



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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Newsletter No 4

Thursday May 7, 2015

Principal
Deputy Principal – Curriculum
HR & Student Timetabling
Assistants to the Principal

Ashley Roediger (Acting)
Helen Maudsley
Lloyd Fairbairn
Scott Dempster and Melissa Kempson (Acting)

EVERY DAY COUNTS - ACTIVE PARTICIPATION EVERY CLASS

ANZAC DAY

On 24th April we hosted our Anzac Service in the Indoor Sports Centre. A past student - **Commodore Brett Wolski**, was our special guest at the service. Commodore Wolski spoke about completing his education at Kingaroy State High School and how every student can succeed through diligence and commitment. My sincere thanks goes to Commodore Wolski for returning to Kingaroy State High School and also to all members of our school community for their involvement in our service and the many services across the South Burnett. I visited the Yarraman, Kumbia and Kingaroy Anzac Day services and it was fantastic to see our students playing key roles and representing the school with pride.



NAPLAN

On **May 12th to 14th** our Year 7 and 9 students will complete the annual NAPLAN testing. Each year these results are reviewed and used in whole school planning. In previous years students have achieved quite good results, however there has been a deficiency in the number of students achieving at the highest level. This year many of our students have been involved in enrichment activities that give students the skills to attain these higher results. It is important to note that these activities do not only focus on NAPLAN but provide students with the thinking skills to be successful in each subject they undertake. I look forward to reporting on our NAPLAN outcomes later this year when the results are released.

Each year parents and teachers provide our NAPLAN students with breakfast prior to the testing. I have a number of teachers who have offered to provide breakfast over the 3 NAPLAN days, however I

desperately need some other parent helpers. If you are able to assist between 8am and 9am on Tuesday 12th, Wednesday 13th or Thursday 14th May could you please contact me at your convenience?

EISTEDDFOD

This week a large number of Kingaroy State High School students are participating in the Kingaroy Eisteddfod in a range of genres. I wish each of these students every success and thank them for the efforts that they have already made in preparation for this competition.

On a side note, I am pleased to report that DET and the AMEB are able to offer our students the opportunity to gain nationally recognised AMEB qualifications through participation in school instrumental music programs at discounted rates. AMEB will offer to candidates the following examination/grade book package in a range of instruments – Gr 1 and Gr 2 - \$85:00 and Gr 3 and Gr 4 - \$90:00. If you are interested in the AMEB programme please contact either Matt Phillips or Nadine Gray.

UNIFORM

Thank you to all parents for ensuring that students are wearing the school uniform, especially as the weather starts turning cooler. By wearing the school uniform, students are showing Respect for the school, their peers and themselves. It shows a sense of belonging and that they are proud of being a student at Kingaroy State High School.

NEWSLETTER

After recent feedback about the length and currency of our newsletter, we will distribute the newsletter fortnightly, rather than monthly. I sincerely thank our school community for your feedback around the frequency of the newsletter.

COMING EVENTS

- | | |
|---|---|
| Thur 7 May – Sunday 10 May | ▪ State Netball Championships Kingaroy |
| Tues 12 May – Thur 14 May | ▪ NAPLAN Tests |
| Tuesday 12 May, 7:00pm | ▪ Year 12 Parent Night – B9 |
| Saturday 23 May | ▪ McChappy Day |
| Monday 25 May, 6:30pm
KSHS Assembly Hall | ▪ Mayor's Community Benefit Fund P2R Trust Community Presentation |

Ashley Roediger, ACTING PRINCIPAL

NAPLAN TESTING

All Year 7 and 9 students of Kingaroy State High School will be participating in their NAPLAN tests from 12 to 14 May. The tests will be as follows:

Tuesday 12 May	Language Conventions Writing	45 minutes 40 minutes
Wednesday 13 May	Reading	65 minutes
Thursday 14 May	Numeracy (calculator) Numeracy (non-calculator)	40 minutes 40 minutes

There are some students whose parents may opt to withdraw their student from NAPLAN testing. Please note that this usually only occurs due to religious beliefs and philosophical objections to testing. If you believe that you have grounds to withdraw your student, please contact me at the school for further information and the appropriate paperwork.

