8 August 2014

Principal’s Message

Staff Movements:

Farewell and best wishes to Bec Bell as she leaves this Friday to go on to the next exciting stage of her life. We wish her well for a speedy and safe delivery. She will be replaced by Grant Sinclair, who is a Physics, Maths teacher and we welcome him to our staff.

Welcome to Bruce Burnell who is a new DRT who is based at the school. He will be travelling to various schools as a replacement teacher.

I would also like to welcome Natalie Hurst to the school. She is our new school based Youth Health Nurse and we look forward to working with her during the school year.

Events:

Next week, we welcome Michael Tuahine back to our school to work with all students. Michael is a member of the ARTIE team who works regularly in our school, but on Wednesday, August 13, he will work with all students on his breakthrough to student success program.

Michael is a powerful speaker (please see attached article) and we have structured a night for parents on the 13th in the school library, from 6.00 pm. He will speak about what students need to be successful and making smart choices. We will also have a panel made up of representatives from Community groups such as RFDS, ADFQ, the Police and mental health, to answer any of your questions.

Subject Selection night will be on Monday August 18 from 6.00 pm in the school library for Year 10 students choosing subjects for Year 11. This is really important choice for students as they will be choosing subjects for the next two years of study. These subjects will lead them to a university pathway or to further training and a job pathway. It is important to select subjects that will give them the best opportunities for where they want to head.

Lesley Andrews
Principal

Curriculum Head of Department’s Message

CW Athletics

The Central West Athletics Carnival was run by Our Lady’s School at Longreach SHS on Monday 21 July. We had 40 of our students compete in events and assist with officiating duties during the day. Of those students, 25 were successful in their selection as a part of the Central West team to compete at the Sunset Carnival on the 16 and 17 August. The Longreach SHS Team was successful in winning the Overall Points Champion Trophy for the event. Jonathan Harwood (13 years boys) and Gary Cutting (Open Boys) were awarded Age Champion medallions for their individual performance on the day. Congratulations to all students involved in the day and good luck to students competing at the Sunset Carnival.

Work Experience

Currently, our Year 10 students are attempting to source work experience for their final week of term. The work experience aims to allow students to use the theoretical knowledge learnt in the classroom and apply it to the workplace setting of their choice. Students must complete 40 hours of work experience in Term 3 and an additional 40 hours in Term 4 as a part of their Certificate II in Workplace Practices.

If you currently have a Year 10 student, they should have either found or be attempting to source a workplace to undertake their work experience. It is recommended that students try a job that would be a new experience to them and an area of interest.

If you operate or are currently working at a business that would be interested in hosting LSHS students for work experience, please feel free to contact me.

ARTIE

Our indigenous students have had the opportunity to be involved in the ARTIE program again this year. Each term, Steve Price and Michael Tuahine have come to the school with a challenge for the students to work toward. Students are given a gold, silver or bronze rating, depending on how successful they were in each of the challenges. Tahlia Graham, Keely Perry, Darci Perry and Renee Hughes were all successful in achieving the gold standard in both Term 1 and Term 2, which
has enabled them to attend the ARTIE Leadership Camp. Our students will join other successful students from the Townsville area, to participate in the leadership camp being held on Magnetic Island.

Nick Stead  
Curriculum HOD

Instrumental Music

Concert of Ideas Workshop

On Friday 25 July the High School Band members attended the Concert of Ideas workshop held at the LSS Retreat. Our students played very well and were taken through different aspects of their playing and how to improve their performance (and their instructor’s as well). In the evening the band students played at the concert held at the Qantas Museum with the Concert of Ideas group and produced a very enjoyable concert. It was a great day and the band members acquitted themselves very well.

Symphony Orchestra Visit

A group of QSO musicians will be visiting Longreach from the 8 - 10 October and our school will have a demonstration and workshop on Thursday 9 October. The demonstration will go for 20 to 30 minutes and then there will be workshops for our band students afterwards. There will be a concert held on Thursday 9 October at the Qantas Museum that night which will involve our school band and other local bands and groups. More information will be given out once we have more details.

