15 March 2016

Principal’s Report

I had the pleasure of attending the first School Council meeting for the year. Mrs Robyn Kalkaus accepted the nomination to chair the Council meetings for 2016 after doing an excellent job last year. The meeting provided an opportunity for the Student Council to explain their newly designed structure. The roles and responsibilities of the various levels/tiers were also clarified. This year promises to be a rewarding one for all involved. The P&C meeting followed School Council, and it too covered a range of relevant topics including uniform pricing, fundraising in the school, student attendance rates and the 25 year celebration for Urangan High.

As mentioned in the March 1st newsletter, student attendance is a significant focus for the Leadership team of the school. I am keen for parents to be on board with the same energy. The 2016 target for attendance is 90%. The attendance percentages as at March 10 are shown below. Well done to the year 7’s with the highest attendance percentage and remember “Everyday Counts”.

- Year 12 - 91.62%
- Year 11 - 90.31%
- Year 10 - 90.86%
- Year 9 - 92.16%
- Year 8 - 92.89%
- Year 7 - 94.47%

Representatives from Gideon International will be visiting our school next Monday 21st March. They will deliver a short talk on the history of the organisation to Year 7 students after regular assembly items are concluded and copies of the bible may be available to students. The collection of the bible is optional and will only be available to those students attending the presentation. No student will be obliged to take a bible. Parents have the option to withdraw their child from the Gideon’s presentation by informing the school by note to the office or email linda.buxton@eq.edu.au . Students not participating in the presentation will be provided with alternate activities in another supervised area. If you require more information, please do not hesitate to contact the school on 4197 0111.

There have been a host of activities and events in the last fortnight including Clean Up Australia Day, USC Leadership Day, Acoustic night and the very popular Dinges Fitness Club every Tuesday and Thursday morning before school. Please encourage your children to get active and involve themselves in the events on offer at our school and in the community.

The Year 12 QCS simulation will be on March 22 and 23. This is most important and I encourage the students take this seriously and strive to achieve their best result. Another 2016 target for student achievement is for 94% of our year 12’s to leave with a QCE or QCIA. The school has offered the services of Mr Steve Wotherspoon to guide the year 12’s through applying for their Certificate II in Retail. I am happy to hear that the bookings are solid for the entire year with students keen to ensure they have the certificate and the extra 4 points that go toward the Queensland Certificate of Education (QCE).

Congratulations to the following students for representing Urangan High in the community. Tash Peverelli and Sam Douma attended a luncheon with Queensland Young Australian of the Year, Yasmin Abdel-Magied. Julia Hill is the recently announced winner of a $5000 scholarship in the RSL Youth Development programme. She will be able to use the funds to assist in her career pursuits as an accomplished musician. We are happy to help create the very proud moments for the parents of our students. The Urangan High staff was also shining for the community as they dressed in yellow last Friday to help raise funds for the Special Care Nursery in the Hospital.

Great state. Great opportunity.
There were some interesting outfits that amused the students that day.

2016 is Urangan High’s 25th year and we have a celebration happening on Saturday October 15th. Please keep that date free to join the festivities. I also invite parents to be more involved in the school this year. Come and watch your child participate in the cross country on Thursday 24th March and/or march with the school on ANZAC day. It is heart-warming to be part of a team. Please be part of your child’s school team.

I encourage students to take advantage of the tutorials offered by our teachers. These occur at a range of times to try and be flexible and meet student needs. If you have questions or concerns, do not hesitate to make contact on 4197 0111 or linda.buxton@eq.edu.au.

I have thoroughly enjoyed the opportunity to be the Principal for term 1. The recruitment process is complete and the new principal begins after the Easter holidays. We welcome Mrs Robin Rayner to Urangan High. Her previous position was as principal of Gin Gin SHS. Our school community looks forward to meeting Robin in the near future.

Have a very safe and happy Easter.

Kind regards
Linda Buxton – Acting Principal

QCS Simulation

On Tuesday 22nd March and Wednesday 23rd March the Year 12 OP and rank score students will be sitting a full QCS simulation. This simulation is extremely important in preparing students for the QCS test in September and will also provide the school with data showing strengths and weaknesses of the current cohort, which will assist in our preparation program.

All OP students are required to attend (compulsory). Tertiary rank students have the option if they sit the test or not (these students can sit the practice and still choose not to sit the actual QCS in September). The four exams will be held in GD Block.

The Year 12 higher education classes will not be running during these two days, however workforce classes will continue to run as normal. Workforce students in a higher education subjects must report to the library for quiet study during these times. This will be supervised.

