



# KINGAROY STATE HIGH SCHOOL NEWSLETTER

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Newsletter No 10

Thursday 20 June, 2013

**Principal**  
**Deputy Principal**  
**Assistants to the Principal**

*David Ballin*  
*Helen Maudsley*  
*Pauline Peters (Acting), Scott Dempster*

## EVERY DAY COUNTS

### STUDENTS

Best wishes to the students and staff involved in two educational tours over the coming weeks. Fifteen students, accompanied by Mrs Wendy Corstiaans and Ms Rachel Kutschkau will have an Arts Tour to Sydney for 5 days, and twenty-five students will travel to our Sister School in Japan. This group will be accompanied by Mrs Megan Truss, Mr Steven Langton and Mr Paul Hutton. We wish them all a safe and enjoyable learning experience.



Congratulations to Year 12 Graduate of 2012, **Chris Ostwald**, who has been selected to play in the **Queensland 18 Years Rugby League Team** against NSW as a Curtain Raiser for State of Origin 2 in Brisbane. Chris was an outstanding schoolboy Rugby League player and he continues to develop in Brisbane playing for a Bronco's feeder club.

### STAFFING

Our School Development Officer, **Mr Richard Sloper**, retires after this week. Mr Sloper has done a fine job helping to obtain our \$6m in funding to help our school and others in the district. We wish Mr Sloper a long and happy retirement.

Best wishes to one of our Cleaning Staff, **Ms Sharyn Lowe**, who will leave shortly to seek a position at Hervey Bay. Ms Lowe has been a hard working and dedicated staff member and I wish her well for the future.

Best wishes to **Mr Matt Langford**, **Mr Eddie Groom** and **Mrs Jodie Woodall** who have various lengths of long service leave next Term. Mrs Woodall will be away all term while Mr Langford has 2 weeks and Mr Groom 3 weeks.

Best wishes to **Ms Sarah Day** who is taking some special leave in order to return to her Stanthorpe home. Thank you and best wishes Ms Day.

### CO-CURRICULAR ACTIVITIES

Parents with an interest in **School Sport** opportunities and in our school policies on Sport are invited to a Parent Night on Tuesday 16 July at 7:00pm in the Assembly Hall. We will outline our **philosophy on Sport**, and our **policy on participation in representative and school sport**. All interested parents are invited to attend. We have many excellent opportunities for our students and this night will increase the understanding and communication between parents and staff on these opportunities.

### COMING EVENTS

- |                          |   |
|--------------------------|---|
| Friday 21 June           | ▪ Arts tour to Sydney departs           |
| Saturday 22 June         | ▪ Students & Staff leave for Japan Tour |
| Monday 8 July            | ▪ School resumes for Semester II        |
| Thursday 11 July         | ▪ Semester I Reports distributed        |
| Mon 15 July 3:30-6:30pm  | ▪ Parent-Teacher Interviews             |
| Tuesday 16 July 7:00pm   | ▪ Parent Night on School Sport          |
| Wednesday 17 July 2:30pm | ▪ P & C Auxiliary Meeting               |
| Thursday 25 July 6:00pm  | ▪ Year 10 Transition Night.             |

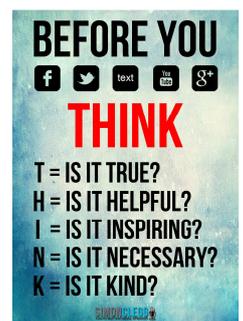
*David Ballin*, PRINCIPAL

### SPEAK OUT AGAINST BULLYING

[standup@kingaroyshs.eq.edu.au](mailto:standup@kingaroyshs.eq.edu.au)

**STAND UP!**  
**SPEAK OUT!**

Bullying or any unkind and hurtful behaviour will not be tolerated at this school. We want to know about students who may be acting inappropriately towards others. Please use this email address so that we can act on your information to help make our school a safe and happy place of learning.



*Pauline Peter & Scott Dempster*, ATTP

### CYBERSAFETY HELP



As a parent we encourage you to work with your student to install this button on their internet devices. Google 'cybersafety help button' and you will find instructions on how to install it. Encourage them to report a problem to a trusted adult.

Reassure your student that reporting inappropriate information will not deny their access. Discuss the risks with your children and agree on some rules for internet use.

