Principal’s Report

Welcome to Term 2 of the 2016 school year and particular welcome to all our new families.

I am sure that, like myself, you are very happy to be at such a great school. Thank you to everyone in our school community who has made me so welcome. I would like to particularly thank Ms Buxton for all her work leading the school as Acting Principal, and to all in the school leadership team for their support and induction as I settle in to the new role.

I have been very impressed not only with all the opportunities for students at this school and the work of teachers, but also the conduct and engagement of students. Any student can certainly achieve their goals if they commit to study and working hard towards their chosen careers.

I was very pleased to meet Year 7 and 12 students at assemblies and look forward to attending other assemblies. I have also met our school captains and look forward to seeing their leadership throughout the year.

P&C

I was very impressed with the strong participation at P&C and the obvious enthusiasm of our P&C executive. They certainly are working proactively to ensure the best possible service to our students and the choices in the canteen will keep me shopping there! Please feel welcome to attend meetings and be involved in decisions which affect your children.

Events

This term is beginning with some excellent events and I am looking forward to the National Triathlon competition and the Confucius speaking competition. The number of participants in the speaking competition is outstanding and a credit to the teachers. Other upcoming events can be viewed via our school calendar on the school website.

NAPLAN

This term Year 7 and 9 students will participate in the annual NAPLAN assessment and you will receive a letter about this at the upcoming ECP Interviews which are being held on Tuesday 26 April. Please note the contacts in this letter if you wish required any further information.

ANZAC Day

We will have a number of ceremonies at the school to recognise ANZAC Day and I encourage all students to participate with the school in the march on ANZAC day. A strong school presence reflects our involvement in community and our respect for our service men and women.

Enrolments

Our enrolments continue to increase even with enrolment boundaries and the total is now above 1720. It is great to be in an area with two very strong state high schools and to know that whichever school a student attends there will be a quality education, differentiated by the different programs offered at each. Mr McMorrow has been visiting primary schools and explaining the Urangan SHS programs and answering a lot of questions.
Goals

I remind all families of our goals of high attendance, improved literacy and numeracy and completion of Year 12 with a Queensland Certificate of Education (QCE) and encourage you to ensure your children attend every day, because every day attendance is essential to achievement of literacy, numeracy, QCE and future career options.

Robin Rayner - Principal

Early Leave Passes

If your child needs to leave school early please either:

- call the school at least 1 hour prior to departure on 4197 0159 so that we can prepare the leave pass for your child to collect then present to their class teacher at the time of departure.

- provide your child with a note which they can bring to student services at any time before the class to receive their leave pass to present to their class teacher at the time of departure.

Students are not permitted to leave their class without a valid office issued pass. 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.

The Tempest Musical

Rehearsals commenced yesterday with Ms Rasby guiding the cast through a reading of Act One of the script and listening to snippets of the songs they will sing in the musical. The atmosphere was fantastic with students responding positively to the script and hamming it up with some of the more colourful characters. The musical is an important part of Urangan High’s 25-year celebrations scheduled for October so we are determined to produce an exceptional show for our community.

Transition to High School – Year 6 School Visits

We would like to inform all Parents/Caregivers who wish to enrol their students into Year 7 at Urangan State High School for 2017 that we will be commencing Transition sessions for Year 6 students at the following schools on Monday 11 April.

<table>
<thead>
<tr>
<th>School</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kawungai State School</td>
<td>Monday 11 April</td>
<td>9.00am</td>
</tr>
<tr>
<td>Torquay State School</td>
<td>Monday 11 April</td>
<td>2.00pm</td>
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<tr>
<td>Urangan Point State School</td>
<td>Tuesday 12 April</td>
<td>10.30am</td>
</tr>
<tr>
<td>Yarrilee State School</td>
<td>Wednesday 13 April</td>
<td>2.15pm</td>
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<tr>
<td>Sandy Strait State School</td>
<td>Thursday 14 April</td>
<td>2.00pm</td>
</tr>
</tbody>
</table>

This session will consist of:

- Introduction
  - Mr Nick McMorrow – Head of Year 7, 2017
  - Student representative/s
- Overview of high school life including what students can expect at Urangan High.
- Handout Application for Student Enrolment.
- Question and Answer session.

