Last week Year 9 students had the opportunity to attend Year 9 Camp at CYC Burleigh Heads. Despite an early start on Tuesday all students were ready and eager as we began our 7 hour adventure down the Moonie highway. On arrival we were greeted with the first challenge of camp, canoeing! Thankfully many students had this skill mastered and we were soon on our way down the creek. Day 2 saw us encounter stand up paddle-boarding and raft-building with the focus on team work throughout the challenge. It ended up being a girls vs boys challenge with the girls ending up the more superior team. Well done girls! There was a chance for some more fun at Dreamworld for those who braved the rides (and the queues!). We had one final early start on the last day to ensure there was time for a surf before the bus trip home. All students managed to stand up on their surf board by the end of the lesson despite all being surf novices. Before departing camp we had the opportunity to reflect on our time and the different experiences – one thing everyone agreed on was that it had been a great week full of fun and challenge. Many thanks to the incredible students who attended. Your behaviour and conduct was a highlight and a credit to our wonderful school. Special thanks also to Miss Wood and Richie who also gave up their time so our students could enjoy the opportunity.
FROM THE PRINCIPAL

Exciting changes for 2017

As we continue to expand opportunities for students we are particularly excited about the reinvigoration of ‘The Arts’ at St George SHS. Next year students in Years 7 and 8 will have the opportunity to experience music, dance, speech and drama and media. Year 9 and 10 students will also have the opportunity to study Speech and Drama, Dance and Media to a deeper level.

The health and wellbeing of students has always been a key part of the core business for schools, however, with the added pressures of modern living, 24/7 connectedness and social media these pressures are having an added impact. For 2017 student support services will be relocating to one single building to provide a high level of support around student needs, peer development, career counselling, essentially providing students and parents with a ‘Positive Health and Wellbeing Centre’.

Mr Doug Watson
Principal

FROM HoD SENIOR SECONDARY SCHOOL

Welcome back to the final term of the year. This term is a very busy and exciting time for our senior students with many events on the calendar. I would encourage the seniors to remain focused on their goals and attend school every day throughout the term.

SET Plan Interviews

SET plan interviews will be conducted on Thursday 20 October. All year 10 students received an information letter on Thursday 6 October. The Year 10 students have been working hard during their SET Planning lessons to identify what pathway that would like to take when they enter Year 11.

SET plans interviews involve the Year 10 student, the parents and a member of staff having a conversation designed to assist each student and parent make a sound decision for future subject selections in the senior school. Please return the form indicating your preferred times.

Year 11 Camp

Year 11 Camp is fast approaching. Thank you to the students who have paid their deposit. This camp will provide opportunities for our Year 11 students to participate in leadership and team building activities in preparation for their senior year at St George State High School. Students that are attending camp will receive a letter this week indicating the final costs of the camp. We still have places available on the camp, if you would like your child to attend, please contact the office for information.

Release of Year 12 Results

- From 9 am Wednesday 16 November 2016 students will be able to access their individual QCS Test grade — from A to E — in their learning account on the Student Connect website: https://studentconnect.qcca.qld.edu.au
- From 9 am Saturday 17 December, all results contributing to the Queensland Certificate of Education (QCE), OPs and FPs will be available in student learning accounts.
- From Monday 19 December, students will begin receiving their Senior Education Profiles in the mail. Depending on students’ individual circumstances, their profile will comprise one or more of the following documents:
  - QCE
  - Tertiary Entrance Statement
  - Senior Statement

Year 12s the end is near. Remember to stay focused and aim for your best in all of your subjects. As this is your exit, you need to make sure you pass to bank your points from the past two years. Our goal is 100% QCE. As always, please do not hesitate to contact me if you have any questions or concerns.

Mrs Kelly Kuhz
A/HOD Senior Schooling

FROM THE DEPUTY PRINCIPAL

On Monday students attended the health and wellbeing education forum presented by Dr Kim Besley Scott and Queensland Police Force. Dr Besley Scott informed students on how ICE the drug, impacts on the body which can last over a couple of days.

Thank you to Kelly Ott and Kelly Kuhz and staff for delivering an informative subject information evening. We are excited to be able to extend our curriculum offerings for both Senior and Junior students. If you want to know more please contact us on 4620 8222.

For Mental Health Week, Sarah Scriven has been running various lunchtime activities including the rag rug construction, oval walks, healthy eating, pay it forward, odd sock day, breakfast BBQ and aerobics for students to do. Thank you Sarah. Checkout our Facebook page.

Please remind your student that on Mondays and Wednesdays during Term 4, students are to wear the formal uniform. By end of Week 3 we expect that all students will be wearing the formal uniform each Monday and Wednesday. Please contact me if you wish to discuss.

