Principal’s Report…

Welcome to our newsletter which again highlights the extensive learning opportunities provided by North High. In this article I want to concentrate on Queensland Core Skills test, student conflict, 2016 Year 7 enrolment afternoon, supporting student safety, Queensland Certificate of Education attainment and opportunities for students.

Queensland Core Skills test

Congratulations to our Year 12 students who on Wednesday afternoon completed the final multi-choice paper of the four test papers that make up the QCS test. It was great to talk to students during the test who demonstrated confidence, a high of level preparedness and skill to tackle the demands of the test. This was a clear reflection of the quality work they had done in preparing. Thank you to all those teachers led by Rob Schmidt who contributed to the student’s preparation for the test. I look forward to receiving the results in November.

Dealing with student conflict

In past newsletters I have made comment about how our school manages conflict between students, and I wish to revisit this issue. If a student is being made to feel uncomfortable by another student or a conflict has developed we expect that students in this situation will seek the support of an adult in our school (Teacher, Year Level Co-Ordinator, School Chaplain, School Based Youth Nurse, School Based Police-Officer, Guidance Officer, Deputy Principal, Principal etc) to help resolve the conflict. We do not accept students taking things into their own hands in an attempt to resolve the conflict as in our experience this leads to a negative outcome. I ask for your support in discussing this with your student and I have attached a link to our Harassment and Bullying Policy for your information. We want your students to be able to learn in a respectful and safe learning environment.

2016 Year 7 enrolment afternoon

Recently the school conducted a Year 7 enrolment afternoon which provided an opportunity for students and parents to complete enrolment forms and ask questions about the school. Attendance at the afternoon was quite good with a steady flow of families completing their enrolment at North High for 2016. If you missed the afternoon it is still possible to enrol with the school now taking enrolments continuously until the end of the year. If you know of any families wishing to enrol please let them know that all they have to do is contact the school to start the enrolment process.

Supporting student safety

I take my responsibility for ensuring student safety very seriously and as a result of this the school has some strong expectations about students remaining in the school grounds once they arrive at school. I want to take this
opportunity to re-state our expectations in regards to students remaining in our school grounds. Students who come to school by bus or get dropped off at school by parents are expected to enter the school grounds and remain in the school grounds until the end of the school day. Students who walk to school and a local shop is not part of that journey, should walk directly to school and remain in the school grounds till the end of the school day. Students who travel to school and a local shop is part of the journey it is quite appropriate for those students to visit the shop and continue their journey to school. During the school day students with permission can leave the school grounds under parent supervision but no student is permitted to leave the school and visit a local shop. After school it is quite acceptable for students to visit shops but we would encourage that this is with parent permission and that students while in school uniform act in a polite and courteous manner. Students who catch a school bus should however remain at school under staff supervision until the arrival of their bus. While this tends to be an issue for a small number of students it is important I share with you our expectations regarding this issue and my desire that your students can learn in a safe and responsible learning environment. I also seek your support in this issue and encourage you to discuss it with your student.

Queensland Certificate of Education Attainment

All Year 11 and 12 students make the choice to attain a Queensland Certificate of Education [QCE] when they undertake the completion of senior schooling. To attain a QCE students have to achieve at least ‘C’ or sound achievements for at least five of their six subjects and/or complete all Vocational Education Qualifications. Student progress towards a QCE is consistently monitored by the school and students at risk of not achieving a QCE are identified, and intervention action is taken with parents notified of the school’s concerns. For Year 12 students the remainder of this term and next term become a critical time for them to ensure that they keep working towards the attainment of a QCE. It’s a time when some students make the mistake of reducing their commitment to study and begin to celebrate the end of their schooling a little too early with a devastating impact on their final results. Year 12 students need to remain committed to their study through to their final piece of assessment and do whatever they have to, to ensure that they achieve the results necessary to achieve a QCE. If you are a Year 12 parent I encourage you to continue this discussion with your student.

Opportunities for students.

Thank you and congratulations to the following staff for their commitment to students and the school community through the provision of additional opportunities for our students over the past few weeks.