A Parent Information Night for Year 7, 2017 will be held on Wednesday 20 April from 6pm to 7pm in our Year 7 Precinct (GD Block) at Urangan State High School.

Our School will be accepting Enrolment Applications commencing Monday 18 April.

New Science Subject for Senior Students

Commencing in 2017 a new subject will be offered to senior students, Science and Aquatic Practices. This will also be offered as a pre- senior subject in second semester to year 10 students.

This course investigates a wide range of areas and is focused on the technical skills involved. Areas of study include study the science behind underwater discovery. This includes human biology and physics of snorkelling and scuba diving, coral reef study and pool chemistry. Students will also study the techniques involved in forensic science and food production as well as examining the science behind car technology. Throughout the course students will be encouraged to think critically about contemporary scientific issues and apply their knowledge in a broad range of relevant practical situations. This course involves participation in field work.

Residential Workshop for Girls

Girls in year 7 and 8 who have a passion for STEAM (Science, Technology, Engineering, the Arts and Maths) are encouraged to apply to attend a residential school in Brisbane to be held from 26th to 29th June. This is an opportunity to interact with likeminded students from across Queensland. They will meet women working in STEAM related areas to learn about career opportunities and find out what it takes to achieve personally, academically and professionally. Students will be engaged and challenged, have fun and learn with other students who think like them and share their interests. If you would like further information please email Stephanie Whitehead swhit365@eq.edu.au or phone 4197 0175.

QUT Vice-Chancellor's STEM Camp

Applications are now open for the widely-anticipated QUT Vice-Chancellor’s STEM (Science, Technology, Engineering and Mathematics) camp.

The camp brings together 160 of the state’s brightest Year 11 students for a five-day, fully-funded experience in the September holidays, where students will spend the week working alongside QUT researchers and undergraduate students in a real-world STEM research project.
The projects are based on the work of some of QUT’s most renowned researchers. The 2015 camp featured projects such as ‘The Future of Regenerative Medicine’, where under the guidance of Associate Professor Mia Woodruff (head of QUT’s Biofabrication and Tissue Morphology Group) students learnt to design, model and 3D print custom-made replacement body parts in the biofabrication labs.

To be considered for the program applicants must:

- be a current Queensland Year 11 student
- complete the STEM-related statements of purpose
- provide academic transcripts for Term 4, Year 10 and Term 1, Year 11 demonstrating VHAs in one or more of the following subjects: science (physics, chemistry, earth and environmental or biology), mathematics B or C, engineering technology or computer science
- obtain parent/guardian permission
- obtain a letter of recommendation from a Head of Department or Principal
- be 15 as of Monday 1 September 2016.

**Key program dates**

- Applications open: Monday 4 April
- Applications close: Tuesday 3 May
- Camp dates: Sunday 25 September - Friday 30 September.

**How to apply and camp information**

- Read all of the application eligibility requirements here
- Access the online application form and download all required documentation here.
- Location: QUT Gardens Point
- Cost: Free
- Organisation: QUT STEM for Schools
- Phone: 3138 1759
- Email: stem.schools@qut.edu.au
- URL: Camp application guidelines

**Diabetes – School Based Health Nurse**

Hello to all students, teaching staff, parents and carers. I hope you had an enjoyable Easter break and that you are back into the school routine!!

I thought that over the next few newsletters I would provide some basic information for the school community around some of the health issues that are common in the school, to ensure that we all have an awareness and that we know what to do and what not to do in certain situations.

The first health condition that I would like to raise awareness of is Diabetes.

About 1 in every 1000 children in Australia has Diabetes. It usually starts between the ages of 5 -12, but some children get it when they are very young, and sometimes it starts in people over 12.

Diabetes occurs when the body cannot produce enough insulin or when the insulin the body does makes doesn’t work properly. Insulin is a hormone that is produced in the pancreas. After food is digested, carbohydrates in the food are broken down into glucose which then enters the blood stream. Insulin enables the body to use this glucose for energy by opening the channels to allow the glucose to enter into the cells.

