22 May 2015

Principal’s Message

The halfway mark through Term 2 and NAPLAN is over for another year. Students did well, with none of the dramas that the media has portrayed over the last few weeks. Students have been exposed to this style of testing and so were comfortable with the process.

I would like to thank our teachers for all the hard work they do with students, and a thank you to Chappy who provided breakfast on each day to ensure that students had a good start to the day.

A huge thank you to Foodworks Longreach for their support in contributing food for the breakfasts. Their help made it possible for Chappy to offer the variety that she did to students.

Events:

With compliments of the Department of Sport and Recreation and the Deadly Sports group, it was great to see representatives from Longreach School of Distance Ed, Longreach Primary School and Our Lady’s join with high school students to have a great day of sports last Tuesday. Representatives from a variety of sports were here to work with students.

Upcoming Events:

We are pleased to welcome back to the school, Brett Lee, who will be presenting his Cyber bullying talks to Year 7, 8 and 9 students on Monday August 24. Brett has had a number of years as an undercover detective tracking down cyber crime and he gives a spell binding talk to students. After his first visit, the incidence of cyber bullying decreased dramatically.

Brett will also be giving a talk to parents from 6 pm to 7 pm on August 24, before the P & C meeting. He is well worth listening to, especially if you are concerned about your student misusing social media.

Lesley Andrews
Principal

Food Revolution Day 2015

Friday, 15 May was Food Revolution Day, a day dedicated to the fight for compulsory practical food education in the school curriculum for every child in every country of the world. It was founded by celebrity chef, Jamie Oliver and his message to the world is “with diet-related disease rising at an alarming rate, it has never been more important to educate children about food, where it comes from and how it affects their bodies”. He has three key facts that he wants the world to know in order to make a change to the current situation. They are:

- Worldwide, there are more than 42 million children under the age of five who are overweight or obese
- Children today are the first generation predicted to live shorter lives than their parents
- Diet-related illnesses are among the world’s biggest killers.

If that doesn’t make you re-think your food choices, then I don’t know what will! Jamie then set a challenge for the world, to sign a petition that he hoped would get the message across to the governments. This was his challenge:

“By educating children about food in a practical, fun and engaging way, we can provide them with the knowledge and skills they so urgently need to lead healthier, happier lives. We need to make practical food education a compulsory part of every school curriculum across the world, and that’s why I’ve launched a petition calling on all G20 countries to action this. With enough support from millions of people around the world, I truly believe that we can create a movement that’s powerful enough to make governments take action”.

The target was 1 million signatures, and I am proud to say that he reached this target, with the help from the Longreach State High School Year 8 Home Economics class, of course! We not only signed the petition, but we participated in the worldwide Food Revolution Day and took part in the global cooking lesson, created by Mr Oliver himself. The students made a ‘Squash it Sandwich’, made using wholegrain bread, and lots of vegetables and fruit! It was a very fun lesson, as the term ‘squash it’, literally meant ‘squash it’ (the vegetables and fruit!) Some of the students were very surprised at how delicious the sandwich tasted, considering the amount of colourful fruit and vegetables on there. It was a very fun way to get involved in such an important movement, and I am happy to say that
Longreach State High School is a proud supporter of The Food Revolution!

For more information, please visit the website: http://www.foodrevolutionday.com/
And for Food Revolution recipes to try at home, visit: http://www.foodrevolutionday.com/recipes/

**Miss Elissa Murray**
Home Economics Teacher/Food Revolution
Ambassador for Longreach

**Chaplain’s Message:**
Chappy’s Corner

**Facts and Myths about Breakfast**
- **Myth:** It is O.K. to skip breakfast because it is not an important meal.
  **Fact:** Breakfast is equally as important as lunch and dinner. The daily calorie intake should be evenly divided between morning, noon, and evening, including healthy snacks if needed.
- **Myth:** Eating breakfast will make you tired during the day.
  **Fact:** Breakfast provides energy needed to start the day off right.
- **Myth:** Students who eat breakfast tend to be overweight.
  **Fact:** Students who eat breakfast are less likely to be overweight.
- **Myth:** A healthy breakfast consists of high protein, low carbohydrate foods such as eggs, sausage and bacon.
  **Fact:** A healthy breakfast consists of low-fat or non-fat milk, fruits, whole-grain breads or cereals, eggs, or lean meat or chicken.

http://www.purdue.edu/studentwell

**The Case for Eating Breakfast**

The morning alarm sounds, and your sleepy-eyed teen rolls over, hits the snooze button, and dozes off to revisit the Sandman. By the time the alarm sounds again, your child is only minutes away from having to be at school. They get dressed, brush their teeth, and bolt out the door. Missing from their routine: breakfast.

For many teens, this morning routine has become a familiar, but troubling, one. “Breakfast is thought to be the most important meal of the day,” says William Cochran, M.D., FAAP, a past member of the American Academy of Paediatrics’ Committee on Nutrition and vice chairman of the Department of Paediatrics of the Geisinger Clinic in Danville, Pa. “As the first meal, it gets the body going for the rest of the day.”

