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30 April 2015

## Principal's Report

Welcome back to term 2 and I hope everyone had an enjoyable Easter vacation with family and friends. This week students will have the opportunity to reflect on their results from term 1 and develop strategies for improvement. This reflection will form the basis of the student led conversations that will happen on our Education and Career Planning (ECP) day on Tuesday May 5th. I am really looking forward to seeing and hearing the conversations led by our students on this day. You should have received a letter last week with all the details regarding booking a time for what is one of the most significant conversations that will occur this year.

## NAPLAN

NAPLAN testing for students in Years 7 and 9 will take place on the 12th, 13th and 14th May. All families should have received a letter explaining the tests and what to do if there is a reason you do not want your child to do the tests and wish to withdraw from the testing program.

Whilst it is a point of time test, it is important because it adds to the picture of each child's learning. We encourage parents to speak with their child about doing the best they possibly can over those 3 days.

## ANZAC Day

Friday's ANZAC ceremonies at school were a pleasure to be part of. Seeing the sea of red hats on the oval and the respect that the students demonstrated was a credit to all involved. Thanks must go to our House Managers and in particular Mr Symes for his organisation of the event.

Again on Saturday it was a credit to all involved to see and hear the students of Urangan SHS. Special mention must go to Mr Brindley and the marching band as they led over 150 students and staff through the streets to Freedom Park. Urangan SHS student, James Creswell, played a pivotal role in the ceremony playing the "Last Post" and the "Rouse".

## Inter- House Cross Country

Friday also saw the second Inter-house Sports competition for the year completed. The school cross country, postponed from term 1, was conducted in fine and sunny conditions and proved ideal for fierce competitions between the houses and students. There were many fine performance but the overall bragging rights went to Triton House. That makes it 2 from 2 for Triton house after taking out the swimming carnival earlier this year.

**Glen Robinson - Acting Principal**

## Queensland Core Skills Test – Community representatives needed.

Urangan State High School invites expressions of interest from members of the community to nominate for appointment to the positions of Chief Community Representative or Community Representative for the Queensland Core Skills (QCS) Test. You must be available Tuesday 1st and Wednesday 2nd of September 2015.

For more information visit the following website:

[http://www.qcaa.qld.edu.au/downloads/senior/qcs\\_15\\_cr\\_position\\_info.pdf](http://www.qcaa.qld.edu.au/downloads/senior/qcs_15_cr_position_info.pdf)

If you can support us with your application please call me on 41970101. To view the application forms or print them for yourself visit the following website address:

[http://www.qcaa.qld.edu.au/downloads/senior/qcs\\_15\\_cr\\_app\\_form.pdf](http://www.qcaa.qld.edu.au/downloads/senior/qcs_15_cr_app_form.pdf)

Forms must be returned to the school no later than Friday May 22nd 2015.

**Andrew Rye - Head of Department Senior Schooling**

## Microsoft Office 2013

Great news –all state school students can now download multiple free copies of the Microsoft Office 2013 Suite to their personal home and mobile computer equipment! Please take advantage of this marvellous opportunity, and if you need any help, come and see Mrs Kuzio-Barnes in the library. You can download your free copy from <https://mishelp.eq.edu.au/studentadvantage/Pages/default.aspx>.

## English Tutorials 2015

English tutorials will continue to run in term 2. This term will focus on reading comprehension, sentences and improving vocabulary. Weeks 4, 9 and 10 will be dedicated to assessment. So if students require one-on-one help on their English assignments, they should attend tutorials during these times. Tutorials are free and run from 3-4pm in GC02 every Wednesday afternoon.

## Uniform Shop

The Uniform Shop opening hours are 8:30am to 10:00am, Monday to Friday. All proceeds from the Uniform Shop go back to the school through the P&C. If your child has lost their hat and requires a new one, these are available through the Uniform Shop for \$10. EFTPOS facilities are available.

## Canteen

Volunteers are needed to help out in the Canteen. If you have some spare time and would like to contribute to your child's education, come along and volunteer in the school canteen. Whether it be a full day or only a couple of hours, your assistance would be greatly appreciated. For further information please contact Tammy on 4197 0114.

