25 October 2013

From The Principal’s Desk

One of the great joys of being a Principal is the graduation of the senior students, particularly if one can remember, as I can, their arrival in the school. To see them grow [literally and metaphorically] and become employable young men and women is to feel a great sense of satisfaction. This year’s seniors are no exception, and my article in this, their last newsletter, will be short because much of what I want to say will be directed to them at the Awards Night and Graduation ceremonies.

The rest of my column will be about the future, but for the whole school. The construction of the Trade Training Centre has started, and later in the term we shall also be having two teaching blocks renovated under the Flying Start project, ready for the arrival of Year 7s in 2015. This may cause some disruption to class spaces, but we hope that with the seniors already having left we will have enough rooms to go around.

Next year we have introduced a school cap as an option to the bucket hat, but the P&C has made it quite clear that they expect to see every student with one or other of the school hats. They are on sale now if you would like to get in early. Also next year we shall be starting and finishing a little earlier each day. On Fridays, school will start at 8.30 with a full school assembly.

Full formal uniform must be worn on Fridays next year, and we are starting to get students used to this concept for the rest of the term. This means every student must have a pair of black leather school shoes – all year. The school day will finish at 2.45 each afternoon, and we are currently in discussion with the bus companies to ensure adequate and timely transport.

Enrolment sessions have been proving very popular this term, and already we have nearly 120 students enrolled in Year 8, 2014. Some of the extension courses and sporting excellence programs will need to be “auditioned” due to their popularity and details will be published shortly. Late-comers may not be able to be accommodated.

The next sessions are on Tuesday, 5 November at 3.30pm and 6.00pm in the Resource Centre. If you, or someone you know, is intending to enrol a student for next year, please do so quickly. Phone the Front Office on 3813 4488 to make a booking for one of these sessions.

Finally, can I remind all families that as we head towards the end of the school year our standards do not falter. If anything they become more rigidly enforced in order to ensure that students do not get distracted from their final assessment pieces and exams. The weather has been unkind to us this term, but that is never an excuse for poor or disrespectful behaviour.

Good luck to all the seniors and their families as they towards their personal finish line. I look forward to celebrating with them; and then returning straight to business to finish the year with the rest of the school – and to prepare for 2014.

SIMON RILEY
Principal

Year 8 & 11

Sometimes in life it’s hard to be positive in the face of adversity. Over the last week I have questioned all the hardwork that has been put in by the Ipswich State High Community. From the brilliant Academic Excellence Program being run, to the Sporting High Performance Program to the phenomenal Dance and Arts team, our teachers that are passionate about their profession, to lastly, our good kids – the majority of the students in this school that do the right thing every day.

Last week we didn’t have a great week. All the hard work in building our school to be a school of choice in this region was tarnished by a few poorly behaved students. The reputation and culture of a school cannot be taken lightly. In the end, our name is all we have. If Ipswich State High is going to continue to attract good students in the realms of Academia, Sport and the Arts we need to continue to have high expectations. I also realise we are educating the future of Australia, the next generation, and yes we all make mistakes. The issue arises when we support and educate people and they choose to display unacceptable behaviour. As with everything in life, there are consequences.
We today, are proud of Ipswich State High. I have just seen the lists of students receiving awards at both the Sports Awards and the School Awards night next week. The list is extensive and shows how the majority of our kids do an awesome job. We will not allow the school to be brought down to the level of a few, but ensure we rise to the exceptional standards of the majority.

Michael Hornby  
Year 8 & 11 Deputy Principal

Year 9 & 12

A big welcome back to all students for term 4, and a special congratulations to our Year 12’s entering into their final term of secondary schooling!

I’d like to take this opportunity to follow-up on the school reward’s program, SWITCH, that was launched at the beginning of term 3. With a view toward encouraging improvement in student classroom behaviours, and a means of rewarding those students that display positive behaviours, SWITCH has successfully integrated its way into the day to day operations of Ipswich SHS. Throughout term 3 over 10,600 SWITCH points were awarded by teachers and over 220 students earned end of term SWITCH prizes which were awarded during assembly.

