From the Principal

Inter-Reef Swimming Carnival:
We had a TOP day as a school community on Wednesday 25 February at the first Inter-Reef sports event for the year. Participation, school spirit and a real ‘I’ll have a go attitude’ was on display all day – it really was IMPRESSIVE! Congratulations to Warrior who were the Champion Reef on the day and congratulations is extended to all of our Age Group Champions; please see this newsletter for further information about the day and the names of our Age Group winners.

Parents and Citizens Association (P&C) Annual General Meeting/March Regular Meeting:
On behalf of President John Byrne, I am inviting parents/caregivers to the P&C AGM, which is to be held at 6.30pm on Tuesday 10 March, in the Admin Block Common Room. The regular March meeting will follow the AGM.

Parent/Caregiver and Teacher Conferences/ Meetings:
Are being held on Wednesday 18 March in the school library. Please place this important date on your calendar as it is an opportunity for you to book-in to speak to teaching staff about student progress. This newsletter includes information about how to book interviews with teachers using our online system.

QParents is coming to Town High:
Town High is proud to be one the first schools in Queensland to offer QParents, as part of a pilot program in the first half of 2015.

The QParents web and mobile application provides a more convenient, easier way for parents and legal guardians of Queensland state school students to interact with their child’s school. Parents will have secure, online access to their child’s student information, anytime, anywhere, through a smartphone, tablet or computer.

QParents allows parents to connect instantly with their child’s school to access and manage their child’s student information, including:

- Attendance and absence details, as well as the ability to notify the school of an absence
- Behaviour details
- Academic report cards
- Class timetables
- Viewing unpaid invoice details, payment history, and making payments online
- Viewing and updating personal student details, including medical conditions and address
- Enrolment details

QParents will assist both staff and parents in sharing and responding to information in an efficient and effective way.

It won’t replace the traditional ways you communicate with our school, but it will provide another way to communicate with us.

The benefits of QParents

Convenience and time savings for parents
- Parents can view or update their child’s details without having to contact the school
- Secure 24/7 online access.
- Available anytime, anywhere — access QParents on your smart phone, tablet or computer.

Greater transparency of information
- Improves accountability between parents and schools by providing parents with timely access to their child’s information online
- Allows parents to engage more deeply in their child’s schooling

Improved administration efficiencies for schools
- Allows schools to streamline their administrative processes and cut down on printing.
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’ https://www.facebook.com/pages/Townsville-State-High-School-EQ/1491398364460754?ref=bookmarks

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!

Frank Greene
Principal

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

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
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

The Importance of Sleep

We all know how sleep affects our life – a good night’s sleep makes life’s challenges easier to cope with while a bad night’s sleep (or limited sleep) makes us grumpy, lethargic and mostly with no fun to be around. Sleep problems in kids don’t just drive parents batty, they also affect children’s health and development, including academic performance, growth and even immunity. Sleep is a basic need for all of us.

The most common cause of medical sleep problems is snoring and obstructive sleep apnoea (holding the breath), but sleep walking or night terrors, periodic limb movement disorder or restless leg syndrome and other conditions, such as asthma and eczema, can also affect sleep.

Behavioural sleep problems can include difficulty falling or staying asleep, resisting going to bed, changing sleep hours (like teenagers do), and getting out of bed during the night.

So what is enough sleep?

- Toddlers need 12 to 14 hours sleep daily
- Primary school kids 10 to12 hours.
- Adolescents need about 8½ to 9½ hours of sleep per night

Research suggests without this sleep, children don’t function as well. They’re more irritable, aggressive, hyperactive, fidgety, and can’t concentrate or remember information, compromising learning, and exhibiting delayed response time. They get sick more and have an increased risk of accidents. We as adults can also relate to these symptoms.

DID YOU KNOW? More than half of "asleep-at-the-wheel" car accidents are caused by tired teens.

Poor sleep can affect all of us at some time. Sleep experts recommend the following tips. Whether you are young or old or in the middle:

- Get into a routine - go to bed around the same time every night and wake up at the same time every morning
- Investigate if there are any fears or anxieties that might be keeping you/them awake
• Before bed, do relaxation, breathing or visualisation exercises (imagine a happy place such as the beach or park)
• Do relaxing activities such as reading, drawing, listening to quiet music in the hour before bed to help wind down
• Turn off the television (keep TV out of the bedroom), computer, electronic games and other activities in the hour before bed
• Avoid strenuous exercise in the few hours before bed but make sure your child gets plenty of exercise during the day
• Avoid caffeine (soft drinks and coffee) and limit spicy or salty food which can cause thirst – and wake you/ your child during the night
• Use reward systems (star charts culminating in a lucky dip or favourite outing) to motivate preschool and school-age kids, especially if they are getting out of bed or coming into your bed at night
• Install a hall or night light if your child is scared of the dark

If all else fails see a GP who can refer you/ your child to a medical specialist, sleep physician or psychologist to investigate why you or your child struggles with sleep.

