15 May 2013

From The Principal’s Desk

When I started to write this column I was thinking of the start to the term, various staffing changes which I needed to list for you, the successes of our Rugby League program, ANZAC Day celebrations, and a special program which our school has developed for young people in South Brisbane. I was also intending to invite you all to a special Thanksgiving Event to be held later this month.

I was beginning to write about a Channel 7 news item which we had filmed on Friday, when I received a telephone call from the reporter who had been at school to say that the segment would not now be going to air because his TV station had received a report about a bomb in a house at Leichhardt and this was a more important story.

My first thought was to hope that nobody had been seriously hurt; my second hope was that none of the school’s families was involved. Both those hopes were dashed. While I do not know anything other than what has been reported on TV and in the newspapers, I do know that the most seriously injured young person is one of our students, and that another one was also slightly hurt. Other school families were also no doubt affected in one way or another as neighbours, friends or relatives.

I am not going to dwell on the circumstances; that is for the appropriate authorities. What I will do is say that the Ipswich State High School community will be supporting the families concerned as much as possible over the days, weeks and months ahead, and that I know the wider Ipswich community will do the same thing. The Mayor, Councillor Paul Pisasale, has already announced a public appeal to raise funds for medical treatment.

The news story which was filmed by Channel 7 was a really positive one which featured the wonderful work being done in our Vocational Education faculty. Two students were interviewed and five separate activities were filmed. The reporter could not believe that so much real work was now available to students while at school. The Hair and Beauty Salon at school was featured, as was the Hospitality program as they prepared for a staff lunch. Students were also filmed as they worked in the Tuckshop, constructed an extension to a cleaner’s cupboard under a stairwell, and painted the newly renovated commercial kitchen in C Block.

Despite not producing the story for the news bulletin, the reporter has agreed to give the school a copy of the footage, so keep your eyes on our Twitter page for some excerpts and on our webpage for a link to the whole report. I also met with 612ABC radio this week to arrange an outside broadcast to be made from our school in about three weeks’ time. Details will be displayed on our new electronic noticeboard on Hunter Street.

I must welcome Chip Barnes to our school as Deputy Principal while Mrs de Brenni enjoys her maternity leave. Congratulations to her and her husband on the birth of their son Charlie. Mr Barnes has already marked his mark at school, both with his extreme height and unmistakeable American accent. His organisation of our ANZAC Day parade, in collaboration with Shelley McDonald, was most impressive.

The Rugby League Academy is making great headway. Please read the report elsewhere in the newsletter. I am very pleased that the boys have also put so much effort into their studies, and recognised that their first role at the school is to be a student. They must be in a position to become employed or to be able to continue with their studies, either at TAFE or university, when they leave school. The volleyball program has also had success, as has the boys’ Futsal team. I look forward to hearing of the Year 8 girls’ Football team scoring goals in the upcoming season’s competition.

One of the reasons I enjoy being Principal of this great school is because I enjoy a challenge. We try to do things differently here, creating opportunities for young people who might have found other schools too challenging. We have had some success in engaging the previously disengaged; in allowing those who feel school is too much for them to become comfortable once again in a learning environment. Because of our involvement with NGOs and other training organisations, we were asked to develop a program for young people in South Brisbane, and this week we held our first class at our new flexi-learning centre in Woolloongabba.

Today Ipswich, tomorrow Brisbane, next year the world. Our franchise knows no bounds!

Finally, I would like to thank the wonderful people from the Tzu Chi Foundation, our Blue Angels, for their amazing generosity to our school. A couple of weeks ago they came to our school again and delivered another fabulous cooking class for our students. They have also included an invitation to you all to a Thanksgiving Day on the 25th May which will be held in our Hall. Please try to join us. Their invitation to you is found later in the newsletter.
Thank you for being a partner in the education of the next generation. We take this responsibility very seriously, and are glad that you do too.

**SIMON RILEY**
Principal

**Year 10**

We are now heading into week 5, so the term is quickly coming to an end. There will be an end of semester exam block for all Year 11 and 12 students. This will commence on Thursday 13 June and finish on Friday 21 June, the last day of term. The exam timetable will be issued to students by the end of this month. All Year 11 and 12 students will be issued with an ‘Approval for Study Leave during Exam Block’ form. This form will need to be signed by all the student’s teachers and returned to Mrs Gilvarry, Head of Senior Schooling, to be verified. All students who have unexplained absences for the semester will also be issued with a list of dates that will need to be explained and signed off by a parent / guardian. Students will be required to attend exam block until both the ‘Approval for Study Leave’ and ‘Unexplained Absences’ are verified. Please be aware that we give this system in place to ensure we give all students the best chance to achieve their desired OP and / or their Queensland Certificate in Education (QCE) by the end of Year 12.

