15 March 2013

From The Principal’s Desk

This year I have become part of a coaching team. This is not a sports story, although I have plenty of experience of sports coaching at a number of levels. This is a leadership story; a principalship story.

Each year about one third of the principals in the Metropolitan Region are given a coach to help them understand how they do what they do, and to challenge them to do it differently, not necessarily better, but from another perspective. This year I am being coached by a former boss, David Curran, who until he retired just over a year ago was the Assistant Regional Director, Secondary.

We meet weekly for four weeks this term, and will meet again for another three sessions in terms 3 and 4 and already I am feeling challenged, although it’s hard to pin-point exactly why. So why am I writing this? Well I suppose it is to point out that we are never too late to learn, nor to change our practices. It is also to explain why The Ipswich State High School has changed so much in the past few years, and why it hasn’t stopped changing.

Elsewhere in this newsletter, Mick Hornby writes about the lessons we can learn from hardships which we might endure, or from choices which we might make. The readings I have been doing for my coaching sessions have given me an insight into why I make some of my choices – which in turn lead to some of the lessons I have learnt.

"Leaders do not like the status quo. They want to make something happen. They want to change the business-as-usual environment.” So say James Kouzes and Barry Posner in their book *The Leadership Challenge*. So that’s why the school is changing – because I didn’t like what it was. Interestingly, neither did most of the staff, students, parents and community but nobody had tried [apparently] to do anything about it.

I compare changing the direction of a school to the turning circle of the Queen Mary liner. It’s a very slow process, and you don’t actually realise any change is being made for a very long time. But then the view changes, the wind is at your back instead of in your face, and it’s full steam ahead. We’re not there yet, but we are certainly on the way.

About two weeks ago I was approached by an irate parent who was very upset about the “sudden” change in policy regarding school shoes. She claimed that students hadn’t been made aware of the change, that she didn’t support it, and that the school had done a lousy job in making the news public. All this despite her having sat in the foyer where pictures of the correct and incorrect footwear were on display, and had been on display since last year. Those pictures are also on our website, and the message had been made public in every newsletter and at every school assembly and year level parade in term 4 last year as well. Sometimes people don’t want to hear the message.

She finished by saying she could understand our policy if we were a private school, and this made me upset. I asked her why she should expect us to have lower standards than a private school. Weren’t her children just as important as those who attend private schools? Why should she accept second best for her children?

She was unable to answer those questions, but I would like to ask you all to think about your choices – which in turn lead to some of the lessons I have learnt.

We have taken the time to work out the direction of our school, and we almost heading on the right course. But guess what? Somewhere along the way there’ll be another change because we’ll see somewhere better to go. I hope you will continue to sail with us, and to support our decisions – the staff and most of the students do, so does the community. But the greatest change in student behaviour occurs when their parents work in partnership with the school.

That’s another piece of reading I’ve been doing, and I’ll save that one for another newsletter. School will finish on Thursday, 28th March and return again on Monday, 15th April. Reports will be mailed early in second term and we’ll be holding parent-teacher interviews shortly after that.

Please encourage your students to study for their end-of-term assessments, and to continue to wear their uniform with pride. Have a safe and Happy Easter.

**SIMON RILEY**

Principal
I can’t believe term 1 is nearly over. Year 10 students have appeared to have made a smooth transition into the senior school. It is fantastic to see them not only wearing the correct uniform, but wearing it with pride. I have tried to participate in as many Year 10 classes as I could this term. It is always great to be involved in and be a part of my Year 10 students’ learning journey. At present, your child would have several assessments due before the end of term. Please encourage them to complete these tasks to the best of their ability.

I would also like to inform you of some of the programs that have been happening in our school this term:

- The Liworaji Aboriginal Corporation (Purga Elders) has once again commenced their ‘Breakfast Program’ every Wednesday morning from 7.30 – 8.40am. All students and staff are welcome.
- The Deadly Choices program has had another successful term. This program was run by the Institute for Urban Indigenous Health (IUIH). The program ran every Tuesday for Year 8 & 9 Indigenous students. The program’s focus was to educate our students on making healthy lifestyle choices.
- Kambu have led a mentoring program every Monday of this term for year 8 & 9 Indigenous students. Due to the success of this program, it will continue to run next term.

