From The Principal’s Desk

As the year draws to a close, and they seem to be getting shorter and shorter, we celebrate the efforts of the senior students who graduate this week. Soon, the vacuum created by their departure will be filled by the next group of students anxious for seniority and keen to prove their worth as leaders.

Before I congratulate those Year 11s who have been elevated to that position of leaders for 2014, I must first thank those who complete their schooling this week. The captains and vice-captains of 2013 have proved to be a very enthusiastic and well-intentioned group of young people. Sometimes intentions do not always translate into action, but I am very pleased to say that this has certainly not been the case this year.

What they have set out to do, they have done. They have supported a number of notable causes and been highly visible in every area of school success this year. Their membership has been represented in academic, cultural, community and sporting awards, rugby league premierships, dance competition honours, public events and multi-media presentations. They have been interviewed on ABC radio, played music and sung in the public domain, created culinary delights, cheered loud and long at carnivals and fund-raising activities, and coached teams.

They have raised the bar for student leadership at this school and I thank them for it. They have not been alone in their endeavours however. This senior year has, despite a couple of bumps in the road, produced what I believe will prove to be the best academic and vocational results for a number of years. They have willingly gone the extra mile as mentors and role models to younger students, and they have, generally, set a high standard of presentation and effort; albeit begrudgingly in a couple of cases.

I wish them every success in the future.

And so the baton of responsibility passes to the next mob. Within the next senior leadership group there is a magician, two ardent gamers, someone who hated the school with an absolute passion when they first started here, gummy bear and taco lovers, an avid tea drinker, an arachnophobic, the youngest of five children and one of the faces featured in the school prospectus.

Congratulations to the following students who have been elected to the SRC for 2014 –

School Captains - Belle Fisher and Matthew Westphal;
School Vice Captains - Sherlee Malone [Sporting]; Sally-Anne Chipman [Cultural]; Tiffany Meltham [Community]; and Shayla Geary [Indigenous];
House Captains - Tyson Beckett-Brown [O’Hanlon]; Bridee Muir [Rivers]; Tobias Siebel [Moran]; and Brock Reed [Sullivan].

I look forward to working with them over the next twelve months; they have already proved to be industrious and capable as they have presided over the final full school assembly and the Graduation Ceremony. I also wish those candidates in Years 8-10 the best of luck as they too seek election to the SRC of 2014.

I shall end this article, the penultimate one for the year, with a couple of sales pitches.

At the Awards Night and again at the subject selection evenings last week, I unveiled a new slogan for the school which embodies our approach to your student’s education.

Right Here, Right Now is a challenge to your students, and to you as partners in their education, to take up our challenge to be responsible for their learning. In producing two new posters which will appear throughout the school buildings, in its documents and as part of a very deliberate and targeted marketing strategy aimed at high achievers, we have challenged your students to own their educational journey.

It is not enough to be a passive learner; students must be an active part of this experience, and, in conjunction with The Five Minds, the new slogan insists that they are. I make no apology for raising the standards for students expecting and wanting to attend this school.

Just as the SRC of 2013 raised their standards, so too have our teachers.

The proof will be in the pudding – in the results; in the increased community involvement; in the appearance, attitude and behaviour of our students; in the improved attendance; and in the decrease of detentions, suspensions and other disciplinary actions which will all be evident in 2014. Please come along for the ride. We will enjoy your company.
The second sales pitch is for the School Yearbook or Magazine. Recent changes in the rules for school fees and charges have meant that we can no longer include the cost of the school magazine in the resource scheme. Last year we did not produce a magazine because of this and we were criticized for this decision. This year, Mrs Sue Booth has taken on the role of staff editor, and with a very small but passionate student editorial committee, has delivered a wonderful publication.

The magazine will be available from next week for $15. Please order and pay for your copy at the Finance Office.

SIMON RILEY  
Principal

Year 10

I am sure you have heard this all before, however it is actually true when adults say to you that being a teenager is all about testing boundaries. You are becoming an independent adult, and you don’t simply want to explore your limits – you want to bust out of them. This is all part of the natural process of growing up.

You will start, if you have not already done so, to think about where your place is in the world, the different types of relationships you want to have and how you are going to live your life.

