“Together We Achieve”

NEWSLETTER

Issue 4 2016

16 March 2016

Lions Youth of the Year - another roaring success

On Tuesday 1 March, five of our talented Year 11 and 12 students competed in the Lions Youth of the Year competition in front of a large audience at the St George RSL. Jesse Wilkinson, Brody McGuire, Jessie Chapple, Keeley Neighbour and Jessie Twidale delivered a five minute prepared speech on the topic of role models as well as two minutes of impromptu questions that consisted of two questions - “being a country kid is better than being a city kid?” and “If you were a tourism ambassador for Australia what would you target?” All students performed exceptionally well under pressure and received much praise from parents, teachers and guests. Prior to the evening, students were interviewed by the judges which contributed to half of their marks and the other half were awarded on the night.

The judges commented on how close the competition was and how talented our students were. Jessie Chapple received the award for public speaker and Jesse Wilkinson was awarded Lions Youth of the Year and will now go onto Goondiwindi to compete at the regional level. She will enjoy a six week trip to New Zealand in December/January, hosted by NZ Lions Club families. Congratulations to all students involved.

A delicious three-course meal was enjoyed throughout the night. A special thank you to the local Lions Club and Michael Kennedy for his organisation of the event, the support he provided to the entrants and to Toastmasters who visited the school to assist the students in their preparation and the Acting Head of Department of Senior School, Mrs Kelly Kuhz for coordinating the event.
FROM THE PRINCIPAL

NAPLAN

NAPLAN is once again around the corner. This is an extremely important event in the calendar for all schools. Rarely do schools have the opportunity to participate in nationally benchmarked literacy and numeracy testing. The data from these tests allow schools to accurately target the individual needs of students, inform changes to programs and target intervention. It is for these reasons that it is extremely important for parents to encourage all students to actively participate.

Next Step Survey

The Next Step survey is a state-wide destination study of all students who completed Year 12 in the previous year. The 2016 Next Step survey of students who completed Year 12 in 2015 will soon commence and I seek your support in promoting participation in the survey. The survey provides a comprehensive picture of the employment, study and life choices made by Queensland school completers, and allows schools to track local trends with state-wide and regional trends. Further information on this will be available in the coming weeks.

Mr Doug Watson
Principal

FROM THE DEPUTY PRINCIPAL

Assessment

The next two weeks are very busy as students are assessed on their learning from Term 1. Please take the time to discuss upcoming assessment with your child and ensure important dates are in school diaries and on the family calendar. If students are absent over the assessment period it is really important that communication is made with the school and teacher. If students are sick, and depending on the length of the absence, they may be required to supply a medical certificate to obtain an extension.

Bringing Valuables to School

It is not advised that students bring personal valuables to school such as large amounts of money, phones and iPads/iPads. These items are not necessary for your child’s education and the school does not accept any responsibility for theft or damage. If students need to make contact with home during school time, the school is able to do that on their behalf. It is hoped that by not bringing these items students will not experience the disappointment of these items being lost or damaged.

Positive Behaviour for Learning

This week our behaviour focus is ‘Be Prepared’ with the spotlight on ‘I will arrive on time to class.’ In Care, students have considered the importance of being punctual to class and considered the benefits of being on time. We ask that you discuss how punctuality is important outside of school and make links to the work place and discuss the consequences for lateness. Our PBL committee is still seeking a parent member so if you are interested in being involved with our Positive Behaviour for Learning framework please contact the school.

Miss Kelly Ott
A/Deputy Principal

FROM HoD SENIOR SECONDARY SCHOOL

Term One is quickly drawing to a close. Many amazing things are happening inside and outside of the classroom in the senior school. Best of luck to many students who are competing in the upcoming South West trials for Netball and Rugby League.

Assessment and Attendance

It is an expectation that all seniors are in attendance until the end of term. All assessment due must be submitted on time or an extension sought prior to the due date. A medical certificate must be provided for late assessment. Assessment time can be stressful and overwhelming. Students, however, are not on their own. We believe that successful senior outcomes are a partnership between the school, the student and their family. If you have any concerns about your son or daughter, please do not hesitate to contact me.

