19 July 2016

Principal’s Report

Welcome to term 3 to all our new and returning families.

I begin this newsletter celebrating the wonderful performance of students at Creative Generation. It was my first visit and I was so impressed with the whole performance as well as the conduct, cooperation, performance and leadership of our students. It is an event I would highly recommend to everyone.

Thank you to the wonderful and sleep deprived teachers who prepared, supervised, encouraged and supported the students throughout the event.

Well done also to all the students who attended the tertiary trip. I hope it has assisted those students to further their career plans.

Parent teacher meetings are approaching this is a good time to discuss your child’s career plans as well as to reflect on how well they are progressing towards their goals.

Due to the wet weather our NAIDOC ceremony has been postponed. We will advise of the new date when it is confirmed.

Robin Rayner – Principal

Our Condolences

It is with real sadness that I inform our school community of the death of our teacher Debbie Cresswell.

Debbie’s short struggle with cancer came to an end Friday evening. Our deepest sympathy goes to Debbie’s family and friends. We remember her bravery at this time and her contributions to our school and the students she taught.

A funeral service for Debbie will be advised when the school has those details. Some of Debbie’s school colleagues will attend the service. Attendance at the funeral is a decision to be made by each family. As the school will remain open, parents will be required to accompany their child to the service, if they wish to attend.

Relief teachers have been arranged to allow school routines to continue. The school has contacted specialist agencies who are providing additional support.

Thank-you to families for their support and understanding at this time.

Robin Rayner – Principal

Parent Teacher Interviews

Parent teacher interviews are being held for year 9, 11 and 12 students on Wednesday 27 July from 3:30pm to 7pm. Please click on the link below for instructions on how to book your interviews online.

Parent teacher interviews for years 7, 8 and 10 will be held on Wednesday 31 August. The code required to book these interviews online will be provided at a later date.

Taste of Chinese Kungfu

On June 21 the LOTE department hosted “Taste of Chinese Kungfu” for over 100 Year 8 Chinese language learners.

The event started with an engaging Tai-chi demonstration. Tai-chi is an ancient Chinese martial arts form that is one of the most symbolic representations of the Chinese culture, combining both physical and mental well-being. A rapid, energetic sequence of moves with a hard timber fan called the ‘shan’ (扇) was used by the Mr Glen Smith, our visiting Tai-chi master. His fluid display impressed our language students as
well as onlookers as they watched in fascination and asked for repeated performances.

The Confucius classroom is proud to be sponsoring this worthwhile program for our students and to join in this fantastic program which is fun, social and motivational.

P&C Trivia Night

The USHS P&C would like to thank all who attend another fantastic and rewarding night of trivia, fun and laughter raising just under $1000 which will be invested back into the education of all students at the school. Thirteen tables fought it out to see who would be victorious but alas Staffroom 4 still remains the smartest staffroom in the school, finally beating Staffroom 2 through three tie break questions. We would also like to thank the many sponsors who made the night very worthwhile with both cash and prize sponsorships. The 5th Annual Trivia Night will be held on Saturday 17 June, 2017 so mark it in your calendar.

USHS 2016 Athletics Results

<table>
<thead>
<tr>
<th>Age</th>
<th>Boys</th>
<th>Girls</th>
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<tbody>
<tr>
<td>12</td>
<td>Max Goldman</td>
<td>Marcia Breen</td>
</tr>
<tr>
<td>13</td>
<td>Ollie Shuttleworth</td>
<td>Shae Ward</td>
</tr>
<tr>
<td>14</td>
<td>Tyson Roberts</td>
<td>Chey Matthews</td>
</tr>
<tr>
<td>15</td>
<td>Trey Singleton</td>
<td>Mia McWilliam</td>
</tr>
<tr>
<td>16</td>
<td>Levi Matthews</td>
<td>Brooke Hall</td>
</tr>
<tr>
<td>17</td>
<td>Jay Andrew</td>
<td>Rose Robe</td>
</tr>
<tr>
<td>18</td>
<td>James Easton</td>
<td>Taylor Samuels</td>
</tr>
</tbody>
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<tr>
<th>House Points</th>
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<tbody>
<tr>
<td>Baler</td>
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<td>Cowrie</td>
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<td>Triton</td>
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UK Sports Tour Billets

Urangan SHS is hosting Burford School from the UK later in the year as part of their Sports Tour. Our school will be playing some games against them as a part of their trip. If any family could billet a student from Burford School on the 1st and 2nd of August please contact the Sport Coordinator Nathan Spencer (sport@uranganshs.eq.edu.au) as this is the only way that the school from the UK can visit.