Finally, I wish you all a Happy and safe Easter and look forward to more adventures and challenges next term.

Michelle Campbell
Year 10 Deputy Principal

Cronulla Sharks

Life is funny sometimes. Over the last couple of years we have really pushed hard to establish a professional rugby league program that gives our students opportunities in the multi-billion dollar industry, which is Rugby League. We teach students first-aid, nutrition, sports science, coaching, event management and more, this is done through a subject the kids love – Rugby League. Not only do they gain expertise in these areas but they also learn valuable life lessons – dedication and training hard, what it means to be a “good” sport, passion, winning and losing. There are life lessons to be learnt in playing sport, no matter what the level or the sport.

As part of establishing Ipswich State High School as a school of sporting excellence, with Rugby League as one of those sports – we aligned with the Cronulla Sharks only this year – 2013. Why did we go with the Cronulla Sharks? The answer is simple – they gave more opportunities to our kids than any other NRL club. I do not care where a kid ends up, personally I’m a South Sydney fan, my job is to ensure that every student gets an opportunity to reach their potential in whatever field they excel at. The Cronulla Sharks were the only club that came and had a chat about what we were doing at the school. They offered professional development to our coaches and opportunities for students to travel to camps and games - No other club showed an interest in our school or offered any opportunities to our kids.

Now we have a situation where Cronulla are in trouble. I only know what I’ve read in the papers and its seems as though the club is in a lot of turmoil surrounding “drugs in sport.” This comes after Lance Armstrong, widely regarded as one of the greatest sportsman of all time has now fallen on his sword and admitted to abusing drugs. So what do we do as a school? Do we distance ourselves from the Sharks? Do we cancel the agreement and partnership we had only just established? Or do we try and use this event as a life lesson for our kids. Today, four cricketers have just been sent home from India, including Vice Captain Shane Watson. Issues in sport, like in life will always be there. It’s what we do when things go pear shaped that defines us as humans. Prime example is the 2011 floods. People could have looted the local shops but they chose not to. The people of Ipswich banded together and turned the negative into a positive.

I could only imagine the hurt that is at The Cronulla Sharks at the moment. And no, I have not had any conversations with them yet. What I do know, is that it would be easy for us as a school to end the partnership now and walk away. I DO NOT THINK THIS IS THE ANSWER. When times are tough we don’t jump ship. There is a lesson for our kids here. Actually, not just one lesson but several lessons. I believe we can use this unfortunate scenario as a positive for our school. Whether it be extending our drug awareness program or simply that we all face hurdles in life and we don’t give up if we hit one. We will stand strong with The Sharks. It is a partnership that we signed “in good and bad” and we will teach our kids that you stick to your word. Yes, it’s not great what’s happening but in the end, this will be a lesson in life and make us stronger.

Michael Hornby
Year 8 & 11 Deputy Principal

As this is the last newsletter for the term I must wish you all farewell and thank you for the wonderful term. I’m off on maternity leave and will return in November. I must say I’ve really enjoyed being back at The Ipswich State High School for the term after being away last year. The highlight of the term was definitely year 12 camp and getting to know the seniors again. The year 12s are a very supportive group and will represent and lead the school positively this year.

The best parts from the camp were definitely the ideas for the legacy, the giant swing and comradery established for the team activities. I’m sure these memories will last a lifetime.

Don’t forget end of term means assessment for all year levels, so please stay on track and be organised.

Have a great holiday and see you term 4.

Year 9 & 12 Deputy Principal

Australian Defence Force

Families

Hi everyone,

Welcome to any new families. Remember I am here to provide support to both students and their families so if you have not already contacted me please do so.

I am at school Monday, Tuesday, Wednesday & alternate Thursdays. I can also be contacted on 0448184013 or smacd84@eq.edu.au.

Did you know that approved partners are provided with an allowance of up to $12,000 to use within 10 years to boost their career development and better position themselves for employment when posted with their partner? Do you want to know more?

DCO are conducting a Partner Education & Employment Program (PEEP) Information Session on 19th March 2013.

For further information or to RSVP contact Nadine at DCO Amberley on dco.amberley@defence.gov.au or 1800 624 608.

Shelley MacDonald
Defence Transition Mentor
Next P & C Meeting
The next P & C meeting is at 6.30pm on Monday 25th March 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.

