Principal's Report

Staff and students returned safely from a well-earned holiday, and term 4 swung immediately into action. I will be the Principal for the rest of the year as Mr Zelow continues mentoring other Principals in the North Coast Region. The leadership team is engaged in the task of developing the school’s agreement for the 2015 Great Results Guarantee. It was announced that the Queensland Government is passing on the entire $183m to schools and Urangan High will benefit with approximately $500,000. School Council and Parents and Citizens meetings are on this afternoon and tonight where GRG 2015 will be tabled for discussion.

Term 4 interim reports were issued to the students on Monday 13th October. Please arrange time to engage in a conversation with your child about the results in achievement, effort and behaviour. Feel free to email class teachers, House Managers or Heads of years with any questions or requests.

There have been some recent changes for the Head of Year positions so here is a quick guide for the rest of 2014. Year 8-Craig Wotton, Year 9- Ian Christie, Year 10- Nick McMorrow, Year 11-Martin Mills and Year 12-Andrea Powell.

Term 3 ended with two very exciting trips for the students and staff. One was the Multi Arts trip to Brisbane where the students were exposed to a range of learning experiences in the form of workshops, master-classes and concerts. The second opportunity was a Sports and Cultural Tour to New Zealand. All reports have been glowing. Huge congratulations to the organising staff and to the students who represent Urangan High so admirably.

Shane Bird and Kayla Worth took Touch Football teams to the All Schools Competition in Brisbane last weekend. Thank you for your dedication to the students. Your time and effort is appreciated.

Relay for Life teams were in action on the sea front oval thanks to Jo Shepherd and the various team leaders. This is a wonderful way to contribute to the community and the bonus for schools is the time to form great relationships and create lasting memories.

Awards Night

The annual awards evening is next Tuesday 21st October and you are invited to our night of nights.

Students will be rewarded for their success in sporting, involvement and most importantly Academic achievements. There are several Special awards announced on the night. I ask that families stay for the full program to ensure that every recipient is present for their awards. We are grateful to local businesses for their generous support of the school in sponsoring many of the prizes. Please attend this prestigious event starting at 6.30pm at the Baptist Church hall, Nikenbah.

The organising committee has worked tirelessly to ensure a standard of excellence. A special thanks goes to Stephanie Whitehead and Therese Shorten for accepting the challenge for 2014.

Hope to see your students and family at one of the Term 4 events.

English Tutorials

Tutorials will continue to run each Wednesday afternoon from 3-4pm in GC02. Any student is welcome to attend these tutorials. The topics covered for term 4 will be as follows:

- Week 1 – Creative writing continued
- Week 2 – Persuasive writing
- Week 3 – Re-visiting punctuation and word functions
- Weeks 4 and 5 – Assessment help
- Weeks 6 and 7 – Analysing images (print and film)
- Weeks 8 and 9 – Assessment help
School Based Vaccination Program (SBVP) Round 3

Round 3 of the SBVP will be held on Thursday, October 30th for males and females in Year 8, where they will receive Dose 3 of the HPV Vaccine. Male students in Year 10 will receive dose 3 of HPV on Thursday, 6th November. If you have any questions please contact Janet Morrow (School Based Youth Health Nurse) at the school on 4197 0111.

Creative Futures - Colour Your Life

This term Creative Futures students and staff will present Mini Gig on Friday 7th November between 6.30pm and 9.30pm. The event will be staged at the school. Join us for a festival celebrating the theme ‘follow your bliss’ in song, dance, film, visual art, theatre, face painting, interactive art activities and food. Tickets are on sale now at Student Services for $5. Everyone is welcome!

Check us out on Instagram and Twitter #minigig14 @minigig14.

The Food Cave (School Canteen)

The school canteen – “The Food Cave” is undergoing significant changes in preparation for the introduction of the Year 7’s in 2015. We have already implemented changes to the flow of the canteen with the entrances and exits swapping and introduced self-service. New equipment will be arriving in the next couple of weeks to make it easier for the students to access the wonderful food offered for sale. A second Slush Puppy machine with a whole new range of flavours such as Sour Apple and Tropical will be arriving shortly. EFTPOS will be available very soon which will allow more payment options for the students. The students’ patience is greatly appreciated during the trial period of these changes.

In recognition of National Nutrition Week, the canteen will be holding a Subway Day this Friday (17 October). Four inch Subways will be available for $4 each. Flavours available are Ham, Turkey, Roast Beef and Veggie Delight. Pre-Ordering of lunches is still available; however students will receive a ticket to gain express entry into the Food Cave to avoid having to line up. A huge thank you and congratulations to the Special Education Program Teachers and Aides for their continuous support in pre-ordering all of their meals every day.

Feel free to pop into the canteen to inspect the changes, have a chat, lend a hand or even make the girls a cuppa.

The canteen is always looking for volunteers to help out. If you are interested please fill in the form provided below and return it to the school.

USQ Head Start

Are you currently in Year 10, 11 or 12 and achieving good results? If so, USQ Head Start will give you a real university experience over the summer school holidays right here in Hervey Bay. You’ll study our Information Systems Concepts course which explores business and information technology systems. Once you complete this course (and your school prerequisites), you’ll get guaranteed entry into a USQ Business, Commerce or IT degree program, credit towards your degree and 2 QCE points. Plus your first USQ course will be free!

Applications close 27 October. Apply now to start in mid-November.

For more information visit usq.edu.au/headstart or call 1800 269 500.

