20 August 2015

Principal’s Report

Visit by the Director General of Education

Last week we had a special visit by Dr Jim Watterston, Director General of Education and Training. Accompanying the Director General was the Regional Director of Education for the North Coast Region, Ms Tracy Corsbie. Our visitors were escorted through the school by our school captains and had the opportunity to see a number of our special programs.

The first port of call was our Music Department where Julia Hill set the scene with a sensational performance of “Teen Spirit”. Then the Certificate IV in Music students explained their course and where they think it might take them in the future.

They then visited our Confucius Room where they were entertained by Ellie Harrington, Tylah Edmonstone and Latarni Thompson with a short Chinese play. Other Chinese students explained how they would use their knowledge of another subject to pursue their career aspirations including roles at the United Nations.

Finally, the Director General met our fundraising champion Paxton Heard, who raised $4955 for our school fun run earlier in the year. The Director General was amazed by the effort that Paxton demonstrated in his fundraising venture.

Greater Results Guarantee

Earlier this year, as part of its School Improvement Strategy, the school developed a plan under the Greater Results Guarantee (published on the school website) to establish and achieve nine NAPLAN related targets for 2015. With all test results now available, we can report that the school has achieved 8 of its 9 targets, and whilst not achieving one of the targets there was still an improvement in that domain from 2014.

All parents of students in years 7 and 9 who completed the tests earlier this year should now have received their child’s report in the mail. If you have not received this report please contact the school.

School Leaders 2016

This week we announced the Senior School Leaders for 2016. Congratulations must go to all our year 11’s who nominated themselves to fulfill leadership roles. The voting by year 11 students and staff was very close for most of positions, indicating the quality of the students. The successful students are:

School Captains: Kris Sims and Taylor Mackie
School Vice-Captains: John Briley and Rose-Lee Grose
Baler House Captains: Kyle Torres and Natasha Peverelli
Cowrie House Captains: Dylan Sheffield-Laban and Paige Murray
Triton House Captains: Kurtis Hare and Samantha Douma
Student Council President: Shaylee Muller-Christie
School Council Executive: Cass Bajt, Rheanna Bose and Emily Waring

Uniform

We are noticing more and more students with the new school jumpers and the feedback when speaking with the students is very positive. Again, I would like to remind parents and carers that there are two options for 2016 in years 7 to 11 in relation to school jumpers, those being the tracksuit top and the pullover/cardigan, whilst the year 12 students will also have their senior jumper.

We ask all parents to label their child’s uniforms as soon as they are purchased as we are starting to get a collection of jumpers in lost property without student’s names on them.

Glen Robinson – Principal

Year 12 Block Exams – Information for Students and Parents

Year 12 students will have block exams starting on Wednesday 26th August (Period 3 and 4) and finishing on Monday 31st
of August. Higher education classes will be closed and higher education students are not required to attend unless they have an exam. ALL WORKFORCE classes WILL run as normal. The timetable is provided below. Students will also receive an individualised exam timetable this week.

<table>
<thead>
<tr>
<th>WED 26th</th>
<th>THURS 27th</th>
<th>FRI 28th</th>
<th>MON 31st</th>
</tr>
</thead>
<tbody>
<tr>
<td>9am start</td>
<td>Normal classes</td>
<td>Maths A</td>
<td>Accounting</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Maths C</td>
<td>Film &amp; TV</td>
</tr>
<tr>
<td>12:15pm start</td>
<td>English</td>
<td>Dance</td>
<td>Maths B</td>
</tr>
<tr>
<td></td>
<td>Geography</td>
<td>Legal studies</td>
<td>No exams</td>
</tr>
</tbody>
</table>

QCS Test 2015 – Information for Students and Parents

On Tuesday 1st and Wednesday 2nd September the year 12 OP and Ranking Score (if they wish) students will be sitting the QCS test. The school will be providing a cooked breakfast for year 12 QCS students at the Theatre in the Round from 8am.

All QCS students are to report to the Map of the World at 8:50am for the morning session and at 12:15pm for the afternoon session. Students are not permitted to leave the school grounds during the day. Normal school procedures apply.