<table>
<thead>
<tr>
<th>Term</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Term 1</td>
<td>8th February 2013</td>
</tr>
<tr>
<td>Term 2</td>
<td>26th April 2013</td>
</tr>
<tr>
<td>Term 3</td>
<td>19th July 2013</td>
</tr>
<tr>
<td>Term 4</td>
<td>18th October 2013</td>
</tr>
</tbody>
</table>

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.

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/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.

Uniform Policy
Ipswich State High School Newsletter - Working Today for a Successful Tomorrow

Guideance News
Guidance News

Kindness
Kindness is not an everyday word these days. We use words like ‘respect’ readily but even this does not contain most of the attributes that ‘kindness’ does. Religions highlight the importance of kindness and love as virtues we must strive to achieve, and if these virtues were universally practiced, we could guarantee a world free of crime and violence, and everyone looking after each other. It seems hard to imagine.

So what is kindness? Kindness has been defined as:
- the quality of being warm hearted and considerate and humane, sympathetic
- tendency to be kind and forgiving
- a kind act - marked by charitable behaviour, marked by mild disposition, pleasantness, tenderness and concern for others; a recognized value in many cultures and religions

Uniform Shop
Our uniform shop is open every Monday, Tuesday, 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 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.

Uniform Price List
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.

Please note size 10 and 12 SPORTS SHIRTS ARE NOW IN STOCK.

We are still waiting on size 16,18,20 sport shirts. We will advise parents when the stock arrives.

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

Ipswich State High School Newsletter - Working Today for a Successful Tomorrow
Research has shown that acts of kindness do not only benefit receivers of the kind act, but also the giver. This is the result of the release of neurotransmitters, which are responsible for feelings of contentment and relaxation, when such acts are committed.

How to teach kindness to our children

- Be a good role model - Children observe our behaviour, and are likely to copy the ways we treat others (and ourselves)
- Use the word ‘kindness’ to describe acts of compassion, care, empathy, forgiveness
- Provide simple, clear explanations about how other people feel when they are sad or hurt. Give examples of how kindness can be used in these situations to uplift a person’s moods.
- From an early age praise early acts of kindness - When your toddler gives up his favourite toy to a younger sibling who’s crying, make sure he knows you acknowledge his action
- Encourage your child to help others – at home and in the community. For older children encourage participation in social justice programs, like helping feed the homeless. Not only will this act of kindness feel good but also will give an understanding of what others have to endure to survive.
- Say you’re sorry – Admitting that you are wrong, or did not act appropriately can be very hard, but often the act of humility is a show of kindness in itself.
- If we all practiced doing a few acts of kindness every day the results would be twofold – not only would others be uplifted, but also we would receive the health benefits that come with doing good deeds.

In giving we receive.

Produced thanks to Elizabeth McNeill, Guidance Officer Manly State School

Sarah Round and Jashu Vekariya
Guidance Officers

From Your Chappy Sarah

Welcome back...
A massive welcome back to The Ipswich State High School community. I am really looking forward to what 2013 has installed for the Chaplaincy services as well as for the students, staff and families here in the school.

Recent weather events...
This year has not started off so well for some, we are thankful, however, that this year’s weather events have not devastated the community as seriously as those in 2011. In saying this we have some families who were affected in some way by the floods this year. I have managed to contact some families; however I may not have reached everyone. If you or someone you know were affected by the recent floods then we would like to know about it and provide assistance where we can. We have been able to assist a family already with some needed furniture and have access to other items if needed. We can also assist in the way of providing food hampers or frozen meals.

Further Assistance...
If you or someone you know is struggling with a few things at home, please let us know about this. As mentioned above we can locate furniture and other items if need be. This is not just for those affected by the recent floods. This goes for food hampers and frozen meals as well.

Chaplaincy Volunteers....
For the Chaplaincy services in the school to run as smoothly as possible and to have as much support as possible, we have volunteers come in to help out. You may see a couple of them hanging around at lunch time running games and programs, as well as coming in to visit in classes to hang out. Currently we have Brett and Mitch who will be around the school, as well as this there are a few members helping out with the No Limits program, which will start on Wednesday next week.

