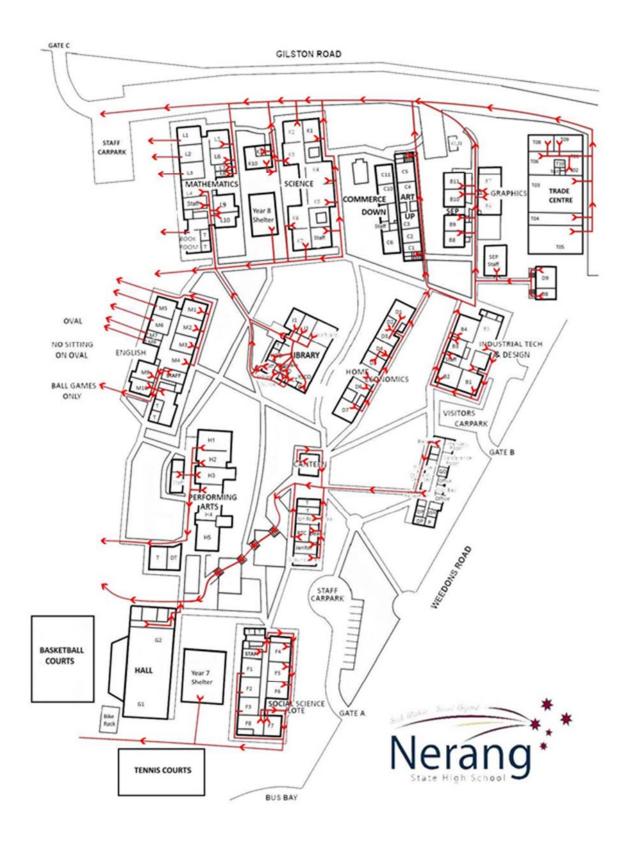
# 9. School emergency and lock down procedure

In the case of an emergency, it is important to follow the directions of the teachers.

If there is a need to evacuate your classroom, an alarm will signal 'evacuate, evacuate, evacuate' and you will be instructed to leave your bag and equipment in the room and be escorted by your teacher to the marshalling area on the oval. You can see the evacuation map on the following page. You will need to sit with your class, so that your teacher can ensure that all students are accounted for.

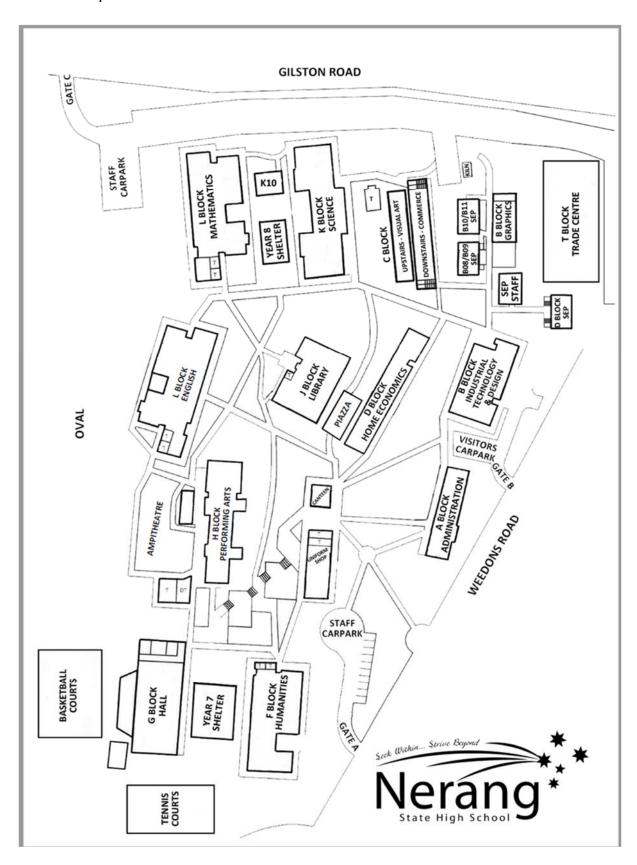
In the case of a lock down, an alarm will signal 'lock down' and your teacher will direct you to calmly move under your desk and out of sight of the windows. You will need to remain there until there is a signal 'all clear', to indicate it is safe.

# Fire evacuation map



# 10. School map and facilities

School Map Block Names



#### 11. Orientation

The Nerang State High School <u>Overseas student orientation</u> has been designed to has been designed to:

- support your wellbeing
- help you adjust to study life in Australia
- support your academic success.

Before you arrived in Queensland you would have been provided with a pin code to download your <u>Passport to Queensland</u>.

The Passport to Queensland is a mobile app exclusively developed for you as an Overseas student studying an EQI high school program. This unique app contains lots of fun games, videos, activities and information designed to help you settle into your new life and school in Queensland, so you can focus on enjoying your study experience. It also includes modules showing you how to stay safe at the beach, in the bush and in the city.

You can learn more about the app on at the <u>Frequently Asked Questions</u> page. Alternatively, you can email any questions about the app by emailing <u>yourpassport@qed.qld.gov.au.</u>



# Daily timetable

Time	Monday - Friday
8:50am	Form class
9:05am	Period 1
10:15am	Morning Tea
10:45am	Period 2
11:55am	Period 3
1:05pm	Lunch
1:50pm	Period 4
3:00pm	School finishes

# Orientation Timetable Day 1

Date	Time	Venue	Orientation topic	
Day 1	8.40am- 8:50	Library	Welcome & Introductions:	
Guest Speaker	9.15am		<ul> <li>Homestay Coordinator</li> <li>Principal's Welcome</li> <li>Guidance Officer</li> <li>Expectations and Concerns</li> <li>School values</li> </ul>	
	9.30am		Collect – Students Forms.	
			Visa, Passport, Enrolment, Subject Selection, Code of Behaviour, Homestay Code of Conduct	
			Hand out – ISP Student Handbook	
			Go through handbook /PowerPoint presentation	
			Students go in pairs to purchase uniforms	
			International Ambassadors join the group	
Morning Tea	10.10am	Library	Morning Tea - School Tour with Student Ambassadors	
Guest Speaker	10.45am		Guest Speaker – Guidance Officer	
Guest			Guest Speaker – School Nurse	
Speaker			Guest Speaker – Head of Senior Schooling	
	12.00pm		Welcome Booklet continued	
Lunch	1.00pm	Library	Packed Lunch with Student Ambassadors	
	1.30pm		Students to have photo taken	
			Obtain Timetable	
			Hand Out Evaluation     Question Time	
	3:00pm	Home Time		
	I			

