19 August 2013

From The Principal’s Desk

Last week I attended the CISSSA Rugby League finals where the school was successful in three finals and was runner-up in the fourth. In that same week the Volleyball program provided two further premierships, one runner-up and one third place and the Year 8 Girls’ Football team became premiers following a penalty shoot-out.

I’m sure that these success stories are featured elsewhere in this newsletter, but I wanted to mention them because they are examples of this school not only talking the talk, but also walking the walk. We do what we say we will do, and this applies to our academic, vocational and cultural programs just as well as our sporting teams.

It does not mean that we will win everything we enter, but that our students will be encouraged, coached, trained and mentored to be the best they can be, and that in many situations this will be equal to, or better than, anyone else’s best.

So, my message in this edition is to our students. Parents and carers please feel free to read it as well and to share it with your students.

Ipswich students are just as qualified as those from any other city or school, and with this in mind, I encourage you all to turn your attention to next year, and how you will become even better. Some of you will be looking for employment or further education; others will be heading into the senior school for the first time; while all of you will be doing something new and in a slightly different environment.

Take the time during the remaining term and a half, to steady yourselves, remind yourselves of what you have achieved, and what you haven’t, and then focus on the future. Set realistic goals and share them with someone who can help you achieve them. Plan ahead; don’t rely on “just in time” – actually make a plan.

Next year I anticipate further successes across all our programs. The first of our primary ACE [pACE] students will be enrolling here; more volleyballers and footballers from both codes will be wearing our shirts; aspiring tradies will start their training at our new facility; dancers and musicians will benefit from their new classrooms; hairdressers and beauticians will continue to hone their skills; and budding linguists will develop a love of all things Japanese.

Take pride in all you have achieved at this school so far, and prepare to be the best you can be, in all that you can do throughout the rest of 2013 and into 2014. Thank you for continuing to work in partnership with our school.

SIMON RILEY
Principal

Year 10

Firstly, Year 10 Senior Education and Training (SET) Plan evening will be held on Wednesday 28 August 2013. A SET Plan is more than just choosing particular subjects for year 11 and 12. It is designed to help your student to map individual pathways through the Senior Phase of Learning. In preparation for this evening, Year 10 students have been discussing eligibility requirements of the Queensland Certificate of Education (QCE) as well as subject selection materials in their Access periods. Students will also be provided with an electronic copy of the Job Guide and Ipswich SHS Subject Selection guides prior to the evening.

During this SET Plan evening students will complete an online plan with their parents and a nominated teacher. It is a compulsory requirement of Education Queensland that all students complete this plan. Your student has been allocated a nominated member of the teacher staff to assist them with their choice process and the online planning.

For this event the school will be utilising the same electronic registration process as Parent-Teacher interviews. Details of how to logon and register for a time that is suitable for yourself and your student will be sent home this week.

At the completion of the SET Plan, students and their parent/guardian will be encouraged to explore a range of post-schooling options from a variety of education and training providers such as Universities, TAFE institutions and other government agencies. These providers will be located in the Resource Centre. Furthermore, there will be a presentation from DETE Regional staff at approximately 7.00pm.
Secondly, all eligible Year 12 students will be sitting the Queensland Core Skills Test on Tuesday 3rd September and Wednesday 4th September 2013. To support them in this process the staff and administration team have invited all eligible students to a cooked breakfast before the start of testing each day.

We will be serving bacon, eggs, fruit and juice from 7:45am outside C Block to ensure their minds have enough energy to get through the rigorous testing. Please help your student in their preparations by making sure they have the appropriate equipment.

It has also been decided students who are not sitting the tests have permission to stay home from school to do study.

Furthermore, this is a little reminder that Year 12 students cannot attend any end of year celebration activity, including the formal and mystery tour, unless they have completed all their assessment and all school fees are paid.

Finally, good luck to all Year 12 QCS students. Please remind your Year 12 child to check their results to make sure they are on-track for obtaining their OP / QCE. Please also encourage your child to get involved in all areas of school life as much as possible to help reduce stress levels when faced with unfamiliar situations.

Michelle Campbell
Year 10 Deputy Principal

Year 8 & 11

Sometimes in this job you see the best and worst in life. The best bits are the successes that students have against all odds. I got to see this in action last Wednesday when our Rugby League Teams competed in the Ipswich Region Finals. It was not the Years 8, 9 and Opens who won their finals who impressed me the most; it was our Yr 10’s.

For the majority of people sitting at the ground no one would know the story behind the kids. The fact that this group had been beaten extensively in the first two games of the season; that they had players join late and became a “team” because of their struggles. They were valiant and had a chance to win against a much bigger and experienced opponent. I even found myself running on water to the boys because of how impressed I was with their fighting spirit. But unlike fairytales, their’s did not have the happy ending. The reason why I was so proud to be associated to Ipswich State High was how these young men conducted themselves after defeat. I always think that you see the true character of someone when things aren’t going well. I was impressed by the way these boys conducted themselves and how they now had the chance to show you what they are made of.

As for the worst in life, we are a microcosm of society. Whatever issues are in our community, we will usually be dealing with it in our schools. Whether it be family breakdown and the resulting mental health issues faced by the kids, misuse of Facebook, drug and alcohol related issues, whatever is in society and our community ends up in one form or another in our school. The big black fence does not prevent the issues making their way in. The biggest thing we try and do is make this a “safe zone.” Where students know whatever is happening in their life they can come to school, where it’s safe and they can access support for whatever their needs.

Michael Hornby
Year 8 & 11 Deputy Principal

Year 9 & 12

Striving towards Excellence

Over the past couple of weeks I have had the pleasure of being involved in our annual ‘Days of Excellence.’ This title is not just a catchy three word slogan, nor has it been used by accident. Rather, the title is an accurate description of what actually takes place here. Organised by English teacher Bree Sippel, ‘Days of Excellence’ is a program where local year 7 students spend a day with us and are offered a ‘taste’ of some of the excellent programs on offer here. These experiences, for me, have provided cause to reflect on the idea of ‘Excellence’ and what it means.

A central part of my life has always included sport. As a boy I was inspired by the Pat Riley quote “Excellence is the gradual result of always striving to do better.” Pat was a highly successful basketball coach but the quote does not have to be limited to the sporting arena. “Gradual, always and striving” are the key words here. If we consistently try for improvement, we will eventually achieve excellence.