Motivational Media...
After the Easter Holidays we will be visited by Motivational Media. This presentation is being screened at around 550 schools throughout Australia. The best part about this is that not only is it an awesome presentation but it features The Ipswich State High School. ‘Making A Difference’ is the theme for this year and it tells the story of one of our wonderful students from our school community. Get excited and I can’t wait for you all to see it!!

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.

SCHOOL BASED YOUTH HEALTH NURSE 2013

Welcome back to a new year. I hope you all had a safe holiday.

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 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

What is the National Day of Action against Bullying and Violence?

The National Day of Action against Bullying and Violence is an opportunity for students, teachers, parents and the whole community to take a stand together against bullying and violence. This annual day provides a focus for schools who want to say Bullying. No way! And to strengthen their everyday messages that bullying and violence at school is not okay at any time.

For those students who are experiencing bullying please remember there is a great support network available within our school community. You have the Student Welfare Team, Guidance Officers, Principal, Deputy Principals, Heads of Department, Chaplain and me the School Based Youth Nurse. There is also some great support available from; Kids Helpline: 1800 55 1800 (freecall) www.kidshelp.com.au Lifeline: 13 11 14 www.lifeline.org.au Reach Out: www.reachout.com.au Angi Gibbon School Based Youth Health Nurse (A block, Mon, Tues & Wed)

EMPLOYMENT NEWS

If you are interested in any of these please come and see Mrs Zampech in A Block. If you have a Resume please bring it with.

Certificate III in Business

Golf Club – Jindalee - Aurora Email
1 position
This employer is seeking a highly motivated golf-minded student to undertake a Certificate III in Business, who excels on the golf course.

Fast Food – Kenmore - Aurora Email
2 positions
Perfect for those new to hospitality wanting to learn about the industry. Must be customer focussed and have a spring in your step.

Café – Mt Ommaney - Aurora Email
1 Position
If you work well in a team, and have a passion for customer service and talking to others then this is for you.

Certificate III in Hospitality

Restaurant – Middle Park - Aurora Email
2 Positions
Assist the restaurant staff with table service, and drink service. The successful candidate will also obtain their RSA. Ongoing work may be offered to students upon successful completion of the traineeship.

Restaurant – Mt Ommaney - Aurora Email
1 Position
Do you enjoy a bit of a sleep in? This could be perfect!

Certificate III in Hospitality (Commercial Cookery)

Golf Club – Jindalee - Aurora Email
1 Position
If you work well in a team, and enjoy cooking meals varying from Breakfast, Lunch, Dinner & Dessert, then this is for you!

Restaurant – Middle Park - Aurora Email
1 Position
Seeking students who have a passion for cooking and food presentation. The Chef is very focused on training young people to become future champion chefs.

Restaurant – Sinnamon Park - Aurora Email
2 Positions
This unique restaurant serves Austrian cuisine like no other. You will learn from one of the finest Austrian Chefs in South East Queensland.

Certificate III in Animal Technology

Vet Surgery – West End - SCIPS Email
3 positions – year 11
Must be committed, keen and have long term interest.

Certificate II in Business (Equestrian Electives)

Online Training

Certificate III in Sport Coaching (Equestrian Electives)

Online Training

Certificate III in Business Administration - SCIPS Email
Real Estate – Mt Ommaney, Jindalee, Oxley, + other areas
Years 10 & 11

Coffee Shops and Restaurants – Various Areas - SCIPS Email
Numerous Positions – years 10 & 11

Certificate II in Retail
City Beach – DFO - SCIPS Email
Year 10 & 11

Certificate III in Fitness (Sport & Rec)
Aquatic Centre – Redbank - SCIPS Email
Several Positions available
Year 10 & 11

SAAMANTHA ZAMPECH
Vocational Placement Officer

Senior Schooling / VET News

The start to the year has been a very busy one for Senior Schooling and VET [Vocational Education and Training] at Ipswich SHS. We began the year with the analysis of our 2012 Year 11 data to help identify students who may be in jeopardy of missing their literacy and/ or numeracy component of the QCE [Queensland Certificate of Education]. To assist those in this position all areas of support were outlined and highlighted to students in interviews with our Maths, English and Senior Schooling HODs. The opportunity was provided for students to reflect on their efforts in Year 11 and what they need to do to fix the mistakes made last year.