So how far do you go? Pushing your limits is one thing, but involving yourself in activities that can endanger your life is a very different story.

Teenagers, like most people, need a challenge. If everything we did in life was easy, it would get pretty boring after a while. Finding new tasks that will challenge your brain is important. It helps your thinking skills and keeps you alert. I try to find a few new goals each year that will help keep my brain challenged.

One of my 2013 challenges was to involve myself in professional readings. The following is a list of healthy risks that could assist you in challenging yourself:

- Read books, magazines and any other printed material
- Join a school club, whether it be sporting, cultural (theatre, dance, music) or academic
- Become involved in volunteer activities – even if it only requires you to volunteer for a couple of times a year
- Enter competitions, either sporting, cultural or academic
- Have an intellectual conversation or debate with your friends, classmates or family members – you’ll be surprised by their different ideas and opinions
- Learn a new language (this will eventually be a goal of mine)
- Make friends with people completely different from you and learn about their lives – this is a great skill to have for when you leave the sanctuary of school life
- Talk to your grandparents, or someone older than you. You’ll find that they are experienced and knowledgeable in many different topics.

Once again I am very proud of this year’s graduating seniors. The majority of them have spent many hours completing school work and assessments. They have represented the school with pride in so many different activities. An extra special thank you must go to the 2013 Senior Representative Council (SRC) for their constant dedication and fantastic work which they have completed for our school throughout the year. I wish all the 2013 seniors the best of luck in their future endeavours.

Finally, I will leave you with the following quote:

"The best way to predict your future is to create it."  ~Peter Drucker

Michelle Campbell  
Year 10 Deputy Principal

Year 8 & 11

I mentioned in the school magazine how it is an exciting time to be at Ipswich State High School. Over the last couple of years we have developed a new, modern and professional looking school uniform, a comprehensive Academic program competing with the best high schools in Queensland, an Arts Program taking out awards regularly and a Sporting Program with facilities and coaches that are second to none. The future ahead for "Ippy High" is exciting to say the least.

Sometimes we focus on those things that are material in our lives. For example we see a new building and think it must be great because its new and shiny, but with schools it’s different. You can have a new building and it looks great on the outside, it can even be fitted out with the latest, most modern equipment, but if it doesn’t have great teachers teaching an engaging program – you might as well teach under a tree.

Ipswich State High School has undertaken a comprehensive review of "what we teach" and "how we teach." Every teacher has been engaged in an extensive Professional Development over the last two years in improving our teaching practice through Peer Coaching. In groups of three or four, teachers review and reflect on their own and others’ practice. Drawing on each other’s range of experiences in different subject areas, different backgroungs and skill sets, has been a great driver for improved performance across the school over the last two years. It is not just the focus on the “coal face” of classroom practice but also the professional dialogue across subject areas. At Ipswich State High School we might not have the most modern campus, what we do have is a Great Teaching Team.

Michael Hornby  
Year 8 & 11 Deputy Principal

Year 9 & 12

The final week of the school year for our Senior students is always one of mixed emotions. Some students are excited about the new endeavours that they are undertaking, others are tentative in taking steps towards a future beyond the Ipswich State High School gate but every year, the school community is always proud of the achievements of the graduating class and this year is no exception.

In the 2013 Graduating Class, 99% of students will leave Ipswich SHS on Friday 15.11.13 with a vocational qualification or Queensland Certificate of Education. This is an amazing statistic and reflects the work, not only of the students, but also that of the teaching staff as well as the families around our young people.

With major events such as the Formal, Mystery Tour and Graduation Ceremony, the final week of the school year is a busy time and I encourage all students to take the time throughout the week to appreciate their high school experience and focus on the positive memories that they can carry with them beyond the school grounds.

With much of the focus upon the Senior classes at this time, it is important to remember that assessment items will be due for Year 9 students soon. As always at Ipswich SHS, we encourage students to be the best they can be in all aspects of their schooling. If your young person requires help, can I remind parents/carers to contact their teacher and they will be able to suggest ways to improve their current performance.

Matthew McDonald  
Year 9 & 12 Deputy Principal
Australian Defence Force Families

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

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

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

If you are new to the area attending a coffee group could be a great way to meet other defence families in the local community.

