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Principal's Report

Welcome to all our continuing and new families for a year in productive learning and quality education at Urangan SHS.

We have enjoyed the induction of our 2017 student leaders and were honoured to have the Director General Queensland Education and Training as our guest, as well as families and many other special guests. The student performances, hospitality and speeches held to our high standards and pursuit of excellence every minute, every day.

Thank you to all those parents who have ensured their children are attending and ready for school every day from the first day of school and to those who have contacted the school regarding absences and any other issues affecting attendance. Our enrolment is over 1700 and we look forward to a great year as an Independent Public School.

We welcome Mr Stutz as Deputy Principal for 2017 while Mr Christie is on leave and Mr Rye continues as Deputy Principal while Mr Czislowski and Mr Wotton are on leave. Welcome also to all our new staff and congratulations to Mrs Anson who is now Deputy Principal Special Education, Mrs Fader as Head of Department Special Education and Mrs Hannant who has progressed to AO7 BSM.

Our key priority areas this year remain as:

- Professional Pedagogical Practice – high quality teaching
- A Guaranteed and Viable Curriculum
- A Safe and Supportive Culture

We have increased support in a number of areas to achieve this with a Support Teacher for Closing the Gap, Mrs Crilly, an

Attendance Officer, Mr Crilly, a Head of Department Innovation, Mrs Powell and a soon to be appointed Head of Department Quality Teaching. We have also increased hours for the Youth Support Coordinator role with Mrs Dangerfield working full time as soon as we appoint the second Youth Support Coordinator who will also oversee vocational training.

Our Canteen and Uniform shop have started the year well and I thank Sandy, Megan and the staff for all their hard work and many extra hours to ensure students are well supported. The canteen is also stocking a small range of stationery should students find they are short of a pen etc.

The P&C meeting is on the 14th February and before the meeting at 5.30pm, we will have Mr Kevan Goodworth from School Councils Queensland speaking to us about School Councils in an IPS context. I encourage as many parents as possible to attend the information session about the School Council and the P&C meeting as it is your support and advice that assists us to meet the needs of our school community.

I look forward to the Swimming Carnival, my first at USHS.

Best wishes to everyone for a great 2017.

Robin Rayner – Executive Principal

School Photos

MSP Photography will be coming to the school on Tuesday 21st and Wednesday 22nd February to take the student photos.

P&C Meeting Calendar

The first meeting of the year for the Urangan SHS P&C will take place on Tuesday 14 February at 7:00 pm in the Board Room of the Administration Building. David Whittaker (President) and the

current P&C committee members would like to invite all parents who would like to have a say in their children's education or to find out what is happening around the school to come along and join the P&C for 2017. The P&C AGM will be held on Tuesday 14 March where all executive positions will become available. The dates to put into your diary for the P&C meetings for 2017 are:

14 February
14 March (AGM)
9 May
13 June
11 July
8 August
12 September
10 October
14 November
5 December

Thank you and we look forward to seeing you at the P&C meeting.

China Trip 2017

We are well underway with the planning of the finer details of our China tour. To touch base with parents/guardians and to deliver further details, we will be hosting a meeting on Thursday 9th February at 5.15pm in the Resource Centre. Looking forward to seeing you there.

Kimberly Vanzetta - HOD HaSS/Business

Adolescent Parent-Education Seminars

WHAT: Skills for resolving teenage behaviour problems and disputes

WHEN: Term 1 - March 7, 14, 21 and Term 3 – August 8, 15, 22

6pm – 8.30pm; 3 X 2 ½ hour sessions run over 3 consecutive weeks (7 ½ hours in total)

TO REGISTER YOUR INTEREST IN THESE SEMINARS

Contact the school office phone 4197 0111 or email Leanne at loliv12@eq.edu.au.

False Enrolment Details Could Lead to Prosecution

Officials in Brisbane are threatening to report parents to the police if they are found to be lying about the catchment area they live in in order to get their children into elite state schools. The Department of Education has published enrolment guidelines for parents looking to send their children to prestigious state schools such as Brisbane State High. The guidelines stipulate that parents must sign a statutory declaration to provide legal evidence that their child is eligible to attend the school in question. Schools also reserve the right to "independently assess, validate or investigate applications", and those found to be false will be turned over to the authorities.

