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4 April 2014

Principal's Message



Again, the term has just seemed to fly by, but we have achieved a lot – Wellbeing Program implemented, the Mentor Program started with Year 8 and 9 students, planning going ahead with Junior Secondary and the move of Year 7 students to High School.

Staff:

I would like to thank Merryn Grocott for stepping in for Erin Landles and working for the term. Erin returns to us next term.

P & C:

I would also like to thank the 2013 P & C Executive team for their hard work in 2013-14, and to welcome and congratulate the 2014 Executive. Christo Jacobie has been elected President, Tony Tanks Vice-President, Dave Perry Treasurer, Karen Perry Secretary and Dean Mitchell Chaplaincy Representative. We look forward to another great year of input from the P & C.

Uniform Update:

Culottes: Last year, we had a sample of girl's culottes which several students tried on and wore for other students to have a look at. This year when the culottes arrived, every student who tried them on reported the same thing – they did not fit properly and were uncomfortable to wear.

I spoke with the manufacturer who checked the order and rang back and profusely apologised that they had used the old pattern by mistake!! So the old culottes were sent back and she has made us a new batch with the correct pattern. **They are on their way to the school, so if your student would like to try the new ones on, please see Di at the tuckshop.**

Health:

As always, I am interested in health matters and especially health matters for students. I recently read this easy to read, but very informative article on soft drinks. Written by Cyndi O'Meara, "Soft Drinks are not so Soft", outlines what happens when you drink a soft drink:

- Within the first 10 minutes of drinking a soft drink – 10 teaspoons of sugar (sugar or high fructose corn syrup) hit your system. This is 100% of your daily intake and the drink is laced with phosphoric acid to cut the overwhelming sweetness.
- Within 20 mins, your blood sugar spikes and your liver responds to the resulting insulin burst by turning massive amounts of sugar into fat. If you constantly drink soft drink, then this insulin burst, over time, eventually creates insulin resistance and finally diabetes can be the result. Within 40 minutes, caffeine absorption is complete, your pupils dilate, your blood pressure rises, your blood vessels dilate and your liver dumps more sugar into your bloodstream.

It goes on . . .the effects of one soft drink lasts for up to 60 minutes. I have attached the full article for you to read.

Events:

- Year 8 students have been on a very successful trip to CQU and enjoyed it despite the heavy rain.
- Year 11 students are on work experience

I trust that students all have a very safe and happy holiday, and that they return refreshed and ready for the next term.

Lesley Andrews
Principal

Deputy Principal's Message



Welcome back to our Year 8s who survived (only just) their camp last week in the wet, wet wet of Yeppoon. By all reports things went very well as mentioned later in this newsletter. Just as successful has been the placement of our current Year 11 students into local business houses (also mentioned later in this newsletter). Please accept my thanks, local businesses, for being so accommodating.

HOT: A Program for the Gifted and/or Talented

The latter stages of this term saw the commencement of our new HOT program for Gifted and Talented students. HOT promotes higher order thinking skills (creativity, advanced problem solving, designing solutions) and is managed by Year

10 Co-ordinator, Joshua Duff. Initial offering of the program has been for Year 9 students who display high results in Literacy and/or Numeracy and/or the NAPLAN strands. Phase One of HOT has been dubbed 'Embers' with the study focus being Literacy and Numeracy enhancement. Phase One closed with participants sitting the ACER Test, a nationally acknowledged testing tool. Phase Two commences in Term 2 for invited students. Focus will be on applying different types of learning styles to a humanities-styled research task. This task will replace intended Term 2 assessment and will therefore not be an added commitment/expectation upon students.

Phase Three 'Flame' will be a presentation night, where students will be able to present their findings to a small audience of parents, staff and colleagues. Our school's most recent effort at addressing top end student learning has met with a high degree of enthusiasm by each Ember member. Pending success, the program will run into Semester 2 with consideration given to inviting other students into the program.

Mid-Semester reports are released today and will be forwarded by both traditional and email forms of communication, in preparation for phasing out of posted reports (excepting those families who do not have email access). Please forward your updated details to the school early next term if changes have recently occurred.

Ian Miller
Deputy Principal

Curriculum Head of Department's Message



The end of the term has bounded along so quickly and hasn't it been a busy one? I spent week 9 on camp with the Year 8s and it was wonderful to spend time with this group. Camps are an excellent experience for both teachers and students and Mr Zuurbier, Chappy and I saw the leadership potential emerge in quite a few of our year 8s. Apart from being totally washed away for the entire time (450 mm in 2 days!!!), the trip was a valuable experience. I would like to publicly acknowledge CQ University and the "Widening Participation" team for their support of the Central West and our students.