Special thanks to our SWITCH partners Riverlink, McDonalds and the ISHS tuck shop for support of the program and provision of great prizes.

I will soon be making way for Mrs De Brenni’s return from maternity leave and I wish to express to the entire ISHS community what a rewarding experience it has been filling in as Deputy Principal for past 7 months. The staff here is first rate and I wish all the best for the future to the current year 12 group as they enter the next stage of their lives.

Farewell.

Chip Barnes  
Acting Deputy Principal, April – November 2013

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.

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 usually at school Mondays, Tuesdays, Wednesdays and alternate Thursday, but am currently on leave until 12/13. Students will be informed of my replacement.

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

Parents & Citizens Association

The next P & C meeting is at 6.30pm on Monday 28th October 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.)

Our P&C is the voice for you and your students to assist in school decision making when appropriate. 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.

We would encourage you to attend the meetings or to please find attached a letter to consider making a donation to the P & C of $25 per family in order to begin to build a solid working account through which we will be able to assist our students.

Payment of student accounts

Families making Student Resource Scheme payment by term - Term 4 payment was due 18th October 2013. Student resource scheme payments for 2013 should now be finalised.

Please remember payments being made to your student’s account will automatically be paid against the oldest invoice first. If any outstanding invoices will be finalised before payments can be made toward the current year.

Student Resource Scheme payments must be up to date prior to permission notes and payments being accepted for extra-curricular activities. The last payment day for extra-curricular activities is 22nd November 2013 i.e. end of year activities. Only Student Resource Scheme Payments will be accepted after this date.

Families who make direct deposit payments please ensure an identifying reference is used so as payments can be allocated to your student.

Yr12 Students Payments

Reminder – To avoid disappointment all fees must be paid and resources returned prior to Graduation day on the 15/11/13 to receive the full contents of your Graduation Folder.

2014 School Fees

A Student Resource Scheme form is required to be completed prior to commencement each year. Please complete the attached pdf and return to the school prior to 6th December 2013, all students who reside with you can be placed on the one form. If your student will not be attending Ipswich State High School in 2014 please notify the school by the 6th December, 2013. Please note - these forms will also be mailed home, only one form is required to be returned to the school.

Change to Payment Plans.

The P&C have approved school fee payments for 2014 as:

Student Resource Scheme - $220 per year to be paid by the 25th July 2014, this change to payments being paid by term 3 falls into line with Education Queensland expectations. A $20 discount applies if paid in full prior to 31st January 2014.

Term payment due dates

Term 1 7th February 2014 $75  
Term 2 2nd May 2014 $75  
Term 3 25th July 2014 $70

Specialist subject fees - Student Resource Scheme fees are to be paid in full or up to date payment plan and the subject fee paid in full prior to commencement of the subject.

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 nonparticipation. If a parent/carer 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 students 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 Hours for 2013/2014

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

University scholarships, early entry schemes and Centrelink entitlements for Year 12 students

Universities offer scholarships for students. Some of these are related to academic ability however others are based on different criteria around income and equity. A range of links are provided below about scholarships at some institutions.

University of Queensland http://www.uq.edu.au/study/scholarships/
Queensland University of Technology http://www.scholarships.qut.edu.au/commencing/
University of Southern Queensland http://www.usq.edu.au/scholarships/
Griffith University http://www.griffith.edu.au/scholarships

Early offer scheme – UQ Ipswich

The University of Queensland Ipswich Campus is offering Year 12 students in state and non-government schools within the Ipswich region and Western suburbs of Brisbane the chance to obtain guaranteed entry into its degree programs in 2014.

The Early Offer Scheme has been introduced to provide simplified entry procedures (securing access to the Campus) to these students, to assist them in their transition to post-secondary education.
The Scheme provides benefits to these Year 12 students by offering them a place at one of Australia’s leading universities and helping them to reduce the stress often felt by secondary students in securing enrolment in their chosen degree. The Scheme reflects the commitment by The University of Queensland to students in Ipswich and the surrounding region. These students will also be able to take part in a special familiarisation program for the Ipswich Campus.