Other upcoming Creative Futures events:

DANCE NIGHT - Wednesday 15th and Thursday 16th October from 5.30pm & 7.30pm
DRAMA NIGHT – Thursday 23rd October from 6.00pm
GALA NIGHT – Tuesday 11th November from 6.00pm

If you require any further information about Creative Futures events, please do not hesitate to make contact with Liza Young on 41970178.
In different contexts, one character trait has emerged as a predictor for success. It isn’t social intelligence, good looks, IQ or physical health. It is “grit,” which the dictionary defines as “mental toughness”. It could be defined as resilience or the ability to “bounce back” after a setback.

Mental toughness is the “perseverance and passion to achieve long term goals; having stamina; sticking with your future day in and day out and working hard to make the future a reality; a marathon not a sprint.”

Studies have shown that there is a correlation between mental toughness and self-control. It takes mental toughness and self-discipline to raise children – they have constant needs. It is difficult to deal with tantrums, ensure homework is done, provide healthy food choices (when even you would prefer chocolate bar over an apple), monitor TV/computer time…and on it goes.
Seven traits of mentally tough people:

1. Look for positives and learn from mistakes
2. Face fears
3. Celebrate successes of others
4. Realise that the only person they can control is themselves and do not blame others for their mistakes
5. Limit exposure to outside stimuli (e.g.: Facebook, Angry Birds, Krispy Kreme donuts)
6. Accept and embrace change

Mentally tough people embrace change, but they understand that change must first happen in them before it happens through them. Mahatma Gandhi said it so well - "You must be the change you wish to see in the world."

Manny Dubroy - Urangan SHS Guidance Officer

Community News

Rhee Taekwondo

Rhee taekwondo will be hosting two free self-defence classes for the community designed for people who have had absolutely no martial arts experience before. 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.

Whale Aid Concert and Illumination Parade – 18 October

Celebrate the humpback whales with two of Australia’s biggest musical names, The Black Sorrows and Clare Bowditch, at an exciting free Whale Aid Concert in Hervey Bay on 18 October. A new-look Illumination Parade, with the theme of ‘Mystery of the Oceans – Legends Under the Sea’, will add to the celebrations being staged as part of the Hervey Bay Whale Festival.

The parade will start at 6pm with a sea of people holding lanterns of sea creatures, stars and other creations weaving their way from Freedom Park in Main Street to the Fraser Coast Cultural Centre. A large open-air stage will be set up in the grounds for live music and entertainment, along with amusement rides, food and market stalls and a licensed bar.

The concert will start at 4pm and entry is free. To take part in the parade and for more details on the concert go to www.whalesherveybay.com.au.
Christmas Celebration

Do you love to Sing?
Do you love Christmas Songs?
Come and join All Sorts Youth Choir for their Christmas Performances.

Help us create a great Youth Choir for the Fraser Coast Area this Christmas.
ALL students from Grade 3 – 12 are welcome.
Rehearsals: Tuesday 4pm-6pm
Held at the Kawungan State School Hall

Conductor: Miss Cherie Treloar
Music Specialist from Maryborough West and Albert Schools

For more Information Please Contact
Mrs Karen Painter
Mobile: 0468 812 965

Fraser Coast Community Koala Count

On koala count weekend, 18 & 19 October 2014, please report any sightings of koalas.
You may see a koala near your home or have a special outing to look in bushland where you think they live.

Where do koalas live on the Fraser Coast?

How many are there?
The Wildlife Preservation Society of Queensland will be conducting a “Community Koala Count” on the weekend 18 and 19 October. We are asking anyone who sees a koala anytime over that weekend to please report it by telephone or online.

Telephone reports:
Call 4197 4546 or 4197 4549. Volunteers will man the phones from 8am to 5pm on Saturday and Sunday. You will be asked your name and contact details, the location of the koala, and some very basic questions about the koala eg. was it dead or alive, in a tree or on the ground.

Online Reports:
Sightings can be logged at www.koalatracker.com.au.
The number of koala sightings in 2014 will provide a baseline for future community koala counts to ascertain if koalas are declining or increasing in number.

This initiative is from the Fraser Coast Branch of the Wildlife Preservation Society of Queensland and is supported by the Fraser Coast Regional Council.

WIDE BAY HISTORIC MACHINERY CLUB INC

WIDE BAY HISTORIC MACHINERY CLUB INC are pleased to present their 7th Annual Tinana Rally at Tinana Soccer Grounds, Gympie Road, Tinana, from 9am to 4pm on Saturday, 18th October and from 9am to 2pm on Sunday, 19th October 2014. FREE ADMISSION. Displays will include: Vintage Stationary Engines and Machinery; Vintage Mowers and Tools; AND much more. Chainsaw racing; Antique/ Vintage Tractors etc and this year the new Committee have added displays in the Community Hall where there will be Collectables and Memorabilia, Dolls, Teddy's, Prams, variety of Crafts, Old Sewing Machines AND LOTS MORE. Food available. Find us on FACEBOOK. Contact for Details: Ray Dow, WBMHC, Rally Publicity Officer. Mobile: 0402 074 999 Home: 4129 2119 Email: mustbeats@activ8.net.au

JUNIOR SCHOOL 5-A-SIDE HOCKEY COMPETITION

COMMENCES 22nd OCT – 26th NOV 2014
WEDNESDAY AFTERNOON 4 – 6PM
PLEASE NOTE CHANGE OF DAY TO WEDNESDAY

BOYS & GIRLS COMPETITION
6–9 yrs
10–12 yrs
13–15 yrs

MAKE UP YOUR OWN TEAM
(3 REGISTERED HOCKEY PLAYERS PER TEAM)
EQUIPMENT PROVIDED

CONTACT IBA
DEVELOPMENT OFFICER PHIL TAYLOR
07 4124 0293
(Close a Mystery)