On each of the above mornings, toast and juice will be provided for the students from 8:15am. If any parents are able to assist for this short time please contact me.

Lloyd Fairbairn, DEPUTY PRINCIPAL

PATHWAYS TO RESILIENCE TRUST – P2R – COMMUNITY PRESENTATION



The Pathways to Resilience Trust is a charitable organisation established with the specific purpose of promoting social and emotional learning and resilience in children, adolescents and families. With its various presentations, it aims to assist in the prevention of anxiety, depression and youth suicide. We have been fortunate to obtain funding from the **SB Regional**

Council's Mayor's Community Benefit Fund to bring the **P2R Trust** team to our school on the 25th and 26th of May. The team will work with staff, students and community members and will present sessions on topics which will assist with creating resilient schools and resilient learners. The community presentation will take place on the **25th of May** at the school's Assembly Hall at **6.30 pm** and will give carers an understanding of how and why the brain grows and changes, and also how it functions as to the learning of social and emotional skills. We would urge all parents and caregivers to attend this presentation so that you can assist your children to grow in productive and healthy ways.

BUDDY FORM CLASSES: Last Wednesday we started our trial of Buddy form classes whereby students from years 7 and 8 are able to share the 10 minute form lesson at the start of the day with year 11 and 12 students. The idea of this is so that the senior students, under teacher supervision, can develop a mentoring relationship with the juniors and whilst doing so, model appropriate behaviour in terms of our core values – **RESPONSIBILITY, RESPECT AND RESILIENCE.**

10 COMMANDMENTS OF GOOD PARENTING

Does your child have behavior problems? Your relationship with your child likely needs some attention.

By Jeanie Lerche Davis Reviewed by Brunilda Nazario, MD WebMD Feature

1. What you do matters. "This is one of the most important principles," Steinberg tells WebMD. "What you do makes a difference. Your kids are watching you. Don't just react on the spur of the moment. Ask yourself, 'What do I want to accomplish, and is this likely to produce that result?'"

2. You cannot be too loving. "It is simply not possible to spoil a child with love," he writes. "What we often think of as the product of spoiling a child is never the result of showing a child too much love. It is usually the consequence of giving a child things in place of love -- things like leniency, lowered expectations, or material possessions."

3. Be involved in your child's life. "Being an involved parent takes time and is hard work, and it often means rethinking and rearranging your priorities. It frequently means sacrificing what you want to do for what your child needs to do. Be there mentally as well as physically."

Being involved does not mean doing a child's homework -- or reading it over or correcting it. "Homework is a tool for teachers to know whether the child is learning or not," Steinberg tells WebMD. "If you do the homework, you're not letting the teacher know what the child is learning."

4. Adapt your parenting to fit your child. Keep pace with your child's development. Your child is growing up. Consider how age is affecting the child's behavior.

"The same drive for independence that is making your three-year-old say 'no' all the time is what's motivating him to be toilet trained," writes Steinberg. "The same intellectual growth spurt that is making your 13-year-old curious and inquisitive in the classroom also is making her argumentative at the dinner table."

For example: An eighth grader is easily distracted, irritable. His grades in school are suffering. He's argumentative. Should parents push him more, or should they be understanding so his self-esteem doesn't suffer?

"With a 13-year-old, the problem could be a number of things," Steinberg says. "He may be depressed. He could be getting too little [sleep](#). Is he staying up too late? It could be he simply needs some help in structuring time to allow time for studying. He may have a learning problem. Pushing him to do better is not the answer. The problem needs to be diagnosed by a professional."

5. Establish and set rules. "If you don't manage your child's behavior when he is young, he will have a hard time learning how to manage himself when he is older and you aren't around. Any time of the day or night, you should always be able to answer these three questions: Where is my child? Who is with my child? What is my child doing? The rules your child has learned from you are going to shape the rules he applies to himself."

