Principals Report

This week I have been so impressed with the outstanding achievements of Urangan SHS students in such a wide range of achievements.

The Eisteddfod, Cheerleaders, Fanfare and Sonic performances certainly highlighted the wealth of talent we have in our students and the expertise of our teaching staff.

In sport I was impressed to see the representation our 6 girls had in the Wide Bay 13-16 girls AFL team, in the State Championships hosted in Mackay. The extra hours of training and dedication of our staff is certainly reaping rewards for students.

My congratulations to Denya Hopkins on receiving one of the Premier’s ANZAC Prizes for 2016 which took her on a memorable journey to Gallipoli and the Western Front. She has provided an article in this newsletter highlighting her experiences. In addition to this, Denya has also won an opportunity to take part in the Shanghai Sister City Youth Camp later in the year. This is an example of just a couple of wonderful opportunities available for our students.

Locally our students participated in the show and their culinary successes can be seen in the school foyer. All those hours after school with Mr Symes led to excellent results.

In terms of citizenship I was very pleased to receive commendations for Jess Williams and Cass Bajt who assisted with selling raffle tickets and serving food on the Spirit of Hervey Bay in their own time on a Sunday. The Cruise for Mother’s Day raises funds for Meals on Wheels Fraser Community and many of the passengers are Meals on Wheels clients. The organisers expressed their appreciation for the excellent service of our students.

Congratulations to all our students who pursue excellence every minute, every day – you are wonderful role models for others and ambassadors for our school.

Thank you to our P&C members for their participation in the training evening – a major commitment in busy people’s lives and one which will only strengthen our excellent parent group.

Principals from across our region met in Maryborough and the consistent theme was one of inclusion of those with disability and the departmental policies we enact in all our schools. Please take the time to read our school policies on the website so you are aware of our reward programs and stance on unacceptable behaviours. We work every day to ensure we have a safe and supportive learning environment and I thank those parents who work with us to support children to be responsible, respectful young citizens who are ready to join the adult world when they leave school. Please always feel welcome to ask if you would like clarification about any departmental or school policies. This is Reconciliation Week and a suitable time to consider how we model and teach young people to be resilient, problem solvers who are able to respectfully resolve conflicts and build positive relationships with the people they work and learn with.
With school holidays fast approaching I hope all students are ensuring assessment deadlines are being met and that their reports will demonstrate their hard work and best achievements.

Robin Rayner – Principal

Come and Try Day – Year 7, 2017

This year’s Come and Try Day will be held on Thursday 23rd June 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 is 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 also 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”

Legal Studies Law Courts Excursion

Legal students from Years 11 and 12 accompanied Ms Ashford and Ms Schmidt to the Supreme Court in Brisbane on the 18th of May. After an early start to the day, students witnessed several cases in progress in both criminal and civil matters.

Students were able to experience firsthand the roles of court personnel and the process of sentencing, witness statements and legal argument. Observing the operations of the Queensland Legal System was a wonderful learning experience. Students were able to observe that the language and protocols taught in the classroom are indeed used in the courtroom.

Dingo Management on Fraser Island

This term our Year 12 Geography class has been conducting a study into the management of dingos on Fraser Island. This
is part of a larger ‘Sustaining Biodiversity’ unit that the students study as part of our senior program. As part of our study, we had the opportunity to visit Fraser Island to do field work as well as having wildlife rangers and other experts discuss current policies and strategies relating to dingo management.

Field work has a compulsory and vital element in Senior Geography and allows students an opportunity to apply concepts that are taught in class into a real life situation. Field work is conducted in Year 11 for a study into urbanisation and transportation with a trip to Brisbane and then again in Year 12 with our biodiversity unit and a trip to Fraser Island.

Our students have been very eager in their studies this term and have demonstrated interest as well as being able to assert well supported proposals for both future conservation efforts and future management of dingoes and tourist interactions. We have been very appreciative of those who have taken time out to help our students and wish our students luck for their studies this term.

**The UNSW Bragg Student Science Prize**

Did you know Wi-Fi, penicillin, ultrasound scanners and Google Maps are all Australian inventions? What do you think are the most important discoveries that have been made by Australian scientists, engineers and inventors?

The 2016 UNSW Bragg Student Prize for Science Writing is now open. Students in Years 7 to 10 are eligible to enter this science writing competition, with the winning entry to be published in CSIRO’s Double Helix Magazine, on Cosmos Magazine’s online blog and on http://www.newsouthpublishing.com/

Student entries are to be original short essays exploring Australian inventions or discoveries that have changed the world. Entries close on Friday 26 August 2016. For more information visit the Bragg Student Science Prize page.

