23 November 2016

Principal’s Report

The year is coming to a close and we have said farewell to our Year 12 cohort with a wonderful graduation ceremony and for many the long awaited formal. They certainly looked like young adults, not school children. I wish them every future success and happiness.

I am also able to provide an update on some staffing changes for 2017. Mr Christie will be on leave and Mr Matthew Stutz will replace him for 12 months. Please make him welcome to our school community. Mr Mills has been offered a temporary Deputy Principal position in Maryborough and we congratulate him on this well-deserved achievement. Mr Radic is also confirmed as a permanent Guidance Officer at our school and we welcome this news and the certainty that he will be able to continue the excellent programs he coordinates in Junior Secondary.

Congratulations to the fantastic instrumental music students for their gala evening. I so much enjoyed the music, and appreciated the obvious enjoyment the students had in performing. We have some wonderfully talented young people and I congratulate the teachers who have mentored their development.

With only a few weeks left I encourage all students to maintain their attendance and focus on their work. The work they do this year is essential to prepare them for 2017, whether to consolidate what they have learnt, to complete assessment or to extend their learning. I have asked all teachers to maintain a learning focus until the last day to ensure the best possible education future for all students.

In considering 2017, I encourage parents to provide a device for their children. This term, under Mr Mills’ leadership, and with some very keen teachers we have tried a digital device class where the pedagogy or teaching has been through the use of student devices. This has allowed us to rectify technical issues, build teacher capability and enhance student learning, and in 2017 we wish to expand this approach for as many classes as possible. We are also moving towards NAPLAN tests online, where students in Years 7 and 9 will be completing the tests on computers or similar devices. The more they develop skills to manipulate information on devices the better they will be able to complete the tests. The workforce of the future is increasingly dependent on digital devices and student engagement and skill development in this area will enhance their career options. We regularly draw attention to devices that are available, however students may bring any device that suits their learning needs, whether laptops, tablets, ipads or surface devices etc. We advise the specifications that enable students to access our system, and advise that whatever device you provide for your child meets these specifications. Mrs Johnston and other staff are able to provide advice if you would like help, however most reputable companies can discuss those specifications with you.

The other change happening is the implementation of NDIS and I encourage all parents of children with disabilities to attend any information sessions in our community. Please also discuss the best processes with our SEP staff, as often documentation completed while at school is of great assistance once students leave school.

Best regards
Robin Rayner – Principal

Constitutional Convention Excursion

Five students from Urangan State High School, Keely, Teleigha, Tia, Byron and Samantha attended the Constitutional Convention held in Maryborough. Students from Bundaberg, Isis, Maryborough, Kingaroy and Hervey Bay attended the
convention. The purpose of the day was to get students thinking about whether Australia should become a republic. Each school nominated a spokesperson to represent their school and compete against one another in presenting a speech. The focus of the speech was ‘Should Australia Become a Republic?’ Samantha spoke on behalf of Urangan State High School. The ultimate winner, voted by the attending students, has the opportunity to represent our Region in Canberra in March 2017. Congratulations to Hervey Bay High for being this year’s winner. During the day students were addressed by Fraser Coast Deputy Mayor George Seymour and Assistant Regional Director Ross Zelow. Students also interacted with legal students from across the region in activities that tackled the theme and called for students to think for themselves and formulate their own opinions. At the end of the day a vote was taken for the collective opinion of the group as to whether Australia should become a republic. As a result, a vast majority of the students voted yes. Congratulations to all students who attended and represented the school well, while enjoying themselves and especially congratulations to Hervey Bay High, who has the honour of representing our region in Canberra next March.

Written by Samantha

Congratulations Denya!

Recently I competed in an International Chinese Bridge Competition in Kunming, China. The competition involved doing a cultural performance, a two minute prepared speech including a one minute introduction and one minute about what I know about china and a two minute dialogue, which everyone had less than a day to prepare for. I competed to the best of my ability but unfortunately did not place. There were over six hundred competitors so I was still very proud of myself! After the competition we journeyed to multiple tourist destinations including the Great Wall, Summer Palace, Forbidden City and the zoo where I was able to take many photos and videos. At the same time we were educated about the cultural significance of each destination. Overall, it was an unforgettable experience, one that was made more exciting by being able to meet other high school students learning Chinese from all over the world!