"But you can't micromanage your child," Steinberg tells WebMD. "Once they're in middle school, you need let the child do their own homework, make their own choices, and not intervene."

To be continued next Newsletter

Scott Dempster & Melissa Kempson, ATP

2015 ANNUAL INTERHOUSE CROSS COUNTRY

The school's annual Interhouse Cross Country was held on Wednesday 29th April. Students participated enthusiastically for their houses and it was great to see the inclusion of the Year 7's and so many students running in their house colours. The event was quite convincingly won by Palmer house on 408 points, with Lavarack second (342), Bradfield third (298) and Youngman fourth (253).

A number of school records were broken on the day including **Caleb Dalton** (13 Yrs Boys), **Riley Priaux** (13 Yrs Girls), **Jai Dalton** (14 Yrs Boys), and **Georgia Toohey** (17 Yrs Girls). Being the inaugural event in this age group, our two 12 year old winners, **Toby Schmidt** and **Casey Bath** are also recognised as record holders.

Congratulations to the following age champions:

12/U	Casey Bath	Toby Schmidt
13 Years	Riley Priaux	Caleb Dalton
14 Years	Chelsea Carroll	Jai Dalton
15 Years	Chloe Lane	Daniel Bond
16 Years	Alexandra Almond	Eli Bunyoung
17 Years	Georgia Toohey	Ashley Kempson
19/U	Kirsty Horne	Caleb Childs

The winner of the **Andrew Marsh Memorial Trophy** for overall first place in the 15, 16 & Open Boys 5km event was **Ashley Kempson**, for the second year in a row, so special congratulations go to Ashley.

Special guest, Assistant Regional Director and former Kingaroy SHS Principal **Mr David Ballin** once again ran in the event, along with a number of other staff, and assisted Mr Roediger with the presentations.

The first four placegetters in each age group were selected in the school team to contest the South Burnett Cross Country in Murgon on Tuesday 5th May.

Steve Corstiaans, CROSS COUNTRY CONVENOR

YEAR 12 NEWS

An invitation to parents of all Year 12 students

There will be a **Parent Information** night on **Tuesday 12 May at 7:00pm** in **B9**. This night is specifically to discuss:

- QCE
- QCS
- Destination of 2014 students
- Options for 2015
- Interviews
- References.

However you will be able to ask about any concerns you have for your Year 12 student.

Lloyd Fairbairn, YEAR 12 COORDINATOR

POSITIVE BEHAVIOUR FOR LEARNING

The implementation of the PBL program is progressing according to our schedule. Recent changes around the school can be seen by the use of our 3 virtues as signs around the school environment – Responsibility, Respect and Resilience, visual reminders for all students of our school wide expectations (and they look great too).

Recently the explicit teaching of our PBL values have been implemented into the Junior School Form and Life Skills lessons. This will shortly be implemented into the Senior School program as well.

As part of our recognition of students who demonstrate our school virtues, all Triple A students (100% attendance and excellent for behaviour and effort on Term 1 reports) were recognised for their efforts on Year Level parades. Congratulations to all these students, you are great role models for your peers.

The year to date has seen the awarding of over 50,000 Vivo points to students who are demonstrating our school virtues. No doubt the Vivo shop will experience some busy times in the not too distant future. This is a fabulous effort.

As part of our Vivo program a 'Vivometer' is planned for installation in the Indoor Sports Centre as a visible reminder to students and members of the community of all the positive things our students are able to achieve. We have a target of 250,000 Vivo points by the end of the school year!

Remember – "Respect your efforts, respect yourself. Self-respect leads to self-discipline. When you have both firmly under your belt, that's real power." – Clint Eastwood.

Jenny Stubbs & Matt Davis, PBL COMMITTEE

YEAR 11 NEWS

RYDA Our Year 11's visited the TAFE on Thursday the 30th April for the Rotary organised RYDA program. Students took a lot out of the day attending 6 sessions throughout the day. They learned about safe stopping distances, making correct decisions on the road, hazard distractions and risks. Students talked to police and paramedics about accidents and were able to speak to an accident survivor. Thank you to Rotary and all the volunteers who made the day possible for these students. That day alone may have saved a few young lives.