*Pauline Peters*, ATTP

## SCHOOL PHOTOS

School photos will take place on **Tuesday 30 July**. Please ensure that each student returns his/her envelope to the school office, even if payment is made in the eldest child's envelope. Envelopes are not to be placed inside other envelopes. Advanced Life Photography has an automated system for payments by credit card. You can go online to [www.advancedlife.com.au](http://www.advancedlife.com.au) for easy to understand payment instructions. You will receive a **receipt number** which **MUST** be **written on the order envelope** in the space provided. Payments can also be made by cash, cheque or money order. If you want to have an individual photo taken please ensure your son/daughter knows this and has the photo taken. Advance Life do not photograph students individually, only those who wish to order an individual photo. Sibling Photos are also available, a 'family order envelope' can be collected from the office. **Students are to bring envelopes on or preferable before Photo Day.**

*Scott Dempster, ATTP*

## JACKIE – 2013 PIERRE DE COUBERTIN AWARD WINNER

Year 12 student, Jackie was this year's recipient of the prestigious Pierre de Coubertin award.

The award was instigated by the Queensland Olympic Council in 1996 to promote the importance of participation in sport and physical activity and is named after Baron Pierre de Coubertin, the founder of the modern Olympic Games. It recognises students who demonstrate initiative, teamwork, sportsmanship and fair play through participation in a variety of sports – qualities which are consistent with the fundamental aims of the Olympic movement.

Jackie was presented with the school's perpetual trophy on parade on Tuesday 18<sup>th</sup> June. The official Awards Presentation Ceremony is in Brisbane on Saturday 6<sup>th</sup> July, where Jackie will receive a certificate and an Olympic Pin from the Queensland Olympic Council.

This award acknowledges Jackie's exemplary attitude and leadership role in the promotion of sport and physical activity. She has actively encouraged sports participation and is an enthusiastic participant herself in inter-house and inter-school competitions. Jackie always strives to perform at her best and has motivated others to do the same. She is an accomplished all-round sportsperson, an Active After School Community presenter for basketball and multiskills and also offers her services as a basketball coach and referee in the Kingaroy competition.

Jackie is a valuable role model for the entire school community and a very worthy recipient of the 2013 Pierre de Coubertin Award.

*Steve Corstiaans, HOD HPE*

## QCS UPDATE

QCS preparation in Term 2 has emphasised strategies/tips for maximising results for Short Response (SR) and Writing Task (WT) responses. The practice SR and WT scripts were returned this week. Clive Newton, who marked the WT, and the QCS teachers, gave written and verbal feedback to the QCS group on Wednesday 19<sup>th</sup> June.

Important dates for next term include **Practice Multiple Choice test** (Wed 24/07); **Full day practice of SR and WT** (Wed 14/08); and finally the **QCS test on 03/09 and 04/09**.

*Jenny Tessmann, ACTING HOD CURRICULUM – EXPLICIT TEACHING*

## TURN YOUR SPARE ROOM INTO FOREIGN EXCHANGE

Kingaroy State High School has now hosted 3 students under its International Student Program who come from afar to live in Kingaroy and study at our school. These are adventurous young people with a cosmopolitan outlook from all parts of the world. We are always looking to find suitable accommodation with adventurous host families on a 3,6,9 or 12 month basis. The students will pay board for their own room and be expected to mix in with their host family.

We hope that the school community will become involved in this exciting program and offer their homes to enable a young person to experience the rich rural lifestyle Kingaroy has to offer.

Please contact Louise Collins (Program Coordinator), or Ross Whiteford (Homestay Coordinator) on 41600666 for further details.