Interim Report cards are on their way home and hopefully students and parents are happy with the results. These interim reports are used as a guide, for some to acknowledge the hard work that has gone into studies this term and for others a reminder that effort and behaviour usually reflects academic success. Parent/teacher interviews will occur early next term and we would love to see many parents attending to discuss your child's progress.

Term 2 brings, as usual, many events, including the NAPLAN tests for Year 9s. Students have been preparing for this test, and should feel confident in this preparation for the two days of testing. Our Mentor Program has focused on goal setting around essential literacy and numeracy skills, and I certainly look forward to see how far our students have progressed. More information about the administration of the NAPLAN tests as we get closer.

Safe travels to those who are going away over the break and have a great Easter.

Lisa Veney
Curriculum HOD

Curriculum Head of Department's Message



The Year 11 students have successfully participated in work experience during the last week of this term. This is their second and final round of work experience which is a part of their Certificate II in Workplace Practices course. Students have been placed at 30 different local businesses who have all volunteered their time to host our students. Such work placement allows opportunities for students to put their theoretical knowledge into the practical setting of the workplace. It also enables students to sample a career path and to see whether that may be an area they wish to pursue for the future.

Students who have completed all their theoretical work will be issued with their Certificate II in Workplace Practices in Term 2. The training they have completed will not only prepare them for the workplace, it will also give them 4 points towards attaining their QCE.

This year, Year 10 students will complete the Certificate II in Workplace Practices in one year. Attainment of the Certificate will enable students to enter their Senior Schooling Pathway with 4 of the 20 points they need to attain a QCE or enter the workforce with the base skills necessary to transition from school to work.

This opportunity would not be possible without the support of our local businesses within our community. Thank you to all the businesses who volunteered to take on our students for the week. We appreciate your continued support of Longreach SHS.

Have a safe and enjoyable break, looking forward to Term 2.

Nick Stead
Curriculum HOD

Guidance Officer's Message



Feeling Connected at School

When kids feel part of their school community and are cared for by people at their school, they are less likely to get into trouble. They also have higher levels of emotional well-being.

This feeling of belonging, often called "connectedness," can be especially important during times of stress or when difficult decisions have to be made.

Adults and peers, curricular and extracurricular activities, policies and practices all affect the level of connectedness your child feels at school.

What Is School Connectedness?

These are some of the major elements that help kids feel they belong and are cared for at their school:

- Teachers who support and care for individual students.
- Good friends at school.
- Parents and students caring about current and future academic performance.
- Discipline policies that are fair and efficient.
- Participating in extracurricular activities.

Benefits of Connectedness

Some of the benefits of helping students feel a sense of connectedness to their school community are listed below.

- Academic benefits: “Connected” kids are more likely to attend school regularly, pay attention to their grades and pursue post-secondary education.
- Reducing risky behaviour: Students who feel a sense of belonging to the school community are less likely to be involved in activities such as smoking, alcohol and substance abuse, early sexual activity, drinking and driving, suicide attempts and weapon-related violence.
- Mental well-being: Connected kids are less likely to have emotional distress or experience abuse. They are able to handle stress effectively and are more resilient (that is, they can bounce back from stress).

How Parents Can Help Kids Feel More Connected At School

The first step is to recognize the importance of school connectedness in your child’s life and development. Second, use the information in the “What Is School Connectedness?” section above to assess your child’s school situation.

As a parent, you can take these steps to influence your child’s level of connectedness:

- Attend parent-teacher meetings and get to know all of your child’s teachers through regular conversations.
- Be involved with the school. Go on field trips, volunteer and know what is happening at the school.
- Get to know your child’s friends and their families, and encourage positive peer relationships.
- Talk to your children about their grades and effort, and access resources to help you ensure they are reaching their potential and taking ownership of their performance.
- Discuss the school’s discipline policy with teachers and administrators.
- Encourage your child to get involved. Most schools offer a wide variety of extracurricular options, from band to basketball.

Your child’s sense of belonging to school (connectedness) plays a key role, not only in academic success but also in decreasing risky behaviour and supporting mental well-being.

Talk with your children about how connected they feel at school. Above all, involve yourself in their school lives and be aware of what happens there, both negatively and positively.

