Congratulations to all staff and students who proudly participated in the ANZAC ceremonies. Student demonstration of respect and conduct both at school ceremonies and the community march was commendable. Well done also to Mr Harrington and all who assisted him with the Triathlon – what a wonderful event for our community and we are very proud to have our school associated with such high level sport.

The attendance and interest of parents at the Year 6 information night was excellent and I thank everyone who came and supported their children’s transition to high school. Please feel welcome to contact Mr McMorrow if you have further queries or were unable to attend on the evening.

An area of interest on the evening was the topic of students bringing devices to school. Our school is providing advice and support tools for parents making choices about this and I draw your attention to the changing workforce where IT is such an integral part of every career. Where once calculators were never seen in schools, then they became common place and now nearly everyone uses the calculator on their phones, I imagine devices whether they be laptops, tablets, iPads or other versions will become commonplace in the years ahead and more affordable. Please consider the learning needs of your child at each phase of schooling and the life of a computer or device when choosing appropriate purchases.

I continue to be impressed with the range of options available to students at Urangan SHS and the achievements of those in our school community. Particular congratulations this week to Brett Woof and Emily Wallis for their selections in the outrigger competition at such high levels. There really is an opportunity for everyone to excel in a chosen area. I also look forward to the school musical and commend those who are working towards the production.

The P&C meeting will be on the 24th of May and I encourage all parents to attend as this P&C is forward looking and working strategically to ensure viable future support for all students. Your interest and participation assists them to represent parents and families and to make responsive decisions.

NAPLAN is nearly here and I thank the staff who have assisted students to be well prepared. Remember this is one piece of information at one point in time which assists us as a school and system to respond to student needs, but it does not tell the whole story about the whole child. It will reflect the progress and effort students have in the areas tested and I wish them well in the testing.

Finally my highlights personally since the last newsletter have been:

- Judging the senior seafood cooking class – wonderful creations and a very difficult decision – thank you Mr Symes for inviting me and to the students for my dinner that night
• The amazing Triathlon – what a fantastic venue and event!
• The wonderful Year 6 night participation by parents and meeting parents then and at the ECP day.

Best wishes for the week ahead
Robin Rayner – Principal

Queensland Core Skills Test – Community Representatives

Urangan State High School invites expressions of interest from members of the community to nominate for appointment to the positions of chief community representative or community representative for the Queensland Core Skills (QCS) Test. You must be available Tuesday 30th and Wednesday 31st of August 2016.

For more information see:
If you can support us with your application, please call me on 41970101. To view the application forms or print yourself go to:
Forms must be returned to the school (or emailed to ary4@eq.edu.au), no later than Wednesday May 18th 2016.

Andrew Rye - Head of Department - Senior Schooling

Taiwanese School Study Tour – Host Families Needed

This year Urangan SHS is hosting a Study Tour from Taiwan from July 10th to July 23rd. It is a great opportunity for your family to learn about another culture as well as it being an experience of a lifetime for the Taiwanese students learning about our culture and family life in Australia. There will be 25 students, aged from 15-17. As a host family you are required to provide them a bed, meals and transport to and from school. For the 13 nights you will be subsidised $400 per student. The Taiwanese school would prefer students to be staying in two’s or three’s where possible. For more information please contact Marty Mills, HOD International on mmill104@eq.edu.au.

QUT Fraser Coast Chinese Speaking Competition

Urangan State High School hosted the annual QUT Fraser Coast Chinese Speaking Competition on Friday, 15 April 2016. Over 60 students from 6 schools all over Fraser Coast region participated in this event.

After nearly three hours of fierce competition, Urangan State High School’s, Denya Hopkins (Year 11/12 group) and Samuel Tubb (Year 9/10 group) scored the highest points and became the tournament champion in those two groups. Both of them will travel to Brisbane in May to compete in the State competition.

The audience was enthralled with the participants’ comprehensive knowledge of China and exciting Chinese speeches. This certainly was a great opportunity for our community to appreciate the Chinese language and culture, and it also helped our students improve their Mandarin skills and gain confidence in speaking the language.

Contestants represented 2016 QUT Fraser Coast Chinese Speaking Competition extremely well, bringing home awards as follows:

• Taylor Mackie, Year 12: Merit Award for Year 11/12 Group
• Denya Hopkins, Year 11: 1st Place of Year 11/12 Group
• Samuel Tubb, Year 10: 1st Place for Year 9/10 Group
• D’Arcy Faulkner, Year 9: 3rd Place for Year 9/10 Group
• Mia McWilliam, Year 9: Merit Award for Year 9/10 Group
• Fiona Brown, Year 8: 3rd Place for Year 7/8 Group
• Kaylah Binkins, Year 8: Merit Award for Year 7/8 Group
• Daniel Carswell, Year 8: Merit Award for Year 7/8 Group
• Zoe Moore, Year 7: Merit Award for Year 7/8 Group

Well done to all the students who participated in this competition:

