21 July 2015

Principal’s Report

School Review

School Improvement is always a focus and to assist schools in developing strategic plans to ensure “Every Student Succeeds” Education Queensland has developed a School Improvement Unit. In the last week of term 2 we had a team from the School Improvement Unit visit the school for 4 days. The School Improvement Team, consisting of 4 current/past Principals, spoke with a full range of members of the Urangan SHS community. From this process a report will be generated and this, along with the current Quadrennial School Review, will form the basis of the schools strategic plan for 2016 – 2019.

I thank all those involved in the process and those parents who completed the Quadrennial School Review survey.

Semester 1 Report Cards

All Semester 1 reports were posted on Friday and should be with you today or tomorrow. The opportunity for interviews will occur on Tuesday August 4.

The school will be trialling on-line booking system for this session of interviews. Once the link is established we will send steps to all families to make on-line bookings. If parents/carers do not have access the internet there will be an alternative method available.

School Opinion Surveys

In with your child’s report you will also receive a form in relation to the School Opinion Survey. This annual survey is another opportunity for the school community to have a say in the future direction of the school. I strongly encourage all families to take up this opportunity.

School Jumpers

After much communication and negotiation the school jumpers have now arrived in the uniform shop. This ensures that all uniform options are available and allows all families the opportunity to transition to the new uniform in 2016.

Can I remind all families that there are two options for Year 7-11 in relation to school jumpers, those being the tracksuit top and the pullover/cardigan, whilst the Year 12 students will also have the option of their senior jersey.

Glen Robinson – Principal

Creative Writing Excellence Program

Once again, Urangan SHS students have produced some highly imaginative and personally stylised short stories during their participation in this year’s Creative Writing Excellence Program. From fantastical stories of medieval memory collectors, possessed radios and pyromaniac twin sisters, to everyday tales of teen friendship and family, this year’s student anthology of work is brimming with variety and originality. Congratulations to the following students, who completed the 2015 USC Creative Writing Excellence Program:

- Morgan Jamieson
- Taylor Hall
- Paige Croker-Clarke
- Julia Hill
- Oska Harmsworth
- Bryce Kelc
- Emma Spence
- Lilyjayn Kelly
- Portia Robertson
- Mason Clarke

You can read the stories produced by each of our writers in this year’s anthology – here.
Baler raises the trophy!

After 154 competitive events over two days of competition the fight for house champion came right down to the wire. With a winning margin of 118 points, Baler took out the title in 2015 with Triton in second and Cowrie in third. The students who attended the carnival over the last two days of term 2 need to be commended on their efforts in competing in the events on offer and also the tremendous support that was shown for all competitors. A few showers of rain were not enough to get in the way of some great personal achievements with records being broken in 13yrs boys javelin by Zoran Fitzek; 14yrs boys long jump by Montell Harrison; 15yrs boys 1500m by Vincent Green; 17yrs boys 100m by Treigh Nothdurft; 17yrs girls 100m by Taylor Samuels; 17yrs girls 200m by Ashleigh Delosa; and 17yrs girls 1500m by Gabbi Wilcox. Please join with all of us at Urangan State High School in congratulating our 2015 track and field age champions.

<table>
<thead>
<tr>
<th>AGE</th>
<th>Female</th>
<th>Male</th>
</tr>
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<tbody>
<tr>
<td>12</td>
<td>Shae Ward</td>
<td>Kynan Hutchinson</td>
</tr>
<tr>
<td>13</td>
<td>Chey Matthews</td>
<td>Zoran Fitzek</td>
</tr>
<tr>
<td>14</td>
<td>Gracie Eadie</td>
<td>Trey Singleton</td>
</tr>
<tr>
<td>15</td>
<td>Sage Smith</td>
<td>Ben Hudson</td>
</tr>
<tr>
<td>16</td>
<td>Tarley Leahey</td>
<td>Jay Andrew</td>
</tr>
<tr>
<td>17</td>
<td>Gabbi Wilcox</td>
<td>Treigh Nothdurft</td>
</tr>
<tr>
<td>18</td>
<td>-</td>
<td>Will Cahill</td>
</tr>
</tbody>
</table>

Thanks must also go out to Wide Bay Motor Group and Amalgamated Pest Control for the use of their marquees over the two days, and the Hervey Bay Little Athletics Club for allowing us to hire their high jump mats to ensure student safety. Thanks also to the parents, family members and friends of our students that came along to support the students in their athletic events.