**Premiers ANZAC Prize**

In December 2015, I received an email advising that I had been selected as one of 8 winners in Queensland of the Premier’s ANZAC Prize 2016. I was very excited about this amazing opportunity. From the 18th of April until the 6th of May, I embarked on this journey which took me to Gallipoli and the Western Front for various exciting and emotional endeavours.

On arrival in Turkey, my delegation visited many historically significant places such as: Ephesus which is one of the most important ancient cities of Asia Minor, the Artemis temple which was among the Seven Wonders of the World and Troy. Whilst at Gallipoli, we explored the significance of battlefields and memorials that were the birthplace of the ANZAC legend including: ANZAC Cove, North Beach, Shrapnel Gully, Lone Pine, The Nek, Quinn’s Post, Chunuk Bair and many more. We also did our own private commemoration services at these memorials where we laid wreaths, sang the National Anthem and provided an insight to each other of the battles that took place at the sites. However, we also were able to enjoy several hours of shopping which I certainly took advantage of.

The highlight of the first part of the tour in Turkey was the Gallipoli dawn service on ANZAC Day. It was a very emotional and eye-opening experience that I will definitely never forget. Standing there listening to the speeches, the national anthem, last post and choir was amazing. To sit there and realise that you are positioned opposite to ANZAC Cove, where Australian soldiers landed and fought on the foreshores of Gallipoli unaware of who and what they were about to face, was awe-inspiring.

The next stop was France, in particular the Western Front. We travelled to various memorials where we once again participated in our own commemorative ceremonies. The sites included; D-Day battlefields, Utah Beach, the infamous Omaha beach, the huge American cemetery, tapestry of Bayeux, Villers-Bretonneux, Mouquet farm, Bécourt, Ribemont, Millencourt, German war, VC corner cemetery and Fromelles cemetery and the Australian memorial park (scene of a great Australian victory orchestrated by General John Monash on July 4, 1918). The most emotional and memorable part of the tour for me was commemorating two of my soldiers at the Villers-Bretonneux memorial who I had to research and create eulogies for; Private Ernest Wilson Pinches and Lance Corporal George James Northcott. It was just the general atmosphere of being there at the cemetery and seeing on the wall of the missing over 100,000 Australian soldiers who have no known grave is very upsetting.

Furthermore, nearing the conclusion of the tour, we went to numerous museums where I bought many souvenirs such as rare badges, keyrings, books and scarves etc. One of the books I bought called the Great War, I have donated to the school library because I hope for other students to gain a deeper insight into the sacrifice that these soldiers gave to our country and the tragedies of war. It includes original letters, documents and diary excerpts of soldiers and a CD about WWI.

Overall, this tour has been an incredible, once and a lifetime opportunity. After attending the ANZAC day ceremony in Gallipoli, holding 20 pound shells and shrapnel balls, walking in original trenches and sitting in a bunker where Hitler was said to be, my perception of the ANZACs has truly changed. I am able to picture these soldiers on the battlefields wearing their uniforms and serving for our country because I was there and was fortunately able to experience and comprehend their selfless sacrifice. I would definitely encourage and motivate any student who is interested in war to enter and hopefully gain the opportunity to participate in the Premier’s ANZAC Prize 2017 and onwards. Even though the journey is over, the memories will last a lifetime.

In addition to the Premier’s ANZAC Prize, I recently was informed that I was one of 5 winners in Queensland of the Shanghai Sister Cities Youth Camp. There will be 20 other Sister Cities in France, UK, America, Mexico, Israel and Finland
that will congregate in Shanghai in order to promote mutual exchange and communication between teenagers from international cities. We will cooperate through joint efforts, surpass the barriers of nationalities and languages, foster their open and tolerant attitude and global and international vision while enhancing mutual understanding, and have a good time in the wonderful and unforgettable camp.

Denya Hopkins

2016 Australian Geography Competition

Students from Urangan State High School are taking part in the 22nd annual Australian Geography Competition this week. Approximately 60,000 students from around Australia have entered the competition, which is organised by Australian Geography Teachers’ Association and the Royal Geographical Society of Queensland.

Competition coordinator Bernard Fitzpatrick said that the competition gave teachers an opportunity to highlight geography in their schools. “In today’s society, geography is a vital subject that all young people should study. Understanding place and people, and the socio-economic and environmental interactions at local, regional, national and international levels is important to the economic and environmental future of Australia,” said Mr Fitzpatrick. “Geography helps students understand the world around them, and the interconnections of the physical and social sciences within their local community and global communities.”