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

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

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

Parents & Citizens Association

The next P & C meeting is at 6.30pm on Monday 25th November in the Administration Building. (Please note P & C meetings are held on the fourth Monday of the month except when they fall in school holidays.)

Our P&C is the voice for you and your students to assist in school decision making when appropriate. Each year the P & C tries to assist the school by providing our students with access to the resources that are not always readily available through the school grants process.

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

Payment of student accounts

Families making Student Resource Scheme payment by term - Term 4 payment was due 18th October 2013.

Student resource scheme payments for 2013 should now be finalised.

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

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

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

Yr12 Students Payments

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

2014 School Fees

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

Change to Payment Plans.

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

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

Term payment due dates

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

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

Students in credit

Written notification must be presented for student credit to be used. This could be in the form of excursion letter/uniform order form etc. with ‘Please use credit’ clearly printed on the form.

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.

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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.

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<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
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<tbody>
<tr>
<td>9th December 2013</td>
<td>Monday, Tuesday</td>
<td>8.30am – 9.00am (Normal Hours)</td>
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<td>10th – 13th December 2013</td>
<td>Wednesday, Thursday, Friday</td>
<td>8.30am to 10.30am (last week)</td>
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<td>20th, 21st, 22nd, 23rd, 24th January 2014</td>
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<td>8.30am – 3.00pm</td>
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<td>28th, 29th, 30th, 31st January 2014</td>
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<td>8.30am – 10.30am (1st week back at school)</td>
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Ipswich State High School SNAPBACK CAPS are now for sale in the uniform shop.

Only $15. Hurry in before stocks run out!

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 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.

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stress related to worry and anxiety. Meditation and relaxation are great ways to calm the mind down and help you drift off to sleep. When you find your mind racing in bed, lie flat on your back and relax all your muscle groups, slow your breathing down and take in long full breaths, then quiet your mind by focusing on one relaxing thought.

- **Power On!** Power naps are a great way to energise you and catch up on some sleep debt. If you have ever napped in the afternoon and woken up disoriented and fatigued you have slept for too long and entered a deep sleep. The rule with power napping is to not let them go for longer than 20 minutes.

- **Get active!** Exercising each day is an easy way to improve the quality of your sleep. When you exercise the biochemical make up of your body changes in a favourable way to facilitate better sleep.

- **Catch the wave to bed.** There is a 90 minute rhythm called the Ultradian Rhythm that controls how alert we are. During the majority of this rhythm we are alert, however towards the end we start to become drowsy. Have you ever been in a 90 minute meeting and you start to fall asleep? Or have you ever been out somewhere and you get tired and think to yourself, “I think it’s time to go home”. Only to get your second wind 10 minutes later. We can use this rhythm to help us get to sleep. During the night look out for when the drowsy part of this rhythm hits you – that is the time to go to bed as your body is naturally prepared to nod off.

Article adapted from “Exit Lane” 2010 and based on the writings of Dr Adam Fraser.

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

**SCHOOL BASED YOUTH HEALTH NURSE 2013**

My name is Angi Gibbon; I am the School Based Youth Health Nurse at Ipswich State High. I am available Monday, Tuesday and Wednesdays. My focus is providing support to young people on matters concerning their health and well being such as: healthy eating, feelings of stress, relationships, personal and family problems, growth and development, sexual health, smoking, alcohol and other drugs. I also help in connecting people with external support services, as at times other services can provide more appropriate or ongoing support. My service also includes supporting staff with information on health and wellbeing related to young people whether that may be resources or guest speaking in specific classes.

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

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

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

I look forward to providing support over the coming year.

**Angi Gibbon**

**Upstairs A block**

**Health and Wellbeing**

Dear Families, Friends and Students

Leading up to the commencement of the festive season I would like to gift to you, SIX (6) topics of discussion for your family to improve their health and wellbeing prior to the holidays. One for each of the weeks until the conclusion of the year;

1. **Balls –** are lovely hung on the tree however testicular cancer is the most common cancer in men aged between 14 and 45 years. It is very treatable; hence it is important we talk about this with our young men. They need to know that they are responsible for checking for abnormalities, how to do this and who to speak to should they have concerns.

