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 5
Thursday May 21, 2015

EVERY DAY COUNTS - ACTIVE PARTICIPATION EVERY CLASS

NETBALL
Congratulations to Ms Helen Maudsley and the large number of staff, parents and students who were involved in the recent Queensland U/15 and Open Netball carnival. I visited the carnival over the 4 days and I was very impressed with the large number of students staff and parents who worked tirelessly during this time. On behalf of the entire Kingaroy community, thank you to everyone who made a contribution to the carnival.

NAPLAN
Last week the Year 7 and 9 students completed the annual NAPLAN tests. These tests included Spelling, Reading, Writing, Grammar and Punctuation and Numeracy. The results from these tests will be available in Term 3 and I look forward to sharing the successes of our students.

YEAR 12 PARENT NIGHT
Thank you to all parents and students who attended the Year 12 Parent Night on 12th May. At this night we spoke about a number of important issues such as QCS, QTAC and the Formal. I also highlighted the importance that every Year 12 student is working towards attaining a QCE. The Year 12 students have just over 100 days left this year and it is important that they attend school every day; they submit their assessment pieces and that they continue to be achieving "Excellent" for Effort and Behaviour on their report cards.

BUSINESS LUNCH
On Wednesday 13th May, we hosted a Business Luncheon for 36 guests. The lunch was provided by the Year 11 and 12 Hospitality students as part of their assessment. I congratulate each of the students involved for their outstanding restaurant. The food and service was exceptional and worthy of a place in the Master Chef program! Well done to each of these students.

P2R PROGRAM – USING YOUR BRAIN FOR HAPPINESS
Last year the P & C were successful in obtaining a grant from the South Burnett Council to provide a professional development opportunity for our students in mental wellbeing. This program is called Using your Brain for Happiness and focuses on students aged between 12 and 18. The students in Year 7, 8, 9 and 10 will participate in the program on Monday 25th May as part of their scheduled classes. We have asked the presenters to host a community session later that evening – starting at 6:30pm in the Assembly Hall. I look forward to seeing many parents and students at this evening.

COMING EVENTS

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Monday 25 May, 6:30pm</td>
<td>KSHS Assembly Hall</td>
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<tr>
<td>Tuesday 26 May</td>
<td>Mayor’s Community Benefit Fund P2R Trust Community Presentation</td>
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<tr>
<td>Saturday 30 May</td>
<td>Wide Bay Cross Country Championships - Murgon</td>
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<tr>
<td>Monday 8 June</td>
<td>CGEN Artist Workshop</td>
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<tr>
<td>Thursday 30 July</td>
<td>Queen’s Birthday Holiday</td>
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<td>Careers Market/Try a Trade</td>
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STATE NETBALL THANKS
From May 7-10 Kingaroy SHS successfully hosted the Queensland U/15 and U/19 State Netball Championships. Such a huge event that brought over 700 people to the town was only successful due to the undertaking of numerous people. Firstly, I thank each and every sponsor and supporter. To our major sponsors, Conpak Queensland and South Burnett Dental Group, we are extremely grateful. Our gratitude is extended to the South Burnett Regional Council also for their excellent support in a number of areas. We also had the excellent support of a large number of other businesses and organisations from the town, in a variety of ways so thank you for your role in the success of the Championships. To the wider Kingaroy community, I also want to share the numerous comments and thanks that many of our visitors had for the friendliness and helpfulness of the general community as well as businesses around the town.

Volunteers came from all areas, and so many individuals assisted in a huge variety of ways. My sincere thanks goes to the volunteers: 32 Kingaroy High students who were recognised on Assembly this week, 34 staff, 5 students from other primary schools and 9 members of the community who took the time out to volunteer over the four days. I am truly inspired by your outstanding efforts. This was reinforced by the many verbal comments as well as letters & emails that we have since received, with the most common comment being about how happy & positive the volunteers were. In particular in this newsletter, I thank our parents, Amanda Chimes, Lisa Winston, Scott Prendergast, Leanne Rubesaame, Ros Dalton, Sheree Prendergast, Michael Boyle, Sharon Newman, Yvonne Toohey, Belinda Gangemi, Sharon Favier & Gary Favier for your time, interest and efforts.