Unique Student Identifier (USI) number

Over 80% of our year 10 students have generated their USI number in their Certificate II in Volunteering class. These numbers are essential to have as they form a part of the national database that documents students’ additional learning, further qualifications and certificate courses. Students who have not generated their USI number need to bring a copy of their Medicare card or birth certificate to class prior to the end of the term.

Certificate II in Active Volunteering

All year 10 students are currently completing the core modules in the course. These modules consist of:

• Being an effective volunteer
• Working with others
• Communicating effectively
• Basic administration skills
• Maintaining WHS processes

Volunteering offers students an ideal pathway into a range of industry areas including community services, sport and recreation, environment and conservation, arts, emergency services and human rights and justice. Over the school holidays, students can volunteer in the community to contribute towards the 30 hours required. Each student has been provided with a logbook to record their volunteering hours.

As always, should your ever have any queries, please do not hesitate to contact me.

Mrs Kelly Kuhz
A/HOD Senior Schooling
Robotics and Coding

Education has a profound influence on the lives of young people. It is essential that St George students are prepared for the jobs that tomorrow will offer. Last Friday, St George SHS hosted 24 gifted and talented primary school students from Bollon, Dirranbandi, Hebel, St George and Thallon. The enrichment day program supports the essentials of literacy and numeracy. The morning began with students engaging in Robotics and Coding. Just as students learn a Language Other Than English (LOTE), all students need to learn the language of programming. If you can speak the language of code you can create the solutions needed for the 21st century. After lunch, students raced mousetrap cars which is a small vehicle whose only source of motive power is a mousetrap. Mousetrap cars are often used in physical science classes to help students build problem-solving skills, develop spatial awareness, and practice cooperative behaviour. It was a fantastic day, with all students a credit to the school.

Parental Engagement

As the term continues Junior Secondary students are well underway with learning and assessment. Every member of the school community (teachers, parents and students) has a role to play where students can learn and achieve. Research has shown that parental engagement (of various kinds) has a positive impact on many indicators of student achievement, including: higher grades and test scores and lower drop-out rates, beyond educational achievement, parental engagement is associated with various indicators of student development. These include better social skills, improved behaviour and greater engagement in school work. Please engage with the assessment calendar published in the recent newsletter (3rd March, Issue 3) or contact the school with any concerns.

FROM HoD JUNIOR SECONDARY SCHOOL

FOR SALE

1 x HP10A (Q2610A) Black Toner Cartridge
Normally $185.39 ONLY $130 o.n.o
Box opened but cartridge still sealed

1 x HP51A (Q7551a) Black Toner Cartridge
Normally $154.83 ONLY $90 o.n.o. (unopened)

Phone the office on 4620 8222

The students elected by their peers to represent the student body on the Student Council received their badges at the Leaders’ Induction on 10 February. The 2016 President is Jesse Wilkinson, Vice President Keeley Neighbour, Secretary Emily Killen and Treasurer is Latai Matapa.

Along with the Student Executive are the Year level representatives:
Year 7: Molly Jones and Beau Petfield
Year 8: Latai Matapa and Rhyley Petfield
Year 9: Jarrod Grayson and Jarica Lamprecht
Year 10: Reeghyn Beardmore and Olivia Hoolihan
Year 11: Callum Lancaster, Brodie McGuire and Harry Scriven
Year 12: Courtney Barr, Jake Blokland, Jessie Chapple, Ryan du Preez, Ned Jones, Emily Killen, Kelepi Matapa, Stephanie Schiller, Casey Smith, Madison Spackman, Jessie Twidale, Paul Whitaker, Shari Woodbridge.

ST GEORGE RSL CLUB
Order a commemorative paver for the Memorial Wall. Contact Karen Berry 0474 522 256 or email: klb60@live.com.au.

