3 September 2015

Principal’s Report

By the time you read this every year 12 receiving an OP score at the end of this year will have completed the Queensland Core Skills tests. Our Year 12 students have been preparing for these tests over the past months. The results of these tests as well as each student’s individual subject results will be used to calculate their OP score.

With less than 50 school days left for our year 12 students a number of conversations around ensuring students achieve their Queensland Certificate of Education (QCE) are taking place. The QCE is a minimum expectation for our students and our achievement target for 2015 is 95%. Students who need additional time to complete their QCE will be required attend school on Wednesday period 1 in the coming weeks and into next term.

The government has also announced that the new senior assessment and tertiary entrance systems will commence for students entering year 11 in 2018. These include a combination of school-based assessment and external assessment, new processes to strengthen the quality of school-based assessment, and a move from the OP tertiary entrance rank to an ATAR rank.

Last week all students were reminded that the only hats that should be seen at school are the red school hats that have been provided free of charge by the P&C. Students are reminded that they can still borrow a hat from Student Services. Again I would like to ask all parents to label their children’s uniforms as there is a collection starting to gather in Student Services.

ACE Science/SOSE Projects

On Friday 21 August, all students in the ACE programs presented their projects on their chosen topics in Science or SOSE. There was a great range of thought and originality in some of the projects and judges saw replicas of the Great Wall of China, read about the composition of the planets in our solar system and heard students recounting the advantages of photovoltaic cells. The competition was strong and the judges, including Councillor Darren Everard and Deputy Editor of the Chronicle, Jordan Philp, had difficulty deciding on the winners.

The top prizes in SOSE went to Kiara, Zarley and Tarni (Year 8), Latarni, Finn and Jess (Year 8) and Shakira, Zeke and Daniel (Year 7).

In Science first place went to Nicole and Taylah (Year 8) and Emily and Caitlin (Year 7), whilst second place was awarded to Ethan and D’Arcy (Year 8) and Tahlia and Taylah (Year 8).

Science Research Awards USC STEM

Katie Greaves has been awarded first place in the Year 11 division of the University of the Sunshine Coast STEM awards held at Sippy Downs campus. Urangan High students presented their scientific research projects which were judged by industry scientists, academics and PhD students. Many hours of laboratory testing, planning and preparation went into these projects. Our students competed against 94 students from the Sunshine Coast and Fraser Coast regions. Congratulations to our students and to Katie for her first place award.
Maths Department
I thought it worth providing an answer for the problem posed in my last newsletter article. The correct answer was: b. 5/12.

Two ordinary dice are rolled. The two resulting numbers are multiplied together to create a score. The probability of rolling a score that is a multiple of six is:
(a) 1/6 (b) 5/12 (c) 1/4 (d) 1/3 (e) 1/2

World of Maths
Last Friday, some very excited year 7, 8 and 9 students attended the World of Maths activity, presented on site at Urangan SHS. During the course of the hour-long activity, students were able to manipulate hands-on Maths activities, complete a worksheet and then spend some time discussing their answers in groups. As the presenter commented, this was one of the best-behaved high school groups he has ever had the privilege to work with. Well done to the students who attended, you were a credit to the school and your enthusiasm and manners were obvious to all.

Paul Waters – HOD Maths

HPV Gladstone
On Friday 14 August a team of 13 students 5 teachers and 2 parents travelled to Gladstone to take part in the HopeLink Central Queensland Human Powered Vehicle Championships at Benaraby Raceway. This is a preparation race for the big event, the RACQ Technology Challenge 24 Hour HPV Race in Maryborough in September. With practice starting at 6:00am Saturday, the team needed to stay overnight on Friday and again enjoyed the hospitality and pleasant bush-camp surrounds of the Boyne Island Environment Education Centre, building team spirit with an entertaining singalong and marshmallow toast-off around the campfire. Thank you again BIEEC!

The race on Saturday was an emotional success for Mr Kerby’s Open Girls Team with the third straight win in their division, meaning they have been the first Open Girls team in every Benaraby race since the event began. It was especially emotional for Mr Kerby – with all but one of his team finishing school this year it was the last Gladstone race for a unit that have been together for a long time. Special mention goes to Alhena Lamont who is the first student to be with Kerby’s team since year 8 at Urangan SHS.

The Open Boys team were successful in avoiding catastrophe this year with an accident-free race (MUCH to the relief of Mr Whyborn who has had to spend considerable time on repairs in the last 3 years). The competition in the Open Division was at an exceptionally high standard this year. So despite a trouble-free run they were not able to maintain their winning record of the last two years.

Special thanks goes out to our team sponsors, Wayne’s World Mechanical, Bay Ceramic Tiles and Thompson’s Cycle World. Thanks Warren Thompson for making sure our machines were all good to go! Without your effort we wouldn’t be on the road!

Our next race is the big one at Maryborough on September 12 and 13. Come along and support our teams! We look forward to seeing you there.

