13 November 2015

Principal’s Report

With the end of the school year rapidly approaching there are a couple of expectations that all parents and students need to remember.

The first, being that our school rules for the last week of school are the same as the first week. There is no room for the concept of a “muck up” day or activities at any time of the year. It would be disappointing for students to miss out on “celebratory” end of year activities because of poor choices in behaviour.

The second expectation is around attendance. Students are expected to attend every day of the school year and it is an expectation that parents/carers contact the school if their child is not attending. We have a school target of 90% attendance for all students. At this point in time only the Year 7 students (90.6%) are achieving that target. Other year levels are

- Year 8 - 89.7%
- Year 9 – 87.9%
- Year 10 – 85.6%
- Year 11 – 87.9%
- Year 12 – 86.8%

Parents need to remember that at 80% attendance, students are missing school 1 day a week, 10 days a term or 8 school weeks a year. Please ensure that your child has the best opportunity to succeed at school by making sure they attend.

2016

The Minister of Education recently announced that Monday January 25, 2016 will be a Student Free Day and with Tuesday being the public holiday for Australia Day, school will start on Wednesday 27 January for years 7, 8 and 11 with the other year levels starting on Thursday 28 January.

Please also note that the dates for the uniform shop have been mailed out to all families and we suggest that you might make a booking (same process as the parent teacher interviews) to avoid lining up for uniforms.

Again, I encourage all parents to ensure that their child has the correct uniform for 2016, including the approved school jumpers.

Glen Robinson – Principal

Sports Dinner

Congratulations to all of the award winners at the Annual Sports Dinner which was held at the Hervey Bay RSL last Wednesday evening. An excellent night was had by all, which included some thought provoking and inspirational messages from our guest speaker, Australia’s best ever Women’s Pole Vaulter, Alana Boyd.

The major award winners included:

- Senior Sportswoman of the Year – Paige Murray
- Senior Sportsman of the Year – Vincent Green
- Junior Sportswoman of the Year – Gracie Eadie
- Junior Sportsman of the Year – Zoran Fitzek
- P.E Teachers Encouragement Award – Taylor Samuels
- Barry Denduck (Sr) Indigenous Sports Involvement Award – Amy Easton
- Service to Sport Award: Fundraising – Paxton Heard
- Dingoes Award – Hannah Cain & Leslie Oti

Premier’s Reading Challenge

A group of our students recently participated in the Premier’s Reading Challenge. This was a way to promote reading for pleasure where students were challenged to read 15 books over a specified time period. This is the tenth year the Challenge has been run and this year saw 800 schools participate. Some students relished finding new authors to enjoy and took their time, others were already avid readers and completed the challenge very quickly.

A major sponsor of the competition on a national level is Storage King. On a more local level, Storage King Hervey Bay recognises the importance of fostering a love of books and reading and offered three $50 book vouchers to be drawn at...
random and presented to three students who completed the Challenge.

Ron Jenkins from Hervey Bay Storage King attended a morning tea to present the three lucky winners with their vouchers and certificates. They were Luke Strochnetter (Year 9), Paige Croker-Clarke (Year 8) and Miccah Hombsch (Year 7).

The Great Cycle Challenge

One of our students, Liam Sharpe, participated in the Great Cycle Challenge in order to raise funds to fight children’s cancer. He also organised a USHS team to raise funds for this charity. However, Liam was the major driving force behind the participation in this event, leading by example and raising over $500 for the cause. His stats can be viewed at https://greatcyclechallenge.com.au/Riders/LiamSharpe/b and they make for some pretty impressive reading. Well done, Liam!

Write a Book in a Day

In August we had four teams compete in the “Write a Book in a Day” Challenge, which is a fundraiser for Kids’ Cancer Project. Our year 10 team recently found out that their book was judged third place in the Upper School Category for Queensland and Northern Territory. This is a massive effort considering that the category was open for years ten through to twelve. Congratulations to the team - Jackson, Julia, Denya, Billy, Maddi, Amiel, Brooklyn, Emily-Jane and Maddy.

Each group was given two primary characters and one non-human character to feature in their book and were also given a setting for the book. Then it was time for their imaginations to run wild. This group had the challenging task of weaving a story with a park ranger, a school teacher and a cockroach, set in an abandoned factory with an issue of “You’re not going out dressed like that”. The end result was “The Fairy God Cockroach”.

All finished books were donated to children’s hospitals. There are copies of the stories in the school office, so feel free to have a read next time you call in.

