



**LONGREACH**  
STATE HIGH SCHOOL  
SOARING TO SUCCESS

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28 July 2017

## Principal's Message



Dear Parents/Carers,

As we enter the second half of the year we often ask the question, 'Where has the time gone?' and can feel like time is speeding up as we race towards the end of year. For many of our senior students they too are wondering 'where has the time gone?' as they prepare for life after school and

beyond. Sometimes when we feel this way it is easy to become overwhelmed or "stressed" with the large amount of things to do and apparent lack of time to do it in. One thing that has helped me when I begin to feel like this is to realise that I have been given 1 day at a time to do one day's worth of work. Large projects cannot be completed in a day and big goals take time, however by doing one bit at a time, pacing ourselves and not giving up we will be able to see progress when we look back on our time.

This term, there are a number of significant events happening in the lives of our staff and students and it is important to remember that we only need to do one thing at a time, one step at a time and the rest will look after itself. As you read in this week's newsletter of upcoming events and deadlines please contact the school if you require further information or support.

## School Opinion Survey

After the 31st July all staff, students and parents will be given the opportunity to participate in the Education Department's School Opinion Survey. This annual survey is used by both the school and department to help plan and support public schools, both locally and regionally. More information will be provided via a school email after the 31st July.

## Quadrennial School Review (QSR)

Every 4 years Longreach State High School reviews its progress over the past 4 year period and plans the future direction of the school for the next four years. An integral part of this process is seeking parent, community and student feedback and input to help make Longreach SHS an even better school in the future. To assist us in this process all parents will be asked to participate in a short 5 minute online survey to provide some valuable feedback as to what we do well, where we can improve and any suggestions for the future. This survey will be sent to parents via email or alternately a hard copy can be requested/provided through the office on 4652 8333.

## Longreach Airport Grant Success

Thanks to the Longreach Airport grants program the school has received \$1000 in funding to assist us in the purchase of a computer and associated equipment for the provision of online learning and training for our senior students. With over 63% of our senior students studying a Certificate 2 or higher they often require flexible access to computers so as to complete various assessment and training requirements. Thank you Longreach airport and we look forward to purchasing this computer in the coming weeks.

## Showcase Award Success

Longreach State High School has recently been awarded the Regional Showcase Finalist for Central Queensland and on the 31st July we will discover if we have won the State final. This prestigious award is in recognition of the great outcomes achieved by our staff and students in the senior years of schooling. A key component of this award is the outstanding outcomes achieved through the Outback College of Hospitality. As we continue to embark on our school's improvement agenda it is pleasing to receive recognition both locally, regionally and state-wide for the tremendous work and achievements of both our staff and students combined. Well done!

## Year 10 Work Experience Term 2 and 3

In the last week of term 2 all year 10 students were given the opportunity to participate in organised work experience in a variety of businesses in the Longreach Region. As I visited a number of our students 'onsite' it was great to see the positive experiences and valuable lessons they were learning on the job as they considered future career options. The year 10s will again be participating in work experience in the last week of term 3 and I encourage students to look for opportunities to experience new and diverse jobs as they plan and prepare for their future.



## Year 10 Senior Education and Training (SET) Plans

As part of the career development program all parents and students will be invited to the school in the week of the 14-18th August to participate in a SET plan meeting. This important meeting time will discuss the future goals, ambitions and pathways of your year 10 child as they plan for the senior years of schooling and life after school. Further information will be provided closer to the date and all year 10 students this term

will be working on their career and educational goals through their skills for work class (FSK) with Mrs Rumsey.

## Stymie

This week all students will be introduced to Stymie which is an anonymous, online notification system designed to assist students, parents and the community report unacceptable behaviour both on and off-line. Rachel Downie, the CEO of Stymie, will be talking to students throughout the day and parents in the afternoon to give them positive ideas and strategies for dealing with cyberbullying and bullying in general. For further information or to download the icon please visit the link below:

<http://www.stymie.com.au/>

**Brendan Krueger**  
**Principal**

## Deputy Principal's Message



### Attendance at School: Everyday counts

Research indicates a clear link between attendance rates and academic success. Those students who attend school regularly have a greater chance of success and reaching their goals. While sometimes it does not seem significant when a student

has a day off, this accumulates over their schooling. Just 3 days off a month over a year is equivalent to a loss of more than half a term. Over the course of their secondary education this represents a loss of a whole year of opportunities.