And yet, approximately 8 to 12 percent of all school-aged kids skip breakfast, he says. By the time kids enter adolescence, as many as 20 to 30 percent of them have completely given up the morning meal.

https://www.healthychildren.org/English/healthy-living/nutrition/Pages/The-Case-for-Eating-Breakfast.aspx

**Brain Benefits**

Kids who eat breakfast have better concentration during school hours than kids who skip the morning meal. Eating breakfast every day can even improve your mental performance and math scores, according to a study in the August 2013 issue of “Frontiers in Human Neuroscience.” According to paediatrician Dr William Sears, children who eat breakfast also participate more in class discussions, are better able to handle complex problems in class and get better grades. In particular, a breakfast meal containing a balance of protein and complex carbohydrates boosts school performance for the remainder of the day.


Last week students in Year 7 and 9 underwent their NAPLAN testing. As you can see from the above information, it is very important that young people have a good breakfast and this is why for the three mornings of NAPLAN, breakfast was on offer for the Year 7 and 9 students. During these three days, approximately 30-40 students came through the doors each morning enjoying either pancakes, berries (Tuesday), ham/cheese/tomato toasts (Wednesday) or ham and egg muffins (Chappy style on Thursday). Juice and hot Milo were also available and very much well received!

I’d like to thank Foodworks for their generous donations of most of the food the students enjoyed last week; as well as Dean Mitchell for his kind donation of the bread and muffins.

P&C Chappy’s breakfast happens each Wednesday morning from 8.15 am with either pancakes or toasts (ham/cheese/tomato) on the menu. Juice is available each week, and with the cooler months now here, Milo is also available. Students are most welcome to come along and have a healthy breakfast, which in turn will help them cope mentally and physically for the day ahead.

Happy breakfast eating.

**Jenny Edwards**
Chaplain
Cross Country

Winners of the Cross Country:

12 years: Patrick Chay, Spartans and Breeanna Lashford, Spartans
13 years: Timothy Richens, Spartans and Daniella Mudu, Spartans
14 years: Jonathon Harwood, Warriors and Khloe Hitson, Spartans
15 years: Ashton Janke, Warriors and Kate Bartley, Spartans
16 years: Jacob McKeen, Spartans and Kaitlyn Horne, Spartans
Opens: Bailey Davies, Warriors and Chrisne Jacobie, Spartans

Overall points:

Spartans 769
Warriors 501

A great afternoon of participation from all students. There were no negative reports on the day where all students seemed to have a smile and enjoy the course and beautiful weather. Big thank you to the students and staff who assisted on the day as well as Miss Pix, Mr Stead and Mr Emslie for their expertise and assistance.

Dave Scutt
Sport Coordinator

Art Show Results

Year 9 Portrait Winners were:

Dana Steger - 1st place
Chelsea Wright - 2nd place
Aiden Lees - 3rd place

Year 10 Mixed Media Collage winners were:

Britney Searles - 1st place
Renee Heslin - 2nd place
Zara Lynn - 3rd place

Aleesha Degen
Art Teacher

Position Vacant

Permanent Schools Officer – Grounds

Applications close 4 pm Friday 29 May 2015

Longreach State High School has a vacancy for a Permanent Schools Officer – Grounds.

This role will require knowledge of garden maintenance and development, use of motorised gardening equipment and small machinery and other roles as required.

Applicants are asked to submit a resume including two referees and answer in no more than two pages, the section called ‘How you will be assessed’ in the Role Description for the position. Please contact the office at Longreach State High School for a Role Description.

Applications are to be sent to The Principal, Longreach State High School, PO Box 104, Longreach, Q 4730 by 4 pm on the due date of Friday 29 May, 2015.

School of Ants at Longreach High

On Wednesday 6 May, five Year 12 and three Year 11 students participated in a day of ants! The national citizen science project School of Ants based at the University of New England is conducting simultaneous collection of data on ants in school and backyards around Australia in 2015, and Longreach High School will be part of the project for the remainder of the year.

On Wednesday Dr Kirsti Abbott, who coordinates the project, visited the school and spent the day with the senior students. They learned about the diversity and distribution of ants as well as weird and wonderful types of ants around the world. Students collected data for the project using both food baiting and hand collecting techniques, and were able to analyse their results the same day. A research stereo microscope was available to look at their collections up close and personal, as well as an underground view of a meat ant’s nest via an aluminium nest cast.

Combining science with art, they printed ant t-shirts to take home with them. A small reminder to notice the little things that run the world. You can participate in the project too, by going to http://schoolofants.net.au/ , and keep up with rural and remote schools that participate in educational ant days too.

Aleesha Degen
Art Teacher
School of Ants

Dr Kirsti Abbott
Coordinator - School of Ants Australia
School of Environmental & Rural Science
University of New England
Armidale 2350 NSW

NW Netball

Georgia Goodman, Sophie Goodman and Hirani Hokianga represented the North West Region and attended the State 15 Years Netball Carnival and the Opens Netball Carnival in Townsville.

Congratulations

Congratulations to Year 11 student Jacob McKean who has been selected by the Australian Institute of Sport to attend a 4 day boxing camp. Jacob will be travelling to Canberra for the camp!

Important Notices:

Date Claimer

August 24 – Brett Lee talking about Cyber Bullying with Years 7, 8, and 9. A parent session will also be held at the High School that evening.

Longreach Athletics Club

New members (from 4 years old) are welcome to join the Longreach Athletics Club throughout the season.

Come, try and have fun for only $10! Email longreachathletics@bigpond.com for more information, or call Simone on 0439 670 255.

Simone Lewis
Longreach Athletics Club

P & C Meetings

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