Further direction has been given through the interview of our OP-eligible Year 12 students, providing them with clear advice about what their current direction could generate them at the end of the year. Furthermore, we have held three parent information evenings regarding how parents can best support their students in achieving an OP, QCE and/ or VET qualification across Years 11 and 12. We appreciate the support of all of the parents/ guardians who attended. At each and every turn parent participation and involvement was at the forefront of our support and advice to senior students.

To help further extend students 20 of our high achieving Year 12 OP-eligible students have been invited to participate in QCS [Queensland Core Skills] Master Classes. The classes will run on a Wednesday afternoon on set dates from April through to late July. They will take place in the Resource Centre from 3:15-4:45pm, supervised by a member of staff and content delivered across Years 11 and 12. We appreciate the support of all of the parents/ guardians who attended. At each and every turn parent participation and involvement was at the forefront of our support and advice to senior students.

To help further extend students 20 of our high achieving Year 12 OP-eligible students have been invited to participate in QCS [Queensland Core Skills] Master Classes. The classes will run on a Wednesday afternoon on set dates from April through to late July. They will take place in the Resource Centre from 3:15-4:45pm, supervised by a member of staff and content delivered
by Mighty Minds. These classes have been funded by the school as we believe such a program will help improve individual results and ultimately the overall placement of students in the university course of their choice. Students will have the opportunity to speak to university personnel when the University Showcase comes to our school on April 26th.

Looking forward the current Year 11 students who are either not engaging with their classes or struggling to cope with the work of senior schooling courses will be interviewed. Interviews will take place once term 1 reporting is completed allowing students to identify the problems and give them time to rectify such issues across this first semester.

There will be several opportunities for our senior students to nominate for leadership/ mentoring programs provided by several outside providers. Students need to ensure they read the notices and listen on parades to take advantage of such wonderful opportunities.

As we near the end of the first term it is essential that all Year 11 and 12 students check their assessment schedule sheet to help track what they have to complete and when. A copy of the schedule was sent home in week 3 of this term. If you do not have a copy please don’t hesitate to send your student to A block to collect the sheet.

The aim of our senior schooling area is to ensure that each student exits year 12 with a QCE as a minimum. Building on the significant amount of support that has always been in place at Ipswich SHS in 2013 we plan on our students achieving success that will follow through into their post-schooling life. Further help can be gained through our Guidance staff, Deputy Principals, curriculum HODs, Student Welfare staff and HOD VET, HOD Senior Schooling and HOD Student Services-Curriculum.

Donna Gilvarry
HOD Senior Schooling
Nicole Sherlock
HOD VET

Senior Dance Gym Excursion

On the 28th of February, grade 11 and 12 dance students attended the Goodlife Health Club at Riverlink to support their studies of dance fitness. They participated in a challenging ‘Body Attack’ class before exploring the gym’s facilities.

Congratulations to all students who participated – they worked hard and were rewarded with a week of very sore muscles!

Year 8 Leadership Camp

Last week, forty one students from the year eight cohort attended a leadership camp at Runaway Bay Sport and Excellence Centre on the Gold Coast. Despite the weather, students and teachers participated in a number of challenging team building and outdoor recreation activities with a highlight among students being stand up paddle boarding! All students were enthusiastic and highly engaged in the organised events at the camp, which concentrated on leadership and team building.

In the coming weeks, nominations will be sought for the Junior Student Representative Council. The teachers involved would like to commend the students on their efforts throughout the entire camp. Students should also be congratulated as the staff at the centre commented on how well the students represented The Ipswich State High School. Well done Year 8!

EARLY CHILDHOOD

Year 11 Early Childhood students recently enjoyed an excursion to the BUSH KIDZ childcare centre at Brassall. Information was gathered to complete an assessment which will compare different childhood settings!

Year 12 Early Childhood students recently conducted activities with Brassall SS Year 1 students. The activities were extremely well received by the Year 1 students. Well done Year 12!!

Year 11 & 12 SAAVI Active Volunteering breakfast

The Year 11 and 12 Students As Active Volunteers Initiative students organised a breakfast to celebrate International Women’s Day at the Ipswich State High School on Thursday 7th March. The hospitality students catered a full buffet hot breakfast – thank Ms Mason for helping the students with this! SAAVI students spoke at the breakfast to raise awareness for International Women’s Day and the impact it has had in Australia over the past 50 years. The guests included school staff, students and Parents.

