2 September 2014

Principal’s Report

Teacher Aides’ Day

Teacher Aides’ Day is on this Friday and it is a wonderful opportunity for our school to celebrate the contribution these staff members make to our students and their learning. These individuals are often the unsung heroes in the workplace as they work to support the HODs, teachers and students in the various faculties. Urangan will have media, treats and certificates to help in the celebration.

Year 12s

After four days of block exams, approximately 120 year 12 students are now sitting the Qld Core Skills test (QCS). House manager, Nikki Morris and our chef, Damien Symes, have prepared breakfast for the year 12’s to ensure they will be functioning well for the set of four exams. Andrew Rye, the Senior Schooling Head of Department, has worked with a team of staff to prepare the cohort for these two days. I would like to thank Andrew and the support team for their efforts.

While some year 12’s are sitting the QCS, there are others partaking in a Houseboat excursion for Marine and Aquatic Practices. From all reports, the trip is going well. I look forward to hearing the stories and adventures from the individuals when they return.

Internationals Fraser Island Trip

The International student trip to Fraser Island saw the safe return of the group. Mrs Ann Byers was singing the praises of the group and the support and drive from Brian Love, the Home stay coordinator. A big thanks to the homestay parents for taxiing their home-stay students to all their activities.

Science Research Awards

The Science Research Awards were a huge success. Our students stayed motivated about their learning and presentations due to the energy and encouragement from their class teachers and the Scientific Officers, Deb Barnett and Judith Perry. This was a great example of the Urangan spirit of “Working Together to Learn”.

Human Powered Vehicle (HPV)

Our HPV teams have been training for the Maryborough Technology Challenge on the weekend of the 13th and 14th of September. This event has been a highlight in previous years and promises the same rewards for 2014. The school community is behind the teams and wishes all participants a safe and fun-filled weekend. One of the teams will also participate in a sustainability showcase at Torquay State School in the last week of term 3.

Staying Focused

The biggest challenge schools face at this time of year is keeping the students focussed on their learning and assessments. There are always distractions but try to keep your focus and parents please be mindful of the pressures your teenager may be under. Every day counts and school is not finished until 3pm on Friday 19th September.

Linda Buxton - Acting Principal
Year 12 QCS

QCS Test 2018 – Memo for Students and Parents

On Tuesday 28th and Wednesday 29th September the Year 12 QCS and Ranking Some students will be sitting the QCS test.

- Robins St. - All Year 12 classes will be closed for the 2 days of QCS (The MAG Function will go ahead)
- Timetables - Students are expected to attend TAFE as usual

Timetable for the two days:
- We will be having a breakfast for year 12 QCS students at Theatre in the Round from 8 am.
- All QCS Students are to report to Map of the World at 8:30am (from starting times) for the morning session and at 12:15pm (end of break 1) for the afternoon session

STUDENTS ARE NOT PERMITTED TO LEAVE THE SCHOOL GROUNDS DURING THE DAY – NORMAL SCHOOL PROCEDURES APPLY.

<table>
<thead>
<tr>
<th>Morning – 9:15 – 11:00</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<tbody>
<tr>
<td>Writing Task</td>
<td>Pencil (black only)</td>
<td>Pencil (black only)</td>
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<tr>
<td>Short Response Task</td>
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Please assist students in coming prepared for each text.

Equipment list for students:

- Pencil (black only)
- Eraser (white only)
- Ruler (at least 15cm)
- Protractor
- Drawing compass
- Pencils
- Coloured pencils (indelible red, green, blue, yellow)
- Sharpener
- Eraser
- Calculator (approved)
- Other equipment normally used in courses of study

The QCAA Guide for Parents link is:

The QCAA link for more information is:

Andrew Rye – HOD Senior Schooling

USC Science Research Awards

Urangan State High School senior science students participated in the recent USC Science Research Awards. Our students put a lot of effort into their posters and presentations. Tyler Bayliss took both the People’s Choice Award and 3rd place in the Year 11 category, and Holly Clarke and Julia De Groot were awarded People’s Choice in the Year 12 division. All students’ posters were very highly regarded, the judges were impressed when speaking to our students on their presentation and our students presented themselves admirably. 3 students who gave verbal presentations in the ‘3 minute to win it’ competition were fantastic and were unfortunate to miss out on the prizes. Congratulations to all students who participated.

