30 August 2016

Principal’s Report

This term continues with outstanding student achievements and I hope that you are following their progress in the newsletter, webpage and on Facebook. I really enjoyed our NAIDOC celebration and seeing the whole school assembled. I was impressed with the attention of the students and appreciative of the information and presentations of our guests. I certainly learnt a lot more about the Indigenous history of this area.

I was also impressed with the work of the Hospitality students at the Seafood festival. Their presentation and service was excellent and the praise of the hosts was well deserved. I do wish I could attend every great event our students have participated in but there just are not enough hours in the week.

The whale watching trip our International students was a highlight and it was lovely to meet them and see how much they are enjoying the experience. The whales also joined in and gave us some wonderful moments.

On Monday 22nd and Tuesday 23rd August a group of Administration members and union representatives visited two IPS (Independent Public School) schools to see if this is an application we would like to submit. Our P&C has previously been involved in this process and I encourage you to attend meetings if you would like to learn more or voice your opinion. Our closest IPS school is Aldridge SHS in Maryborough and we will be extending our knowledge by visiting other large high schools.

Good luck to all the senior OP eligible students sitting the QCS test this month. The work and effort they have put into every subject area and your commitment to the preparation sessions is their best strategy for success and I am sure they will receive the results they deserve for their efforts.

At the moment Mr Les Czisowski is on leave and Mr Andrew Rye is taking on his role while he is away so any queries about Year 10 should be directed to him. Mrs Deb Smith is also acting in higher duties in Maryborough until the end of term 3 and Mr Philip Van Heusden is replacing her.

Finally I would like to congratulate teachers and students for the excellent NAPLAN results this year. The improvement and achievement at our school have contributed the significant improvement in Queensland data. Although this is just one aspect of student achievement at one point in time it is rewarding to see the strategies employed by the school to raise literacy and numeracy standards are being effective.

Robin Rayner – Principal

Our Condolences

One of our past students, Lee Brown, was tragically killed as the result of a car accident on the weekend. Lee left our school early in 2011 to take up an electrical apprenticeship with his dad Doug. Since leaving school, Lee was often in our school working with the family business. Our thoughts are with Lee’s family.

Regional Year 7/8 Maths Competition

After winning the District competition Christina Beni, Ethan Laskowski and Dax Gallagher represented the school at the Regional Final in Bundaberg on Monday 22nd August. They came a credible third and I would like to thank them personally for all their hard effort over the last 10 weeks. Thanks also go to Mr Bob Deighton who coached them and passed on his
incredible knowledge of mathematics. Looking forward to again be part of this competition in 2017.

**Brian Harrington - HOD Gifted and Talented**

### Science Week

As part of Science Week, Urangan SHS Science Department contributed to Condy Park Kindergarten’s Family Science Night. Students, Luka and Connor, assisted the kindy kids in carrying out some basic experiments, and also did an awesome toroidal vortex cannon demo, using the smoke machine and cannon to produce visible toroidal vortices to knock Styrofoam cups off of the kindy kid’s heads. The night was a great success and hopefully inspired some future scientists!

During Science Week our fantastic titration team of Maddi, Jimmy and Tamara travelled to Bundaberg to compete in the RACI Central Queensland Regional Titration Competition. Teams are required to make very precise measurements of chemical solutions in order to calculate the molarity of two solutions of unknown concentration. Our team ranked 7th overall out of 29 teams and are already looking forward to competing again in next year’s competition. Our team’s fashionable salmon pink lab coats cause quite a bit of ‘lab coat envy’ amongst fellow competitors too!

### Honouring Australian Vietnam Veterans

Between the 17th and 19th of August, I was one of the lucky 55 students Australia wide to win the Honouring Australian Vietnam Veterans Competition. In order to enter the competition I was required to submit either an essay, multimodal presentation or a creative response focussing on the contribution of Australians in the Vietnam War.

As the winner from the Hinkler Division, I travelled to Canberra to witness the 50th anniversary ceremony of the Battle of Long Tan. During the trip I was able to meet so many new like-minded people and was able to visit Parliament House, the National Archives, the National Museum of Australia, the National Service of Commemoration for Vietnam Veterans Day and the 50th Anniversary of the Battle of Long Tan, the War Memorial and the National Portrait Gallery.

This trip shed light onto the effects war has on, not only returning soldiers, but also their families in a way I would not have understood so completely had I just read about it in a book or been taught about it in school.

**Ellinor Waring – Year 10 Student**

### School Musical – The Tempest

Tickets for “The Tempest” are now on sale. To purchase a ticket, you will need to register by clicking the link below and then login to purchase tickets online. Standard tickets are $10. Royal Treatment packages are available for $20 and include a seat in the first three rows, pre-show nibbles and drinks, and a goodies bag. Royal Treatment packages are limited so get in early to secure these seats. Performance dates are: Friday 14th October at 7.00pm, Saturday 15th October at 1.00pm, Friday 21st October at 7.00pm and Saturday 22nd October at 7.00pm. Performing Arts block doors open 30 minutes before the start the show. Royal Treatment begins one hour before the show. Hope to see you there!

Year 12 QCS Information

On Tuesday 30th and Wednesday 31st August the Year 12 OP and rank score students will be sitting their QCS Test. All Year 12 classes (excluding SEP) will be closed for these two days.

STUDENTS ARE NOT PERMITTED TO LEAVE THE SCHOOL GROUNDS DURING THE DAY.