Helen Maudsley, CHAMPIONSHIP CONVENOR
UNIFORM

It is pleasing to see the majority of our students wearing the correct school uniform. Our Junior Secondary students have been setting an excellent example each Tuesday by wearing the full formal uniform. All students are required to wear this uniform not only on Tuesday but also for other formal occasions and school photo day which will be coming up soon. If for some reason your student cannot wear the correct uniform on a particular day they need to have a note from you which they will then bring to Student Services so that they can be issued with a clean item of uniform or a uniform pass for the day.

ATTENDANCE MATTERS

To ensure that your student receives the best possible education it is important that they are at school, in classes and learning every day. Apart from genuine illness, necessary family engagements and school events, students should be at school. We are proud to prepare our students for life. Life after school will involve being on time to a job or tertiary classes. Please insist on your student getting to school on time, every day. Every day counts.

SOCIAL MEDIA

Are you aware of what your student does in relation to using social media? Many of the issues we see in school are a direct result of hurtful comments made in relation to others. The old saying – “if you can’t say anything nice, don’t say anything at all” would certainly save a lot of angst and grief amongst social media users. We would appreciate your support in talking about responsible use of social media with your students.

COMMANDMENTS OF GOOD PARENTING (Cont)

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

6. Foster your child’s independence. "Setting limits helps your child develop a sense of self-control. Encouraging independence helps her develop a sense of self-direction. To be successful in life, she’s going to need both." It is normal for children to push for autonomy, says Steinberg. "Many parents mistakenly equate their child’s independence with rebelliousness or disobedience. Children push for independence because it is part of human nature to want to feel in control rather than to feel controlled by someone else."

7. Be consistent. "If your rules vary from day to day in an unpredictable fashion or if you enforce them only intermittently, your child’s misbehavior is your fault, not his. Your most important disciplinary tool is consistency. Identify your non-negotiables. The more your authority is based on wisdom and not on power, the less your child will challenge it." Many parents have problems being consistent, Steinberg tells WebMD. "When parents aren’t consistent, children get confused. You have to force yourself to be more consistent."

8. Avoid harsh discipline. Parents should never hit a child, under any circumstances. "Children who are spanked, hit, or slapped are more prone to fighting with other children," he writes. "They are more likely to be bullies and more likely to use aggression to solve disputes with others."

"There is a lot of evidence that spanking causes aggression in children, which can lead to relationship problems with other kids," Steinberg tells WebMD. "There are many other ways to discipline a child, including ‘time out’, which work better and do not involve aggression."

9. Explain your rules and decisions. "Good parents have expectations they want their child to live up to," he writes. "Generally, parents overexplain to young children and underexplain to adolescents. What is obvious to you may not be evident to a 12-year-old. He doesn’t have the priorities, judgment or experience that you have."

"An example: A 6-year-old is very active and very smart -- but blurts out answers in class, doesn't give other kids a chance, and talks too much in class. His teacher needs to address the child behavior problem. He needs to talk to the child about it, says Steinberg. "Parents might want to meet with the teacher and develop a joint strategy. That child needs to learn to give other children a chance to answer questions."

10. Treat your child with respect. "The best way to get respectful treatment from your child is to treat him respectfully," Steinberg writes. "You should give your child the same courtesies you would give to anyone else. Speak to him politely. Respect his opinion. Pay attention when he is speaking to you. Treat him kindly. Try to please him when you can. Children treat others the way their parents treat them. Your relationship with your child is the foundation for her relationships with others."

For example, if your child is a picky eater; "I personally don't think parents should make a big deal about eating," Steinberg tells WebMD. "Children develop food preferences. They often go through them in stages. You don't want turn mealtimes into unpleasant occasions. Just don't make the mistake of substituting unhealthy foods. If you don't keep junk food in the house, they won't eat it."

Likewise, the checkout line tantrum can be avoided, says Natale. "Children respond very well to structure. You can't go shopping without preparing them for it. Tell them, 'We will be there 45 minutes. Mommy needs to buy this. Show them the list. If you don't prepare them, they will get bored, tired, upset by the crowds of people."

"Parents forget to consider the child, to respect the child," Natale tells WebMD. "You work on your relationships with other adults, your friendships, your marriage, dating. But what about your relationship with your child? If you have a good relationship, and you're really in tune with your child, that's what really matters. Then none of this will be an issue."