Centrlink Youth Allowance

Calculations may change slightly and some students who do not currently qualify for youth allowance may begin to qualify. Any qualification for Youth Allowance means that student gain access directly to equity scholarships. Centrlink manage this program of scholarships.


Centrlink Healthcare cards

Students at the end of year 12 begin to qualify for the above card independantly of their parental income. This card may give some discounted rates at TAFE and also allow students to gain bulk billed doctors appointments and reduced cost medications.


If you need information about the early entry scheme and scholarships at other institutions search the institution’s web site directly to equity scholarships. Centrelink manage this program of scholarships.


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The other ‘S’ word worth considering when parenting a teen - Scoliosis

WHAT IS SCOLIOSIS?

Scoliosis is a lateral or sideways curve of the spine. It usually develops during early adolescence (age 10-13 years) when growth is most rapid. It is more common in girls than boys; however both sexes can be affected. This disorder can have significant repercussions for the future growth and development of your child.

WHAT IS THE CAUSE OF SCOLIOSIS?

The cause is unknown, but 80-90% of cases occur in otherwise healthy adolescents. We know that scoliosis is NOT contagious and NOT caused by bad posture, a soft mattress, carrying a heavy school bag or junk food.

WHY IS EARLY DETECTION IMPORTANT?

While very small curves are common and of no significance, about 2% of girls have a curve which requires medical assessment during the growth period. Three girls per 1,000 will require treatment during the growth phase. If treatment is required, the earlier it is undertaken, the better the long-term result. This is the basis for screening since in the early stages scoliosis produces no symptoms. The way to detect scoliosis is for you to look for it!

WHAT WILL HAPPEN IF SCOLIOSIS IS NOT TREATED?

The curve may increase unnoticed during the growing years. Moderate and severe curves may also increase in adult life. Severe pain, physical deformity and wear and tear arthritis may occur during middle life. Early detection is important for a healthy future.

HOW SCOLIOSIS IS DETECTED

A simple visual examination requires the teenager to stand with the feet together and parallel then bending forward as far as they can go with the hands, palms facing each other, pointed between the two big toes. In scoliosis, one side of the upper chest (thoracic) region or the lower back (lumbar) region will be more than 1cm higher than the other. The prominence is most often on the right side in the thoracic region. If the difference between the two sides is less than 1cm, it is highly unlikely that a significant curvature is present and the difference is simply due to asymmetrical growth of the two sides of the body. This is called torso asymmetry and is not of concern.

More information and a visual guide depicting how to assess your child are available by downloading your free brochure from www.scoliosis-australia.org

If you believe your child has an abnormal growth pattern, then a visit to your GP to discuss their ongoing growth and development needs would be the next step.

Information collated from the Scoliosis Australia website by Angi Gibbon - School Based Youth Health Nurse, Ipswich State High School.

Top Ten Tips for Parents of Teens attending Parties

As we approach the end of the year again comes the time to celebrate achievements, milestones reached as well as trials and tribulations resolved. It is important to remember that

• As teens grow, their use of alcohol and other drugs often changes to reflect that which is happening around them.
• We live in a drug taking society whether that is legal substances such as caffeine or illegal substances such as marijuana.

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

SCHOOL BASED YOUTH HEALTH NURSE 2013

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

Ipswich State High School Newsletter - Working Today for a Successful Tomorrow
Ten Suggestions to help you and your teen be on the same page about attending parties.

1. If you are concerned about a party at a friend’s place contact the host parents and discuss how the party will be run and if there are safety measures in place to deal with illness or intoxication, should this occur.
2. Encourage your teen to go out with trusted friends and always leave a party together.
3. Ask which venues they intend to visit.
4. Ensure they have a quick and safe way to leave a party at any time. A good way to do this is to offer to pick them up or have another member of the family do this any time they feel unsafe.
5. Discuss ways to avoid threatening or violent situations.
6. Ask them to inform you during the evening should their plans change.
7. If they are drinking discuss a limit on the number of alcoholic drinks they are going to have and stick to it.
8. Allow only trusted people to buy drinks for them.
9. If you are concerned about a party at a friend’s place contact another member of the family do this any time they feel unsafe.
10. Eat before leaving home, space their drinks with something non-alcoholic or better still water, avoid shouts and top-ups.