State athletics

Two of our students, Chey Mathews and Zoran Fitzek, recently participated at the State Athletics Carnival. Although they did not get through, they tried their best. Zoran lucked out at 161cm in the high jump and Chey jumped well put did not make the 4.87m qualifier for long jump. Her best jump was 4.64m. Chey also ran 1.07min in the 400m and the 13 year girls relay team came in fourth.

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.

Indigenous Traineeships

Indigenous Health Employment Program

The Indigenous Health Employment Program has an amazing entry level opportunity to kick start or compliment your career within the Health Industry – Blood Collection.

To qualify you must:

- Be over 18 (and provide proof of age)
- Be Indigenous
• Have a current Hepatitis B vaccination and evidence of immunology (or willing to commence process upon enrolment)
• A great Customer service outlook
You will complete:
• CHC20112 Certificate II in Community Services
• HLT32612 Certificate III in Pathology
This will be a fully-funded 9 week program linked directly to employment within your local community. For all enquiries; please contact us at luke@pearsont.com.au. This training is proudly funded and supported by Queensland Government through its Skilling Queenslanders for Work initiative.

Uniform Fittings and Purchases
The last honour shirt purchase for 2015 will be on Monday 7th December, with pick up on Thursday 10th December. There will be no honour shirt orders taken during the holiday period.
To ensure prompt and efficient service, uniform fittings/purchase interviews will be held between Monday 11 January 2016 and Saturday 23 January 2016 in the school’s Uniform Shop. The holiday opening times are as follows:

- 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

For parents/guardians who do not have internet access, please phone the Uniform Shop on 4197 0116 to make your bookings between 8:15am and 10:00am. To make your bookings, please go to www.schoolinterviews.com.au and follow the steps below or follow the link on our school website: www.uranganshs.eq.edu.au. Enter the Access Code: 7S3ZF and follow the prompts. Please remember to make only one 15 minute booking per child. The online booking process is now open. Parents with an appointment will be attended to first, parents who arrive without an appointment may have to wait for the next available appointment.

Pre-ordering of uniforms for 2016 is also now underway. If you would like to utilise this service and to ensure sufficient stock, please fill in the order 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. If you wish to access Centrepay to purchase uniforms in the holiday period, please organise your slip from the office for the uniform shop attendants, before the end of term.

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.

Canteen Volunteers
If you have some spare time and would like assist in providing students with delicious healthy food from the Food Cave, volunteers are always welcome. We are looking for parents, grandparents, caregivers and other family members to help out in the school canteen. If you are free and would like to help, give Tammy a call on 4197 0114.

EastCoast Apprenticeship - Retail
EastCoast Apprenticeships currently have a position available for someone wanting to complete a part-time Retail Operations Traineeship (Certificate III in Retail Operations). The traineeship is part-time (30 hours/week) with the expectation to increase to full-time hours within the first 6-12 months. If successful, the trainee would need to have great presentation and communication skills and be a team player. The position is within the flooring industry. Duties include:

- Provide in-depth product and service advice within flooring industry
- Sell flooring products and services to general public and flooring contractors
- Organise and maintain work areas and displays
- Basic warehousing duties including receiving & dispatching flooring products
- Provide quotes in-store or onsite
- Use of related computer programs and emails
- Assist flooring contractors onsite on occasions to learn product knowledge

Junior wages apply. A construction white card would be beneficial but not essential. Car and licence is essential.
If this sounds like the position for you, please go to our website www.ecapprenticeships.com.au and “Apply Now” as a new Applicant quoting Employer Reference Number BDRET. If you have already completed our online Application process then select “Apply for Specific Position” quoting Employer Reference Number BDRET.

EastCoast Apprenticeship – Electro-technology
EastCoast Apprenticeships have a vacancy for a self-motivated, reliable and hardworking applicant to commence a Certificate III in Electro-technology apprenticeship in Bundaberg. The successful applicant will also have good mechanical reasoning skills, above average school results (particularly in mathematics), be a quick learner with a good attitude and who is committed to completing an apprenticeship in Electro-technology. Previous work experience/history in electrical and other related certificates would be beneficial but not essential. Junior wages apply.
Duties of the role will include: Select, install, set up, test, fault find, repair and maintain electrical systems and equipment in buildings and premises.
Requirements Include: Construction white card, car and licence essential

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.
Helping Children Learn to Manage Anger

Children’s angry behaviour is often difficult to deal with because it stirs up feelings of anger and annoyance in others. It can also frustrate parents and carers when anger is used to push them away. Everyone feels angry at times. Parents and carers can help children learn how to cope with anger in positive ways by teaching them to be aware of feelings, to find appropriate ways to express them and to identify and solve the problems or frustrations that lead to angry feelings.

