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27 October 2014

Principal's Message



Welcome to the first newsletter for Term 4. This is such a short term with only 4 weeks left for Year 12 students and 6 weeks until the end of term.

Staff: It was with sadness that we farewelled Lisa Veney, our HOD for nearly four years. She is taking up an Acting Deputy Principal role at Mackay North High

School. Lisa was part of the Leadership team who were instrumental in many of the changes that has made our school what it is today. We wish her well in her shift back to Mackay where she has family.

Congratulations to Nick Stead who has moved up to Acting Deputy Principal and to Dave Scutt who has moved into the HOD position.

Welcome back to Andrew Ruzicka who has come back to our school to work behind Dave Scutt.

Our Assistant Regional Director, David Manttan, has retired after many years of service to the Education Department. Dave has always been a support to our school and had lots of sage advice over the years. His dedication to education saw him back in Longreach this week to deliver a session to the Principal's Business Meeting, even though he had retired.

Dave has been replaced by Kay Kirkman, a very experienced and talented principal from Gladstone. Kay visited the school yesterday and was impressed with the teaching she saw in some classrooms, the ability of the kids to respond to her questions about what they were learning, and the behaviour of the students in the school. She was also impressed by the big red truck and more so by the staff who do such a great job of managing the movement and hire of it.

Celebrations: Josh Smith has won a place in the State Athletics team. We wish him good luck.

Curriculum: This semester we have been focusing on the culture of how we approach assessment in this school. Some students may think because they are not at school when assessment is due (particularly exams) that they don't have to do it. This, of course, is not true. They must catch up with any work that is missed and get assessment in and complete

exams. We have had a resource teacher available, particularly for Year 11 and 12 students, to help them catch up with any assessment they may have missed, so students have the best chance of getting the best result they can when they graduate.

Upcoming Events:

The last **Year 7 and 8 Information Night** will be held on Monday night, 27 October at 6.00 pm in the school Library. We encourage all parents of future students to attend this night. They will have the opportunity to speak with teachers about what their students will be doing next year.

Unfortunately, the funding for the **ARTIE** program has been slashed and they will no longer be coming to the school next year. They will be sadly missed as they have made a difference with student attendance and participation. Their last visit to the school is on Monday November 3.

All parents are invited to the **Awards Night** on Thursday, November 6. Please come and help us celebrate our students' successes.

Year 6 and 7 students coming to Longreach High School in 2015:

An enrolment interview needs to be arranged for parents and students to meet with the Principal before entering the school in 2015.

Please phone the school on 4652 8333 to arrange an enrolment interview with the Principal. This interview will give you the opportunity to discuss your child's needs and address any concerns you or they may have. At the interview, you will be asked to fill in the remainder of the forms required by Education Queensland as part of the enrolment process. Both the parent and the student are required at the interview.

At this interview, please bring with you:

- Proof of your child's birth date and identity (e.g. birth certificate or equivalent)
- Any other court documents pertaining to your child if relevant (e.g. custody, guardianship arrangements)
- Any other information we may require to know about your child (e.g. medical conditions).

The interviews will be conducted during the two weeks from 10 to 28 November. The interview will take approximately half an hour.

Transition Day will be held on Monday 24 November for all students entering Longreach High School in 2015. Parents and students are welcome to attend an open parade at 9 am. Students will stay with us for the remainder of the day.

Lesley Andrews
Principal

Farewell from Ms Veney

A note to say thank you and goodbye to the school community of Longreach State High School. When I spoke on parade last Tuesday to say goodbye, I found that I could not express in words how I felt about leaving and I became rather emotional! Longreach SHS is a great school because of all the hardworking, unique and amazing people that make up the community. As I said on parade (once I actually got started), Longreach SHS may be one of the smallest high schools in Queensland, but I think it has the biggest personality.

I have loved Longreach both professionally and personally and all members of my family will miss the friendships and the freedom we experienced out there. Have a wonderful end to 2014 and good luck with 2015.

Lisa Veney & family (Matt, Riley, Evie and Harriet Bampton)
Deputy Principal/Acting
Mackay North State High School

What's Happening

If you are needing to find out what is happening at Longreach High School look on the side panel of this and every newsletter for the **Term Planner**. All events are listed and updated regularly.

There is also an **assessment planner** which gives dates for students' exams and assessments.

