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.

Office: (07) 4160 0666  Absence Line: (07) 4160 0660  Fax: (07) 4160 0600
Toomey Street Kingaroy 4610
Email: the.principal@kingaroyshs.eq.edu.au
Website: www.kingaroyshs.eq.edu.au  www.facebook.com/Kingaroyhigh

Thursday June 18, 2015

Newsletter No 7
Principal
Ashley Roediger
Deputy Principal – Curriculum
Helen Maudsley
HR & Student Timetabling
Lloyd Fairbairn
Assistants to the Principal
Scott Dempster and Melissa Kempton

EVERY DAY COUNTS - ACTIVE PARTICIPATION EVERY CLASS

STUDENTS

Last week I travelled to Toowoomba to watch our students participate in the 2015 Choral Fanfare competition for Darling Downs and South West. The Vocal Group and Chamber Choir groups were conducted by Mrs Sue Dowidetz-Reiger and I am pleased to report that the Chamber Choir won their division. On behalf of the entire school community I congratulate Mrs Dowidetz-Reiger and all of the vocal group students. They were fantastic ambassadors for our school and must be congratulated for their outstanding performances. Many of these students are involved in Creative Generation next term and I look forward to further promoting their success after this event.

This week our Mooting teams continue in their endeavours to succeed in the Bond University and USQ Mooting competitions. We wish Miss Nerissa Maudsley and the Mooting teams every success in these competitions. Good luck to each of these students: Bond Mooting Team - Zoe Basham (Senior Counsel), Mikaela Williams (Junior Counsel) and Tahnia Miller (Instructing Solicitor) and the USQ Mooting team - Liana Haak (Senior Counsel), Charlie Plant (Junior Counsel) and Tahnia Miller as their (Instructing Solicitor.)

Next week Mr Damian Nicholson is hosting the annual ECOMAN competition and I wish each of the students involved in this activity best of luck. I look forward to reporting on the ECOMAN activity in our next newsletter.

STAFFING

We wish the following teachers a restful break during their leave next term.

a) Mr Steve and Mrs Wendy Corstiaans are taking leave for all of Term 3.
b) Mrs Glenda Hoffman - 7 weeks leave in Term 3.
c) Mr Rob and Mrs Courtenay Turner are also taking leave in Term 3.
d) Mr Scott Dempster is taking 4 weeks leave in Term 3.

We also welcome Mrs Tracey Reinbott back in Term 3 to resume her role as Assistant to the Principal – Junior Secondary. Mrs Melissa Kempton will continue in the Assistant to the Principal role whilst Mr Dempster is on leave.

Given the number of staff on leave during Term 3, there will be some changes to student timetables.

JAPAN TOUR

On Saturday 27th June, 22 students and 3 staff are travelling to Fudooka in Japan. We wish all of these students and staff a very safe and enjoyable trip. I am sure that this tour will be a memorable tour and will continue to cement our relationship with our sister school in Japan. In late July and early August we will host Fudooka in Kingaroy. I strongly encourage our families to consider hosting a Japanese student during this time and I invite you to contact the front office to register your interest in hosting our international visitors.

END OF TERM

This is the last newsletter for Term 2. I thank the entire school community for the many outstanding contributions that have been made to the school this Semester. There have been numerous curricular and co-curricular activities and I have been very impressed we the way students have engaged with these. I wish you all a very safe break and I hope that you manage to find some quality time with your children during the June vacation. I look forward to seeing many of you at the parent-teacher interviews early in Term 3.

SCHOOL OPINION SURVEY

Each year, Education Queensland undertakes a survey of parents/caregivers, students and staff to gauge their satisfaction with important aspects of schooling. All parents/caregivers are asked to participate in this survey, and it is hoped you will take a few minutes to complete the online survey.

Access to the online survey will be sent home with the eldest student from each family on Friday 26th June. The survey will be open from Monday 29th June to Friday 31 July 2015.

