12 June 2015

Principal’s Message

Hi all

I can’t believe that it is June already. The year has slipped away so quickly.

Students are completing assessment and for some, it has come as a bit of a shock. Year 11 students in particular are finding it difficult to manage and organise their time in order to get their assessment in on time. We are arranging a session for them to help them develop their planning and time management skills.

Michael Tuahine was in the school again – it is always refreshing to have Michael work with students around what is stopping them from being a good student and how they can achieve what they need to get the career they want. In particular, he worked with Year 8 students and enjoyed the interaction with them in their French class.

Congratulations to Craig Neuendorf who was successful in obtaining the position of Schools Officer (Grounds). We look forward to working with Craig.

Last week, Nick Stead took our two student leaders, Georgia Goodman and Josh Keene, to the Council Chambers to celebrate Queensland Week. The students were lucky to be given a tour of the Council Chambers.

Moving into the 21st Century, this semesters’ report cards will be distributed digitally to all parents. Please let the office know if you have changed your email address. If you don’t have an email address, a hard copy will be sent to your current address.

Next week, the Director General will be visiting Longreach and spending some time in our school on Thursday. He will visit classes and spend time walking around the school.

The Athletics Carnival is also coming up in the last week of school but because of our new Year 7s some of the events will be run in the afternoon of the day before, so we can fit them all in. We encourage students to participate in these events.

Thank you to parents who have made the effort to get students into correct winter uniform.

Lesley Andrews
Principal
Guidance Officer’s Message

Promoting resilience and wellbeing in rural and regional schools – Find and use your hidden strengths

Our school is pleased to be participating in a collaborative project with Education Queensland, the Queensland Mental Health Commission and Curtin University. Named iCARE-R. The program explores resilience, wellbeing, adolescent development, coping strategies, positive self-identity; finding meaning and strong role models in our culture, peer support and positive relationships. This exciting program utilises a range of engaging strategies to stimulate lively exchange of ideas: including film clips, storytelling, poetry, journaling and art. The message throughout is simple – find and use your hidden strengths.

The program will be implemented during one hour sessions once per week for 6 weeks and will involve the whole year level of Year 8 students. The facilitators of the iCARE-R program are trained in the solution-focused group intervention and have passed a standardised test of competence. A teacher will be in attendance and support the facilitator during program delivery.

It is expected that the young people who participate in the program will experience enhanced well-being, raised awareness about mental health, and improved resilience. A proactive and preventative approach is likely to build on and harness the strengths of young people so that they can be more aware of their own health needs and resources, and can be better peers and friends to others in need.

Andrew Ruzicka
Guidance Officer

Welcome to New Staff Members

We would like to welcome three new teacher aides to our school staff. Di Metelli, Matthew Bates and Cheryl Steger all commenced duties in the class rooms this year. Our teacher aides play a valuable role in the classrooms supporting students and teachers to achieve great outcomes for students.

Chaplain’s Message:

Chappy’s Corner

There is a guy in the bible who lived in the wilderness, wore camel’s hair and ate locusts and wild honey. Even in his day he was seen as a smelly guy who was crazy in what he was saying. But, he wasn’t afraid to tell the truth, no matter what the consequences; he didn’t give into peer pressure; he didn’t give up in what he believed and he wasn’t afraid to be who he was.

In a world where we are told what to wear, what to say, and how to act in order to have great friends, it is easy to lose sight of who we really are. We want to be accepted, but we tend to be afraid of what people will really think of us. In order to fit in with our peers we can end up lowering our values and what we see as important.

Can I encourage you that you don’t have to be like the world to have an impact on the world; you don’t have to be like the crowd to change the crowd. You don’t have to lower yourself down to their level to lift them up to your level. You are who you are, and you are loved. Don’t lower your standards; enjoy friendships, but don’t be afraid to put your opinion across; listen and learn from those who have gone before; and have fun growing up.

Jenny Edwards
Chaplain

P & C Meetings

The next P & C meeting will be held on Monday 22 June at 7 pm in the Library. Everyone is welcome to come along.

Longreach Athletics Club

The next Club Day of the Longreach Athletic Club will be held on Sunday 14 June at the club’s track on Jabiru Street, opposite the hospital. Registration is available for anyone aged 4 years and older who enjoys getting outside, enjoying the sunshine, and running, throwing and jumping.

Come and join us with a warm-up from 8.45 am and get ready for our upcoming Outback Sunset Carnival on 22nd and 23 August. Call Rachael on 0428 727 605 or email longreachathletics@bigpond.com for more information.

Club meet days will also be:

- Sunday 26 July
- Sunday 2 August
- Sunday 16 August

Simone Lewis and Rachael Webster
Joint Secretaries
Do you have a child who is under 16 years of age?

Students under 16 years of age may be able to get an ABSTUDY Schooling Allowance.

These payments can help to pay for school costs such as books, uniforms and school excursions.

For more information, go to humanservices.gov.au/abstudy or call ABSTUDY on Freecall™ 1800 132 317 or visit your local service centre.