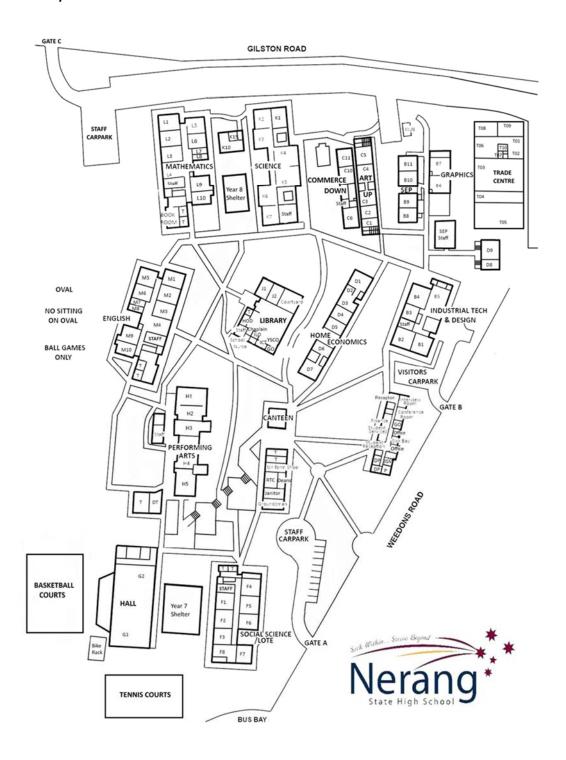
# Orientation Timetable Day 2

Date	Time	Venue	Orientation topic
Day 2	9.00am	Library – Guidance	Change of subjects
		Officer	Assessment
	10.00am		Visa conditions  • Attendance
			<ul> <li>Course progress</li> </ul>
			Behaviour
			Deferral, suspension and cancellation of enrolment
NA	10.10	19	Complaints and appeals
Morning Tea	10.10am	Library	
	10.40am		<ul> <li>Staying in a Homestay PowerPoint</li> </ul>
			<ul> <li>Communication</li> </ul>
			<ul> <li>Homestay adjustments</li> </ul>
			<ul> <li>Local map and transport</li> </ul>
			<ul> <li>Money and banking</li> </ul>
			<ul> <li>Health and safety PowerPoint</li> </ul>
			<ul> <li>Personal safety plan</li> </ul>
			<ul> <li>Medication</li> </ul>
			<ul> <li>Details of doctors and prescription</li> </ul>
			<ul> <li>Emergency services</li> </ul>
			<ul> <li>Banking</li> </ul>
			EQI travel policy and travel forms
			Transfers
			<ul> <li>SEQI holiday programs</li> </ul>
			School Excursions
11	4.00	191	Personal safety
Lunch	1.00pm	Library	
	1.50pm		<ul> <li>Local area and activities</li> </ul>
			<ul> <li>Getting around</li> </ul>
			<ul><li>Banks</li></ul>
			Legal services
			<ul> <li>Emergency services</li> </ul>
			<ul> <li>Hospital</li> </ul>
			<ul> <li>Medical services</li> </ul>
			<ul> <li>Shopping</li> </ul>
			<ul> <li>Community facilities</li> </ul>
			Events
	3.00pm	Home Time	

#### **Orientation handouts**

- International Student Handbook
- Homestay Booklet
- Diaries/ Student Planner
- Email and Phone List
- Emergency contact details
- Recreational Sport Selection
- Orientation evaluation

# Site map



#### Assembly

Assembly at Nerang State High School is held throughout the term in the Sports Hall. Year 7-9 students attend Assemblies each fortnight, with students from Year 10-12 attending Assembly on the alternate weeks of the Term. Year Level Assemblies are also held on alternate weeks.

## **Overseas student Meeting**

Overseas students meet each week in the international room at 8:30-8:45 each Friday in the international room. The purpose of the short meeting is check in with how your studies, homestay and school life are going. At the meeting you can ask questions and share your thoughts and ideas. Your International Student Coordinator will also provide updates on issues relevant to your studies, school events and upcoming items of interest.

#### 12. What to do when

#### 12.1. Late for school or class

Sign in at Student Services (Administration building), with an explanation as to why you are late.

# 12.2. Leaving school during the day

Go to the Student Services before school or during breaks with a note and request a Leave Pass.

#### 12.3. Feeling sick or unwell

Tell your teacher that you are unwell and ask to go to Sick Bay. This is located at the Administration building.

#### 12.4. Wanting to change subjects

Speak with Mrs Dooley about doing a subject change form.

# 12.5. Changing address or contact details

Speak with Mrs Dooley and then go to Student Services, at the Administration building to tell them that your details need to be changed on OneSchool.

# 12.6. Wanting to see a Guidance Officer

Ask one of your teachers or Mrs Dooley to put a referral form in for you or you can make an appointment at the Library by speaking with Ms Spiers (located at the front desk).

# 12.7. Lost property

Go to Student Services to see if your lost property has been handed in. If it is not there, speak to Mrs Dooley.

#### 12.8. Toilet access during class time

You should go to the toilet before class or during breaks. If it is urgent, your teacher may allow you to go to the toilet with a toilet pass. You will not be given permission to go to the toilet in the first 15 minutes or last 15 minutes of class.

# 13. Accommodation and welfare

# Care arrangements

While studying you must live with:

- a parent, legal custodian or Department of Home Affairs (DHA) approved guardian; or
- an approved homestay provider, if you are enrolled in high school, even if you turn 18 before completing your course.

You must not change these arrangements unless we give you written approval.

You must report any serious or urgent threat to your welfare to us immediately.

If you live with a Department of Homes Affairs approved guardian to provide for your accommodation and welfare, we will communicate with that guardian on all matters to do with your enrolment and schooling (including welfare matters) as if the guardian is your parent. You can read more about EQI's Welfare and accommodation in the following documents:

- Standard terms and conditions
- Accommodation and welfare

# 14. Living with a homestay family

Your homestay family plays an important part in your time in Australia. They have been carefully selected and will be eager to welcome you into their home. It may take some time for both yourself and your homestay family to settle in, so please take the time to develop this relationship as it will play a very important part in your happiness and success.

It is important to establish clear expectations from the beginning. If you are unsure about how things are done or what to do, make sure you ask. Your homestay family is there to give you the opportunity to learn about Australian culture and assist you in any way that they can.

Following are some suggestions on what to ask your homestay family.

