KINGAROY STATE HIGH SCHOOL
NEWSLETTER

This Newsletter has been made possible through the generous support of the businesses shown on the back cover and is a co-operative School Community effort.
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Thursday 21 August, 2014

EVERY DAY COUNTS - ACTIVE PARTICIPATION EVERY CLASS

STUDENTS

It has been great to see such a large number of talented students, as well as students who never give up and push themselves to try new things over the past two weeks with the inter-house athletics. Such attributes will see these students succeed in life.

Special congratulations are extended to record breakers, Jai Dalton (Yr 8), Elyssa Hayward (Yr 10), Ashley Kempson, Isabella Neil (Yr 11), Taylor Crossley, John Judge, Taylor Crossley & Siannah Mickelo (Yr 12). All eligible athletes will compete in the South Burnett Athletics here at Kingaroy High tomorrow to see who will represent the South Burnett in a few weeks. Best wishes to all athletes tomorrow.

Well done to all Concert Band members who represented Darling Downs South West at the recent Fanfare State Finals in Brisbane. This competition saw the top ten bands from around Queensland battle it out and while our Concert Band missed the top 5 to play in the grand final, they acquitted themselves admirably for the duration of their stay in Brisbane.

Last newsletter we acknowledged some of the excellent spellers and improving spellers in the Junior Secondary section of the school. Two more Year 9 students, Abigail Blanch and Chantelle Law have been added to the perfect score group. Well done girls.

A group of Kingaroy High’s Senior SEU students recently successfully attended the Roadcraft program in Gympie. Congratulations to Shelley Ward, James Leonard, Daniel Tasker, Cameron Wicks, Brendan Keys and John Van Kuyck who were great ambassadors for the school and learnt a lot about road safety education. A special thanks is extended to Mrs Forbes and Mr Prendergast for their supervision of the students.

It is saddening to the wider school community when we hear of the passing, too early, of past students. Last week we heard of 2007 graduate, Mr Adam Hatch’s passing and we extend our condolences to his family, Tracey, Warren, Letitia and Corey. Our thoughts are with you during this sad time.

STAFF

We have recently welcomed Mrs Jenny Stubbs back from leave and also Miss Hayley Wilkinson who will be here for a few weeks. Next week Miss Rebecca Hall will be on leave until Term 4 so we wish her all the best and hope she enjoys her time away.

QCS

Next week sees the Year 12 students who are sitting this year’s QCS test (which enables students to get a ranking that contributes to their O.P. (Overall Position) and allow them entry to a Queensland university) have their final preparation session. The majority of students have done as much as possible to seek and act on feedback in all aspects of the test. In two weeks time (September 2 and 3) will see them sitting the real test. We wish them well for this important activity. Should any issues arise on either test day please ensure you speak to Mrs Tessmann as soon as possible.

NAPLAN

In May our Year 9 cohort sat the NAPLAN tests in Literacy and Numeracy. On Tuesday this week (19/08/14) Year 9 students were given their NAPLAN results sheet to take home. This sheet shows not only their result, but compares it to other Year 9 students in Australia. Once we have had a chance to analyse results and individual responses, HODs and teachers will be working towards remedying any areas of shortfall for our Year 9 students. In addition, we will be looking at what can be learnt to help our Year 8 students in preparation for the 2015 tests. It is important to remember that these tests are just one snap shot of where students sit in 5 tests at a particular time. Also if your student was absent on Tuesday, they can see the ladies in the front office to collect their report.

TOOMEY STREET ENTRANCE

I ask again that parents avoid using the cul-de-sac in Toomey Street to drive in, and especially to stop for students to disembark. The safety of our students and staff is paramount at all times. Please use William Street or Avoca Street or Markwell Street where possible. If you have a student who needs wheelchair (or crutches) access please use the correct drop-off in Markwell Street near the SEU building.

COMING EVENTS

- South Burnett Athletics (at Kingaroy State High School)
- P & C Community Building
- Last Pre-QCS session for Year 12
- Free Dress day (gold coin donation)
- Chaplaincy Meeting
- QCS Test Year 12
- Year 10 into 11 Parent Night
- Year 9 & Year 10, 2015 Parent Night
- Year 7 and Year 8, 2015 Parent Night

Helen Maudsley, PRINCIPAL (ACTING)
YEAR 10 – SUBJECT SELECTION AND CAREER PATHWAYS

All Year 10 students are currently receiving career information and lessons from HODs and Guidance Officers in preparation for the big decisions for senior school and career pathways. Students have been given a Senior Studies Handbook to read regarding subjects on offer next year. Please work with your child with this and ask questions of HODs and Guidance Officers about subjects, so you are able to make good, informed decisions. Those students who research and ask the knowledgeable and informed people, end up having more success and avoid subject failures and wanting to make subject changes. Subject selections will be completed end of Term 3/early Term 4. A parent night will be held at the High School on Tuesday 9th of September. This, too, would be a good opportunity to gain valuable information and to ask questions of any of the HODs. If you require further information please contact me at the school.