Women in Engineering

The Women in Engineering (WE) Explore Engineering Day will be held on Friday July 22 2016. They will be arranging transport to the Engineering Futures Evening on Thursday 21 July for regional students from Bundaberg, Maryborough, Torbanlea, Gympie, Toowoomba and Warwick. Students can stay on campus and participate in engineering-inspired workshops at the Explore Engineering Day.

http://www.explore-engineering-regional.eventbrite.com.au

Aboriginal Summer School for Excellence in Technology and Science (ASSETS)

Applications for the ASSETS open on Monday 13 June 2016. The program, for current year 10 students, involves a nine day residential summer school as well as an ongoing leadership and support program for the students through years 11 and 12. Each summer school has a rigorous academic strand provided by local researchers and education providers, as well as cultural and personal development strands.
The 2016/17 ASSETS summer school dates are:

- **Townsville**: 12-20 December 2016
- **Newcastle**: 5-13 January 2017
- **Adelaide**: 14-22 January 2017

Applications are open to year 10 students who are interested in science, technology, engineering or mathematics and who identify with their Aboriginal or Torres Strait Islander culture and heritage. Applicants will need to respond to a number of questions about their interest in STEM, provide details of a supporting teacher and their most recent academic report. There is no cost to attend, all expenses including return air fares, meals and accommodation are included.


### 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 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.

### Indigenous Opportunities

**GUWANU – Community and School Engagement**

**Parents!!!**

_Did you get frustrated when helping your child with their homework? Would you like a better understanding of your child’s subject and environment?_  
_Help your child to succeed in a fun and motivated environment!!!!!_  
_IF YOU WANT YOUR CHILD TO STUDY TO BE THE BEST THEY CAN BE, THIS IS FOR YOU!!_  
_WHOLE-COACH-STYLE GROUP 5 BACK FOR_  
_ABOURINDI AND TERRS STRATT SLANDS STUDENS AND THEIR PARENTS/CARERS_  

**STAYS BACK ON**  
**TUESDAY 26th July 2016**

- **Full access to computers for assignments**  
- **Teachers on site to answer any questions**  
- **Transport available upon request**  
- **Light afternoon tea provided**  
- **UQ Palmer Cochrane Campus**  
  - **5.30 PM**  
  - **Cost $20**

**MUST BRING HOMEWORK AND USE**

**CALL 0424 496 872**

**FOR MORE INFORMATION OR TO REGISTRATION**

**WANT TO HELP YOUR CHILD**

Working with: UQ Palmer Cochrane Campus  
Harvey Bay State High School  
Unengas State High School

*Parents and Community*  
_Education is the most powerful weapon which can be used to change the world._  
_Nelson Mandela*

Did you know that throughout Queensland there are fourteen Police Communication Centres that receive approximately...
600,000 Triple Zero calls per year. Currently 93% per cent of these calls do not meet the criteria relating to a life threatening or time critical call. These non-urgent calls impact the ability of Police Communication Centres to effectively manage priority Triple Zero calls and tie up valuable police resources. In light of recent reported misuse of the Triple Zero lines across the Fraser Coast Police are asking the community to please think about the following before dialling Triple Zero.

If the incident is not happening now, life threatening or there is little likelihood of the suspected offenders still being in the area, consider reporting the matter on-line, using an App or phoning Policelink 131 444.

Call Policelink 131 444 to report non-urgent incidents including:
- wilful property damage
- stealing offences
- break and enters
- stolen vehicles
- general non-urgent police enquiries.