- What would you like me to call you?
- What do you expect me to do daily?
- Where do I put my clothes that need washing?
- Can I use the washing machine or iron at any time?
- Can I help myself to food and drink at any time?
- Can I move my bedroom furniture around if I wish?
- Is there a special getting up time on weekends?
- Is there a bedtime?
- Can I invite friends around?
- What are the rules for using the telephone?
- What are the rules for using the internet?
- What time am I expected home on the weekends?
- Can I use household appliances when I wish?
- When and how loud can I play music?
- What are the general procedures in the household?

The way of life in Australia may be different from how you live in your country. Expectations and the degree of independence may differ and your homestay family will try to understand these differences. You also need to try and understand the differences so that you all have a

good homestay experience. If you feel you are being asked to do too much or that rules are unreasonable in your homestay, talk to the International Student Coordinator, who will discuss your concerns with the family.

When living in a homestay you must:

- respect members of the family, their property and the home environment;
- participate actively as a member of the household;
- take responsibility for your own behaviour;
- comply with the household rules;
- comply with the homestay provider's decisions about your actions and welfare, including outings and curfews;
- have a mobile telephone and carry it on your person when traveling; and
- keep the homestay provider informed of your whereabouts, and remain contactable by them, at all times.

If you fail to meet these standards, we may consider your conduct to be unsatisfactory behaviour and may cancel or suspend your enrolment, or we may withdraw approval of your welfare arrangements. This may affect your student visa.

If you want to live with a different homestay provider, you should talk to the Homestay Coordinator and the school Guidance Officer. We will not approve new homestay arrangements within the first four weeks of your stay unless there are exceptional circumstances.

If we are required to move you to a different homestay, we will generally give you at least two weeks' written notice. In exceptional circumstances (for example, if we are concerned about your safety), we may move you immediately.

If your homestay provider is temporarily unable to provide homestay for you, we will arrange for you to be temporarily placed with another homestay provider.

#### Curfews

You are required to comply with curfew times set by EQI while living in your homestay.

# 15. Culture shock

Culture shock refers to the emotional and psychological reactions to an unfamiliar culture and environment.

For Overseas students, culture shock is often uncomfortable and disorienting. Although culture shock can be positive in some ways, it's important for students to understand what culture shock is, what causes it, and how to manage its effects.

Some of the signs of culture shock include:

- feeling isolated
- increasing frustration with your host country, the school and host family
- irregular sleep patterns
- spending a lot of time alone in your room
- you are easily upset and can't concentrate at school.

Culture shock can be described as consisting of at least one of four distinct phases: honeymoon, negotiation, adjustment and adaptation.

#### 1. Honeymoon phase

The first stage of culture shock is usually positive. During the honeymoon phase the differences between the old and new culture are seen in a romantic light. For example, in moving to Australia to study, you might love the new food, the pace of life, and the locals' habits. During the first few weeks most students are fascinated by the new culture.

#### 2. Frustration/ Distress phase

After some time (usually around three months, depending on the individual), differences between the old and new culture become apparent and you may feel uneasy. Excitement may eventually give way to unpleasant feelings of frustration as a person continues to experience unfavorable events that may feel strange. Language barriers, traffic safety and food differences may heighten the sense of disconnection from the surroundings.

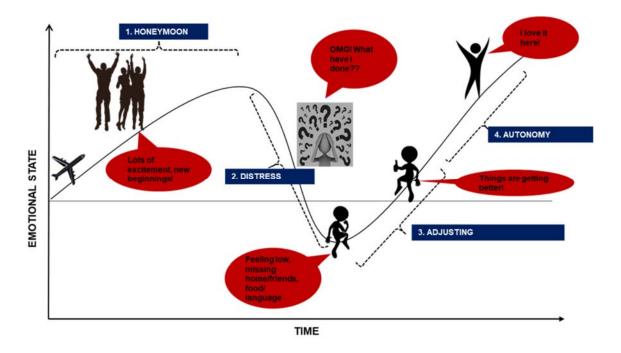
During this phase students adjusting to a new culture may feel lonely and homesick because they are not yet used to the new environment and new people they are meeting.

# 3. Adjusting phase

After some time (usually 6 to 12 months), a person grows accustomed to the new culture and develops routines. During this phase a person knows what to expect in most situations and the host country no longer feels very new. During this phase people develop problem-solving skills for dealing with the culture and begins to accept the culture's ways with a positive attitude. The culture begins to make sense, and negative reactions and responses to the culture are reduced.

#### 4. Acceptance/ Autonomy phase

Individuals in the acceptance phase are able to participate fully and comfortably in the host culture. Mastery does not mean total conversion; people often keep many traits from their earlier culture, such as accents and languages.



If you think you are feeling culture shock, here are some things that you can do:

- Be patient with yourself as culture shock is a normal reaction to a changed environment.
- Talk about how you are feeling with your host family, friends or a member of the international team.
- Keep in contact with your loved ones back home.
- Socialise and make new friends.

It is important to remember the following:

- Culture shock is a perfectly normal part of the study abroad experience.
- It is important to remember that it will pass.
- Use the experience as an important learning opportunity, helping you to become
  versatile and adaptable to change. It will equip you with valuable life skills that are
  some of the greatest benefits of studying abroad.
- Step outside of your comfort zone, make new friends, and take full advantage of the once-in-a-lifetime experiences while you can.
- Once your study abroad experience is over, your family and friends will be ready and waiting to hear all about your adventures.

The international team are here to support you so that you meet your academic goals and have a wonderful study and homestay experience while at Nerang State High School.

#### 16. Contact details

You must let your school know your residential address in Australia within seven days of arriving in Australia. You must also tell the school of any changes of residential address within seven days. Failure to do this may affect your student visa.

We also need your current telephone number and email contact details, as well as the contact details of your parent/s/legal custodians and emergency contact person/s. Any changes need to be given to us within seven days.

# 17. EQI Standard Terms and Conditions

Before you arrived in Australia you were provided with a copy of the <u>EQI Standard Terms</u> and <u>Conditions</u>. The Standard Terms and Condition outline EQI policies that relate your responsibilities and rights and EQI's responsibilities and actions required to be taken during your course of study in Queensland.

If you have not read the Standard Terms and Conditions please do so. The Standard Terms and Conditions are available in the following languages:

- Simplified Chinese
- German
- Italian
- Japanese
- Vietnamese

#### 18. Visa Conditions

#### Attendance

<u>Nerang State High School's attendance policy</u> aims to ensure students are actively engaged in school and attend every day to ensure optimal individual outcomes and student engagement. We have high expectations of student attendance. Once you have enrolled at Nerang State High School it is your responsibility to ensure that you are at school every day and that you arrive on time, ready to start class at 8.50am.