We have also recommended our once a week free cooked breakfast, which is organised and run by our Community Education Counsellor. All students and staff are welcome.

This term has also seen the Deadly Choices program being offered to our Year 10 Indigenous students. This program will run every Tuesday morning. If your child is involved in this program can you please remind them to go to CSI to get their name marked off before heading to the program.

Finally, I will be out for two and half weeks at the end of this term. Andrew Noble, Head of Mathematics, will be my replacement.

**Michelle Campbell**
Year 10 Deputy Principal

**Year 8 & 11**

Dealing with year 8 and 11 students sometimes seems like I’m dealing with kids at both ends of the spectrum. Year 8’s have been going really well – enthusiastic, motivated and wanting to do well. They now have settled in and are entrenched in doing things as a “High School” student. As with every year, now comes the period in Year 8 where we have to help students with their relationship skills. There will often be issues to do with students not getting on with each other, whether it be a fall out amongst friends or a dislike of someone in their class. These issues are common to every school, the only thing we can do as a school/parent is guide our children to be respectful and act ethically. We do not expect every student to be friends with everyone, what we do expect is that every student show respect to every student regardless of the circumstances.

Year 11 on the other hand do not seem to have major issues with their relationship skills, in fact sometimes having great relationship skills seems to be the issue. We now find students making decisions based on what their mates are doing, “I’m late to school because I stayed at my mate’s house.” The other concern with year 11 students at the moment is there lack of commitment. I’ve been having several interviews lately with students and parents who have either had frequent absences or not engaged in class. What we are trying to do is make students job ready – this means turning up on time, in uniform, ready to work. These expectations are across the school, regardless of who the student is.

The other interesting conversations I’ve been having lately are with students and parents who feel they have been hard done by. Whether it be a harsh penalty for behaviour, poor results on a report, withdrawal from a subject because they haven’t paid fees or that they haven’t made the “A” side in their chosen sport. Let me establish one thing – I will not give you an A in a subject because you tell me you deserve it – Your teacher will give you an A when you deserve it. I will not put a student in the best team because a parent tells me to – The student will get in the best team by working and playing harder than anyone else. We are not in the business of playing favourites at this school. If you do the right thing, turn up on time, in uniform, ready to give 110%, you will force the school to give you opportunities. If you do not hand in assignments or don’t turn up for that gym session, how do students expect to reach their potential? I’m not going to make excuses for having high standards in our school. We can already see the benefits of those students who give 110%, in our phenomenal results inside and outside of the school.

**Michael Hornby**
Year 8 & 11 Deputy Principal

**Year 9 & 12**

I’d like to express my thanks to all staff, students and parents at The Ipswich SHS for welcoming me into your school and community. Starting a new job in a new town has its obvious challenges but the transition that I have experienced so far has been incident-free. I’m pleased to congratulate Ms Kristie DeBrenni on the birth of her son Charlie and I hope I do her job as Deputy Principal justice during her maternity leave.

Upon entering a new school it is impossible, while learning the day-to-day processes, to compare ISHS with other schools where I have taught. Let me say that, on first impression, you can be proud of what happens here. Daily I see evidence of professional and rewarding relationships being built amongst all stakeholders; I see students engaged in meaningful learning experiences; and I see students that are consistently attempting their absolute best.

The highlight of term 2 for me so far has been, without a doubt, the Ipswich SHS Anzac Day Ceremony. In my 24 year teaching career I have never been a part of such a moving ceremony. Our school leaders, the guest speakers and the Catafalque party all performed their duties with distinction. And the students in attendance were exceptional in their show of respect and behaviour. It was an amazing event that I am proud to have been a part of.

The next big event, only two weeks ago, was parent-teacher interview night. It is well documented that student success in school is best achieved when there is meaningful communication between teacher, student and parent. For 4 hours the school hall was packed and I am confident that those in attendance would have found it a rewarding experience.

Finally, as this newsletter is going to print, year 9 students are completing their three-day National Assessment Program in Literacy and Numeracy (NAPLAN). This is the final NAPLAN test for students (after having completed the test in years 3, 5 and 7) and parents can expect to see student results arrive in the post later this year. I hope your students have found the testing process to be a valuable educational experience and that they have enjoyed the free breakfast that has been on offer each day!

**Chip Barnes**
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? Contact me at school.

Shelley MacDonald
Defence Transition Mentor

Next P & C Meeting

The next P & C meeting is at 6.30pm on Monday 27th May 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.

Ie any outstanding Student Resource Scheme invoices will be finalised before payments can be made toward the current year.

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

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

Yr12 Students Payments

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

Refund Policy

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

If a parent/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

Our uniform shop is open every Monday, Tuesday 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
Guidance Officers

Sarah Round and Jashu Vekariya

Get them to give one of the ideas a go. Review the outcome.

constructive way of sorting out the problem (brainstorm ideas).

bullying is not acceptable and that you will both figure out a

Acknowledgment that a problem exists – Let them know that

prevent bullying or dealing with bullying.