During the QCS the following will happen to classes:

- Robert St – All year 12 classes will be closed for the 2 days of QCS (1st and 2nd of September)
- TAFE Courses – Students are expected to attend TAFE as usual (unless they are sitting QCS)

<table>
<thead>
<tr>
<th>Tuesday</th>
<th>Wednesday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Morning - (9:10 – 11:20am)</td>
<td>Writing Task Short Response</td>
</tr>
<tr>
<td>Afternoon – (12:30 – 2:10pm)</td>
<td>Multiple Choice I Multiple Choice II</td>
</tr>
</tbody>
</table>

The equipment list for required to be brought by students is provided below (QCS students will receive this in paper form). Please assist students in coming prepared for each test. Students can purchase a stationary pack from Student Services for $7. It contains all equipment needed except a calculator.

<table>
<thead>
<tr>
<th>PAPER</th>
<th>ESSENTIAL MATERIAL</th>
<th>OPTIONAL MATERIAL</th>
<th>FORBIDDEN</th>
</tr>
</thead>
<tbody>
<tr>
<td>Writing Task</td>
<td>pens (black only)</td>
<td>pencil sharpener eraser correcting fluid / tape</td>
<td>all else which includes an opaque container</td>
</tr>
</tbody>
</table>

Andrew Rye - HOD Senior Schooling

Year 12 Moot Experience

Seven Year 12 Legal Studies students recently participated in a moot experience. Students attended the District Court where they were assigned tasks including being a juror or witness in a mock trial. Two students (Oska Harmsworth and Jack Mason) and one teacher (Miss Ashford!) were the defendants, charged with stealing three cartons of cigarettes; they spent their afternoon in the dock as they were tried for this offence. Emma Spence, Tamzin Hunter and Bree Knight all played the role of witnesses. On the trial jury were Melissa Knappstein and Emma Jones. After deliberating, the jury acquitted the defendants.

The Fraser Coast District Law Association provided a number of legal professionals to conduct the moot. The local magistrate performed the role of District Court judge and a number of local solicitors prosecuted and defended the defendants. Our witnesses felt the full force of the law on occasion, as experienced professionals grilled them while they were on the stand.

It was a wonderful experience for USHS’s budding lawyers. An enjoyable afternoon was had by all.

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.
Woolworths Earn & Learn

So far we have collected 4,800 stickers and are well on our way to our target of 25,000. Thank you for your hard work in collecting stickers every time you shop at Woolworths. Please remember to keep collecting up until 8 September and drop your stickers or sheets into the collection boxes in Student Services or at Urangan Woolworths.

Uniform Shop

The school’s uniform shop will be open during the Christmas holidays from Monday 11 January 2016 to Saturday 23 January 2016 at the following times:

- Monday: 7:00am to 2:00pm
- Tuesday: 10:00am to 2:00pm
- Wednesday: 3:00pm to 7:00pm
- Thursday: 12:00pm to 6:00pm
- Friday: 10:00am to 2:00pm
- Saturday: 10:00am to 2:00pm

To help manage the number of parents and students coming to the uniform shop during these opening times we are asking that you book a time using the online booking application at www.schoolinterviews.com.au. The steps required to make a booking are provided in the following document using the password 7S3ZF.

Please remember to make only one 15 minute booking per child. The online booking process is now open. If you do not have access to the internet, please call Megan at the uniform shop between 8:15am and 10am on 4197 0116 to make a booking through her.

Pre-ordering of uniforms for 2016 is also now underway. The order form and price list are available via the Newsletter Forms and Documents side panel. If you would like to utilise this service and to ensure sufficient stock, please fill in the form and return with your child to the uniform shop where Megan will check sizes with your child. Payment options available include Cash, EFTPOS, Centrepay, Cheque and Credit Card. Please make cheques out to Urangan State High School P & C.

For general enquiries and purchasing, the uniform shop is open 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.

Asthma

If your child has asthma, now is a perfect time for them to see their doctor for a review and to update their Asthma plan and to provide a copy to the school. For more information, please contact Janet, School Based Nurse, or Sam and Emily in Student Services.

InspireU

Ever wondered what it’s like to study at university?

Inspire U is a series of residential camps that give Aboriginal and Torres Strait Islander students in years 11 and 12 an opportunity to experience life on-campus at The University of Queensland while finding out more about specific subject areas.

How do I apply?

Students in years 11 and 12 with an interest in studying Engineering, Health Sciences, Law, or Science are encouraged to apply.