Rhonda Cutmore: for her work in coaching our Year 8 Mathematics team who participated in the QAMT Regional final on Thursday, placing second by half a mark. Well done to the Year 8 team and their coach.

Graham Quinn and the Science staff: for the Science week activities that showcased Science and its contribution to our quality of life. It is so important to promote the value of science in our society and as an academic discipline.

Angela Long: For the organization and facilitation of the Indigenous Advancement Networking Day, great community input with lots being achieved for our students.

Robyn Kent: For her ongoing Human Resource and staffing work in our school, this is quiet, behind the scenes work that makes this school continue to function and ensure that we have competent staff in front of classes.

Finally, please continue to contact the school if you have any concerns regarding your student’s education as together we can produce the best outcomes for your student.

Ross Robertson
PRINCIPAL
**DATES TO REMEMBER:**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>7th Sept 2015</td>
<td>Migrant interviews</td>
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<td>18th Sept 2015</td>
<td>Last day of term 3</td>
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<td>5th Oct 2015</td>
<td>Labour Day public holiday</td>
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<td>6th Oct 2015</td>
<td>First day of term 4</td>
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<td>19th Oct 2015</td>
<td>Student Free Day</td>
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<td>20th Oct 2015</td>
<td>Presentation Night</td>
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<td>28th Oct 2015</td>
<td>Arts Night</td>
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Several options are available when you would like to make a payment to the school.

Direct Credit to
Bundaberg North State High School,
BSB: 064-403  Acct: 0090504, Reference: Student name or EQ ID number.

OR  Credit card over the phone
OR  BPAY (details on statement)
OR  Centrepay (see Cashier in the office for details)

Payment plans may be discussed if other options are not possible.

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**SOME HELPFUL TIPS FROM THE TAX OFFICE FOR STUDENTS**

Are you ready to lodge your first tax return?

Many students start their first job (and lodge their first tax return) while still studying. You can help your students by letting them know the easiest way to lodge this tax time.

Started work? Lodge your tax return with myTax - it’s easy.

* Is the fastest way to lodge
* Is easy to access (via tablet, smart phone or computer)
* Already includes some of your personal information (pre-filled from employers, banks, government agencies and more).

How to lodge
* Get your tax file number and your birth certificate, passport or citizenship certificate ready.
* Create a myGov account at my.gov.au<http://www.my.gov.au>
* Phone the ATO on 13 28 61 and press 5 at the prompt to get your unique linking code.
* In the myGov Services page, link to the ATO with the unique linking code.
* Lodge your return through myTax by 31 October.

*Most pre-fill information is available in the last week of July, so it’s easier to wait until then to lodge. Then you only need to review the information, add any missing details and submit.

Keri Jensen
Business Teacher
Senior news

Year 10 SETP Interviews

Over the last 2 weeks, Year 10 students and their parents have been attending SETP interviews to discuss future plans for 2016 and beyond, and subject selections for Year 11 and 12. Thank you to the many parents who took part. It is an important time in the life of a Year 10 student when they are making significant decisions about their future.

Parents that did not attend a SETP interview please ask to see your child’s SETPlan as we ask that you sign it, along with the Senior Agreement and VET Agreement (if applicable) and return to the office by the end of the week. Enrolments in subjects will be processed once forms are returned. Students who have not had a SETP interview should go to the office to arrange a time this week.

QCS Test

Year 12s sat the QCS (Qld Core Skills) test on Tuesday, 1st and Wednesday, 2nd September. We wish them all the best as they await their exam results. Thank you to the staff who have been working with the students all year preparing them for the test.

Subject Selection - Junior students

Current Year 9 students will be making subject selections for Semester 1, 2016 shortly. They will all study one semester of Maths, English, Science and 1 term of History and HPE. Students will then select 2 electives. A subject selection booklet will be available. In semester 2 students will study Maths and English and select 4 Pre-senior elective subjects that they will study in order to try them out before selecting their Year 11 subjects. More information will follow about these new subjects.

Year 10 in 2016

Year 7 & 8 in 2016

In early term 4, Year 7 and 8 students will be given the opportunity to select some elective subjects for 2016.