• Year 12 – Grace Prince, Chris Tubb, Sophie Wells
• Year 11 – Shelley Malcolm-Stevens
• Year 10 – Lily Robinson, Chantel Pedley, Aaron Ryland, Kurt Landers, Morgan Sexton, Bradley Thompson
• Year 9 – Ellie Harrington, Latarni Thompson, Ebony Edmondstone, Tylah Edmondstone
• Year 8 – Jasmine Frazer, Emily Hon Fay, Makaila Taylor, Shahn Wilson, Daniel Cottrell, Aaron Broadhurst, Clayton Wilcox
• Year 7 – Brock Mason, Daniel Jones, Ruby Lunn, Hayley Johnson, Luke Wilson, and Leah Simon

A special thanks to our Head of Department Humanities and Social Sciences & Languages, Mrs Kimberely Vanzetta, and our Mandarin teachers, Ms Jin and Mr Wang, who have dedicated their time and effort to support and made this event successful.
Expressions of interest for the 2017 National Youth Science Forum (NYSF) are now open. The NYSF is open to students entering Year 12 in 2017, with an interest in pursuing careers in the fields of science, technology, engineering and mathematics. The 12 day residential program will take place in Canberra in January 2017. Expressions of interest close 31 May 2016.

To find out more about the program and application requirements visit the National Youth Science Forum website.

Year 6 Academic Enrichment Day

Urangan SHS hosted 60 highly academic students from a variety of Hervey Bay primary schools for a day of challenging and engaging activities in the four core subject areas of Maths, Science, Humanities and Social Science and English. A chance to interact with like-minded peers, the day was a mixture of group and individual activities and provided a taste of high school whilst inspiring the high academic potential of the students. The day had a Pirate theme and students wrote a ‘message in a bottle’ to be rescued from an island and presented a news report about their pirate. Students did a treasure hunt around the school where they had to use their mathematical skills to gain clues to find their ‘treasure’ and built a pirate ship capable of withstanding high winds and holding gold.

ACE and scholarship applications are now being taken for year 7, 2017 and close on May 21st.

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.

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.

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.
World Asthma Day

As it is World Asthma Day on the 3rd May I thought it was timely to provide a brief overview on asthma as our topic in this newsletter. One in 10 Australians have asthma which is equal to around 2.3 million people. It affects people of all ages with some people getting asthma when they are young and others getting asthma when they are older.

Who develops asthma?

Asthma is more common in males aged between 0-14 years, but among those aged 15 and over, asthma is more common in females. In Indigenous Australians the rate of asthma is almost twice as high as that of non-Indigenous Australians. Asthma and allergies are closely linked. Asthma is more common in families with allergies or asthma, but not everyone with asthma has allergies.

Adults of any age can develop asthma, even if they did not have asthma as a child. Some people have asthma during childhood, but later have very few or no symptoms as adults. Indoor and outdoor pollution (including moulds, gases, chemicals, particles and cigarette smoke) can increase the risk of developing asthma. Athletes can develop asthma after very intensive training over several years, especially while breathing air that is polluted, cold or dry. Asthma is more common in people living in socioeconomically disadvantaged areas.

What is asthma?

Asthma is a long-term lung condition. People with asthma have sensitive airways in their lungs which react to triggers, causing a ‘flare-up’. In a flare-up, the muscles around the airway squeeze tight, the airways swell and become narrow and there is more mucus. These things make it harder to breathe. Asthma cannot be cured, but for most people it can be well controlled by following a daily management plan.

What are the symptoms of asthma?

A person’s asthma symptoms can vary over time. Sometimes they will have no symptoms, especially when their asthma is well-controlled. Symptoms often vary from person to person, but they are most commonly:

- breathlessness
- wheezing
- tight feeling in the chest
- continuing cough

Symptoms often occur at night, early in the morning or during/just after activity. They are caused by the narrowing of the airways. If your asthma is well controlled, you should only have occasional asthma symptoms. Only 20% of people aged 15 and over have a written asthma action plan. Forty-one percent of children (under 15) have an asthma action plan.

Everyone with asthma should have a written asthma action plan.

A trigger is something that sets off or starts asthma symptoms. Everyone’s asthma is different, and everyone has different triggers. For most people with asthma, triggers are only a problem when their asthma is not well-controlled with medicine. There are lots of different triggers, and they might be something that you can catch (cold or flu); breathe in (cold air, humidity, allergens, irritants, smoke); feel (strong emotions, reflux); do (exercise/physical activity); eat/drink/take (foods/additives, medication, alternative therapies); or use (latex)

Trying to avoid triggers isn’t likely to make much difference to your asthma, but can often place limits on your lifestyle. It’s best to focus on getting your asthma under control with the right medicine and living a full and active life. You should always carry your blue reliever with you so you are prepared in case you come across a trigger.

How is asthma treated?

There are two main types of asthma medicines and they are ‘relievers’ and ‘preventers’. These are usually in inhalers or puffers. There is also a preventer which is a tablet, used by some people. Some other medicines (e.g. prednisone tablets) are only used for severe asthma flare-ups.

Relievers

Everyone who has asthma needs a reliever (e.g. a ‘puffer’) to use when they have asthma symptoms. Relievers help during an asthma attack and they act quickly.