There are two types of diabetes – Type 1 and Type 2.

**Type 1 Diabetes**

Type 1 Diabetes is the type that is most commonly found in children and adolescents. It occurs because the “islet” cells in the pancreas are damaged and they don’t make enough insulin. It is a lifelong condition and people that have Type 1 Diabetes need to be given insulin to say alive.

The insulin can only be given by injection or an insulin pump and safe management of Type 1 diabetes requires a combination of daily insulin doses, regular blood glucose testing, healthy eating and physical activity.

Nothing can be done to prevent Type 1 Diabetes. It is an auto-immune, life-threatening condition caused when the body’s own immune system attacks the insulin-producing cells in the pancreas and destroys them, resulting in no production of insulin.

**Type 2 Diabetes**

Type 2 Diabetes is different from Type 1 Diabetes as people with type 2 diabetes are able to make insulin but when it is released into the blood stream it is unable to work properly. This is known as insulin resistance. The effect leads to high blood glucose levels, known as hyperglycaemia.

Type 2 Diabetes is usually diagnosed later in adulthood, but it is now being diagnosed in younger people. Type 2 diabetes is associated with some of the following risk factors:

- being overweight/obese
- a family history of type 2 diabetes
- certain ethnic populations
- indigenous Australians

Type 2 diabetes requires ‘lifestyle modifications’ such as healthy eating, weight management and physical activity. Treatment might also include tablets and insulin therapy.

**What is hypoglycaemia (hypo)?**

Hypoglycaemia (or “hypo”) is a low blood glucose level that occurs when there is not enough glucose in the blood stream for the body to function.

It may be caused by:

- too much insulin
- the amount of physical activity (in relation to type of carbohydrate timing and insulin doses
- not enough carbohydrate food
- excitement and stress (mood changes)
- alcohol
- temperature extremes
What is hyperglycaemia?

Hyperglycaemia (high blood glucose level) is when there is too much glucose in the blood stream. The blood glucose level is usually above 15mmol/L. High blood glucose levels can be caused by:

- not enough insulin
- eating too much carbohydrate food
- sickness or infection
- stress

The image below shows the signs and symptoms of low and high blood sugar. In severe hypo situations the individual can become extremely drowsy or disorientated, have a fit or convulsion or become unconscious.

Management of Diabetes at school

It is really important that if your child has diabetes that you provide a health management plan to the school. This plan provides a guideline for the management of a student’s health condition and contains instructions concerning the routine medication regime and also step-by-step directions of how to safely manage a predictable medical emergency specific to certain chronic health conditions that includes diabetes (such as a hypo or hyper occurrence).

A management plan must be developed by appropriately qualified health professionals. The plan must be reviewed annually or if the management changes. The health plans are signed off by the parent, an appropriate health professional (e.g. GP, Education Queensland Nurse or Diabetes Educator) and the school Principal.

Things that you can do to support your friend who has diabetes

- Make sure that they eat their own prepared food at first and second break.
- Do not share any of your food with them (as they will have had their insulin for the food provided for them by their parents or carers only)
- Don’t tell anyone about your friend’s condition. If they want people to know then they will tell. Their teacher will know and they will be aware of what to look out for.
- Encourage your friend to join in with sports and exercise.
- Understand that your friend needs to eat regular meals if they are staying over at your house.

School Dental Van

The dental van is still at the school and is currently examining and treating year 9 and 10 students. This can be a lengthy process so please be patient. They will see every student who has returned their medical forms. If you have any questions please contact the dental van on 0419 644 314.

TJ Ryan Merit Certificate 2016

We are pleased to announce that past student, Tiahna Cooper, has been awarded the TJ Ryan Merit Certificate of 2016. This award not only recognises the achievements of a student, but also the important role of schools and teachers in supporting students to reach their potential.

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.
Queensland Indigenous Youth Leadership Program

Applications now open

Applications for the 2017 Queensland Indigenous Youth Leadership Program, to be held in Brisbane from 18 to 23 June, are now open.