Each student at ISHS is encouraged to become an expert, as supported by Gardner’s disciplined mind. A little bit of effort, every day can eventually lead to excellence. While seeing the year 7’s enjoy their Days of Excellence I have also witnessed little efforts by our students in turning themselves into experts. I walk past rooms where nervous students are completing spoken assessments. I see valuable practice time taking place on musical instruments. I witness year 8 students taking on leadership roles in assisting the primary school students. I experience a lunchtime tutoring group revising for their maths class. Each and every one of these small efforts will, as Pat Riley said, gradually result in Excellence.

Whatever it is that each ISHS student is keen to achieve becomes their definition of excellence. It could be high marks in a certain subject, an OP cutoff for University admission, individual success in competition or a great employment reference from their teacher. Just remember that excellence does not happen with the click of the fingers. It is consistent effort, to be just a little bit better, every day. And the end result is excellence.

External Provider Expo

A quick reminder to parents of Year 11 and 12 students. You are invited to the External Provider Expo on SET on August 28th 2013. The Expo will run from 7.00pm - 8.00pm and the Department of Education and Training will be giving a presentation from 7.00pm. We hope to see you there.

Chip Barnes
Year 9 & 12 Deputy Principal

Australian Defence Force Families

Do you have a current or upcoming deployment? If so please ensure that I am made aware so that additional support can be provided for your student and family.

Does your family receive the DCO Amberley Bulletin? If not please contact me and I can advise you how to be placed on the mailing list.

DCO can keep you informed of all current events and programs planned for the Amberley area. They also run various support groups for both families and partners of serving members.

Michelle Campbell
Year 10 Deputy Principal
If you are new to the area attending a coffee group could be a great way to meet other defence families in the local community.

There are various publications produced both locally and nationally to provide information to Defence families. If you would like more information on what’s out there, give me a call or send an email.

I am at school Mondays, Tuesdays, Wednesdays and alternate Thursdays so feel free to contact me.

Shelley MacDonald
Defence Transition Mentor
smacd84@eq.edu.au 3813 4488 or 0448184013

Next P & C Meeting

The next P & C meeting is at 6.30pm on Monday 26th August in the Administration Building. (Please note P & C meetings are held on the fourth Monday of the month except when they fall in school holidays.)

Payment of student accounts

As of January 2013 payments being made to your student’s account will automatically be paid against the oldest invoice first.

If you have a payment plan for your school fees these plans will work as funds become available. Any money still on the account will not be paid if payment on the current invoice has not been received.

Term 1 8th February 2013
Term 2 26th April 2013
Term 3 19th July 2013
Term 4 18th October 2013

Student Resource Scheme payments must be up to date prior to permission notes and payments being accepted for 2013 year 12 extra-curricular activities. These include yr 12 camp, senior jersey, formal and mystery tour.

Yr12 Students Payments

If you have a payment plan for your school fees these plans will need to be finalised by the end of term 3 to be eligible for end of year non-curriculum activities – formal, mystery tour and to receive your complete graduation folder.

Refund Policy

As the school cannot meet any shortfalls in funding for an excursion or camp due to the subsequent non-participation of a student who had previously indicated attendance of the activity, fees already paid for an excursion or school camp may be refunded in full or in part or not at all, having regard to the associated expenses incurred and the circumstances of the non-participation.

If a parent/carers wishes to apply for a refund due to their child’s non-participation in an excursion or camp activity, they may do so by completing the Request for Refund form available from the school office. This process must be completed within the same school term as the activity or refund may be forfeited.

Refunds won’t be paid immediately but will be paid after the reconciliation of the activity.

Refund amounts of $20 or less will be credited to your student’s account.

Parents & Citizens Association

Each year the P & C tries to assist the school by providing our students with access to the resources that are not always readily available through the school grants process.

Please find attached a letter to consider making a donation to the P & C of $25 in order to begin to build a solid working account through which we will again be able to assist our students.

Uniform Shop

Our uniform shop is open every Monday, Tuesday, Wednesday, Thursday and Friday 8.30am – 9.00am.

We recognise it is often difficult for parents to visit the school uniform shop, for your convenience we have developed a new process for ordering school uniforms with direct deposit payment now available. Follow the prompt (uniform price list) to complete the order form and return to school with the completed method of payment form attached. You will note a sizing chart guide has also been provided.

If you would like to avoid the waiting lines pre-order and your order will be awaiting collection once payment has been received.

After forms are returned to school our retail students will pack your order for collection and notify you or your student.

Bullying Information for Parents

Our school takes bullying concerns very seriously and is working to address this issue. Bullying is when a person hurts someone else on purpose, time and again. The hurt can be physical or emotional. Bullying can be physical, verbal (also can be via the mobile and computer), social, racial or sexual. It happens at any age (and is not just limited to children). Its effects can be life long and may contribute to depression, low self-esteem, shyness, poor academic achievement, isolation, and even threatened or attempted suicide.

Some signs of bullying might include:

- Loss of confidence and or becoming withdrawn
- Health problems such as headaches or stomach aches
- Unhappiness or mood swings with sudden temper tantrums
- Reluctance to go to school and changes in academic performance.
- Frightened of walking to or from school, or going on public transport, or going to a certain place that didn’t disturb them previously
- Feeling ill in the mornings – tummy ache, headache, nausea
- Having possessions ‘go missing’ or regularly having their possessions/clothes destroyed
- Becoming aggressive and unreasonable and may begin to bully others
- Having nightmares
- Getting hurt or bruised regularly with no given explanation
- Beginning to do poorly in their school work

(NB: Some of these signs may also be the signs of an unwell child)

What you can do:

- Ask your child directly and encourage them by saying you are concerned and want to support him/her. Make time to listen – encourage your child to describe what happened, how often, when, where
- Avoid passing judgement, interrogation, over-reacting or offering advice too soon – it may backfire, and they clam up and don’t want your involvement
- Ask your child what they have tried already to deal with the problem – did it work, what happened when they tried a particular strategy.
- It is important to try to change your child’s perception in relation to how they respond in the bullying situation.
Acknowledge that a problem exists – Let them know that bullying is not acceptable and that you will both figure out a constructive way of sorting out the problem (brainstorm ideas). Get them to give one of the ideas a go. Review the outcome.