Year 7 students will select 4 electives that they will study for 1 term each.

Year 8 students will select 4 electives, they will study 2 each semester. Choices are;

ART, DRAMA, MUSIC, MEDIA, INDUSTRIAL TECHNOLOGY & DESIGN, LIFESTYLE TECHNOLOGIES, BUSINESS, INFORMATION COMMUNICATION AND TECHNOLOGY.

More information will be sent to Year 7 & 8 students later in the term.
OLIGOPOLY?

On Wednesday, 26th August, the Year 12 BCT class were invited to attend an Economics Tutorial at CQU delivered by Associate Lecturer Tim Whan. During our visit we learnt about the term “Oligopoly” and more importantly the students experienced what it would be like to be studying a Business Degree at CQU. Afterwards the students were able to chat and ask questions about attending University and we all loved the pizza lunch which was provided for us. CQU had also organised birthday cakes for two of us who were celebrating birthdays on the day.

We really enjoyed our visit during our normal BCT lesson and it was particularly wonderful to be greeted by Corey Murray and Jessica O’Connell who were past BCT students at North from last year. We hear that our past North High students are doing very well with their studies.

A special thanks to Associate Lecturer Tim Whan and CQU for hosting us.

Keri Jensen (Mrs)
Year 12 BCT Teacher

Musicfest

A huge congratulations to Bianca Maultby, Heather Holder, Thomas Quinn, Nick Quinn, Brooke Korsten, Alex Kidman-Jones, Shyla Murphy, Reanna Luxton, Nakita Geiszler and Ashton Cartner on a fantastic performance at Musicfest last week. These students spent 3 days at the Moncrieff Theatre in a 93 piece Concert Band with students from all over Bundaberg, Childers and Gin Gin. They had the opportunity to work with Australian music legend John Morrison and his wife Jackie Cooper in both Band and Choir. All students worked extremely hard and put on a fantastic performance on Wednesday night. Congratulations once again to these students.
What’s happening during year 8 electives?

Currently Yr 8 students study their electives for three lessons per week over a five week block, with the opportunity to try eight different subjects in the year. From a teacher’s perspective, it’s always interesting to have a new group of students come through, and see the changes in maturity as the year progresses. For something different, the current group of media students are using work from their previous elective in art, with some great results. Using the digital editing program, Paint.NET, they’ve designed a logo to communicate the characteristics of their own superhero. This is then pasted onto a figure that was developed from a stencil unit in art. I’m sure you’ll agree we have some talented arts students!!

Parenting with Mental Illness

Parenting workshop focusing on the delicate, yet complex issues faced by parents suffering from mental illness. This workshop is aimed at providing skills and tools to parents to effectively parent, even when struggling with their own self-care.

Content includes:
- Busting myths of Mental Illness
- Communication
- Emergency Planning
- Dealing with Crisis
- Daily Challenges – infant and child
- Daily Challenges – teens
- Self-Care

Date and location:
6th October 2015
10am – 2pm
CentacareCQ
Conference Room
79 Woongarra Street (Behind Red Rooster)
Cost: $15 (Fees negotiable for families experiencing financial hardship)
Presenter: Amie Joseph - Family and Relationship Educator
Little things that make a big difference!

Last week, Year 8 LEAP delved into social awareness during their English genius hour lesson. Part of this was brainstorming possible ways to make the world a happier place by doing little things at home, around the school and in the community. Here is their top 5!

1. Let other people go before yourself – this could be while you are waiting in a long line when driving your car, or in the shopping queue.
2. Support local products by buying them and recommending them to others. Community helping community!
3. Got any spare change? Give it to the guide dog box at the supermarket or the Ronald McDonald charity container.
4. Smile more and compliment others. This will make the other person happy and you will also benefit from their happiness.
5. Disconnect from your computer or phone and spend time with your family and friends. Life, at its best, is happening right in front of you!

As the students discovered, little things CAN make a difference to the lives of others.

Good mental health and resilience

Good mental health is being able to work and study to your full potential, cope with day to day life stresses, be involved in your community, and live your life in a free and satisfying way. A resilient person has good social and emotional wellbeing and the capacity to cope with changes and challenges.