2. **Breasts-** also need to be checked in an ongoing manner following puberty for lumps or irregularities and reported to a parent or the families’ health professional to determine what action may be needed.

3. **Condoms-** do not make good decorations if left unused. For those in our community who are sexually active, safer sex using a condom is a must. Chlamydia is one of several sexually transmitted infections on the rise within our community, especially for those aged 15- 24years.

4. **Drugs-** legal drugs such as alcohol or illegal drugs like cannabis are an ever present part of risk taking in our society. Talk to your young person about what your families’ beliefs are regarding these substances. There have been some recent hospitalisations of young people in our area following drug taking behaviours, do your young people know what to do and who to call in the event of an emergency?

5. **Sun-** in Queensland during summer there is alot of this to be avoided. Skin cancer is a preventable disease, remember to Slip, Slop, Slap, Seek, Slide!!!!! As you enjoy your summer break.

6. **Fun-** holidays are a time for fun, to celebrate achievements and spend time with those we care for both family and friends.

- **Slop, Slap, Seek, Slide!!!!!** As you enjoy your summer break.

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

**WHAT IS SCOLIOSIS?**

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

**WHAT IS THE CAUSE OF SCOLIOSIS?**

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

**WHY IS EARLY DETECTION IMPORTANT?**

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

**WHAT WILL HAPPEN IF SCOLIOSIS IS NOT TREATED?**

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

**HOW SCOLIOSIS IS DETECTED**

A simple visual examination requires the teenager to stand with the feet together and parallel then bending forward as far as they can go with the hands, palms facing each other, pointed between the two big toes. In scoliosis, one side of the upper chest (thoracic) region or the lower back (lumbar) region will be more than 1cm higher than the other. The prominence is most often on the right side in the thoracic region. If the difference between the two sides is less than 1cm, it is highly unlikely that a significant curvature is present and the difference is simply due to asymmetrical growth of the two sides of the body. This is called torso asymmetry and is not of concern. More information and a visual guide depicting how to assess your child are available by downloading your free brochure from [www.scoliosis-australia.org](http://www.scoliosis-australia.org)

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

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

**Top Ten Tips for Parents of Teens attending Parties**

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

- As teens grow, their use of alcohol and other drugs often changes to reflect that which is happening around them.
- We live in a drug taking society whether that is legal substances such as caffeine or illegal substances such as marijuana.
- Peer group influences can be a potent force for and against safe behaviour.

Ten Suggestions to help you and your teen be on the same page about attending parties.

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

9. Do not leave drinks unattended or with people they have just met.
10. Eat before leaving home, space their drinks with something non-alcoholic or better still water, avoid shouts and top-ups.

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

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

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

Ani Gibbon  
School Based Youth Health Nurse

**ANXIETY AND DEPRESSION**

3 million Australians are living with depression or anxiety.

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

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

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

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

**SUPPORTS**

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

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

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

Other local supports include:

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

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<th>Position/Qualification</th>
<th>Description/Comments</th>
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<td><strong>Worklinks</strong></td>
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<td></td>
<td><strong>School-based Traineeships</strong> - Mrs. Zampech in L block Staffroom</td>
<td></td>
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</tr>
<tr>
<td><strong>HUNGRY JACKS</strong></td>
<td>School-based Traineeship - Cert III in Hospitality</td>
<td>Year 10 &amp; 11 need only apply</td>
<td>Email</td>
</tr>
<tr>
<td><strong>COFFEE CLUB</strong></td>
<td>School-based Traineeship</td>
<td>Year 10 &amp; 11 need only apply</td>
<td>Email</td>
</tr>
<tr>
<td><strong>DOMINOS PIZZA</strong></td>
<td>School-based traineeship - Cert III in Commercial Cookery</td>
<td>Year 10 need only apply</td>
<td>Redmako</td>
</tr>
<tr>
<td><strong>THE ART OF ..... CAFE</strong></td>
<td>School-based Traineeship - Certificate III in Hospitality</td>
<td>Years 10 &amp; 11 need only apply</td>
<td>Aurora</td>
</tr>
<tr>
<td><strong>REECE PLUMBING</strong></td>
<td>School-based traineeship - Cert II in Warehousing Operations</td>
<td>Years 10 &amp; 11 need only apply</td>
<td>Phone Call</td>
</tr>
<tr>
<td><strong>HILL'S VEHICLE UPHOLSTERY</strong></td>
<td>School-based in Automotive / Marine Upholstery (Vehicle Trimming)</td>
<td>Years 10 &amp; 11 need only apply</td>
<td>Busy at Work</td>
</tr>
<tr>
<td><strong>MARTENS PLUMBING</strong></td>
<td>FULLTIME PLUMBING APPRENTICESHIP</td>
<td>Year 12 need only apply</td>
<td>Email</td>
</tr>
<tr>
<td><strong>HAPPIL'S TAKEAWAY</strong></td>
<td>Certificate II Retail</td>
<td>1 position – Wednesday &amp; Thursday, Hours to be confirmed with employer (may include some Saturday Work)</td>
<td>Busy at Work</td>
</tr>
<tr>
<td><strong>NOODLE BOX</strong></td>
<td>Certificate III in Hospitality</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><strong>GO SUSHI @ Riverlink</strong></td>
<td>Cert II in Retail</td>
<td>Years 10 &amp; 11 need only apply</td>
<td>Busy at Work</td>
</tr>
<tr>
<td><strong>JP RICHARDSON</strong></td>
<td>FULLTIME ELECTRICAL APPRENTICESHIP</td>
<td>Year 12 need only apply</td>
<td>Phone Call</td>
</tr>
<tr>
<td><strong>CITY BEACH RIVERLINK</strong></td>
<td>Certificate III in Business</td>
<td>Years 10 &amp; 11 need only apply</td>
<td>Email</td>
</tr>
<tr>
<td><strong>BUSY BEAT IPSWICH CITY MALL</strong></td>
<td>Certificate III in Hospitality</td>
<td>Hours 7.30am – 3.30pm</td>
<td>Busy at Work</td>
</tr>
<tr>
<td><strong>BAKERS DELIGHT RIVERLINK</strong></td>
<td>Certificate II Retail</td>
<td>2 Positions Hours 8am – 4pm Years 10 &amp; 11 need only apply</td>
<td>Busy at Work</td>
</tr>
<tr>
<td><strong>GLORIA JEANS COFFEE AT JINDALEE DFO</strong></td>
<td>Certificate III in Hospitality</td>
<td>3x Vacancies Mon-Fri 12:30pm-5:15pm Students in 10yr &amp; 11yr Welcome to apply</td>
<td>Busy at Work</td>
</tr>
<tr>
<td><strong>BUCKING BULL RIVERLINK</strong></td>
<td>Certificate II Retail</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><strong>DONUT KING BOOVAL FAIR</strong></td>
<td>Certificate II in Retail</td>
<td>1 Position - Tuesday</td>
<td>Busy at Work</td>
</tr>
<tr>
<td><strong>RED ROOSTER RIVERLINKS</strong></td>
<td>Certificate II in Retail or Certificate II in Hospitality</td>
<td>5 Positions – Students choice</td>
<td>Busy at Work</td>
</tr>
<tr>
<td><strong>PAPA G'S</strong></td>
<td>Certificate II Retail</td>
<td>1 Position – Wednesday + 1 additional afternoon</td>
<td>Busy at Work</td>
</tr>
<tr>
<td><strong>HAPPIL'S TAKEAWAY</strong></td>
<td>Certificate II Retail</td>
<td>1 position – Wednesday &amp; Thursday, Hours to be confirmed with employer (may include some Saturday Work)</td>
<td>Busy at Work</td>
</tr>
<tr>
<td><strong>NOODLE BOX KENMORE</strong></td>
<td>Certificate III in Hospitality</td>
<td>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><strong>SUBWAY</strong></td>
<td>Certificate II Retail</td>
<td>14 Positions – Brassall Store</td>
<td>Busy at Work</td>
</tr>
<tr>
<td><strong>BRASSALL, IPSWICH &amp; RIVERLINK</strong></td>
<td>Certificate III in Hospitality</td>
<td>2 Positions Wednesday 2 Positions -Thursday 2 Positions – Friday</td>
<td>Busy at Work</td>
</tr>
<tr>
<td><strong>WENDYS IPSWICH</strong></td>
<td>Certificate III in Business</td>
<td>Hours include Weekend &amp; After School</td>
<td>Busy at Work</td>
</tr>
<tr>
<td><strong>SOMERSET SPORTS</strong></td>
<td>Certificate III in Sport &amp; Recreation</td>
<td>1 x Position @ Lowood 1 x Position @ ESK</td>
<td>Busy at Work</td>
</tr>
<tr>
<td><strong>LOWOOD &amp; ESK SWIMMING POOL</strong></td>
<td>Day and hours to be negotiated with successful applicants</td>
<td>Busy at Work</td>
<td></td>
</tr>
<tr>
<td><strong>CEYLON INN KENMORE</strong></td>
<td>Certificate III in Hospitality (Front of House)</td>
<td>Day and hours to be confirmed at Interview</td>
<td>Busy at Work</td>
</tr>
</tbody>
</table>
**Senior Schooling News**