Students will need to complete an application form and have written support from their school. Students will be selected based on their interest in the area, involvement in related school subjects and academic record.

For more information contact

Aboriginal and Torres Strait Islander Studies Unit
The University of Queensland
Email: inspireuq@uq.edu.au Ph: 3865 6699 Web: abts.usq.edu.au/inspireu

InspireU Dates

- Inspire U: Law: April 12 - 17, 2015
- Inspire U: Science: June 23 – July 3, 2015
- Inspire U: Junior Engineering: July 7 – 10, 2015
- Inspire U: Health Sciences: July 9 – 13, 2015
- Inspire U: Science: Sept 27 – Oct 1, 2015
- Inspire U: Engineering: January 2016

Reggie Dabbs at USHS

Reggie Dabbs will be visiting the school on Thursday August 27 during first break at Theatre in the Round. Reggie is an international youth speaker who travels the world to encourage young people to make great choices in life. He has a unique blend of humour and music and he will be focussing on physical, verbal, social and cyber bullying.

Reachout’s Top Tips for Beating Stress

Everyone experiences stress at some point, but there are heaps of simple ways to minimise its impact on your life. Right now is a great time of the year to work on stress management skills and be ready for when the stress-deluge comes.

Stress can be mild or intense, and it can make people feel frustrated, anxious and even hostile. Ever been grumpy because of stress? There you go. Stress can get in the way of sleep, cause headaches and change your appetite. It can also reduce your ability to concentrate and make it harder to remember course content.

ReachOut has lots of fact sheets and practical tools for beating stress. Here are a few:

- All work and no play? Bad idea. Make time every week to completely forget about study and do something you enjoy, like playing sport, hanging out with friends or watching TV. Taking regular breaks and ‘me-time’ to clear your head will also help you study more productively: au.reachout.com/taking-regular-me-time
- Feel like you’re not achieving what you’re capable of? Sit down and set goals at the beginning of each
term. Define your goal, set sub-goals and make a plan of action. Then you'll know what you’re aiming for and it’ll be easier to stay focused:
au.reachout.com/how-to-set-goals

• When you’re feeling stressed, it helps to have a proven strategy lined up to help you deal with it. It could be something like reducing the number of commitments you have, telling a close friend you’re stressed and talking through it, or even using positive self-talk strategies: au.reachout.com/
building-better-coping-skills

Sometimes it might feel like stress is unbeatable, but it’s definitely manageable. For more info on keeping it in control, check out these fact sheets on ReachOut.com:

• Tips on managing stress: au.reachout.com/
managing-stress
• Helping someone with stress: au.reachout.com/
helping-someone-with-stress
• Ways to relax: au.reachout.com/ways-to-relax
• Tips for problem solving: au.reachout.com/
all-about-problem-solving
• Information on anxiety: au.reachout.com/
how-to-manage-anxiety

Worries and Anxieties: Helping Children to Cope

Children, like adults, have all sorts of strong feelings about what is happening to them. At times, the world can seem frightening or uncertain, which may create fearfulness, worry or anxiety.

Different Types of Anxiety

Fears and Phobias

Very young children often develop fears and phobias. These can be triggered by changes (going to childcare, separating from a parent), or particular things (spiders, snakes, monsters etc.). Fears like these are common but with encouragement and support most children learn to overcome their anxiety.

General Anxiety

Some youngsters feel anxious most of the time for no apparent reason. It may be their temperament or it may be a pattern of behaviour that is shared by other members of the family.

School-Related Anxiety

School refusal can be caused by anxiety. Separating from parents, fear of bullying, problems with friendships, trouble with school work or teachers are worth investigating.

Home Related Anxiety

Family problems (money issues, squabbling, separation/ divorce), death of a family member or friend, harsh discipline or a traumatic experience, e.g. burglary, can be a cause of anxiety (as well as depression).

What are the Signs

The most common signs of anxiety are:

• Feeling sick, stomach aches, headaches, not being able to stomach food
• Feeling tense, fidgety, needing to go to the toilet often
• Feeling fearful or panicky, breathless, sweaty
• Being irritable, tearful, clingy or having sleeping difficulties
• Withdrawing from social contact

Anxiety can limit a person’s experiences in life. It can contribute to lack of confidence, loneliness, health problems and learning difficulties. The emotional effects if not remedied can be long lasting.