School Nurse Message



Teenagers and Nutrition

In Australia only 5% of teenagers are eating the right types and amounts of food as recommended in the Australian Dietary guidelines. In particular, teenagers are eating too many processed foods that are high in fat, salt and sugar. Our taste buds love these foods and make us want to eat more and more of them! These foods are also contributing to Australia's obesity epidemic. As many as one in three teenagers are classified as either overweight or obese.

I surveyed students at one of the schools I visit and there were lots of pies, sausage rolls, chicken chips and soft drinks on their daily menu. The average soft drink has ten teaspoons of sugar in it! That is a lot of 'empty energy'. By empty energy I mean we get a burst of energy from all the sugar, but no other nutrients. Then, about an hour after having the soft drink we often feel more lethargic than we did in the first place.

In particular, teenagers are missing out on **calcium** and **iron** due to inadequate diets. This is at a time where most adolescents are having big growth spurts and their bones need the right amounts of calcium to be strong to minimise the risk of broken bones and brittle bones when they are older. Iron is important for making healthy red blood cells that can carry oxygen around our body. Calcium is found in dairy foods, green leafy vegetables, nuts (particularly almonds) and salmon. The best sources of iron come from red meat and dark green leafy vegetables, such as spinach.

You cannot necessarily tell if someone is in a healthy weight range just by looking at them. We currently use the 'Body Mass Index' to determine if people are in a healthy weight range. To work out your BMI this formula is used:

- $\text{Weight (kg)} \div \text{Height (m)}^2$
- For example: $60\text{Kg} \div (1.7\text{m} \times 1.7\text{m}) = 20.76$
- A healthy weight range is between 20 and 25. Over 25 is considered overweight.

I encourage you to log onto www.eatforhealth.gov.au to look at the types and amounts of foods recommended in the Australian Dietary Guidelines.

Natalie Hurst
School Based Youth Health Nurse

Chaplain's Message:

Chappy's Corner



teenager (?ti?n?e?d?ə) n

1. a person between the ages of 13 and 19 inclusive

<http://www.thefreedictionary.com/teenager>

ad•o•les•cent (?æd l??s ənt) adj.

1. growing to adulthood; youthful.
2. of or pertaining to adolescence.
3. characteristic of adolescence; immature. n.
4. a person in the period of adolescence; teenager.

[1475–85; < Latin adolescent present participle of *adolēscere* to grow up, mature, inchoative of *adolēre*; see adult].

<http://www.thefreedictionary.com/adolescent>

The teenage years can be the most challenging, rewarding, discouraging, influential time of a person's life. The word teenager didn't come into existence until the 1940s. It was thrown around before this, but it was after WW II that the teenage culture emerged.

Fast forward to the 21st Century, teenagers are seen as their own culture, with pressures to conform to what the media would say.

It was with this in mind that during the last couple days of term 3, while most of the school were either on camp or work experience, the Year 8 students were able to learn more about being a teenager/adolescent and all that goes with growing up.

Mr Josh Duff challenged students with some higher order thinking. Students had to think outside the box, as well as above and beyond what they would normally do in a situation.

Students also heard from Susan and Liz from the RFDS who talked to about mental health as a teenager; what they should do and who they should go to if their thinking is not in a good place.

We had Cassie, a Nutritionist from Medicare Local, chatting about responsible drinking and eating. The students had a great time making their own healthy rice paper rolls. They did look scrumptious.

The Year 12s urged the year 8s to rethink how they used the internet. After hearing from Brett Lee earlier in the year, the year 12s used the knowledge they gained to impart some wisdom to the Year 8 students. This knowledge came as a shock, as they were shown how easy it was for someone to gain access to their private information.

Students also had some 'down time' with some team building challenges. In pairs, sitting back to back with arms linked, they had to see if they could stand up. They were then asked "Who has your back?" being reminded how important it is to be there for each other. They were then asked to sit face to face with their legs stretched and their feet touching. Students then had to hold hands and stand up. This was to encourage them to think about who could pull them up when they are down.

Throughout the couple of days, students were urged to be there for each other; to think outside the box; reminded of the importance of healthy eating; urged to seek help if going through a tough time; asked to rethink how they use Facebook and other social media; and most importantly, encouraged to enjoy being a teenager. You only get to live it once, so enjoy the ride, and be wise.

Jenny Edwards
Chaplain

Coming Events

P & C Meetings

The next P & C meeting will be held on Monday 27 October at 7 pm in the Library. Everyone is welcome to come along.

Stilt Walkers

If you like to walk on stilts and would like to perform at Christmas events in Longreach in December please send a message to Noni Rutherford on 0458 539 913.