Year 12 Form Classes will run as normal, as classes have a mix of workforce and higher education students. Students are to report to Map of the World at 8:50am (Form start time) for the morning session and at 12:15pm (end of break 1) for the afternoon session.

Students and parents are able to contact Mr Ben Austin at the school on 4197 0111 should you require further information.

Ben Austin
HOD Senior Schooling (Acting)
Special Education Program (SEP) Study Sessions

Every Wednesday SEP is providing a study session for students who access the SEP. This is an opportunity for students who need that extra assistance in assignments, homework and or catch up in class work. Sessions start at 3pm and finish at 3:45pm. So far the response has been very positive and successful. Students have started to take this opportunity to work and research on computers for assessment items. We hope that these sessions continue to be of success for our students.

Real-World Science in Our Classrooms

This term, four of our Year 8 Science classes had the opportunity to be part of a virtual excursion to a Plasma Lab at the Australian National University in Canberra. Our guest speakers, Andy (Ho Teck Seng), Alex Bennet and Thomas Charoy, are PhD candidates in ANU’s Plasma Physics program. They spoke about what plasma is, showed the class how plasma is generated in the lab and explained how plasma can be used to propel mini-satellites (cubesat) in space.

This is the second year that USHS has collaborated with ANU to bring real world science in our classrooms. The students were excited to ask questions, and it was great to see our year 8s interacting with real scientists! Some of the messages which the students wrote for the plasma experts were:

“It was cool to see what plasma looked like. Seeing all the different colours was really good and learning how they use this in lights was interesting. Being able to see science done at uni was pretty exciting.” - SCI081A students

“Thank you so much for taking your time to show us and talk to us about plasma. It was truly amazing to be able to see it all!” – Olivia, Johanna and Mackenzie (SCI081B)

“I found the talk on plasma interesting and exciting because I got to see plasma as purple and pink (light).” - Daniel (SCI081B)

“Thank you Alex, Andy and Thomas for talking to our class about plasma and answering our questions.” – Chelsea (SCI081I)

Google Science Fair 2016

Registration for the Google Science Fair 2016 is now open. Individuals and teams are eligible to take part in this free global competition where past projects have changed the way we live, diagnose, create, grow and recycle. Competition closes for projects at 11.59pm (PT), May 17. Find further information, teacher support information and ideas toolkits at the Google Science Fair 2016 webpage.

Aspiring Women in Science Conference

The Aspiring Women in Science Conference 2016 is aimed at exposing young women to a variety of opportunities available in Science, Technology, Engineering and Mathematics (STEM). The conference is designed to engage girls in Years 9 to 12 from around Australia who wish to continue their education in STEM. It will be held in Brisbane.

During the conference, there will be opportunities to hear from inspiring female scientists who are part of the dynamic local and international scientific community and to discover the world-leading scientific research being conducted throughout Australia. Female scientists working in areas of Engineering, Marine Biology, Mathematics, Medicine, Meteorology, Physics, Psychology, Technology and Zoology will present not only their research but deliver a personal insight into their career.

Coordinated by St Aidan’s Anglican Girls’ School Brisbane, the conference provides an opportunity to explore career options and ask questions for those who aspire to a career in STEM.

Date and Times: Friday 15 April 2016, 7pm – 8.15pm and Saturday 16 April 2016, 9am – 4pm
Age group: Year 9 – 12 female students

Cost:
- Student Ticket $80 (includes attendance for both Friday night and Saturday; catering provided on Saturday – morning tea, lunch and afternoon tea). RSVP 12th April 2016
- Adult ticket $20 (accompanying adults are not required to attend the event) RSVP 12th April 2016

Contact Stephanie Whitehead in staff room one or swhit365@eq.edu.au for registration forms.

ATSIC Health Check

All Aboriginal and Torres Strait Islander students who complete the Primary health check will receive a shirt (pictured below). To book an appointment please call 4194 5554. The health check will take approximately 45 minutes.
Deadly Choices Youth Leadership Camp

A Deadly Choices Youth Leadership Camp was held in Bundaberg last year from 10-13 December, which was attended by some students from our school. The link below is a video of the camp.

http://vimeo.com/157211567  
*camp video*

School Based Health Nurse

My name is Gillian and I am the new School Based Youth Health Nurse at Urangan State High School. I am available for students, staff and parents from Monday to Thursday during term time. I take referrals from individuals, teachers, parents, the Principal, other members of the student welfare team and other organisations, such as the Hospital or Community Health. So what would you come to see me for? Well I can help you if you are feeling unhappy or stressed. I can give you advice on healthy eating and physical activity, relationships, puberty, personal and family problems, sexual health, immunisation, smoking, alcohol and other drugs and medical problems. Some people prefer to talk to me on their own and other people like to bring a trusted friend with them. Generally I do not provide first aid, give medications or do physical examinations. If you feel unwell at school or hurt yourself then you must go to Student Services and they will provide you with the appropriate care you need. Sometimes I might come into your classroom to discuss a health related subject or I might work with small groups of students on a particular issue.

