On Tuesday 7 June our Year 12 students attended the Walk Away, Chill Out as One Punch Can Kill anti-violence presentation that is being made available to all state school Year 12 students in 2016. Paul Stanley from the Matthew Stanley Foundation (MSF) delivered the presentation which allowed students to hear directly about the impact of violent assaults on victims and perpetrators.

Paul’s ‘walk away’ message is delivered with such powerful force as he describes his experiences as the father of Matthew Stanley who was tragically killed in an assault at a party in 2006 at the age of 15. I was very proud of the respect the Year 12 students paid to Paul as he recounted the events that led to his son’s death.

The key message of the presentation is for young people to develop respectful relationships free of violence and engage in responsible decision making.

Mrs Kelly Kuhz
HoD Senior School

In September 2006, Matthew Stanley lost his life after being bashed outside a teenager party aged just 15. After an outpouring of community grief, Paul and Kay responded by joining forces with other community members to form the Matthew Stanley Foundation (MSF).

The Matthew Stanley Foundation seeks to promote non-violence and mutual respect among young people and responsible behaviour in the adult community. For those that knew him, there is no surprise that the space he so beautifully occupied in this world has not been subdued. The Matthew Stanley Foundation partners with individuals, community groups, businesses and elected representatives to promote youth safety initiatives. These initiatives have included the Party Safe and One Punch Can Kill campaigns and the new WACO (Walk Away Chill Out) Campaign.

The Foundation also seeks to influence public policy where young lives are at stake. Matt (affectionately known as Stanley to his friends) was a talented sportsman who excelled academically. Matt touched the hearts of many people, from his fellow peers to young children, adults, students, teachers and parents.

The extent of his popularity became even more evident after his death on that fateful night. Matthew is survived by his parents Paul and Kay and his brother Nick, and his memory lives on through the work of the Foundation.

(copied from the MSF Website)
Parents have a vital role in their child’s schooling and now have an easier way to access important information relating to their child’s education. St George State High School is proud to offer QParents, a wonderful opportunity for parents to become more involved with our school. The QParents web and mobile application provides a more convenient, easier way for parents and legal guardians of Queensland state school students to interact with their child’s school. Parents will have secure, online access to their child’s student information, anytime, anywhere, through a smartphone, tablet or computer.

QParents allows parents to connect instantly with their child’s school to access and manage their child’s student information, including:

- Attendance and absence details, as well as the ability to notify the school of an absence
- Behaviour information
- Academic report cards
- Class timetables
- Viewing unpaid invoice details, payment history, and making payments online
- Viewing and updating student details, including medical conditions and address
- Enrolment details

QParents will assist both staff and parents in sharing and responding to information in an efficient and effective way. It won’t replace the traditional ways you communicate with our school, but it will provide another way to communicate with us.

In addition to our Facebook updates regarding QParents, there is information included in this newsletter about how to register and access this mobile application. Should you have any further information, please do not hesitate to contact the school.

FROM THE PRINCIPAL

Congratulations to Miss Stuart

As of Semester Two, Miss Stuart will be taking up the position of Acting Head of Department – Agriculture at Toowoomba State High’s, Wilsonton Campus and we wish her every success in this position. Miss Stuart will certainly bring a wealth of knowledge and a new perspective to the Wilsonton campus.

Cattle Club

Mr Franklin will be taking over the leadership and organisation of the “Cattle Club” with the view to having the program back at full capacity for the beginning of 2017. As we move through the transition period, students will still be involved in shows through Semester Two and busy honing their knowledge and skills.

Positive Behaviour for Learning

PBL as it is known for short is an initiative that promotes a positive school environment where students focus on being respectful, prepared, responsible and safe. Twice a week students review a specific lesson on a PBL topic, for example teaching students to critically think about how they talk to others and the effect on both others and themselves. Setting high student behaviour expectations is just as important as academic performance.

Mr Doug Watson
Principal

FROM THE DEPUTY PRINCIPAL

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FROM HoD SENIOR SECONDARY SCHOOL

Exam block begins Week 11 (Monday 20 June to Friday 24 June). All Year 11 and 12 students received an information letter and copy of the Exam Block timetable last week during year level parades. In that time students will only attend school for the sessions in which they have exams/catch up sessions unless they are at risk of not completing their certificate courses or have any work outstanding. It is an expectation during this time that all Year 11 and 12 students are punctual for all scheduled exams and attend in their school uniform.

Year 11 External Assessment Trial

Our Year 11 students trialled an external exam for English on Friday 27 May and Mathematics B on Wednesday 1 June. Although this assessment is very important, the results of which are due in early Term 3, they will not impact directly on their Year 12 results or OP outcomes. Well done to the students who participated in the exams and we look forward to receiving their results.