Sarah Round and Jashu Vekariya
Guidance Officers

Guidance News

Ipswich State High School Career Expo

The Year 10 SET planning evening is coming up. On that night there is a Career Expo held. Year 10 students have an opportunity to attend the career expo before or after their SET planning appointment. Students are able to visit the Career Expo after school. Parents are welcome to come and visit the displays with their students.

Date: Wednesday 28 August
Venue: Resource Centre, Ipswich State High School
Time: 2pm to 8pm

The following tertiary study and employment organisations attending career expo:

- Bremer TAFE
- Busy at Work
- Apprenticeships QLD
- UQ
- USQ
- Griffith Uni
- Southbank
- MEGT
- Police

Year 10 to 12 Parent Information Presentation

A presentation is being made by Guidance Officers and a Queensland Studies Authority representative.

The presentation will include information that includes:

Date: Wednesday 28 August
Venue: Conference room, Administration block, Ipswich State High School
Time: 7.00 to 7.30pm

Applying for study
- OP and ranking of students
- Vocational Education and Training
- Formative and Summative assessment
- Queensland Certificate of Education (QCE)
- Queensland Core Skills Test (QCS)

Sarah Round, Jashu Vekariya, Cheryl Wilson-Ayala
Guidance Officers

From Your Chappy Sarah

Chaplaincy Newsletter

All good things must come to an end!

While I am full of good news I sadly have some not so good news!! I am currently 30 weeks pregnant, so I’m expecting my first bubba.. yay!! However, this means that my position as Chaplain is coming to an end. As of the end of this term I will no longer be Chaplain at The Ipswich SHS. I am truly sad to be leaving this position after 5 years, but very excited about what lies ahead. However, just because I am finishing my time here, it doesn’t mean that the services provided here by Chaplaincy will be coming to an end. We still have some exciting things planned for this term and I’m sure whomever the following Chaplain is, will have other great things to do here at the school.

Some things that are continuing this term -

LIFEGROUP – This will be happening every Tuesday at first break up in Annex 1. This group is for young people who would like to get to know other students in a fun atmosphere. There are games and all sorts of different things going on... plus LOADS of fun! This group is run by Dolores Cufi one of our great school leaders. For more info please come and see either myself or Dolores.

LIFETIME – Last term we hosted our very first ‘Lifetime’ Program here at the school, and it was AWESOME! Young Chozen came into the school and shared his story of how God touched his life and helped him to be where he is today. The students who came along had an awesome time and got to hear Blake perform some awesome Hip Hop music.

LIFETIME will be back again this term. We are hoping to get one of Australia’s leading magicians into the school. He is a Christian man with a great testimony and BOY his magic is pretty incredible. I would love to encourage as many of you to come along a possible. This is a show that you won’t want to miss out on!

CHOICES – Our Choices lunchtime program is continuing and going very well. First term we saw some of our Gladiator Teachers participate in some very awesome challenges. This term we will be having Zeek Power in the school as well as another group called ‘Hey Denise’. More details are to come of when ‘Hey Denise’ will be coming in. They are a local group who look to be growing more and more popular.

40 Hour Famine – This is of course happening once again this year, and it happens to be THIS WEEKEND!! If you collected a book during the week, don’t forget to ask for sponsors. You can give up a whole range of things like food, electronics, furniture, shoes, walking... anything! It has to be challenging though. So if there is anything that you think you just couldn’t live without for 40 hours, then perhaps that’s exactly what you should give up. See me if you didn’t get a book and would still like to sign up.

Some of you may be asking yourselves – What is it that a Chaplain does in a school? Well I’m glad you asked!

As a chaplain I have the pleasure of hanging out with you guys and organising things within the school, which you enjoy.

My role is to see how I can help make your life here at the school, a little bit easier.

How do I do this?

First and foremost I am here to support you in all different areas – spiritually, emotionally and pretty much any other area you can think of. I do this by spending time with you. School life can get pretty tough, and along with some pressures at home, sometimes things get a little hard to handle. This is where I can help. If you ever feel like things are getting a bit much and you would just like to talk to someone about it, I’m here. Feel free to drop past my office and organise an appointment.

I also love to get guests into the school to either entertain you or to talk to about some cool life choices. Sometimes we have guests like JC Epidemic, who did an awesome stunt show last year, we hope we can have them out here again this year!!

Please come and see me if you have any ideas of events you would like in the school.

Needs for you and your family

Part of my role as Chaplain is to look after the welfare of families within the school. I have access to frozen meals and shopping hampers. If you know of someone, perhaps a friend or peer, who is going through a rough time, or perhaps your own family is struggling at home, then please come and talk to me about how we can help out. We are generally able to get a food hamper to a family within 24 hours, depending on the stock from the local churches, however it can be provided as soon as possible.
My name is Angi Gibbon; I am the School Based Youth Health Nurse at Ipswich State High. I am available Monday, Tuesday and Wednesdays. My focus is providing support to young people on matters concerning their health and well being such as: healthy eating, feelings of stress, relationships, personal and family problems, growth and development, sexual health, smoking, alcohol and other drugs. I also help in connecting people with external support services, as at times other services can provide more appropriate or ongoing support. My service also includes supporting staff with information on health and wellbeing related to young people whether that may be resources or guest speaking in specific classes.

My service is confidential and information is not shared unless permission is obtained for me to do so. As a health service provider confidentiality is essential, however, there are some things which I must refer or act upon. Please discuss what can be expected about confidentiality with me at the time of your visit.

In most cases, it is best for young people to talk to their parents about health and wellbeing issues. This is something that I can support the young person in doing.

If you would like to see me, the service is voluntary. Drop by during a break or contact the school office via phone. If I am busy at the time I am very happy to make an appointment at another time for you.

I look forward to providing support over the coming year.

Angi Gibbon
Upstairs A block

EMPLOYMENT NEWS

Courses, Programs and Competitions

The WorldSkills Australia VETiS Brisbane Region competition aim to test the skills of secondary school students against their peers. There are a series of one day competitions being held across the Brisbane region. Competition projects are aligned to National Training Packages. The competition is for Year 10 or 11 students who are undertaking a VET program in their school, as part of a TAFE/RTO program or a school-based apprenticeship or traineeship. The top students from the competition may then continue at a State or possibly go through to the National competition level. If you have would like to compete please contact Nerida Smith on nsmit370@eq.edu.au or 3813 4408 for more information.

