1 April 2015

From the Principal

QPARENTS IS COMING: All parents/caregivers in our school should have received a letter in the mail about QPARENTS by now – Page 3 of the letter contains important information about how to register for access to QPARENTS, including student identification details and identity verification. During week 1, term 2 parents/caregivers will receive an email, or a letter with a unique identification code which will allow you to register for access to QPARENTS. You can also register via the school office if you are at the school – please note the identity verification that you will need to have to successfully complete registration. PLEASE SEE THE LINK BELOW FOR MORE ESSENTIAL INFORMATION.

PARENT & TEACHER INTERVIEWS/CONFERENCES: Were held at the school between 3.30pm-8.30pm on Wednesday 18 March. In total there were over 800 interviews booked to discuss student progress with our learning program. Thank you to those parents/caregivers who were able to join us for this successful school event. By now parents/caregivers should have been contacted by all subject teachers in our school and communication should be ‘flowing’ about the learning program. A reminder that parents/caregivers can speak to a subject teacher anytime, using email, the telephone, or in a face to face meeting at a mutually convenient time, which can be arranged through the school office.

ANZAC DAY SCHOOL ASSEMBLY FRIDAY 24 APRIL: All parents/caregivers are invited to our school commemoration of ANZAC Day at 10.10am in our hall on Friday 24 April. This year is the 100th Anniversary of the first landing at Gallipoli in 1915 and the community’s opportunity to honour those that have served, or fallen in defence of our country. Please consider joining us for this important observance.

PARENTS & CITIZENS ASSOCIATION AGM/GENERAL MEETING (P&C): The next meeting will be held on Tuesday 21 April commencing at 6.30pm in the Administration Block Common Room (the second Tuesday of the month falls during the school holidays – this is the Tuesday following). The meeting will commence with the AGM at 6.30pm, with the April general meeting following. On behalf of President John Byrne I invite all interested parents/caregivers to attend the meeting.

RETURN TO SCHOOL FOR TERM 2, 2015: All students and staff return to school on Monday 20 April for the commencement of term 2, 2015. It IS NOT a student free day. Please note this on your calendar now. THANK YOU to all parents/caregivers for your support to our school during a very busy and productive term 1 and we look forward to partnering with you again in term 2!

Frank Greene
Principal

Townsville State High School Facebook Page

Our Facebook page has been active since late last year and it is terrific to see the amount of content about our students and school programs...
appearing on the site and being updated on a daily basis. To view the page and post a message, please access via this link and once on the page, hit ‘like’


We are following a clear and strict set of guidelines related to Facebook usage by schools and our ‘gatekeepers’ are currently doing a fantastic job of monitoring content!

Coming Events

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>02/04/15</td>
<td>Last day of Term 1</td>
</tr>
<tr>
<td>20/04/15</td>
<td>Term 2 commences</td>
</tr>
<tr>
<td>21/04/15</td>
<td>P&amp;C Meeting</td>
</tr>
<tr>
<td>24/04/15</td>
<td>ANZAC Day Assembly</td>
</tr>
<tr>
<td>01/05/15</td>
<td>Canteen Red Food Day</td>
</tr>
<tr>
<td>05/05/15</td>
<td>Yr 8 HPV Dose 2/Boostrix &amp; Yr 10 Boostix</td>
</tr>
</tbody>
</table>

Payment Of 2015 Textbook And Resource Hire Fees

Participation in the 2015 Student Resource Scheme requires payments as follows:

**Yr 7-9 $170.00 ; Yr 10-12 $195.00**

Plus some subject specific costs for Year 10/11/12 students.

Payment may be made in full as a single payment or by instalments.

Please refer to the Participation Agreement Form forwarded with the invoices for 2015. If you do not have a copy of the Participation Agreement Form you can collect a copy from the school office.

Please elect to participate or not participate in the scheme on the Agreement Form and return to the school. Non-payment of the participation fee by the designated payment date(s) may result in debt recovery action being undertaken for the overdue participation fee which may result in extra costs being incurred by the parent/carer.