Term 2 Attendance to Date

During Week 8, the Year 12 attendance rate was 85%, Year 11 82% and Year 10 87%. Regular school attendance has a positive impact on students’ academic results and their social and emotional wellbeing. Students in the senior school are regularly tracking their attendance with the goal to reach 90%. Congratulations to Isobelle Greigg, Adam Parkes, Jesse Wilkinson, Aimee Zohl, Ned Jones, and Kelepi Matapa who have achieved 100% attendance this term, well done!

Tutorials

I again take the opportunity to remind our Year 11 and 12 students attending tutorials that they must come prepared to undertake study during these periods on Monday and Tuesday afternoons. This may involve bringing textbooks and notebooks from lessons not on those days. Study can include revising and reading over class notes, homework, research on a new topic, or working on an assignment.

Tertiary Studies Expo

The Tertiary Studies Expo is being held on 16 and 17 July from 10am – 4pm at the Exhibition Building, RNA Showgrounds in Brisbane. It provides the opportunity for parents and students to gather information that could assist in subject selections and planning a career path. Exhibitors include universities, private education providers, TAFE institutes, Defence and Police Forces and Government Agencies. Student’s participating in the Tertiary Tour will be visiting the expo. If your child is interested in attending the Expo could he/she please see Mrs Kuhz for more information.

As always, please do not hesitate to contact me if you have any questions or concerns.

Mrs Kelly Kuhz
A/HOD Senior Schooling

SCHOOL WATCH 13 17 88

St George State High School
Office Hours
8am - 4pm Monday to Friday

Please phone during these hours or leave a message on 4620 8222.
Please advise the school office of all student absences ASAP
FROM HoD JUNIOR SECONDARY SCHOOL

“Together We Achieve”

It’s Week 9 and Junior Secondary students and teachers are working hard at finalising assessment tasks. It is important that parents/guardians, teachers and students work together to achieve the best outcome. At St George SHS we embrace a network of learning communities and feedback loops which encourage staff to become the best teachers possible by embracing research and sharing best practice amongst their colleagues. For students, our focus is threefold based on our school expectations of Be Respectful, Be Responsible, Be Safe and Be Prepared. Students can follow three simply strategies to support achievement at school:

1. “Be Ready to Learn”
   Always bring the right equipment and attitude to each and every class. Ear phones and mobile phones are best kept in bags.

2. “Make Every Day Count”
   Consistent attendance ensures quality results. Greater than 90% attendance is our 2016 target for every student.

3. “Deeper Learning”
   Accept the challenge through persistence and resilience to solve problems that require creativity, serious thinking and teamwork.

Bullying No Way!

Every student has the right to feel safe and comfortable at school. On Tuesday 24 May, St George State High School hosted an information session on Cyberbullying, Sexting and Facebook for all students and community members which helps to - know the law, know your rights. The information session was hosted by Legal Aid Queensland and focused on cruel or hurtful behaviours, and helped students with strategies to support making school a safe and comfortable environment. Please contact the school to discuss any concerns, provide feedback or seek clarification.

FROM THE GUIDANCE OFFICER

Apps to help with your wellbeing

There are a range of Apps available on the market for use to support people with their mental wellbeing. Here are a few that you might like to consider:

1. **Balanced** is an iPhone only application designed to motivate and support people to achieve positive and healthy tasks (such as being grateful or exercising more). You can set your own tasks or chose from an extensive list and decide how often they would like to complete that activity. With a satisfying swipe, they can indicate that they have completed an activity or have the option to skip.

2. **Life Charge** is a simple journaling app, that allows people to log events that happen throughout the day, and rate how positive or negative the event was. The app uses clever visuals to demonstrate to the young person the balance of positive and negative moments they are experiencing, and has a graph to show them how this changes over time

3. **Coach.me** is a great app for setting goals for fitness and wellbeing. Use it to set goals for personal development, track progress, and to get coaching and support. Users can use it to find and set themselves goals for personal improvement, in areas like eating, exercise, mindfulness and wellbeing, habits and more. It can help you stay motivated by giving guidance, tips and reminders.

6. **Stress Check** is a stress test developed by clinical psychologists with expertise in Stress Management. The app’s manufacturers claim to have over a million users, and it provides users with an overall stress score that illuminates their current level of stress. After receiving their overall score, clients can deepen their insight by examining the specific areas their stress affects them (interpersonal, physiological, situational, control).

7. **The Sorter** is an app created by ReachOut.com, Australia’s leading online youth mental health service. ReachOut.com is a useful destination when clients are looking for accurate, up to date and reliable information, support and stories on everything from finding your motivation, through to getting through really tough times. It offer three levels of instruction that can be practiced anywhere, at any time.