COMMUNITY NOTICES

- ZUMBA! Wednesdays 5:30-6:30pm @ St George RSL. Starting Feb 10th. Contact Brittany on 0438 777 422 for more info.
- GUITAR LESSONS Acoustic or electric, bass & vocal. Small group & private lessons. Styles—Blues, Jazz, Rock & Pop. Alan Espie Ph. 0487700711.
- STORY TIME @ THE LIBRARY (2nd Tuesday of every month). Whilst the stories and activities are aimed at two to five year olds, all children are welcome to come along.
HPE Week is a week that celebrates the role of Health & Physical Education in schools and communities. The aim is to promote the importance of HPE in the Australian Curriculum and highlight the importance of HPE to the learning and development of children and young people.

Last week was a busy week of sport at St George State High School to celebrate HPE week. We participated in a variety of physical activities to promote HPE week and get students involved in physical activities during lunchtime.

On Monday we held a wall sit challenge to test the muscular strength and endurance of our students. This challenge was won by Reeghyn Beardmore and Haley Moloney who held the wall sit position for over 15 minutes!

Netball games were played on Tuesday and Thursday during lunch. The inter-house competition was competitive with students from all year levels participating in the games.

On Friday two games of Rugby League were played against Charleville SHS. The U/15 team came away with a win and our U/18 team had a loss. Both teams played exceptionally well and thoroughly enjoyed the opportunity to play against another school in the lead up to the South West Rugby League trials on Monday 21 March. Many thanks to Reeghyn Beardmore for refereeing both games. What an extraordinary skill and talent!

A big thankyou to all teachers and staff who supported the week and encouraged students to get involved!

Mrs Kelly Kuhz
A/HoD Senior School

On Friday 5 February five students attended SW Tennis trials in Chinchilla. Congratulation to Sam Killen, Brodie Wolff, Clayton Harrison, Paul Whitaker and Emily Killen who attended the trials. These students displayed excellent sportsmanship and patience with the trial finishing early due to considerable rain delays and then wet courts. Thanks to Dave Campbell for driving the bus of the Tennis and Softball students.

Mrs Sarah Goddard
Teacher
**FROM THE GUIDANCE OFFICER**

**Worries and Anxieties: Helping Children to Cope**

Children, like adults, have all sorts of strong feelings about what is happening to them. At times, the world can seem frightening or uncertain, which may create fearfulness, worry or anxiety.

**Different Types of Anxiety**

**Fears and Phobias:** Children often develop fears and phobias. These can be triggered by changes (going to childcare, separating from a parent), or particular things (spiders, snakes, monsters etc). Fears like these are common but with encouragement and support most children learn to overcome their anxiety.

**General Anxiety:** Some youngsters feel anxious most of the time for no apparent reason – it may be their temperament or may be a pattern of behaviour that is shared by other members of the family.

**School-Related Anxiety:** School refusal can be caused by anxiety – separating from parents, fear of bullying, problems with friendships, trouble with school work or teachers are worth investigating.

**Home Related Anxiety:** Family problems (money issues, squabbling, separation/ divorce), death of a family member or friend, harsh discipline or a traumatic experience eg burglary can be a cause of anxiety (as well as depression).

What are the Signs

- Feeling sick – stomach aches, headaches. Not being able to stomach food.
- Feeling tense, fidgety, needing to go to the toilet often
- Feeling fearful or panicky, breathless, sweaty
- Being irritable, tearful, clingy or having sleeping difficulties

Withdrawing from social contact

Anxiety can limit a person’s experiences in life. It can contribute to lack of confidence, loneliness, health problems and learning difficulties. The emotional effects if not remedied can be long lasting.

What to do

- Talk to your child – show your child that you care and want to understand the reasons for their anxiety
- Give comfort, reassurance and practical help with how to cope eg encourage helpful thoughts rather than focussing on unhelpful thoughts. (There are children’s books to help children cope with divorce, death, anxieties.
- Prepare your child for changes. If possible give sufficient warning – talk to them about what might happen and why, as well as ways to manage the changes
- For children with school/ separation anxiety, regular routines and consistency around sleep, and getting ready for school, having breakfast etc will generally improve the outcome
- Be aware of school or family situations that may be creating worries for your child
- Be aware of your own anxiety and protect your child from taking on your woes
- Use relaxation techniques eg controlling your breathing, listening to peaceful music, doing something you enjoy

Encourage daily exercise, healthy eating, drinking plenty of water, and most importantly getting enough sleep – children need at least 8 to 9 hours – Healthy body helps keep us on top of difficult situations

If your child is so anxious that they can’t cope, more specialist help may be needed. Have a chat with your doctor or see Mrs Woodrow, Guidance Officer.