We are looking forward to following events:

- SET Planning for Year 10s on Thursday, 20 October
- Education Week Display in Golders window 24-28 October
- Year 12 Mass at St Patrick’s

Mr Robert Tuppac
Deputy Principal

FROM HoD JUNIOR SECONDARY SCHOOL

Welcome back to Term 4! I trust that all students had a relaxing and enjoyable holiday and are back ready to learn. For the beginning of this term we saw attendance off to a solid start. A reminder that as we begin our fourth and final term for the year, attendance continues to be a priority for Junior Secondary students and our attendance goal for all students is above 95%. Our attendance data for Term 4 to date is as follows:

<table>
<thead>
<tr>
<th>Year 7</th>
<th>Year 8</th>
<th>Year 9</th>
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<tbody>
<tr>
<td>89.8%</td>
<td>86.7%</td>
<td>89.1%</td>
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</table>

Year 9 Camp

Last week saw thirteen eager students and three eager staff attend Year 9 camp at CYC Burleigh Heads. The camp was a fantastic experience for all students who attended with lots of personal challenges in surfing, stand up paddle boarding, raft building and canoeing. Many thanks to Miss Wood and Richie who helped to supervise students and thanks especially to the students who made the camp such a worthwhile experience for all involved.

‘Are you ready to learn?’

As we continue with our focus on improved academic outcomes for all students, a reminder that students themselves have an obligation to come to school and every class ready to learn. In Junior Secondary students are asked ‘Are they ready to learn?’ prior to the class beginning with a reminder about key behaviour expectations. These are:

- Lining up and then standing quietly behind your chairs
- All equipment out and ready
- Mobile phones on silent and headphones away
- Bags outside the classroom
- Sitting in your seating plan

These are non-negotiable behaviours expected in Junior Secondary and link to our Positive Behaviour for Learning framework. Please continue to remind students about being prepared and ready to learn when they come to school.

As always, if you have any concerns or questions about your child’s academic, social or emotional progress please contact me.

Miss Kelly Ott
HOD Junior Secondary Schooling
During the first week of the September school holidays, Jackson Strickfuss and Will Fisher went to the University of Southern Queensland in Toowoomba to attend the Conocophillips Science Experience where they got to experience many aspects of Science. The program is open to all year 9 and 10 students and held across the country. Will and Jackson were encouraged to attend because of their passion for science in the hope that it would provide a glimpse into possible careers for them both. This program has been running for many years. Rotary will provide sponsorship for anyone keen to attend in the future. I would like to thank the boys’ parents who encouraged them to attend and travelled with them to Toowoomba.

Karla Small
Science Teacher

Whilst attending the expo, we met many new people that came from as far away as Bundaberg. Whilst at the university we conducted many experiments in the laboratories and attended lectures. We met many scientists and lecturers from all walks of life and learnt a lot from them. We were both shocked to learn that USQ had over 600 engineering students. Engineering is something we are both interested in pursuing in the future. This was a great experience and we would both recommend this experience to any students in Year 9 or Year 10 next year who are interested in Science go have a look at what USQ has to offer.

William Fisher and Jackson Strickfuss

School Grounds full of spring colour

Spring has sprung and the grounds at St George State High School are a picture of colour. Many hours of thought, physical work and care have gone into producing the colourful areas that are available for students and staff to appreciate. Please remind your student/s to assist in maintaining these gardens and to put all litter in the bins provided. Thank you.

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COMMUNITY NOTICES

• **TAI CHI BEGINNER CLASSES** at Care Balonne every Tuesday 5pm-6pm. Come along, de-stress, learn a new technique and meet new people

• **DAY TO CREATE** 22 October at Balonne Skill Centre $100 Ph 4620 8222 or 0429 657 354 for registration form

• **HALLOWEEN BLUE LIGHT DISCO** 28 October 6pm-8pm at StG Cultural Centre. Prep to 13yrs $5 entry incl sausage sizzle and prizes for Best Dressed

• **STORY TIME @ THE LIBRARY** 14 October “Spooky Halloween is Coming” (2nd Friday of every month). Whilst the stories and activities are aimed at two to five year olds, all children are welcome to come along.

• **BALONNE BALLET ASSN** - classical, jazz and tap classes. 2.5yrs to adult, males and females. Ph 0428 106 041
FROM THE GUIDANCE OFFICER

Mental Health is a positive state of wellbeing used to describe emotional and social wellness. It involves feeling positive about ourselves, the people and events in our lives, and being able to live life to our fullest capacity.

The World Health Organization defines mental health as “a state of well-being in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.”

Our mental health influences everything we do:

- How we think, feel and behave
- The way we relate to other people
- The way we respond to the challenges of everyday life; and
- How we cope with events such as changing jobs, having a baby, raising a child, relationship difficulties, retirement, loss and physical illness.