Recruitment

We are always looking for more band students to play: Trumpet, Clarinet, Flute, Saxophone, Trombone, Tuba, Euphonium or Percussion. Even if you didn’t play an instrument in primary school, you are welcome to join and start playing an instrument, you don’t have to have played an instrument before. The school does have some instruments that can be loaned if needed. All you need is to be reliable attending lessons (and later, band) and be willing to do a little practice at home each week.

Lessons and Band Rehearsals

Don’t forget that lessons and band rehearsals are still held on Thursdays, band at 8 am (all students) and lessons as per the timetable. If you need a copy of the timetable please ask Mr Osman for one. If you are going to miss a lesson or band practice you need to inform Mr Osman BEFORE the rehearsal or lesson.

School Nurse Report

Dear Parents and Students,

My name is Natalie Hurst and I am the new School Based Youth Health Nurse for the Longreach High School. I am looking forward to working at your school, and want to tell you a little about what I can do.

My role is to support the principal, staff, parents, and most importantly the students in a health promotion and prevention role. Anybody can make an appointment to see me when I am at your school. I can see people on an individual, group or whole of school basis. Some reasons students may like to make an appointment to see me are things such as:

- Relationship problems at home or at school
- Any health problem that is new or existing
- Lifestyle issues such as dietary problems, trouble sleeping and exercise
- Feeling stressed or anxious
- Alcohol or drug misuse
- Bullying or peer pressure problems

I can help people link in with other services if necessary, such as GPs, Child and Youth Mental Health Nurse and Guidance Counsellors.

The teaching staff can encourage a student to see me if they think there are reasons for it.

Parents/guardians can make an appointment to see me if they have concerns of any nature about their child. I can offer support to parents on how to manage situations at home, or concerns about school.

I will be providing education to classes or whole year levels on topics such as those mentioned above. Please feel free to give me ideas on what you think students need information on.

I will be visiting Longreach State High School every Monday, commencing Monday 28 July. For further information please contact the school – 4652 8333

Natalie Hurst  
School Based Youth Health Nurse

Chaplain’s Message:

Jigsaws and Death

A couple of years ago I attended a workshop run by Doris Zagdanski who is a well-known writer, trainer and educator of the topic of grief; as well as having written many books on grief, Doris works in the funeral industry.

At this workshop Doris reminded the participants that our lives are like a jigsaw puzzle with many pieces. When a jigsaw has a piece missing it doesn’t quite look right. We too may not be quite right when we lose a piece from our lives. That piece could be the passing of a relative; it could be losing friends because you have moved; it could be a pet that has been put down or any other circumstance that causes us to grieve. Just like it takes time to complete a puzzle it also takes time to juggle the pieces around in our lives so that our jigsaw puzzle is complete again. In some cases we will never find the right piece to fit into that gap and that is ok.
If you are going through a tough time at the moment, have a look at your jigsaw puzzle – your life. Is there a piece missing? Does anyone know? Can I encourage telling someone so that you can receive the necessary care? When one piece disappears, it affects so many of the other pieces in our lives.

Time: Allow yourself time to grieve for that missing piece of your life puzzle. We all grieve differently meaning that we all go through the similar grief pattern, but at different stages. We need to give ourselves time to grieve over that missing piece whether it is a pet who has died; a family member or friend who has passed away; or any other extreme circumstance. Grieving is ongoing.

Sometimes we will never find that right piece again and that is ok, as long as we communicate with someone that we have a piece missing and that we need help. It’s easy to not allow ourselves to grieve because it can be seen as a weakness, please don’t let this discourage you from grieving or speaking to someone.

Have a look at your jigsaw puzzle of life and chat to someone if you have a piece missing.

Jenny Edwards
Chaplain

Faculty News:

Year 9’s Get Child Care Kids Rolling

In Term 2, our Year 9 Industrial Technology and Design class were introduced to wood turning. Students made small wooden rolling pins from hoop pine using the wood lathe. In the last week of term the class delivered the rolling pins along with playdough to the Longreach Child Care Centre on Wom poo Road. Our students enjoyed the opportunity to share the gift with the children and experienced the reward of their hard work.

I would like to thank Joanna and the Longreach Child Care Centre team and children for the opportunity.