*Ross Whiteford & Louise Collins* COORDINATORS

## 10 TIPS FOR A GOOD NIGHTS SLEEP

1. **Have a regular sleep pattern.**
2. **Spend the right amount of time in bed.** Adults require 8hrs, adolescents 9-10hrs sleep a night
3. **Bed is for sleeping not for entertainment.** Your mind needs to be in the habit of knowing that if you are in bed, you are there to sleep. Televisions, computers, mobile phone interfere with your sleep.
4. **Wind down and relax before going to bed.** Avoid exercise too late at night.
5. **Make sure your bedroom is comfortable.** It should be dark, quiet and of a good temperature.
6. **Alcohol, caffeine and cigarettes should be avoided.**
7. **Avoid daytime naps.**
8. **Don't lie awake watching the clock.** If you need the clock for the alarm, turn it around so that you cannot see the time.
9. **Avoid sleeping pills except in exceptional circumstances.**
10. **You may need professional help.** If you are still having trouble sleeping, if you have persistent problems with mood, restlessness in bed, severe snoring or waking up unrefreshed despite what should be adequate length sleep, make sure that you go and see your doctor. *Source: www.sleephealthfoundation.org.au*

*Annette Montebello, SCHOOL BASED YOUTH HEALTH NURSE*

## FROM THE CHAPLAIN

### Queensland Father of the Year:

Do you know an outstanding dad who deserves to be recognized? Nominate him for the 2013 Queensland Father of the Year award and he could win a five night holiday for him and his family at Sea World Resort & Water Park and the Gold Coast's Favourite Theme Parks! (The prize is for 2 adults and up to 5 children and includes: five nights' accommodation in a Deluxe View room or interconnecting room if more than 2 children; full buffet breakfasts, and; unlimited entry to Sea World, Warner Bros. Movie World and Wet 'n' Wild Gold Coast until 30 June 2014.)

If your nominee is named *Queensland Father of the Year*, you will win an Apple iPad Mini!

Nominations are open until 15<sup>th</sup> July at [qldfatheroftheyear.org.au](http://qldfatheroftheyear.org.au)

Contact me if you have any queries.

**Holidays:** I pray you will all have a safe, relaxing holiday filled with fun, laughter and love.

*"Do all the good you can. By all the means you can. In all the ways you can. In all the places you can. At all the times you can.*

*To all the people you can. As long as ever you can."* **John Wesley**

*Ruth Wright, CHAPLAIN 41600686*

## CANCER QUEENSLAND – SEIZE THE DAY STUDY AWARDS

The Cancer Queensland has launched these Awards to assist all young Queenslanders, aged 16 to 21 years, who are planning to commence or continue post-secondary education next year and have experienced cancer personally, or with a close family member (such as a parent or sibling). The Awards aim to foster the personal growth and development of young people coping with cancer in Queensland. The grant may be used towards expenses incurred while undergoing post-secondary school education such as fees, accommodation, textbooks or stationery. The Awards range from \$300 to \$2,500.

Further information regarding the Seize the Day Study Awards, including application forms, can be accessed by calling the Cancer Council Helpline on 13 11 20 or via the Cancer Council Queensland's website at:- <http://www.cancerqld.org.au/page/need-support/youth-support/seize-the-day-awards/>.

If anyone is intending to apply for a grant and cannot access the helpline or the website, please contact Kingaroy State High School and we will be pleased to provide an application for your use.

*Richard Sloper*, SCHOOL DEVELOPMENT OFFICER

## RESEARCH INTO PARENTING CHILDREN WITH TYPE 1 DIABETES

The University of Queensland is conducting research into parenting children with Type 1 Diabetes. The aim of this study is to understand the factors that make the management of childhood diabetes particularly difficult, and to use this information to develop strategies that might assist parents in managing their child's diabetes.

If you are a parent of a 2-10 year old with type 1 diabetes, we would love to hear from you. By sharing your experiences (confidentially), you will be making a valuable contribution to the development of much-needed childhood diabetes management strategies for parents. To complete the online survey, please log on to:

<https://exp.psy.uq.edu.au/type1diabetes>

For further information about the project or to request a survey to be posted to you please email Aditi Lohan [aditi.lohan@uqconnect.edu.au](mailto:aditi.lohan@uqconnect.edu.au) or phone Amy Mitchell on 33657305 at the Parenting and Family Support Centre in the School of Psychology at UQ, St Lucia.