It is finally time to say goodbye to our Year 12 cohort for 2013. It has been a (5) five year journey, or longer for some, to develop the skills and knowledge needed for their future. Many have taken a myriad of directions in this journey to the same end point but in the end they have in the main achieved their goals. There have been many staff who have helped along the way but ultimately it is the individual student and their home support that has resulted in this successful conclusion to 12 years of schooling.

Our Year 12s spent 1-8 November in their exam block, completing their final pieces at the end of their education journey at ISHS. Many spent time completing certificate courses that will help to gain much needed QCE points, as well as help set them apart from other school leavers entering the job market. No longer will they need to fill in pink forms, meet our deadlines or ensure they haven’t mixed up their formal and sports uniforms in moments of fashion faux pas. Therefore, they have survived: a final exam block, a final parade, formal, the mystery tour, graduation and 12 years of schooling. I would like to take this opportunity to wish them all the best for their futures and hope that their hard work and persistence stand them in good stead.

Now our Year 11s begin their final exam block of the year and move towards becoming the senior students of the school in 2014. Before they get to this point however they will participate in an exam block in their final weeks of the term. No Year 11 student will be able to study at home during their exam block if they have not finished all of their assessment up to the exam block period or completed any unfinished certificate courses, for example, Certificate II Workplace Practices which all students will have the opportunity to complete if enrolled at Ipswich SHS for 2013.

**Key points for exam block for Year 11 students:**

**WHEN:**
21-29 November inclusive

**WHAT:**

- Three sessions per day
- Catch up sessions will run all day every day and are non-negotiable with students who have any work still not completed from Semester 1, N result on Semester 1 reports, any overdue work from Semester 2.
- Catch up sessions will be in the library – staffed by HODs and teachers.

Ultimately, the minimum expectation of each student is that they achieve their QCE (Queensland Certificate of Education). To do this they need to earn at total 20 credit points by:

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

If you have any queries about the QCE please don’t hesitate to contact HOD Senior Schooling or read more information on the school’s intranet or QSA’s website.

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

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

To help students successfully finish the year there is a number of support mechanisms provided to students across Year 11. These will provide each student with the opportunity to attain their QCE, certificates and any other programs they may be involved in. Through tutoring on Tuesday afternoon (maths/ science) and Thursday afternoon (English, Social Sciences), as well as help before school and lunch times, students are given numerous opportunities to access help. Further support/ information can be requested through our guidance staff, Student Welfare department and HOD Senior Schooling.

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

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

_Donna Gilvarry  
HOD Senior Schooling_
Year 12 Unwanted Uniforms

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

Thanks in advance for your kind donations.

Remix Hip Hop Comp

On Saturday 2nd November, 9 of our dance students competed in the advanced section of the Remix Hip Hop competition at Southbank. Congratulations to the 9 students involved who placed third in a very difficult field of 25 schools. Well done Shenae Watson-Moore, Renae Todd, Tiffany Schoenfisch, Stefany Bowtell, Brittany Lindsay, Jazmine Lindsay, Nikki Wehi Allen, Linda Emelio and Kaitlin Fenech. An outstanding result.

