Principal’s Report

As in all schools our school has been very busy and I am impressed with work of students and staff. Congratulations to the students and staff involved in:

- The Confucius Speaking competition – great to see the high numbers of participants and quality of presentations as well as the very positive comments from the judging panel about the program at USHS.
- The organisers of the Triathlon - what a wonderful event for our town and for our school to be associated with. I was impressed with the number of Queensland and Central Queensland/Wide Bay students receiving awards.
- The senior Geography students who attracted such high praise from the host venue and their positive promotion of the quality of education and students at USHS. They really are wonderful ambassadors for our school community.
- All staff and students who participated in ANZAC ceremonies as members of the USHS community – again great ambassadors in their conduct, respect and participation.
- All participants at the Year 6 information evening – I was so impressed with the high numbers participating and the quality of questions parents asked. Thank you to Mr McMorrow and his team for a very professionally presented evening.
- The NAPLAN testing – well organised and students are commended for their sincere efforts
- Eisteddfod competitors – great work all and congratulations to those who won awards

NAPLAN adds to our data about student progress in our school, and to state and national data regarding student literacy and numeracy. The organisation and running of the program is very successful. Literacy is the building block of all other studies and it is important, however I always remember that people are more than one test and we need to also consider their other strengths in character, community involvement, other subjects and other aspects of English and Mathematics.

I have been involved in a number of meetings this term and have two other major conferences coming up. I participated in the national conference about food and fibre education, with a wide range of high quality international and national speakers as well as many networking opportunities. The importance of the sustainability of our food and fibre production in a world with a rapidly growing population was evident and focused us on considering how we ensure our students have the knowledge and skills to make decisions in this field as adults.

I will also be participating in the QASEL conference which focuses on education for students with disabilities and will be particularly important as the NDIS rolls out. The leadership team will also be attending the Queensland Secondary Principal’s
Association conference to ensure we are fully informed of
directions for secondary education as the changes to senior
schooling are implemented.

Next semester we will be hosting approximately 25 Taiwanese
students and our International program is having great success.
Our international program is a strength and I am very pleased
with the strong connections made to our Asian neighbours.

I encourage everyone to attend the training on the P&C 25th
May so that we all have shared understanding of P&C
operations and if anyone wishes to nominate for executive
positions in the future they will have a good understanding of
how P&Cs operate.

I hope everyone enjoys the show and those who exhibit are
successful.

Robin Rayner – Principal

Head Lice

Over the last few days we have received a number of reports of
students having head lice at the school. Whilst students should
not be excluded from school it is important that the condition is
treated as soon as you become aware. I would strongly advise
all parents to check their children’s head for head lice as soon
as possible.

What are Head Lice?

Head lice are tiny, wingless parasitic insects that live among
human hairs and feed on tiny amounts of blood drawn from
the scalp. They are a very common problem within schools and
they are contagious, annoying and sometimes very tough to get
rid of. Head lice do not spread disease but they do make your
scalp itchy, irritated and sometimes this scratching can lead to
an infection.

Who can get head lice?

Anyone can get head lice and you can only get them through
head to head contact. They cannot hop, fly or swim. Head lice
can only live for a short time away from the scalp and those
found away from the head are usually dying.

Having head lice is NOT a sign that your hair is dirty.

Signs of Head Lice

Although they are very small, lice can be seen by the naked eye.
Here are things to look for:

Lice eggs (called nits).

These look like tiny yellow, tan or brown dots before they
hatch. Lice lay nits on hair shafts close to the scalp, where
the temperature is perfect for keeping warm until they hatch.
Nits look sort of like dandruff, only they can’t be removed by
brushing or shaking them off.

Unless the infestation is heavy, it’s more common to see nits
in a child’s hair than it is to see live lice crawling on the scalp.
Lice eggs hatch within 1 to 2 weeks after they’re laid. After
hatching, the remaining shell looks white or clear and stays
firmly attached to the hair shaft. This is when it’s easiest to spot
them, as the hair is growing longer and the egg shell is moving
away from the scalp.

Adult lice and nymphs (baby lice).

