Principal’s Message

Welcome to the last newsletter of the term – hasn’t the Semester flown by?

Staff:

- New staff member, Craig Neuendorf has already made some great improvements to the school. With his help and guidance we have been successful in gaining a $4000 grant to start a permaculture garden. Craig will work with interested students to develop this garden.

- Farewell to two of our temporary staff members – Lee Ernst and Tanith Dixon who have been with us on six month contracts. Thank you for your help and hard work during this semester and we wish you both well in your new positions – Lee to Mirani High School and Tanith to Tannum Sands High School.

- Rebecca Bell will be returning next semester from maternity leave and we are very pleased to see her enthusiastic face back in the school.

Students:

Have finished their exams for the term and reports this year are being sent electronically to parents’ email addresses. Those parents who don’t have an email address, will receive a hard copy which will be posted to them. If your email address has changed, please let the Office staff know.

Parents might be aware that if students haven’t finished the set work or assessments, that they have been catching up at lunch times in the DSS Room. Year 10 students need to know that if they are not passing subjects at the end of Year 10, they may not be permitted to go on to Year 11.

Major Facilities Accomplishments this Semester:

- B Block Staff room renovated

Next semester, we are renovating the A Block toilets. This project is long overdue and both boys, girls and staff toilets are being renovated.

Events:

The Director General, Dr Jim Watterston, came to the school last Thursday and visited classrooms. He had some very positive things to say about the school and classes that he observed. He was also very interested in our kangaroos and brolgas and was lucky enough to have a couple of brolgas dance for him.

The Athletics Carnival was held on Wednesday with good attendance. Students continue to show their prowess and skills at the various sports.

Upcoming Events:

The School Opinion Survey is due again this year. All parents are invited to participate and at the end of this term, all parents will receive a blue online access letter which contains the codes to allow you to participate. These will be posted on Friday and the survey is available until July 31, 2015. We encourage all parents to participate in this survey if possible.

Internet Safety Expert, Brett Lee, is coming back to the school in August to conduct sessions with students and a parent session will be held from 6.00 pm to 7.00 pm on August 24. Brett is well worth listening to and made a huge impact on the amount of cyber bullying that was happening at the time of his last visit.

Lesley Andrews
Principal
Nationally Collection of Data on School Students with Disability

Collecting data on school students with disability helps teachers, principals and education authorities support the participation of students with disability in schooling on the same basis as students without disability.

All Australian Governments have agreed to work together on the annual collection of data on school students with disability.

All Australian schools participate in this annual data collection. The data provided to the Australian Government is aggregated data only. Please be reassured that the Department will not provide on to another organisation any data that can identify an individual student. The only data being collected at the school level to be reported nationally is the:

- number of students in the school who are provided with an adjustment to address a disability;
- level of adjustments we provide for those students; and
- broad category of disability.

Consultation with parents is important not only for the data collection but also to ensure you are aware of the adjustments being provided to support your child. We will therefore continue to consult with you.

While only data that cannot identify your child will be submitted outside of the Department, if you do not wish for your child’s details to be included, please let me know.

Information and fact sheets are available to help you make a decision from the:

- Department’s website:
- Australian Government Department of Education website:

Alternatively, if you have any queries about the collection or use of this data I encourage you to contact me directly.

Lesley Andrews
Principal

Master Teacher’s Message

Building Resilience in Your Family

As parents there are a number of things you can do to help your child successfully navigate their way through the teenage years. To help equip your child to deal with issues that may cause disappointment, stress, anxiety, or distress, resilient families will use coping strategies such as empathy, humour, acceptance and positive language.

By heightening feelings of control, humour can be a powerful tool for coping with feelings of disappointment, failure or loss. Dads can be really good at lightening up tense situations through the use of humour. Using the phrase, “Come on, laugh it off”, can be very helpful. If your teen is feeling overwhelmed, rejected or may be a perfectionist you can help them compartmentalise or ‘contain’ their thinking. “Don’t let this spoil everything”, “Let’s move forward” are the messages you can send to your teen to encourage them to compartmentalise bad events and keep them from affecting all areas of life.

If your teen is experiencing loss, bullying, change or disappointment, offer them hope. Send the message that “I know it looks bad now but you will get through this.” If they have made a bad mistake or let others down, it is important to positively reframe the event and ask your teen, “What can you learn from this so it doesn’t happen next time?” Encourage your teen to maintain perspective if they are catastrophizing or blowing things out of proportion. “This isn’t the end of the world” message needs to be sent loud and clear. Encourage your teen to take action instead of moping when they feel inadequate. Constant rejection and feelings of failure can mean many teens feel helpless. “What can we do about this” builds resilience and encourages ownership.

By using the language of resilience you will help your teen cope and build on their own positive attributes. Resilience is a key to success and as parents you can all help your teens reach their full potential.

More information about the language of resilience can be found in the book ‘Thriving’ by Michael Grose.

Enjoy the holidays.

Tania Schaller
Master Teacher

Athletics Carnival

Spartan Victory in Interhouse Athletics

Spartans continued their winning ways in 2015 with a convincing win against Warriors at the Interhouse Athletics Carnival on Wednesday.