You are expected to maintain 100% attendance unless you are sick. You should always tell the school if you cannot attend for all or part of the day.

In the event that you are going to be absent from school ask your homestay parent to notify the school on the day of the absence via the absentee line 55037860 stating your name and class, the name of the person reporting the absence, the reason for the absence and the expected return date. You should also email Mrs Dooley (tdool16@eq.edu.au), to inform her that you will not be at school.

The school will record your attendance or absence every day. All absences are recorded on your school report. Electronic rolls will be marked every period. An SMS message will be sent to your homestay parents/carers of an unexplained full day absence.

It is a condition of your Sub-class 500 (schools) visa that you maintain satisfactory attendance during your period of study. Commonwealth law requires EQI to be proactive in notifying and counselling Overseas students who are at risk of failing to meet attendance requirements. EQI is required by law to report Overseas students who have breached attendance requirements.

# Important information about attendance

• Start and finish times 8:50 – 3:00

• Late arrival process Sign in at Student Services with an

explanation as to why you are late.

• School absence telephone number 55037860

• Serious, injury or incident process Contact Mrs Dooley

tdool16@eq.edu.au

# How attendance is recorded at Nerang State High School

# **Full day absences**

If you are not at school during Form Class, you will be marked absent on Daymap and this will be recorded in OneSchool.

# Part day absences

If you have a Leave Pass or sign in late, this will be marked on Daymap and recorded in OneSchool.

Further information can be found in the Roll marking in state schools procedure.

Table 1 – Absence codes for full or part day absence

Type of Absence	Code	Explanatory notes
Entire day	А	Student was absent entire day.
Early (No Penalty)	Е	Student left early, but within the final two hours of scheduled schooling. This will not count as an afternoon/half day absence.  If the student left earlier than two hours prior to the end of the scheduled school day, this will count as an afternoon/half day absence (see "P" code).
Late (No Penalty)	L	Student arrived late, but within two hours of scheduled schooling. This will not count as a morning/half day absence.  If the student arrived after the first two hours of the scheduled school day, this will count as a morning/half day absence (see "M" code).
Morning	М	Student was absent for the morning. This will count as a half day absence.
Afternoon	Р	Student was absent for the afternoon. This will count as a half day absence.

# At risk of failing to meet attendance requirements

In the <u>EQI Standard Terms and Conditions</u> you are considered to be at risk of failing to meet attendance requirements if:

- you are absent for five consecutive days or more;
- your attendance falls to 90% of your course contact hours in any school term; or
- if the school has concerns about your attendance record.

Your International Student Coordinator will require you to meet with them about your attendance record and provide evidence explaining your absences (such as medical certificates) if they are concerned.

If your attendance falls to 85% of your course contact hours in any term, we will give you and your parents/legal custodians and your Department of Home Affairs approved guardian (DHA approved guardian) a written warning.

#### **Unsatisfactory attendance**

If you do not attend at least 80% of your course contact hours, EQI will notify you in writing of their intention to report you to authorities for not achieving satisfactory attendance. EQI may exercise discretion not to report you if:

- you provide evidence of compassionate or compelling circumstances explaining your absences;
- EQI are satisfied that, in all the circumstances, it is reasonable not to report you; and
- your attendance record is at least 70% (if your attendance falls below 70%, EQI is required to report you).

If you receive a notice of EQI's intention to report you to authorities, you have the rights set out under the Appeals Policy section of the <u>EQI Standard Terms and Conditions</u>.

You can read in more detail about your attendance requirements at:

- EQI Standard Terms and Conditions
- EQI Attendance Subclass 500 (schools) visa procedure
- Nerang State High School Attendance Policy
- Managing student absences and enforcing attendance at state schools

# **Course progress**

You must maintain satisfactory course progress for each study period as required by us and outlined in the <u>Entry and course requirement standards</u>. Maintaining satisfactory course progress is a condition of your student visa. If your course progress is not satisfactory, EQI report it to authorities and your student visa may be cancelled.

At Nerang State High School we provide written reports to you and your parents or legal custodians every semester as per the <u>P-12 curriculum assessment and reporting framework</u> available on the Queensland Department of Education website.

You must complete your course within the time set out in the Confirmation of Enrolment that EQI sent you.

EQI may extend the time to complete your course only if:

- there are compassionate or compelling circumstances;
- your course load is reduced because you are having difficulty making satisfactory course progress; or
- a deferral or suspension of study is approved (see the <u>Deferral, Suspension and Cancellation Policy</u> section of the <u>EQI Standard Terms and Conditions</u>.

Where there is an adjustment to course length you must contact the Department of Home Affairs to seek advice about any potential impacts on your visa, including the need to obtain a new visa.

# **Unsatisfactory course progress**

Nerang State High School will monitor your workload and your results to ensure you complete the course on time. We will also assist you if you are having difficulties. If you are at risk of not meeting course progress requirements, we will implement suitable intervention strategies with enough time for you to achieve satisfactory course progress.

#### Formal intervention

If you are not making satisfactory course progress, the principal will give you and your parents or legal custodians a written warning. You will be required to meet with the principal to develop a plan to improve your performance.

If your next study period report indicates continuing unsatisfactory course progress, EQI will notify you in writing of our intention to report you to authorities for breaching the requirement of your visa to achieve satisfactory course progress.

EQI may notify you earlier if, in their opinion, you will not be capable of meeting the course requirements. If you receive a notice of EQI's intention to report you to authorities, you have the rights set out under the **Appeals Policy** section of EQI Standard Terms and Conditions

You can read in more detail about your attendance requirements at:

- EQI Standard Terms and Conditions
- Course progress Subclass 500 (schools visa procedure)
- Nerang State High School Assessment policy

# **Behaviour**

Nerang State High School is committed to providing a safe, respectful and disciplined learning environment for students and staff, where students have opportunities to engage in quality learning experiences and acquire support of their lifelong wellbeing.

The Nerang State High School <u>Responsible Behaviour Plan</u> is available on the school website The Responsible Behaviour Plan for Students is designed to facilitate high standards of behaviour so that the learning and teaching in our school can be effective and students can participate positively within our school community.

EQI Standard Terms and Conditions state that at school you must:

- participate actively at school;
- take responsibility for your own behaviour and learning;

- respect other members of the school community and the school environment and property;
- cooperate with staff and others in authority; and
- comply with your Nerang State High School's rules <u>student code of conduct</u> and school policy and procedures.