Guidance News

Teenagers and sleep

Sleep research suggests that a teenager needs between nine

and 10 hours of sleep every night. This is more than the amount

a child or an adult needs. Yet most adolescents only get about

seven or eight hours. Some get less.

Regularly not getting enough sleep leads to chronic sleep
depression. This can have dramatic effects on a teenager’s

life, including reduced academic performance at school. One

recent US study found that lack of sleep was a common factor in

teenagers who receive poor to average school marks.

Causes of sleep deprivation

Some of the reasons why many teenagers regularly do not get

enough sleep include:

- Hormonal time shift – puberty hormones shift the
  teenager’s body clock forward by about one or two hours,
  making them sleepier one to two hours later. Yet, while
  the teenager falls asllep later, early school starts don’t
  allow them to sleep in. This nightly ‘sleep debt’ leads to
  chronic sleep deprivation.
- Hectic after-school schedule – homework, sport, part-
time work and social commitments can cut into a
  teenager’s sleeping time.
- Leisure activities – the lure of stimulating entertainment
  such as television, the Internet and computer gaming can
  keep a teenager out of bed.
- Light exposure – light cues the brain to stay awake. In
  the evening, lights from televisions, mobile phones and
  computers can prevent adequate production of melatonin,
  the brain chemical (neurotransmitter) responsible for
  sleep.
- Vicious circle – insufficient sleep causes a teenager’s
  brain to become more active. An over-aroused brain is
  less able to fall asleep.
- Social attitudes – in Western culture, keeping active is
  valued more than sleep.
- Sleep disorder – sleep disorders, such as restless legs
  syndrome or sleep apnoea, can affect how much sleep a
  teenager gets.
- Effects of sleep deprivation
  The developing brain of a teenager needs between nine and 10
  hours of sleep every night. The effects of chronic (ongoing) sleep
  deprivation may include:
  - Concentration difficulties
  - Mentally ‘drifting off’ in class
  - Shortened attention span
  - Memory impairment
  - Poor decision making
  - Lack of enthusiasm
  - Moodiness and aggression
  - Depression
  - Risk-taking behaviour
  - Slower physical reflexes
  - clumsiness, which may result in physical injuries
  - Reduced sporting performance
  - Reduced academic performance
  - Increased number of ‘sick days’ from school because of
tiredness
  - Truancy.

Preventing sleep deprivation – tips for parents

Try not to argue with your teenager about bedtime. Instead,
discuss the issue with them. Together, brainstorm ways to
increase their nightly quota of sleep. Suggestions include:

- Allow your child to sleep in on the weekends.
- Encourage an early night every Sunday. A late night on
  Sunday followed by an early Monday morning will make
  your child drowsy for the start of the school week.
- Decide together on appropriate time limits for any
  stimulating activity such as homework, television or
  computer games. Encourage restful activities during the
  evening, such as reading.
- Avoid early morning appointments, classes or training
  sessions for your child if possible.
- Help your child to better schedule their after-school
  commitments to free up time for rest and sleep.
- Assess your child’s weekly schedule together and see if
  they are overcommitted. Help them to trim activities.
- Encourage your child to take an afternoon nap after
  school to help recharge their battery, if they have time.
- Work together to adjust your teenager’s body clock. You
  may like to consult with your doctor first.

Preventing sleep deprivation – tips for teenagers

The typical teenage brain wants to go to bed late and sleep
late the following morning, which is usually hard to manage.
You may be able to adjust your body clock but it takes time.
Suggestions include:

- Choose a relaxing bedtime routine; for example, have a
  bath and a hot milky drink before bed.
- Avoid loud music, homework, computer games or any
  other activity that gets your mind racing for about an
  hour before bedtime.
- Keep your room dark at night. The brain’s sleep–wake
  cycle is largely set by light received through the eyes.
  Try to avoid watching television right before bed. In the
  morning, expose your eyes to lots of light to help wake
  up your brain.
- Do the same bedtime routine every night for at least four
  weeks to make your brain associate this routine with
  going to sleep.
- Start your bedtime routine a little earlier than usual (for
  example, 10 minutes) after four weeks. Do this for one
  week.
- Add an extra 10 minutes every week until you have
  reached your desired bedtime.
- Avoid staying up late on the weekends. Late nights will
  undo your hard work.
- Remember that even 30 minutes of extra sleep each
  night on a regular basis makes a big difference. However,
  it may take about six weeks of getting extra sleep before
  you feel the benefits.
- Other issues to consider
If lack of sleep is still a problem despite your best efforts, suggestions include:

- Assess your sleep hygiene. For example, factors that may be interfering with your quality of sleep include a noisy bedroom, a lumpy mattress or the habit of lying awake and worrying.
  