TOISHS perform for Brassall State School

TOISHS [Thespians of Ipswich State High School] performed their play, Cassie and the Console Capers, for several groups of students over at BSS on Friday 8th November and it was a great success. They were also accompanied by Enzo the Great, who performed a mysterious magic act before the performance. The year 5, 6 and 7 students were informed of how TOISHS had devised the piece and used their creative minds to craft the adventure. The play communicated three main lessons; Cheating is wrong, no one is perfect and money is not everything. The audience understood these moral messages well.

After the show the cast were asked questions both in role as the characters and out of role. Characters were asked about choices they had made and actors were asked how long it had taken to complete such a project. There were some impressive questions asked.

We would like to thank BSS for being such a great audience. Behaviour was excellent and pupils were responsive and respectful to the characters and the production. TOISHS look forward to their next production to BSS students.

Year 10 Community Services

Year 10 Community Services Class

Students are studying competencies set in the Disability Services career area this term. A guest speaker who lives with a disability recently visited the class and discussed the unique struggles and strength of character that is required to live life to the full, no matter what disability needs to be addressed! Students work through 3 competencies which cover Work Health & Safety, Communication skills and working in specific career areas! More information can be obtained about the Certificate I in Work Preparation – Community Services from Miss McKenna tmcke39@eq.edu.au or 3813 4488

Yr10 Community Services class is investigating the Disability Services career area.

Thank you to Coral and Luke Sharp for coming up to the Yr10 Certificate I in Work Preparation COMMUNITY SERVICES class recently. Luke has not just one but two assistance dogs (as his original dog is getting older, so he is training a younger one)! Coral went to Ipswich High and was in year 12 with Miss McKenna, so it was a particularly enjoyable return to talk to students about services which are available for people with disabilities. Luke was very entertaining and very willing to demonstrate to the class what his assistance dogs are capable of doing! THANK YOU LUKE and CORAL for giving our class some very useful information!

NO LIMITS Girls Phase 2

NO LIMITS girls phase 2

Year 10 girls have embarked on Phase 2 of the NO LIMITS course which will involve an overnight camp and outdoor problem solving and experiential learning that will help them to put into action: clear communication, teamwork, encouraging other group members and commitment to see tasks completed. Fear gaps will be challenged and as the girls participate in the course, they will grow in their self-concept and confidence. Congratulations girls for allowing yourself to be challenged to grow into your potential!

Year 10 girls recently attended a ropes course day at The Outlook. The girls were challenged to close their fear gaps whilst being connected to a flying fox which went over a gully. Most girls ALSO attempted the PAMPA POLE (which got it’s name from needing pampas baby nappies) – congratulations to all girls for showing courage, commitment and curiosity on this adventure.

The phase 3 next year will involve the girls engaging in a community project to give back something to a group in our community! You have been a great group to work with girls, you should feel proud of your accomplishments! THANK YOU goes to Colleen Castray from VITAL projex and Bree Kulick our YSC from ICYS for facilitating NO LIMITS phase 2 with our year 10 girls!
Tanya McKenna
Special Programs Co-ordinator

SHINE Term 4

The SHINE girls have been learning about WORTH, STRENGTH and PURPOSE this term. To help with this, the girls have been learning about skin and hair care. They will also discuss etiquette and how to deal with peer pressure! An important part of the SHINE course is for the girls to be confident in who they are and to follow their dreams! If you want further information about the SHINE course for girls in yr8-10 for 2014 please contact Tanya McKenna on 38134400 or tmcke39@eq.edu.au

EARLY CHILDHOOD

Students in year 12 Early Childhood have been studying the impact of families on a child’s development. Much discussion has been entered into about the vital role that Fathers play in a child’s life and how male role models add to child development. Congratulations to the year 12 Early Childhood students who will graduate in 2013, we hope you will find and fulfil all of your dreams, NEVER give up!!

Miss McKenna & Mrs Gilroy

POST FORMAL MYSTERY TOUR 2013

The Mystery Tour is lots of fun and releases huge amounts of endorphins which give a natural high – offers a drug and alcohol free event for year 12 students after the Formal. 2013 will mark the largest variety of activities for our year 12 students to enjoy! This year students enjoyed time ice skating and on the Tower of Terror plus a number of MYSTERY activities which students enjoyed immensely! CONGRATULATIONS year 12 on being an excellent group to work with!