#### At all times you must

- comply with Australian laws and with the conditions of your student visa;
- not drink alcohol, smoke, misuse prescription medication or use illegal drugs;
- not do anything that endangers your safety or the safety of other people; and
- not do anything that may bring your school or the International Student Program into disrepute.

If your behaviour is unsatisfactory, EQI may cancel or suspend your enrolment. This may affect your student visa.

# 19. English as a Second Language or Dialect (EAL/D)

You will be offered EAL/D support during your English lessons. If you need help with your other subjects, an EAL/D teacher will assist you with support in C11.

# 20. Additional study support programs

Our school has the following study programs to support you in your studies:

Activity	Time and Location
International Students Homework	Mondays 3.00pm
Club	F Block
Subject specific tutorials	Teachers to advise

# 21. Academic policy

It is expected that you adhere to Nerang State High School's assessment policy. For assignments, you will need to submit a draft for feedback by the draft due date. Final submission of assessment is due on the final due date.

It is expected that you are present for all examinations.

Our Year 7-10 Assessment Policy and Senior Assessment Policy have specific details.

# 22. Legal services

There are a variety of legal services in the community around our school. If you need to access legal services please see the International Student Coordinator.

<u>Legal Aid Queensland</u> can help with free advice about most personal legal problems including civil law problems such as consumer issues. You can contact Legal Aid Queensland at <a href="https://www.legalaid.gld.gov.au">www.legalaid.gld.gov.au</a> or call 1300 651 188 Monday to Friday 8:30am to 5:00pm.

For legal advice you can also contact a private solicitor or a Community Legal Centre.

# **Emergency and health services**

If you have a medical emergency or need assistance with a medical matter you can call **1800 QSTUDY** (1800 778 839). You can also call your Overseas Student Health Cover (OSHC) provider.

# **Overseas student Health Cover (OSHC)**

OSHC is insurance to assist Overseas students meet the costs of (Public) medical and hospital care that they may need while in Australia. OSHC will also pay limited benefits for pharmaceuticals and ambulance services.

Details and costs of policies, including what an OSHC policy will and won't cover, and any waiting periods that may apply to certain treatment types, can be obtained by contacting each insurer directly.

OSHC is considered adequate health insurance, however, if you find your OSHC policy does not cover you for everything you want, you can take out additional private health/travel insurance.

Your OSHC provider can help you with a range of medical advice. You **should** check with your OSHC provider website as the services and support provided can vary from provider to provider.

Common advice and support OSHC providers may provide include:

- medical assistance
- referral to a doctor for medical treatment
- getting access to an interpreting service
- counselling services
- referral to a legal service
- family and friends messaging services in the event of an emergency
- personal safety

#### OSHC providers in Australia include:

Australian Health Management (ahm)

Allianz

BUPA Australia

www.allianzassistancehealth.com.au

www.bupa.com.au/healthinsurance/oshc

Medibank Private <u>www.medibank.com.au/overseas-</u> health-insurance/oshc

NIB Health Funds Limited <u>www.nib.com.au/overseas-students</u>

#### 23. Medical matters

#### **Health information**

To help us support you, we need you to tell us everything we might need to know about your physical and mental health, including your medical history, conditions and allergies, and all medications you use so we can organise anything you might need and (if you are living with a homestay provider) approve and monitor your support and general welfare arrangements as required by your student visa. This applies before you arrive in Australia and during your stay.

# Visiting a doctor

If you need to visit a doctor ask your homestay family to help you make the arrangements.

#### Medication

If you need to take medication while at school, the medication needs to have a pharmacy label and be handed in to administration. Your homestay family will need to complete a consent to administer medical form. You will need to come to the office at the time the medication is required.

#### 24. Medical treatment

If you need medical or other health care (other than routine care for minor illness or injury), we will use our best endeavours to contact your parents, legal custodians and homestay provider as soon as reasonably possible.

We may, as we think appropriate and in your best interests:

- provide or administer over-the-counter or prescribed medications; and
- administer first aid.

If we think you need treatment from a health care professional, we may authorise any medical and other professional treatment that we believe to be in your best interests. This includes hospital transfers, emergency procedures, and administering drugs and medications. To do this, we may sign consents to medical and other health procedures on your behalf.

You must reimburse us for all costs associated with medical or other treatment that we authorise for you.

For further information please the EQI Standard Terms and Conditions

#### 25. Fees

# Tuition

Tuition fees for EQI (CRICOS Provider Code: 00608A) cover:

- · all curriculum schooling and teaching costs
- curriculum-related excursions

#### Non-tuition fees

Some non-tuition fees may also apply for items such as school uniforms and non-curriculum activities. Please check with your International Student Coordinator.

#### **Uniform Price List**

#### **Overseas student Health Cover (OHSHC)**

OSHC fees± are determined by the OSHC provider and are subject to change. For further information on OSHC, please refer to your OSHC provider.

More information regarding fees can be found at the following link:

• Fees

# 26. Transfer policy

You may apply to transfer between Queensland Government schools, a non-government school or another institution registered under Australian law to provide education to overseas students.

Additional tuition, homestay or other non-tuition fees may apply for the new school, depending on the school and course chosen.

Before applying for a transfer, you should talk to your International Student Coordinator and school guidance officer and consider any relevant enrolment deadlines at other schools or institutions.

For more detailed information please see the following documents.

- Entry and course requirements
- Standard Terms and conditions

# 27. Complaints

Before you lodge a customer complaint with the department, you are encouraged to contact your school to try to resolve your issue. If you have an issue with your course, your living arrangements or your welfare, you should discuss this with your International Student Coordinator.

If you have an issue relating to your International Student Coordinator or a decision they have made, you should discuss this with your school Principal. You can bring a support person to help you at any meeting.

Customer complaints are managed in accordance with the Department of Education's Customer <u>Complaints Management Framework</u> and the <u>Standard Terms and Conditions</u> you were provided with prior to commencing your course.

You can make a formal complaint if you are dissatisfied about the service or action of a school, the department, its staff, or education agents with which EQI has arrangements to deliver your course-related service. EQI does not charge a fee for accessing the complaints process.

You can ask for help writing your complaint (for example, from your parents, your homestay provider or a lawyer) and can bring a support person to help you at any meetings we have to discuss your complaint.

More detailed information can be found in the links provided above.

