25 November 2015

Principal’s Report

With the school year rapidly coming to a close in two weeks, I would like to take this opportunity to thank parents and carers for the support you have provided to your children throughout the year. It is well documented that the more support that parents and carers provide and the better the relationship between the school and the family the better the results for their children.

End of semester reports for years 10 and 11 will be mailed home on Thursday 3 December and year 7, 8 and 9 reports will be mailed on Thursday 10 December.

Can I also alert all families to an update from the last newsletter in relation to the starting days for next year. Years 7, 8 and 11 will commence 2016 on Wednesday 27 January. All year levels attend from Thursday 28 January.

Congratulations to the Graduating class of 2015. The presentation of our Year 12 students at the Leavers’ Ceremony and again at the Graduation was a highlight of the school year. To see our students achieve success in their “Pursuit of Excellence” at the culmination of 12 years of education has been very rewarding. Congratulations must also go to all the teachers who have worked with these students who have moulded these students over those 12 years.

Glen Robinson – Principal

Student Selected for STEM Summer School

Year 10 student, Ji -Thomas Tan, has been selected to attend the Aboriginal Summer School for Excellence in Technology and Science (ASSETS) for his outstanding achievement in science, technology, engineering and mathematics. Ji is one of only 105 students from across Australia to be selected to attend one of the three summer schools which will take place in Adelaide in December 2015 or January 2016. ASSETS is part of a broader Indigenous STEM education program which is managed by CSIRO in partnership with the BHP Billiton Foundation.

Congratulations Ji!

Year 12 Dreamworld Trip

During the year 12s final week students went on a trip to Dreamworld. All students arrived nice and early to take off for a full day of fun at Dreamworld and White Water World. All students had a fabulous day and I think they would agree it was a lovely way to wind down from the stress of exams.

Year 8 Business

During term 4 the Year 8 Business class have been making and selling Icy Cups. Running this venture taught students the important skills of making and selling a product for a target market.

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.
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.

Anxiety

“A feeling of worry, nervousness, or unease about something with an uncertain outcome”.

With a definition like this who doesn’t get anxious. Did you know sometimes it can be helpful to have some level of anxiety? It helps us get ready for exams and motivates us to perform. It helps us avoid dangerous situations or reminds us to prepare for new situations. It also helps us to be prepared and often to do our best.

If you are feeling anxious you might feel uncomfortable, physically unwell (butterflies in your stomach, heart racing, wanting to vomit or go to the toilet), overwhelmed, frightened or even a sense of panic (this can be very useful if that assignment is due tomorrow).

All these feelings are normal and most of us experience them at some time in our lives. Don’t panic if your child is demonstrating these symptoms especially at the end of term, while having to speak in public or when awaiting their report card.

When does anxiety go beyond the norm??

If you are seeing anxiety that is ‘excessive or unreasonable, marked and persistent’ and interfering significantly with one’s normal routine’, then it is time to consider whether the anxiety has reached the level of a disorder.

Anxiety becomes a disorder when feelings and thoughts:
- Become more intense and overwhelming
- Become unhelpful or irrational and unable to be controlled
- Cause someone to be unable to do what they need to do
- Interfere with relationships

Anxiety is a part of life but it should not become your life. There are many causes for anxiety of which familial history of anxiety is often a common element, but anxiety can occur for lots of reasons. One in six people experience anxiety so it is a common issue.

There are 5 types of anxiety disorders:

1. Generalised Anxiety Disorder (GAD) – excessive worrying about many aspects of one’s life
2. Obsessive Compulsive Disorder (OCD) – Thoughts and fears are obsessive and rituals are performed in order to cope, e.g. continually checking if the iron is off; excessive hand washing
3. Panic Disorder – panic attacks are periods of intense fear or anxiety even when there is no good reason. Symptoms may include sweating, breathing difficulties, loss of control
4. PTSD – Post traumatic stress disorder – A disturbing event may trigger this and the person may have flash backs, disturbed dreams and mood changes. Many soldiers or refugees experience this, but a single incident can trigger this for anyone
5. Social Phobia – fear of being humiliated, embarrassed or criticized and may affect one’s ability to speak or eat in public, being assertive and sticking up for oneself

If you believe that the feelings of anxiety are ongoing, and affecting day to day living, and are unable to be controlled, then you or your love one needs to seek help.
Tips to help along the way

- Talk to someone, e.g. the Guidance Officer, the doctor, a friend or family member
- Stay physically healthy – eat healthy food, drink water, exercise daily
- Work out ways to minimize the stresses in your life without having to avoid them
- Have a massage, yoga, facial or other treats

Who better to look after you than yourself but be open to help if you need it? Often others see our needs before we do!

Contacts:

beyondblue 1300 22 4636
Lifeline 13 11 14
Kids Helpline 1800 55 1800.
Beyondblue.com

https://www.youthbeyondblue.com/
understand-what’s-going-on/anxiety/types-of-anxiety

Adapted from Beyondblue

Community News

The Great Glendyne Rummage

Sunday 6 December 2015 7 AM – 12 NOON
72 NIKENBAH-DUNDOWRAN RD, NIKENBAH

If you love the thrill of chasing a bargain, uncovering hidden treasure or haggling for a great deal...get ready to rummage!

Why are we rummaging?

Every year, Glendyne students work as part of Rotary’s Helping Hands program to build bionic hands for victims of Cambodian land mines. We are raising $100,000 to enable Glendyne students and teachers to travel to Cambodia to present 100 bionic hands in 2016. The Helping Hands Initiative forms part of the Glendyne curriculum.

Got stuff to sell?

Book a stall for just $15, bring your treasures, set up your table or pop open the boot and turn your unwanted wares into cash – you keep the proceeds!

To book a site call us by 30 November 2015. Numbers limited.

Unwanted items wanted

We’re seeking donations of goods valued at over $100 from businesses and residents for our rummage.

Email glendyne@carinity.org.au or call 07 4128 8199 to donate.

Coffee – BBQ Breakfast & Lunch – Sweet Treats
Jams & Preserves (Glendyne students) – Plants – Farming Equipment
Fishing Rod Holders (Glendyne students) – Office Furniture

carinity education
Glendyne
72 NIKENBAH-DUNDOWRAN RD
NIKENBAH QLD 4670