24 June 2016

**Principal’s Message**

Our congratulations to Dave Scutt who has been appointed to the permanent position of Head of Department – Maths, Science and VET.

Welcome to our newest staff member who is joining us in Term 3. Rachel McKenzie, who is replacing Carol Keene (who is on Long Service Leave for the semester), is a beginning teacher with Maths qualifications.

Currently, I have been working with a number of schools in a Communities of Practice project. The area of learning is around the teaching of Junior Maths and in particular, Year 7. Staff have attended two lots of professional development in Emerald this year and Simon Hamilton has taken on the role of driving the new learning and the research in this project under the guidance of our Master Teacher, Tania Schaller. The project is looking at framing Maths learning in a positive light and changing students’ negative language to positive – “I am hopeless at Maths” to “I haven’t learnt the skills I need yet”, as well as using collected data to improve teaching.

This last fortnight we have had a visit from CQ University who worked with our Year 12 students about pathways after school. Matt Rigby visited again working with OP eligible Year 12 students on skills for the Core Skills test.

The Athletics Carnival had to be postponed due to the wonderful rain and was held on Thursday.

The beginning of Term 3 is shaping up to be busy with:

- Day 1, Week 1, Term 3 Central West Athletics being held in Barcaldine
- Week 1, a visit from Bundaberg musicians who will work with students from both LSHS and LSS
- RACQ Docu Drama to be held in Week 4. RACQ will set up a mock crash scene with very realistic victims and talk about safety

**School Camp:**

Parents are reminded that all outstanding invoices to the school must be paid before students go on school camp. Students with outstanding invoices may be excluded from optional extra curricula school activities such as school camp and formal.

If financial hardship is being experienced, the school would encourage a meeting with the Principal to set up a payment plan to reduce the outstanding debt.

With the end of term only a day away, I take this opportunity to wish everyone a great break and safe return for Term 3.

*Lesley Andrews*

*Principal*

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**Deputy Principal’s Message**

**Reporting**

Report cards have once again been sent home via email. If you have not received your child’s report yet please email me at nstea3@eq.edu.au and I will forward another copy. When time permits, please sit down with your child and go through their results then come along to our Parent-Teacher interviews on Monday 18 July from 3.20 - 6pm with your child to discuss possible areas to work on for Semester 2. The booking sheet
for interviews is attached. Please have students organise a booking time with teachers in the first week back of Term 3.

Longreach Blue Light

The Longreach Blue Light have been running a boot camp for students and staff every Thursday afternoon throughout the term. The sessions have all been unique and at a level that all participants could have success. It has been great fun having the Police come in to run the program with our students and staff. In the final session for the term, Longreach Blue Light organised for two of Longreach’s Nutritionists to come down to talk to students about making positive food choices. We would like to thank them all for the time they have put in to running a fun and engaging program for all.

Message from Ben and TJ - Longreach Blue Light

We would like to thank all the participants of the Term 2 Blue Light Boot Camp. We will be running boot camp again throughout Term 3 each Thursday commencing on Thursday 14 July 2016 at 3.15pm.

It’s only a gold coin donation to participate so come along and challenge yourself.

Green House Update

With a bit of rain, some care and attention from Craig and his assistants, Hayley, Jasmine, Riley and Madisyn, the plants in the green house are flourishing. They have grown so much over the past four weeks it is remarkable. When ready, the veges will be able to be picked and used in a range of faculties across the school. Thank you for the support from our community in starting and maintaining the garden.

Have a safe and enjoyable holiday and I look forward to seeing everyone back on Monday 11 July.

Nick Stead
Deputy Principal

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**Curriculum Head of Department’s Message**

**Work Experience**

Week 11 sees the Year 10s out and about in the community trying their hand at organised work experience. This happens twice a year for the Year 10s and is a requirement to complete their VWK course. The second work experience block will occur in week 10 of Term 3.

This is a great chance for students to get a taste of a job that may interest them and could possibly lead to a School Based Apprenticeship/Traineeship in the future. Staff from Longreach SHS will visit each student at their work site to ensure that everything is running smoothly and that students are meeting their work requirements as well as enjoying themselves.

A big thank you to our wonderful community for assisting in taking students on for a week during this time.