- Consider learning a relaxation technique to help you wind down in readiness for sleep.

- Avoid having any food or drink that contain caffeine after dinnertime. This includes coffee, tea, cola drinks and chocolate.

- Avoid recreational drugs (including alcohol, tobacco and cannabis) as they can cause you to have broken and poor quality sleep.

- See your doctor if self-help techniques don't increase your nightly sleep quota.

Where to get help

- Your doctor
- Sleep disorder clinic

Things to remember

- Sleep research suggests that a teenager needs between nine and 10 hours of sleep every night.

- Chronic sleep deprivation can have dramatic effects on a teenager’s life, including reduced academic performance at school.

- Even 30 minutes of extra sleep each night makes a difference.

- All recreational drugs (including alcohol, caffeinated drinks and cannabis) and chocolate can cause broken sleep.

(information is from http://www.betterhealth.vic.gov.au/)

Sarah Round and Jashu Vekariya
Guidance Officers

From Your Chappy Sarah

Chaplaincy Newsletter

There are some GREAT things happening in Chaplaincy over the next two terms and here’s what we have for you...

CHOICES lunchtime program – Each Wednesday during first break, we have a team from Centro Teens coming in to run some crazy activities with you. So far we have seen some brave students come up against our very own Gladiators on the Horizontal Bungee Challenge. This week there was some crazy dancing happening in the hall.

NEXT WEEK – The team are back for a hot dog eating contest... That’s right. So join us outside of the tuckshop to see students taking on our Gladiators again, the keen ones that is!

OUR VERY FIRST LIFETIME – On Thursday 23rd May during periods 5 and 6 we have YoungChozen coming into the school to deliver a Christian message. This will be held under The Dome. YoungChozen came and performed for everyone last year outside the tuckshop and he was awesome! So PLEASE make sure you bring back your permission forms so you don’t miss out on this amazing Hip Hop artist. Those students who don’t return their forms will be required to go to their usual class.

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

ZEEK POWER – Zeek graced us with his presence last year when YoungChozen came to perform. Zeek is a phenomenal artist who loves singing and loves his guitar. Zeek will be in to perform for us on our CHOICES program on Wednesday 22nd May in the hall. Make sure you come straight down when the bell goes to get the best seat in the house. There are prizes and other giveaways available!