The strict measures come as population growth in Brisbane and an increase in high-density housing increase competition for places in the best schools. A statement published by Education Queensland said, "False or misleading statements or assertion about the student's principal place of residence amount to an offence and will be reported to police." A bogus application for school enrolment that uses misleading information amounts to fraud, according to Department of Education infrastructure services branch assistant director-general Kevin Mara. "Schools are obliged to act on complaints or allegations of dishonesty and the department makes no apologies for ensuring application processes remain fair and transparent," he said.

Brisbane State High has actually repealed the enrolment of one student after it was discovered his application included false information. Brisbane State High is one of 400 state schools to introduce enrolment management plans, having reached 80 per cent of their capacity. According to Education Queensland, Brisbane State High has experienced a particularly sharp increase in demand for places.

"The increase in numbers has been particularly exacerbated by the number of families moving into the catchment area and also influenced by the increase in the number of multi-dwelling properties in the catchment," say the guidelines.

Mr Mara added that the guidelines have been put in place to ensure students receive high-quality education at their local school. If there is spare capacity in a certain school, out-of-catchment applications are placed on a waiting list.

<http://m.frasercoastchronicle.com.au/news/new-leaders-celebrated-at-urangan-state-high/3138796/>

2016 ASG National Excellence in Teaching Awards.

Congratulations to Damien Symes who has been named as one of 60 State and Territory recipients in the 2016 ASG National Excellence in Teaching Awards. He has been named as one of 60 State and Territory recipients in the 2016 ASG National Excellence in Teaching Awards from more than 1,350 nominations.

Maths Tutorials

Students of all math levels are welcome to any of the Timetabled Tutorials. Maths B/C Students should seek specialist assistance from designated Teachers on indicated day if possible.

Need for Feed

The Popular Cooking program, **NEED FOR FEED**, is back again. It is being offered to year 7 – 10 students and will run for 8 weeks in term 2 on Monday afternoons; 24th April through to the 12th June. The program is where students **prepare and cook healthy food** and aims to improve student's confidence, attitudes and behaviours associated with healthy eating, all in a fun and interactive environment.

The program is a Queensland Government initiative and is delivered by Mrs Olive and Mr Symes after school from 3.15pm -5.15pm on the dates outlined above. There is no cost for the program.

Students need to be collected from school at 5.15pm promptly from the car park off Emerald Way. This is very important, as it is dark at this time of the day during April through to June.

Students need to present to Staffroom 3, see Mr Symes or Mrs Olive, to register their intention to partake in this program during term 2. Hurry, numbers are limited.

Food Cave

The school canteen, "The Food Cave" has just released their 2017 healthy eating menu. Please see the link attached for a copy of the menu. Pre-ordering before school is encouraged so as to avoid lining up and to guarantee you get the food that you like. Vegetarian, Vegan, Gluten and Lactose Free options available upon request. The canteen is open for breakfast from 8:15 am and is open until 3:15 pm for after school snacks. The drinks vending machine is open during lunch breaks to avoid having to line up just for a drink. Please remember that bags stay outside of the canteen with your friends, only students purchasing are to enter the canteen. If you have any questions, please contact Sandy the Canteen Convenor on 4197 0114.

Uniform Cave

Thank you to all of the parents who came and purchased their uniforms during the last 2 weeks of the holidays. The uniform shop is now back to its normal operating hours of 8:00 am to 10:30 am daily and 8:00 am to 2:00 pm on Wednesday. If you have any second hand uniforms that you would like to sell through the uniform shop, just drop them into the shop and they will be sold on consignment on your behalf. Please see attached for a copy of the current price list of uniforms. Payment of uniforms can be made via cash, credit, cheque (made out to Urangan SHS P&C Association), EFTPOS or Centrepay (authorisation required from Administration prior to purchase). Please remember that bags are to stay outside of the uniform shop with your friends, only students purchasing uniforms are to enter the uniform shop. If you have any questions, please contact the Uniform Shop on 4197 0116.