NORMAL SCHOOL PROCEDURES APPLY.

Students have been issued with their equipment list and QCS rules for the examination period. If student have not received their instructions, they are to collect it from their QCS prep teacher. Please bring all of the required material for each session as indicated in the table below.

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<th>TEST</th>
<th>ESSENTIAL MATERIAL</th>
<th>OPTIONAL MATERIAL</th>
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<td>Writing Task</td>
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25th Year Celebrations

This year marks Urangan State High School's 25th year. We are celebrating by holding a series of events on Saturday 15 October 2016.

Come along and catch up with all your old class mates and teachers. The day will start at 12noon with markets and an official signing in. There will be a performance of our school musical "The Tempest" at 1pm followed by an opening of the time capsules at 4pm. From 5pm onwards there will be a music festival (this will be a licensed event) on the oval showcasing our current and past talented students.

During the day there will be guided school tours, performances, displays and food and drink vans. We encourage you to share your school memories by placing old photos or memorabilia on this event page. Please use #ushs25years as your hashtag.

Everyone is welcome, come along and help us celebrate!

Wanted!

We are looking for old hard cover books, suit jackets and dress pants, and decorative cups, saucers and dinner plates for "The Tempest". These items will not be returned. Please donate items that are taking up space in your cupboard or shed that you want to dispose of. Donations can be delivered by your child directly to Staffroom 2. For more information contact Liza Young in the Creative Futures faculty.

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.
Alternatives to Smacking Children

Why smacking is a bad idea:

- Hitting teaches children that violence is the way to get what they want
- Hitting children means they don’t learn to manage conflict
- Children have the right to feel safe. They deserve the same level of protection as adults.
- If you hit your children, they will be afraid of you when they are young, and angry when they are older
- Smacking can become a habit. When it doesn’t work most people hit harder.
- Adults are stronger than children. Hitting in anger often causes serious injury.

Helping children to behave without having to hit:

- Recognise the problem. Is your child feeling tired, hungry, cold or worried? Fix the problem and behaviour may improve.
- If your child is ‘in a state’ there is no point reasoning or hitting. Give everyone some space. When your child has calmed down, discuss things calmly and quietly with no distractions
- Tell your child clearly and firmly what they have done wrong. Be clear that it is the behaviour you don’t like, not your child.
- It is important the child knows what they should do, not just what they shouldn’t.

If their behaviour has caused problems, ask them how to make things better. With your help it could be positive for you both! Children need attention. If children are ‘good’ we ignore them, if they are ‘bad’ they get our attention. Catch them doing something good and tell them.

Things to try if you are at the end of your tether!

- What- ever you do, make sure your child is in a safe place!
- Take a few deep breaths. Count to 50 or recite the alphabet
- Walk around the house or go outside
- Do some stretching. Exercise is great for relieving stress
- Don’t be afraid to ask for help. Phone a friend or relative
- Make yourself a cuppa and relax
- Congratulate yourself on not smacking
- Remember the special things about your child and talk about them later
- Talk with your partner about how you want to bring up your children. Don’t undermine each other
- Listen to your children and respect their point of view. Work out family rules together

• Set reasonable limits for behaviour depending on your child’s age and stage
• Share the care between the adults and support each other to have regular ‘time out’
• Family life can also be fun. Spend time with your children playing a game, kicking a ball, cooking a meal or eating together as a family.

Adapted from NAPCAN< Preventing Child Abuse

Fresh Faced Friday (#FFF)

Fresh Faced Friday (#FFF) is a concept that was developed by a group of young people in 2013. They wanted to create a day full of celebrating being who we are and who we want to be, judgement free. Schools, community groups and individuals all get involved on the day with a whole lot of body and self-positivity being spread.

On 2nd September Urangan State High School are getting involved. We will all be involved in a “tear up” of the negative and getting body positive. Feeling good about yourself and your body image is important because those people who do will generally have a higher level of physical and psychological health, better personal development impacting on many other areas of life such as self-esteem, outlook on life, self-acceptance and relationships.

We will be running #FFF events at first break in the “Theatre in the Round”. We would like all students to get involved and help celebrate their individuality with music, selfies, free goodies and “surprise” entertainment.

Thank you to everyone who has supported the event so far!

Shanna from New South Wales describes it as:

“Fresh Faced Friday is all about owning who you are. It’s about being comfortable in your own skin and not trying to hide or cover-up in order to confirm. It’s about saying ‘this is me, I’m different, I’ve got flaws, and that’s okay!’ It’s time to change the conversation about body image, it’s time to talk body positive.”

Dayna from South Australia says:

“At unleashed last year, an FYA intern said something along the lines of ‘you alone are enough, you have nothing to prove’. That puts it perfectly, you are exactly who you are meant to be, beauty goes beyond what you see, and you as a person are perfect just the way you are, inside and out.”
“Beauty isn’t about having a pretty face. It’s about having a pretty mind, a pretty heart, and a pretty soul.”

Community News

Relay for Life Fundraiser

Premier Night at Bigscreen Cinemas Hervey Bay
In Support of
Rob's Warriors Relay for Life Team
Thursday 8th September 6.00pm for 6.45pm Viewing
Lucky Door Prize and Raffles Available
$15 Adult  $13 Child (3-12yrs)
Tickets can be purchased at Rob's Warriors Facebook Page, Message on Car or at Bigscreen Cinemas
Purchase own Snacks at Snack Bar  Thank You in Advance for Your Support