Remember talking to your teen is at this stage one of the most powerful influences you can have. Clear consistent messages will be heard, even if at the time you do not feel that this has happened.

Information collated from Australian Lions Drug Awareness Foundation “Teenagers and Safe Party ing” resource.

Alcohol and Drug Referral Services QLD provide information and referral should you need further assistance (07) 3236 2414 or 1800 177 833.

Angi Gibbon
School Based Youth Health Nurse

ANXIETY AND DEPRESSION

3 million Australians are living with depression or anxiety.

These are issues that impact us all, talking about them can help by raising awareness and understanding, empowering people to seek help, supporting - recovery, management and resilience.

What is anxiety? Anxiety is more than just feeling stressed or worried. While stress and worry are a common response to many difficult situations a person has to deal with in everyday life, these feelings usually pass once the stressful situation is over or the ‘stressor’ is removed.

Anxiety is when these feelings do not subside when the stressor has been removed or when the anxiety is ongoing and exists without any particular reason or cause. It is a serious condition that makes it hard for a person to cope with daily life. We all feel anxious from time to time, but for a person experiencing anxiety; these feelings cannot be easily controlled.

What is depression? While we all feel sad, moody or low from time to time, some people experience these feelings intensely, for longer periods of time (weeks, months or even years) and sometimes without any apparent reason. Depression is more than just a low mood – it’s a serious illness that has an impact on both physical and mental health.

SUPPORTS

There are many services and health professionals available to help with information, treatment and support. There are also many things that people with anxiety and depression may do to help themselves. Different health professionals provide different types of services, treatments and assistance, it is very important to find the right mental health professional to meet a person’s individual needs.

Effective treatment helps people learn how to cope with their condition so it no longer has control of their daily lives. The type of treatment will depend on the condition experienced. Mild symptoms may be relieved with lifestyle changes (e.g. regular physical exercise and self-help including online e-therapies). If symptoms are moderate to severe, psychological and/or medical treatments are likely to be required.

Whatever treatments are used, these are best supervised by a mental health professional or your GP. If you have concerns that you or someone you know has anxiety or depression, take the first step and enlist the help of your GP or another health professional. Just remember that recovery can take time, and just as no two people are the same, neither are their recoveries.

Other local supports include:

Head Space
26 East Street, Ipswich Qld 4305
(Parking via Wharf Street)
Tel 07 3280 7900 Fax 07 3280 7999
http://www.headspace.org.au ,
headspace.ipswich@aftercare.com.au


Lifeline http://www.lifeline.org.au Telephone: 131114

Information provided is collated from http://www.beyondblue.org.au by Angi Gibbon, School Based Youth Health Nurse ISHS.