COMING EVENTS

Mon-Wed 22-24 June  ▪ ECOMAN
Sat 27 June – Sunday 12 July  ▪ Winter Vacation
Saturday 27 June  ▪ Japan Trip Departs
Wed 15 July – Sunday 19 July  ▪ CGEN Show Week - Brisbane
Monday 20 July, 3:30-6:30pm  ▪ Parent Teacher Interviews
Wednesday 22 July  ▪ BP Shield - Murgon
Tuesday 28 July  ▪ School Photos
Thursday 30 July  ▪ Careers Market/Try a Trade – 10.00am – 3:00pm
Friday 31 July  ▪ Flair Concert, 7pm
▪ Fudooka Students arrive

Mr Ashley Roediger, PRINCIPAL

STUDENT ASSESSMENT

Please note below the assessment list for the last two weeks of Term Two. For the more specific details, please refer to the complete assessment list that your son/daughter was given out in Term One or refer to the copy on the Kingaroy High website.

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Parents can play an important role in protecting their teenagers from mental health problems. It can be difficult to know whether a change in a teenager’s behaviour is due to depression or anxiety, or is part of normal adolescent development.

Researchers from Monash University and the University of Melbourne have developed a new online parenting program designed to empower parents to make sense of adolescence and parent their teenager with confidence. The program offers practical strategies that parents can use to support their teenager’s mental health.

If you are a parent or guardian of a child aged 12 to 15, you may be eligible to participate in a free trial of the program. Participation will take a few hours of your and your child’s time, over 3 to 12 months. Both you and your child will be reimbursed for your time. Please note, as the program is designed to prevent depression and anxiety problems, researchers are looking for parents of teenagers who do not have any current mental health difficulties. The flyer included in this newsletter advertises an opportunity for parents and students to take part in this program.

RAISING RESILIENT TEENAGERS

Helen Maudsley, DEPUTY PRINCIPAL

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USQ TOOBOOMBA YR7-10 CAREERS DAY
Thursday 30 July
The University of Southern Queensland is holding a Careers Day which is open to students from Year 7 – 10. Students will be able to tour the facilities, engage in interactive hands-on study sessions and talk to current students. Representatives from TAFE and the Defence Force will also be present on the day. If you are interested in taking your student to this event, further information can be found at http://www.usq.edu.au/news/events/events/2015/07/usq-careers-day

Last week we printed an article by Karen Boyes relating to foods which are helpful to students during busy and stressful times. This week part 2 – foods that should be avoided.

WHAT SHOULD MY STUDENT AVOID?
Sugar creates an addiction cycle in your body that makes the brain work overtime. When you eat something sweet, your body starts to pump adrenaline and you feel good - the sugar high. However, while your body is using the sugar, your pancreas produces insulin to bring your body back into balance. This makes you feel worse than you did before eating the sugar. Then you think you need something else sweet to eat, and suddenly you’ve set up an addiction cycle. It’s particularly detrimental for students around exam time and when they are studying because the brain focuses on the need for more sugar, rather than devoting energy to memory and learning.

Caffeine is found in tea, coffee, Coke, Pepsi and other manufactured drinks, cigarettes and chocolate. Smart drinks also contain caffeine. Dr Batmanghelid, in his book "Your Bodies Many Cries For Water" states, "It’s an elementary but catastrophic mistake to think caffeine drinks are a substitute for water." He continues to say "It’s true they contain water, but they also contain dehydration agents and use the water they are dissolved in as well as the reserves from the body." Caffeine is a diuretic and this means each cup or glass of caffeine that you drink dehydrates your body of up to three glasses of water. You may have a cup of coffee and then feel quite thirsty.

Approximately 70% of our bodies are made up of water and over 80% of our brains are water. Not enough water can lead to dehydration which causes headaches, lack of concentration and focus and tiredness. Drinking at least six to eight glasses of water a day is important for health and success. Younger children should consume about 4 glasses of water a day. Allow students to rehydrate between classes. However, at any time of stress the body also dehydrates. Have you ever stood up in front of a group to speak and your mouth suddenly goes dry? According to Dr Batmanghelid, the ‘dry mouth’ signal is the last outward sign of extreme dehydration. Dr Carla Hannaford suggests under any stress the body needs two to three times the normal daily amount

YEAR 10 MATHS OPTIONS
Next semester, instead of having the single option of Mathematics, Year 10 students will also have the option of doing Mathematics 10a instead. Like the current Year 10 Maths course, 10a is also part of the National Curriculum, and is designed for those students who wish to do Maths B and C in Senior.