(Source: Feeling Connected at School <http://www.healthyalberta.com/HealthyPlaces/660.htm>)

Chaplain’s Message

Chappy’s Corner



Holidays already!!!! How quickly has this term gone? It is hard to believe that the first 10 weeks of the school year have finished already!

Last week I had the privilege of attending the CQ University trip with the Year 8s. It was awesome seeing these students have fun together. With a game involving chocolate, socks, and shoes – who wouldn’t? There was a chance to excel with basketball; table tennis; cutting chocolate into bite sized pieces before the next 6 was rolled; seeing who could stay still for the longest and who could play their music the loudest!

Witnessing the amazing talent students showed during the filming and editing of their storylines at the university was an honour. Even though it did rain, A LOT, the students did well in improvising. This was a true testament of their talents.

Some things that were shown during camp were:

- You might be small, but you can do something big.
- Everything starts small and like a seed.
- A tiger’s stripes are its own unique style, so we are not all the same.
- Some things start out small and change into something great.
- Even though you are small, you can be stronger than the biggest people.

Thanks for a great week Year 8s. Have a safe holiday and a great Easter. Don’t eat too many Easter eggs.

Jenny Edwards
Chaplain

Instrumental Music



Hello to all students and parents of the program. Lessons and band rehearsals are still on Thursdays - the band rehearsals begin at 8 am and lessons are held throughout the day as per timetable. I have given students a copy of the timetable but if you need another to keep on the 'fridge please just ask.

The concert band has already performed at the school Investiture and the Mayor’s Breakfast for 2014. The Mayor’s Breakfast performance was very successful even though we had to be there by 6.30 am! Well done band members. We have a couple of other performances coming up: The Anzac

Parade (Thursday 24 April) and we will also be performing on the Friday or Saturday at the Longreach Show - more information will be sent out as soon as we have more details.

If you have a child who would like to play Brass, Woodwind or Percussion (Drums), please contact myself or someone in the music department as we are always looking for new members.

The Longreach Town Band is also looking for more players - adult or student. If you play any woodwind, brass or percussion instrument and want to play with us then please come along on Tuesday nights at 6.30 pm at the Primary School Music Area.

Jason Osman
Instrumental Music

P & C President Message

Our P&C year started with our yearly P&C AGM. I would like to say thank you to our members who put their hands up to stand for our executive committee for 2014.

President: Christo Jacobie
Vice President: Tony Tanks
Secretary: Karen Perry
Treasurer: Dave Perry.

To our outgoing President Barry Edwards, thank you for the hard work he has put in over the last year and we wish him all the best for the year ahead.

Christo Jacobie
P & C President

Farewell Ana

It is with sadness that Longreach SHS farewells one of our staff members, Ana Naoum, who has been with us since October 2012 in the capacity of Teacher Aide and Office Administration. Ana is relocating to Warwick.

House Keeping

2013 School Magazine

This is a final call for the 2013 school magazine. It is ready to go to press and the final date for orders will be Thursday 24 April. If you would like a copy please return the order form, which is in the mailout with your student report cards, plus the \$20 payment. No further orders will be accepted after this date.

Outstanding Fees and School Camp

Parents of students participating in Year 9 and Year 11 School Camps in 2014, please be aware that all outstanding invoices to the school must be paid in full, one week prior to leaving on school camp.

School camps are classed as extra-curricular activities. Students may be excluded from extra-curricular activities (school camp) if payments of outstanding invoices are not made in full, prior to the camp commencing.

If there are any issues with meeting the payments before that date, please contact the school as soon as possible to organise a meeting with the Business Services Manager and the Principal, to discuss a payment plan. The final decision is at the Principal's discretion.

Payment of Accounts

Parents please be aware that the school office does not carry cash for change when paying an account. If paying by cash please ensure the student has the correct money. The school now has EFTPOS available for payment of accounts or the other option is to pay by BPay.

Library News

Along with the report card mail out you will have received a printout of outstanding library books for your student. If outstanding library books are not returned by week 2 of Term 2 an invoice will be issued to recover costs to replace the missing item.

Faculty News

Year 8 Camp

Last week the Year 8s travelled to Rockhampton to participate in the Hero's Journey Camp, as part of Central Queensland University's Widening Participation Program.