During May, USQ Toowoomba will be holding their *Student Experience Day*. This event offers a great opportunity for Year 11 and 12 students to experience what university is all about. Students will participate in a range of interesting and inspiring sessions tailored to their areas of interest. Students have been asked to see our Guidance Officer, Mrs Zischke, about an information booklet.

If you ever need to contact me about any Year 11 information or concerns please don't hesitate to call the school on 0741 600 666 or email at mlang72@eq.edu.au.

Matt Langford, YEAR 11 COORDINATOR

YEAR 8 NEWS

Many students were recognised as **AAA students**, at the Junior Secondary parade last week for their 100% attendance and excellence for effort and behaviour on their Term 1 Interim report.

Congratulations to the following students: **Liam Hyland, Taylah Favier, Patreece Rackemann, Christina Newman, Jordan Buckley, Ashleigh Lindsay, Layla Longden-Meagher, Natalia Manz, Aiden Robe, Jessica Kassulke, Jamie-Lee Olsen, Riley Priaux, Xanthe Walker.**



Starting this week, students need to bring their **Student Diary** to the Junior Secondary parade. During the parade form teachers will do diary checks. They are expected to maintain a neat and organised diary, containing only messages and information related to school. Please encourage your child to bring their diary to school each day and maintain it in a respectful manner.

Remember to regularly check your child's VIVO account to read positive feedback from teachers. Visit the VIVO website at www.vivomiles.com.au

Rebecca Watson, YEAR 8 COORDINATOR (ACTING)

YR 10 CELEBRATING 30 YEARS OF FOOTLOOSE!

Year 10 HPE classes have had the chance to practice their dance steps this semester as part of the HPE course. Mr Turner's class have decided to pay tribute to the famous movie 'Footloose', on the film's 30th year anniversary, by learning a line dance version of the classic tune (see photo below of Jayden, Tayla, Emily, Dayna, Elizabeth and Brittany)



Along with some Footloose, Year 10's have also been learning a mix of Bush Dances, Waltz, Jives and the Cha Cha to name a few. When they haven't been dancing other activities they have been practicing are football, tennis and, in preparation for Term 3, some athletics.

Continuing with the physical activity theme a big congratulations to all those who participated in the school cross-country race. It was great to see students getting dressed up in house colours and having a good go at the race. A special congratulations to those students who qualified to compete at the South Burnett Cross-Country; **Daniel Bond, Kaleb Stolzenberg, Jacob Woodhead, Chloe Lane, Laura Gray, Natalia Phillips-Petersen, Natasha Lange and Kayla Catterall.**

Earlier in the term a challenge was put to all the Year 10 students; Vivos to every boy that beats Mr Wagner and to every girl that beats Mr Collins. So it must be said 'well done' to Daniel Bond, Kaleb Stolzenberg, Chloe Lane, Laura Gray, Natalia Phillips-Petersen, Natasha Lange and Jenna Christensen who all crossed the line ahead of Mr Wagner and myself.

Peter Collins & Rebecca Tranter, YEAR 10 COORDINATORS

CONOCOPHILLIPS SCIENCE EXPERIENCE

For Year 9 and 10 students who are interested in careers in science, the ConocoPhillips Science Experience offers a marvellous opportunity to find out the opportunities that exist and get a taste of university life. There are three and four day programs available and a choice of universities to attend including UQ, QUT, USQ, JCU, and Griffith. The program involves tours of science facilities, hands on activities, talks from some of Queensland's leading scientists, and workshops covering a wide range of different sciences. The cost ranges between \$120.00 - \$160.00, not including meals, transport and accommodation (some of the Unis do offer accommodation). For more information visit www.scienceexperience.com.au.

Steven Langton, HOD SCIENCE

Please remember to send a note with your student should they require a pass-out.