EMPLOYMENT NEWS

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<td>Send resume to</td>
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<td><strong>FULLTIME</strong></td>
<td>Send resume to</td>
<td>Year 12 or school leavers need only apply</td>
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<tr>
<td><strong>Part time, Casual positions</strong></td>
<td>Send resume to</td>
<td>Year 12 need only apply</td>
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<td><strong>THE ART OF …. CAFE</strong></td>
<td>School-based Traineeship - Certificate III in Hospitality</td>
<td>Send resume to</td>
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<td><strong>REECE</strong></td>
<td>School-based traineeship - Cert II in Warehousing Operations</td>
<td>Send resume to</td>
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<td><strong>CONRAD MARTENS</strong></td>
<td>FULLTIME PLUMBING</td>
<td>Send resume to</td>
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<td><strong>HILL’S</strong></td>
<td>School-based traineeship in Automotive / Marine Upholstery (Vehicle Trimming)</td>
<td>Send resume to</td>
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<td><strong>Go Sushi @ Riverlink</strong></td>
<td>Cert II in Retail</td>
<td>Send resume to</td>
<td>Years 10 &amp; 11 need only apply</td>
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Ipswich State High School Newsletter - Working Today for a Successful Tomorrow
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<td><strong>CITY BEACH</strong></td>
<td>Certificate III in Business</td>
<td>Send Resume to</td>
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<td><strong>BUSY BEAT IPSWICH CITY MALL</strong></td>
<td>Certificate III in Hospitality</td>
<td>Send Resume to</td>
<td>Hours 7.30am – 3.30pm Years 10 &amp; 11 need only apply</td>
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<tr>
<td><strong>BAKERS DELIGHT</strong></td>
<td>Certificate II Retail</td>
<td>Send Resume to</td>
<td>2 Positions Hours 8am – 4pm Years 10 &amp; 11 need only apply</td>
<td>Busy at Work</td>
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<tr>
<td><strong>GLORIA JEANS COFFEE AT JINDALEE DFO</strong></td>
<td>Certificate III in Hospitality</td>
<td>Send Resume to</td>
<td>3x Vacancies Mon-Fri 12:30pm-6:15pm Students in Years 10 &amp; 11yr Welcome to apply</td>
<td>Busy at Work</td>
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<tr>
<td><strong>BUCKING BULL</strong></td>
<td>Certificate II Retail</td>
<td>Send Resume to</td>
<td>2 Positions available Position involves preparing Hot Food and Customer Service. Students in Year 10 &amp; 11 Welcome to apply</td>
<td>Busy at Work</td>
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<tr>
<td><strong>DONUT KING BOOVAL FAIR</strong></td>
<td>Certificate II in Retail</td>
<td>Send Resume to</td>
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<td><strong>RED ROOSTER</strong></td>
<td>Certificate II in Retail or Certificate II in Hospitality</td>
<td>Send Resume to</td>
<td>5 Positions – Students choice</td>
<td>Busy at Work</td>
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<td><strong>PAPA G’S</strong></td>
<td>Certificate II in Retail</td>
<td>Send Resume to</td>
<td>1 Position - Wednesday + 1 additional afternoon</td>
<td>Busy at Work</td>
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<tr>
<td><strong>HAPPII’S</strong></td>
<td>Certificate II Retail</td>
<td>Send Resume to</td>
<td>1 positions – Wednesday &amp; Thursday, Hours to be confirmed with employer (may include some Saturday Work)</td>
<td>Busy at Work</td>
</tr>
<tr>
<td><strong>NOODLE BOX KENMORE</strong></td>
<td>Certificate III in Hospitality</td>
<td>Send Resume to</td>
<td>Multiple positions- Front of House Back of House Register Food Prep Between the hours 11am – 9pm Year 10 Only Please</td>
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<th><strong>SUBWAY</strong></th>
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<th>14 Positions – Busy at Work</th>
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<td><strong>WENDYS IPSWICH</strong></td>
<td>Certificate III in Business</td>
<td>Send Resumes to</td>
<td>Hours include Weekend &amp; After School Busy at Work</td>
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<tr>
<td><strong>CEYLON INN KENMORE</strong></td>
<td>Certificate III in Hospitality (Front of House)</td>
<td>Send Resumes to</td>
<td>Day and hours to be confirmed at Interview Busy at Work</td>
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<td><strong>ROSA</strong></td>
<td>Certificate III in Hospitality (Front of House)</td>
<td>Send Resumes to</td>
<td>Day and hours to be confirmed at Interview Busy at Work</td>
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<tr>
<td><strong>MUFFIN BREAK</strong></td>
<td>Certificate III in Business Cert III in Hospitality</td>
<td>Send Resumes to</td>
<td>NORTH IPSWICH REDBANK PLAZA Redmako</td>
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<td><strong>RAVZ INDIAN REDBANK</strong></td>
<td>Cert III in Hospitality</td>
<td>Send Resumes to</td>
<td>REDBANK Redmako</td>
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<td><strong>STEAM</strong></td>
<td>Certificate III in Hospitality</td>
<td>Send Resumes to</td>
<td>IPSWICH Redmako</td>
</tr>
<tr>
<td><strong>DOMINOS PIZZA</strong></td>
<td>Certificate III in Hospitality</td>
<td>Send Resumes to</td>
<td>Bundamba &amp; Brassall Yr.10 &amp; 11 4 positions available MEGT</td>
</tr>
<tr>
<td><strong>RETAIL CENTRE</strong></td>
<td>Certificate III in Business</td>
<td>Send Resumes to</td>
<td>Year 11 Students only Megt</td>
</tr>
</tbody>
</table>