Non-payment of the participation fee will also result in withdrawal of students from extra-curricular activities some examples include: Yr 7, Yr 8, Yr 10, Yr 12 camps, afternoon sports, NQ Sports, Vocal and Guitar Lessons, use of the School buses, Yr 12 Formal, Senior Jerseys, School Magazine, posting out of school reports.

For your convenience, the school office has Eftpos facilities and can be processed either in person or over the phone. The school also accepts payment via Direct deposit to the school’s bank account – BSB 064-819; Account 00090292 and stating the student’s name and invoice number.

Thank you to those parents who have already attended to payment of Textbook/Resource Hire Fees. Payment of school fees and return of text books ensures a fair and equitable distribution of resources. Thank you for your assistance.

Narelle Searston
Business Services Manager

From the Rolls Office

Student absences are to be explained by a parent/caregiver to the Rolls Officer Lyn Brice stating the reason and dates of absence. This may be done by phoning the school on 4721 8777 or 4721 8756 or by emailing absentencadmin@townsvilleshs.eq.edu.au Student absences of three or more days due to illness require a medical certificate. Medical Certificates should be emailed to the above email address or hand delivered to the Rolls Office. Your prompt assistance with explanation of absences will be greatly appreciated.

PROCEDURES FOR LATE ARRIVAL/ EARLY DEPARTURE

Should a student arrive late in the first period, a letter of explanation or a note in the Student Diary from the student’s parent/caregiver is required for their Subject Teacher. This letter or note must be presented to the Rolls Office if the student is arriving at school after 8:45am.

If there is a need to collect your student from school early, you must do so via the front office and sign your student out. A note should be written in your student’s Student Diary, the student then presents the note to the Student Counter before school. A Leave Request will be given. The student will show this to their teacher when they need to leave the class.

Lunch passes will NOT be approved. This applies to students of all year levels.

Students who feel unwell at school must first report to the class teacher who will direct them to the General Office with a note to this effect. During morning or lunch time recesses, students should report directly to the Office.

Facilities for housing sick students are limited. Sick bay is used as a holding station only. Your student needs to know a contact number so that we can phone parents and send students home as quickly as possible.

Every Day Counts At Town High

Students of Town High are expected to attend school every day.
We believe strongly in the statement: every day, in every classroom, every student is learning and achieving.

Research clearly tells us that students who attend school, achieve to their potential. This is what we want for all of our students.

If a student is absent, then his/her absence must be explained within two days.

Absences can be explained in a number of ways:

- a phone call to the Absence Line on 4721 8768;
- email the Rolls Officer on absencesadmin@townsvilleshs.eq.edu.au;
- a letter from you that your student hands to the office.

Students who are in the compulsory schooling years (Years 7-10) who do not attend school regularly, will work with our Student Wellbeing Department to re-engage with schooling. Parents/Guardians of these students will receive formal and legal Education Queensland correspondence that can lead to police prosecution if students do not attend school.

Students who are in the post compulsory schooling years (Years 11 and 12) who do not attend school regularly will also work with our Student Wellbeing Department to re-engage with schooling. If attendance fails to improve as a result of this support, these students will have their enrolment cancelled at this school.

Townsville State High School - every day, in every classroom, every student is learning and achieving.

Every day counts.....because children achieve better when they go to school all day, every day

Every day counts.....because going to school means getting a better chance at life

Every day counts.....because school helps students make friends and be happy

Every day counts.....because the law says children must go to school

Guidance Officer

International Women’s Day

‘Make It Happen’ High Tea on Wednesday 11th March

I had the privilege of accompanying Townsville SHS school captain, Tahnee McCahon and our vice-captain, Nea O’Connor to the Defence Force Recruiting event for International Women’s Day. This was a fantastic opportunity to hear from inspirational speakers Miss Sarah Mathiesen, Director – Harshmellow Media & Design; Dr. Gracelyn Smallwood, Adjunct Associate Professor-Faculty of Medicine, Health & Molecular Science at James Cook University; Lieutenant Colonel Rebecca Talbot and Squadron Leader Amanda Gosling. These amazing women shared their stories of how they overcame their fears and challenges to become success women in their respective fields. The similar message throughout was “fake it till you make it and then become it”.