YEAR 7 NEWS

Triple AAA certificates have been awarded to students who have 100% attendance and who achieved excellence in effort and behaviour on their interim reports. These students were presented with the accolade in the junior assembly on Thursday – Front Row left to right - **Emma Hilsley, Nikkita Turnock, Hannah Armstrong, Asha Cooper.** Back Row left to right – **Lachlan Hansen-Crawford, Patrick Lenihan, Chloe Chimes & Toby Schmidt.**



The Cross Country was a highlight of last week and the attendance and participation of the Year 7 cohort was excellent. Congratulations to the students who participated in the SB Trials in Murgon this week along with the other competitors.

12 & Under Girls

Casey Bath
Vanessa Kissick
Tiarna Hurt
Angelina Phillips-Petersen

12 & Under Boys

Reece Kitchingman
Brodie Turner
Mitchell Quinn

13yrs Girls

Riley Priaulx
Sarah Winston
Taylor Watt
Madi Carstairs

13yrs Boys

Caleb Dalton
Michael Evans
Jack Garrod
Caleb Landers

Looking forward to another rewarding week.

Matt Davis & Carissa Sempf, YEAR 10 COORDINATORS

STUDENT WORK PLACEMENT

I wish to thank Mrs McDuffie and all of the Mine Managers for facilitating my week of Work Experience at the Meandu Mine. I was lucky enough to see a few different sides of the mine by spending time in the office, seeing the planning side of mining and then being lucky enough to see the practical side of the planning being put into action with the production and maintenance staff.



All successful organisations have many facets which make it a leader in their field and I was lucky enough to experience on-the-job training and day-to-day activity of a mine so close to home. Downer EDI allows local school students to experience the day-to-day workings of a mine, and for that I am very grateful.

I have enjoyed all parts of the week from the intensive safety meetings on Monday to the time spent in the workshop with the fitters, to the time spent on the digger and also the dump truck.

I feel this week of work experience has concentrated my interest in the mining field and has focused my interest in the mining industry. Thanks again to Downer EDI for the opportunity to be able to experience this occupation so close to home.

Many Thanks,
Jack Hourn

Jodi Woodall, WORKPLACE COORDINATOR



Help us celebrate

World Hand Hygiene Day

5th May 2015

Good hand hygiene is the most cost-effective method in preventing the spread of infections world-wide. Influenza, diarrhoea and food-borne illnesses can all be spread through hand contact.

On Tuesday 5th May Kingaroy SHS participated in World Hand Hygiene Day. In a lunch-time health promotion stall, students had the opportunity to check the thoroughness of their hand washing under UV light. Areas that were missed glowed fluorescent white. Students also participated in a hand hygiene quiz where they learnt interesting, yet essential information about hand hygiene.

Good hand hygiene saves lives. The World Health Organisation recommends to wash hands when visibly soiled, otherwise use an alcohol-based hand rub.



Annette Montebello, SCHOOL BASED YOUTH HEALTH NURSE

LIBRARY NEWS

Thank you to all those students and community organisations for their contribution to the Anzac commemoration this year. At Wondai, Wooroolin, Nanango, Murgon, Maidenwell, Kumbia and Cherbourg students made presentations on behalf of the Student Council and at the Kingaroy service on behalf of the Student Council and Kingaroy Lions. These books have been processed and are now part of our school collection.

Students receive overdue notices each Tuesday in Form Lessons. If students have any concerns regarding overdues (lost, stolen, returned, the dog ate it), then this is the time to come to the library and see Mrs Oliphant. It is much easier to deal with 'problem' books now rather than leaving it until the end of the semester or year.

George R.R. Martin made this observation in *A Dance with Dragons*: "A reader lives a thousand lives before he dies. The man who never reads lives only once." Hopefully our Year 7, 8 and 9 students are managing to read their 20 minutes a day and living lots of exciting lives!