The adult louse is no bigger than a sesame seed and is
grayish-white or tan. Nymphs are smaller and become adult lice
about 1 to 2 weeks after they hatch. If head lice is not treated,
this process repeats itself about every 3 weeks. Most lice feed
on blood several times a day, and they can survive up to 2 days
off the scalp.

Scratching.

With lice bites come itching and scratching. This is actually due
to a reaction to the saliva of lice. However, the itching may
not always start right away — that depends on how sensitive
a child’s skin is to the lice. It can sometimes take weeks for
children with lice to start scratching. They may complain,
though, of things moving around on or tickling their heads.

Small red bumps or sores from scratching.

For some children, the irritation is mild; for others, a more
bothersome rash may develop. Excessive scratching can lead
to a bacterial infection (this can cause swollen lymph glands
and red, tender skin that might have crusting and oozing). If
your doctor thinks this is the case, he or she may treat the
infection with an oral antibiotic.

You may be able to see the lice or nits by parting your child’s
hair into small sections and checking for lice and nits with a
fine-tooth comb on the scalp, behind the ears, and around the
nape of the neck (it’s rare for them to be found on eyelashes or
eyebrows).

A magnifying glass and bright light may help. But it can be
tough to find a nymph or adult louse — often, there aren’t many
of them and they move fast.
Treatment of Head Lice

Treatment should only be applied when live lice are found on the head. If you do confirm head lice infestation, there are two main types of treatments available:

- insecticide products approved for use in Australia by the Therapeutic Goods Administration
- wet combing, also known as the comb and conditioner method (as outlined below).

Synthetic or natural insecticides or other chemicals

Insecticide products contain synthetic or natural insecticides or other chemicals that kill lice and eggs. These are available in a variety of preparations. No treatment kills all the eggs. You will usually need at least two applications of the product, seven days apart, so that any lice that hatch from the eggs after the first treatment are also killed. Insecticides can cause side-effects such as scalp irritation. Only use them if you’re sure there’s an infestation.

Always use these products exactly as directed on the label and ask your pharmacist for advice if you’re unsure about which product is best for you.

If you’re pregnant or breastfeeding you should check with your pharmacist or GP before using any insecticides. Don’t use insecticide products to treat children under the age of two.

Wet combing or the comb and conditioner method

This is a method of removing lice with the regular use of a fine-toothed comb (teeth must be 0.2 to 0.3mm apart). You need to spend approximately 20 to 30 minutes combing through the entire head of hair every two or three days for at least two weeks. It’s important you keep doing this until there have been three consecutive sessions without seeing any lice.

Wet combing doesn’t involve strong chemicals, and lice can’t become resistant to it. It can also be used for routinely checking the hair for infestation.

After Treatment

Whichever treatment you use, a follow-up check using a fine tooth head lice comb should be carried out a few days after the course of treatment.

If you do find any eggs, it doesn’t necessarily mean that the treatment has failed - the lice may have been killed and you could just be seeing empty egg cases. If you do find a live adult louse, it may be because you’ve been re-infested.

Prevention

The following actions can be taken to prevent infestation/re-infestation:

- Avoid head to head contact with other people.
- Keep long hair tied back or in plaits, especially at school.
- Do not share brushes, combs or pillows.
- Wash combs and hair brushes after each use.
- The pillow cases of persons known to be infested should be washed on a daily basis on a hot cycle or put in the tumble dryer for 15 minutes on high temperature.
- All household members who have detected head lice need to have appropriate treatment.

Come and Try Day – Year 7, 2017

This year’s Come and Try Day will be held on Thursday 23rd June 2016 from 9.15am to 2.30pm. Year 6 students will have an orientation of the school and experience a sample of subjects on offer at Urangan State High School. If your child attends a state primary school (except Sandy Strait SS), buses will be organised to transport your child to and from this activity. Students from Sandy Strait SS will walk across. If your child attends a private primary school please drop them off and collect them from outside Reception in our Administration Block.

Reminder: Your child’s Enrolment Application MUST be submitted to our office BEFORE your child is able to attend the Come and Try Day.

Health Expo

As Year 12 health students at Urangan State High School, the time has come for us to organise and hold a Health Expo to help promote health within the Wide Bay Community.