Theresa Irving
Guidance Officer.

Seven traits of mental toughness

In different contexts, one character trait has emerged as a predictor for success. It isn’t social intelligence, good looks, IQ, or physical health. It is “grit,” which the dictionary defines as “mental toughness”. It could be defined as resilience or the ability to “bounce back” after setbacks.

Mental toughness is the “perseverance and passion to achieve long-term goals; having stamina; sticking with your future day in and day out and working hard to make that future a reality; a marathon not a sprint.”

Sport Psychology.

Studies have shown that there is a correlation between mental toughness and self-control. It takes mental toughness and self-discipline to raise kids –they have constant needs. It is difficult to deal with the range of issues parents need to, such as ensuring homework is done; provide healthy food choices (when even you would prefer chocolate bar over an apple); monitoring TV, socializing, technology time and usage; up and out in the morning (when you would prefer to be sleeping)……+++ much more.

The Navy Seals Foundation of Mental Toughness.

Seven traits of mentally tough people

1. Look for positives & learn from mistakes
2. Face fears
3. Non-judgmental
4. Celebrate successes of others
5. Realise that the only person they can control is themself & do not blame others for their mistakes
6. Limit exposure to outside stimuli (e.g. Facebook, Angry Birds, Krispy Kreme donuts)
7. Accept and embrace change

Mentally tough people embrace change, but they understand that change must first happen in them before it happens through them. To quote Mahatma Gandhi “You must be the change you wish to see in the world.” As parents, you have tremendous power and influence to live and show your children how to be mentally tough + have the attributes to be successful, happy people in whatever they choose.

Adapted from Generationnext.com.au 2014.

Theresa Irving
Guidance Officer

Junior Secondary

Message from the Junior Secondary Deputy Principal

Junior Secondary Literacy and Numeracy Tips

School holidays are a great time to spend time with your child that you don’t normally have time to do. Find a common interest and do it together. Go to the movies with him/her and talk about what you thought of it. Encourage your child to start a journal and write about the things that you do. Develop a criteria list for rating movies, then give it a score after viewing and discuss why you have given this score. Incorporate reading and writing into everyday activities.

Some great free activities could include a visit to the Council Library or Museum. Both often run school holiday programs and exhibits that can be great for further developing literacy and numeracy skills in fun and imaginative ways. If you don’t already have one, take out a library membership so that you and your children are able to borrow some books or magazines. Explore the exhibits and talk about the things you see, hear and do.

Robyn Harvey
Deputy Principal Senior Secondary

Message from the Head of Junior Secondary and Wellbeing

Friday 20th March was the National Day of Action against Bullying and Violence. All students at Town High participated in this important event with a focus on the promotion of safe cyber relationships. Junior students examined the qualities of respectful online relationships and explored the ethical behaviours and responsibilities associated with this social platform.

The lessons used the metaphor of a healthy tree, with the root system representing the qualities that are important in relationships, the trunk representing the online context, and the canopy (crown) of leaves and fruit representing behaviours that are reasonable and ethical when online.

These tress are now displayed in the school foyer as a reminder and continual promotion of this topic and have been well received by all students and visitors to the school.

Denise Reeves
Head of Junior Schooling and Wellbeing

Senior Secondary

Important Notice for Senior Students

Student on their P’s are not permitted to transport other students unless they are siblings. Students who drive to school are also reminded that they must comply with all parking provisions within the school and they must not leave school grounds during the day. Failure to follow this policy could result in school disciplinary action. The safety and wellbeing of all students is a priority for our school. If you have any questions regarding this policy please see Mrs Mladenovic.

Kaylene Mladenovic
Deputy Principal Senior Secondary

Message from the Acting Head of Senior Schooling and Wellbeing

There has been a lot of activity happening in the senior school over the past few weeks. Seniors have participated in Year 12 camp, Year 11 leadership seminar, senior awards ceremony and the student council organised our annual ‘Shave for a Cure’ event.