Robyn Ferling, DEPUTY PRINCIPAL – CURRICULUM (ACTING)

RESILIENCE

We often have situations, common to many teenagers, regarding unhappy social situations. Developing a sense of resilience will carry them through these times and allow them to continue to focus on the key reason for being here – to learn and achieve success in preparing for life.

What is Resilience?

- It’s the ability to carry on in the face of adversity.
- It’s the ability to bounce back from adversity.

Help your child by using the language of resilience:

Use humour: ‘come on laugh it off’
Use flexible thinking: ‘You could be right, but have you thought about…..’
Acceptance: ‘Don’t worry. Relax and see what happens.’
Maintain perspective: ‘This isn’t the end of the world’
Seeking help: ‘Who have you talked to about this?’

These coping strategies of humour, empathy and acceptance will help to develop a happy and successful student.

Pauline Peters & Eddie Groom, ATTP (ACTING)

FEAR OF FAILURE

Many are stumped when they see people with great potential do nothing with their lives. Firstly, it’s impossible to go through life without experiencing a fair amount of failure. Those who have never failed have probably done little or nothing with their lives. Put simply, they’re not living at all. So it’s important to recognise that if you’re to achieve in life you’ll probably have to suffer many failures along the way.

To overcome the fear of such failures you could:

- Analyse all potential outcomes before you try something. The worst case scenario probably isn’t that bad. Never fear failure if you can rise from the fall;
- Learn to think positively;
- Set small goals that are slightly, but not overwhelmingly, challenging. Early wins will boost confidence and help you set slightly harder goals. Taking one step at a time allows people not to be overwhelmed by the thought of their final goal;
- Park negative friends i.e. don’t hang around or tell friends who drag you down what you hope to achieve. You can always go back to them;
- Speak to school counsellor or somebody you trust.

Source: By Marcus Priaulx, Barambah PaCE Coordinator

Pauline Peters & Eddie Groom, ATTP (ACTING)

QCS

The Queensland Core Skills Test is on Tues 2nd and Wed 3rd September. We have 75 Year 12 students who will be undertaking the tests. On each of the mornings, QCS students and their parents/caregivers are cordially invited to a light breakfast. This will be available from 8am in the area beside the canteen. On the Tuesday morning at 8:20, there will be a prayer service in E7 (beside the canteen) for interested students and parents.

If you would like to contribute "brekky" cooking, please email me (jtess2@eq.edu.au) or phone the school on 41600666. Feel welcome to bake and freeze in advance!

Your attendance and support would be appreciated by all.

Jenny Tessmann, ACTING HOD – EXPLICIT TEACHING

CONCERT BAND FANFARE

2014 STATE FINALISTS

Congratulations to all members of the KSHS Concert Band for representing the Darling Downs/South West QLD Region in the state finals of FANFARE 2014. The Concert Band performed in the Plaza Ballroom of the Brisbane Convention Centre on Wednesday August 6 in front of two adjudicators. While they did not make the Grand Final, they received some wonderful feedback from both adjudicators. The Stage Band then performed in Queen St Mall on Thursday morning in what was a wonderful promotion for Kingaroy SHS. The Concert Band performed again in the Plaza Ballroom for the Finalist Showcase Concert and was one of the stand-out ensembles in this concert. This was Kingaroy SHS’ eighth consecutive appearance in the FANFARE State Finals. What a wonderful achievement! The first six were representing the Wide Bay Region, and the last two representing Darling Downs/South West QLD. This is recognition of the talent and commitment of our Instrumental Music students.

Paul Hutton, HOD ENGLISH/LOTE & Brett Jones, HOD MATHS

A huge thanks must go to our parent helpers Mrs Blanch, Mrs Chimes and Mrs Mashford, who along with Ms Iszlaub had the band looking great! They also ran a very good emergency ward for our many students who came down with the flu.