Judy Conomos, TEACHER-LIBRARIAN

CANTEEN ROSTER

MON	11/05/15	Kerry Saunders / Christine Teakle
TUES	12/05/15	Janet Schleger / Sarah Shadforth
WED	13/05/15	Kerry Saunders / Janet Schleger
THUR	14/05/15	Joni Mullins / Lyn Walters
FRI	15/05/15	Jacki Irwin / Lyn Walters
MON	18/05/15	Shelly Forsythe / Janet Schleger
TUES	19/05/15	Debbie Litzow / Wilna Potgieter
WED	20/05/15	Vicki Rossi / Jan Lamborn
THUR	21/05/15	Mandy Blair / Janet Schleger
FRI	22/05/15	Gaylene Schultz / Janet Schleger
If you are unable to work on your day, please try and swap with someone and let Lorraine know. If you can't swap ring Lorraine on 41600676 or a/h 41622264 .		

FOR SALE

AS new ASUS VivoBook S200E Notebook PC - \$250

Good unit for a student. Keyboard, Touchpad and Touchscreen

18 months old – only used for 6 months

Windows 8 64bit operating system: 2.00Gb HDD, 4Gb RAM 1.1GHz

Comes with protective case

See Mr Whiteford in D Block Staff Room or Phone 41600666

COMMUNITY ANNOUNCEMENTS

- **FOR SALE: BRAND NEW KSHS JACKETS** (Beare & Ley Brand), Size 14 – never been worn. Price \$30 each. Phone Sharleane on 0435412372.
 - **FOR SALE: 3 Brand new KSHS Size L Junior School T-Shirts – never been worn.** (Brand Name 'Beare & Ley'). \$20 each or \$50 the lot. Phone 0428 515 369
 - **UNIFORMS FOR SALE:** 1 x Size 16 long-sleeved blue formal shirt (wind ensemble) \$10; 1 x Size 18 boy's short sleeved blue formal shirt \$10; 1 x Size 14 formal skirt \$5;; 2 x senior polo shirts Size 16 \$5 each; 1 x Size 16 boy's navy shorts \$5; 1 x size 12 girls short-sleeved blue formal shirt \$5; 1 x blue satin stage band tie \$5. Phone Jan 41627919.
 - **UNIFORMS FOR SALE: 1 Band Blazer** - Purchased brand new from Lowes, Silver buttons – fits medium sized student, in very good condition - \$100;. **1 Band Skirt** *Barelle* brand, Size 16, bought new and in good condition - \$30; **1 Band Shirt** Size 14, bought new and in good condition \$20; **1 KSHS tie - \$10 – OR all the above for \$150.** *Plus 1 short navy skirt* Size 10, Stubbies brand \$10; **1 short navy skirt** Size 12, Stubbies brand - \$10 **Or everything for \$160** Perfect school kit for a new KSHS student. Everything will fit a medium sized student. Contact Kate McCormack on 0459526770 for more details.
 - **FOR SALE - 3 KSHS BLAZERS** all in great condition, 1 very small \$100 ono; 2 medium to large \$90 ono. **1 BLESSING FLUTE** great condition – student finished school - \$200ono. Phone 0427237071.
 - **BAND UNIFORMS FOR SALE:** Blazer, excellent condition, dry-cleaned, size 32 - \$120; Skirts, Size 14 and 16 - \$5 each; Blue and White Shirt, Size Medium - \$5 each; Ken Mills Toyota Polo Shirt, Size WXS - \$10; School tie and jazz band tie - \$10 each. Contact 0437 985 535.
 - **SCHOOL UNIFORMS FOR SALE**
 - 6 x. School polo shirts, approx size 14- 16 - \$10 each
 - 2 x white band shirts - size 14 - \$10 each
 - 2 x blue band shirts - size 14 - \$10 each
 - 1 x blue band shirt - size 16 - \$10
 - 1 x Short sleeved light blue school shirt - size 12 - \$5
 - 2 x blue school jumpers- approximate size 14 - 16 - \$10 each
 - 2 x navy formal skirts -size 16- \$15 each
 - 3 x school ties - \$5 each
 - 1 x short navy school skirt - size 12 - \$10
 - 1 x school blazer - \$30
 - 1 x school spray jacket- size Large - \$30
- Contact – 41623483 , Mob 0407960694
- **UNIFORMS FOR SALE:** 2 X Size 16 **School Blazers** in excellent condition. \$80 each. Phone Donna 0409 620 923
 - **SCHOOL UNIFORMS:** 2 x Small windcheaters - \$20each; 3 x Medium girls navy shorts - \$5 each; 3 x Size 16 Senior polo shirts - \$5 each; 1 x school tie - \$5; 1 x girls short sleeve formal shirt - \$5; 1 x Size 18 formal skirt - \$10; 1 x Boys grey shorts Size 12 - \$5. Phone Jan 41627919.