Congratulations to all students who won awards at the Senior Assembly for Term 1. Your commitment, diligence and effort over the term is commendable.

Our student council held the annual Shave for a Cure event and so far we have raised over $3000 for charity with donations still coming in. Thank you to all the brave students that shaved their heads and to those who also organised to collect for the
event. Congratulations student council and Miss Matinca on the organisation of this amazing event.

The Year 11 students participated in a two day leadership seminar that focused on building resilience. There were over 60 students that participated in the two day event that saw student participate in a variety of activities that really made them think about how they cope with various situations and how this coping can be improved. On all accounts students enjoyed the experience.

The Year 12 students last week went away to Lake Tinaroo for Year 12 Leadership Camp. Students participated in a variety of activities including overcoming their fears on the high and low ropes course, challenging themselves with a 3 hour paddle around the lake and also working as a rope in a raft building and cooking challenge. It was a great experience for the students where they learnt many new skills in relation to leadership and coping under pressure.

Congratulations to all senior students on your fantastic efforts this term and I look forward to the Year 10 leadership seminar on Wednesday to round off an amazing term.

Kacie Howard
Acting Head of Senior Schooling and Wellbeing

Excursion to the Theatre!

Year 11 Drama students attended the performance of Robert Kronk’s ‘Fly in Fly Out’ at the School of Arts Theatre on Friday 27th of March. It was a fantastic opportunity for them to see professional Australian actors in a very funny play. The students are feeling inspired and are excited to use this inspiration in their own performances in Term 2. “It was hilarious – the best play I’ve ever seen!” Said year 11 student, Zane Hobbs.

Townsville State High School Student Dress Code

Below we have set out the rules on the school’s uniform policy as per the Student Diary. We expect all students to have the correct attire. If you have any concerns please contact the relevant Deputy Principal.

<table>
<thead>
<tr>
<th>JUNIOR SCHOOL (Years 7 to 9)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Girls</strong></td>
</tr>
<tr>
<td><strong>Shirt</strong></td>
</tr>
<tr>
<td><strong>Shorts</strong></td>
</tr>
<tr>
<td><strong>Skirt</strong></td>
</tr>
<tr>
<td><strong>Shoes/Socks</strong></td>
</tr>
<tr>
<td><strong>Boys</strong></td>
</tr>
<tr>
<td><strong>Shirt</strong></td>
</tr>
<tr>
<td><strong>Shorts</strong></td>
</tr>
<tr>
<td><strong>Shoes/Socks</strong></td>
</tr>
</tbody>
</table>

A hat must be worn at ALL times when outside, including HPE lessons and lunch time activities.
**SENIOR SCHOOL (Years 10 to 12)**

**Girls**

- **Shirt**: Green and white striped shirt with school logo. Girls must also wear a clip-on tie in navy blue and green.
- **Skirt**: Navy blue skirt with inverted box pleats (All girls’ skirts should be worn from the waist to near the knee, with blouse overlapping the skirt.)
- **Shorts**: Navy blue shorts with the school logo on the short leg
- **Shoes/Socks**: Lace up sports shoes (See attached pictures for acceptable and unacceptable styles) White sport socks

**Boys**

- **Shirt**: Green and white striped shirt with school logo
- **Shorts**: Navy blue shorts with the school logo on the short leg
- **Shoes/Socks**: Lace up sports shoes (See attached pictures for acceptable and unacceptable styles) White sport socks

A hat must be worn at ALL times when outside, including HPE lessons and lunch time activities.

**Winter – Boys and Girls Years 7 to 12**

- **(a)** Navy blue tailored long pants
- **(b)** The school jersey or navy blue zip-up fleecy lined or plain navy blue jumper without any logos
- **(c)** Navy, black or skin coloured tights may be worn under skirt

Students not in a uniform are to carry a dated explanatory note from home and must have this note signed by the relevant Deputy Principal

### Jewellery & Make-up regulations

1. If ears are pierced one small, plain stud or sleeper per ear, may be worn in the lobe of the ear only. No facial piercings are permitted
2. One plain signet ring may be worn
3. One simple chain may be worn
4. A plain wrist watch and/or a simple, metal bangle or bracelet, no wider than 2cm
5. Hair must be of a natural colour and be worn neat and tidy

NB: Earrings (stud or sleepers) are the ONLY acceptable form of body piercing allowed.