#### 28. Appeals

You can appeal a decision EQI makes (Internal Appeal):

- to report you to authorities (see the <u>Attendance Subclass 500(schools) visa</u> procedures and <u>Course progress – Subclass 500 (schools) visa procedure</u>
- not to defer or suspend your enrolment, as requested by you please see the Deferral, Suspension and Cancellation procedure;

- to suspend or cancel your enrolment, as initiated by us please see the <u>Deferral</u>, <u>Suspension and Cancellation procedure</u>;
- to refuse your request for a transfer please see <u>Transfer Subclass 500 (schools)</u>
   <u>procedure</u>; or
- as a result of your complaint to us please see the <u>Complaints and appeals Subclass 500 (schools) visa procedure.</u>

EQI does not charge a fee for using the appeals process.

# **External appeal**

If you are not satisfied with the decision, you can lodge a complaint (External Appeal) with the Queensland Ombudsman by email to <a href="mailto:ombudsman.qld.gov.au">ombudsman.qld.gov.au</a> or by post to Queensland Ombudsman, GPO Box 3314, and Brisbane Qld 4001 within 10 working days of receiving our decision.

EQI will comply with any decision the Ombudsman makes.

#### 29. Travel and activities

# 29.1. Routine activities for homestay students

While living in homestay you must discuss routine activities with your homestay provider and comply with homestay provider decisions. Routine activities includes travel to and from school or off-site school activities, everyday travel with the homestay provider, and normal domestic activities such as shopping, entertainment, sports, visiting friends and health care consultations. It does not include overnight stays away from your homestay address.

# 29.2. Non-routine activities for homestay students

You must obtain our permission for all non-routine activities. This includes overnight travel away from your homestay provider's residence (with or without your homestay provider), activities where the Department of Education, trading as Education Queensland sports, leisure and recreation provider requests parental consent or activities that require supervision other than your homestay provider.

To request permission to participate in non-routine activities, please complete the Travel and activities request form (link below) and submit it to your International Student and/or Homestay Coordinator.

In assessing your request, will consideration will be given to all relevant circumstances including the nature of the activity, the arrangements for supervision, your welfare and your age and maturity. We may also consider the views of your parents, legal custodians and homestay provider but we will not necessarily grant permission even if they consent.

# **Related documents**

- Non-routine travel and activities for homestay students Subclass 500 (schools) procedure
- EQI sports leisure and recreation provider procedure Subclass 500 (schools) procedure
- Travel and activities request form

# 29.3. No high-risk activities

You must not undertake high-risk activities, even if you have the permission of your parents, legal custodians or homestay provider, unless the activities are approved by EQI.

"High-risk activities" means any activity which inherently poses an increased risk of harm, illness or injury. Examples of high-risk activities are extreme sports, water activities and recreational activities with dangerous elements.

# 30. Refund policy

# Your rights

If you do not complete your course, you may apply for a refund of some fees already paid by you (in certain circumstances). Some tuition and non-tuition fees charged by EQI are not refundable.

EQI will also pay any other refunds required by Australian law. If you demonstrate compassionate or compelling circumstances, EQI may agree to refund other unspent fees at their discretion.

Refund requests for OSHC fees must be made to your Overseas student Health Insurance (OSHC) provider.

The right to make complaints and seek appeals of decisions and action under various processes, does not affect the rights of the student to take action under the *Australian Consumer Law* if the *Australian Consumer Law* applies.

More detail regarding refunds can be accessed at:

- Standard Terms and Conditions
- Refund request form

# 31. School policy and procedures

# 31.1. Anti-bullying policy/Code of Conduct/Responsible Behaviour Plan

It is expected that you following our school expectations:

Be Prepared ● Be Responsible ● Be Respectful ● Be Punctual ● Be Engaged

For more details, see the Student Code of Conduct.

#### 31.2. Bring your own device

We are a BYOD (Bring Your Own Device) school, and this means students are able to bring personally owned devices (usually a laptop) to school for the purpose of learning. This allows students to access the internet and the school servers so that teachers and students can share learning resources and assessment. To ensure access to school resources, you must have the appropriate device that meets specified parameters. Full details are available in the BYOD Information Guide.

# 31.3. Use of mobile phones

Mobile phones are not allowed during class, unless permission is granted by the teacher. They should be turned off or on silent and put into your bag during class time.

# 31.4. Make up and jewellery policy

**Jewellery** 

A watch is optional. Necklaces, if worn, must be long enough to be concealed below the neckline. If ears are pierced, they may be fitted with simple studs or sleepers. Facial piercings must be fitted with small (less than 1mm) and simple studs only. For safety reasons, rings in the nose, eyebrow, etc are not permitted.

#### MAKE-UP & HAIR

Make-up is not permitted. Sunscreen is encouraged in our climate at all times. It should be of natural skin tone or translucent. Inappropriately long nail extensions or coloured nail polish is not permitted. Hair-cut and style are to be that which is suitable for the corporate workplace. Hair colour is to be of natural tones.

See our **Uniform Policy** for more details

# 31.5. Uniform requirements

The Formal and Sports uniform is only available from the school Uniform Shop.

- There are different uniforms for the Junior School (Years 7, 8, 9) and Senior School (Years 10, 11, 12).
- All students are required to have a Formal and Sports uniform. Sports uniform is only to be worn when timetabled with Health and Physical Education and/or Dance. Senior Students may wear their Sports uniform on a Tuesday.
- Shoes and socks are purchased from retailers and are not sold by the school uniform shop.
- Students can choose to wear an undershirt, but must ensure that it is not visible, or should the neckline be visible, the shirt must be white.
- The winter option is zip front jacket and unisex track pants which are available from the uniform shop. This DOES NOT encompass leggings/tights or Jeans.
- No matter what the circumstances, our fundamental rule is that NO HOODIES are allowed. (To ensure the safety and identification of all young people in our school).
- We recommend all students wear a hat when outside. School hats are available at the uniform shop or wearing of their own hat is approved.

Girls	Boys
Formal Uniform:	Formal Uniform:
Blouse & Skirt or Formal Shorts	Shirt and Formal Shorts
White or Black Socks *	White or Black Socks *
(ankle high or below the ankle)	(ankle high or below the ankle)
Black School Shoes*#	Black School Shoes*#
Sports Uniform:	Sports Uniform:
Sports Shirt & shorts	Sports Shirt & shorts
White or Black Socks *	White or Black Socks *
(ankle high or below the ankle)	(ankle high or below the ankle)
Predominately White or Black Sport	Predominately White or Black Sport
Shoes*	Shoes*
For Winter:	For Winter:
Zip Front Jacket	Zip Front Jacket
Pullover School Logo Jumper	Pullover School Logo Jumper
Unisex Track Pants	Unisex Track Pants
V-Neck Fleece Jumper	V-Neck Fleece Jumper

We take pride in how well our students present themselves and with your support we can maintain our high standa rd of dress.

