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27 May 2014

## Principal's Report

### School Highlights

Congratulations to the senior students on the recent geography excursion. I received the following email from their class teacher, Damien Letondeur.

"Just wanted to provide some feedback on the year 12s who participated in the recent Fraser Island trip. I commend them for being very well behaved (as we would all expect) but I wish to go further and really praise how they interacted with the rangers and the staff. We had opportunities for downtime, but when it was time to work, they worked with absolute diligence and passion for the field report and associated issues, and I was completely amazed by some of the thought provoking questions they asked the rangers which also lead into high order discussion between our students and professionals. I was so very proud and pleased as their teacher."

Other successes for the last fortnight include trophies brought back by our very skilled Cheer Leading team which is coached by Ms Saliba and the year 10 Camp which was a huge amount of fun for the staff and students involved.

Thanks must go to all of our staff who give of their time to organise these activities and events throughout the year. It would not be possible to provide these opportunities for the students without their dedication.

### Fanfare and Sonic

On Tuesday night, Urangan High's string ensemble, concert and stage bands, and a host of other performance groups will compete at the local heats for Fanfare. The band competition is adjudicated by well-respected judges who reward the winning groups with the opportunity to perform at the regional level. Good luck to the students and their conductors.

Sonic is another exciting music event hosted by our school. The Certificate IV Music students are organising the line-up which promises to be as brilliant as ever.

### Success School

Our literacy and numeracy teams have been working on warm up activities to stimulate each student's capacity to think and challenge their learning in lessons. These warm ups are able to

be used in all faculties and are one of the strategies to support improvement in student results.

Urangan staged a "Parents Guide to Problem Solving" evening on Monday night and were very happy to host about 45 parents and students. Rob Profitt-White was the presenter and has offered ongoing communication with the group of attendees. Thank you to the P&C Association, Andy Manttan, Brian Harrington and of course, Rob for facilitating this event for our parents, students and school staff as we continue to "work together to learn".

### Access

Please be advised that any visitor to the school (including parents and community members) who wish to enter the school to must sign in through the school office. For the safety of all concerned no person is permitted to walk through or enter the school grounds or class rooms without permission. Thank you for supporting the school in relation to this matter.

I wish the staff and students on the upcoming Kokoda Challenge the very best of luck and a safe return to Hervey Bay on Sunday night.

I will be on long service leave from June 7-22 and Mr Nick McMorro will be the acting principal in my absence.



**Linda Buxton**  
**Acting Principal**

## 2014 Fraser Coast Jobs and Careers Expo

The Fraser Coast Jobs and Careers Expo will be held at the TAFE (Hervey Bay Campus), on Wednesday 28 May from 9am to 4pm. This is a compulsory event for our year 10 cohort for which transport by bus has been arranged. The organising committee has suggested that schools provide an opportunity for senior students to attend. If students in year 11 and 12 would like to leave school during period 4 to attend the Expo they would need to do the following:

1. bring in a letter of consent signed by your parent requesting your early departure from school
2. bring the letter to Student Services in order to receive a leave pass
3. meet with your period 4 teacher prior to this date to check missed work
4. attend the Expo with a genuine desire to be better informed

**Bev Dangerfield - Urangan State High School Youth Support Coordinator**

## Sonic

The most anticipated music night of the year Sonic Blast is on June 5! A 'battle of the band' styled competition in the Performing Arts Centre is set to entertain and showcase our most accomplished performers from 6:30pm. Tickets are \$5 each or \$12 for a family and are available at the door from 6pm. There will also be a BONUS lucky door prize on the night.