Written by Denya

Old Second Hand Uniforms

With the year coming to a close, if you have a student in Years 9 or 12 who no longer require their uniform and you would like to sell it, the uniform shop is more than willing to sell it for you on consignment. As long as the uniform is clean, unstained and there are no tears just drop the uniform off to the uniform shop between 8:00am and 10:30am daily. Megan will register your uniform and then put it onto the second hand rack. When your uniform is sold, you will receive a cheque to the value of the uniform less $5 consignment. For more information please contact Megan on 4197 0116.

2017 China Trip Information Evening

Thank you to all of the families who attended Thursday’s information session for our 2017 China Trip. It is a great opportunity for Chinese Language and Ancient History students. For those unable to attend, we discussed the following items:

- **Detailed tour Itinerary** - to be collected from Staffroom 7
- **Tour cost inclusions/exclusions** – information on the itinerary
- **Hotel Accommodation**
  - Twin/Triple share – students will request groupings prior to departure
  - Communication with home – Skype recommended as hotels have free wifi
- **Homestay component** of tour – three days
  - After school Chinese language lessons will be provided free of charge by the Confucius Classroom to students during Terms 1-3, 2017 to ensure that students have basic language skills to communicate with their homestay.
  - Tour will require a minimum number of students to be viable and will be capped at 30 students.
  - There will be a Reserve list for students who pay after the 30 limit is reached. For those on the Reserve List, hand in all forms, but no deposit will be taken. You will be contacted with the final decision.
- **Deposit payment to Student Services** with completed forms is due Friday 2nd December, 2016. This deposit will be fully refunded if the tour is deemed not to be viable. An email/contact will be made to all families who have paid a deposit to confirm that the trip is moving forward with its booking (before the end of the school year).
Tips for parents to prevent cyber-bullying

Kids socialise very differently these days. A lot of it takes place on the internet, a world that can be very hard to monitor as a parent. Due to the remote nature of the internet, it may be less obvious that your child is being subjected to cyberbullying, so be sure to watch for symptoms and talk to your child if you have any concerns.

Cyberbullying involves the use of email, chatroom or social media site messaging on the internet, and text, picture and or video messaging on mobile phones. Unfortunately, it means victims can be bullied even when they’re not at school, leaving children very few places to hide. Often, children may be scared to confide in their parents regarding cyberbullying, worried they’ll have their computer rights restricted, or their mobile taken away.

Symptoms can include:

- Excessive computer use
- Troubled sleep or nightmares
- Depression
- Anti-social behaviour
- Anxiety after using the computer
- Not answering their mobile phone or checking messages

Tips for talking to your child about cyberbullying:

- Educate your child about cyberbullying and reinforce which types of online behaviour are acceptable, and which are not
- Advise them only to give their mobile number and personal email to friends
- Enforce time-off from the computer or their mobile phone if cyberbullied
- Do not open emails from cyberbullies or respond to bullies on Facebook or SMS
- Encourage them only to talk to people they’ve met in person
- Block the bullies from their Facebook account

What to do next:

- Move your family computer to a public place so you can monitor the times they’re online, and their anxiety levels
- Contact the police if the messages are threatening

In the event your child has been a victim of cyberbullying, parents can seek assistance from:

Parentline QLD - 1300 30 1300

Young people are encouraged to call Kids Helpline on 1800 55 1800.

Information on cyberbullying is available from the Guidance Officer or online from:
All family members get angry, sometimes. It is quite normal to become angry, as this is a natural human emotion. However, responsible controlled anger is different to raging uncontrollable anger, which is one letter away from ‘danger.’ If an individual turns anger into violence, we create potential for a dangerous outcome.

There are many ways to become violent. If one continues to dwell on the angry incident, if one starts to run negative scenarios in the memory or excuses for how the other made me angry, the anger can intensify. Negative thinking comes before negative actions.

No-one makes us angry. We control our own brain, the brain is our computer. Do not let it overheat. All situations can have a peaceful outcome.