Young Aboriginal and Torres Strait Islander people aged 15–25 years, who reside in Queensland, are encouraged to apply for this program. It is an exciting opportunity for young Indigenous people to develop leadership skills and learn about Queensland’s democratic processes.

Help us offer this opportunity by promoting the program through your networks and encouraging eligible young people from urban, regional and remote communities to apply. You can download and print copies of a poster to assist you in promoting the program within your local community.

For further information or to apply online visit www.indigenous.qld.gov.au, email enq@communities.qld.gov.au or call 3000 0000.

About the program

The program provides participants with a unique opportunity to develop their leadership skills and learn about democratic processes and is delivered through a partnership comprising the Department of Communities, Child Safety and Disability Services, Queensland Parliamentary Services and Glencore.

It will be held in Brisbane from 18 to 23 June and includes leadership and career development workshops, presentations and cultural activities. Throughout the week, participants will have the opportunity to work with mentors and network with Elders, Indigenous community leaders and Members of Parliament.

The program culminates in the Eric Deen Indigenous Youth Parliament – a mock legislative debate. Workshops leading up to the day will prepare participants to develop a debate for or against a proposed Bill. Participants will also have the opportunity during the session to raise an issue of personal importance in the presence of elected Members of Parliament.

Fifty young Aboriginal and Torres Strait Islander peoples will be selected to participate in the program based on their application and willingness to participate in all components of the program. All travel, meals and accommodation will be provided for program participants.

How to apply

Applicants can apply online or download and print the application form at www.indigenous.qld.gov.au. Applications close Friday 15 April 2016.

Ski Trip 2017

Ski Japan January 2017

Would you like to provide a once in a lifetime experience for your child?

Limited Spaces available

Ski Japan 9th – 17th January 2017

Students will be able to:
- ski or snow board
- experience Snow monkeys
- visit Zenko Temple
- Explore Tokyo

Costs include:
- Flights
- travel insurance
- Accommodation
- breakfast & dinner at resort included
- ski/board lessons, tickets & equipment hire
- Snow Monkey entrance
- Return trip in private coach from Hervey Bay

Expected cost $3500

Please contact Renee Searle
rsear77@eq.edu.au or 4197 0111

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 0104.

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 supplier 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.

**Teacher Aide Vacancy**

A permanent teacher aide vacancy exists at Sandy Strait State School for 3 days per week (9.75 hours). Application Packages are available from the school administration office between 8:00am and 4:00pm Monday to Friday.

Applicants are required to submit a brief resume, contact details for 2 referees (one of whom is your current supervisor) and a maximum 2 page written response outlining your suitability for the role under ‘How You Will Be Assessed’. Applications will remain current for 12 months.

Applications close: 3.00pm Friday, 29 April 2016

Applications to be address to:

BSM
Sandy Strait State School
Robert Street
Urangan Q 4655

or emailed to: bsm@sandstrass.eq.edu.au

**Community News**

**Guinea Pigs are at the 2016 Fraser Coast Show**

Schedule and entry forms available online at www.frasercoastshow.com.au

Entries close 13 May 2016 at 4:00pm. No late entries will be accepted.

Judging: Friday 20 May 2016 10:00AM.

**Guinea Pigs must be healthy and parasite free***

Many thanks to our fantastic sponsors! Please support our generous local businesses.

**Back-nature**

**Coastline Caviar**

**Rosebud Caviar**

**Riddles Caviar**

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**Go Blue for Autism**

April is Autism Awareness Month and Autism Queensland has launched its annual Go Blue for Autism campaign to raise funds and awareness of Autism Spectrum Disorder (ASD).

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**How You Will Be Assessed**

- Meet and Greet Morning Tea
- Group Session
- One to One Group Session
- Service Provider Information
- Information about community services that provide support for people living with Autism (ASD)
- Group Support
- Meeting with Morning Tea

There is no fee for this workshop however a gold coin donation to raise funds for Autism Awareness would be greatly appreciated.

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**Back-nature**

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**Coastline Caviar**

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**Riddles Caviar**

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