Cake Decorating

If you are interested in participating in the 2017 Cake Decorating Course being offered, please collect a letter from Mr Symes in Staffroom 3. The 12 week extra-curricular course will be run every Wednesday afternoon from 3:30 pm to 6:00 pm in HE04 from Wednesday 22 February through to 24 May, 2017. This course is designed to introduce students to the dying art of Cake Decorating and Sugar Art. At the conclusion of the course, the students will submit their final cakes into the Cake Decorating Competition at the Fraser Coast Show on 25 & 26 May. The cost of the course is \$50 which covers the cost of the 10" Styrofoam cake block, foam wire stand, fondant to cover cake and decorations, ingredients for a 10"

layered torte and entry fee into the High School Section of the competition. The school supplies the specialist equipment such as fondant tools, colours, books, cutters, veinners, wire, tape, cotton, gelatine, polenta, lustres, glitters, cake board with cleats and board coverings. Mr Symes will be showing the students fir finer details of making Roses and Carnations, Ribbons and Sprays, Novelty Figurines, Covering Boards and Cakes, Royal Icing, Cake Making, Buttercream and piping along with cake assembly. If your child is interested, have them collect a letter quickly as the positions fill fast. Students are to find their own way to and from the course each week. Payments will be due by Friday 17 February. Any questions, please contact Damien Symes on 4197 0111.

Junior Games Arena

Every Friday first break will be games and activities for all junior students on the Junior Oval. Mr Symes will have his bag of equipment available. Students have the options of playing football, cricket, volleyball, handball, skipping, hoola-hoops, grip ball, elastics, Frisbee and capture the flag just to name a few. Please encourage your child to get out and be active on the Junior Oval but always remember that they must have their school bucket hat on them at all times when outside of the classroom.

Laughter is the best medicine

How is it that the sound of laughter is far more contagious than any cough, snuffle, or yawn?

Laughter is a natural part of life. The part of the brain that connects to and facilitates laughter is among the first parts of the nervous system to come on line after birth. Infants begin smiling during the first weeks of life and laugh out loud within months of being born. Even if you did not grow up in a household where laughter was a common sound, you can learn to laugh at any stage of life. Now is the time.

While humour and laughter can cause a domino effect of joy and amusement for anyone in range, it is well researched that this activity can make us healthier.

Though it can be difficult to define what exactly makes humour funny, laughter has long been considered helpful to the healing process. Substantial research indicates that humour and laughter play a health role. Did you know that laughing:

- exercises the internal organs (great for the stomach muscles and the cardiovascular system),
- with all that mouth opening and deep breathing, laughing gets more oxygen to the brain (to enhance alertness and thinking),
- boosts endorphins (natural mood-elevating and pain-killing chemicals),
- strengthens the immune system (to help fight off disease.)

Laughter has also been shown to improve pain tolerance, reduce stress, lower blood pressure, and protect the heart.

The social effects too are many. They include:

- improving a person's optimism and outlook on life
- connecting you to others – others will want to spend time with you
- fostering instant relaxation
- and most importantly IT MAKES YOU FEEL GOOD

Unlike more invasive therapies, laughter therapy is cheap and has no harmful side effects - not bad for such an enjoyable activity.

The great Groucho Marx who spent his movie life clowning around stated: *A clown is like an aspirin, only he works twice as fast.*

But Humour must be used with care. Children should not be exposed to inappropriate adult humour. Never use humour to offend or shame another person. It's not about laughing at another person but ensuring everyone enjoys the joke. If you feel a need to laugh at someone make sure that that someone is you.

Try these activities. They will benefit your child and you:

- Watch comedy DVD's and TV shows
- Visit the circus – do some clowning around yourself
- Listen to comedy while driving – the news these days is very depressing
- Read comic authors/ tell jokes.
- Seek out funny people - spend less time with overly serious people.
- Bring humour into conversations. Tell and invite funny stories
- Just practise smiling and laughing. If you have to - `fake it till you make it`
- Let's see more people laughing, and smiling. Our communities, including schools and workplaces, can only benefit.

Adapted from Gregory J. Boyle and Jeanne M. Joss-Reid, "Relationship of Humour to Health", *British Journal of Health Psychology*, Feb. 2004.

Community News

Hervey Bay Netball



Hervey Bay Basketball Sign On

Online registrations are now open for the 2017, Term 1 and 2, Summer Season. Divisions exist in U11, U13, U15, U17, Mixed Social, Women's, Men's B and Men's A. Fixtures commence 08/02/2017 so go to the link below to register. We will have a representative down at the Sports Expo this Sunday the 05/02/2017 for further details.

<http://www.herveybaybasketball.com.au>