Matthew Sampson
INTAD Coordinator

Coming Events

P & C Meetings

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

Important Notices:

Breakthrough to Student Success

The story of Michael Tuahine stems from his two passions in life – artistic performance and community development. As an entertainer, Michael has performed on some of the country’s biggest stages after training and graduating from the National Institute of Dramatic Art (NIDA) in 2001 (Mel Gibson, Nicole Kidman and Kate Blanchet are graduates).

Michael has since developed a reputation for working with students and parents and is a motivational speaker with a difference. He works with the Former Origin Greats (FoGS) Artie Beatson program and visits a number of schools throughout Queensland working with indigenous students to improve their attendance, effort and behaviour.

He is a professional speaker and his message is around what it takes to breakthrough to success. He uses stories about his past and his journey to where he is today.

Michael has been engaged by Longreach State High School and Community group (RFDS) to work with all students at Longreach SHS and is presenting a parent night.

In an effort to support our students and parents, and given the current issues facing our teenagers, we have structured a parent evening where Michael will talk about breaking through to success and how parents can help their students make right choices. He will then open up questioning to panel members and will facilitate this process. The panel will consist of members from Community groups such as RFDS, Medicare Local, ADFQ – drug and alcohol, and Mental Health.

Where: Longreach State High School Library
When: Wednesday August 13, 2014
- 6.00 pm – 7.30 pm
RSVP: 4652 8333

QSchools App

You now have a new way to interact with Longreach State High School using the QSchools smartphone app. If you own a smartphone, you are encouraged to download the QSchools App. This app is a convenient way to receive up-to-the-minute information from our school.

The app is designed to integrate with the school website and you are automatically kept up to date when the school website is updated with the latest news, newsletters, events and information.
White Card

Limited spots available.

The 2014 Central West Careers Expo would like to offer senior school student’s the opportunity to complete their construction industry white card.

The course is completed online through a registered RTO, students will be signed up and receive an information session on ‘What is a Construction White Card and what is it used for’.

To register or further information contact Laura Scully at Youthinvest 0407 471 386 laura.scully@australianbusiness.com.au

QANTAS Business Course

Certificate 3 Guarantee

Business Course at Qantas Founders Museum, Longreach starting Monday 25 August for 2 weeks, finishing Friday 5 September.

Register Now!

The Queensland Government has introduced the Certificate 3 Guaranteed Program with the objective of providing funded places for students to undertake Certificate III in various occupations.

White Education will deliver the RASS0010 Certificate III in Business for 10 days from Monday 25 August to Friday 5 September. Training takes place from 9:30am to around 4:00pm each day.

The course delivers great skills in business translations, customer service, administration and much more. Students who successfully complete will receive a nationally accredited Certificate III in Business.

How are you eligible to participate?

• You must be 16 years of age or older
• You are enrolled in a secondary school or no longer at school
• Be a Queensland Resident
• Be an Australian citizen or Australian permanent resident
• Not have or currently be undertaking a Certificate III level qualification or above.
• Note: each eligible person is only able to receive one funded qualification.

A participant can be unemployed and seeking work, or working on a full-time, part-time or casual basis.

Student Contribution Fee

A fee has to be paid by each student to undertake the Certificate 3 Guarantee.

Non-Concession: $99 per person
Concession: $20 per person

Location

The training sessions will be held at the Qantas Founders Museum 29 Hudson Typhoo Drive, Longreach, QLD from 9:30am each day.

Concession participants are defined as follows:

• The participant holds a Health Care Card
• The participant is a Registered Training Organisation student and on this program or appropriate to the degree of person who holds one of these cards
• This participant could be an Aboriginal or Torres Strait Islander

Other Delivery Options

If you can’t attend the training, you can do the course by workbook or online.

Next Steps

Enrolment dates are on the Certificate 3 Program starting Monday 25 August until enrolment has met the needs of participants in each cohort.

Peggs McPherson
White Education Group
E: 07 5555 5331
W: peggs.mcpherson@white.edu.au

2014 Careers Expo

Date - 24th and 25th September 2014
Time - 2am - 6pm
Venue - Royal Show Grounds
Contact - CareerExpo@Qantas.com.au

Come along for discovery, connect and grow.

mystusk.com