Matt Phillips, INSTRUMENTAL MUSIC TEACHER

NATIONAL LITERACY AND NUMERACY WEEK

National Literacy and Numeracy Week will be held next week, from 25 – 31 August. The English-LOTE and Maths Departments will be holding various activities next week in which students of all year levels can participate, both in form lessons and at lunch times. Students should listen to morning notices each day to find out what activities are being offered.

Paul Hutton, HOD ENGLISH/LOTE & Brett Jones, HOD MATHS
YEAR 11 NEWS
A busy few weeks have passed. Yesterday we had our Year 11 Leadership Day at the Town Hall. It is a day for the students to learn some valuable lessons about the different types of leaders in the community, different leadership styles and leadership techniques. Some excellent activities about leadership were enjoyed and some great leaders from all areas of our community, including sporting, business, community and political leaders, provided words of wisdom. At the end of the day the students took home the sheets to begin the leadership certificate application process. Once the students have filled out the Leadership Certificate application they will then be interviewed by myself and the ATTP’s to ensure they are eligible. As the leadership process continues I will keep you and your students informed. Please talk to your students and encourage them in their leadership aspirations, whether they are big or small.

Matt Langford, Year 11 Coordinator

YEAR 10 NEWS
Last week 20 students received the prestigious Student of the Term award and attended the leadership barbeque. Congratulations to the following students: Bryce Clayton-Collins, Callum Tucker, Keisuke Uchimura, Brooke Steinhardt, Lara-Marie Boyle, Sara Mitchell, Meagan Walker, Cassidy Black, Reece Thompson, Eli Bunyoungh, Katie Evans, Sammy Crawford, Thomas Fairbrother, Cortney Sonter, Keoni English, Lauren Schleger, Thomas Newman, Jesse-Lea Bath, Ellen Dalton and Dylan Nichol.

Well done to the many Year 10s who participated in the athletics events over the past few weeks and who showed commitment by attending the half-day athletics last Wednesday and the full Athletics Carnival last Friday.

The Year 10s are continuing to look towards their futures. This week every student was given the opportunity to select their subject wish list online for next year. We are also having weekly visits from the HODS of the all the various subjects to help students make informed choices. Students need to keep in mind that these preferences are a ‘wish list’ and may not be the subjects they study next year.

Please continue to encourage your child to wear the formal uniform on Tuesdays and remember that socks must be plain grey for boys, plain blue for girls, and have no words or symbols on them. Thank-you for your continued support.

As the year is quickly progressing we’d like to inform parents that students from now to the end of the year are expected to have 93% attendance and good behaviour records if they wish to attend the transition night at the end of the year. We look forward to sharing more information about this great night in the near future.

Courtney Turner & David Hill, Year 10 Coordinators

YEAR 9 NEWS
Year 9 students have been working hard for the community recently. Riley Slatter, Dayna Pukallus, Connie Shelton and Caitlyn Clancy are deep into rehearsals for an upcoming production of the musical, ‘Cats.’ The show, produced by the South Burnett Musical Comedy Society and directed by Year 9 form teacher Mr Craig Reiger, runs from August 22 – 30 at Kingaroy Town Hall. Being involved in community events such as this add immeasurably to their skill set, so we encourage other students to get involved in an area of interest.

Year 9 form classes are also involved in the global charity project, ‘Operation Christmas Child.’ Each form class has collected a shoebox and is filling it with useful age-appropriate gifts. The boxes will eventually be collected and distributed to children in need across the world. Gifts and monetary donations to cover postage can be given to form teachers until the second last week of term. Finally, a number of Year 9 students recently participated in the World Vision 40 Hour Famine, giving up food or technology for 40 hours to empathise with people who suffer from poverty and to raise money to do something about it. Congratulations to all students who are making a difference in the world!

Michael Stevens & Nerissa Maudsley, Year 9 Coordinators

YEAR 8 NEWS
YR 8 INTER-HOUSE SPORTS CARNIVAL
As an idea to get Year 8’s active and entertained at lunch time, whilst also building new friendships within their School Sporting House, over the next four weeks the Year 8’s will be competing in four different sport, those sports being futsal, netball, volleyball and basketball. Whilst participation will be the key focus for the carnival, with students trying a sport that they may have not played before, there will be Vivos up for grabs for both the winning Houses and also the Houses that show great House spirit and fair play. The carnival kicked off this week with futsal, next Monday will be netball followed by volleyball and finishing with basketball. All carnival results to follow in up-coming newsletters. All House Teams from Week One of Futsal:- both games finished 4-All.