There will be another Army Adventure Camp from the 14-18 Oct 13. There will be 36 residential places for the camp reserved for school girls aged 16-17. This activity is a great opportunity for young ladies to check out the trades, aviation, logistics and other roles available in the Army. It is not a requirement for any of the ladies to join Army, or even for that matter expressed an interest to join – just an interest in an active and exciting week of hands on exposure to what Army is really like. If you have are interested in attending this Adventure Camp please contact Nerida Smith on nsmit370@eq.edu.au or 3813 4408 for more information.

Ipswich State High School Newsletter - Working Today for a Successful Tomorrow
Employer & Location | Position/Qualification | How to Apply | Description/Comments | Company
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**NOODLE BOX KENMORE** | Certificate III in Hospitality | Send Resume to nsmit370@eq.edu.au | Multiple positions - Front of House, Back of House, Register Food Prep, Between the hours 11am – 9pm, Year 10 Only Please | Busy at Work

**SUBWAY BRASSALL & RIVERLINK** | Certificate II Retail | | | Busy at Work
Certificate III in Hospitality | Send Resumes to nsmit370@eq.edu.au | 14 Positions – Brassall Store, 2 Positions – Wednesday, 2 Positions – Thursday, 2 Positions – Friday, Riverlink Store, 1 Position – Wednesday, 2 Positions – Thursday, 1 Position – Friday |

**BUSY BEAT IPSWICH CITY MALL** | Certificate III in Hospitality | Send Resumes to nsmit370@eq.edu.au | Years 10 & 11 Encouraged to Apply | Bust at Work

**DOMINO’S** | Certificate III in Business | Send Resumes to nsmit370@eq.edu.au | Kenmore, Aurora | 

**MUDDY BREAK** | Certificate III in Business | Send Resumes to nsmit370@eq.edu.au | | Redmako
Cert III in Hospitality | Send Resumes to nsmit370@eq.edu.au | North Ipswich Redbank Plaza | 

**DIGGERS DELIGHT BOOVAL** | Certificate III in Hospitality | Send Resumes to nsmit370@eq.edu.au | BOOVAL, Redmako | 

**RHINO CAFÉ IPSWICH** | Certificate III in Hospitality | Send Resumes to nsmit370@eq.edu.au | IPSWICH, Redmako | 

**PANCAKE MANOR IPSWICH** | Certificate III in Hospitality | Send Resumes to nsmit370@eq.edu.au | IPSWICH, Redmako | 

**STEAM EXPRESSO BAR IPSWICH** | Certificate III in Hospitality | Send Resumes to nsmit370@eq.edu.au | IPSWICH, Redmako | 

**DOMINOS PIZZA** | Certificate III in Hospitality | Send Resumes to nsmit370@eq.edu.au | Bundamba & Brassall, Yr 10 & 11, 4 positions available | Megt

**ORIGIN KEBABS** | Certificate III in Hospitality | Send Resumes to nsmit370@eq.edu.au | North Ipswich, 2 positions available | Megt

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**NERIDA SMITH**
Vocational Placement Officer

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**Year 12 Formal 2013**

The Year 12 Formal (cost $100) will be held on Tuesday 12 November 2013 at Ipswich Civic Centre, Nicholas Street, Ipswich. Students normally arrive between 6.00 and 6.30pm. The official photographers for the formal are Berg Studios. They offer a package deal for $65. (4 photos 7” x 5” and 1 photo 12” x 8”) If students only wish to purchase single photos, each 7” by 5” photo will cost $11. Payment for the photo package or single photos can be made at the finance office.

All payments must be finalised by Friday 11th October. EFTPOS facilities are available at the finance office.

Students currently in Year 12 are unable to attend the school formal unless they have paid all outstanding school fees.

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**Senior Schooling News**

We have just started the busiest time of the year of our senior students, particular the Year 12s. For our OP eligible students in Year 12, final preparations are in full swing. Students have sat their final trial QCS paper and will have the next three weeks to refine their skills, participate in a Feedback Day and gain any other support needed. They will need to ensure that they have the entire range of equipment required ready, as outlined on the green ‘QCS Instructions to Students’ sheet given out recently, as well as stated in their ‘Pathways to Success’ Book or the QSAs website. QCS test days are Tuesday September 3 and Wednesday September 4. OP eligible students will be provided with breakfast (7:30am - 8:15am), cooked and served by staff, to start off each day feeding their brains. Students will be asked to enter the hall for the first session each day at 8:20am. Students will be finished each day around 2:30pm. Those Year 12 students not involved in the test days are not expected to attend school.

Students across Year 11 and 12 courses are being supported in a number of ways to provide each with the opportunity to attain their QCE, certificates and any other programs they may be involved in. Through tutoring on Tuesday afternoon (maths/science) and Thursday afternoon (English, social sciences), as well as help before school and lunch times, students are given numerous opportunities to access help. Further support/information can be requested through our guidance staff, Student Welfare department and HOD Senior Schooling.

For our Year 11 students they now have had a semester of study to understand the requirements of senior study and expectations that the school has of them. Further support and information is being provided through interviews with the HOD Senior Schooling. Year 11 and 12 students have been given the opportunity to discuss goals, concerns, reflect on semester results and how to they, and the school, can support further improvement. If a student has missed this opportunity they can make an appointment with the HOD Senior Schooling through Student Services at the Administration Block.

Key Dates for this term:
- QCS Feedback Day – August 21 [Year 12 OP eligible students]
- QCS Test Day 1 – September 3 [Year 12 OP eligible students]
- QCS Test Day 2 – September 4 [Year 12 OP eligible students]
- Final Day term 3 - September 20

If there are any questions or queries please don’t hesitate to contact the school.

Donna Gilvary
HOD Senior Schooling
Special Education Unit – Market Garden Project

Our market garden is currently doing well with produce now being produced. While we are not currently producing enough to offer for sale, our students are using the produce in their cooking. Beautiful fresh carrots and radishes will be soon ready to harvest.

As mentioned in the last newsletter all of our produce is:

- Fully organic
- Grown using companion planting
- and used to teach our students healthy diet choices

Should you have any knowledge or feedback that may help enrich this project we would love to hear from you. Our contact number is 3813 4488 (Lea Donnelly – Acting HOSES – Ipswich State High School).

Delicious Updates:

Your student may have recently come home and asked you to cook a dish that you are unfamiliar with. This may be because they have been involved in various preparations of dishes within their ISS lesson. We are very proud to announce that Miss Williams has a vast repertoire of nutritious recipes to incorporate our garden produce into fantastic meals and is passing her knowledge onto the students.