**General Items:**

**Safety Standards**
As required by Curriculum Activity Risk Management, safety standards involving footwear, hair, jewellery, must also be met.

**Hair**
Hair must be of a natural colour and must be worn in a style which meets school community standards.

**Headwear**
Hijabs / head coverings are to be no longer than shoulder length and must be navy blue in colour.

**Tattoos**
Tattoos are not permitted.

Students representing the school on official excursions/activities are to wear full **Representative Dress** school uniform, unless notified otherwise.

Acceptable shoe styles

Unacceptable shoe styles

Non-Compliance with School Dress Code

Under the school’s Responsible Behaviour Policy and the Education (General Provisions) Act 2008, permitted sanctions for non-compliance of the dress code include:

- Definition of the student for a period mentioned in section 295 (3) of the Education (General Provisions) Act 2008
- Preventing the student from attending or participating in any activity for which the student would have otherwise been permitted, as a consequence of their non-compliance
- Preventing a student from attending or participating in any activity that, in the reasonable opinion of the school’s Principal, is not part of the essential educational program of the school

A sanction imposed under the subsection (1) or (2) may only be imposed as a once only basis for each non-compliance with the dress code.

Students not in a uniform are to carry a dated explanatory note from home and must have this note signed by the Tag teacher or Senior Administration.

**YEAR 11 EARLY CHILDHOOD STUDIES**

Year 11 students of Early Childhood Studies recently visited a local day care facility to see how the National Standards for Quality in early childhood settings are put into practice. This was a very valuable learning experience, as for some of the students, this was the first time they had visited an early learning centre. Students had the opportunity to speak to staff about their learning programs and the methods they use to build relationships with their local families. Of course, their favourite section of the day care was the ‘babies room’. When theory comes “alive” for students, the learning is enriched and meaning is enhanced. They are looking forward to more hands on learning sessions throughout this course of study.

6
Harmony Day

Harmony Day has just been celebrated in the month of March. For some students at Town High it provided an opportunity for them to share some things about their culture with others. On Thursday, the 19th of March, a group of students travelled with teachers to Harmony Park in North Ward to perform their songs and dances for a large group of our multicultural community. Our own ‘One Voice’ choir also performed a rousing rendition of “We are One” to great applause.

On Friday the 20th, these students also performed for their school community during first break. The students’ dances were from India, Somalia and the Congo. At the same time there was an amazing buffet of delicious international dishes made by the hospitality students available for purchase. It was a memorable event that many enthusiastically participated in.

“IT’S GOOD FOR AUSTRALIA TO HAVE DIFFERENT BACKGROUNDS BECAUSE WE HAVE DIFFERENT FOODS, DIFFERENT CLOTHES AND DIFFERENT CULTURES, DIFFERENT MINDS....

You know when you belong because you feel safe, and no matter where you are you know that there’s a place where you can go to and people will like you for who you are....

To me Harmony Day means us accepting other cultures within our own.”

Student Council Bucket Hats

NEW SCHOOL BUCKET HATS AVAILABLE IN TERM TWO FOR $10.00 EACH IN REVERSIBLE SCHOOL AND REEF COLOURS

The Students Council is purchasing 400 school bucket hats (see pictures) for sale to students. The bucket hats are reversible with school and Reef colour/name.

You will be able to purchase these bucket hats from the School Office at $10.00 each. With the sale of these hats, more hats can be purchased to keep up with the demand.
This was an initiative from the Student Council 2014.

Any questions about the bucket hats, please ring the School Office on 4721877.

Thank you,
Ms Di Giacomo

Town High 5

Many factors contribute to the success of students attending high school. Our Town High 5 program is aimed at boosting academic performance. Town High has identified 5 key areas that students need to address in order to get the most out of their education. They are


In this newsletter the focus is on the No. 2 - Nutrition.