Volunteering students also researched and presented information about MOTHER’s HEART an arm of ACC International Relief which supports women in Cambodia with unplanned pregnancies. The SAAVI students did a wonderful job of organising this event and many thanks also goes to the hospitality students who arrived at 6am to cater for the breakfast!

ART EXCURSION

On Friday 1st March, our Year11/12 Visual Art students visited several galleries in Brisbane as part of their Art Studies. Led by Mr Ryan, Ms Struthers and accompanied by Mrs Sardie the students visited three galleries in Fortitude Valley seeing contemporary exhibitions of works by Gordon Shepherdson, and Jason Benjamin.

The students were enthralled by the variety of works displayed as well as perplexed at the relative prices asked. Lots of conversations happened about what makes one work worth more than another.

Although an overcast day we were able to lunch at the Brunswick Street Mall before heading to the College of Art in South Bank to see a graduate Art show on Animals as well as a Retrospective Portrait exhibition.

We left for GOMA to arrive at 12.30. The students then visited the various exhibition spaces to see the Asia Pacific Triennial 7. The variety of artistic responses really opened their eyes as well as challenging their perceptions of what art is. There were many interactive activities that the students involved themselves in including Face masks and photographs using scenic backgrounds.

The student’s behaviour and attitude was impeccable and it was a pleasure to take our students on the excursion.
Annual Constitutional Convention for Schools

On 28 February, four senior Ipswich State High School students – Kayla Ashcroft, Sharnia Colledge, Michael Sleep and Brendan Brown – were fortunate enough to participate in the annual Constitutional Convention for schools run by the Queensland Government. The focus for the convention was for students to deliberate on how Aboriginal and Torres Strait Island people should be recognised in the Australian Constitution. Kayla Ashcroft delivered a speech to the delegates on behalf of The Ipswich State High School and was very well received. Students participated in a number of workshops and lectures culminating in a role-play in the Legislative Assembly. Kayla Ashcroft and Michael Sleep were selected for the very important roles of Premier and Leader of the Opposition and both students carried out their roles admirably. The students found the day to be informative and inspiring, encouraging students to be involved in future conventions.

Trivia Night results

The first Ipswich Volleyball Program fundraiser for 2013 was held on Friday night at the school hall.

We had 11 teams nominate for the Trivia Night Fundraiser, with team, ”The Wordsmiths” (the English Department) taking out back to back honours. Second place went to ”Weightie’s Wingmen”, with ‘team Three and a Half’ taking out the wooden spoon for the night.

A very big thank you must go to the ISHS Hair and Beauty Salon, and Sizzler Ipswich for donating prizes to the event.

Thank you to everyone who came and participated on the night, and got into the spirit of the ‘gaol’.

Keep an eye out for our next fundraising event in Term 2 – Barefoot Bowls Day!

2013 Next Step survey

The Queensland Government is conducting its annual statewide survey of all students who completed Year 12 in 2012. The Next Step survey is a brief, confidential survey that gains a comprehensive picture of the employment, study and life choices made by Queensland school completers in the year after they finish Year 12.

Between March and June, all students who completed Year 12 last year can expect to receive instructions to complete a web-based survey or a telephone call from the Government Statistician to complete the survey. Please encourage them to take part. If their contact details have changed, please assist the interviewer with their updated details of forward the survey to their new address so they can participate. Thank you for your support of the Next Step survey in 2013.

For more information visit www.education.qld.gov.au/nextstep or telephone toll free on 1800 068 587.
Too much parenting is sometimes not a good thing

The following article which appeared in the Sydney Morning Herald on the 20th January this year identifies some potential long term risks of such a model of parenting.

The so-called “helicopter” parent is becoming ubiquitous, with new research showing more than 90 per cent of school psychologists and counsellors are encountering over-involved parents.

Some schools are staging parenting workshops to counter this behaviour as psychologists believe it can damage a child’s resilience.

A Queensland University of Technology survey of nearly 130 parenting professionals from across the country revealed numerous examples of over parenting: a 16-year-old whose mother makes him a special plate of food to take to parties because he is a picky eater; 10-year-olds attending school camp who don’t know how to dress themselves; and an eight-year-old whose mother confronts her classmate over a playground disagreement.