Year 11 students from Queensland will be selected to take part in Geography’s Big Week Out being held on North Stradbroke Island later this year. From that event, Australia’s team will be chosen for the 2017 International Geography Olympiad being held in Serbia.

Mr Letondeur, a Geography teacher at Urangan State High School said “Our school has maintained outstanding results in this competition. In previous years our students have achieved credits and distinctions and our greatest feat to date was when one of our students achieved success, scoring in one of the highest percentiles and winning an all-expenses paid trip to Sydney to participate in geography activities with students all over the nation.”

Students with Disability Data Collection

Collecting data on school students with disability helps teachers, principals and education authorities support the participation of students with disability in schooling on the same basis as students without disability. All Australian Governments have agreed to work together on the annual collection of data on school students with disability, and all government schools now participate in the data collection.

Please be reassured that the Department will not provide on to another organisation any data that can identify an individual student. The only data being collected at the school level to be reported nationally is the:

- number of students in the school who are provided with an adjustment to address a disability;
- level of adjustments we provide for those students; and
- broad category of disability.

While only data that cannot identify your child will be submitted outside of the Department, if you do not wish for your child’s details to be included, please contact Katie Bailey or Ley Anson by Monday August 1.

Information and fact sheets are available to help you make a decision from the Department’s website: and the Australian Government Department of Education website:


If you have any queries about the collection or use of this data please contact the school Principal.

Wide Bay 13-16 Girls AFL

There were 6 girls from Urangan High School in the Wide Bay 13-16 girls AFL team. They played in the State Championships hosted in Mackay from 19-22 May 2016.

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.
**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/Resourcesscheme/Pages/Bring-your-own-device.aspx

**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 No Tobacco Day – 31st May 2016**

Tobacco smoking is a leading cause of preventable death and illness in Australia. It causes over 15,500 deaths in Australia each year. 89% of lung cancer in men and 70% in women can be directly linked to smoking. Smoking is a hard habit to break because tobacco contains nicotine, which is highly addictive. Statistics show that about 9 out of 10 tobacco user’s start before they’re 18 years old.

Most adults who started smoking in their teens never expected to become addicted. That’s why people say “it’s just so much easier to not start smoking at all”. Every year, on 31 May, WHO and their partners mark World No Tobacco Day (WNTD). The purpose of this is to highlight the health risks associated with tobacco use and to advocate for effective policies to reduce tobacco consumption.

For World No Tobacco Day, 31 May 2016, WHO and the Secretariat of the WHO Framework Convention on Tobacco Control are calling countries to get ready for plain (standardized) packaging of tobacco products. Plain packaging is an important demand reduction measure that:

- Reduces the attractiveness of tobacco products
- Restricts use of tobacco packaging as a form of tobacco advertising and promotion
- Limits misleading packaging and labelling
- Increases the effectiveness of health warnings.

In December 2012, Australia became the first country to fully implement plain packaging and other countries are now in advanced stages of considering the adoption of plain packaging laws or passing laws to implement this scheme.

We all know that smoking increases your risk of developing serious health conditions, some of which may be fatal. Smoking causes about 90% of lung cancers and it can also cause cancer to other parts of the body.

**Smoking also causes:**

- **Bad skin.** Because smoking can slow the flow of blood vessels, it can prevent oxygen and nutrients from getting to the skin. This is why smokers often appear pale and unhealthy.
- **Bad breath.** Cigarettes leave smokers with a condition called halitosis, or persistent bad breath.
• Bad-smelling clothes and hair. The smell of stale smoke tends to linger and it’s often hard to get the smell of smoke out.

• Reduced athletic performance. People who smoke usually can’t compete with non-smoking peers because the physical effects of smoking (like rapid heartbeat, decreased circulation, and shortness of breath) impair sport performance.

• Greater risk of injury and slower healing time. Smoking affects the body’s ability to produce collagen, so common sports injuries, such as damage to tendons and ligaments, will heal more slowly in smokers than in non-smokers.

• Increased risk of illness. Studies show that smokers get more colds, flu, bronchitis, and pneumonia than non-smokers. People who have certain health conditions, like asthma, become sicker if they smoke (and often if they’re around people who smoke). Teenagers who smoke as a way to manage weight often light up instead of eating. Their bodies lack the nutrients they need to grow, develop, and fight off illness properly.