Current research tells us that students get the most out of education when they are regularly eating nutritious and healthy food. Without the important nutrients obtained from a healthy diet, students can fall behind their peers and become disengaged from classroom learning.

Not all of our students are always eating a balanced diet with a variety of healthy foods. This can be challenging as adolescence is a time of rapid growth and maturation, when requirements for energy and almost all nutrients are increased. During adolescence eating habits tend to change due to reasons such as a more independent lifestyle, increased socialisation with peers and part-time work.

Without a healthy intake of food, adolescents are prone to weight gain, high blood pressure, constipation, fatigue and concentration problems.

Here is a simple list to check that your young person is eating a wide variety of nutritious foods.

- eat plenty of vegetables, legumes and fruits
- eat plenty of cereals (including breads, rice, pasta and noodles), preferably wholegrain
- include lean meat, fish, poultry and /or alternatives (eg nuts or legumes).
- include reduced fat milks, yoghurts, cheeses and or alternatives.
- choose water as a drink.

Some important points to remember are:

Diets high in fruit and vegetables have been shown to lower risks of coronary heart disease, stroke, type 2 diabetes and some cancers.

Although these diseases mainly occur in adults, the precursors to these diseases, high blood pressure, high blood cholesterol and obesity, begin in childhood and adolescence.

Each of the Town High 5 areas have support documents on the school website townsvilleshs.eq.edu.au/ Look under the Support & Resources Tab / Town High 5 / Links to additional readings.

Canteen Price List 2015

<table>
<thead>
<tr>
<th>FRESH FOOD</th>
<th>HOT FOOD</th>
</tr>
</thead>
<tbody>
<tr>
<td>SANDWICHES: Egg &amp; Lettuce</td>
<td>DAILY SPECIALS: CHECK OUR SPECIALS BOARD FOR OTHER OPTIONS.</td>
</tr>
<tr>
<td>Meat &amp; Salad</td>
<td>$3.30</td>
</tr>
<tr>
<td>Salad</td>
<td>$4.30</td>
</tr>
<tr>
<td>Other fillings available, various prices</td>
<td>$4.10</td>
</tr>
<tr>
<td>WRAPS &amp; ROLLS: Cajun Chicken or Beef</td>
<td>DAILY HOT FOOD Steamed Chicken Dim sim</td>
</tr>
<tr>
<td>Satay Beef or Chicken</td>
<td>Steamed Beef Dim sim</td>
</tr>
<tr>
<td>Chicken Caesar Salad</td>
<td>Hot Dog</td>
</tr>
<tr>
<td>Oriental Chicken</td>
<td>Hot Dog &amp; Cheese</td>
</tr>
<tr>
<td>Other options available see canteen staff. ½ wraps</td>
<td>Pizza Roll</td>
</tr>
<tr>
<td></td>
<td>Toasted Chicken &amp; Cheese Sandwiches</td>
</tr>
<tr>
<td>Sushi (Seasonal)</td>
<td>Toasted Ham &amp; Cheese Sandwiches</td>
</tr>
<tr>
<td>Small</td>
<td>S$3.50</td>
</tr>
<tr>
<td>Large</td>
<td>$4.50</td>
</tr>
<tr>
<td>SALADS: Small</td>
<td>$4.40</td>
</tr>
<tr>
<td>Large</td>
<td>$5.40</td>
</tr>
<tr>
<td>Chicken Caesar Salad</td>
<td>THIS TERMS SPECIALS</td>
</tr>
<tr>
<td>Asian Noodle Salad</td>
<td>Lamb Korma</td>
</tr>
<tr>
<td>Cold Cuts and Salad</td>
<td>Mac &amp; Cheese</td>
</tr>
<tr>
<td>Greek Salad</td>
<td>Pasta Carbonara</td>
</tr>
<tr>
<td>Cold meat and Salad</td>
<td>Honey Soy Chicken &amp; Rice</td>
</tr>
<tr>
<td>Chicken and Avocado</td>
<td>Beef Casserole &amp; Mash</td>
</tr>
<tr>
<td>Chicken Enchiladas</td>
<td>DRINKS</td>
</tr>
<tr>
<td>HOME MADE HOT MEALS: Options vary each term</td>
<td>$1.80</td>
</tr>
<tr>
<td>Spring Water600ml</td>
<td>Chow Mein</td>
</tr>
<tr>
<td>Flavoured Milk 300ml</td>
<td>$2.30</td>
</tr>
<tr>
<td></td>
<td>$4.00</td>
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<tr>
<td></td>
<td>$1.80</td>
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</table>