More than a quarter of the school psychologists, counsellors, teachers and mental health workers who were surveyed reported seeing “many” instances of over parenting. Nearly two-thirds said they had seen some instances of this behaviour, while 8 per cent had never witnessed it.

An Australian Psychological Society representative, Darren Stops, said psychologists had observed the emergence of the helicopter parent in schools over the past decade.

“Children are not allowed to be independent, they’re overscheduled, parents are over-involved in their child’s life, they’re not letting children learn from their own mistakes,” said Mr Stops, an educational and developmental psychologist who works in schools.

“We tend to see more young people who aren’t able to accept the consequence of their own actions because mum and dad will jump in to defend them.”

The research also found schools were fielding parental requests for children to be placed in the same class as a friend, or in a sports house that matched their favourite colour, as well as parents contesting discipline meted out to their child.

Psychologists warn that over parenting is helping produce a generation of anxious children who aren’t resilient, have poor life skills, have a strong sense of entitlement and little sense of responsibility.

“The result of over parenting is Gen Y: they’re highly emotional and expect everything to go their way - and they were parented less than the current generation,” QUT PhD researcher Judith Locke, who conducted the study, said. “You can’t complain about Gen Y and then go home and indulge your child.”

The research of clinical psychologist, Ms Locke’s revealed that many parents aren’t letting their child reach normal developmental milestones, such as travelling alone.

Ms Locke said parents were overlooking their own childhood. “They’re looking at the flaws in their childhood and they don’t see them as lucky events which produced resilience, they see them as stopping them becoming superstars,” Ms Locke said.

Hovering too closely, doing too much, expecting to fight all of your kid’s battles – it’s a recipe for disaster, warn the experts. Andrew Fuller, author of Tricky Kids: Transforming Conflict and Freeing Their Potential (Finch Publishing, 2010), says all parents should bear the following in mind:

- Children learn competence and confidence by tackling some things on their own.
- There are some situations in which your child can cope without your help.
- Help is not always helpful. Sometimes it robs children of the opportunity to work out their own way of doing things.
- The toughest trees grow in the windiest conditions. Making everything easy for your child won’t help him/her cope with hardship.
- Rarely, or never, do anything for a child that he/she can do for himself. It’s easy to keep feeding him with a spoon or dressing him, but the parents who encourage their child to do these tasks on his own are genuinely doing the best for their child. Think of how he’ll grow up.

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.
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

HAVE YOU RECEIVED THE SCHOOLKIDS BONUS?
Do you know about the Schoolkids Bonus? It is a new cash payment to help eligible families and students with the costs of primary and secondary school studies. Around 1.2 million families have already benefitted from the first wave of payments in January 2013 – have you?

If you receive a family or income support payment, including Family Tax Benefit Part A, you could be eligible to receive $410 a year for each primary student and $820 a year for each secondary student, with half paid in January and half paid in July.

The Schoolkids Bonus replaces the Education Tax Refund (ETR) and is a much simpler system. You no longer need to collect receipts and payments are made automatically so you don’t have to wait months to make a claim via your tax return. Unlike the ETR you can choose how you use the payment to best support your children’s education – whether it be school books, stationery, uniforms, school fees, or excursions.

Check your eligibility by visiting [australia.gov.au/schoolkidsbonus](http://australia.gov.au/schoolkidsbonus) and if you think you might have missed out on the January payment, contact Centrelink – either in person at a Centrelink-Medicare Office or by calling 132 468.

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

Ipswich City Council
Opportunities for local Young People
Ipswich City Council has some fantastic opportunities for local young people coming up in Terms 1 and 2 and in the April School Holidays!

Homebound Film Making Workshops
**Film Making Workshops - in the lead up to the Ipswich Film Festival for Youth (IFFY).**
‘Homebound’ is 2 day workshop held on consecutive Saturdays that allows young people (aged 12 - 17 years) to learn the basics of creative video making. Included in the workshop is how to construct a scene using story boards; hands on use of a variety of video cameras including your smart phone or tablet; the importance of lighting, and then the final editing of sequences -- incorporating music, special effects and titles.