SPELLING: Year 8 students will be given a spelling list of 15 words each Friday by their form teacher to learn over the weekend. This list will be glued in their homework diary. These words come from a larger list of spelling words that students have already been given and that they are expected to know for Year 8. Could you please work with your student to help them learn their words so that they are ready for testing on Tuesdays? Your efforts would be very much appreciated in assisting to improve spelling across Year 8.

Peter Collins & Melissa Kempson, Year 8 Coordinators

VIVO
With the athletics carnival now over and Youngman coming away with the win, the chase for VIVOs amongst house groups continues. Currently, Youngman are leading the house groups with 5,142 VIVOs collected so far this term. Following closely behind are Palmer with 4,683, Lavarack with 4,483 and Bradfield with 4,459. The race between house groups will continue in the coming weeks until the end of term.

Encourage your student to log onto www.vivomiles.com.au at home where you can see their positive feedback from teachers!

Jodi Charlton, Teacher
**APPLICATIONS CLOSE: Friday 29 August 2014.**

Applications are now open. For further information please visit: www.usq.edu.au/scholarships or see the Guidance Officer.

**USQ SCHOLARSHIPS**

Recommendation Scholarships- students must be achieving a minimum B average to be eligible and recommended by the Principal. Further information www.usq.edu.au/scholarships or see the Guidance Officer.

APPLICATIONS CLOSE: Friday 29 August.

**SUPPORTING WOMEN’S SCHOLARSHIPS**- for females who are commencing study in 2015 at a QLD university and are pursuing study and employment in a traditionally male dominated field and skill shortage areas. To see eligible fields of study and further information go to www.supportingwomen.qld.gov.au APPLICATIONS CLOSE: 10 October, 2014

**UQ Sporting Scholarships**- UQ offers various sporting scholarships. Applications are now open. For further information please visit: www.uqsport.com.au/content/uq-sporting-scholarships

**VTAC Special Entry Access Scheme (SEAS)**- Student applications from Kingaroy High School are automatically eligible to be considered for admission to Monash under: The Monash Guarantee - an access program that provides guaranteed entry to many Monash undergraduate courses; Special Entry Access Scheme (SEAS) a scheme that provides special consideration in admission to all Monash undergraduate courses. Further information www.monash.edu/access.

**Upcoming University Open Days:**

23 August- Christian Heritage College

SAE Creative Media College

24 August- USQ Springfield

CQU Rockhampton

James Cook Townsville

**Mandy Camfermann & Rebecca Zischke, GUIDANCE OFFICERS**

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**APPLICATIONS CLOSE: 31 October, 2014.**

Applications are being sought from students that are interested in joining the Art Club from Kingaroy High School. Some of our Art Clubbers: Sara Mitchell, Leilani Riedy, Chloe Johnston and Karlee Sharp.

**FROM THE G.O. - DATES TO REMEMBER**

**AUTOMOTIVE, TECHNICAL & PARTS APPRENTICESHIPS**- Applications are being sought from students that are interested in joining the automotive industry through the Modern Apprenticeship Programme. Students who are selected will be placed at a dealer for full time employment. Further information www.vantageautomotive.com 2015 UQ Enhanced Studies Program- provides talented students with an opportunity to extend their studies by completing a university subject in the 1st semester of Year 12. Further information www.uq.edu.au/esp APPLICATIONS CLOSE 31 October, 2014.

**SCHOLARSHIPS:**

PEGGY HUNTER MEMORIAL SCHOLARSHIP SCHEME- available for Aboriginal and Torres Strait Islander students interested in health related courses (Certificate IV or above), Further information www.acn.edu.au. APPLICATIONS CLOSE 15 September, 2014.

**USQ SCHOLARSHIPS**- Future Leader scholarships are offered in recognition of involvement in the school or wider local community through extra-curricular activities, and are seen as leaders within the school. Further information www.usq.edu.au/scholarships or see the Guidance Officer. APPLICATIONS CLOSE: Friday 29 August

**USQ SCHOLARSHIPS**- USQ Vice-Chancellor’s Principal Recommendation Scholarships-students must be achieving a minimum B average to be eligible and recommended by the Principal. Further information www.usq.edu.au/scholarships or see the Guidance Officer. APPLICATIONS CLOSE: Friday 29 August.

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**BEWARE OF FAD DIETS**

A fad weight loss diet is any diet that promises fast weight loss without a scientific basis. These diets often eliminate entire food groups and as a result do not provide a wide range of important nutrients. Fad diets may provide short-term results but they are difficult to sustain and can cause serious health problems. The best approach to weight loss is to follow a long-term, healthy and balanced eating plan and to exercise regularly.