*Aditi Lohan, Amy Mitchell*, UQ PARENTING & FAMILY SUPPORT

## LOST PROPERTY

If your student has lost items of clothing please remind them to check the blue Lost Property Bin near F Block – it is

## COMMUNITY ANNOUNCEMENTS

- **Looking to improve your fitness?** Contact **Cameron Neuendorf** – nationally qualified and ranked coach, personal trainer & athlete on 0481 143 323 or email at [cam\\_neuendorf@hotmail.com](mailto:cam_neuendorf@hotmail.com)
- **RAISING MEN: Support your son's journey into manhood.** 3 day camp & program for boys 12-15 and their father or male mentor. Upcoming camp dates: 13-16 June; 19-22 September. Includes a 3-day bush camp. [info@raisingmen.com.au](mailto:info@raisingmen.com.au) / [www.raisingmen.com.au](http://www.raisingmen.com.au) Ph: (02)66843892
- Any mums interested in working a few hours a week and being trained to become **Learn To Swim Teachers? Austswim Course.** *No Experience Necessary. Must be able to work after school and Saturday mornings.* **Kingaroy Aquatic Centre Ph: 4162 1863**
- **Come play softball!!!** Burnett Softball Association invites interested players to sign-on for the upcoming summer season. **When: Saturdays; Where: Nanango Sports Grounds – Burnett St Commences 19 October 2013. Male, Females all ages – 5 yrs to masters.** Contact: Karen 0422204661 or [secretaryburnettsoftball@hotmail.com](mailto:secretaryburnettsoftball@hotmail.com)
- **YEAR 12 FORMAL MAKE-UP:** some appointments still available. **Sharon Favier - Diploma of Makeup – Napoleon Perdis Ph 0431116666**
- **FOR SALE: Shih tzu and Maltese Cross puppies** 4 Female, 1 Male. Ready to go. Phone Anne 0434300025.
- **UNIFORM FOR SALE:** KSHS Band Uniform – excellent condition (worn twice). 1 x pair boys long BLACK dress pants; 1 x pair boys long GREY dress pants (both size 14, Stubbies brand) - \$25 each. 1 long sleeved WHITE dress shirt (size 14, Stubbies brand) - \$10. 1 x blue satin tie (for Jazz Band) - \$5. 1 Pair black leather dress shoes (River's brand) size 9½ - \$15. Phone Sue on 0438 899 330
- **UNIFORM FOR SALE:** Senior School T-shirts almost new – Size 12. \$18 each. Contact Karen on 0421 312 261 or 4164 1248.
- **UNIFORM FOR SALE:**  
2 x Blazers – Size 16 and Size 14 Excellent condition - \$100each  
2 x Concert Band Skirt – Size 12 and Size 14 - \$15each  
2 x Stage Band Ties - \$5each  
3 x School Ties (Concert Band) - \$5each  
1 x Boys Concert Band Black Long Pants – Size 16 Very Gd condition \$15  
2 x Black Stage Band shirts – Size 16 and Size 12 \$15each  
2 x School Spray Jackets - Size S and Size M \$45 Ph:41624876 A/H
- **UNIFORM FOR SALE:** KSHS Spray Jacket XL \$45 VGC. Formal/Band Blazer XL (92cm/36R) with silver buttons; recently dry-cleaned \$90 VGC. Contact Eva on 0447 099 054
- **BAND UNIFORM FOR SALE:** Formal Band Skirt Size 22 - \$30; School Tie \$15 – both hardly been worn. Ph: Clara 41635137
- **FOR SALE: 2 x Formal Dresses Size 8 Only worn once, in near new condition \$150 for 1 or both for \$250. If interested call Jess or Leanne on 41621892( AH)**
- **ALTO SAXOPHONE FOR SALE:** As new Steinhoff Alto Saxophone - \$350. Hardly been used. Phone Sharon on 41622884.
- **FOR SALE: Formal Wear: Henry Roth Dress, Red, Lace up Back \$150; Miss Anne Dress, Purple, Stretchy, Size 24, \$50. Kenwood Car Speakers** 1 Set x 180 Watt; 1 Set x 160 Watt; prefer to sell together \$180 ono. Phone Sarah 0400756328.
- **FOR SALE:** Double wooden bed with drawers on base and two bedsides, includes a mattress \$200. Solid pine 6 seater dining table. \$60. Please contact Joel on 0412071429 or Paige on 0432508026 if you are interested.
- **TENNIS LESSONS:** Brad Boynton 0409895527 [mrbproten@bigpond.com](mailto:mrbproten@bigpond.com)  
Spaces available Mon-Sat mornings and afternoons.