## Sand Dunes on K'gari Work Experience (Indigenous students)

This is a research project for the Sand Dunes on K'gari and is available for any Badtjala high school students who may be interested in this type of work experience, and might want to go on to university. We are looking for students who hold interests in the study of the environment, science and history. See Shane Nelson for more information or please contact gayle.minniecon@uccommunity.org.au or call 07 4191 3100.

## Resilience through Problem Solving

Children with good social and problem-solving skills are more equipped for life. In fact, intelligence alone is not enough and it is these skills that lead people to be successful in life. Children who have learnt these skills are comfortable in new situations. They are friendly to others and join in activities. They cooperate and compromise. They trust others and others develop trust in them. They handle conflicts well and respect differences of others. They apologise when they are wrong, but will assert themselves when they believe they are right. They are clear in their thinking and non-threatened nor threatening. They are liked.

For children with poor resilience and/ or at risk of depression, often these skills are lacking.

When children are young they depend on parents to help them solve problems, but as they grow they will need to learn skills to handle the problems they face. With a focus on remaining calm, Seligman, in his book 'The Optimistic Child' provides 5 steps your child needs to follow in order to solve problems effectively.

1. **Slow Down.** STOP before acting impulsively, then start thinking. How we handle a problem depends on what we are thinking. Replace hot thoughts with cool thoughts. Hot thoughts often lead to loss of control. Cool thoughts result in solutions that are non-threatening to self and others. **How we think affects how we feel and what we do.**
2. **Stand in another's shoes.** Understand what the other person was thinking or why they acted the way they did. This is easy to do by meeting with the person, looking at their face, and asking non-threatening questions to get answers (use of technology won't achieve true understanding).
3. **Set Goals.** If you have a problem how would you like things to end, eg. you have a fight with your friend, is your goal to restore friendship or have a stand-off. As your child sets a goal, they should list as many ways as possible to reach it.
4. **Choose a Path.** What is the best solution. Look at the pros (any good outcomes that might happen) and the cons (any bad consequences), eg. speaking nicely to someone versus yelling at them.
5. **How did it go?** Did it work – if not then don't give up. Pick another solution and give that a shot.

Notice that all these steps are about you, the parent, training your child in the art of problem solving. It is not about you finding their solutions nor is it about you rescuing them. Our aim as parents is to have well adjusted, social and happy children who are equipped to handle life in all its forms.

**Adapted from Seligman, M – The Optimistic Child**

## Community News



For a \$5 registration fee, you could be part of National Family Portrait Month in May 2015

**FAMILIES WANTED**

We are looking for Families to help Raise Vital Funds for Research to help find a cure for Breast Cancer

NATIONAL FAMILY PORTRAIT MONTH

For more information or to Register [www.familyportraitmonth.com.au](http://www.familyportraitmonth.com.au) Enquires 0418 509 228

BRISTOL BREAST CANCER FOUNDATION



What is DOMESTIC & FAMILY VIOLENCE?

Domestic & Family Violence isn't just physical violence or abuse it is so much more... it can be...

- sexual
- emotional
- psychological
- financial

the restraining and/or coercive behaviours that in any way control or dominates a person, and causes fear for their safety or wellbeing or the safety and wellbeing of another person including children.

So what does that mean to me?

Domestic Violence is your business. It is our business! Domestic Violence can be a matter of life and death. Sometimes the injuries can result in the death of the victim. It is a problem that affects not only the victim but so many more people including families, children, friends and members of our community.

What can I do?

Support the victim, MAKE THE CALL to support services or the Police. Early intervention may save their life! Don't believe that because the victim won't leave there is no concern, sometimes the victim is too fearful to leave the situation due to threats and intimidation.

**STOP**

THIS COMMUNITY SAYS

**NO**

TO DOMESTIC & FAMILY VIOLENCE

Domestic & Family Violence occurs when a person uses any form of abuse to have power and control over another.

FRASER COAST DOMESTIC & FAMILY VIOLENCE

Family Law PATHWAYS NETWORK

### Fraser Coast Domestic Violence Flow Chart