Despite the once in a decade rainfall (500mm +) in Yeppoon where we were staying, wet shoes, wet clothes and a nasty outbreak of flu, a fantastic time was had by all. Students spent two days on the CQU campus in Rockhampton writing, producing and editing a short film and discovering what uni life is like. Students also enjoyed a game of bowling and laser tag (including some interesting celebratory dances), shopping and dinner at Sizzler's. What was most satisfying, however, was seeing the students emerge from the four days together as a closer group and with a greater understanding of each other. Chappy, Ms Veney and I were extremely proud with how the students conducted themselves, and represented our school and community. Finally, special thanks must go to CQU for funding and organising the camp, and to the Yeppoon PCYC for hosting our stay.



Adam Zuurbier
Year 8 Coordinator

World's Greatest Shave

In 2014, over 11,000 Australians will be diagnosed with leukaemia, lymphoma, myeloma or a related blood disorder. On Friday March 28, Longreach State High School did their part to raise funds for research into better treatments and cures for these blood disorders and to aid families affected by these crippling illnesses by providing funds for transport, away from home care and emotional support where needed.

Lochlan Smith, Hamish Hart, Nathaniel Dolgner and Emily Deller were all incredibly brave in shaving their hair to fundraise for the Leukaemia Foundation, in total, raising \$635. Other students and staff participated by having their hair coloured and styled

by LSHS Art Students in a number of unique and crazy styles. In total, Longreach State High School raised \$830.

Take a look at the photos below!



Joshua Duff
Year 10 Coordinator

LSHS Embers Program

Over the past weeks, a group of high achieving Year 9 students have been participating in the inaugural Embers Program; a course which is aimed at improving the literacy and numeracy outcomes of our high achieving Year 9 students.

The small group engaged with activities that required higher order thinking and challenged the student's literacy and numeracy skills. Many of these students will now also participate in the LSHS HOT (High Order Thinking) Program which will further develop their literacy and numeracy skills, however, also target the improvement of abstract reasoning, analysis and evaluation, metacognition and problem solving aptitudes using a range of academically researched higher order thinking programs, tools and scaffolds.

Joshua Duff
Year 10 Coordinator

Ancient History

The classical Greek philosopher Socrates believed that "the secret of change is to focus all of your energy, not on fighting the old, but on building the new". Term 1 Ancient History has been a time for change for both the Year 11s and Year 12s whether it be the adjustment from Year 10 to Year 11 or the transformation of attitudes and work ethic from Year 11 to Year 12. Both groups have dealt with their own significant changes, whatever they may be, and, as Socrates suggested, built on the new rather than letting the old hold them back.

A focus on ancient Egypt for the duration of Term 1 allowed students to engross themselves in the daily lives of the tomb builders for the Pharaohs and uncover the ordinary lives of these ancient people. Propaganda was then the order of the day as students uncovered the not so ordinary life of the great female pharaoh, Hatshepsut. Our budding historians soon discovered that incest, deceit and claims of divinity were just part and parcel of a day in the life of a pharaoh such as Hatshepsut.

Congratulations to all Ancient History students on their work this term. Looking forward to Term 2 where we will dig up the dirt on modern and ancient dictators.

Joshua Duff
Year 10 Coordinator

Coming Events

P & C Meetings

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

Important Notices:

Student Immunisations

Longreach SHS and the Central and North West Queensland Medicare Local are reminding parents to check that all children are up to date with their immunisations. Schools, preschools, kindergartens and child care centres are places where children interact very closely and it is vital that they are fully protected against vaccine preventable diseases.

The National Immunisation Program provides immunisations protection for children against:

- Measles
- Diphtheria
- Polio
- Hib
- Pertussis or whooping cough
- Meningococcal C
- Invasive pneumococcal disease.

This program also provides the HPV vaccine for older children through their schools.

There have been cases of measles in most states and territories already this summer. Measles is very infectious and often causes very severe illness resulting in hospitalisations, long term complications and sometimes death.

Immunisations are vital to protect children against a whole range of very severe vaccine preventable diseases. Protecting your children now with funded vaccines will in most cases protect them for life.

If parents would like more information about immunisation, they are advised to speak to their GP.

Longreach Junior Soccer Start Date

- Longreach Junior Soccer will start on **Saturday 26 April**
- 8.30 am at the Longreach Pastoral College oval
- \$110 per child for the season
- Emails will be sent to families of children who played last year for re-registration
- If you need more information, email soccerlongreach@gmail.com or Sandy Rayner 0439 857 311