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

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
<table>
<thead>
<tr>
<th>Employer &amp; Location</th>
<th>Position/ Qualification</th>
<th>How to Apply</th>
<th>Description/ Comments</th>
<th>Company</th>
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<tr>
<td>THE COFFEE CLUB – BOOVAL FAIR</td>
<td>Certificate III Hospitality (Front of House)</td>
<td>Send resume to <a href="mailto:szamp2@eq.edu.au">szamp2@eq.edu.au</a></td>
<td>1 position – Monday, Hours to be confirmed with employer</td>
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<td>THE COFFEE CLUB – REDBANK PLAZA</td>
<td>Certificate III Hospitality (Front of House)</td>
<td>Send resume to <a href="mailto:szamp2@eq.edu.au">szamp2@eq.edu.au</a></td>
<td>1 position – Monday – 1 position – Tuesday Hours to be confirmed with employer</td>
<td>Busy at Work</td>
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<td>INTER- NATIONAL SKILLS TRAINING – DARRA</td>
<td>Certificate III in Business Administration</td>
<td>Send resume to <a href="mailto:szamp2@eq.edu.au">szamp2@eq.edu.au</a></td>
<td>2 Positions Busy at Work</td>
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<td>Certificate III in Hospitality (Front of House)</td>
<td>Send resume to <a href="mailto:szamp2@eq.edu.au">szamp2@eq.edu.au</a></td>
<td>1 Position – Fridays Hours 11am – 4pm &amp; 4pm to 8pm. Some weekend work available. Applicants must be able to work weekends.</td>
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<tr>
<td>BAKERS DELIGHT RIVERLINKS</td>
<td>Certificate II in Retail</td>
<td>Send Resume to <a href="mailto:szamp2@eq.edu.au">szamp2@eq.edu.au</a></td>
<td>2 Positions Hours 8am – 4pm Years 10 &amp; 11 welcome to apply</td>
<td>Busy at Work</td>
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<tr>
<td>AXIOM COLLEGE</td>
<td>Certificate III in Media, IT</td>
<td>Send Resume to <a href="mailto:szamp2@eq.edu.au">szamp2@eq.edu.au</a></td>
<td>1 position – Tuesday 1 position – Wednesday 1 position – Thursday 1 position – Friday Hours 8am – 4.30pm Years 10 &amp; 11 welcome to apply</td>
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<td>DOMINOS PIZZA KENMORE</td>
<td>Certificate III in Hospitality</td>
<td>Send Resume to <a href="mailto:szamp2@eq.edu.au">szamp2@eq.edu.au</a></td>
<td>2 Positions Front of House. Hours to be spread over 3 days. Preferably Yr 10 Students. 2 positions front of house and back of house. Hours to be discussed</td>
<td>Busy at Work</td>
</tr>
<tr>
<td>PLUM CAFE</td>
<td>Certificate III in Hospitality</td>
<td>Send resume to <a href="mailto:szamp2@eq.edu.au">szamp2@eq.edu.au</a></td>
<td>Walter, Register and Food Prep. Must be punctual and reliable, well-mannered and friendly. Students in YR 10, 11 Welcome</td>
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</tr>
<tr>
<td>NOODLE BOX KENMORE</td>
<td>Certificate III in Hospitality</td>
<td>Send Resume to <a href="mailto:szamp2@eq.edu.au">szamp2@eq.edu.au</a></td>
<td>Multiple positions - Front of House Back of House Register Food Prep Between the hours 11am – 9pm Year 10 Only Please</td>
<td>Busy at Work</td>
</tr>
<tr>
<td>SUBWAY</td>
<td>Certificate II Retail</td>
<td>Send Resumes to <a href="mailto:szamp2@eq.edu.au">szamp2@eq.edu.au</a></td>
<td>14 Positions – Brassall Store 2 Positions Wednesday 2 Positions – Thursday 2 Positions – Friday Riverlink Store 1 Position Wednesday 2 Positions – Thursday 1 Position – Friday Students in Year 10 &amp; 11 Encouraged to Apply</td>
<td>Busy at Work</td>
</tr>
<tr>
<td>BUCKING BULL</td>
<td>Certificate II Retail</td>
<td>Send Resumes to <a href="mailto:szamp2@eq.edu.au">szamp2@eq.edu.au</a></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>
</tr>
<tr>
<td>JINDALLEE GOLF CLUB</td>
<td>Certificate III in Hospitality (Commercial Cookery)</td>
<td>Send Resumes to <a href="mailto:szamp2@eq.edu.au">szamp2@eq.edu.au</a></td>
<td>Do you enjoy cooking? If you work well in a team, and enjoy cooking, then apply today</td>
<td>Aurora</td>
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<td>DOMINO’S</td>
<td>Certificate III in Business</td>
<td>Send Resumes to <a href="mailto:szamp2@eq.edu.au">szamp2@eq.edu.au</a></td>
<td>Kenmore</td>
<td>Aurora</td>
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**Senior Schooling News**

Year 12 students were given the opportunity on Friday 26th April of having direct access to a number of universities. The University Roadshow hit Ipswich State High School, including USQ, UQ, Griffith University and others. Students heard first-hand information from university students about university life, options for courses, accommodation, QTAC and how to financially survive while studying. Importantly, ISHS students were able to speak to each university, collecting valuable information booklets and gaining a direct insight into future options. This visit supports student study towards their QCS test, university entry and QTAC applications that will take place next term. It is essential that investigation begins for those students that need to identify possible options for 2014 and the University Roadshow is one way in which ISHS supports our future leaders. Should students have any questions regarding the information gained from the University Roadshow they can speak to the individual universities, our guidance staff, Deputy Principal or HOD Senior Schooling.

The first round of reports has been sent home with students and parents being given a clear indication of progress across all curriculum areas. Students who have been identified as having significant difficulties will be interviewed by either the Deputy Principal (Year 11 or 12) or HOD Senior Schooling to find the best course of action to support the success of each student at ISHS. If you were unable to attend Parent-Teacher Interviews held on Tuesday 30th April please do not hesitate to contact the relevant staff to organise another opportunity to meet and discuss options for your student.

**Certificate II in Workplace Practices**

Year 11 students have been busily completing a Certificate II in Workplace Practices this year. This certificate incorporates 80 hours of work experience and gives the student employability skills when applying for jobs. The certificate also gives students 4 QCE credits when fully completed.

Work experience has started for Term 2 and we have received wonderful reports from employers about our students. Several students have also been offered part time work.

Thank you to all of our host employers who have given their time and the benefit of their knowledge so generously in order to help our students. Many of our students are working within the construction industry – see the first picture of one student in action.
Mrs Clark will be visiting most students in their workplace this term and is looking forward to seeing students making the most of this opportunity.

Rugby League Academy Update

Riley-Paulger Cup

The Ipswich State High School Rugby League Academy will officially commence their competitive first grade season against Redbank State High on Tuesday 21st May, 3.45pm kick off at North Ipswich Reserve (Ipswich Jets home ground). The game will be the first ever Riley-Paulger Cup match, named after the long serving principals of both schools. There will also be a marching band pre game and a “dance off” between both schools dance troupes at half-time.