On Wednesday the 8th of June, the year 12 health class are hosting the “Change 4 life: Working together to make you better” expo at the Hervey Bay Community Centre, 22 Charles Street, Pialba. The aim of the expo is to provide the community with opportunities to gain knowledge about specific health issues such as obesity, substance abuse and mental health whilst enabling people to engage with community groups that can assist them, such as Headspace, Breathe, Bayside Transformations and many more.

On behalf of our year 12 Health Education Class, we would like to personally invite all of the Urangan State High School community to this family friendly community event.

When: 8th June 2016, 10am – 2pm
Where: 22 Charles Street, Pialba
“See you at the expo”
The production of the school musical “The Tempest” is now well underway. In the four rehearsals thus far the cast and crew have begun the process of memorising lines, designing sets and learning lyrics. During our latest rehearsal, the actors started learning the actions and behaviour of their characters (this process is called blocking) as well as learning their dialogue. Our production crew worked on both costume designs and a small scale model of the stage. The Chorus has started learning some of the many songs that make up the story. “The Tempest” is a revamp of the original musical that was written by the Urangan staff 20 years ago and has been brought back as an anniversary special to celebrate Urangan High’s 25th birthday, a milestone in the school’s history.

The wardrobe team is busy designing what will be a spectacular array of costumes for our cast. To assist with this part of the production, we are seeking old men’s or women’s suit jackets and pants that we can upcycle to create our amazing costumes. If you have a suit that you would be willing to donate (it will not be returned), please contact Liza Young or organise for your child to deliver it to Staffroom 2. “The Tempest” will open on Friday 14th October and run across two weekends in the Performing Arts Block. Tickets will go on sale in Term 3.

Science and Engineering Challenge

Thirty students recently competed in the Science Engineering Challenge held at the PCYC. Hosted by University of Newcastle and University of Sunshine Coast, the day was a chance for our year nine and ten students to compete against other Fraser Coast schools and test themselves in various science and engineering challenges. From building catapults to designing flat pack equipment our students were competitive in all eight activities. Kym Sims and Jallyn Lovegrove-Bishop were awarded the overall trophy for ‘Stringways’, an activity that simulated mathematical network modelling.

Bring Your Own Device (BYOD)

The school has negotiated with Dell and Harvey Norman to develop a range of devices and purchasing options for parents. Devices on these portals are guaranteed to work on the BYOD network and meet the school’s device specifications. An extended 3 year warranty which guarantees on-site repairs is also packaged with each device on the portals. This option is not available on normal retail purchases. Parents are free however to purchase from any vendor of their choice. For more information on the Urangan SHS BYOD program and the purchasing portals, please click on the following link:

https://uranganshs.eq.edu.au/Curriculum/Resourcescheme/Pages/Bring-your-own-device.aspx

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 4197 0101. To view the application forms or print yourself go to:

Forms must be returned to the school (or emailed to arye4@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.

National Youth Science Forum – Canberra 2017

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.

Agri-Science Competition

Registration for the Department of Agriculture and Fisheries 2016 Hermitage Plant Science Competition is now open. Registration closes on 24 June 2016. 2016 is the International Year of Pulses, and so the topic for this year is My Pulse Rules! Please complete the online registration form or phone 13 25 23 to register your interest in participating in the 2016 competition. For more information including a copy of the full competition instructions, please contact the DAF Customer Service Centre via email or phone 13 25 23.

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 official 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 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.
Food Allergy Week

Food Allergy Week is one of Allergy & Anaphylaxis Australia’s (A&AA) most important annual initiatives, and this year it will be held from 15 – 21 May 2016. Food Allergy Week calls on all Australians to Be Aware. Show You Care.

Australia has one of the highest incidences of food allergy in the world and this is increasing at an alarming rate. In fact, one in 10 babies born in Australia today will develop a food allergy. With no known cure for food allergy, it is important for all Australians to be aware of life threatening food allergies and know how to respond in an emergency situation. A great way to help awareness is to get involved in Food Allergy Week.