We look forward to another outstanding carnival in 2016.

Kaleidoscope Art Exhibition

Relay for Life

English Tutorials 2015

English tutorials will continue to run in term 3. Tutorials are free and run from 3-4pm in GC02 every Wednesday afternoon.

RSA Course

The annual RSA Course for Year 11 and 12 students will be conducted on Saturday 8 August between 8:00am and 4:00pm. Letters are available from the Year 11 Notice Board outside Staffroom 3. The cost of the course will be $89 and is payable by Friday 31 July. A minimum of 20 students is required for this course to run. This course is being run through Nu-Path Training out of the Sunshine Coast. For further information please contact Damien Symes on 4197 0111.

Woolworths Earn & Learn

Urangan State High School is excited to be taking part in the Woolworths Earn & Learn program. Last time we raised 19,200 points. Our goal this year is to reach 25,000 points. You can help by collecting Woolworths Earn & Learn Points when you shop at Woolworths between Wednesday 15 July and Tuesday 8 September 2015. We will redeem these points for awesome educational resources for our school.

Simply put your points onto a Woolworths Earn & Learn Points Sheet and once it’s complete, drop it into the collection box at Student Services or at any Woolworths Store. Please make
sure to put your child’s name and form class on the sheet so that it can be counted towards the competition for the form class with the highest points collected.

The more points we collect, the more we can redeem. There are thousands of products available, and we’d like to get lots of new equipment! Products in the range include resources for Mathematics, English, Science, Arts, Sport, Library Supplies and more.

We are grateful for your support and look forward to a successful program. If you have any questions, please do not hesitate to contact Damien Symes on 4197 0111.

Uniform Shop
The P&C would like to inform all parents of Urangan SHS that as of the 1 July, 2015, the approved Urangan State High School Uniform will only be available for purchase through the P&C Uniform Shop situated behind the Administration Building. The hours of operation will be 8:15am to 10:00am Monday to Friday, 3:00pm to 6:00pm Thursday and 10:00am to 2:00pm on the last Saturday of the month.

Honours Shirts
The Honours Shirts system at Urangan High has now changed. When your child receives an Honours Shirt letter they are to take the letter to the school Uniform Shop and pay for the shirt (if necessary) and embroidery. The shirt will then be delivered to the embroiderers. When it is returned the student will be notified so they can collect their shirt. The cost of the shirt is $27 with an additional $7.50 for the embroidery. If your child outgrows their shirt and you would like to purchase a new one, the cost and procedure will remain the same, your child will just need to bring in their old shirt.

Keeping Children Safe from Sexual Abuse
Children are mostly abused by someone they know – even relatives and family friends. Child sexual abuse happens in all cultures and all kinds of families. Girls and boys of all ages are at risk.

Most abusers go to great lengths to win children’s trust. They often target vulnerable children. A normal friendly relationship develops into a sexual one, with the abuser either persuading or coercing the child to cooperate. Then they often use threats that something terrible will happen in order to stop the child telling.

To keep you child safe – Know about your child’s daily world; where are they, where they play, who they play with, what activities they get involved with, how they use the internet-web sites, chat rooms, emailing and video, who you trust to look after them when you’re not there.

It is important to teach your children they can refuse to do anything with an adult or child that they feel is wrong or frightens them. However, you cannot expect children to say ‘No’. Encourage them to tell you whenever they are worried about what other adults or children want them to do. Always listen carefully to your child’s fears and concerns. Stop what you are doing and really pay attention.

Teach your children how to stay safe from sexual abuse just as you talk to them about road, fire, water and internet safety.

Even little children know the difference between touching that is OK and not OK. Explain that no-one has the right to touch them in places and ways that make them feel scared or uncomfortable.

Encourage children to trust their feelings. Talk about feeling safe and unsafe and work together on plans of what to do if they feel unsafe. This should include ways to leave awkward situations, like saying they have to go home now, or need to ask a parent or other adult for permission first.

Many abusers make children keep their abuse a secret – often using threats. Children need to learn the difference between safe and unsafe secrets. Teach them the only OK secrets are those which give someone a nice surprise.

Work out with your child which key people they can trust to ask for help if they are frightened and you aren’t there.