Currently all students who achieve a Standard of A or B at the end of Semester 1, will be placed in the classes to do 10a instead of regular maths. However, if you feel that you want your student to do the Maths 10a subject to keep their options open, and you are worried that they may not achieve an A or B this semester, they can still do it.

In this situation, what is required is for your student to return the sheet they received 3 weeks ago to Mr Jones in G Block by Monday the 22nd June, with your student’s details filled out and your signature to indicate your wishes. If the form has been lost, or your student neglected to take it home, please either ask them to get another form from me or contact me directly. Please also feel free to contact me for further information.

ENGLISH DEPARTMENT NEWS
ICAS English Competition: Each year the University of New South Wales runs International Competitions and Assessments for Schools (ICAS) competitions, including English. The English-LOTE Department at Kingaroy SHS has always encouraged our students to enter the competition to identify their strengths and weaknesses, and the test is also very effective preparation for a variety of exams and assessment tasks, including NAPLAN and the QCS test. Students receive an individual report containing detailed data regarding their performance, as well as a participation certificate.

If your student wishes to participate in this year’s competition, the English-LOTE Department will subsidise the cost of their entry. Students will only have to pay $4.00 to the payment window at the school office by Wednesday 24 June to be entered in the competition. This year’s sitting date is Tuesday 28 July.

Creative Writing Enrichment Program: For the last few years, the University of the Sunshine Coast has conducted a creative writing course for Year 11 students at Kingaroy State High School to improve their creative writing skills.

The Creative Writing Excellence Program will be conducted on Wednesday afternoons during Term 3 at the school between 1:15 and 2:45 pm. It is our expectation that the students will attend each of these sessions, unless there are whole-school activities such as BP Shield, Athletics Carnivals or Year 11 Leadership Day.

Dr Maria Arena from the University of the Sunshine Coast facilitates the course, where students investigate the short story genre and eventually create their own stories, which the school will bind in an anthology and present back to the students. The program is fully funded by the University. The course will particularly benefit Senior English students as their Short Story assessment task is due late in Term 3. Students who wish to be involved should sign up on the noticeboard outside A Block staffroom.

State Championships: Congratulations to the following students who have represented Wide Bay over the last couple of weeks.

- Bella Neil (Football)
- Daniel Favier, Max Johnston, Taylah Curley (Touch Football)
- Good luck to Toby Schmidt and Josh Ayre who will represent Wide Bay at the State 12Yr’s Boys Rugby League Championships at the end of this Term.

Winter BP Shield: BP Shield will be held in Week 2 of Term 3. We will travel to Murgon by bus on Wednesday 22nd July. BP Shield sign on sheets are currently in the Sports Hall. Students have been reminded on parade and on notices since last week. The final day for signing up will be tomorrow. Students will be required to pay for the bus by the end of Week 1 Term 3.

Interhouse Athletics: The first of the events will start Monday 13th July (Week 1, Term 3). The events will be posted on the School’s Facebook page and timetables will be up around the school. The students have a number of opportunities to compete to the best of their ability in various events. Events are scheduled during lunch times, as well as Wednesday 5th August (Half Day) and Thursday 6th August (Track Day).

2015 AUSTRALIAN GEOGRAPHY COMPETITION
20 Junior and 16 Senior school students participated in the Australian Geography Competition in the last week of Term 1. The results have been released and all participants are to be congratulated for having a go and will receive certificates.

In the Junior competition Asha Cooper, Jaden Heness, Nicola Irwin and Zeke Johnson were awarded Credit certificates. Jayden Pike was awarded a Distinction and Kyle Boyes, Amy Mitchell, Toby Schmidt and Nicholas Underwood received High Distinctions. Toby and Nicholas were in the top 6% of the National Junior competition.