8
FRESH FOOD

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Plain/Lite Milk 600ml</td>
<td>$4.00</td>
</tr>
<tr>
<td>Daily Juice 500ml</td>
<td>$3.40</td>
</tr>
<tr>
<td>Berri Juice 350ml</td>
<td>$2.40</td>
</tr>
<tr>
<td>250ml</td>
<td></td>
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</tbody>
</table>

HOT FOOD

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Enchiladas Chicken/Beef/Vegie</td>
<td>$1.00</td>
</tr>
<tr>
<td>Shepherds Pie</td>
<td>$3.40</td>
</tr>
<tr>
<td>Chicken Chasseur</td>
<td>$2.40</td>
</tr>
<tr>
<td>Devilled Sausages</td>
<td></td>
</tr>
<tr>
<td>Mac &amp; Cheese</td>
<td></td>
</tr>
<tr>
<td>Fried Rice</td>
<td></td>
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</tbody>
</table>

SNACKS

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruit Cups</td>
<td>$1.30</td>
</tr>
<tr>
<td>Whole Fruit</td>
<td>$0.80</td>
</tr>
<tr>
<td>Fresh Yoghurt</td>
<td>$2.00</td>
</tr>
<tr>
<td>Homemade cakes and biscuits from Frozen treats from</td>
<td>$0.60</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>BURGERS (FRIDAY ONLY) Check Notice Board</td>
<td>$5.10</td>
</tr>
<tr>
<td>All include carrot, tomato, beetroot &amp; lettuce and sauce</td>
<td></td>
</tr>
</tbody>
</table>

OTHER HOT FOOD – WEDNESDAY ONLY

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pie(Healthy Choice)</td>
<td>$3.90</td>
</tr>
<tr>
<td>Sausage roll (Healthy Choice)</td>
<td>$2.30</td>
</tr>
<tr>
<td>Cottage Pie</td>
<td>$4.40</td>
</tr>
<tr>
<td>Spinach &amp; Ricotta Rolls</td>
<td>$3.00</td>
</tr>
</tbody>
</table>

Smoking banned 5 metres around school grounds

Smoking any tobacco products or using an electronic cigarette within five metres of any state or private school grounds has been banned. This applies before, during and after school hours as well as over weekends and school holidays.

On the spot fines can be issued by environmental health officers, police or other officers authorised by the local government to anyone found in breach of this legislation. The ban does not extend to businesses or residences that share a property boundary with a school.

Smokers are asked to put out your cigarette and dispose of the litter thoughtfully well before you reach the school boundary.


Local News

Dear Parents and Guardians

The School Dental Service is now offering a general course of dental care every 12 months to Year 7, 8, 9 & 10 Secondary School Students. All routine dental treatment provided is free from “out of pocket expenses”.

To make an appointment students and parents may phone (during working hours) the Wooganna Clinic on 47782366, Central Clinic on 47723994 (Monday & Friday) or Townsville Dental Clinic on 47831900 to arrange an appointment. Currently we are able to offer no wait times for appointments at our Wooganna Clinic.

Requirements for treatment include:

- The student is currently enrolled in years 7-10.
- Students should be accompanied by a Parent/Guardian to the initial appointment so that consent medical history can be completed.
- Parents are to notify their child’s school of all dental appointments during school hours.
- It is the parent’s responsibility to ensure their child’s attendance at all dental appointments.
- If your child is unable to attend their dental appointment, please phone the clinic prior to this appointment and we will reschedule for you.
- CDBS will be collected from eligible parents.
- You must bring your Medicare card to your first appointment.