We recognise that students should not be at school when they are genuinely unwell and at times when there are extenuating circumstances for their families. By ensuring that your child is at school at all other times makes the absences for legitimate reasons more manageable for their learning.

If your child is struggling with attending school, please don't hesitate to contact the school so that together we can work on strategies to support their attendance.

**Deanne Blackmore**  
**Deputy Principal**

## Curriculum Head of Department's Message



### QATSIF – building tomorrow's leaders.

QATSIF, Queensland Aboriginal and Torres Strait Islander Foundation, is an independent public foundation established by the Queensland State Government in November 2008 to provide a secure funding source for improved educational outcomes for Queensland Aboriginal and Torres Strait Islander

young people. The Public Trustee of Queensland is the Trustee of the Foundation.

QATSIF's initial capital was created through the toil of previous generations of Indigenous Queenslanders. This capital has been invested by QATSIF's Trustee, the Public Trustee of Queensland, and the annual interest provides an income stream for scholarships and bursaries.

Under the QCE Scholarship Program, QATSIF provides two-year scholarship funding to support students undertaking senior studies in pursuit of a QCE. QATSIF funds successful schools which then provide scholarships to individual students. The intention of the funding is to increase Indigenous student retention in Years 11 and 12 and assist students to achieve their QCE.

I am pleased to announce that the following students have been successful in gaining scholarships from the Queensland and Torres Strait Islander Foundation. These students will be able to use scholarship funds to assist in the cost of their curriculum programs, ultimately assisting them to achieve a Queensland Certificate of Education. The successful students met required criteria in demonstrating a high level of academic, attendance and behavioural standards. Well done to all; we are proud of your efforts.

### QATSIF recipients for 2017 are:

Year 11	Year 12
Yasmin Weldon	William Laza
Keely Perry	Liam Oates

The Queensland and Torres Strait Islander Foundation offers scholarships to Year 10 students to assist them with the costs of education in Year 11 and 12.

Applications for Year 10 students open on:

**Wednesday 21 June** and close **Monday 28 August**.

Students must meet certain attendance, academic and cultural criteria to be eligible.

The school has provided students with information this term.

**Dave Scutt**  
**Curriculum HOD**

## Guidance Officer's Message



### Helping Children Who Bully

In all cases, students should be held responsible for their bullying behaviour. It is important to remember, however, not to bully the bully as this generates feelings of hostility and alienation. The following is a range of consequences that not only provide a clear message that bullying is unacceptable, but also build awareness and skills to promote the students' responsibility. We refer to these as formative consequences, as they provide support for students to learn

the skills and acquire the insights that they are lacking. In this way, the consequences for bullying provide an opportunity to educate and support troubled students. Through formative consequences, students who bully can learn to turn their negative power and dominance into positive leadership.

- Withdraw privileges (e.g., recess, basketball practice) and replace with an instructive activity.
- Make amends that are formative (i.e., work in tuckshop in school and give money back to the victim).
- Activities that promote perspective-taking skills and empathy (e.g., novel study, story writing, drawing a picture of what it feels like to be a victim).
- Bully reflects on his/her own strengths and weaknesses.
- Role play the victim of the same behaviours with the teacher.
- Observe acts of kindness around the school and in the community.
- Encourage the bully to identify the link between power (or strength) and kindness.
- Lead a class discussion on the harmful effects of bullying.

### Helping Children Who are Victimized

When dealing with a bullying problem, it doesn't help to instruct the victim to solve the problem him or herself. Children who are persistently victimized have most likely exhausted their strategies for responding to bullying. Each time they have been bullied, they have likely tried something to stop it. By the time they approach an adult, they have likely reached the end of their tolerance because no strategy they have tried has been successful in stopping the bullying. Furthermore, peers consider it "acceptable" to bully someone with low social status. Therefore, it is essential that an adult assist the victim and intervene to shift the power imbalance between the victim and bully. The goal is to take the power to torment away from the bully and to protect and empower the victim.