**Year 12 Formal**

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
Senior Schooling News

As the busiest semester of the year for our senior students, they are working towards completing their final tasks. The Year 11 and 12 classes across the school also need to remember that they will participate in an exam block in their final weeks of the term. However, no Year 11 or 12 student will be able to study at home during their exam block if they have not finished all of their assessment up to the exam block period or completed any unfinished certificate courses, for example, Certificate II Workplace Practices or Certificate I Information Technology, which all students have had the opportunity to complete if enrolled at Ipswich SHS since Year 10 or 11. The minimum expectation of each student is that they achieve their QCE (Queensland Certificate of Education). To do this they need to earn at total 20 credit points by:

- Passing at least one semester, or the equivalent, in English/ Maths in Yr 11 or 12
- Exit three subjects at a sound level, having studied them continuously across the two years of their senior studies (= 12 credit points)
- Earn another 8 credit points through passing other subjects, completing certificate courses successfully etc.

If you have any queries about the QCE please don’t hesitate to contact HOD Senior Schooling or read more information on the school’s intranet or QSA’s website. To further help this QCE achievement students are being encouraged to successfully complete certificate courses from previous years, such as a Certificate I in IT if they were enrolled at ISHS in Year 10 (2011) and/ or a Certificate II in Workplace Practices (begun in 2012), involving the completion of 80 hours of work experience in Year 11. The completion of such courses begun by some students in our Year 12 cohort in previous years could earn much needed QCE credit points, as well as qualifications that can assist in future employment opportunities.

Ultimately the end is in sight for 2013 and the Year 12 cohort. Dates to remember are:

- Year 12 exam block – Friday 1st – Friday 8th November (students will need to have all class teacher sign their pink forms to validate that all assessment is completed up to this point and form MUST be returned to Mrs Gilvary BEFORE exam block starts )
- Year 12 final parade – Monday 11 November
- Year 12 formal – Tuesday 12 November
- Year 12 Mystery Tour – following the Formal on Tuesday 12 November and into Wednesday 13 November
- Year 12 Graduation – Friday 15 November

For our Year 11 students it is important to remember that they too will participate in an exam block for 20TH -28TH November. As with the Year 12 students they too must have their pink forms validated by class teachers and returned to Mrs Gilvary BEFORE the exam block begins. Any further questions please don’t hesitate to contact Mrs Gilvary.

In term 4 Year 10 students who have chosen an OP pathway for their senior studies have been provided with the opportunity to attend specific tutoring sessions on a Wednesday afternoon (3:10-4:00pm) in the library. These sessions will be led by school staff whose specific skills will provide an insight for our future senior students on what is needed to survive the next two years. A letter has been provided to interested students and sessions have begun.

Our Year 10 students will also participate in their first exam block from Tuesday 26th November to Friday 29th November. Students will need to validate that all of the assessment is up-to-date as of 2013. Students will come to school 15 minutes before each exam session and ensure they are at the correct location as indicated in the exam block form. Students will receive this document soon to help them plan their study times and what needs to be completed and when.

To help students successfully finish the year there are support mechanisms provided to students across Year 11 and 12 with opportunities to do so. These will provide each student 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.

If there are any questions or queries please don’t hesitate to contact us at ISHS.

Donna Gilvary
HOD Senior Schooling

Year 12 Unwanted Uniforms

It has been a tradition for year 12 students to donate any unwanted school uniforms that are clean and in good condition when they leave. Please send any items with your child to Student Welfare in A block.