The South Burnett High Schools (Nanango, Saint Mary's Catholic College, Murgon and Kingaroy) are working together to stage a

2015 South Burnett Careers Market/ Try A Trade

We wish to invite businesses to take part in this exciting event.

Our 2013 Careers Market attracted over 900 students and provided employers with an excellent opportunity to showcase career opportunities within their industry/organisation.

**The South Burnett
Careers Market/Try A Trade
will be held on**

**Thursday 30 July 2015
from 10am to 3pm
at the**

**Kingaroy State High School
Indoor Sports Hall**

Please contact Jodi Woodall at the Kingaroy State High School on 41600 666 if you would like your industry/ organisation to participate.

Are you sick of life being hard work?

Does your boss/ partner/children/ parent/teacher irritate you?

Do you bottle up or explode in anger?

Are you addicted to Coffee, Chocolate, Sugar?

Do you use cigarettes, alcohol to relax?

Do you withdraw in silence?

DO YOU SUFFER FROM

DEPRESSION? STRESS? TIREDNESS? FRUSTRATION? ANXIETY?

EXCESS WEIGHT?

DO YOU WANT TO BE

YOUTHFUL? HAPPY? HEALTHY? MOTIVATED? FIT?

TONED? ENERGETIC? LOVING LIFE?

Then come to **EmTrain.**

It's a brand new concept in physical training that will revolutionise your life. We're donation based so everyone can afford it. If you're serious about changing your life, having fun and living the way you've always wanted. Call Jim 04672 44811

We're based at Kingaroy Sports Hall, Markwell Street

KINGARoy PENSIONERS LEAGUE

Is hosting a

CENT AUCTION

Saturday 30 May, 1:00pm at the
Senior Citizens Hall

(cnr Kingaroy & Alford Streets – opposite IGA)

Come, enjoy and bring a friend.

Afternoon Tea

Admission \$0

Enquiries: May O'Brien - Phone 4162 2299

Edna Jackson - Phone 4162 7296

KINGARoy SCOUTS SHOW & SHINE IS BACK!!

30 May 2015 – Kingaroy Scout Den

JUDGING AND NON JUDGING ZONES – SET UP FROM 8AM

Start at 10:00am - Finish at 3:00pm

Entry \$5 a Car - Pushbikes Free - Admission Gold Coin Donation

Contact Jamo: 0429 631 331

7th - 10th May 2015
Kingaroy Netball Association Courts

Queensland Secondary School
NETBALL
Championships

240 Secondary U15's & U19's Netball Players
Representing all 12 sporting regions

IT'S MORE THAN JUST A GAME TO THEM

Come and watch as they tear up the court in the *REAL* game.

Over 4 days the netball stars of the future will compete for the trophy. They all want it but only one team will leave with it!

Capricornia | Darling Downs | Northern | North West | Peninsula | South Coast | Sunshine Coast | South West | Metropolitan West | Metropolitan East | Metropolitan North | Wide Bay |

Opening Ceremony 9:05am Thursday 7th | Games start 8:15am Thursday to Saturday
Sunday play-offs and Finals 8:30am 1:00pm | Possible v Probables Saturday afternoon 3:30pm to 4:30pm
Old U15yrs State Team and Old U19yrs State Team will be announced at the closing ceremony on Sunday