Passive smoking
Second-hand smoke comes from the tip of a lit cigarette and the smoke that the smoker breathes out. Breathing in this second-hand smoke (passive smoking) increases your risk of getting the same health conditions as smokers. Babies and children are particularly vulnerable to the effects of second-hand smoke. A child who is exposed to passive smoke is at increased risk of developing chest infections, a persistent cough, and, if they have asthma, their symptoms will get worse.

Teenage smoking
There are a number of reasons why teenagers choose to smoke but one of the biggest reasons is that their parents do. If that is you, give your child the example of stopping.

Another big reason is peer pressure. If you get to know your children’s friends and their parents then they will be willing to talk to you about what is going on. This provides an opportunity for you to give them examples of how to deal with peer pressure, by providing them with options of things to say and by ‘role playing’ so that they feel comfortable in saying “no” to a cigarette. If your teenager is already smoking then don’t allow cigarettes in your home. If you find them, throw them away.

It has recently been in the news and in local newspapers detailing that The Cancer Council is urging the Queensland Government to introduce a total smoking ban for anyone born after 2001. This means that anyone turning 15 in 2016 would never legally be allowed to smoke. This is something that the Health Minister is considering but he is waiting to see the outcome of the new legislation that is being introduced in September in which smoking will be banned at public transport waiting spots, pedestrian malls, aged care facilities, specific national parks, skate parks and children’s sporting events.

If you want to give up smoking then call the Quitline on 13 7848 (13 QUIT), go online with QuitCoach or talk to your doctor, pharmacist or other health professional.

Managing Difficult Moments
Praise and other kinds of acknowledgement are motivating, and are often needed to help children (and adults) change their behaviour. Psychological research has shown that following up on a person’s good behaviour with something positive makes it more likely that the behaviour will happen again, but is this enough? The following suggestions will also contribute to a calmer household.

Pick the battles
Especially as children get older the battlefield can, if not monitored, become ‘out of control’. As children grow and assert their independence they, at times, push the boundaries. Friends and technology become a focus rather than family; safety can be ignored; messiness and mood changes can create disharmony in the family. Picking and choosing which battle to tackle is an art to acquire. Here is a tip: Focus on the most important issue at any one time rather than a plethora of problems. If children perceive that nothing they do is right then often they give up listening.

Remember: Safety is a priority not to be negotiated.

Be clear in your expectations
Is what you have asked your child to do clear enough? Saying ‘I want you to pick up the clothes off the floor in your room’, is clearer than ‘your mess is annoying me’.

Ensure the expected behaviour is realistic and achievable
Sometimes we ask children to do things that are too difficult for them to do without help, e.g. expecting a child to be in charge of young siblings is not realistic nor safe.

Monitor your own behaviour
Are you managing your own emotions when you are requesting your child to do the same (yelling at a child because of their angry outburst is actually reinforcing that yelling and loss of control is OK). Do you say one thing and do another (e.g. getting annoyed about mess when you are messy).

Catch your child being good
Keep a record of the behaviours you are pleased with and share the positive observations with your child. Have reward strategies up your sleeve for those ‘hard to change’ behaviours. Ask your child about what they like. If they suggest the reward, it will be more motivating. Make sure the reward is realistic for you to give (and preferably not costing money).

If the child becomes bored by use of the same reward, use a menu of items to create variety. When your child meets their behaviour expectation, they select one reward from the menu. A mystery reward is also very motivating for most children.

If a child wants to earn a big reward (e.g. computer game, movie, etc.), you could use a token system. Each day they could earn tokens that can be exchanged later for a bigger reward.
Emphasise social rewards and privileges over material rewards. Material rewards (e.g., toys, money, etc.) are expensive and often don’t work. Many children enjoy having time to spend with their parents or carers. Rewards involving time and activities with parents or carers (no matter what age), can be reinforcing and promote good relationships at the same time.

**Follow through with consequence**

Is it fair and related to the misdemeanour? Does your child understand why they are given the consequence? Will there be opportunity for your child to learn from their mistakes, e.g., parent/child discussion about the problem at hand, problem solving with your child around better choices, and if necessary, role playing of appropriate behavior?

**Homework for the week ahead**

Double the amount of praise you give your child for their good efforts in the coming week, and monitor its success. Keep a track of negative responses you use in conversations with your child. You may need to expand your own vocabulary so you have a variety of positive comments ready to encourage your child.

If you have reached this line, then, well done for taking such an interest in reading these strategies. Good luck with your implementation.

*Adapted from*

http://www.kidsmatter.edu.au/

Community News