What you can do

• Talk to your child. Show your child that you care and want to understand the reasons for their anxiety.
• Give comfort, reassurance and practical help with how to cope, e.g. encourage helpful thoughts rather than focussing on unhelpful thoughts. (There are children’s books to help children cope with divorce, death, anxieties).
• Prepare your child for changes. If possible give sufficient warning. Talk to them about what might happen and why, as well as ways to manage the changes.
• For children with school/separation anxiety, regular routines including consistency around sleep, getting ready for school, having breakfast etc. will generally improve the outcome.
• Be aware of school or family situations that may be creating worries for your child.
• Be aware of your own anxiety and protect your child from taking on your woes.
• Use relaxation techniques, e.g. controlling your breathing, listening to peaceful music, doing something you enjoy.
• Encourage daily exercise, healthy eating, drinking plenty of water and most importantly getting enough sleep. Children need at least 8 to 9 hours sleep each night. A healthy body helps keep us on top of difficult situations.

If your child is so anxious that they can’t cope, more specialist help may be needed. Have a chat with your guidance officer, and/or see your doctor.

Adapted from Mental Health and Growing Up, 3rd Edition – Factsheets http://www.rcpsych.ac.uk/info/mhgu/index.htm
Community News

**WALK FOR A WORLD WITHOUT TYPE 1 DIABETES**

Register for your local walk at Seaford Oval, Hervey Bay on 29th August starting at 10.30am.

Join us at walk.jdrf.org.au

#JDRFOneWalk

Rob Palmer says “One Walk is a fun family day where 110 is the main event. What could be better than that?”

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**Hervey Bay Surf Life Saving Club**

**2015/16 NIPPERS PROGRAM**

*Why not make the most of living by the beach and join in the Hervey Bay Surf Life Saving Club’s Nippers Program this summer. Get fit, stay healthy and have fun.*

The 2015/16 Nippers Program commences with a Program Briefing and Proficiency Swims at the Hervey Bay Aquatic Centre on Sunday 13 September from 9AM (bring bathers, goggles and towel and if you’re a new member please bring a copy of your Birth Certificate).

Sign on will be held at the Surf Club on Saturday 22 August, 2PM – 4PM or Sunday 23 August at 10AM – 2PM. Registration Forms and Club Season Handbook will be available on this day.

The first session will be Sunday 20 September starting at 9AM (NB: Participants need to have completed the proficiency swim to participate.) These Sunday sessions conclude around 11AM. Nippers will also need to purchase from the club a Nipper Cap ($15) and Hi Vis Pink Vest ($15).

Nipper’s continues through to mid March and participants need to be aged between 5-14 years of age as at 30 September 2015.

For more information:
- Visit the club website at: www.herveybaysurfclub.com.au
- Contact Junior Activities Coordinator, Col Lindfield 0421 805574
- Email your enquiry to: herveybaysurfclub@iinet.net.au
- Or call in to our Office, Thursday 10am -2pm, at the Surf Club, Esplanade, Torquay. Ph: 4123 1718.

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**ADFA Open Day**

**Brave Heart Warrior Challenge**

**SAT. SEPT 26th 2015**

*TEM COURSE with 30 COMMANDO-STYLE OBSTACLES or make it 14KM to challenge yourself even more!!!*

Come out for a fun-filled day at Flame Lily Adventure Park

1 Day / 2 Hours

Ticket Available Online through EVENTBRITE


EMAIL: lbtlee@flamelilyadventures.com.au
PHONE: 0419 280 100 OR 07 4132 0716
WEBSITE: www.flamelilyadventures.com.au

ALSO BOOK YOUR SCHOOL/CAMPS AND GROUP DAYTRIPS AT REASONABLE PRICES AT FLAME LILY ADVENTURES!!

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**Torbanlea State School**

**FETE**

- Rides and Slides
- Annual Art Auction
- ‘Torbo’s Got Talent’
- Entertainment
- Food - BBQ, Dutch pancakes
- Drinks and coffee van
- Show bags! Lucky dip
- Side show alley Chocolate Toss
- Jam, cake and book stalls
- 100 wheel & raffles
- Dunking machine

**Fairy Floss**

Pre-purchase armbands for unlimited rides and slides for $27 from the tuckshop

SATURDAY AUGUST 29th - 10AM TO 1PM