Workshops will be held from 9:00am to 3:30pm on Saturday 16 and Saturday 23 February 2013 at Studio188 [THE OLD BAPTIST CHURCH], 188 Brisbane Street, Ipswich.

Participants will need to bring their smart phones, tablets and/or cameras and a visual diary and pen. Lunch and equipment will be provided.

RSVP and get in quickly as places are limited!
RSVP to 07 3810 6655 or by email on ktoohey@ipswich.qld.gov.au

Ipswich Film Festival for Youth
**Ipswich Film Festival for Youth - IFFY**
Calling all young budding film makers, producers and directors! It’s the 2013 Ipswich Film Festival (IFFY)! This year’s IFFY theme is "Finding Home" and we want to know what this means to you? Is it finding your home after the 2011/2013 floods... or a look at the difference between a house and a home.

Be creative and original. Submissions open from Monday 25 February until Friday 22 March 2013. All entrants will be invited to the exclusive Premier Event on Monday 8 April 2013 and will receive a Certificate of Entry and gift! The event will have invited guests including VIPs from the Queensland Film Industry. All films will be shown at the IFFY Screening @ Studio188 [THE OLD BAPTIST CHURCH] on Wednesday 10 April 2013 from 10am to 4pm.


Kate Toohey, Youth Development Officer on (07) 3810 7437 or email ktoohey@ipswich.qld.gov.au

Swich On Youth Forum 2013
**What is the Swich On Youth Forum?**
An opportunity for young people aged 12-17 in the Ipswich Region to take action, be inspired and create the change you want to see in your community!

What does the Forum do?
Encourages young people to get involved in discussions so that their ideas are heard and can be considered in the development of Council programs and projects.

The forum is run over 2 days and will include special guest speakers, presentations, training, information packs and lunch.

How to get involved...
**Day 1**
**Thursday, 11 April 2013**
9.30 am – 4.00 pm
Soundpoint / Salvation Army and Sony Foundation Youth and Community Centre
27 Smiths Road, Goodna

Topics include: Personal safety and wellbeing and young people and their health.

And

**Day 2**
Live Well with Asthma Community Workshops

Do you or someone you care for live with asthma? Have you, or the person you care for ever:

- Woken up during the night coughing, wheezing or out of breath?
- Struggled to keep up with normal day-to-day activities?
- Used your blue reliever puffer more than three times a week?
- Felt uncertain or unsure about using your medications?

If so, these are all signs which may indicate that your asthma is not well controlled. If your asthma is limiting your quality of life, or you want to obtain more information about your asthma, please come along to a free Live Well with Asthma community workshop (see details below). All workshops are conducted by experienced Asthma Educators.

<table>
<thead>
<tr>
<th>Date:</th>
<th>Thursday 7th March</th>
</tr>
</thead>
<tbody>
<tr>
<td>Time:</td>
<td>10:30am – 11:30am</td>
</tr>
<tr>
<td>Venue:</td>
<td>Kawana Library, 30 Nanyima Street, Buddina</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Date:</th>
<th>Tuesday 12th March</th>
</tr>
</thead>
<tbody>
<tr>
<td>Time:</td>
<td>1:00pm – 2:00pm</td>
</tr>
<tr>
<td>Venue:</td>
<td>Capalaba Place, 14 Noeleen Street, Capalaba</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Date:</th>
<th>Saturday 23rd March</th>
</tr>
</thead>
<tbody>
<tr>
<td>Time:</td>
<td>10:30am – 11:30am</td>
</tr>
<tr>
<td>Venue:</td>
<td>Stratford Library, 11 Kamerunga Road, Cairns</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Date:</th>
<th>Wednesday 17th April</th>
</tr>
</thead>
<tbody>
<tr>
<td>Time:</td>
<td>10:30am – 11:30am</td>
</tr>
<tr>
<td>Venue:</td>
<td>Terry White Chemist, Stafford City Shopping Centre, 400 Stafford Road, Stafford</td>
</tr>
</tbody>
</table>

To register for a workshop, or to find out about a workshop being held in your area, please contact 1800 ASTHMA (1800 278 462)

COMMUNITY NEWS

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

Join 161 Aviation – Army Cadets are now recruiting.


SCHOOL CALENDAR

MARCH 2013

| 15th March | Shave for a cure |