We are hoping for a carnival atmosphere at the game and plans are in place to transport students to the game for a small fee and letters will be sent home accordingly and in due course. Please try and attend the game and help the boys win.

Trial Matches

The Rugby League squads have played a combined total of 11 trial matches in term 1 and 2 to prepare for the Riley-Paulger Cup, CISSA competitions and Broncos Cup. There are further trials planned at the time of writing.

Opens

Won 62-4 v Emerald High and Norths Under 18’s (combined score)

The first trial game was a three way affair between ourselves, Emerald High and our Academy partners, Norths Rugby League Club.

Ipswich SHS were dominant early on against Emerald, winning 42-0 in a 30 minute game. The highlight was a sensational solo try by Derek Oram which included a double chip and regather.

Immediately after, the school team had to back against Ipswich Under 18’s who put up a more stern fight and the ISHS boys were clearly tired and started to slip on some disciplines. This time, the highlight was their defence under pressure. Their 20-4 win over a 30 minute period meant we won by a combined score of 62-4.

Won 36-4 v Forest Lake SHS

The first home game of the year saw the Ipswich boys score some spectacular team tries in front of a healthy crowd students and their family and friends. The game was played in excellent spirit and was a positive step for us as Forest Lake have featured in the higher echelons of the school game in recent years. Man of the match for Ipswich was Jack Arrowsmith.

Won 26-6 v Sandgate SHS

It was another win against higher tiered opposition, yet this time Ipswich were scrappy and gave up possession too easily. It was the last day of term and a hot day but it did prove the team has much work to do. The best Ipswich player this day was Corey Schaffer.

Drew 22-22 v Sunnybank SHS

Ipswich travelled to Sunnybank in week 1 of this term as the trial program went up a notch in intensity and toughness. This game was a shock to the system for many of the Ipswich boys who had not faced such tough opposition before. Credit must go to the team however, as they recovered from 16-4 down at half time to secure the draw and were the strongest team in the latter stages.

Lost 20-0 v Marsden SHS

Marsden are classed as one of the top 3 schools for Rugby League in Queensland and it was a very stern test for our team. After a difficult start losing 1 player in the warm up and 2 players to injury within the first 8 minutes of the match, Ipswich were 10-0 with their backs to the wall. They rallied once again and no further points were scored until the last 5 minutes of the match.

The trial program for our seniors was a tough one where they faced teams on every level of the schoolboy game. The games got gradually tougher and it has helped expose the players to the level of football they need to operate at, should they wish to compete at the highest levels.

Coach’s player of the year so far……..Jack Arrowsmith

Coach’s most improved…John Chapman and Derek Oram

Juniors

The Year 8 team are unbeaten in their trial program so far, after an impressive 20-20 draw with Marsden and an emphatic 52-0 victory over Sandgate. The year 9’s went down to Marsden but responded emphatically against Sandgate, coming out victors 44-4. The year 8’s and 9’s have also commenced body weight resistance and classroom “footy studies” programs where they study and critically analyse NRL and Schoolboy Cup footage. The year 10’s had some early season disruption with a change of coach but have responded with some gutsy displays and are showing huge signs of improvement after trials against both Sandgate and Marsden.

Term Highlights

There was an “assessment blitz” led by Rugby League coaches at the end of term one prior to the Sandgate trial day. All Academy players’ teachers were informed that any players who had not completed assessments were to inform the relevant coaches. This led to some students missing training to attend the resource centre to complete work. For the record, no player ended up missing the game due to outstanding assessments! Further blitzes will include attendance, behaviour and dietary. Watch this space.

Rugby League Academy “Team of the Term”

1. August Tolova’A (year 9)
2. David Crawley (year 10)
3. Jack Arrowsmith (year 11)
4. Brydan Thompson (year 8)
5. Tommy Wolfe (year 8)
6. Ty Marshall (year 8)
7. Dale McDonald (year 12)
8. Corey Schaffer (Year 12)
9. Leroy Chapman (year 9)
10. Waylen Manuel Bartlett (year 9)
11. Lachlan Melling (year 10)
12. Tyson Shields (year 12)
13. Oskar Moore (year 8)

Lee Addison
Rugby League Head Coach

The Ipswich State High School SRC

This year the SRC has been busy organising fundraisers and participating in many community based activities.
Shave for a cure took place on Friday 15th March where the school raised nearly $300. Students had the opportunity to have their hair coloured for a gold coin donation. Some students went that little bit further and with the help of the hair and Beauty department, we saw Michael Todd and Mr Vernon get their legs waxed. A number of staff had their head shaved and Year Eight student, Hannah Condon bravely shaved her long locks for this great cause.

SRC Students have also taken part in the Ipswich ANZAC parade, commenting on how honoured they felt to be a part of such an event.