Thanks in advance for your kind donations.

Bundamba Cultural Festival

On the final day of term 3 we had 26 of our Polynesian students represent the school at Bundamba State Secondary College’s Cultural Festival. The students created a spectacular mix of Cook Island, African and Samoan dance and song which they performed with confidence, energy and professionalism. Congratulations to all students involved on their uplifting cultural performance and their excellent commitment and hard work leading up to the day.

Japan Tour – 2014

Our biannual tour to Japan is approaching very quickly, and planning for this great event is well underway.

Information was distributed early term 3 and deposits have been coming in rapidly for this tour. We are very excited about the number of students attending, to experience the amazing history, culture and language of Japan.

We are holding an information session Thursday 24th October at 6:00pm in the library. Students and families who have paid deposits have been contacted regarding this, however if you would like to attend and receive information about the proposed itinerary and estimated costing, we also welcome you to this meeting.

I would like to recognise the efforts of our Japanese teachers for their time and dedication towards planning such a great tour for our students, and particularly recognise Allison Pearce who is leading the planning and organisation.
If you have any questions or would like further information please do not hesitate to contact me, otherwise we would look forward to sharing the trip itinerary with you Thursday night.

Meggin Williams
HOD Humanities/Languages

Active Volunteering students graduate

Congratulations to the Ipswich State High School first group of students to graduate with their Certificate Ill in Active Volunteering partnering with Volunteering Queensland! The students are competent in 10 competencies which include topics such as communication, working with diverse cultural groups, first aid, networking and legal and ethical issues.

Each student also was required to volunteer at NOT FOR PROFIT organisations for at least 80 hours in order to receive their certificate. SAAVI students at the Ipswich State High School have volunteered for a combined time of 1124 ½ hours (that is 46.85 DAYS) over the last 2 years. Emily-Kate Nevin volunteered for 122 ½ hours and Mandy Richards volunteered for 215 ½ hours. CONGRATULATIONS TO ALL, we are very proud of your achievements!!

GATTON EISTEDDFOD

On Monday the 16th September we had 70 dance students travel to Gatton to compete in the Lockyer District Dance Festival. We had 9 groups enter from the year 10 dance class, the senior dance classes and our Elite Dance Team.

Results are as follows:
Elite Hip Hop: 2nd
Yr 10 Entertainment: 2nd
Elite Entertainment: 3rd
Elite Contemporary: Highly Commended
Senior Contemporary: Highly Commended

Congratulations to all students involved on a very successful competition. All students demonstrated utmost professionalism on and off the stage. We look forward to our next competition ‘Remix’ which will take place on Saturday 2nd November at Southbank. Tickets for this event are free so please come and support these students! See Miss Brown or Miss Mac for more information.

Enrichment Hub news

Woolworths Earn & Learn

Our organic market garden is continuing to prosper with students harvesting silver beat, beans, carrots, tomatoes and chillies. Our endeavours will be supported further through the Woolworths Earn and Learn Program. Some of the points that were accumulated have allowed us to purchase a worm farm to ensure quality organic fertilisation is sustainable.

Recipe of the week:

Home Made Spring Rolls

Ingredients:
- 1 onion
- ¼ cabbage
- 1 clove garlic
- 250g mince (beef, chicken or pork – your choice)
- 1 teaspoon chicken stock powder
  - Fresh herbs
  - 1 ½ cups of oil
  - Spring roll wrappers (available from your supermarket)

Method:
1. Chop cabbage, dice onion finely, crush garlic and put aside
2. Brown mince in a tablespoon of oil
3. Add vegetables and chicken stock powder and sauté
4. Add herbs to taste
5. Drain the mixture well
6. Lay spring roll wrappers on bench and add 1 tablespoon of the mixture to each wrapper and wrap tightly
7. Heat remainder of oil and shallow fry spring rolls until golden brown
8. Remove from oil, drain and ENJOY

Staffing News

Please remember that the Enrichment Hub staff are now residing in different staff rooms. So if you wish to see your student’s Case Manager please see Kelly at reception who will contact the correct staff member to arrange a meeting time with you.