Below is one of Miss William’s recipes for your students to cook for your home:

**Mince & Cabbage:**

- ¼ cabbage
- 300g lean mince
- Spray of cooking oil
- Tablespoon of Worcestershire sauce
- Mixed fresh herbs from the garden
- Pinch of salt
- Tablespoon of honey

**Method:** slice cabbage, spray oil to coat pan, add mince to pan and brown the meat, add cabbage, when cabbage is cooked through, add sauce, honey and herbs to taste. If required add salt... serves 2

**Plant a Tree Day:**

On Friday the 26th of July, 2013 the students took part in the “Schools Tree Day” run by Planet Ark and Toyota. The students planted a number of native species in the top oval vicinity. They learnt how to prepare the soil and enjoyed the experience of the outdoors thoroughly. We will definitely been endeavouring to be a part of this event on an ongoing basis.

**Nerima Visit**

Our school has recently had the privilege of again hosting students from Japan. This year was the 20th anniversary visit from Nerima, and it was a great event to be involved with.

This year’s program involved 16 students being hosted by our school students and families, with 2 teachers also visiting our school. Our program involved a range of activities including boomerang throwing and painting, line dancing, volleyball, putt putt and a BBQ at Queen’s Park. Host families, buddies and teachers also attended a farewell dinner to celebrate the week and our time with our visiting students.

I would like to take this opportunity to say a big thank you to all our student buddies and their families for participating in the program and allowing students into their homes and lives. It was a pleasure to watch relationships form over the week, which was obvious when the tears started flowing when it was time to say goodbye. I would also like to recognise the efforts of our teachers who ran sessions and helped with catering during the program, we would not have been able to offer such a fantastic program without your support. Finally, thank you to our Japanese teachers, Mr Walsh and Ms Pearce for their time and support in preparing for and during the Nerima visit.

Once again, thank you to all involved in making this such a successful event.

Meggin Williams
HOD Humanities & Languages

**Volleyball Update**

A lot has happened this year so far within the Ipswich Volleyball Program. Read on for more...!

**CISSSA**

**Open Boys** – The Open Boys team, captained by yr 12 student James Macdonald was one of our most successful CISSSA seasons so far. The boys were a class above the rest and schooled the competition in how to play real volleyball. They went into the Grand Final vs Redbank without having dropped a game, and comfortably dispatched Redbank Plains SHS in a 2 sets to 0 victory. Congratulations to the undefeated Premiers for 2013!

**Junior Boys** – The junior boys team this year was a combination of the year 8 and 9 Volleyball Studies class, and for a number of these boys – this was their very first competitive volleyball experience. Current Queensland representative Jarrod Schulte captained the team during the regular season, which also saw the boys win the CISSSA premiership undefeated!

Both teams competed the following week in the Metropolitan Finals vs Browns Plains SHS, where their journey ended for this year. Both games were played valiantly, but in the end, the more polished Browns Plains teams got the better of us on the day.

**Open Girls** – The Open girls’ team had a comfortable run through the regular season, with only 1 loss to Redbank Plains A. Our Semi-Final vs Redbank Plains B was an intense match, with both teams trading stunning blows. But the strong serving from Ipswich was enough to see us win in 2 sets to 1, this eventuated in yet another encounter with Redbank Plains A in the Grand Final. The Grand Final was a great match, with the teams level-pegging with each other point after point, with no one really getting more than a 2 point advantage for much of the first and second sets. Redbank got the upper hand late in each set, and Ipswich went down 20:25, 15:25. Congratulations for a great season girls.

**Junior Girls** - For quite a few of our junior Girls, this was their very first competition. For those who played last year, the improvement in their ability was evident in every game they played. The girls all played very well, only losing to Woodcrest and Redbank Plains. The Junior Girls finished the season in a very respectable 3rd place.

Both Junior Boys and Junior Girls teams are now preparing for Queensland Junior Schools Cup in October. Good luck to everyone.

Look out for the next newsletter with the complete run down of the Queensland Senior Schools Cup!

Ipswich State High School Newsletter - Working Today for a Successful Tomorrow
Rugby League Academy Update

CISSSA Finals
The Ipswich State High School is the Champion Rugby League school in the Ipswich district for the second year running thanks to Grand Final victories in year 8, year 9 and OPENS. Every winning grade now goes on to contest the Metropolitan Finals in the coming weeks.

It must be said early on that the most proud team was our Year 10 team who have had a varied season but have achieved greatly by a) reaching the Grand Final and b) contesting it so valiantly, going down 26-16. Well done to all concerned.

Opens Final
Our Opens ended the CISSSA season unbeaten after a 24-12 win over Redbank State High. The Grand Final was a tense affair where at times, our boys looked nervous. Their defence, however, was outstanding as it restricted a powerful Redbank side to only two tries, both scored out wide.

Tesh Kumar, Dale McDonald and Liam Callan were outstanding for our team.

Year 10’s Final
The scoreline was 16-26 as printed above but this doesn’t reflect the closeness of the contest. Redbank were leading only 4-0 at half time, thanks to a try from a high bomb as the Ipswich defence was rarely breached. In the second half, Ipswich quickly posted two converted tries and all of a sudden were ahead 12-4. Credit where it is due – Redbank in year 10 are an excellent side and they stepped things up after going behind. Our Academy is overwhelmingly proud of our Year 10 team.

Year 9’s Final
This group has now won its second CISSSA premiership in as many seasons after beating Bremer 24-12, to remain unbeaten throughout the CISSSA season.

Of all the Grand Finals on the day, this was quite possibly the most tense and in the balance for longest.

Year 8’s Final
40-16 to Ipswich State High – what a great win! The scoreline suggests an easy win to ISHS but this simply wasn’t the case as the game was in the balance for long stages. Oskar Moore and Jordan Erihe were outstanding, as too was Tommy Wolfe who scored an amazing four tries.

Correction from last newsletter
In the last newsletter I incorrectly wrote that “Kyle Fender” of “year 10” was included in the team of the year nominations. Kyle is actually the older brother of Brayden Fender who is in year 10. Please blame this error on too many knocks on the head as a front rower back in the day and accept my apologies to all concerned.