There are many different ways that you can get involved and some ideas are listed on the website:


The following information has been obtained from this website.

What is Anaphylaxis?

Food allergies can be severe, causing potentially life-threatening reactions known as anaphylaxis. Anaphylaxis MUST be treated as a medical emergency, requiring immediate treatment and urgent medical attention.

Anaphylaxis is a generalised allergic reaction, which often involves more than one of the bodies systems such as skin, respiratory system, gastro-intestinal and cardiovascular. A severe allergic reaction or anaphylaxis always involves the respiratory and/or the cardiovascular system and this reaction usually occurs within 20 minutes to two hours of eating even a small amount of the food. It can rapidly become life threatening.

There are more than 170 foods known to have triggered severe allergic reactions. The most common triggers (causing 90% of reactions in Australian's) are – egg, cow’s milk, peanuts, tree nuts, sesame, soy, wheat, fish and shellfish.

There is no cure for food allergy currently. Avoidance of the food is the only way to prevent a reaction. When a severe reaction does occur, adrenaline is the first line treatment for severe allergic reactions and it can be administered via an adrenaline autoinjector called the EpiPen®.

At school it is important to:

- Know that food allergies are very serious
- Not share your food with friends who have food allergies
- Wash your hands after eating
- Get help straight away if you have a friend with food allergies who gets sick

If you have a food allergy it is important that you:

- See an allergy specialist
- Read all food labels, ask before you eat and remain vigilant every day
- Let the school know of your food allergy/anaphylaxis
- Request a referral to the Education Queensland Registered Nurse
- Provide the school with an epipen or make sure that you carry one with you (but let the school know that you have it)
- Ensure that you have an anaphylaxis management plan handed in to the school for your records.

There are other causes of anaphylaxis and they include:

- Bites and stings – especially from bees, wasps and jack jumper ants.
- Medication – both over the counter and prescribed medications can cause life threatening allergic reactions. It is also possible to have anaphylactic reactions to herbal or ‘alternative’ medicines.
- Latex
- Exercise-induced

What is a Food Allergy?

A food allergy is a response from the body’s immune system to a food protein that the body, mistakenly, believes is harmful. When the individual eats the food that contains that protein, the immune system releases a massive amount of chemicals, triggering symptoms that can affect a person’s breathing, their gastrointestinal tract, their skin and/or their heart.

These signs and symptoms of food allergy can be mild, moderate or severe.

An allergic reaction can include the following:

- Hives
- Swelling of the lips, face and eyes
- Abdominal pain
- Vomiting
- Swelling of the tongue
- Swelling of the throat
- Difficulty breathing
- Dizziness
- Collapse

If left untreated, the signs and symptoms related to breathing and heart/blood pressure can be fatal.

What is Anaphylaxis?
The Australasian Society of Clinical Immunology and Allergy (ASCIA) is the peak medical body for allergy and immunology in Australia. To find out more go to http://www.allergy.org.au/

**Keeping Children Safe from Sexual Abuse**

Children are mostly abused by someone they know – even relatives and family friends. Child sexual abuse happens in all cultures and all kinds of families. Girls and boys of all ages are at risk.

Most abusers go to great lengths to win a child’s trust. They often target vulnerable children. A normal friendly relationship develops into a sexual one, with the abuser either persuading or coercing the child to cooperate. Then they often use threats that something terrible will happen in order to stop the child telling.

To keep your child safe – Know about your child’s daily world; where are they, where they play, who they play with, what activities they get involved with, how they use the internet-web sites, chat rooms, emailing and video, who you trust to look after them when you’re not there.

It is important to teach your children they can refuse to do anything with an adult or child that they feel is wrong or frightens them. However, you cannot expect children to say ‘No.’ Encourage them to tell you whenever they are worried about what other adults or children want them to do. Always listen carefully to your child’s fears and concerns. Stop what you are doing and really pay attention.

Teach your children how to stay safe from sexual abuse just as you talk to them about road, fire, water and internet safety. Even little children know the difference between touching that is OK and not OK. Explain that no-one has the right to touch them in places and ways that make them feel scared or uncomfortable. Encourage children to trust their feelings. Talk about feeling safe and unsafe and work together on plans of what to do if they feel unsafe. This should include ways to leave awkward situations, like saying they have to go home now, or need to ask a parent or other adult for permission first.