8. **The Sorter** is an app created by ReachOut.com, Australia’s leading online youth mental health service. ReachOut.com is a useful destination when clients are looking for accurate, up to date and reliable information, support and stories on everything from finding your motivation, through to getting through really tough times. It offer three levels of instruction that can be practiced anywhere, at any time.

9. **BellyBio Interactive Breathing** is a free app that teaches a deep breathing technique useful in fighting anxiety and stress.

10. **Deep Sleep with Andrew Johnson** is designed to help overcome insomnia. Getting enough sleep is one of the foundations of mental health and the research says that young people are particularly sleep deprived. If you like the voice of Sean Connery, this app is for you. This straightforward app features a warm, gentle voice guiding listeners through a Progressive Muscle Relaxation (PMR) session and into sleep. Features long or short induction options, and an alarm.

Information taken from Young Wellness Website. If you need support or assistance, feel free to make an appointment with Mrs Woodrow, Guidance Officer.

Mrs Annette Woodrow
Guidance Officer
Recently we have had a number of students and staff involved in South West regional trials around the region. On Friday 27 May, the Balonne District hosted the South West 10-19 Years Regional Cross Country Carnival at the St George Golf Club. Congratulations to Paige Clark, Charlotte Hersey, Reeghyn Beardmore, Brad Schurmann and Alana Schurmann on their selection into the SW 10-19 Cross Country Team who will be travelling to Maryborough in July.

A big thank you to the St George Golf Club Associates, Dave Campbell and Tim Leadbetter for their hard work to make this carnival happen. A special mention to Tim Leadbetter for his organisation as convenor of the day in wet conditions after a dry lead up.

On Sunday 29 and Monday 30 May the Balonne Softball team travelled to Taroom for South West 12 Softball Trials. Congratulations to Paige Clark and Shakyra Cowburn on their selection into the SW 12 Softball Team.

Mrs Sarah Goddard
Sports Coordinator

On Tuesday 24 May, the Instrumental Music students and Music Teacher Mr Luke Todd travelled to Roma State College - Senior Campus to participate in the Instrumental Fanfare. They had the opportunity to participate in a state wide competition while also having the chance to showcase the hard work they had done in rehearsal. They were amazing - performing the songs Happy, Shake it Off and Dynamite - whilst also competing against students from Roma, Injune, Surat, Chinchilla, Charleville and other various parts of the region. Not only did they perform superbly, but they were also awarded the Bronze Award for their hard work, effort and dedication. A very big congratulations to the students and Mr Todd. 

Miss Veronica Rakich

The Nationally Consistent Collection of data on School Students with Disability provides information about the number of students with disability in schools, where they are located and the adjustments they receive. It requires teachers and schools to make evidence-based decisions about:

• the number of students who are provided with reasonable adjustments to address a disability under the Disability Discrimination Act 1992 and Disability Discrimination Standards for Education;
• the level of adjustment that students with disability are being provided;
• the broad category of disability.

This data will be provided to the Australian Government, it is aggregated and not individualised.

The data will be collected between the period of 16 May - 5 August. If you do not wish for your child to be part of the data collection please contact the school administration on 4620 8222.

On Sunday 29 and Monday 30 May the Balonne Softball team travelled to Taroom for South West 12 Softball Trials. Congratulations to Paige Clark and Shakyra Cowburn on their selection into the SW 12 Softball Team.

Sports update

Fanfare in Roma

Nationally Consistent Collection of Data

COMMUNITY NOTICES

• MIXED INDOOR NETBALL @ The Centre (Opposite Council Chambers) 10.30am Tuesdays (babysitting possible) 7pm Tuesdays. It’s FREE! For more info phone Jodie Schiller on 0428 974 091

• NOTICE TO ANGLICAN PARENTS - Your children’s Confirmation. Baptism and Confirmation are important milestones in the life of a member of the Anglican Church. Confirmation classes will start in the July school term, ie the first meeting will be in the week of 11 - 15 July. If you are interested, please contact Marion Ellem on 4625 3044, Pam Turnock on 0428 253 343 or Desley Buchan on 0408253620, or talk to Anglicans in the community.

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

• 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.

SMS MESSAGING FROM THE HIGH SCHOOL
ARE YOUR DETAILS UP TO DATE?

SMS messaging for unexplained absences at the point of roll marking has been operating since 2015.

It is planned that the SMS messages will be sent between 11:00am and 11:30am each day. Please let us know before this if your child is absent from school.

Are your contact details up to date? Having correct contact details is crucial in the event of emergency, illness and for general contact.

If you have recently changed phone numbers or moved house, call the school office on 4620 8222 or email our office staff on admin@stgeorgeshs.eq.edu.au with your correct contact details. Thank you.