Tastes of the Bay Luncheon

On Sunday 10 August, 15 students from years 10 to 12 assisted in the successful running of the 2015 Hervey Bay Seafood Festivals “Tastes of the Bay” VIP Long Luncheon. These students worked tirelessly all day to setup, prepare and deliver seven courses of exquisite dishes. This is the 5th year that Urangan State High School has contributed to the success of this fantastic event.

The students work alongside Executive Chef and Celebrity, Andrew Mirosch of Sirromet Wines, and Award Winning Wine Maker, Adam Chapman, to deliver a well thought out menu that showcased the vibrant fresh local seafood that Hervey Bay is well known for. The seven courses were superbly matched with six different types of Sirromet Wines from Sparkling and Chardonnay to Pinot Gris and Cabernet Sauvignon.

The students had the opportunity to see a commercial “pop up” kitchen in full operation while working to feed the 234 excited patrons. Each year the students do not fail to impress Andrew, Adam and all other volunteers, including myself, with their hard work, dedication and attention to fine detail. No challenge was too great for the 15 students, and they tackled every obstacle that was thrown at them with a very professional attitude and manner.

As the sun set over yet another wonderful lunch and outcome, I was proud to work alongside this great bunch of young adults and to be able to class myself as their teacher. Well done team and fantastic job.

Damien Symes

Sports News and Results

Fraser District Athletics

The last ever Fraser District Athletics Carnival was held on Wednesday 20th and Thursday 21st of August before the Hervey Bay and Maryborough District are separated into two.
Urangan SHS attended with a 67 student strong team, 42 junior students and 25 seniors. There were some outstanding performances with some students competing in over 10 events across the two days. It was based on the efforts of all students and their willingness to compete for our school that led us to our best result in over 8 years. Urangan managed to finish 4th in the junior school category, 2nd overall and 1st place in the senior school category, the trophy to remain in our school cabinet forever more. A special mention must go to Rose Robe, Ashleigh Delosa and Zayla Arthur who received Fraser District Age Champions. Twenty-two of our students were selected to represent the Fraser District at the Wide Bay Trials in Gayndah on September 15th and 16th. Good luck to all students attending.

Interschool Basketball Competition

Urangan SHS has entered a junior boys’ and senior boys’ team in this year’s Fraser Coast Interschool basketball competition. So far the boys have played three round games against Riverside CC, Hervey Bay Christian Academy and Xavier Catholic College. Our senior boys’ team have put in a fantastic effort each week and have only narrowly been beaten in each game. The junior boys are hoping to continue their unbeaten success right into the finals. Games are played every Thursday afternoon at the hosting school. Come and support our teams.

Dingoes Sports Academy

Students and families are reminded that the Dingoes Sports Academy is continuing to run each Tuesday and Thursday morning from 7:15am. Students meet at the school gym. During the colder months there was a decrease in attendance numbers but with the weather warming up, it’s a great time to get back into some physical activity.

• Tuesday mornings – General Fitness
• Thursday mornings – Sports Specific training and/or General Fitness

Showers are available for use after training and the School Breakfast program is also available on these days.

Urangan SHS Sport on Facebook

Sport at Urangan High has its own Facebook page. Like ‘Urangan SHS Sport’ to get up to date information on school sporting events, results, cancellations and other details that may arise.

Amart Community Kickbacks

Don’t forget that you can support the school by shopping at Amart Sports. Under the Community Kickbacks program, the school earns 5% of your purchases at Amart Sports as in-store credit to spend on our school programs. If you’re already a member, don’t forget to swipe your card when making a purchase. If you haven’t joined yet, all you need to do is join Team Amart at teamamart.com.au or in store, select our school from the list of participating groups and swipe your loyalty card every time you make a purchase at Amart Sports. You’ll receive access to great member prices and other initiatives and the school will receive a 5% credit. Thanks for your support.