Scott Dempster & Melissa Kempson, ATTP

2015 ANNUAL INTERHOUSE CROSS COUNTRY

The South Burnett Secondary Schools Cross Country was held in Murgon on Tuesday 5th May. A strong performance by Kingaroy State High School students produced five Age Champions and a total of twenty-six competitors selected in the South Burnett team. The Junior and Senior Cross Country Shields were retained by Kingaroy, so congratulations to all who competed for our school.

Our Age Champions were Caleb Dalton (13 years), Jai Dalton (14 years), Georgia Toohey and Ashley Kempson (17 years) and Aidan Penfound (19/U). These students were selected in the South Burnett Cross Country team as well as Taylor Watt, Jack Garrod, Caleb Landers, Nicholas Sikman, Lane Slade, Chloe Lane, Laura Gray, Daniel Bond, Caleb Stolzenberg, Allexandra Almond, Kayla Catterall, Schehera Broderick, Chelsea Kerr, Eli Bunyoung, Adrian Webster, Marney Hurt, Hannah McCullough, Chris Hutton, Lindsay Cotter, Max Johnston and Caleb Childs.

We wish these students success as they compete in the Wide Bay Cross Country Championships which will also be held in Murgon on Tuesday 26th May 2015.

Steve Corstiaans, CROSS COUNTRY CONVENOR

CASUAL TEACHER AIDE POSITIONS

Expressions of Interest are called for relief Teacher Aides. As this is for temporary and casual positions only at this stage, there are no set days and times. If you wish to express your interest in becoming a casual Teacher Aide, please contact the school office for an application package. Enquiries should be directed to Wendy McCallum Business Services Manager, phone 41600610 or email wmcca9@eq.edu.au. Applications will close on Friday 5 June 2015.

Wendy McCallum, BUSINESS SERVICES MANAGER
STUDENT WORK EXPERIENCE

Over the Easter holidays I had the opportunity to participate in work experience at the Kingaroy Police Station where I was fortunate enough to experience many different aspects of the Police Force. I spent time in the station observing the day-to-day workings of the station. I was also taken out to the Police Holding Yard to see many different cars that had been involved in accidents. On another occasion I was taken to see the Stock Squad paddocks and facilities. While at the station I also had the opportunity to observe the function and processes involved in maintaining the Properties room. I was even given the opportunity to go to the Kingaroy Courthouse and witnessed two different court hearings.

After completing my work experience I have become far more interested in the Police Force and I am intent on pursuing a career in this profession. After spending time with the people at the station and having the opportunity to speak to lots of police officers, asking them questions about the profession and the day to day workings of the Police Station, I have gained a far better understanding of what I will experience if I am accepted into the Police Academy.

I thoroughly enjoyed my week of work experience. I was given so many opportunities to experience new things, meet many great people and learn a lot about the Police Force. I would recommend work experience to any student who is interested, as it is a great opportunity and I am very thankful to have been able to experience it.

My sincere thanks to Senior Sergeant Duane Frank and the staff at the Kingaroy Police Station, who made my work experience so enjoyable and informative.

Thomas Newman (Yr 11 Student)
Thanks to Mrs Truss, Mr Maddern, Mrs Ahnon and Mrs Connelly, a VIVO Kiosk was run this week to assist students with logging onto VIVO and cashing in VIVO slips. The kiosk was well attended with many students taking advantage of the laptops on hand and knowledgeable VIVO staff. Another kiosk will run later in the term.

Statistics to date for VIVOs:

<table>
<thead>
<tr>
<th>Measure</th>
<th>Points</th>
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<tbody>
<tr>
<td>Total VIVOs handed out this year</td>
<td>362210</td>
</tr>
<tr>
<td>Sporting house with most VIVOs:</td>
<td>PALMER - 23430</td>
</tr>
<tr>
<td>Year level with most VIVOs:</td>
<td>Year 7</td>
</tr>
<tr>
<td>Forms with most points in each year level:</td>
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</tr>
<tr>
<td>7A – 2628</td>
<td></td>
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<tr>
<td>8D – 3096</td>
<td></td>
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<tr>
<td>9H – 2450</td>
<td></td>
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<tr>
<td>10E – 1466</td>
<td></td>
</tr>
<tr>
<td>(10I – 1453, 10H – 1450 very close!!)</td>
<td></td>
</tr>
<tr>
<td>11H – 1811</td>
<td></td>
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<tr>
<td>12G – 2826</td>
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to Mrs Truss, Mr Maddern, Mrs Ahnon and Mrs Connelly.