We also saw a number of students participate in The Ipswich Festival. The theme of ‘Once upon a nursery rhyme’ meant that students dressed up for the occasion and had a great time.

We would like to thank the parents, teachers and students-including non-SRC members- that have helped make these events possible. Your time and effort are greatly appreciated.

As the SRC move from strength to strength, we can only look forward to what comes next.

**Early Childhood students go to PREP**

The year 11 Early Childhood students have an assessment which involves them organising activities for groups of PREP students at Brassall State School! The focus is to develop physical skills (either gross motor or fine motor skills) with the Prep aged students! Well done year 11 Early Childhood students, for representing the Ipswich State High School so well at these events!

*Tanya McKenna & Sue Booth*

*Early Childhood teachers*

**SAAVI students honour Meals on Wheels volunteers during National Volunteers Week**

The Certificate III in Active Volunteering (Students As Active Volunteers Initiative) students have been researching about the wonderful work that is done every day by the Meals on Wheels team of volunteers. During National Volunteers Week 2013 the Ipswich State High SAIVI students decided to thank these wonderful volunteers, by hosting an afternoon in their honour on Monday 13 May, 2013.

The SAIVI students want to take this opportunity to THANK everyone who gives of their time, resources and talents to volunteer with organisations. Our community is better because of your committed kindness! We appreciate you all very much!

*Tanya McKenna & the yr11&12 Certificate III in Active Volunteering (SAAVI) Students*

**SHINE – Worth, Strength & Purpose**

This term the girls enrolled in the SHINE course have been reminded of their value and worth, as being very precious!

Thank you to Ms Whyatt and Ms Sherlock for their input on skin and hair care (plus giving a few makeup tips for the young women who are participating)!

**MASK 2013 IPSWICH HIGH VISUAL ARTS**

Our Mask looks at Discovery through language. We chose Dora to represent our theme because Dora opens doors to other languages and places for children. We feel that she as a character embodies the essence of discovery. The group reflected on discovery as children and have memories of learning Spanish through Dora. (These happy memories were of the fun adventures with Dora on television.) What we think about Discovery now as teenagers is we would like to discover a global community where language, communication and experiences are shared; a peaceful community where other cultures and people are valued. Our vision for the future is a world where, borders and oceans don’t separate the people of the world. We painted the background with flowers, insects and plants because we would like a return to valuing nature and a focus on the natural world in the future. We would like to see an international/ global return to the preservation of our natural environments for future generations. We would like to see honey bees returning in their numbers internationally. Our interest is in mankind and the Earth. Our aim was to make this mask appealing and enjoyable for the children at the Ipswich Festival and that they would be able to connect to the theme of discovery through Dora. We hope it sparks excitement and interest in discovering people, places, language and nature. We feel that to be a global citizen we need to discover the value in diversity of cultures. Globally we feel all cultures have stories, artworks, languages and beautiful natural environments that we would like to know more about. We hope you enjoy our representation of Dora the Explorer and it awakens the spirit of discovery in you.

**Teacher:** Ms Struthers

**The students involved:**

Joel Knight Managed the group (year 10), Jacob Sneddon (year 10), David Smith (Year 10), Alistair Small (Year 10), Tyeus Brown (Year 8), Riely Muckert (Year 8), Jamie Hockings (Year 8), Holly Mackay (Year 11), and Mathew Van Os (Year 12).

**Dental Van**

In the next few weeks approximately the week beginning 27th May, the Dental Van will be moving in to the school. 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.

**Cyber Security Week (20-24 May)**

National Cyber Security Awareness Week is an annual Australian Government initiative held in partnership with industry, community and consumer organisations. The aim of Awareness Week is to help Australians using the internet understand the simple steps they can take to protect their personal and financial information online. More information about Cyber Security Week can be found online: [http://www.staysmartonline.gov.au/awareness_week](http://www.staysmartonline.gov.au/awareness_week), Stay Smart Online ([http://www.staysmartonline.gov.au/](http://www.staysmartonline.gov.au/)) encourages all Australians to remember ten simple tips to improve their online security:

1. Install and update your security software and set it to scan regularly
2. Turn on automatic updates on all your software, particularly for operating system and applications
3. Use strong passwords and different passwords for different uses
4. Stop and think before you click on links and attachments
5. Take care when buying online – research the supplier and use a safe payment method
6. Only download “apps” from reputable publishers and read all permission requests
7. Regularly check your privacy settings on social networking sites
8. Stop and think before you post any photos or financial information online
9. Talk with your child about staying safe online, including on their smart phone or mobile device
10. Report or talk to someone if you feel uncomfortable or threatened online – download the Government’s Cybersafety Help Button.