There are strategies to control our anger. Thinking calm rational thoughts, breathing slowly, and many other strategies are available to reduce and control anger. If one thinks positive, positive outcomes can be the result.

The violence will affect all involved. Children, can suffer post-traumatic stress or worse, will learn the violent behaviour.

If a person has difficulty controlling anger; seek help, go for a walk, mediate, breath, get away from the source of the anger or talk to someone.

From the Guidance Officer
Mannly Dubroy

Domestic and Family Violence

Junior Homework Club

Junior Homework Club is 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.

Community News

Strategies for Success Seminars

In the January 2017 school holidays, Study Crunch will again be holding the popular ‘Strategies for Success’ seminars. A two-day senior seminar for students in years 10, 11 and 12 and a two-day Junior seminar for students in years 7, 8 and 9 are available. Three main areas of learning are covered:

- **Learning skills** that help students to learn easier and more efficient methods of approaching study. These include organisational skills, essay planning, note taking, memory skills, presentation skills, and speed reading (speed reading in 2-day senior seminar only).
- **Motivation Skills.** A close look at how self-motivation works. Learn how to get motivated and stay motivated.
- **Stress Management.** Simple techniques for relieving stress, especially important at exam time.

Students leave the seminar with the skills needed to improve their ability to study, improve their school results, and make a success of their years at high school. Quality materials are used alongside films, group activities, and lectures. Investment in the senior seminar is $410 and the junior seminar is $260 (GST included). Seminars will be held at Q.U.T. Gardens Point Campus in Brisbane. For more information call (07) 3281 1400 or register online at the Study Crunch website.


If your child is going into Years 7 to 12

You can help!

January Holiday 2-Day Seminars in STRATEGIES FOR SUCCESS

How you will benefit: Students emerge from the seminar confident and motivated towards their studies and possess the powerful new strategies for success including: understanding, advanced summarising, memorising and retention, essay planning, class management, time management, goal setting and correct study methods.

This unique Australian program has been tried and proven over many years with a broad range of students. It is presented in Brisbane during school holidays by qualified university technicians and consultants in learning performance and student motivation. A survey conducted on an average of six months after the child’s attendance, 55% of parent respondents said there had been a persistent positive change in their child’s actual school performance.

What previous students have said:

“A very worthwhile investment in my life.” C. Bawden

“I felt like I had finally achieved something.” C. Cilliers

“Powerful presentation - an educational must.” R. Kuns

2 Day Seminar (Year 10-12) $410

8am - 4pm each day

16-17 Jan at Q.U.T

Register at studycrunch.com.au or Ph: 07 3281 1400

Limited places

Junior Homework Club

The 2017 holiday opening hours from 9 - 21 January will be as follows:

- **Monday:** 10am – 2pm
- **Tuesday:** 8am – 2pm
- **Wednesday:** 10am – 2pm
- **Thursday:** 10am – 6pm
- **Friday:** 10am – 2pm
- **Saturday:** 10am – 2pm

If you would like to use Centrepay to purchase uniforms please organise a slip from Urangan State High School Reception before the 9 December 2016.

Bookings for the Uniform Shop school holiday opening hours can be made online via the School Interviews website.

For parents/guardians who do not have internet access, please phone the school on 4197 0105 to make your bookings between 8am and 2:30pm.

From the Guidance Officer
Mannly Dubroy

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http://www.kidshelp.com.au


Aboriginal and Torres Strait Islander Health Checks

Have an Aboriginal and Torres Strait Islander Health Check & receive a free shirt! Urangan State High School will be running health checks each Tuesday from the 1 November 2016 between 9.30-2.30pm. Students please see Shane Nelson at Urangan State High School for a parent consent form and information package or contact Shane on 41970126 or email snels49@eq.edu.au.

ReNew Seminar

If you want to enjoy a good life with your family, then come along to the ReNew information night at 5.30pm on Wednesday 23 November 2016. Mums and sons are welcome.

Examine hands on exhibits and apply the latest crime solving techniques to solve a murder

My Future: My Life

My Future: My Life is a ground-breaking initiative which encourages and supports Queensland secondary students with a disability to pursue their vision and goals for life after school.