Everything that you tell me is confidential and I think that it is important for all members of the school community to be aware of this. The only time I will break confidentiality is if I believe that you are at risk of harming yourself, harming others or at risk of significant harm from someone else. Sometimes it can be hard for parents to think that a young person is sharing information with someone that they don’t really know but please be assured that I will always do the best I can for the young people of the school.

If you would like to come and see me you can call up to Student Services and ask the ladies at reception if I am free. If you see me wandering around the school grounds please say “hello” as I am new and still getting to know my way around.

Gillian

English Tutorials

English Tutorials are held each Wednesday after school until 4pm in GA01. All students wishing to improve their English skills are welcome to attend.

Junior Homework Club

Junior Homework Club is now running on Tuesdays and Thursdays during first break in GD01 for years 7 and 8. Help can be provided with any subjects and homework tasks or assessment tasks.

Uniform Shop

The uniform shop is open every morning from 8:00am to 10:30am for all of your uniform needs. All sizes of each item are fully stocked. Uniforms can be ordered and paid for via cash, EFTPOS, Centrepay or Cheque (please make cheques out to Urangan SHS P&C). For all of your uniform concerns, please contact Megan Moss on 4197 0116.

The Urangan State High School Parents & Citizens Association has endorsed a small increase in the price of uniforms effective as of the beginning of Term 2, 2016. The increase in costs to the association is a result of suppliers increased costs. Uniform shop prices have not been raised for close to ten years. The P&C has absorbed suppliers increases over this period. The association chose not to pass on the increase until the beginning of second term as we understand the majority of uniforms are purchased at the beginning of the school year and the aim was to minimise inconvenience as much as possible.

Canteen

The ‘Food Cave’ is ready to go for 2016 with a few new ranges of delicious foods on offer. The ‘Food Cave’ is open for Breakfast each day from 8:15am to 8:40am, as well as both lunch breaks and afterschool till 3:15pm. Don’t forget your child’s lunch can be pre-ordered to avoid lining up. Volunteers are always welcome each day to help in the preparation of the delicious fresh food on offer. If you would like to volunteer as a helper in the ‘Food Cave’ please contact Tammy Hamel on 4197 0114. All volunteers must hold a valid Blue Card. A copy of the Menu is available from the school website.
Positions Vacant

Administration Officer (AAEP)

Multiple positions are available for short and long term contracts. Please provide a resume and a two page application addressing the “How you will be assessed” section of the role description. Copies of the role description are available at the front office or by emailing Sharon Buckley (sbuck129@eq.edu.au) for an electronic version.

Applications close at 4pm on Tuesday the 22nd March 2016. You can submit your application electronically to Kacey Hannant (khann19@eq.edu.au), or provide in person to the Urangan SHS front office.

Cleaner

A permanent cleaning position of 26.25 hours per week is available. Please provide a resume with two current professional references.

Applications close at 4pm on Tuesday the 22nd March 2016. You can submit your application electronically to Kacey Hannant (khann19@eq.edu.au), or provide in person to the Urangan SHS front office.

Schools Officer (Grounds and Facilities)

A permanent full time Schools Officer (Grounds and Facilities) position is available. Please provide a resume and a two page application addressing the “How you will be assessed” section of the role description. Copies of the role description are available at the front office or by emailing Sharon Buckley (sbuck129@eq.edu.au) for an electronic version.

Applications close at 4pm on Tuesday the 22nd March 2016. You can submit your application electronically to Kacey Hannant (khann19@eq.edu.au), or provide in person to the Urangan SHS front office.

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
Yarn Bombing

If you are between 12 and 25 years of age, join the Graffiti Grannies in their quest to brighten up Hervey Bay!

Why Should I Do Yarn Bombing?
• Stress Relief
• Social Interaction
• Meet New People!
• Learn New Skills!

Interested Knitters of all Abilities Welcome!

When
Every Monday—Starting 11th April
3.30pm-4.30pm

Where
Motel Harvey Bay
Shop 5, Central Plaza, 3-15 Central Ave., Pialba.

Contact
Phone: (07) 4653 2190
Fax: (07) 4653 2150
Facebook: headspace Hervey Bay