Mrs Annette Woodrow
Guidance Officer

**ICAS Competitions 2016**

The following ICAS competitions will be run at our school in 2016. All competitions are open to students in Years 7 to 12 except for Digital Technologies which is only for students in Years 7 to 10.

Students need to collect a permission letter from the office detailing the competitions they wish to enter. They must return this permission form with the correct money by Wednesday 23 March 2016.

<table>
<thead>
<tr>
<th>Competition</th>
<th>Sitting date</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Digital Technologies</td>
<td>Tuesday 17 May</td>
<td>$8.00</td>
</tr>
<tr>
<td>Science</td>
<td>Tuesday 31 May</td>
<td>$8.00</td>
</tr>
<tr>
<td>Writing</td>
<td>Monday 13 June</td>
<td>$17.00</td>
</tr>
<tr>
<td>English</td>
<td>Tuesday 2 August</td>
<td>$8.00</td>
</tr>
<tr>
<td>Mathematics</td>
<td>Tuesday 16 August</td>
<td>$8.00</td>
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**STUDENT RESOURCE SCHEME**

Please ensure that your child has returned the Student Resource Scheme Form that enables students to access text books for classes from the library.

**Years 7, 8 and 9 = $180**
**Years 10, 11 and 12 = $150**

Payment of fees are divided across Terms 1, 2 and 3 (not 4) and must be up to date for students to attend camps and other extra-curricular activities.

**YEAR 11 & 12 LAPTOP AGREEMENTS**

Year 11 and 12 students should have also returned their Student Laptop Charter Agreement.

**Laptop Fee for Year 11 and 12 = $150**

**SAY CHEESE**

The school’s formal photography day is Wednesday 23 March. It is time to have your child’s school memories captured forever. All students are required to be in **FULL FORMAL UNIFORM** on this day.

The MSP Photography payment envelopes were given to students last Wednesday at Year Level Parade. If your child has not received his/her personal MSP Photo envelope please send them to the office to collect it.

A couple of important points from MSP are:

- Don’t seal envelopes inside each other. You can pay for all children in one envelope, however, each child needs to have their own envelope on photo day.
- Family envelopes are available at the office upon request
- Please enclose correct money as no change is given.
- On-line payment information can be found on the MSP envelopes.

For further information please contact MSP directly on (02) 6772 3519

**SCHOOL WATCH**

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On the 11 and 12 March, 10 students from the St George State High School Sheep Team set off once again on another adventure to our first show of the year at Inglewood. On Friday night the students participated in Junior Judging, where students were required to place a group of sheep in the correct order. Bobbie-Jo Tattam and Georgina Waters were successful in making it to the finals where they were required to give a speech which justified the order they placed the sheep in, with Bobbie-Jo placing third overall in the Under 15 category.

After a long night of junior judging (including a special “teacher event” that even had Mr Franklin and Sarah Scriven compete in judging), the students were up bright and early Saturday morning to feed and water the animals in preparation for the main event. The day saw students very busy not only showing our animals but demonstrating the exceptional values of the school team by helping a number of other breeders show their sheep. The day saw us have different successes in the show ring, but in particular it was ‘Runaway’, the school’s prize winning ram, who once again took out the major honours as he was awarded Supreme Interbreed Ram of Show. Overall it was an excellent effort by all students.

The students who attended were Courtney Barr, Anne Barr, Samantha Duffey, Dylan Hill, Hayley Rollins, Jarica Lamprecht, Bobbie-Jo Tattam, Georgina Waters, Taylor McDougall and Charlotte Hayward with Sarah Scriven and Matthew Franklin as supervising staff.

Courtney Barr, Show Team Captain
Mr Franklin, Agricultural Science Teacher