Engaging Adolescents
Engaging Adolescents is a program designed to give parents relevant information and practical strategies for dealing with adolescent behaviour. Last Tuesday saw the end of another successful “Parent Education” course held at USHS. Three sessions were held over consecutive weeks, for 2 ½ hours each night. The course is new to USHS’s repertoire and was well received by all attendees as can be noted by parent comments included below. It was delivered and facilitated by Mike Radic, Behaviour Support Guidance Officer and Leanne Olive, Teacher and Student Support Co-ordinator. The course was well attended and we hope to get more parents attending in 2016 (dates to be advised in the new year).

The course provided skills to use with “difficult teens” for resolving their, often challenging, behaviour and problem situations. It is particularly useful for parents of year 6, 7 and 8 students, to help them “future-proof” themselves for the teenage years. In a sense, it is preventative in nature as well as answering common problems parents may be experiencing.

Attendees walk away with:
- skills for handling those problems you just can’t ignore
- a model for decision-making
- skills for building relationships with their teenager
- knowledge of how to make the best of the non-crisis conversations with your teen

Parents who attended a course all gave very favourable feedback about the delivery of the sessions. Some parent’s comments/testimonials included:
- Loved the refreshments, useful information, fun and non-judgemental answers to our questions
- Glad to have strategies to apply, glad to know we are on the right track, food was yummy
- Thank you for the short course I really enjoyed it and will tell everyone
- Really benefited from the information provided, easy to understand and apply at home. I hope to “start” early to have a positive relationship with my three sons and also to have a plan for both parents to follow
- Excellent presentation, I will really benefit both personally and professionally
- Great presentation, should be COMPULSORY for all parents of teenagers.
• It was great being spaced over three weeks. It felt like I was working on things at home each week and could seek advice next week
• Need to keep getting the word out to other parents to do the course
• Interesting to hear about other teenagers problems, makes me realise mine are not so great…yet??
• I highly recommended this to other parents
• Fantastic teaching
• Needs to be longer. It was a fantastic course but I feel we were only able to “skim” the surface of some issues due to the time frame
• All analogies were relevant and the course was paced well without rushing. Leanne’s ability to “chime in” or offer a different perspective was great and welcome. Mike was “down to earth” with his presentation with no pretence which was great – THANKS

We will be advertising the course in 2016 through the school newsletter, Facebook site and feeder primary schools. If you have missed out on the opportunity for this year and feel it is something you want/need to do please email Leanne on loliv12@eq.edu.au, or phone the school so that we can contact you when the dates for 2016 are released.

This is a course NOT to be missed to improve the wellbeing of families. The teenage years can be particularly demanding on the relationship between parents and teens. Often parents are unsure about how to set limits, what behaviour is acceptable and what to do when their adolescent has behaved in a way that clearly breaches family values or expectations.

Leanne Olive - Home Economics Teacher & Student Support Co-ordinator

Hervey Bay District Athletics

This year was the first year that Hervey Bay and Maryborough split to run their own District Athletics Carnival. The one and half day carnival was held at the Hervey Bay Athletics Fields in Dundowran on August 19th and 20th. Urangan SHS had approximately 60 students competing over the two days. All students who attended gave every event a 100% effort, with many competing in extra events to try and get as many points for the school as possible. It was an extremely successful carnival for our students with 44 students being selected to represent the District at the Wide Bay carnival next month. The following students deserve special mention as they were named age champions:

13years Boys - Zoran Fitzek
14years Boys - Trey Singleton
15years Boys - Vincent Green
16years Boys - Jay Andrew
17years Boys - Treigh Nothdurft
17years Girls - Gabbi Wilcox

Student Assessment Calendar

Did you know that you can access information about your child’s assessment calendar through the school’s website? On the bottom right hand side of the website homepage, under the heading Quicklinks, is the link Assessment Calendar. All you need to do to access their calendar is to enter their login ID in the Login field. Your child will be able to tell you what their login ID is.

This also provides the email addresses for all your child’s current teachers so that you are able to contact them with any questions or concerns that you may have regarding the subject.

Early Leave Passes

If your child needs to leave school early please either:

• call the school as soon as possible on 4197 0159 with the details so that we can prepare the leave pass in plenty of time for your child to collect the pass and be ready to leave at the correct time, or
• provide your child with a note which they can bring to student services at any time to receive their leave pass

Students are not permitted to leave their class without a valid leave pass or a note from a parent. All students leaving the school early must be signed out through student services so that we have an accurate record of the students currently at the school in case of an emergency.

School Calendar

Don’t forget that you can view the school calendar from our website to check on any up-coming events or important dates. Where possible, the parent letter provided for an excursion or event has been linked to the event on the calendar for you.

Junior Basketball Team

This term USHS are competing in the basketball interschool sport competition. The following players were selected to represent the school in the year 7 to 9 division: Jessica Conjar, Connor Wellington, Michael Valentine, Mason Clarke, Morgan Sexton, Ayden Campbell, Mathew Fischer and Karla Denduck.
As a team of young people they have demonstrated behaviour and attitudes that make me proud to be associated with them. Prior to the interschool sport competition Mason, Morgan, Ayden, Michael and Regen (who we lost to the senior team) had trained on Thursday afternoons from 3-5pm. Training focussed on teamwork, defence and attitude. The players worked on passing the ball to all players, communication, accepting the referee’s call, role clarity, focus when facing loss and confidence. After 13 weeks this core group have grown in all of these areas. They have taken these attitudes and behaviours into the interschool sport team and set a positive tone and example.