Team of the Month
1. August Tolova’A (year 9)
2. PJ Oloitoa (year 11)
3. David Crawley (year 10)
4. Chad Gernetsky (year 9)
5. Romeo Milovale (year 8)
6. Adam Sayer (year 9)
7. Dale McDonald (year 12)
8. Zac Ames (year 9)
9. Liam Callan (year 12)
10. Tesh Kumar (year 11)
11. Tommy Wolfe (year 8)
12. Jordan Erihe (year 8)
13. Oskar Moore (year 8)

Thanks for all your support this year. Stay behind us for the Metro’s!

Take care

Lee Addison
Rugby League Head Coach

Park 2 Park
Park 2 Park was held at Limestone Park in Ipswich this year and the SRC were in attendance to help keep spirits high and cheer on runners as they competed in the half marathon, 10KM and 5KM races.

Manning water station 4, The Ipswich State High School decorated the stall in the theme of Carnival. Students also decided to dress in various outfits, with masks and multi-coloured wigs. A precision operation, students supplied runners with water, cheering to music as over 2000 participants passed by- including some of our very own staff and students.

The Ipswich State High School would like to thank the organisers for allowing us to take part in such a fun and challenging community event. We look forward to being part of the next Park 2 Park.

Jason Moore
Student Welfare Officer

Did you know that we are an ASTHMA FRIENDLY SCHOOL

What does it mean to be an Asthma Friendly School?
An Asthma Friendly School is one that provides a safe and supportive environment for students with asthma. Asthma Foundation Queensland recognises an Asthma Friendly School as one that meets the following criteria:

– Education and Training
Majority of staff have received asthma first aid training from Asthma Foundation Queensland

– Equipment
Asthma Emergency Kits are accessible and include in-date reliever medication, spacers and mask for under 5 year olds (where applicable)

– Information
Asthma first aid posters are on display

– Policy
First aid and other health and safety policies explicitly include asthma

Managing Asthma During Winter
Winter is a time when many people enjoy snuggling up at home and eating hearty comfort food. Asthma is usually far from the mind of many.

Unfortunately, Winter is one of the most common times when asthma will worsen, primarily due to the cool weather and presence of the common cold.

It is likely that some students will experience worsening asthma during Winter, and it’s important that schools are prepared for asthma during the cooler months.
Dental Van

The Child and Adolescent Oral Health Service offers a quality, free oral health program to all children from 4 years old to year 10. Children are offered treatment through their school and this treatment is carried out at either a dental clinic or in a mobile dental van.

The Dental van will be offering an examination/check up appointment for students in grades 8 – 10. We are commencing with students in GRADE 10 who return a signed form. Forms will be issued to other grades in the coming months. The prompt return of all dental forms would be greatly appreciated.

Parents attending the dental van with students need to go to the administration building and sign in first before proceeding. The dental van will be located between M and F Blocks.

If you have any questions please contact the Dental Van on 0412 706 516.

Year 10 Camp

The annual year 10 camp was once again a wonderful success. The year 10’s went to Emu Gully Adventure camp for what can only be described as a real test of their communication skills, teamwork and their ability to enjoy themselves.

The students identified the areas of teamwork, respect and leadership as the skills they wanted to focus on within the activities of the camp. It was with this in mind that the camp facilitators John and Shaun devised some amazing activities that would really push the limits of the students.

The three days saw the students climbing through underground tunnels, traversing ponds in boats while carrying people and provisions, sliding and slipping through mud patches and hiking in the dark at night while carrying a patient on a stretcher.

The students who went on the camp were all stretched beyond their comfort zone and this occurred at different parts of the camp for nearly everyone. Some students pushed through their fears of small spaces, other overcame their shyness and had their voices heard while others learnt to value and listen to the whole group.

I learnt that the year 10 cohort of The Ipswich State High School is full of incredible individuals and they can come together to form an amazing team when they have to.

SAAVI – Active Volunteering

SAAVI – Active Volunteering Year 11 and 12 students who are currently studying Certificate III in Active Volunteering have been busy over the last few weeks! A combined schools Chaplaincy Golf Day was held recently and SAAVI students helped with a variety of tasks on the day. This raised awareness of and funds for the Chaplaincy services at Ipswich North SS, Brassall SS and Ipswich State High School.

SAAVI students organised a baby shower for our wonderful Chaplain Sarah Rothery – staff and students networked together to make this a fun and successful event. Active Volunteering students want to acknowledge and thank Julie Ardrey for her resourcefulness and management of this event!

One of the 10 competencies in Cert III Active Volunteering involves FIRST AID. SAAVI students completed a full day of training to obtain their Senior First Aid certificate – congratulations SAAVI students!

For more information about Certificate III in ACTIVE VOLUNTEERING (which is a subject which has 8 QCE points attached to it as a subject which can be chosen in year 11), please contact Tanya McKenna on tmcke39@eq.edu.au

SHINE Term 3 is exfoliating!

SHINE is a course which emphasises the qualities of worth, strength and purpose in young women’s lives. Activities are incorporated which help the girls to value themselves. Week 1 involves skin cleaning – don’t the girls look wonderful! For more information about SHINE which is part of the Ipswich State High School Special Programs, please contact Tanya McKenna on tmcke39@eq.edu.au

Yr 10 Community Services guest speaker inspires students

Guest speaker Kirstin Harris (who was a student at Ipswich High a few years earlier) inspired year 10 Certificate I in Work Preparation (Community Services) students about doing further studies in the Community Services career areas.

Kirstin is studying Certificate IV in Youth Work, which will open up a variety of career areas which involve supporting and encouraging young people. A number of students in year 10 are currently investigating careers which work with young people. THANK YOU Kirstin for your informative and helpful talk, you did inspire many students!

No Limits course for Year 10 girls

The ‘No Limits’ course is off to a great start. The girls are picking up skills in communication, teamwork and respect for themselves and others. Activities include helping the group to stand on a tarp and turning the tarp to the other side without allowing a team-member to touch the floor which represented a leg-eating toxic substance! Personal potential is also discussed – a 4x4 square was used to ask HOW MANY SQUARES DO YOU SEE? Most people say 16 but after discussion, the girls could see 30 squares. Isn’t that a picture of life, where we sometimes only see the obvious in ourselves and others – the No Limits course inspires girls to see the potential that is within themselves and others!
For more information about the No Limits course which is part of the Ipswich State High School Special Programs, please contact Tanya McKenna on tmcke39@eq.edu.au. In Term 4 a No Limits course for boys in year 10 will also be conducted!