**Library News**

Congratulations to the huge number of Year 7, 8 and 9 students who were awarded Vivos points for their great progress in Accelerated Reader in the last two weeks. All Junior school students are required to be reading regularly – every day! At present, students are completing STAR tests to check their progress from the start of the year. Keep working hard on your reading – it really is an important life skill.

Mrs Ahnon has recently set up a new display at the library entrance which is all about fun with words. How good are you at these tongue twisters? Freshly-fried flying fish; unique New York; many an anemone sees and enemy anemone; red lorry, yellow lorry? The other display that always generates lots of interest is the News board of photos of our students in the classroom; we remind these students to check their VIVO accounts regularly and cash in their points for rewards.

Finally, the cool weather has arrived. What better way to spend the weekend than with a book, curled up inside. If you’ve read any great books that you think would be worthwhile additions to our school library collection, please let us know. You can contact me via email – jmega1@eq.edu.au.

**Sporting News**

Wide Bay Representatives: As the term progresses, we have had a large number of students represent Wide Bay at Qld School Sport Titles. The experience from this high level of competition benefits our school teams greatly. Congratulations to:

- Hayley Ellison (AFL)
- Georgia Toohey (netball)
- Caleb Goodger (rugby union)
- Jack Hourn, Abby Hay, Bella Neil, Mia Whye, Sophie Roberts, Britney Lakin (volleyball)
- Ella Champney, Amy Hilsley (basketball)
- Adam Geiger, Logan Bayliss-Brow, Charles Payne (rugby league)

Congratulations to Britney Lakin in Year 11 who has been invited to be a member of the Qld School Sport Volleyball Team to participate in the Malaysia-Singapore Tour in September.

Sporting Opportunities: We have had many opportunities for our students to play sport so far this year. Interschool sport opportunities have been played in sports of rugby league, soccer, cricket and netball. Upcoming competitions will be on offer for futsal, volleyball and touch football. Next term will see Bjelke-Petersen Shield and Bunya Shield days. Encourage your child to be involved in these competitions. Sign up for teams are advertised through morning notices and on parade.

**Krysty Connelly, Sports Coordinator**

Laura selected in Qld Under 15 Girls National Premier League Team

Year 10 Kingaroy State High student Laura Gray is the first female from the South Burnett/Wide Bay region to be selected in the Qld National Premier League Team. The National Championships will be held 4th to the 11th July at Coffs Harbour. Laura will train each Friday evening from 1st May with the State team and then goes into Camp prior to the National Championship.

Her success follows on from being selected in the Queensland Under 15 Girls Schools team in 2014, which included a tour to Japan.

More information can be provided closer to the event but this is a good news story for the school having one of their students doing well in “school sport”, South Burnett/Wide Bay and State representation. This selection in the QLD NPL is the culmination of Laura’s commitment and hard work.

**Year 9 News**

Term 2 is almost half finished; how time flies when you’re having fun! Assessment is due or close to being due across many subjects. We encourage all Year 9 students to spend time each night studying their class notes and completing homework. Sustained focus over many weeks is likely to produce better results than a ‘night before’ job. There are many Year 9 students who are already putting in the hard yards at home and in the classroom; we remind these students to check their VIVO accounts regularly and cash in their points for rewards.

**Melissa Kempson, (On behalf of VIVO Committee)**

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**Judy Conomos, Teacher-Librarian**

**Upcoming Competitions**

- National Championships
- Bjelke-Petersen Shield
- Bunya Shield

**Wide Bay Representatives**

- Hayley Ellison (AFL)
- Georgia Toohey (netball)
- Caleb Goodger (rugby union)
- Jack Hourn, Abby Hay, Bella Neil, Mia Whye, Sophie Roberts, Britney Lakin (volleyball)
- Ella Champney, Amy Hilsley (basketball)
- Adam Geiger, Logan Bayliss-Brow, Charles Payne (rugby league)

**Year 9 Coordinators**

**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 JACKET (Beare & Ley Brand), Size 14 – never been worn. Price $30. 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 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 045 9526770 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.
• 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.

Pilates Beginner Mat Classes
Booked in 4 week blocks, $60/block
Monday 9.00-10.00am or
Wednesday 2.00-3.00pm
For details phone 41625940