- Reassure the victimized child that it is her right to feel safe at school.
- Assure the student that you view the bullying as serious and that her concerns and fears are justified.
- Counsel to support the victim to cope with the effects of bullying.
- Generate a list of possible responses that he/she could use if similar attacks occur.
- Ensure that the victim understands the importance of confiding in an adult if this form of harassment occurs again.
- Provide the student with language to speak out for herself. Empower her to speak out against her own victimization and that of others.
- Develop strategies to strengthen and protect the victimized person.
- Build on his/her strengths to develop confidence.

- Ensure that he/she has others to support her and enhance her social status. This support can be built in numerous ways:
  - (1) Connecting the victim with prosocial peers from her own age group;
  - (2) Buddying up with an older student in the school might provide a confidant; someone who can keep an eye on the victim, and start to rebuild the victim's social status.

**Andrew Ruzicka**  
**Guidance Officer**

## Chappy's Corner

I am pleased to introduce myself as the school's new Chaplain. I have had significant experience in working with young people in the domains of health, education and Christian ministry. I enjoy listening to young people's ideas and sharing some of the wisdom I have gained over the years.

Last year Scripture Union surveyed its 800 school chaplains to discover what were the top 5 issues facing students. The following 5 were identified:

1. Friendships and peers
2. Bullying
3. School behaviour
4. Family breakdown/parent separation
5. Mental health issues (e.g. depression and anxiety)

It can be really difficult for young people to learn effectively when one or more of these issues are floating in the background. The good news is that school chaplains are a great support in this area. We know this because stakeholders gave SU chaplains the following scores out of 5 stars for their work in schools:

- 4.5 stars for providing effective one-on-one social and emotional support for students, parent/carers and staff
- 4.6 stars for playing an important role in supporting students, parent/carers and staff in times of crisis
- 4.6 stars for chaplaincy making a unique contribution to schools.

As your new Chaplain I will have the privilege of contributing to your school in a unique way. At times I will just 'be' in the school environment, providing a safe space where thoughts and feelings can be shared without judgement. At other times I will be intentional in offering specific activities and programmes to meet specific needs. I look forward to getting to know you over the weeks and months ahead. I will be at school on Wednesdays and can be found at Chappy's Place, C block.

**Susan Leirsch**  
**School Chaplain**

## LSHS Athletics Carnival

The suspense is over; I can finally announce our Age Champions and Aggregate House Winners for Athletics Carnival 2017. With a win by 670 points, Spartans took home the title for the 3rd year in a row. Insert <trophy.jpg>

This year, we were also fortunate enough to see ten brand new records; congratulations to our new record holders: Lucy Chay, Olivia Palmer, Dylan Oates, Noah Ball and Daniella Mudu.

Age champions and runners up for 2017 were:

<p><b>12 YEARS BOYS</b></p> <p><b>Age champion-</b> Jack Worland  <b>Runner up-</b> Kirk Morton</p>	<p><b>12 YEARS GIRLS</b></p> <p><b>Age Champion-</b> Lucy Chay  <b>Runner up-</b> Olivia Palmer</p>
<p><b>13 YEARS BOYS</b></p> <p><b>Age Champion-</b> Kade Buntine  <b>Runner up-</b> Rhett Harris</p>	<p><b>13 YEARS GIRLS</b></p> <p><b>Age Champion-</b> Macie Dolgner  <b>Runner up-</b> Jacqui Causer</p>
<p><b>14 YEARS BOYS</b></p> <p><b>Age Champion-</b> Adam Worland  <b>Runner up-</b> Marcus Marshall</p>	<p><b>14 YEARS GIRLS</b></p> <p><b>Age Champion-</b> Bree Lashford  <b>Runner up-</b> Maddy Richards</p>
<p><b>15 YEARS BOYS</b></p> <p><b>Age Champion-</b> Rangi Solomon  <b>Runner up-</b> Lachie Little</p>	<p><b>15 YEARS GIRLS</b></p> <p><b>Age Champion-</b> Genevieve Madden  <b>Runner up-</b> Daniella Mudu</p>
<p><b>16 YEARS BOYS</b></p> <p><b>Age Champion-</b> Mathew Worland  <b>Runner up-</b> Lachlan Rose</p>	<p><b>16 YEARS GIRLS</b></p> <p><b>Age Champion-</b> Natalya Lashford  <b>Runner up-</b> Khloe Hitson</p>
<p><b>OPEN BOYS</b></p> <p><b>Age Champion-</b> Jesse Butt  <b>Runner up-</b> Brodie Swan</p>	<p><b>OPEN GIRLS</b></p> <p><b>Age Champion -</b> Tinisha Jones  <b>Runner up-</b> Breeanna Jones</p>



Once again, thank you to all students who participated as well as staff and parents who assisted on the day. I look forward to a bigger and better 2018 Athletics Carnival!