## Creative Futures Faculty Update

Congratulations to all students who have been selected to participate in *Creative Generation: State Schools Onstage* in Brisbane on the 18th and 19th July. Representing Urangan High this year are: (Year 9) Hayley Blight, Julia Hill, James Creswell, Lachlan Lakin, Natalie Kennedy, Georgia Webb, Katelyn Gillard, Ben Whittaker; (Year 10) Will Armit, Kaitlyn Page, Emily Waring, Hannah McIlwain, Kathleen Kalkaus; (Year 11) James Prince, Caleb Grohn; (Year 12) Fletcher Blight, Michaela Wilson, Mia Hikuwai, Lachlan Rose, Tom Dietrich, Abby Baird, Tanisha Dowden, Tessa Hieronymus, Shona Marshall, Rebecca Taylor, Tayla Woodgate and Shannon Hagan. Thank you to Ms Deakin and Ms Morris for coordinating this event and encouraging our students to be involved!

**Visit the Creative Generation website to view the backstage documentary created by Urangan High students last year!!**

Preparation is underway for two of the most anticipated events on the Creative Futures calendar: Sonic and Dance Night. Music students are rehearsing and planning for another amazing night of live music from 6.30pm on Thursday June 5. Tickets are available at the door: \$5 per ticket or \$12 for a family ticket. Likewise, Dance students (and a few brave teachers!) are ready to rock the stage on Wednesday 11 and Thursday 12 June with two performances each night at 5.30pm and 7.30pm. Tickets are available from Student Services for \$5 per ticket. Both events will be staged in the Performing Arts Centre at Urangan High.

Senior Visual Art students visited GOMA and participated in a workshop at Reverse Garbage on Wednesday 21st May. These opportunities are an integral part of students' Arts education, particularly the chance to view works by world renowned visual artists and to work with professional artists. We thank you for your support by allowing your children to join us. Thanks to Mrs Manttan and Mrs Larke for supervising this excursion.

We have had a fantastic response to our Creative Futures Multi-Arts Camp to Brisbane in September with all places on

the camp filled! Please remember to continue making regular payments between now and 29th August when final payment is due. Students will receive regular reminders throughout the term and a meeting will be held early in Term 3 for everyone attending. Thanks for supporting this amazing opportunity!!

**Liza Young**  
**Acting HOD Creative Futures**  
**lyoun50@eq.edu.au**

## School Based Vaccination Program – Round 2

The second round of the School Based Vaccination Program will be held for year 8 students, on the 29th May 2014 (only for those students who returned consent forms at the beginning of the year). They will receive Dose 2 –HPV (Guardasil) and dTpa (Boostrix).

On 5th June 2014, all year 10 students who returned consent forms at the beginning of the year will receive dTpa (Boostrix) and year 10 males will receive dose 2 of HPV (Guardasil).

If you require further information, please contact Janet (SBYHN) at the school from Monday to Thursday. For students who are new to the School or did not receive a consent form at the beginning of the year, extra consent forms are available at Student Services.

Please ensure that your child has a healthy breakfast, drinks plenty of water and has food for first break on vaccination day.

## P&C Trivia Night



**P & C**  
**TRIVIA**  
**NIGHT**

**Saturday 14 June**  
**Urangan State High School Gym**  
**Dinner 6:00pm**  
**Trivia 7:00pm**  
**\$10 per person**  
**Teams of 6**  
**Tickets on sale at office NOW**  
**\$7 Pre-purchased Dinner Buffet**  
**Canteen Available**  
**Free Tea and Coffee**  
**For more information: 4197 0111**

## The Need for Feed

Food, adolescents and healthy choices –these three don't always go together! However this is the case for a group of 15 students who are half way through participating in the 8 week Diabetes "Need for Feed" program. The program is written and organised by Diabetes Australia and then implemented at a

local level by qualified staff. The staff implementing the program at our school are: Home Economics teachers, Damien Symes and Leanne Olive and our school nurse, Janet Morrow. The students are committed to learning about healthy meal choices and preparing these meals. This is the third year we have run the program. It is a “hands on approach” to improving students’ awareness and attitudes towards healthy eating. The *Need for Feed* program was developed in response to the increase of lifestyle-related chronic diseases in the community and aims to teach students a lifelong skill that can be shared with their family and friends in a safe, supportive and relaxed environment. Since childhood obesity is a growing concern in society, Mr Symes and Mrs Olive think the program is very worthwhile, after all anything that may get children informed and interested in healthy meals and snacks has to be a good thing. Besides, not all of the reality cooking shows that students are exposed to demonstrate and promote healthy choices. It is a big commitment for both staff and students giving up 2½ hours each Monday afternoon (after a normal school day) for 8 weeks, but both current students and teachers believe it is very worthwhile.