In the Senior competition Alexandra Almond, Billy Moss and Ryan Weitzel were awarded Distinction certificates and Brynn Clayton and Aaron Mooney High Distinctions. Aaron was in the top 6% of the national senior competition.

2015 ranks as one of the best performances by KSHS students in the competition, may their successes continue.
**YEAR 7 NEWS**

It’s been a very busy and productive few weeks around here with assessment due before the end of the semester. Accelerated reader is no different with our Year 7’s topping the table with 68.82% of students reading for 5 minutes or more per day. This is up by 9.91% when compared to last month’s stats. Student results improve in all subjects if they regularly read. Parents can help by encouraging their student(s) to read on a regular basis and making sure students bring their Accelerated Reader books to school every day. Every minute of reading counts.

Also in Year 7, Miss Lowe and her Year 7 Home Economics class has been busy with completing their final practical cooking assessment – high fibre muffins. Students were observed practicing safety and hygiene, measuring skills and their rubbing-in technique to make these tasty and healthy snacks.

**YEAR 12 NEWS**

Semester One has certainly been very busy. Well done to all Year 12 students who have managed the academic rigour and kept their eye on the ball. Understandably, there are some who have found things a little more difficult but I believe we have the scaffolding in place to support students.

I believe that students need to reflect on their effort and performance at the end of this semester and evaluate whether they are on track. Year 12 students will have an interview with a member of Administration early in Term 3. This is to monitor and check on student progress and to ensure they have a clear idea of the path ahead between now and the end of the year.

Congratulations to all students who have been involved in the many extra-curricular activities on offer. These include culture, sporting and community events. Some of our Year 12 students will be part of the Fudooka tour which departs on Saturday 27 June. Best of luck to all students. This is a fantastic opportunity for them. Preparations are also under way for the Year 11-12 students to tour New Zealand in the September holidays.

I wish all students a restful break over the winter vacation and look forward to working with everybody in Semester 2.

**YEAR 11 NEWS**

Over the past couple of weeks the Year 11’s have been working hard on their class work and getting close to revising their term’s work in preparation for exams. It’s great to see and hear all the positive reports coming back from teachers about how our Year 11’s are progressing.

Last week I handed out flexi-time applications to students for Semester 2. It is very important to note that eligible students for flexi must have an attendance rate of 90% or better, and must also have achieved a “C” Grade for all their classes in Term 2, 2015. Students who have not achieved this level will be allocated a catch-up class so they can finish any outstanding assessment. Students can re-apply for flexi if they have the correct attendance and are passing all subjects over the next two terms.

There are some great opportunities available for students. I always make known these opportunities on Morning Notices, specifically for the Year 11’s.

Remember if you want to contact me my best contact is via e-mail at mlang72@eq.edu.au

**YEAR 8 NEWS**

Year 8 students have been busy working on assessment tasks over the last two weeks. Assessment continues this week and next week. Please check your child’s assessment planner and make sure they are attending school to complete and hand in assessments. If you have any questions about assessment please contact your child’s teachers.

**Uniform:**

Each Tuesday students must wear formal uniform. Each week most form classes have the majority of students in correct uniform, but not once has a form class achieved 100% of students in correct formal uniform. Often it is incorrect socks. Please make sure students have the correct socks each Tuesday, blue for girls and long grey for boys.
Students in Year 9 have been making some great inroads with the Accelerated Reading program this semester. The target is for 100% of students to be reading at least five minutes or more per day, and two-thirds of Year 9 students are achieving this.

On the assessment front, the last two weeks of a semester have plenty of work for everyone, from assignments to exams, and a whole lot of extra-curricular activities still running. Year 9s can sign up for activities such as the ICAS English Competition, next term’s Spelling Bee, and BP Shield and there’s always space for more Ag. helpers.

Year 9s are also clearly on the receiving end of plenty of Vivo rewards, with 9H leading the way on 3895 Vivos, followed by 9D on 3460. Make sure you’re asking your teachers for Vivo points for the positive things you’re expected to do.