Businesses who have helped students with organised work experience are:

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<thead>
<tr>
<th>Centretune</th>
<th>Mercury Business Supplies</th>
<th>Longreach Primary School</th>
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<tr>
<td>Stockman’s Hall of Fame</td>
<td>Studio Exclusive</td>
<td>Yeast 2 West Bakery</td>
</tr>
<tr>
<td>Longreach Hospital</td>
<td>Longreach Engineering</td>
<td>O’Brien’s Garage</td>
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<tr>
<td>Andrew Seccombe Electrical</td>
<td>Longreach Auto Electrics</td>
<td>Longreach Motors</td>
</tr>
<tr>
<td>Our Lady’s Catholic School</td>
<td>Glen Rural Traders</td>
<td>Longreach Library</td>
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<tr>
<td>Longreach Leader</td>
<td>Outback Aussie Tours</td>
<td>CW Health</td>
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Department of Natural Resources and Mines Longreach Childcare Services

**Dave Scutt**
Curriculum HOD

**Tourism**

Recently the Tourism class participated in the National Heritage Month free hangar tour at the QANTAS Founders’ Museum. It was interesting to hear about the early days of the heritage listed hangar and then we obtained a better understanding
of the planes and conditions when we explored the QANTAS Museum. Thanks must go to Nicole who had her biggest tour group yet with us joining the tourists and to the QANTAS Museum for allowing us to tag along.

Kym Rumsey
Teacher

Guidance Officer’s Message

Laughter is the Best Medicine

How is it that the sound of laughter is far more contagious than any cough, snuffle, or yawn?

While humour and laughter can cause a domino effect of joy and amusement for anyone in range, it is well researched that this activity can make us healthier.

Though it can be difficult to define what exactly makes humour funny, laughter has long been considered helpful to the healing process. Substantial research indicates that humour and laughter play a health role. Did you know that laughing:

- exercises the internal organs (great for the stomach muscles and the cardiovascular system),
- with all that mouth opening and deep breathing, laughing gets more oxygen to the brain (to enhance alertness and thinking),
- boosts endorphins (natural mood-elevating and pain-killing chemicals),
- strengthens the immune system (to help fight off disease).

Laughter has also been shown to improve pain tolerance, reduce stress, lower blood pressure, and protect the heart.

The social effects too are many. They include:

- improving a person’s optimism and outlook on life
- connecting you to others – others will want to spend time with you
- fostering instant relaxation
- and most importantly it makes you feel good.

Unlike more invasive therapies, laughter therapy is cheap and has no harmful side effects - not bad for such an enjoyable activity.

But humour must be used with care. Children should not be exposed to inappropriate adult humour. Never use humour to offend or shame another person. It’s not about laughing at another person but ensuring everyone enjoys the joke. If you feel a need to laugh at someone make sure that that someone is you.

Laughter is a natural part of life. The part of the brain that connects to and facilitates laughter is among the first parts of the nervous system to come on line after birth. Infants begin smiling during the first weeks of life and laugh out loud within months of being born. Even if you did not grow up in a household where laughter was a common sound, you can learn to laugh at any stage of life. Now is the time.

Try these activities. They will benefit your child and you:

- Watch comedy DVDs and TV shows
- Listen to comedy while driving – the news these days is very depressing
- Read comic authors, tell jokes
- Seek out funny people - spend less time with overly serious people
- Bring humour into conversations. Tell and invite funny stories
- Just practise smiling and laughing. If you have to - fake it till you make it

Let’s see more people laughing, and smiling. Our communities, including schools and workplaces, can only benefit.

Andrew Ruzicka
Guidance Officer

Chappy’s Corner

Longreach State High School gratefully acknowledges the generosity of Yeast to West Bakery, who donate multiple loaves of beautiful fresh bread each week. This enables students to make toast at second lunch and provides bread for toasties at Chappy’s weekly student breakfasts.

Thank you Yeast to West Bakery!

Kerry Morton
Chaplain

LSHS 50 Year Celebrations

The next meeting will be held at 5.30 pm on Thursday 21 July in the High School Library.
Coming Events

P & C Meetings

The next P & C meeting will be held on Monday 25 July at 7 pm in the Library. Everyone is welcome to come along.