Kayla Worth - Sport Coordinator

In The Classroom

In Year 8 Science, we have been learning about energy transformations and how we can convert kinetic energy (wind) to electrical energy. In this experiment, we wanted to see how different lengths of blades affect the voltage produced. We also used different number of blades in each set up to see how that affects voltage. We found that 12 medium-length (blue) blades produced the most electricity. All in all, it was a COOL and BREEZY experiment!

Mrs Clancy - Teacher SCI082G

Creative Futures Update

Congratulations to all of the Creative Futures students who have been involved in events that showcase their talent, commitment and enthusiasm for the Arts. This term we have been represented at Creative Generation – State Schools Onstage and Maryborough Eisteddfod and have celebrated the success of our amazing music students when Sonic winners performed at Hoolihans.

The great news is that there is more to come! Next term, students from Dance, Drama and Music will all share their achievements at performance nights. Our multi-arts performance and display festival, Mini Gig, is also booked in for Friday 7th November from 6.30pm. We’re excited to provide these opportunities for your children and encourage parents, carers, family and friends to join us in celebration!
Boot Camps

The Queensland Government is trialling youth boot camps on the Gold Coast, Rockhampton and the Fraser and Sunshine Coasts. It will focus on young people at risk of long term offending and who have not had contact with youth justice. It provides an opportunity to support young people before they become entrenched in the criminal justice system and will address issues known to be associated with involvement in crime.

The early intervention youth boot camp targets young people aged from 12 to 16 years. The involvement of the young person’s family is critical to the delivery of this program. If a young person or family are interested in participating in an early intervention youth boot camp, they can discuss a referral with their school, police or contact the service provider in their local area.

Contact details: OZ Adventures, 1946 Hervey-Maryborough Road, Susan River, Hervey Bay. Telephone: 0407 769 124. Email: info@ozadventures.com.au

English Tutorials

Normal tutorial sessions will continue to run each Wednesday afternoon from 3-4pm in GC02. Anyone is welcome to turn up to these tutorials. The topics covered for the rest of the term will be as follows:

- Week 8 – No tutorials due to Parent/Teacher interviews
- Week 9 – Assessment help
- Week 10 – Short stories: creative writing

If students require help for a specific assessment task, they need to place their name and details on the sign-up sheet (which is in the English staffroom) by Tuesday afternoon.

Support our School Chaplains

Pialba Place Community Cash Grab is happening now until 26th October and Hervey Bay School Chaplains are in the running to win the prize. School Chaplains are partly funded through Government funding and partly through community fundraising, which means we are in schools to support families without eating into school budgets. Chaplains, like myself, are available to support students and families during difficult times, but are also a reliable and friendly face on any given time. Chaplains run programs such as Breakfast Program, Boys Group and Girls Group and we invite guest to school to encourage students.

Pialba Places Community Cash grab will donate $1000 towards the Hervey Bay Chaplaincy funding pool, if at the end of 13 weeks they are the charity with the most tokens. With every $30 or more spent at specialty shop you will receive a token. You can choose to ensure your token ends up in the Chappy bucket located near Williams and help us get that $1000.

It all counts, I appreciate your support!

Snezana Petersen - School Chaplain

Come Dine with Me

URANGAN STATE HIGH SCHOOL

Come Dine With Me

PURPOSE: Educates parents in making healthy dietary choices to change the eating habits of their adolescents in order to improve lifestyles.

WHERE: Wednesday 10th September 3:30 – 7:30pm.
WHERE: Home Economics Kitchen (Uangarang State High School, Robert St, URANGAN).
COST: Nil for participant – supported and funded by Mr Ted Gorenstein ML, State Member for Hervey Bay.

LEARN:
- Knowledge of food preparation and cooking skills to produce healthy meals/snacks
- Improved attitude to cooking and eating healthily
- How to decrease intake of energy dense & nutrient poor foods
- Basic nutritional knowledge
- Economical shopping knowledge

Who is the course suitable for?
Parents of adolescents who are interested in improving the eating patterns & subsequent health of their teenager.

What can I expect?
The workshop will be a combination of demonstrations, discussions and incorporating "hands on" preparation of recipes by participants.

What's required of me?
To get the best out of the program you are required to attend the full 4 hour session.

