



Subscribe to Online Newsletter! <http://uranganshs.schoolzinewalletters.com/subscribe>

8 December 2015

## Principal's Report

With this newsletter being the last for the year it is a time to reflect on what has been a very successful and rewarding year. One only needs to look at the schools Facebook page to see the wide ranging opportunities that have been provided to the students of Urangan State High School this year. However, without the teachers running these activities they would not happen. I would like to take this opportunity to thank all teachers who committed many hours of involvement outside of school hours in these activities.

This Friday also brings to an end my time here as Principal. I have been appointed as the permanent Principal of Beerwah State High School starting in January 2016. I have thoroughly enjoyed my time at Urangan and would like to thank all members of staff, in particular members of the Executive team, for their work and support this year. I look forward to hear Urangan's further progress in the years ahead.

A couple of reminders for 2016. Firstly, the starting dates for 2016 are:

- Wednesday 27 January – First day for years 7, 8 and 11, and
- Thursday 28 January – All years attend

Secondly, a reminder that the school jumpers as part of the dress code will be the grey knitted pullover or cardigan or the school track suit. Senior students will also have the option of wearing their senior school jersey.

Finally, I wish everyone a safe and enjoyable vacation.

**Glen Robinson – Principal**

## Interact Club

A large group of motivated year ten students have initiated the set-up of an Interact Club within the school. A young subsidiary of Rotary International, the club will focus on school and wider community projects. The students have met with Rotary representatives, and this week a small group attended the Rotary Sunrise meeting at the Hervey Bay Community Centre to observe the structures and ceremonies of the meetings. It was

an early start (6.30am) but the students really appreciated the opportunity. Elections for the executive of the inaugural Interact year will be held early in 2016, with students from all years being encouraged to participate.



## Vietnam Cultural and Historical Study Tour 2016

A big thank you to all the students and parents who came along to our information evening. A reminder if you are interested in attending the Vietnam Study Tour in September/October School holidays 2016 that your deposit is due by 9th December 2015 to secure your place on the tour. If you would like more information or did not receive the permission note please contact Mrs Michelle Pipe [mjpip0@eq.edu.au](mailto:mjpip0@eq.edu.au) or phone the school and we will send this to you. Thank you!



## 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](http://www.schoolinterviews.com.au) and follow the steps below or follow the link on our school website: [www.uranganshs.eq.edu.au](http://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.

## Managing Anger

There are times in all parents' lives when they feel very angry. Most of the time parents manage to handle it successfully, but sometimes the anger can be in danger of getting out of control.

Anger is always mixed with another feeling such as guilt, frustration, sadness, feeling unwanted or feeling used. Try to do something about whatever is causing the underlying feeling if you can.

Get to know your own body signs when anger is building up and act before it blows up. Work out when you are most likely to lose your cool and plan to do something different at those times, e.g. when you first get home from work. Get some space, go outside or go for a walk or a run. If you have very young children and no-one to mind them take them with you.

The critical thing is to admit you are angry and deal with it in a way that won't harm your family.

Remember:

- Parenting is forever, so make the foundation solid
- Seek out the right ingredients to raise a well-adjusted child. There are no guarantees, but how you relate to others and manage yourself will greatly influence what they do
- It is a marathon not a short distance run, so pace yourself; be kind to yourself – we all make mistakes
- Mistakes only matter if you keep repeating them
- Don't waste time and energy feeling guilty or angry – change what you are doing.
- Seek help from others, but keep on believing in yourself.

**Adapted from: Parenting SA, Government of South Australia**