School can be stressful for students in lots of ways. Exams and assignment, peer relationships, and family conflicts are some of the more common issues that can cause stress for students. Most students deal with this stress in appropriate ways, and importantly they learn skills that they can use for future stressful times. For those students who do not seem to be coping, it is important that they receive support in developing appropriate coping skills. Parents and adults in their lives can often provide this crucial support.

The following websites provide some guidance and information for students and parents.

www.headspace.org.au
www.youthbeyondblue.com.au
www.reachout.com.au

For further information on these issues, contact the Guidance Officer, Rob Miller.
Science success

This year 106 students entered Science Competitions run by ICAS and Australian Science Innovations; The Big Science Competition. Of these, 6 students achieved the fantastic result of a merit certificate and 35 students achieved a fantastic result of a credit certificate. Blake Batchelor (both), Jacob Watson (both), Christina Wright, Dean Noffke, Rodrigo Villanueva, Taylor-Jane Hussey all achieved the excellent result of a Distinction certificate in one or both of the competitions. Reaching the absolute pinnacle of success with a High Distinction certificate in ICAS and a Distinction in the Big Science competition was year 7 student Maverick Pearce. Also achieving to this level was Year 8 student Nathan Richardson with a High Distinction in the Big Science and a Distinction in the ICAS competition. All our students performed well in the competition with our school results at or above the national average for the competition in all but one year level. Congratulations to all students that entered the competition and achieved fantastic results.
INVITATION TO PARTICIPATE IN A RESEARCH PROJECT

Parents of children **with and without disabilities aged between 6 and 18 years** are invited to complete a questionnaire about their parenting experiences. This study will investigate the inter-relationships between parent wellbeing, support, coping, and child behaviour, which are known predictors of positive parenting experiences. The research findings will support the creation of profiles of the parenting experience, which could enhance current disability services such as improved identification of families and children in need of additional supports. This research is being conducted in collaboration by a team of researchers from the University of Queensland and RMIT University.

**How you can help:**
Complete a 30 minute online or paper questionnaire. The online questionnaire can be accessed at [https://goo.gl/HJocGd](https://goo.gl/HJocGd) and the password to access this questionnaire is **profiles**. To request a paper version of the questionnaire, feel free to contact Maria [07 3247 5080, maria.vassos@uq.net.au] or Susana [03 9925 7710, susana.gavidia-payne@rmit.edu.au].

**To thank you for your time and effort:**
Those who participate can go into a raffle to win one of four $100 Coles Myer gift cards!

**If you have any questions:**
Feel free to contact Maria (details above) if you have any queries about this study.
Childhood Obesity Prevention

The **free** PEACH (Parenting, Eating and Activity for Child Health) program for families in Bundaberg and Hervey Bay is offered through Queensland Government and Queensland University of Technology. PEACH helps parents make healthy eating and activity a part of everyday life. It is available to families with children aged between 5 and 11 years who are above a healthy weight.

There are ten group sessions that run for 90 minutes each. Topics cover nutrition skills, reducing screen time and being more active as a family. Children enjoy active play with a trained child physical activity facilitator while the parent sessions take place.

To refer a family please visit the website www.peachqld.com.au/professionals/refer-family to download a referral form or call **1800 263 519** to speak to the PEACH project dietitian.
Orpheus Singers

Talk to the Animals
Saturday 19th September 4.00 pm
Sunday 20th September 4.00pm
At St John’s Lutheran Primary School Hall
(Via Bell Street)

I’d like to see that!

Bring your favourite Animal Toy!

Door and Raffle Prizes
Silent Auction
Kids Trivia Tables*
*With accompanying adult!!

Trivia Night Fundraiser
Friday 11 September
Doors open 6pm
Trivia starts 6:30pm
Tables of 8

Table Reservations by 8th Sept
Tim: 0433 972 793  Michelle: 4151 7461
Email: tim@asptaekwondo.com.au

Pay on the Night
East State School Ambrose Hall

Light Supper Provided
Non-Alcoholic Drinks Available**

**Alcohol free event. Cold drinks available for purchase.