**ISHS Is Tweeting**

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](http://www.twitter.com) and find people and groups to follow. One of the great things about Twitter is that you can read posts from your computer, mobile phone, ipad etc – you don’t have to be at home to keep up with the latest news.

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

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

**Woolies Earn and Learn**

Thank you very much to everyone who has been collecting Woolies Earn and Learn stickers for us over the past few weeks. We have a merry band of little helpers who enjoy putting the stickers on to the sticker sheets during lunchtimes so the program is proving to be beneficial in more ways than one. We currently have just over 2000 points and our goal is to reach 70 000 points by the end of the promotion which is 9 June - plenty of time to collect the extra 68 000 stickers that we need.

Thank you very much for your support. We were able to purchase some amazing items last year and we are hoping to do the same again this year.

**Variety Concert 2013 AUSTRALIANA**

Ticket for this year’s Variety Concert went on sale at the Finance Window on Tuesday 22nd April.

**Tickets must be prepaid.** Adults $12.00, Children/Concession $6.00 and Family (2 Adults + 2 Children) $28.00.

Variety Concert will be held **Wednesday 29th May and Friday 31st May** with doors opening at 6.40pm.

**BIG NIGHT FOR ISHS AT LITTLE ATHLETICS PRESENTATION NIGHT**

On Saturday the 13th of April 2013, Little Athletics held their Presentation night for the season.

From that night three students from Ipswich State High were awarded trophies for their achievements throughout the season and also for the Age Champion competitions which were held at the end of the season.

Jade Fraser (yr12) who participated in the Under 17 age group was awarded with the Senior Centre Achievement award, which also comes with adding her name to the Perpetual Club Award which is held at the centre, this award is for the most improvement throughout the season.

Richard Bavister (yr11) who participated in the Under 16 age group was awarded Most Improved and the Age Champion Trophies for the Season.

Alexis List (yr10) who participates in the Under 15 age group, was also awarded Most Improved and Age Champion trophies for her achievements & also was awarded certificates for breaking 2 Club Records in Javelin & 90m Hurdles.

These students as well as a few others who attend the school and participate in Athletics have had a wonderful season and will be looking forward to starting back again when the Athletic season starts up again in September.
2013 School Based Immunisation Program

Year 8 and 10 students today received their second dose of immunisations. If your child seems to be unwell after these immunisations please do not hesitate to seek further medical advice.

The program for 2013 will provide vaccinations to all Year 8 and Year 10 students. All Year 8 students will receive the following vaccinations: Hepatitis B (2 doses), Chickenpox and HPV (3 doses). The Year 10 students will receive Diphtheria, Tetanus and Pertussis (Boostrix) and all male students will receive the HPV (3 doses).

The immunisations will be conducted here at Ipswich State High School on the following dates: Thursday 28th February, Thursday 16th May and Thursday 19th September. If you do have any enquiries/questions about these immunisations please direct all contact to Ipswich City Council Immunisation Services on 3810 6666.

Thank you Student Services Team.

YEAR 8 ENROLMENTS FOR 2014

The Ipswich State High School enrolment process for Year 8 will begin on the 11th June at 3:30pm. Parents wishing to enrol their student(s) should phone the School Office on 38143 4488 to make an appointment.

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

Year 7 Enrolments for 2015

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

REMINDER FOR PARENTS AND GUARDIANS

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

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.
MAY 2013 APPRECIATION DAY

May 2013 Appreciation Day

Tzu Chi Foundation invites you to join us to celebrate Mother’s Day and Global Tzu Chi Day on Saturday, 25th May 2013. On this special day we would like to share this opportunity with you to advocate:

➢ Respect and loving kindness for all sentient beings,
➢ Filial piety and gratitude to our parents and teachers, and
➢ Eradication of suffering and conflict by fostering compassion and unconditional assistance to people in need.

Tzu Chi Foundation Gold Coast cordially invites you, your family and friends to attend this meaningful and auspicious occasion at Ipswich State High School Hall at 1 Hunter St, Brassall from 1:30pm to 3:30pm.

To show our appreciation to parents and teachers for their efforts and devotion in raising up our children, we organize a tea ceremony in which we encourage all children to present tea as a gesture of gratitude to their parents or teachers. The ceremony is accompanied by musical sign language performance and a drama.

At the end of this ceremony, we will distribute Winter Parcels to our “Care Recipients”. The parcels consist of blankets and scarves made from recycled materials, and some vegetarian food.

We hope to see you, your families and friends there!

If you intend to attend this ceremony, please return the following slip to Councillor Cheryl’s office on or before 20th May 2013.

I will attend the 2013 May Appreciation Day.

Name:

COMMUNITY NEWS

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

__________________________________________________________

Join 161 Aviation – Army Cadets are now recruiting.


__________________________________________________________

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

SCHOOL CALENDAR

MAY / JUNE 2013

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