Post Formal Mystery Tour 2013

The 2013 Post Formal Mystery Tour is shaping up to be the biggest and best yet! A few last details are being confirmed and then the Year 12 students will be informed of a couple of exciting activities that they'll be involved in during their Post Formal Mystery Tour. Ipswich State High School started the PFMT concept and has helped approximately 12 other schools to offer this very successful, fun drug and alcohol free event for Year 12 students! Stay tuned for updates on 2013 PFMT.

Early Childhood classes have a local movie related guest speaker

Year 12 Early Childhood students have been studying Positive Parenting this term. "THE BLACK BALLOON" is a movie based on the lives of a family that has a special needs child and how this impacts on the young person, their siblings and their Parents. The students were very fortunate to have Marilyn Down – the Mother of the family that the movie was based on, come to visit their class recently. Thank you Marilyn, your insight into Parenting was very valuable! Marilyn’s friend Coral Sharrad (who was a year 12 student at Ipswich State High School in the 1980’s) also visited the Early Childhood class to inspire students that parenting a child with special needs has many precious rewards! THANK YOU Marilyn and Coral for your insightful visit!

Election Day BBQ Fundraiser

The P & C Association will be conducting a BBQ sausage sizzle at school for the election. They are seeking donations of cans of softdrink or raffle items. You may be able to contribute time on the stall. If you are available to assist please email dwhya7@eq.edu.au.

ART EXCURSION 9th August 2013

On Friday 9th August, 20 of our Senior Art Students spent an informative, creative and relaxing time visiting various galleries in Brisbane. Sponsored by ABCN, the students had a great, but busy time, sampling various exhibitions and Arts experiences.

First stop was a visit to St John’s Cathedral where they were able to see the interior vaulting of the largest Victorian Gothic church in the Southern Hemisphere. This was a great opportunity and the students took lots of photos.

At Fortitude Valley they saw 3 exhibitions – Cherry Hood's fantastic watercolour Children’s Portrait show and Louise de Ville’s Taxidermed Animal Display. Moving on, we visited the Museum of Modern Art, (MOMA), where the students experienced "Chicks on Speed", an interactive video sound exhibition that inspired much debate and discussion.

Lunch was supplied courtesy of ABCN at the Gallery of Modern Art, (GOMA), before students spent the afternoon visiting the Creative Generation show and One Country display of Contemporary Aboriginal Art.

Our students were impeccably behaved and really enjoyed the day.

W Ryan
HOD
The Arts

ISHS Is Twittering

Are you following us on Twitter yet? Twitter is a fantastic, easy way of keeping in touch with the school and staying informed about all of the amazing things that are happening at ISHS. If you are already on Twitter search for Ipswich SHS and follow us. If you are not yet a Twitterer it is easy to sign up at www.twitter.com and find people and groups to follow. One of the great things about Twitter is that you can read posts from your computer, mobile phone, ipad etc – you don’t have to be at home to keep up with the latest news.

Like all social media, remember to check the security settings on Twitter:

• Go to your profile page
• Click on Edit Your Profile (Top right corner of the screen)
• Click on Account (Left side of the screen)
• Scroll down and locate Tweet Privacy. If this box is unticked anyone can see your tweets, videos or images. If you prefer to keep this information available to people you approve of only (this option is recommended for personal accounts) tick this box. Your account will now be locked and only those people who follow you can see your tweets.

YEAR 8 ENROLMENTS FOR 2014

The Ipswich State High School enrolment process for Year 8 began on the 11th June at 3.30pm. Parents wishing to enrol their student[s] at subsequent enrolment sessions should phone the School Office on 3813 4488 to make an appointment. The next sessions are scheduled for 27th August and the 10th September.

Parents are required to bring a copy of their latest school report and their birth certificate.

YEAR 7 Enrolments for 2015

Year 5 students this year will be the first Year 7 intakes into the high school system in 2015. IPSWICH STATE HIGH SCHOOL IS NOW TAKING ENROLMENTS FOR THIS YEAR LEVEL TO BEGIN IN 2015. Enrolment forms are now available from the school office.

REMINDER FOR PARENTS AND GUARDIANS

If your child is unwell it is best keeping them at home to rest. This is an important stage to recovery and will minimise the risk of transferring infection to other children. If your child has continued fever, aches, pains or any other symptoms after three (3) days please seek further medical advice or contact 13HEALTH on 13 43 25 84 for further attention.

Keeping you informed.

Student Services
STUDENT DETAILS UPDATE

If students have any changes in their details (address, phone numbers, emergency contacts, email address) please let Student Services know. This would be greatly appreciated as many times we have had students in sick bay and we do not have current contact details.

Up to date email addresses can be given to Student Services if you wish to receive a monthly edition of our school newsletter.

STUDENT ABSENCE LINE FOR ALL ABSENCES 3813 4401

FOR LATE ARRIVALS: Students who arrive at school after 9.05am are required to sign in late at the Student Services Window.

Parents may call the school or provide a note to approve the late arrival either prior to, or after the fact.

All other late arrivals will be marked as unexplained, a note is sent home with each unexplained late arrival for parent approval.

FOR EARLY DEPARTURES: Parents who need to pick their students up early can either call the school or provide a note for the student to

Present to the Student Services Window prior to the commencement of school to receive a LEAVE REQUEST slip.

The REQUEST slip is presented to the teacher at the appropriate time to get out of class. The student brings the REQUEST slip to the Student Services Window to receive their LEAVE PASS.

What to do if my student texts or calls me to leave school early?

You can phone the school and give permission over the phone.

If they are sick, please tell them to go to Student Services and sign in for sick bay where they can wait in air conditioned comfort and be monitored by first aid trained staff. This also makes locating your student when you arrive a very fast process.

STUDENTS DRIVING TO SCHOOL

Students wishing to park their cars in the school grounds are required to complete a permission form. Please see Mr Moore for a form. Students parking in the grounds without permission will be asked to remove their cars from the grounds. The designated parking area for students is on the grassed area at the back of the car park. Remember it is a privilege to park in the school grounds and this privilege can be withdrawn if littering from cars occurs or dangerous driving is observed.

Car keys must be deposited at Student Services on arrival, and both cars and drivers are subject to spot safety checks from our SBPO, Constable Steph.

If students fail to observe the school’s policies regarding student parking, the privilege will be withdrawn for all students.

MATHS CALCULATORS

All students should now have a calculator. Students can bring their calculator to the HOD of Maths for engraving.