Comments from students participating in the course include:

- Everyone in the program looks forward to coming each week, it is very fun and shows us the need for healthy food and how to cook it
- The program is a lot of fun because we get to try new foods and learn how to cook healthy meals
- The program is a great idea as we try new foods and learn different ways of healthy eating
- I have tried some foods that I would normally not try or eat
- The program is healthy and fun at the same time which makes it really food fun.



## Parenting Tips

If you don’t get the response you want from your teenagers, step back and watch how you initiate. Are you inviting a positive response? Teenagers have a lot on their minds, from the math test to the soccer tryouts to the newest computer game. Not to mention the active hormones and checking themselves in every mirror. Parents can be low on their list, but that’s actually a good sign. They can take us for granted because they know we are there for them.

So find ways to get in their face in a friendly, inoffensive way. It’s fine to demand and expect a connection and relationship with your teenager. But you are more likely to find the response you want if you can help your teenager remember why they like you. Asking to go out for brunch on the weekend for special parent

and teenager time will work better than telling your teenager they never talk to you.

## Parenting Tips and Resources from the Guidance Officer

### Community News

#### Rhee Taekwondo

Rhee taekwondo will be hosting two free self-defence classes for the community. These classes are designed for people who have had absolutely no martial arts experience. The classes will teach easy to follow techniques that anyone can do. You will learn valuable knowledge on how to effectively defend yourself in some common situations whilst also learning ways to boost your own confidence and self-esteem. To guarantee a spot for yourself or a group of friends, call 4124 7835 or 0404 747 413.

#### Savour the moment at Relish!

Join in the delicious Relish Food and Wine Festival, on Saturday 7 June, at Portside Maryborough, from 11am to 6pm. There will be fresh produce, art, foodie workshops, music, gourmet food and wine tastings. Highlights include live cooking demonstrations with celebrity chef Alastair McLeod and 2013 MKR winners Dan and Steph. Children can join in activities such as “Junior Cupcake Chef” and “Grassy Worm Creations” and take a “sweet” ride on a historic steam engine filled with treats. Tickets are \$10 on-line or \$15 at the gate.

Children under 18 years are free. For more information visit the website: [www.relishfrasercoast.com.au](http://www.relishfrasercoast.com.au) .

#### Z-PAC Theatre

Z-Pac theatre presents, by arrangement with NODA, the Australian Premiere of Hilary Spiers’ *Hoovering On The Edge*, a comedy which sparkles!

*Hoovering on the Edge* is a must see play written with such wit by Hilary Spiers and directed by Ann Hopwell. If you loved *Calendar Girls* you surely won’t want to miss this one. A first in Australia, *hoovering on the edge* is set in a Spanish resort and follows 7 English women having a few days away to learn from their overzealous young male lecturer creative writing. There are plenty of laughs and pathos as they begin to get to know more about each other and the very lacking Gareth. Follow, Honor, Rita, Sue, Gwen, Chris, Moira and Clare on their writing journey, with plenty of surprises on the way.

Z-PAC Theatre will be presenting this entertaining piece of comedy with a premiere opening on Friday 6 June at 7.30pm and other performances on 7, 13, 14, 20, 21, 27 and 28 June at 7.30pm with matinees on Sunday 8, 15 and 22 June at 2pm. Tickets can be purchased from Mary Ryan Bookshop, Pialba. Adults \$25, Concessions and/or groups 10+ at \$20.