You can contact Policelink by:
- scanning the Policelink QR code found on Triple Zero/Policelink posters displayed at police stations to make an online report
- using the Policelink Smartphone Application to make an online report
- visiting the link below to access online reporting. Fill in the form and hit submit. It’s that easy!

http://www.policelink.qld.gov.au

You can contact Policelink by:

- online reporting can also be accessed via the Queensland Police Website below Phoning 131 444

http://www.police.qld.gov.au

Don’t forget Policelink operates 24 hours a day, seven days a week and is staffed by people specifically trained to handle the different contact types delivered by the centre. Please keep the Triple Zero (000) emergency number free for anyone needing to report a life threatening or time critical incident or a crime in progress.

### 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.

### 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.

### Dental Van

The dental van is still at the school. They have completed seeing students in years 9 and 10, are currently seeing year 8 students and have issued medical consent forms for year 7 students. If your child has not been seen yet, please return a completed medical form to the dental van or student services. It is the responsibility of your child to make their own way to the van at the correct time and with the completed paper work.

Please let dental staff know if your child is unable to attend their appointment as there is a long waiting list due to poor attendance rates. For any concerns please contact the dental van on 0419 644 314.

### 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

### Worries and Anxieties: Helping Children to Cope

Children, like adults, have all sorts of strong feelings about what is happening to them. At times, the world can seem frightening or uncertain, which may create fearfulness, worry or anxiety.

#### Different Types of Anxiety

**Fears and Phobias**

Very young children often develop fears and phobias. These can be triggered by changes (going to childcare, separating from a parent), or particular things (spiders, snakes, monsters...
etc.). Fears like these are common, but with encouragement and support most children learn to overcome their anxiety.

**General Anxiety**

Some youngsters feel anxious most of the time for no apparent reason – it may be their temperament or may be a pattern of behaviour that is shared by other members of the family.

**School-Related Anxiety**

School refusal can be caused by anxiety – separating from parents, fear of bullying, problems with friendships, trouble with school work or teachers are worth investigating.

**Home Related Anxiety**

Family problems (money issues, squabbling, separation/divorce), death of a family member or friend, harsh discipline or a traumatic experience can be a cause of anxiety (as well as depression).

**What are the Signs**

Some signs of anxiety are:

- Feeling sick – stomach aches, headaches. Not being able to stomach food.
- Feeling tense, fidgety, needing to go to the toilet often
- Feeling fearful or panicky, breathless, sweaty
- Being irritable, tearful, clingy or having sleeping difficulties
- Withdrawing from social contact

Anxiety can limit a person’s experiences in life. It can contribute to lack of confidence, loneliness, health problems and learning difficulties. The emotional effects if not remedied can be long lasting.

**What to do**

- Talk to your child – show your child that you care and want to understand the reasons for their anxiety.
- Give comfort, reassurance and practical help with how to cope, e.g. encourage helpful thoughts rather than focussing on unhelpful thoughts. (There are children’s books to help children cope with divorce, death, anxieties).
- Prepare your child for changes. If possible give sufficient warning – talk to them about what might happen and why, as well as ways to manage the changes.
- For children with school/separation anxiety, regular routines and consistency around sleep, and getting ready for school, having breakfast etc. will generally improve the outcome.
- Be aware of school or family situations that may be creating worries for your child.
- Be aware of your own anxiety and protect your child from taking on your woes.
- Use relaxation techniques, e.g. controlling your breathing, listening to peaceful music, doing something you enjoy.
- Encourage daily exercise, healthy eating, drinking plenty of water, and most importantly getting enough sleep – children need at least 8 to 9 hours. A Healthy body helps keep us on top of difficult situations.

If your child is so anxious that they can’t cope, more specialist help may be needed. Have a chat with your guidance officer, and/or see your doctor.

Adapted from Mental Health and Growing Up, 3rd Edition – Factsheets
http://www.rcpsych.ac.uk/info/mhgu/index.htm

**Community News**

**Chinese Short Course**

A free beginner 6 week Chinese language short course is being held at Urangan State High School beginning on Wednesday 27th July from 4.30-5.30pm. Please contact Kimberly Vanzetta, Head of Department – Languages, on 4197 011 or kvanz5@eq.edu.au to register.