Maths Tutoring

Tutoring – Mathematics tutoring will continue after school from 3pm to 4pm in H-block each week. Students are welcome to access the computers and work on any subject. English/SOSE teachers also attend to help guide these students.

Mathematics

Our year 8 and year 11 students have just competed in the Australian Mathematics Competition, results will come out later in the year. Hopefully we have some prize winners.

Year 10 SET planning is about to happen on the 28th of August. Students will be able to choose what level of Mathematics they need to do for Year 11 and 12. The HOD Mathematics has made a recommendation list which all interviewers will have with them to help determine the most appropriate level of mathematics for each student. Students are encouraged to see the HOD to discuss their recommendation before the interviews.

Andrew Noble
HOD Mathematics

ENGLISH TUTORING

Attention ALL students!

Any students needing help in English or SOSE? Tutoring will be held again this year on Thursday afternoons in the Resource Centre from 3 to 4pm. Come along for some general homework and assessment help!

See B block for more details

YSC Program

DID YOU KNOW?

There is a Youth Support Coordinator in your school! The Youth Support Coordinator is someone who specializes in helping students who have disengaged and/or are at risk of disengaging from school. We aim to work with the young person to identify and address any of their concerns and enable them with the skills and knowledge to feel confident to complete their schooling. If you are having any issues at school, get in touch with your YSC, either at school or call the ICYS office on: (07) 3812 1050

COMMUNITY NEWS

Navy Cadets are recruiting now. Sailing, Power-Boating, Canoeing, Friends & Fun.

Join 161 Aviation – Army Cadets are now recruiting.


Ipswich Junior Squash Development Program – Open to all juniors aged 7 – 17 years. Tuesdays 3.45pm – 5pm.

Little Athletics commenced in Ipswich in 1976 as Bundamba Little Athletics and later moved to Bill Paterson Oval in 1981 with a name change to Ipswich Little Athletics. For many years the average registrations have been 350 athletes. Last season (2012/13) 421 athletes aged between 5 years to 16 years were registered at the centre.

All age groups compete in a total of five track and field events each Friday night commencing at 6.00pm. Track events consist of sprints, distance, hurdles and walk. Field events are long jump, triple jump, high jump, shot put, discus and javelin. The emphasis is to learn the basics of all events and try to improve each time an athlete competes.

Two exciting Regional Championships are held throughout the season.

In November the Regional Relay Championships are held. From this competition athletes place, if they finish in front of an athlete from a lower level, they progress to the State Championships held in the State Athletics Facility, Brisbane.

Ipswich State High School Newsletter - Working Today for a Successful Tomorrow
In February 2014 the Regional Summer Championships will be held with athletes placed in the top four places progressing to the Queensland Little Athletics State Championships. A total of fifteen medals were collected by Ipswich athletes at these championships last season.

Run, jump, throw - give Little Athletics a go.

**Sign-on dates:**
- Friday, 30th August, 2013 from 5.00pm to 7.00pm
- Saturday, 31st August, 2013 from 2.00pm to 5.00pm

Friday the 6th September 2013 is the first competition night.

For more information please contact: Crystal 0458 198 602 or Ann 3201 8431, 0427 112 661 or Check website www.ipswichla.org.au

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**Interested in Joining a Swimming Club?**

**Railway Swimming Club’s New Season starts Soon!**

**Fun, Friendly and Family Oriented**

**WHERE:** Leichhardt Swimming Pool, Toongarra Rd, Leichhardt, Ipswich

**WHEN:** Friday Nights at 6.30pm - 9.00pm

**First Club Night and Sign-On:** **FRIDAY 11th OCTOBER 2013**

**ENQUIRIES:** President - Craig Wright - 0409 612 869

We encourage and promote swimming for all ages. We offer 12.5m kickboard events for children who are unable to swim without assistance. Swimmers are then offered a variety of distances to swim in four strokes on each club night. These include, 12.5m, 25m, 50m, 100m and a distance swim of 200m or 400m in their preferred stroke. We also offer a pathway for those that choose to also take a competitive interest.

www.railwayswimmingclub.com.au

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**Outlaws Softball Club**

The new softball club in Ipswich looking for Junior and Senior Players

**Sign On 17th August**
- @ Ipswich PCYC Pulse Building
- 10am – 12pm

$50 Deposit upon Registration

Fundraising Available to reduce cost in fees

If transferring from another club please bring along permit.
If a Junior player that has never played before a copy of Birth Certificate is required.

For more Information contact Sonia Ledger 0407 157 964
Or email outlawssoftball13@gmail.com

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**Ipswich Brothers Cricket Club**

**Sign On Day**

Sunday 25th August 2013
- 10 AM to 12 PM

Brothers Leagues Club (near the cricket nets) Juniors 8 to 16 and Seniors
- 16 + Phone Shaun on 0402 203 800

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**SCHOOL CALENDAR**

**August/September**

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<tr>
<th>Date</th>
<th>Event</th>
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<tr>
<td>21st August</td>
<td>QCS Feedback Day</td>
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<td>21st August</td>
<td>High Resolves Year 9</td>
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<td>23rd August</td>
<td>Daffodil Day</td>
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<td>27th – 29th August</td>
<td>Regional Athletics Carnival</td>
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<td>27th August</td>
<td>Year 8 2014 Enrolment Session</td>
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<td>28th August</td>
<td>Year 11 Work Experience</td>
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<td>28th August</td>
<td>Year 10 Set Planning</td>
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<td>3rd September</td>
<td>QCS Test Day 1</td>
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<td>(Year 12 OP Students)</td>
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<td>4th September</td>
<td>QCS Test Day 2</td>
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<td>(Year 12 OP Student)</td>
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<td>High Resolves Year 8</td>
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<td>10th September</td>
<td>Year 8 2014 Enrolment Session</td>
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<td>11th September</td>
<td>Year 11 Work Experience</td>
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<td>20th September</td>
<td>End of Term</td>
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**Ipswich Futsal 5-A-Side Soccer**

**SWIFT BOOVAL**

**SUMMER SEASON STARTS TUESDAY 8TH OCTOBER**

**FRIENDLIES 17TH SEPTEMBER**

**COMPETITIONS OR PROGRAMMES FOR BOYS & GIRLS 6YRS – YOUTH ALL SCHOOLS & CLUBS**

www.australianfutsal.com

Email: westmoreton@australianfutsal.com

Call Amanda 0402627750