**Weight loss and fad diets:**

Diet that encourage fast weight loss usually have little effect on body fat. The initial weight lost while on a fad diet is mostly water and lean muscle (which is generally not desirable). When very little food is eaten, the body begins to break down muscle to meet energy (kilojoule) needs. Unfortunately, this occurs much more easily than the breakdown of fat stores.

**Breaking down muscle leads to:**

• a loss of water, creating the illusion of rapid weight loss
• a reduced metabolic rate, so when the diet is stopped it is much easier for the body to gain fat than it was prior to going on the diet.

As a result, over time, people can diet themselves fatter. Fad diets often encourage a short-term change in eating behaviour, rather than encouraging changes that can be sustained in the long-term. It is essential that any diet meets nutritional needs, is practical and suitable for individual lifestyles. Regular physical activity is also important for those wanting to lose weight.

*Source: Dietitians Association of Australia.*

**Annette Montebello, SCHOOL BASED HEALTH NURSE**

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**AVIATION CAREERS DAY**

11:30AM - 5:00PM

THURSDAY 28 AUGUST

QUEENS PARK TOOWOOMBA

To register your interest contact your Defence Force Recruiting Careers Promotion Team by emailing cptqld@dfr.com.au

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**P & C MEETING**

11:30AM – 5:00PM

AVIATION CAREERS DAY

THURSDAY 28 AUGUST

QUEENS PARK TOOWOOMBA

To register your interest contact your Defence Force Recruiting Careers Promotion Team by emailing cptqld@dfr.com.au
COMMUNITY ANNOUNCEMENTS

• FOR SALE: Second Hand Hospitality Shirt (Black with Red Collar; B&W Checks around collar and sleeves); Size Small LWR Brand. If interested please see Mrs Walker in Student Services.

• FOR SALE: ‘SENIOR’ Polos - $20 each, as new, worn a few times only; Blue V Neck Pullover, worn once, $25; 2 pair blue Tuesday sock $5. Phone: 0402 122 926

• FOR SALE: 1x XXL spray jacket - very good condition $20.00 ; 1x XL spray jacket new condition $50.00 Phone Karen 0407 143 603

• UNIFORMS: Spray Jacket Size S $20; Formal Skirt Size 14 $20; Formal Shirt Size 10 $10; 2 Senior Polo Shirt Size 10 & 12 $10each; Formal Socks (new) $5; Hat (worn once) $5. All good condition Ph. 0438628246

• UNIFORMS: 5 Size M Snr School polo shirts Good Condition $15 each; Call Kathy on 0438153860

• FOR SALE Size 16 School Blazer (has old logo) - suit show team or student leader. Very Good Condition. Price $50. Call 0427691425

• UNIFORMS FOR SALE: Three Size 22 Junior Shirts; One Size 18 Sweat Shirt – hardly worn. Call 0427816524

• UNIFORMS FOR SALE: Blazer Size 12 82cm $99 (Blazer bought new); Long Skirt Size 16 $25 (Skirt bought new); Spray Jacket (Small) $40; Spray Jacket (Medium) $40; Formal Shirt Girls Size 10 $15. All in good condition. Contact: 0409275375.

• FOR SALE: Band Uniforms 1 x Size 22 Slammers Blue Long Sleeve Shirt; 1 x 39cm Lowes Long Sleeve white shirt; 2 x 39cm Lowes Long Sleeves Black Shirt; 1 x Size 22 or 117cm KSHS Concert Band/Formal Jacket; 1 x Size 18 or 102cm KSHS Concert Band/Formal Jacket; 1 x KSHS Tie. All in excellent condition, jackets have been dry-cleaned. Shirts $10each; Jackets $120 each; Tie $5. Contact 41642380.

• FOR SALE – Hospitality Shirt Size S (never been worn). $25. Contact Kathy 0427691425

• UNIFORMS FOR SALE: Berelle Long Band Formal Skirt Size 14 $20; 1 x Wide Bay Athletics Singlet Size 10 $10. Email Wendy Krosch on kmmpools@hotmail.com or phone 41622749 / 0428622740

• UNIFORMS FOR SALE: 1 Spray jacket $25; 2 x Size 16 short skirts $10each Phone Korina on 41636107 / 0459894959

• SOUTH BURNETT JUNIOR CRICKET – SIGN ON DAY
• 6th Sept at Kingaroy Shoppingworld 8am – 1pm
• 13th Sept Lyle Vidler Oval 9am-1pm

For more information contact: Aleisha Hall – 41622861 or Steve Heness 0488693378