The most common brand of reliever is called Ventolin but there are also other brands called Bricanyl or Respolin that may be used. A reliever is a “bronchodilator” and they relax the narrowing of the breathing tubes and make it easier for air to get through.

In Australia, most relievers are available from pharmacies without a prescription. Relievers should only be used when you or your child has symptoms (or if your doctor tells you to take it before exercise) and should not be over-used.

Preventers

Preventers help prevent attacks from happening and they are usually inhaled. Some common brands are Flixotide, Pulmicort, Singularair (tablet). Preventer medicines have to be taken every day and a GP review will be required on a regular basis if you are prescribed this type of medication.
Asthma first aid

If you have increased wheezing, cough, chest tightness or shortness of breath, if you are waking often at night with asthma symptoms and if you need to use your reliever again within 3 hours then this is an asthma attack.

Please see the attached diagram for the appropriate management of asthma first aid.

1. **Sit the person upright**
   - Be calm and reassuring
   - Do not leave them alone

2. **Give medication**
   - Shake the blue reliever puffer* 
   - Use a spacer if you have one
   - Give 4 puffs into the spacer
   - Take 4 breaths from the spacer after each puff
   *Use a brown inhaler if you do not have access to a puffer and spacer

3. **Wait 4 minutes**
   - If there is no improvement, repeat step 2

4. **If there is still no improvement call emergency assistance (DIAL 000)**
   - Tell the operator the person is having an asthma attack
   - Keep giving 4 puffs every 4 minutes while you wait for emergency assistance

**Call emergency assistance immediately (DIAL 000) if the person’s asthma suddenly becomes worse**

If you would like further information regarding asthma the following website is really useful and informative:

Gillian Patterson – School Based Health Nurse

Ten Top Tips for Healthy Approach to Body Weight

Here are 10 useful pieces of advice that you can give a young person who might be concerned about their weight.

1. **Don’t be fooled by the fad**
   Weight-loss diets can trick many of us with their ‘quick fix’ solutions. However, in the long term, most people end up regaining the weight they lost on the diet....and then some! Furthermore, the harmful effects of weight-loss diets increase the risk of developing an eating disorder.

2. **Don’t get weighed down by the scales**
   If we are above our most comfortable weight and we want to change this situation, it is vital to focus on our thinking, our eating and/or our physical activity, rather than concentrating on just what is happening with changes to our weight. By looking after ourselves and our bodies in the best way we can, our weight/size will be the healthiest level that is possible for our own body type.

3. **Practice a positive attitude towards food**
   Labelling food as ‘bad’ or ‘junk’ often causes us to feel bad about ourselves and guilty about what we have eaten. Ironically, this guilty feeling can even make us eat more of that type of food, even when we no longer feel like it. So, do your best to think about food as ‘everyday’ food (fruit, vegetables, cereals) rather than ‘good’ food and ‘sometimes food’ (chocolate, chips) rather than ‘bad’ food.

4. **Eat slowly and enjoy**
   While this can take some practice, slowing down the speed of our eating makes it much easier to recognise when we are full, allowing us to stop before we have eaten more than we really feel like. It also allows us to pay better attention to the foods we are eating; the real flavours, textures, smells etc. In this way, we enjoy our food more, it tastes better, the sensations last longer, and we recognise more easily when we have had enough.

5. **Your body knows best**
   We can all eat food when we are not really feeling physically hungry – for example because we are bored, or even just because it’s there! It’s quite normal to do some non-hungry eating, but when we do too much, it can tip our eating out of balance. Do your best to check in with your body before you eat; ask yourself, ‘Am I really hungry?’ (Important note: If we are under our most healthy weight or currently have an eating disorder, our body might not be able to give us accurate information about the right amount and/or type of food our body needs. In these situations it is important to get some help from a health professional such as a dietitian to work out the best type and amount of food for you.)

6. **Do your best to not get too hungry**
   It’s easy to get so busy that we ignore our body’s signals that are telling us to eat! If this happens, it is very hard to eat slowly, we can easily eat more food than we really want, and we can end up becoming overfull or completely stuffed full. It can be helpful to have some snacks with us just in case we start to get too hungry.

7. **Healthy bodies come in all shapes and sizes**
   Health and vitality come in all types of body shapes and sizes. Remember that nobody is perfect, and no body is perfect!

8. **Nurture yourself**
   As well as dedicating time to our families, our friends, our study etc., we need to make sure we are doing things for ourselves. Taking care of ourselves is essential. Make a list of healthy things that help you feel good, and try to do these things as often as possible.

9. **Move your body**
   Some people think you have to pound the pavement
or work out at a gym to get any benefit from physical activity. This is not true. There are many ways of putting more physical activity into your daily life, such as walking to school, walking to the shops, or taking the stairs when you can. Taking up a fun activity that involves moving your body such as dance, social tennis or yoga can be enjoyable ways of working your muscles.

10. **Focus on feeling good**
   Focus on FEELING not LOOKING good. When you feel good you are naturally attractive and fun to be around and you are much more likely to cope well with any situations that might otherwise get you down.


*He is a director of the Butterfly Foundation and a speaker at the 2012 Mental Health and Wellbeing of Young People Events*

© Dr Rick Kausman 2012