Transition Program – 2013

As you may or may not be aware the Enrichment Hub is currently undertaking a "Transition Program" for year 7’s entering our school in 2014. If you have any students or have friends, relatives, or neighbours who intend to send their students to Ipswich State High School and are currently attached to an SEP please forward on my details so that contact can be made with myself to ensure a smooth transition into year 8 for all of the student’s involved. Lea Donnelly – 3813 4488.

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.

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.

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 (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.

Ipswich State High School – Facebook
Some of you may be unaware that Ipswich State High School has recently added an additional social media platform to our portfolio. We can now be found not only on Twitter and Q-School but also on Facebook.

By introducing these social media applications, Ipswich State High School firmly believes we will be able to connect more effectively with parents, students and the community. Our delayed entrance into the Facebook realm was met with a vast array of un-official Ipswich State High School pages. In an effort to ensure ease of access and the correct information being conveyed we, in conjunction with other government departments have endeavoured to eliminate non-affiliated Facebook pages that use the Ipswich State High School logo and slogans.

As a school administered Facebook page student’s achievements and activities will be published, with the permission of parents and carers via the “Facebook Media Release Form” which has been recently forwarding home to all students within Ipswich State High School. Without receipt of this permission slip we are unable to highlight your student’s successes and achievements. If you haven’t received this please contact the school for a copy.

The page will also be used to inform students and parents of upcoming occasions, school experiences/excursions and sporting events. For example we recently used the page to promote SET Planning for years 10’s and had an unprecedented turnout of students and their parents on the night. By liking the page you will be able to access information to make your students’ engagement in the school and school events more streamlined.

To find us please search “The Ipswich State High School” or enter in this URL: https://www.facebook.com/pages/The-Ipswich-State-High-School/410902695693279 . You know that you are at the correct page when you see this image:

So like us today and keep up to date with the wonderful achievements of our school and community.

YEAR 8 ENROLMENTS FOR 2014
The Ipswich State High School enrolment process for Year 8 2014, 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 the Tuesday 5th November at 3.30pm and an evening session at 6pm.

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

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 advices 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.

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.

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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.

National Animal Rescue Groups of Australia (NARGA) Inc
Can you temporarily open your home and your heart to a pet in need?
Are you looking for good company and a heart-rewarding experience?
We won’t ask for a loan or to borrow the car! We won’t stay out late and worry you!
We are free, all our costs are covered we will offer you lots of cuddles and kisses. We will only ask for a warm safe home until we find our forever home.
We would be forever thankful for your part in saving our lives. We come in all shapes and sizes and we make great company and really need your help.
If you can help us please email our person narga.nfdc@gmail.com and she will send you some information. Thanks!
Together we will make a difference! www.narga.org.au

Northsiders Cricket Club
Training - Tuesday 4:30
Norths Rugby League fields
Pelican Street, North Ipswich

All welcome, registration can be done on arrival

SCHOOL CALENDAR
October/November/December 2013

28th OCTOBER 29TH OCTOBER
BANDANNA DAY AWARDS NIGHT
1ST – 8TH NOVEMBER
YEAR 12 EXAM BLOCK
5TH NOVEMBER
ENROLMENT SESSION 2014 3.30PM – 4.30PM
5TH NOVEMBER
ENROLMENT SESSION 6PM – 7PM
12TH NOVEMBER
YEAR 12 FORMAL
15TH NOVEMBER
YEAR 12 GRADUATION
21ST – 29TH NOVEMBER
YEAR 10 & 11 EXAM BLOCK
25TH NOVEMBER
WHITE RIBBON DAY
29TH NOVEMBER
YEAR 10 & 11 LAST DAY
9TH DECEMBER
YEAR 8 & 9 WET & WILD
9TH – 11TH DECEMBER
SRC CAMP – 2014 LEADERS
13TH DECEMBER
YEAR 8 & 9 LAST DAY

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