Good luck to all Year 9s for their remaining assessment; have a safe and happy holiday, and make sure you’re refreshed and ready to start Semester 2.

Librarian Mrs Conomos lending out books to: Emily Haak, Teagan Wyles and Zoe Gibson

Next term we will be holding a Year 10 to 11 Parent Information Night. This will give parents and students the opportunity to gain information on subjects and pathways available to students as they move into the senior phase of their schooling career. The information night will be held Week 5, Term 3. More details will come in early Term Two.

Starting next term, Year 10 students have the opportunity to experience an introduction to some senior classes. Mr Mengel spoke on Year Level assembly the last two weeks giving students information about Social Science subjects that are available. Any students who have not returned their subject preference forms have now missed the opportunity to choose and therefore will be allocated classes.

Students should be aware that their continued inclusion in extra-curricular activities is dependent on their attendance, in-class performance and teacher feedback regarding behaviour. This includes all sporting teams, performing arts and overseas school tours, for example the upcoming BP Shield. Currently the Year 10 attendance rate is 87.18%. The school-wide aim is 94%.

Charles Payne, Logan Bayliss-Brow and Adam Geiger recently participated at the State 18 Years Rugby League Carnival. These boys were members of the Wide Bay side which finished 8th overall.

Well done to the boys for their effort and enthusiasm in every game.

The Kingaroy State High 13 Years team will travel to Bundaberg next Wednesday for the Wide Bay Final of the Steve Renouf Cup. The boys will play Bundaberg State High School at Across The Waves at 3pm. Best of luck to the boys.

Lloyd Fairbairn, RUGBY LEAGUE COORDINATOR

MindMatters is a mental health initiative for secondary schools that aims to improve the mental health and wellbeing of young people. We call it a ‘framework’, in that it provides structure, guidance and support while enabling schools to build their own mental health strategy to suit their unique circumstances. Parents, carers and families play a significant role in the lives of young people and are likely to have a range of worries about the young person’s development, mental health and wellbeing. To better understand those concerns we are inviting all parents/families to take part in a survey, seeking the opinions about the school and its capacity to support them and their children. Your responses will help inform the school’s future work on mental health.

The survey contains 28 questions and will take about 10 minutes to complete. Your responses won’t identify you and will be confidential. The survey opens on the 26th of June and will close on the 31st of July. To complete the survey use the following link: http://ow.ly/OmYcO You will receive further information about the parent-family MindMatters survey in a letter sent home with your child next Friday the 26th of June.

SCHOOL-BASED YOUTH HEALTH NURSE

My name is Tahlia Blanch and I have the privilege of doing a School-Based Apprenticeship (SAT) at ‘Carousels Competition Training,’ where I am learning to become a certified coach in horse riding within the Equestrian industry. I am currently in Year 12 and have been undertaking my SAT for approximately 18 months.

I began my SAT after I started competing with ‘Carousels Competition Training’ on weekends with my current coach, Corby Cunnington. I have dropped a subject so that I can complete the necessary requirements of a certified coach qualification every Tuesday, from 5.30am-5.30pm.

Having a SAT has taught me things such as time management, workplace health and safety when handling horses and knowledge of the diverse injuries and sicknesses of horses. Although coaching in horse riding is not going to be a part of my future career, I still believe my SAT has taught me many skills that will assist me and my general knowledge of horses in the future.

Jodi Woodall, WORKPLACE COORDINATOR

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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/f 41622264.

COMMUNITY ANNOUNCEMENTS

- **UNIFORMS FOR SALE:** 3 school shirts Size 12 - $10ea; 1 Jumper Size 16 - $15; 2 Pairs of Shorts Medium - $10ea; 1 Spray Jacket Medium - $20; 3 Pairs Cougar Tracksuit Pants Size 16 Large/Medium - $15 ea, 1 Formal Shirt Size 14 - $15, 1 Formal Skirt Size 12 - $5. Contact Melissa on 0417695333.