\* Not available from the Uniform Shop

# See shoes section - over

#### SHOES

Shoes are not available at the school's uniform shop.

The correct formal footwear for Nerang State High School is:

- fully enclosed shoe with a tongue
- · sides below the ankle (no boots)
- · an entirely black upper
- black laces (or velcro-tab).

Black shoes must be worn with the formal uniform. They may be of sports style.

It is essential, for safety reasons that students wear enclosed shoes when working in potentially dangerous areas

such as laboratories, workshops, kitchens and practical art areas.



#### **SPORTS SHOES**

An appropriate Sports Shoe that is **predominately white** or **predominately black** is to be worn with the sports uniform. No coloured shoes.













The uniform shop is located in E block.

Opening hours are: 8.15am - 11.00am Tuesday

8.15am - 11.00am Thursday 8.15am - 11.00am Friday

# 32. Banking

To open and operate bank account the following information is offered as a guideline as practice may vary from bank to bank.

If you are experiencing difficulties please see the International Student Coordinator.

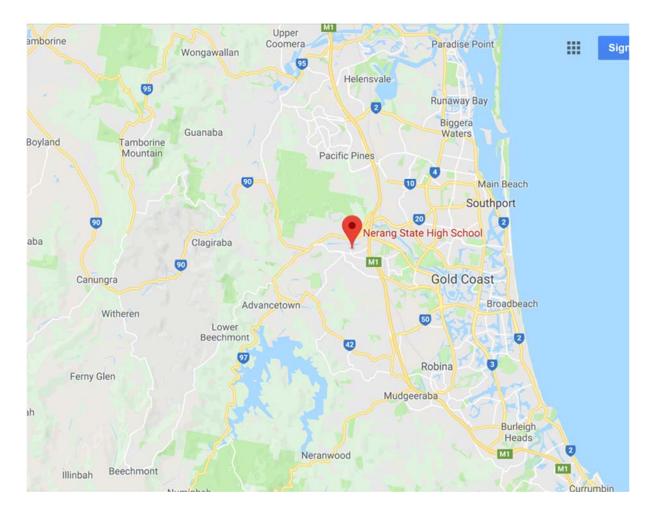
- To open an Australian bank account you will need to present your passport and possibly additional information.
- The majority of banks and building societies have internet banking, telephone banking, Automatic Teller Machines (ATM's) and branch access.

Some banks are now offering an app that you download to your smartphone to do your banking.

- Once your account is opened you will receive in the mail a card and a pin code Personal Identification Number code (PIN Code). You should NEVER disclose your PIN code to anyone.
- For your parents to transfer funds into your account you will need to provide them with the local branch identification number, your account number, bank contact details and swift code. Check with your bank as to their process and requirements).
- Credit cards such as Visa, MasterCard and American Express are widely accepted across Australia.
- Check with your bank as to opening hours during the week and on weekends.
- Do not carry large sums of money at school or when out in public.

# 33. Transport Local Area Maps





There are a number of public transport options for you to use on the Gold Coast. Use the following websites to help you to plan:

For public transport in South East QLD, use the <u>Translink</u> site.

For the Gold Coast Tram, use the G Link site.

For travel to Brisbane, use the <u>Brisbane City Council Journey Planner</u>

# 34. Driving

You must refer to the <u>Standard terms and conditions</u> and contact your International Student and/Homestay Coordinator for further advice and approvals when considering:

- · driving a vehicle
- becoming a passenger in a vehicle driven by a driver with a learner (L plate) driver's license or provisional (P plate) driver's license.

#### 35. House Structure

# 35.1. House Groups

Students are divided into houses for competition within the school as below:

House	House Colour	Students Surname Begins with:
Alpha	Blue	A - D
Beta	Gold	E - K
Gamma	Red	L-R
Delta	Green	S - Z

# **36.** School Leadership Opportunities

There are a number of ways that you are able to gain leadership positions in our school. You can nominate to be a part of our Student Council, Junior and Senior Captains or Prefects. To do this, you will need to go through the selection process. See the ISP Co-ordinator for more details.

# 37. Australian families

In Australia there is no typical family and families differ widely from each other in many ways. This is in part due to Australia being a *multicultural* society i.e. many cultures from all over the world choose to settle in Australia.

Australian families *usually* have a mother and a father, children and pets. It is also common to find *single parent* families with either the mother or father responsible for keeping the home and caring for children.

It is expected in most Australian homes that people living in the home help with household tasks. These task may include helping with food preparation and cleaning up, keeping their own bedroom clean, washing and ironing their own clothes.

# 38. Australian teenagers

Australian parents expect to be told where their teenagers are going, who they are going with, what they will be doing and the time they will be done. Homestay parents expect the same courtesy from their Overseas student. It is extremely important that international students let their homestay parents know these things also. This will avoid a lot of worry.

It is also polite to tell homestay parents in advance if you will not be home for dinner. Most parents set a time by which their children must return home, and also usually set a time for going to sleep. Some Overseas students find this difficult because they usually stay up very late. Australians generally get up early in the mornings. Australian teenagers participate in a wide range parties, using the computer, visiting friends and shopping.

#### 39. Mealtimes

#### **Breakfast**

You will be expected to make your own breakfast with food provided by the homestay family. In Australia, the typical breakfast can include;

- Cereal (a carbohydrate consisting of grains such as wheat, oats or corn) served with milk
- Toast (sliced bread that is heated in an electrical appliance called a toaster) with toppings such as peanut butter spread, Vegemite or cheese
- Eggs that are cooked and served with toast

Ask your homestay family what food is available for breakfast and ask them to show you how to prepare it. Let your homestay know if there are certain foods that you like or dislike so that they know what to buy when shopping. Please wake up early enough to allow yourself time to prepare a nutritious breakfast before leaving for school, and remember to clean up afterwards.

#### Lunch

It is most likely that you will also be required to *make and pack* your own school lunch using food provided by the homestay. In Australia, it is common for lunches to consist of sandwiches (two slices of bread with fillings such as spreads, cooked meats or salads), something sweet like biscuits or cake, a piece of fruit and a cold drink. Sometimes families give students leftover food from dinner and it can be heated up using the microwave at school. Talk to your homestay family about the choice of foods available for lunches, and if you have any problems please see the Homestay Coordinator.