**Hannah Dionysius**  
**Teacher | Sports Coordinator**

## Central West Athletics Carnival

Congratulations to the following students who attended Central West Athletics last week:

- Jack Pitman
- Kirk Morton
- Jack Worland
- Noah Ball
- Emily Dicoski
- Lucy Chay
- Olivia Palmer
- Rhett Harris
- Drew Young
- Kade Buntine
- Ty Jesberg
- Matilda Madden
- Kiesha Underwood
- Jacqui Causer
- Macie Dolgner
- Michael Douglas
- Marcus Marshall
- Nathan Faggotter
- Adam Worland
- Amy Dicoski
- Emily Causer
- Anne McLachlan
- Maddy Richards
- Aleighsha White
- Chloe Young
- Bree Lashford
- Blake Young
- Lachie Little
- Genevieve Madden
- Dani Mudu
- Kalab Madden
- Mathew Worland
- James Phelps
- Lachlan Rose
- Brodie Swan
- Jesse Butt
- Nick Rayner
- Will Laza
- Bree Jones

It was an excessively windy and very cold day, but all students represented Longreach High with the utmost level of sportsmanship and should be incredibly proud of themselves.

Special mention must go to Bree Lashford, Dani Mudu, Michael Douglas and Jesse Butt who received CW Age Champions for the Carnival. Students selected in the CW Team will compete at the NW Trials in Longreach in August.

I also want to recognise House Captains, Will Laza and Liam Oates, who helped officiate at events throughout the day; your work did not go unrecognised by the staff or students.



**Hannah Dionysius**  
**Teacher | Sports Coordinator**

## Bowls QLD

At the end of Term 2, five students were selected to represent our school at the Bowls QLD Secondary Schools Cup. Seth Hunt, Drew Young, Dan Saunders, Ty Jesberg and Blake Young competed in the intra-school playoff before the finalists were announced at our Celebration Parade last week.

Congratulations to Ty Jesberg and Drew Young who were selected to compete in the State Finals at Club Pine Rivers in September. Both students have been attending regular training at the Bowls Club with Mr Ray Harmsworth and we wish them the very best of luck at this competition.

**Hannah Dionysius**  
**Teacher | Sports Coordinator**

## Coming Events

### P & C Meetings

The next P & C meeting will be held on **Monday 28 August at 7pm** in the Library. Everyone is welcome to come along.

## Important Notices:

If anyone would like to compete as Longreach State High School team they can contact Liz Turner on 0428 723 060.

### Longreach Netball Association

The Longreach Netball Association will be holding its AGM on Tuesday 1 August at 5.30pm at the netball courts, Kite Street, Longreach. All welcome.

## 2017 National Disability Awards

The 2017 National Disability Awards nominations are now open.

We would be grateful for your assistance in promoting the Awards, by spreading the word to your members and local media.

It's that time of the year again to recognise the outstanding achievements of individuals and organisations helping to improve the lives of people with disability. The 2017 National Disability Awards are the Australian Government's main celebration of International Day of People with Disability, a United Nations (UN) sanctioned day celebrated each year on 3 December.

We have developed an online stakeholder kit to help you promote the Awards across a range of channels, including websites, social media platforms and electronic and printed newsletters.

<http://www.idpwd.com.au/awards/ekit/>

Please help us to honour those who are working tirelessly to make our society a better place.

### **Nominations close 11:59pm AEST, Sunday 6 August 2017**

For further information, please email [ipdwd@dss.gov.au](mailto:ipdwd@dss.gov.au), visit the link below or Like us on Facebook.

<http://www.idpwd.com.au/>

<https://www.facebook.com/idpwd/>

<http://idpwd.us7.list-manage1.com/subscribe/post?u=bb50bebad4e29736adcdacf5f&id=425b95f008>