REMINDER to order Formal/Mystery Tour dvd and GRADUATION dvd

Yes for only $10 each three different dvd’s can be ordered and picked up from 18 November onwards!

- DVD of school year and formal photos
- DVD of formal and Mystery Tour (yes Miss McKenna does put her zany twist to this one)!
- DVD of year 12 Graduation

For further information about dvd orders, please contact Tanya McKenna on 38134400 or tmcke39@eq.edu.au

Did you know that we are an ASTHMA FRIENDLY SCHOOL

What does it mean to be an Asthma Friendly School?

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

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

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

- **Information**
  Asthma first aid posters are on display

- **Policy**
  First aid and other health and safety policies explicitly include asthma

Dental Van

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

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

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

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

ISHS Is Twittering

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

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

- Go to your profile page
- Click on Edit Your Profile (Top right corner of the screen)
- Click on Account (Left side of the screen)
- Scroll down and locate Tweet Privacy. If this box is unticked anyone can see your tweets, videos or images. If you prefer to keep this information available to people you approve of 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.
Ipswich State High School – Facebook

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

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

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

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

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

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

YEAR 8 ENROLMENTS FOR 2014

The Ipswich State High School enrolment process for Year 8 2014, began on the 11th June at 3.30pm. Parents wishing to enrol their student[s] at subsequent enrolment sessions should phone the School Office on 3813 4488 to make an appointment. The next sessions are scheduled for the Tuesday 19th November, Tuesday 26th November and Tuesday 3rd December at 3.30pm. An evening session starting at 6.00pm will also be available on the 19th November.

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

Year 7 Enrolments for 2015

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

REMINDER FOR PARENTS AND GUARDIANS

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

Keeping you informed.

Student Services

STUDENT DETAILS UPDATE

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

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

STUDENT ABSENCE LINE FOR ALL ABSENCES 3813 4401

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

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

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

FOR EARLY DEPARTURES: Parents who need to pick their students up early can either call the school or provide a note for the student to present to the Student Services Window prior to the commencement of school to receive a LEAVE REQUEST slip.

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

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

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

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

STUDENTS DRIVING TO SCHOOL

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

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

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

MATHS CALCULATORS

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

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

*Andrew Noble
HOD Mathematics*

**ENGLISH TUTORING**

Attention ALL students!

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

See B block for more details

**YSC Program**

**DID YOU KNOW?**

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

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**COMMUNITY NEWS**

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

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**Join 161 Aviation – Army Cadets are now recruiting.**


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

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**National Animal Rescue Groups of Australia (NARGA) Inc**

Can you temporarily open your home and your heart to a pet in need?

Are you looking for good company and a heart-rewarding experience?

We won’t ask for a loan or to borrow the car! We won’t stay out late and worry you!

We are free, all our costs are covered we will offer you lots of cuddles and kisses. We will only ask for a warm safe home until we find our forever home.

We would be forever thankful for your part in saving our lives. We come in all shapes and sizes and we make great company and really need your help.

If you can help us please email our person narga.nfdc@gmail.com and she will send you some information. Thanks!

Together we will make a difference! [www.narga.org.au](http://www.narga.org.au)

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**Northsiders Cricket Club**

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

All welcome, registration can be done on arrival

**SCHOOL CALENDAR**

November/December 2013

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<th>Date</th>
<th>Event</th>
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<td>15TH NOVEMBER</td>
<td>YEAR 12 GRADUATION</td>
</tr>
<tr>
<td>20TH – 28TH NOVEMBER</td>
<td>YEAR 10 &amp; 11 EXAM BLOCK</td>
</tr>
<tr>
<td>29TH NOVEMBER</td>
<td>YEAR 10 &amp; 11 LAST DAY</td>
</tr>
<tr>
<td>9TH DECEMBER</td>
<td>YEAR 8 &amp; 9 WET &amp; WILD</td>
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<tr>
<td>9TH – 11TH DECEMBER</td>
<td>SRC CAMP – 2014 LEADERS</td>
</tr>
<tr>
<td>13TH DECEMBER</td>
<td>YEAR 8 &amp; 9 LAST DAY</td>
</tr>
</tbody>
</table>

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