**Adolescent Parenting-Education Seminars**

Indigenous Workstars specialises in the engagement of Aboriginal and Torres Strait Islander people into meaningful employment in a variety of communities and industries across Australia. We currently have an opportunity for a 1st or 2nd year carpentry apprentice to work in Brisbane.
A carpentry apprentice is involved in constructing wall and ceiling frames, pitched roof frames, eaves and roof trusses. They are required to demonstrate many construction techniques such as installing windows and doors, flooring systems, bulkheads, stairs and ramps. They are involved in the finish and repair of wooden and metal structures and fixtures on residential building sites.

Requirements:

- aged between 18-21 years of age
- indigenous heritage
- current driver’s license and access to a vehicle
- knowledge in carpentry
- own some tools

The successful candidate will be required to:

- work 38-40 hours per five day week, with occasional overtime required
- work indoors and outdoors in all weather conditions
- wear protective clothing and other personal protective equipment (PPE)

The successful candidate will also possess the following attributes:

- good manual dexterity
- physically fit and healthy
- able to follow instructions
- technical aptitude in order to follow plans
- willingness to continuously upgrade your knowledge and skills
- able to work at heights
- commitment to safe work procedures
- good interpersonal and communication skills for dealing with customers
- keenness to use tools and equipment to perform tasks that require precision

If you meet these requirements and are interested please send your cover letter and resume to samantha@workstars.com.au.

**Army Cadets**

The Australian Army Cadets is a leading national youth development organisation with the character and values of the Australian Army, founded on a strong community partnership that fosters and supports an ongoing interest in the Australian Army. It adopts the values of the Australian Army - Courage, Initiative, Teamwork and Respect- to empower youth to achieve their potential.

The Australian Army Cadets provides teenagers with opportunities to develop skills including leadership, initiative, teamwork and problem solving in a safe, challenging and fun environment.

As a cadet, you’ll learn to be confident, self-sufficient and willing to ‘have a go’. It’s your opportunity to discover new challenges and have some unbelievable fun. You’ll also learn to lead others and work as a member of a team. You’ll be able to do things for yourself and help your friends learn as well.

Why would you want to join the Australian Army Cadets (AAC)? Well, there are lots of reasons such as camping, abseiling, properly handle and use firearms, participate in Ceremonial Parades. You will also experience basic skills like bush survival, drill, first aid and field craft, how to navigate, use of radio communications plus heaps more. Joining the Army Cadets is your chance to experience a really awesome time by getting into some adventurous activities conducted in a military setting. You’ll also get to visit army camps, attend annual camps and participate in competitions during the school holidays. You can undertake tough adventure training and go bush, win marksmanship awards and qualify for the Duke of Edinburgh Award.

181ACU is recruiting for new members like you between 13 to 17yrs. From July 13th, we will meet once a week after school on a Wednesday from 4pm to 7pm at the Hervey Bay TAFE during school terms. Youth who are 13 years of age anytime in the year are eligible to enrol. Once enrolled you may remain as a cadet until the end of the year in which you attain 18 years of age.

If you want to experience things you don’t do in everyday life, then come along and join the Australian Army Cadets (AAC) website at

http://www.cadetnet.gov.au

Unit Contact details 181ACU Hervey Bay for further information on joining are:

**LT (AAC) Jennifer Emmerson:** Phone 0423 795 511 or email: jennifer.emmerson@cadetnet.gov.au

**LCPL(AAC) Paul Miller:** Phone 0419 504 618 or email: paul.miller@cadetnet.gov.au
Food 4 Seasons Breakfast

When: Every Tuesday Morning 6:30-8:30am
Where: Urangan Community Centre
        Elizabeth Street, Urangan
Cost: FREE
School lunches for students available upon request

This is a free service provided to those doing it tough in the community.

Crafted Reef Project

There will be a variety of crafts workshops on offer including creating lanterns.

A selection of crafts can be used in our kid’s reef project giving kids an opportunity to be a part of a community arts display at the regional gallery in 2017.

The lanterns can be used in the Illumination parade for the whale festival on the 20 August.

Contact us now for details: enquiriesfca@gmail.com

FRASER COAST ARTSLINK
Arts & Craft Village
187 Brolga Street
TURQUA
PO Box 426 Pialba 4655