



Subscribe to Online Newsletter! <http://longreachshs.schoolzinewsletters.com/subscribe>

3 February 2015

## Principal's Message



Welcome to a new year. It is an exciting year with Year 7 students joining us for the first time. Enrolment at the school is now at 229.

The transition of students has gone very smoothly with students settling in to their new routines and enjoying time in the

playground.



Staff: We continue to have Nick Stead as Acting Deputy Principal, Kym Webb as Head of Curriculum and Dave Scutt as Acting Head of Curriculum. We have a number of new staff at the school this year:

- Tania Shaller – is our Master Teacher. Master Teachers have been provided to a number of schools in Queensland to work with staff to improve literacy and numeracy. Tania comes to us with lots of experience. She is an additional number to the teaching staff and her job is to work with staff to improve literacy and numeracy outcomes in the school. She has already made an impact on the school and has been visiting classes.
- Aleesha Degen is our new Art teacher
- Paul De Vries is teaching HPE and Science
- Tanith Dixon is teaching Humanities and Music

- Lee Ernst is teaching Science and Maths
- Amy Brazil is teaching English and Humanities
- Joanne Arditto has moved to the High School and into the role of Music/DRT
- Matthew Bates is a new Teacher Aide



## The Three Keys to Success for Students:

### Engagement

1. We believe in a culture of engagement at the school, that is, students coming prepared to school, engaging in the learning in class, completing set homework and completing assignments on time. The focus in the Junior school (7, 8 and 9) is around NAPLAN and if you want to help your student do their best, download the app – NAPLANG9 which has Grammar and Punctuation and Spelling tests for students to complete.

### Attendance

2. Attendance is also critical to student success. Study after study proves the link between attendance and performance. If they aren't at school learning, then they are not going to do as well as they can. Studies recommend that parents only allow students to stay at home when they are genuinely sick or have a medical appointment.

### Parent Role

3. Parents play a critical role in their student's learning. Providing good nutrition at breakfast and ensuring students have access to a healthy lunch during the day means students will have the ability to focus and learn during the day. Eight hours of sleep are also critical to good learning.

Encouraging students with their studies, checking on what assessment is coming up (assessment calendars will be out in Week 3), and talking with teachers helps to keep students focused on what they need to do.

**Uniform:** We have had lots of positive feedback about our new shirt. New shorts and skirts are in the school tuckshop, so students from Longreach State High should be able to present a fresh new image to the public.

**Buddy Program:** Year 10 and 11 students underwent a training program last year to equip them to be buddies with the Year 7 students. The first session will occur next week and the program is designed to give Year 7 students an older student in the school to relate to and provide a friendly face in the playground.

**PACE Program:** We are pleased to be offering co-delivery of the PACE Program with the Longreach Pastoral College. Students are enrolled at the College to complete Certificate I, II and III in Agriculture but also come to the high school to complete a Senior Subject thus qualifying them for a QCE. We welcome 5 students to the school from this program.



## Upcoming Events:

- **Investiture** – Tuesday, February 17 at 9.00 am – parents are most welcome
- **Year 7 and 8 Parent Night** – February 23 from 6 – 7 pm. This is sponsored by the P & C and gives parents a chance to have a look at classrooms and meet other parents and staff. Nibblies will be provided.
- **P & C** – the first meeting of the year will follow the Year 7 and 8 Parent Night – all parents are most welcome to come. The AGM will be held on March 23.

**Lesley Andrews**  
**Principal**

## Guidance Officer's Message



### Tips to Get Back Into the School Routine

Come on, admit it. You intended to keep a schedule, but when the kids slept in you liked the extra quiet time. Not living by the clock was a refreshing change of pace, but school has started and you know the kids and you need to get back into the groove.

First, let me assure you, it's healthier to have a flexible schedule than a rigid one. So have no guilt about your Christmas holiday schedule. Just realize that the school schedule is a big change and you may need to assist the children in making the transition.