With Year 7’s being included in the competition, this year’s carnival was extended to longer than a day with the high jump, triple jump and the distance race events run in the lead-up to the carnival.

Individual efforts by the following students rewarded them with age championship status.

2015 Age Champions

12 Years: Patrick Chay and Breanna Lashtford
13 Years: Lincon Oates and Raven Waitere
14 Years: Jonathan Harwood and Brienna Heisner
15 Years: Jack Huff and Keeleigh Rossberg
16 Years: Andre Laza and Chynna-Lee Waitere
Open: Nathan Rose and Shannon Cossor
Year 10 Visual Art

Students in Year 10 Visual Art have been working on ceramic works which discuss the concept of Alternate Reality. The artworks in particular reflect the idea of a ‘Mad Hatter’s Tea Party’. Students have produced an array of designs that include teapots, sugar jars, dinner sets and teacups. They have worked extremely hard to create these designs and produce a high quality standard of ceramic design.

Aleesha Degen
Art Teacher

International Cleaners Day

Please take the opportunity to thank our hardworking cleaners for the role they play in maintaining a safe, clean and healthy environment in our school, not that we need to pick one day a year to show our gratitude for their hard work – they have our rooms fresh and ready for action every morning.

Year 7 Science

This term in science Year 7 have been investigating different forces. For their assessment, they have been conducting fair tests in groups to improve a Balloon Car. As a culmination for the unit 7A, with Miss Wearmouth and 7B, with Mr De Vries, have competed against each other to find out which groups had the best car. Categories were “Balloon Car that can travel the longest distance” and the “Best looking Balloon Car”. Our expert unbiased judges, Mr Scutt and Ms Ernst, joined the Year 7s for the race off.

Rachelle, Lee and Hannah’s car won the furthest distance competition. Anne, Kyron, Cody, Lincon and Noeline won “Best Looking Balloon Car” with their “Cheetah”. Congratulations to the winners and it was great to see the effort put in by all students in Year 7 with this assignment and competition.

Miss Wearmouth
Teacher

http://www.youtube.com/watch?v=lkbNgevwQw

Year 7 Science

Chaplain’s Message:

Chappy’s Corner

Procrastination: the act or habit of procrastinating, or putting off or delaying, especially something requiring immediate attention
http://dictionary.reference.com/browse/procrastination

After chatting with students who are struggling to get through their assignments, study and school life in general, I thought I would share with you something from Michael Carr-Gregg. The following is an excerpt from Michael’s book Surviving Year 12 A Sanity Kit for Students and their Parents.

Do you know what happens when you give a procrastinator a good idea? Nothing!

Why Students Procrastinate

There are lots of reasons why final year students don’t tackle the tasks they really need to do, when they need to do them. Some young people believe that really successful students get their great results without much effort, disappointment, frustration or any self-doubt. When work becomes hard, these students throw in the towel, have an inner whinge-fest and give up. The script of this little psychological tantrum goes like, ‘…this is not fair, this is wrong, this is not how things should be….etc. etc.’ Apart from being unhelpful, this type of ‘self-talk’ is illogical and factually inaccurate. The truth is that the most successful students have a self-talk that acknowledges that sometimes studying can be both frustrating and tough; so, when they encounter obstacles, they just carry on because that’s what they expect.

Another reason why students procrastinate is because they tell themselves, ‘I’m not in the mood.’ In the final years of school there will always be assignments that are boring and/or difficult and if you wait until you are in the mood to tackle them, you will be old and grey and wrinkly by the time you get around to it. The successful students have learnt to put action before motivation. Many tell me that once they’ve started, they begin to feel a sense of accomplishment, and this motivates them to work harder.

Another common factor behind putting this off is a fear of failure. Students who have a large project to do often leave it until the last minute – and then say to themselves, ‘I didn’t have enough time to do it properly.’ These students are giving themselves an excuse and protecting themselves from the reality that their best effort might not have been good enough. Be honest with yourself!
The most powerful procrastination busters

**Advantage/disadvantage technique:** Grab a piece of paper, draw up two columns, then write down the advantages and the disadvantages of putting this assignment off....

**Solution by slogan:** ‘Just do it!’ What you are thinking will be an awful, mind-numbingly dull exercise is usually not true....

**Plan it:** By putting the time aside in your diary (be it written or electronic), you place this on your psychological ‘things to do’ list.....

**Partialisation:** This is a fancy word for dismantling the task into specific bits....

**Challenge the self-talk:** If your internal monologue about the assignment is overwhelmingly negative, you must challenge these obstructive and distorted thoughts before you can get going...

**Reward yourself:** Like training a puppy to sit, rewards work wonders....

*Michael Carr-Gregg*
*Surviving Year 12 Chapter 11 Don’t Put it Off....*

May this help you complete the year. Have a safe holiday.

*Jenny Edwards*
*Chaplain*

**Coming Events**

**P & C Meetings**

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

**Parent/Teacher Interviews**

Parent/Teacher interviews will be held on Monday 27 July from 3.30 pm to 6 pm. Please fill in the attached form and have your student take it to their teacher to book in your time.