Things to do to improve your mental health

- Exercise daily – at least for 30 minutes
- Eat healthy foods – avoid drinking too much coffee, eating too much fat, and sugars
- Visit your doctor regularly to ensure good health
- Build a community around yourself – having people to talk to makes life happier and more enjoyable
- Keep busy and involved – in family, school, work, leisure
- Drink plenty of water
- Have adequate sleep – restful sleep. If you snore or have sleep apnoea see your doctor
- Seek help if you are feeling down, don’t let the blues take over you

Be kind to yourself – do things that you enjoy eg. a relaxing bath, take a movie, go to dinner
- Do things for other people – not only will they benefit but it is a boost for you as well
- Practise thinking good thoughts, avoid bad thoughts
- Watch comedy shows, seek out humour, laugh loudly

Mental health is an essential part of our overall health and affects our physical health; as our physical health also affects our mental health. It is also strongly related to our behaviour, particularly our social behaviour and relationships with others. So put the effort in and work to be mentally healthy.

Adapted from: Austn Network for Promotion, Prevention and Early Intervention for Mental Health

If you would like further information or to find out what services are available make an appointment to see your Guidance Officer, Annette Woodrow at the school.

Please phone the office on 4620 8222 to make an appointment if you wish to see a staff member.

REMINDER

ALL Student Resource Scheme payments were due Week 2, Term 3, Friday 22 July.

Current statements were posted home on 4 October advising any outstanding fees.

Payments can be made in a variety of ways.

DIRECT DEPOSIT
Commonwealth Bank, St George
BSB: 064429
Account Number: 00090019
EFTPOS and Cash in school office
BPoin - details on statement
Cheque - Made out to St George SHS, deliver to the school office or post to PO Box 209, St George, Qld 4487

Care Balonne
Caring for the Community

Care Balonne is in the early stages of planning a monthly book club aimed at people aged 16 years and older.

If you are passionate about reading, would like to meet some new people and broaden your literary horizons please send an expression of interest to cafe@carebalonne.com or call Darby on (07)46335450

We will add you to the mailing list and once we receive enough interest from people we will contact you with more information.
Instead of attending regular school in the last week of Term 3, our Year 10 cohort got an educational experience of a different kind; Work Experience. This saw over 30 students participating in 5 days of work at an array of businesses within the St George Community and surrounding district. Some students also took the initiative and opportunity to do work experience at multiple businesses which took them well into the school holidays.

In the many months leading up to the week September 12-16, students had the pleasure of hearing personal stories from business owners and managers on what they would expect within the workplace as an employer. The students also worked hard and prepared themselves by investigating an assortment of Career Paths, Work Place Health & Safety procedures and appropriate dress expectations including Personal Protection Equipment (PPE). The teaching staff also put a strong emphasis on confidentiality within the workplace. All students completed an online Safety Sense Certificate with a majority of them going one step further and successfully completing their White Cards too.

All of these experiences are invaluable to these students and their future career prospects as they are our future local workforce and potential employers so I would like to extend my gratitude and thanks to all of the businesses who took the time to host one or more students for the week.

All students have found this to be a very worthwhile program and have gained many new skills and information to help them on their chosen Career Pathways. If you have any questions regarding Work Experience you can contact the school on 4620 8222.

<table>
<thead>
<tr>
<th>Emily Davies – St Patricks School</th>
<th>Claire Uys – St George Early Learning Centre</th>
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<tbody>
<tr>
<td>Zaire Fry – St George Veterinary Practice</td>
<td>Lachlan Colley – St George Machinery Centre</td>
</tr>
<tr>
<td>Jackson Strickfuss – McNamara’s Maintenance &amp; Repairs</td>
<td>Brodie Wolff – ‘Kulki Station’</td>
</tr>
<tr>
<td>Addison Cordrey – Wippell’s Kitchen &amp; Cabinets</td>
<td>Annie Barr – St George Veterinary Practice</td>
</tr>
<tr>
<td>Sharlie Rogers – Warrawee Retirement Village</td>
<td>Thomas Anderson – Vanderfields</td>
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<tr>
<td>Sean Beckman – Balonne Shire Council</td>
<td>Sophie Pike – ‘Thungaby Station’</td>
</tr>
<tr>
<td>Tyronne Scriven – Scotts Plumbing</td>
<td>Niky-Lee Williams – Warrawee Retirement Village</td>
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<tr>
<td>Cody Urquhart-Speed – Maranoa Mechanical/Paul English Contracting</td>
<td>Isobelle Greig – Balonne Steel (CRT)</td>
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<tr>
<td>Sophie Cooke – Warrawee Retirement Village</td>
<td>Lochie Pollock – ESA Electrical Systems</td>
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<tr>
<td>Sophie Schiller – St George Medical Centre</td>
<td>Aaron Turnbull-Smart – St George RSL</td>
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<tr>
<td>Trinity Bales – Cornett’s IGA</td>
<td>Taimeka Bradley – St George State School</td>
</tr>
<tr>
<td>Deanna Oliver – Cornett’s IGA</td>
<td>Adam Parkes – St George State School</td>
</tr>
<tr>
<td>Bradley Schurmann – St George Bakery</td>
<td>Jasmine Popp – St George Early Learning Centre</td>
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<td>Zachary Popp – JCM’s</td>
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Sarah Scriven
Youth Support Coordinator.