Who's running it?
This course will be delivered by a professional Chef Damien Symes and teacher with current nutritional knowledge Lauren Ollier.

TO REGISTER YOUR INTEREST IN THIS WORKSHOP
PLACE ARE LIMITED SO...
If this sounds like it is for you we ask you to “register” your interest to attend by 2 September, 2014. Send an email to Damien Symes, damiensymes@juno.com or phone the school office on 4127-0111.

Relay for Life

Join USHS team efforts to conquer cancer.
When? 11th & 12th October
Where? Seafront Oval
Why? To raise funds and support for cancer survivors, sufferers and carers.

Snezana Petersen - School Chaplain
Parents have much farther reaching effects than they know. We were pretty good at keeping computers and televisions out of bedrooms, but as technology developed we somehow missed that phones and tablets ARE computers. Parents may sometimes feel out of control. The majority of families own a collection of iPads, iPods, other tablets, an Xbox, a Wii, a DS, iPhones and more.

Most parents wonder if their limit setting is actually worth it as they regularly have to remind children of the boundaries with technology. Be encouraged, it IS worth it.

A study with over 1,300 families in the US indicated some powerful benefits for children when parents set healthy limits on entertainment screen time (TV and video games) and limits of the type of content viewed. Some effects are seen more immediately and others over time. Please keep in mind that ‘limiting’ does not mean banning all technology or taking everything away – it indicates a healthy balance and an inclusion of many other activities, such as sport, drama, kicking a ball, going shopping, chatting over dinner.

Two immediate effects of placing limits on media (which seem obvious but are great to see):

1. Those children spent less time on TV and video games
2. Those children saw less violent media content

However, it is the long-term effects that surprised the researchers the most. Children whose parents set more limits on the amount of time spent with media 7 months before were:

- getting more sleep
- getting better grades in school
- showing an indirectly positive change in Body Mass (as children were simply moving around more)

Additionally, parents limiting children’s content exposure (to violent media) 7 months before resulted in:

- increased pro-social behaviour (exhibiting more helpful and cooperative pro-social behaviours at school)
- less aggressive behaviour toward their peers

Communication

Try using indirect communication when talking with your children. Children often open up more in the car, on a walk, or in the dark – all times when eye contact is limited. Remember that these are great times to get children talking. Another opportunity for indirect communication is when their friends are over, or in your car. Just keep your mouth shut and listen. Your child knows when you’re there, of course, but often is more willing to talk than if you were speaking directly.

Listen to your child. This is, of course, the single most important part of helping children open up. Don’t talk, listen. Reflect back what they’re saying so they know you understand, and then be quiet so they can talk more. If they don’t keep talking you can ask another question, but keep your tone companionable, not interrogatory.

Parenting Tips and Resources from the Guidance Officer

Community News

PaCE Presents...

healthy meals on a budget

The Galangoor Team!!

Clare will be coming to talk to us about the importance of healthy eating and how we can achieve this on a budget. Get set for a morning of fun as we prepare 3 healthy salad ideas together that your whole family will love.

There will be FREE gifts for ALL participants

So come along for what is going to be a fun-filled morning!!

When: Monday 15th September 2014
Where: UnitingCare Community Office, 69 Old Maryborough Road and Windchelsea Street, Pialba
Time: 10am to 12 pm
Lunch included!!

Please Call Lesa or Kriskie on 4122 9000 or 4191 3100 to register and/or to arrange transport if required.
Rhee Taekwondo

Rhee taekwondo will be hosting two free trial lessons for beginners. Imagine being a black belt in one of Australia’s most popular martial arts! Become a leader amongst your peers as you cultivate stronger confidence and a healthy self-esteem. For more information visit the website: rhee.net.au or call 4124 7835 or 0404 747 413.

Hervey Bay Cricket Association Sign-On

The 2014/15 season sign-on is being held on Friday 5th September from 4pm to 6pm and Saturday 13th September from 11am to 2pm at the Walkers Road clubrooms, Urangan. Players are needed for U8, U10, U12, U14 and U 16. Please phone Deb Gibson (President) on 0431 036 471 for any inquiries.