If your child has been sexually abused –

Believe what your child says and listen calmly. Showing your distress may frighten them from telling you. Reassure your child it is not their fault and they are not in trouble. Tell them how proud you are they told you. Reassure them that you love them. Let them know they are safe now and you will deal with it all and the abuse won’t happen again. Don’t push for details of the abuse if your child isn’t ready to tell you. Give them time. If the abuser is a close family member, family life will be seriously disrupted. Try to keep normal routines going if possible. Routines help children feel more secure. Try to have the children resume their usual activities. Think carefully about who to tell about your child’s abuse and when, and talk to your child about this. Other people knowing can make the situation more distressing. Explain the difference between privacy and secrecy to avoid your child feeling ashamed. Important. Get help and support for yourself. You may feel betrayed, angry, or failing as a parent. You need support from friends and family and often need professional counselling advice to keep going. Remember, child abuse is rarely a parent’s fault. Abusers are clever manipulators of parents as well as children.

Sexual abuse is a CRIME! If you suspect someone is abusing your child or others, you must tell the appropriate authorities to put a stop to abuse. NAPCAN, Preventing Child Abuse:
http://napcan.org.au/

Anxiety?
If you need help to deal with anxiety there is a self-help program for teenagers developed by Beyond Blue and the University of Queensland. It is a free interactive online application for prevention and treatment of anxiety. There is also a program for parents. Please go to the following link for more information:
https://brave4you psy.uq.edu.au

E-Mental Health Resources
Crisis Support: Lifeline
Grief and Loss Support
https://www.suicidecallbackservice.org.au/
have-you-lost-someone-to-suicide/grief-and-loss-program

Kids Helpline
http://www.kidshelp.com.au

Mensline
http://www.mensline.org.au

Suicide Call Back Service
https://www.suicidecallbackservice.org.au

Community News

CALCULUS WORKSHOPS

A free school holiday workshop for
Year 11 and Year 12 Maths B students
A self-paced course which aims to give students
the necessary skills and knowledge to succeed in
this subject.

Where: University of Southern Queensland (USQ)
161 Old Maryborough Road, Hervey Bay
When: 6, 7, & 8th July 2015
9:00 a.m. – 12:00 p.m.
Facilitator: Don McKay
Cost: FREE OF CHARGE!
Registration
Please register your attendance by sending your name,
year level and school to events@frasercoast.usq.edu.au.
For more information please call Katy Barnes on
(07) 4194 3142.

URANGAN STATE HIGH SCHOOL
ADOLESCENT PARENT-EDUCATION SEMINARS

Aims: Skills for reaching teenage behaviour problems and disputes.

Who is the course suitable for?
For parents of young people in the last years of primary school & the first years of high school.
What can I expect?
This course will provide you with a method for dealing with teenage behaviour problems. It is particularly aimed at future-proofing parents for the teenage years and addresses the issues of discipline, respect for others, communication, substance abuse and suicide prevention.

LEARN
Skills for handling those problems you just can’t ignore
Common expectations held by parents of teenagers in Australia
A model for decision-making
Skills for building relationships with your teenager
Making the best of your non-crisis conversations with them

What’s required of me?
To get the most out of the program you are required to attend the 2 1/2 hour sessions that will be run over 3 consecutive weeks.

Hervey Bay Athletics Club Inc.

Sign-On Times and 1st Club Night
Friday 17th 24th & 31st July 5:30pm to 4:30pm at the club grounds.

Our Club cares for
Little Athletics 5 year olds up to Under 17s
This includes Tiny Tots - Ages 3 to 5 years
Under 4s
Under 7s to Under 17s
And athletics from 17 years to masters.

For more information please
Email: herveybayatlletics@gmail.com
Mobile: 0477 827 941

RHEE TAE KWON DO
The Fraser Coast’s best Family Martial Art

RHEE TAE KWON DO
1 MONTH OF FREE TRAINING

FREE TRIAL LESSONS

Classes are held at
Dundowran, Torquay, Maryborough and Tinana.

Graffiti Removal started early at
4125 5099 or 047837 3069

Community News
Bollon State School

Bollon State School’s 130th Anniversary and Reunion is being held on the 25th and 26th July 2015. For more information please contact email to contact: bsm@bollonss.eq.edu.au or visit the website:

https://bollonss.eq.edu.au/Pages/default.aspx