How Parents and Carers Can Help

Be aware of feelings

Children need to learn that having angry feelings is normal and okay, but that reacting aggressively towards others when you’re angry is not. Adults can help children become aware of feeling annoyed, frustrated, angry or furious by naming feelings. Learning to say, “I’m feeling angry” or “I’m really frustrated” gives children a way to separate feeling angry from how they react.

Time to talk

Talking to your child about what has put them in an angry mood will help them see that feelings have causes and that solutions can be found. Once you find out what they were angry about you can help them think up better ways to handle the problem. This kind of conversation doesn’t work while he is really angry. Sometimes it must wait until later.

Children often find it easier to talk in informal situations where they feel less pressure. Find a relaxed time to talk to children about feelings. Asking, “What makes you angry?” can be a good way of starting a conversation about anger.

Find alternatives

Getting children to think through a difficult situation helps them develop problem solving skills. Asking, “Is that what you wanted to happen?” or “What else could you have tried?” encourages children’s helpful thinking. Thinking of alternative solutions helps children plan different ways of reacting next time. Be sure to praise their efforts.

Have ways to calm down

When emotions are strong, it is easy to act without thinking. Encourage your child to take control and allow time for the emotions to subside. Walking away, using a quiet spot to think or doing something else like riding a bike or listening to music, are all activities that can assist in reducing strong emotions.

Cool Down Steps to Teach Children

Recognise that you are angry

• Notice the body signals that mean you’re angry, such as getting hot, heart racing, tense muscles etc.

• Give a number from 1 to 10 to show how angry you are

• Remember it is hard to manage anger and your thinking when you are at your angriest so work to cool down

Cool down your body

• Breathe slowly. Count to ten or to 100 as you breathe making sure you slow the counting as you go

• Take time-out in a quiet place

• Go for a walk, do something physical, challenging and/or repetitive

• Draw/write how you feel

Use coping self-talk

• “It’s okay. I can handle this. I need to calm myself so I can think straight

Try to solve the problem

• Talk to someone who is a good listener

• Sort out what the problem is, what are the options, which one shall is worth trying, try it then review. Plan what to do next time

Adapted from www.kidsmatter.edu.au

Building Self Esteem

Self-esteem is feeling good about yourself, liking yourself, feeling that you are a worthwhile person. For almost all parents there are times when you worry about your child’s self-esteem. Self-esteem enables them to try new things without too much fear of failing, to reach out and make friends, and to manage problems they are likely to meet along the way. Good self-esteem builds a solid foundation for life.

An important part of self-esteem is feeling that you have a place in the world where you belong and that you are part of a family where you matter.

What parents can do to help build self esteem

• Tell your child often that you love them and you are glad they are who they are

• Show you love them by spending time, listening to their point of view, being willing to help them achieve their goals e.g. Drive them to sport, watch the game

• Support their learning – take an interest without taking over. Be involved in the school

• Encourage friendships and make their friends welcome, and get to know them

• Encourage hobbies or interests – a busy child is less likely to get into trouble

• Let your child assist you with something e.g. Cooking, fixing the video

• Keep and cherish mementos of their success e.g. Ribbons, trophies
All children need love and support. You are the most influential person in their life. How you support your child and the skills you teach them will affect them for the rest of their life. Parenting is not easy but it can be a most rewarding job when you see that the child you have reared is a happy, capable and caring person.

*Adapted from the Parent Easy Guide ‘Self-Esteem’*

**Community News**

**Indigenous Well Women’s Yarning Circle**

*Wide Bay Women’s Health Centre Inc*

*In Partnership with*

*Maryborough Neighbourhood Centre*

**INDIGENOUS WELL WOMEN’S YARNING CIRCLE**

- Welcome to Country
- Patricia Gemeni - Casscara
- Through Time

In this workshop you will learn your own ‘Through Time’, a time that represents a constant changing life and the awareness of ways that help people to cope with change.

Explore your own identity and look at the strengths within that help you deal with challenging events.

*Date: Wednesday 29 November 2017*

*Time: 10.00am - 3.00pm*

*Venue: Maryborough Neighbourhood Centre*

*2 Ella Street, Maryborough*

*There is no fee for this workshop however a gold coin donation for tea and coffee would be greatly appreciated.*

*All women are welcome!*

*Organised by Services*

*For Plans by Women*

*Breastscreen Queensland Wide Bay Service*

**HERVEY BAY SATELLITE SERVICE**

Hervey Hospital Cnr Nissen St & Urraween Rd

Monday - Friday

**Phone 132050**

Women aged 50 - 74 are strongly encouraged to attend.

Women 50 and over are also eligible for a FREE breastscreen.