#### Dinner

Dinner time varies depending on the age of the children living in the home and the hours the parent/s work until, but generally dinner is served anywhere between 5.30pm and 7.30pm. Food that is served for dinner varies greatly, however dinner usually consists of a kind of meat (such as chicken, fish, beef, lamb or pork), a variety of vegetables (potato, beans, peas, broccoli, carrots) and a serve of a carbohydrate (rice, pasta, potato, couscous or bread).

Food is usually served on an individual plate, rather than shared dishes in the centre of the table. People eat off their own plate. Generally all members of the family sit to eat the meal together and talk about the day's events. It is important to participate in *table conversation* as this is an excellent chance for you to improve your conversational English and get to know your homestay family better.

#### Expected table manners

#### Do:

- Wait until everyone is seated before eating
- Eat with your mouth closed
- Make a positive comment on the meal

#### Don't:

- Talk with your mouth full
- Eat noisily Try not to slurp your food
- Leave the table without asking, or thanking the cook

Food customs vary greatly between cultures, so ask your homestay parent if you are unsure about what is expected at the dinner table. Eating dinner with your family should be an enjoyable experience. Remember, it is okay to ask for more food if you are still hungry.

# 40. Socialising with friends

Hopefully you will make many friends while you are in Australia, and want to go out with them on the weekends. Please be considerate of your host family and always ask for permission, let

them know where you are and when you will be home. As a general rule, socialising should be limited to weekends, as week nights are for study and to spend with your host family. If friends ask you to stay over, discuss this with your host family. They may also allow you to have friends to stay, but remember not to inconvenience your host family by always having your friends in the house. Please ask your homestay parent before inviting friends over to your homestay.

Please remember to complete a travel form for overnight travel.

# 41. Expressing emotions

Australians tend to express their emotions openly and are not usually embarrassed about showing others that they are happy, sad, etc.

Many Australians find it quite acceptable to openly disagree with another person's opinion, as long as this is done in a non-aggressive and reasonable manner. In most cases, it is also considered acceptable to discuss personal problems with other people, especially friends, family and trained professionals (i.e. guidance officers in schools).

#### 42. Communication

It is normal to feel nervous when you first meet your homestay family. You will begin to feel happier when you get to know the family better. Talking to your homestay family about any worries or questions you have when you first arrive will help you adjust to living in a new country.

If you do not speak English well, you can still communicate by using the following;

- Use Google Translate or an electronic dictionary
- Draw a picture of what you want to say
- Use hand gestures or mime
- Ask another student to interpret for you

Spend some time each day with your homestay family. You can do this by watching a TV show with them, helping with dinner preparation, asking questions about Australia or talking about your home country. Don't spend all of the time in your bedroom on the computer. It is very important to make the effort to get to know your family and build a friendship with them. If you have difficulty communicating with your family please see the Homestay Coordinator for some advice and guidance.

#### 43. Manners

Manners are very important in Australian culture, and parents encourage their children to say "please" and "thank you" when they ask for something. They also encourage them to apologise (say "I am sorry") when they have done something wrong, or have upset someone. When asking for something, please remember to say, "Can I please have ..." and say "thank you" when you receive it.

# 44. Transport to school

If you live close to school, you may walk to school or ride a bike (please remember you are required by law to wear a helmet whilst riding a bike). Before you ride a bike to school, first ask your homestay parent to show you the *designated bikeway* [if applicable] to ensure this travel is safe. If you live further away, you can catch a bus or your host parent may drive you. Overseas students are not eligible for a bus pass, so you will have to pay the bus fare to and from school.

# 45. Swimming

Before engaging in water sports (for example swimming and surfing) all international students are required to complete a water skills assessment. Please contact your International Student Coordinator to arrange a water skills assessment.

Please also see the EQI <u>Non-routine travel and activities for homestay students – Subclass</u> 500 (schools) visa procedure

# 46. Surf and Beach safety

Queensland has some of the most beautiful beaches in the world. However, they can be dangerous for people who are not used to the ocean. Understanding the ocean is very important – the more you know about how waves, wind and tides affect conditions in the water, the better able you are to keep yourself safe.

#### Surf Life Saving Australia's 10 Surf Safety Hints

- 1. Always swim or surf at places patrolled by surf lifesavers or lifeguards.
- 2. Swim between the red and yellow flags. They mark the safest area to swim.
- 3. Always swim under supervision or with a friend.
- 4. Read and obey the signs.
- 5. Don't swim directly after a meal.
- 6. Don't swim under the influence of drugs or alcohol.
- 7. If you are unsure of surf conditions, ask a lifesaver or lifeguard.
- 8. Never run and dive into the water. Even if you have checked before, conditions can change.
- 9. If you get into trouble in the water, don't panic. Raise you arm for help, float and wait for assistance.
- 10. Float with a current or undertow. Stay calm. Don't try to swim against it. Signal for help and wait for assistance.

# **Useful links**

- Queensland Surf Lifesaving
- https://beachsafe.org.au/ at this link you can download their Beach Safe app.



#### Sun safe

Most of the sun's dangerous UV radiation (as much as 70%) occurs in the middle of the day, so if you are heading outside then you need to take particular care to seek shade, cover up, wear a hat and use sunscreen. Drink plenty of water in hot weather so as not to become dehydrated. Be sun safe by:

- avoid direct sun when possible
- drink plenty of water
- wear a long-sleeve shirt, wide brim hat and sunglasses
- regularly apply an SPF 30+ high protection sunscreen.

# 47. Road safety

Australian roads can be quite busy during peak time (mornings and afternoons are. It is important to take care when crossing roads, and always cross at intersections with traffic lights and/or pedestrian crossing zones. In Australia we drive on the left-hand side of the road and as such, you will need to look right, look left, and then look right again before crossing.

# 48. Extra – Curricular Activities

A variety of activities, clubs and competitions outside the academic curriculum are available for students who have a particular interest they wish to pursue. These include:

- Interschool sports
- Debating
- Chess
- Interact Club
- Public Speaking
- Kokoda Challenge
- Anime Club
- Musical
- Funk Band

- Drumline
- Dance Troupe
- Concert Band
- Mountain Biking
- Japan Trip
- Malaysia
   Humanities Trip
- Interact Club
- Student Council

- Model United Nations Assembly
- Harmony Day
- Nerang's Got Talent Quest
- Senior Leadership Camp

# Competitions:

- MLTAQ Languages Speech Competition
- Australian Maths Competition
- Geography Competition
- Gold Coast Eisteddfod
- Gold Coast Districts Sport
- Gold Coast Drama Festival
- National Drumline Competition
- Manga High Mathematics Competition
- The Write Stuff Short Story Competition
- Speaking Out Alliance Competition