Like so many things in life, back-to-school time is an exercise in regaining balance. So here are some tips for making the transition a little smoother:

1. Ideally, before school starts, start moving back to the school-year bedtime by half-hour increments.
2. At the same time, have the children wake up earlier each day, until they have woken up at their regular school time for about a week.
3. Make a conscious effort to re-establish regular mealtimes and talk about their day.
4. Teach your children how to plan and pack a healthy lunch so they (and you) can be more independent. Brainstorm lists of the healthy foods they like. Children can choose one item from each category to create a variety of healthy balanced lunches. If they really want something unhealthy, limit it to one item each week, so it's a special treat, not an everyday food.
5. Take them grocery shopping so they can pick out healthy foods for their lunch. The more children are involved in making choices, the fewer power struggles you'll get into. They will also establish healthier habits and lifestyles, which will follow them into their adult years.
6. Have them plan a way to remember their homework, lunch and backpacks each day. Also, when they will do their homework, play, eat, and do other activities. The goal is to complete responsibilities while maintaining balance, using good time management skills. Sound familiar? That's what you have to do at work! Well school is children's "work" and they need to take responsibility for it so they will be prepared for the real world. Planning for them deprives them of these learning opportunities. Teaching skills and letting them figure out a plan meets the goal.
7. Encourage them to organize their bags in preparation for each day. Again, this is their responsibility. Provide the necessary supplies so they can be organized. You can tell them what you would do, but need to let them figure out what works for them.
8. Have children choose no more than two after-school activities per season, so they don't overdo themselves. Maintaining balance requires setting priorities and making choices.

Are you seeing some patterns in these tips? Effective transitions happen gradually and help prepare children for the impending change. By involving them in the planning and giving them choices about how the change occurs, they will manage the transition and change better. They'll also learn important life skills and be more independent, responsible and confident.

Every parent wants that, and future employers will value it, too!

*Adapted from Parenttoolshop.com*

Wishing you an exciting school year!

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

## House Keeping

**Invoices for school fees** will be issued next week. Payment can be paid by BPay, cash, cheque or EFT. If you are paying by cash please ensure that the correct money is sent to school as the office does not carry change.

Replacement **scientific calculators** are available from the office if your student has lost or broken theirs. The cost is \$16.95.

Please return the **Textbook and Resource Agreement** to the school. This form needs to be completed and returned to the school each year as an audit requirement. Laptop computers will not be issued to students until this form is completed and returned to the office. All students from one family can be recorded on the one form and all subjects which attract a levy need to be listed e.g. manual arts, home economics, computer. A copy of the form is attached below.

## Student Laptop Computer Program

This program is offered to every student in Years 9, 10, 11 and 12. Funding was initially provided by the National Secondary Schools' Computer Fund along with contributions made by the school and parents. From last year, the school, along with parent contributions, is now responsible for continuing the program. Each participant has the use of a device (tablet or laptop computer) with 3G capability both at school and at home.

Students in Year 7 and 8 have access to class sets of iPads and computer workstations in three computer labs.

Students in Years 10 to 12 are able to collect their laptops as soon as they pay the \$80 fee and return their signed resource form to the office.

Students in Year 9 and new students will have access to an Acer1830 3G laptop after completing the following steps:

- Carefully read the documentation that has been emailed to your child's school email address.

(Hard copies of these documents are available on request and these documents are also available on the web:

<https://longreachshs.eq.edu.au/> )

- Parent and Student Support Manual
- Student Charter Agreement

- NSSCF FAQ Parents
- NSSCF FAQ Students
- Device Care and Self Care
- Acer – Understanding Your EQ Warranty

- Sign and return the Student Laptop Charter Agreement Form attached.
- Pay the annual laptop fee of \$80 to the office.
- Have signed and returned the School Resource Form to the office.

If you have any further enquiries, please phone Lenore Roberts (IT Co-ordinator) on 4652 8333 or email: [lrobe77@eq.edu.au](mailto:lrobe77@eq.edu.au)

**Lenore Roberts**  
**IT Co-ordinator**

## Coming Events

### P & C Meetings

The Year 7 and 8 Parent Meet and Greet with the Teachers will be held at the school library on Monday 23 February commencing at 6.00 pm.

The **P & C Meeting** will follow at **7.00 pm** in the Library.

Everyone is welcome to come along.

## Longreach Junior Rugby League

The Longreach Junior Rugby League is urgently seeking football coaches for the 2015 season. Age groups required are Under 11 and Under 13.

The club is willing to pay for any training requirements.

Please contact Jo Winkleman on 0100 754 189.