In our first game, which we lost, all the players were a credit to their school, their team and their families. Mason Clarke who shoots, dribbles and passes with one hand due to erb’s palsy brachial plexus injury, demonstrated resilience and determination to play (and has for years) and is accepted as a team member by all involved. I subbed Mathew and Conner off the court and played Jesse and Karla. Mathew and Conner showed great team support by clapping and cheering for Jesse and Karla when they scored rather than complaining about being on the bench or that two girls (who earned their place) were in a junior boys’ team. There were no complaints about refereeing during or after the game. No one talked about others in a way that assigned blame for the loss. The USHS junior team were calm under pressure when facing a loss and continued trying until the end of the game.

So from this coach’s point of view – thanks and well done Michael, Morgan, Ayden, Conner, Mathew, Jesse, Karla and Mason. You are playing an A game.

Thanks to a donation from the USHS community which paid for club registration fees, three of the players have had an opportunity to build their skills over the last 13 weeks.

Mike Radic – Basketball Coach

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 12,000 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. There is only one week to go to collect stickers so please remember to keep collecting and drop your stickers or sheets into the collection boxes in Student Services or Woolworths stores at Pialba and Urangan.

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.

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.

Alternatives to Smacking Children

Smacking children should be avoided because it teaches children that violence is the way to get what they want and it also means that they don’t learn how to manage conflict. Children have the right to feel safe. They deserve the same level of protection as adults. If you hit your children, they will be afraid of you when they are young, and angry when they are older.

Smacking can become a habit, and when it doesn’t work the tendency can sometimes be to hit harder. Adults are stronger than children. Hitting in anger often causes serious injury.

Instead of resorting to smacking your children consider these alternatives:

- Recognise the problem. Is your child feeling tired, hungry, cold or worried? Fix the problem and behaviour may improve.
- If your child is ‘in a state’ there is no point reasoning or hitting, give everyone some space to calm down.
When your child has calmed down, discuss things calmly and quietly with no distractions.

- Tell your child clearly and firmly what they have done wrong. Be clear that it is the behaviour you don’t like, not your child.
- It is important the child knows what they should do, not just what they shouldn’t.
- If their behaviour has caused problems, ask them how to make things better. With your help it could be positive for you both!
- Children need attention. If children are ‘good’ we ignore them, if they are ‘bad’, they get our attention. Catch them doing something good and tell them.

If you feel that you are at the end of your tether and can’t pursue any of these alternatives at the time, try these options:

- What- ever you do, make sure your child is in a safe place!
- Take a few deep breaths, count to 50, or recite the alphabet
- Walk around the house – go outside
- Do some stretching – exercise is great for relieving stress
- Don’t be afraid to ask for help. Phone a friend or relative
- Make yourself a cuppa and relax
- Congratulate yourself on not smacking

In addition to this, try to:

- Remember the special things about your child and let them know what they are.
- Talk with your partner about how you want to bring up your children and don’t undermine each other.
- Listen to your children and respect their point of view. Work out family rules together.
- Set reasonable limits for behaviour depending on your child’s age and stage of development.
- Share the care between you and your partner and support each other to have regular ‘time outs.’
- Family life can also be fun. Spend time with your kids playing a game, kicking a ball, cooking a meal, and eating together as a family.

Adapted from NAPCAN< Preventing Child Abuse

Community News

Riding for the Disabled

Riding for the Disabled is currently promoting their organisation and all that it can do for its disabled riders. They need volunteers who can help do some of the necessary tasks that are undertaken by the group on a weekly basis, e.g. feeding the horses, helping out with riding lessons or exercising the horses. The need people who love horses and are willing to work beside disabled riders and other volunteers. Please phone Joanne Kronk on 0455 683 333 if you have any queries or would like to volunteer.

Junior & Senior Oztag Sign-On

The sign-on for the Hervey Bay Oztag 2015 Summer Season will take place at Seagulls Rugby League Club on the 1st and 3rd September for juniors and seniors. Starting from the under 6 division right through to seniors for both teams and individuals, or groups of friends. Lots of passing, running, kicking, tagging and try scoring! Oztag can be played by everyone, not just the gazelles and greyhounds! So stop standing around thinking about it, come and join the other 150,000 registered Australian players and “GET TAGGED – YOU’LL LOVE IT”. Go to www.herveybayoztag.com or call 0414 893 840 for all of the information. You can even register online from the comfort of your lounge chair! Our venue co-ordinators are waiting to assist you in every way possible.

We accept “Get Started” vouchers so check out http://www.nprsr.qld.gov.au/funding/getinthegame/getstarted.html to see if your child can play for free.

Touch Sign-On
Illumination Parade

Hervey Bay Whale Festival

illumination

CONCERT & parade

2015

SATURDAY 17 OCTOBER

SEAFRONT OVAL FROM 4PM

FREE CONCERT