Many abusers make children keep their abuse a secret – often using threats. Children need to learn the difference between safe and unsafe secrets. Teach them the only OK secrets are those which give someone a nice surprise. Work out with your child which key people they can trust to ask for help if they are frightened and you aren’t there.

If your child has been sexually abused, believe what your child says and listen calmly. Showing your distress may frighten them from telling you. Reassure your child it is not their fault and they are not in trouble. Tell them how proud you are they told you. Reassure them that you love them. Let them know they are safe now and you will deal with it all and the abuse won’t happen again. Don’t push for details of the abuse if your child isn’t ready to tell you. Give them time. If the abuser is a close family member, family life will be seriously disrupted. Try to keep normal routines going if possible. Routines help children feel more secure. Try to have the children resume their usual activities. Think carefully about who to tell about your child’s abuse and when, and talk to your child about this. Other people knowing can make the situation more distressing. Explain the difference between privacy and secrecy to avoid your child feeling ashamed. Get help and support for yourself. You may feel betrayed, angry, or failing as a parent. You need support from friends and family and often need professional counselling advice to keep going. Remember, child abuse is rarely a parent’s fault. Abusers are clever manipulators of parents as well as children.

Sexual abuse is a CRIME! If you suspect someone is abusing your child or others, you must tell the appropriate authorities to put a stop to abuse.


**Community News**

**Walk4BrainCancer**

I would like to take this opportunity to introduce myself. My name is Amanda Christensen, and I have lived in Hervey Bay for the past 24 years. Recently my family has been known in and around our local community and beyond, because of our son Cooper Christensen, who tragically lost his battle with DIPG, a terminal Brain Cancer on the 25th July 2015 at the age of 6 years.

Cooper was diagnosed at the age of 4, and fought bravely for 1 year 8 months, after being only given 9-12 months to live. I started and still continue to write on a Facebook page, called Cooper’s Journey, which aimed at raising awareness and allowing people to follow his courageous battle.

I now would like to raise much needed funding and more awareness for brain cancer, as it is very close to my heart. I have been closely in contact with The Cure Brain Cancer Foundation, and they do an amazing job, but there is still such a long way to go before we find a cure, and much needed funding is needed to achieve this.

The Cure Brain Cancer Foundation, hold an annual Walk4BrainCancer walk all around Australia. This year I have opened a walk for 2016 in Hervey Bay. Walk4BrainCancer - Hervey Bay “Cooper’s Walk”, will be held on Saturday 3rd December, which also falls on what would have been Cooper’s 8th Birthday. I have put my target to be reached at $50,000. I believe this can be achieved, and I hope we can surpass this amount, if we can all collectively join forces and work together. But I do need your help.

To reach my target, I would love to hold a school fundraiser to help raise funds to go towards our walk, the first being a Beanies for Brain Cancer Day. I would love to hold this on, Tuesday May 17th at every school in Hervey Bay, for a gold coin donation. The month of May is also Brain Cancer Awareness Month.

Amanda Christensen - 0407 804 657 or email: mac.1609@bigpond.com
Indigenous Apprenticeships

Experience the possibilities...

Have you left school, want to go back to work or find a new career opportunity?

Applications for our 12 month apprenticeships open on 14 April 2016 and close 11 May 2016.

For more information go to humanservices.gov.au/indigenousapprenticeships or you can call us on 1300 836 993

Outward Bound

School Holiday Programs

What’s on in the School Holidays?

Outward Bound Australia’s 12 day school holiday Navigator program uses the wilderness and adventure based activities to build integrity, responsibility, resilience and compassion in 15-17 year olds. The core outcome is Striving To Be The Best You Can Be. Enrol today and give your child an experience outside of the classroom.

Rainforest Navigator: 12 Day Wilderness Challenge

Dates: 27 June - 8th July (QLD Holidays)
4th - 15th July (NSW Holidays)
Northern NSW Location

1800 267 999 | www.outwardbound.org.au