Please contact us if you have any queries or concerns regarding appointments.

With regards

Oral Health Services
Townsville Hospital & Health Services

APRIL SCHOOL HOLIDAY COURSES

Tackers 1 - Having Fun!
This fun school holiday course is for children aged 7 to 12 yrs. This is a safe introductory course designed for children to try out sailing through games on and off the water.

To find out more and register go to

www.townsvillesailing.com.au

- Step 1 Click on tennis to sail
- Step 2 Select 1 day or 5 days
- Step 3 Scroll down the page to next course dates
- Step 4 Select “Enter” against Tackers 1 for the course link to information and the registration page, as below:


NEXT AVAILABLE COURSES:

- Juniors - Tackers 1 – Having Fun – for 7-12yrs.
  Held from 13th April to 17th April inclusive.
  This course runs for 5 days from 8am > 1pm
- Adult/Youth Start Sailing 1&2 – For 13 yrs +
  Held over two days - 11th & 12th April 8am > 5pm
- Cost for either course is $300

Email the club for any further information at townsvillesailingclub@gmail.com
Badminton
Come & Try Night

Play The Worlds ‘Fastest’ Racquet Sport

Join us at the Townsville Badminton Club for a fun ‘FREE’ evening of Badminton
ALL ages and abilities are welcome!

FRIDAY 20th March
5pm—7pm
Townsville RSL Stadium
Murray Sports Complex

CONTACT US NOW FOR DETAILS
Phone: Lynore 0423289566
Townsville Badminton Association

INDOOR CRICKET

Nippers Program
Ages: 3 – 7 years old
FREE – 8.30am Saturday Mornings, all equipment supplied

Junior Cricket
Ages: 8 – 16 years old
No Sign on Fees, all equipment supplied
$10.00 per game, play as you play

Phone: (07) 4723 1414
Email: info@wildcatzindoorsports.com.au
Location: 18 Blackhawk Boulevard, Cannon Park

www.playcricket.com.au

School Holiday Short Courses

Are you in year 10, 11 or 12 and looking for something to do in the Easter school holidays?

TAFE Queensland North is offering short courses that will help you point you towards your GDS for each successful competency completed.

Course details
Use Hygienic Practice for Food Safety
Friday 10 April 2015 | 8:30am – 4:00pm
$30
Pre-requisite for Coffee: $90

Prepare and Serve Espresso Coffee
Monday 13 – Wednesday 15 April 2015 | 9:00am – 4:00pm | $190

Provide Responsible Gambling Services
Thursday 16 April 2015 | 8:30am – 5:00pm | $175

Provide Responsible Service of Alcohol
Friday 17 April 2015 | 9:00am – 4:00pm | $175

Enrol Now!
To enrol please contact Kim O’Keefe via phone 4722 5215 or email kim.okeefe@tafe.qld.edu.au
Students must complete payment and enrolment by Wednesday 2 April 2015

1300 656 959
tafenorth.edu.au

QLD Cricket Easter T20 Blast Cup

Tony Ireland
Stadium
Spinning Dogs, Cannon, 4810

Wednesday 8th &
Thursday 9th April

2 Days of action packed cricket!
T20 Blast fun & equipment. It’s a blast!
6 guaranteed preliminary rounds for every team.
Grand Final on the second day.
Boys and Girls aged 7-13
9:00am - 1:00pm on both days.

COST
Register with a TEAM $600 per player
Individual $120 per player
*Free equipment for all players for both days.
All equipment provided.

Discount prices for all registrations
before March 21st

Register with a TEAM
$410 – $500 per player
Register as an INDIVIDUAL
$230 – $250 per player

For registration process please contact —
Queensland Cricket, Regional Cricket Officer - Simon edge
admin@qldcricket.com.au, Ph: 0419 330 331
National Youth Week is the largest celebration of young people in Australia. Thousands of young people aged 12-25 get involved in National Youth Week each year.