An online resource: ABC Health and Wellbeing site http://www.abc.net.au/health/features/stories/2012/06/28/3534846.htm

Good night! Theresa Irving – Guidance Officer.
Adapted from: ABC Health and Well Being – Kids Need a Good Night’s Sleep by Helen Carter KidsHealth

Theresa Irving
Guidance Officer

Reef Swimming Carnival

The 2015 Reef Swimming Carnival turned out to be a great day and fun was had by all, and with a great number of participants. CONGRATULATIONS to Warrior Reef who finished the day in first place.

Congratulations also to Townsville State High Schools AGE CHAMPIONS:

12yrs Girls Harrison Noye
12yrs Boys Brianna Knight
13yrs Girls Emily Sando
13yrs Boys Daniel Casey
14yrs Girls Abbie Paul
14yrs Boys Jackson Noye
15yrs Girls Kodi Abraham
15yrs Boys Zane Clarke-Kennedy
16yrs Girls Rosie Robinson
16yrs Boys Daniel Allison
Open Girls Tahnee McCahon
Open Boys Joshua Kitchin

Well done once again to those students and everyone who participated on the day. It was great to see such a fantastic display of sportsmanship and teamwork by our Town High students. A big THANK YOU to all staff and helpers on the day – without you the carnival would not have taken place.

Inter-School Swimming Carnival

The Inter-School Swimming Carnival will be held at Long Tan pool on the 10th of March, parents are welcome to come along and watch. The team list is up outside my office, we need everyone on that list to come along on the day and give it their best shot for Town High, participation counts and will put us in a good position to try and take out the competition. Students will need to collect a permission form if they are going. For those who cannot make it could they please let me know so I can put other students in their place who are keen to participate on the day. I am looking forward to an awesome day of competition and I know the students of Town High will do us proud in the pool.

Mathew Williamson
Sports Co-ordinator

Junior Secondary

Message from the Junior Secondary Deputy Principal

We are well and truly off and running for 2015. Our new Year 7 & 8 students have settled in and seem to have embraced high school life. It was fantastic to see so many of them participate in our Inter Reef swimming carnival last week.

The first pieces of assessment for all subject areas are now starting to be due. Parents can assist by asking your children what they have coming up and what they have been doing in class each day.

Literacy Tip

At this stage of the term many students are involved in assessment at school. If your child is preparing for an oral assessment encourage them to rehearse in front of family members. Provide positive feedback and encouragement as well as suggestions about things such as eye contact, volume, pace of speech and stance.

Numeracy Tip

Show your child different examples of graphs and tables. Newspapers, magazines and advertising brochures often contain a variety of graphs and tables. Some accounts such as electricity also show graphs of usage. Talk about what information is given in the graph or table. Ask why they think the information has been presented like this and discuss possible ways graphs may be used in daily experience.

Year 8 Camp Update

Unfortunately due to low numbers, we have had to cancel the Year 8 camp to Paluma in Week 10.
Robyn Harvey

Message from the Head of Junior Secondary and Wellbeing

Clean, Clean, Clean, that’s what you could say about Town High after the junior students donned their gloves and all pitched in to collect rubbish off the school grounds on Friday the 27th February as part of the annual Clean Up Australia Day campaign.

This event has been an excellent way for the junior students to establish pride and ownership in their school and their community. It is an event that the school proudly supports each year and it raises students’ awareness of the need to be conscious of where they put their rubbish. Subsequently we have seen an improvement in the state of the school grounds each week.

Continued monitoring of rubbish around the school will be an ongoing project for all junior and senior students.

Denise Reeves

Senior Secondary

Message from the Senior School Deputy Principal

Senior School Review

All students in Years 10, 11 & 12 are currently undergoing academic reviews. Reef Curriculum advisors are working with the School Guidance Officer, HOD Senior Schooling and myself to identify students at risk and develop strategies to ensure success. All senior students are expected to adopt the school code and experience success through attendance, behaviour and academic achievement. You may be contacted by the school in the near future to organise a meeting and we encourage all families to work co-operatively with the school to ensure student success. Please encourage your child to be an active and responsible learner.

Kaylene Mladenovic

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

After an amazing start to the year, with our inspiring Leadership Induction Ceremony, successful student council Valentine’s Day rose’s sale and our super competitive School Swimming Carnival, we continue to have many more important events going on in the Senior School.

Next week, on the 11th and 12th of March Year 11 students have been invited to attend the ‘Becoming the PERFECT me’ Leadership Seminar that has a focus on resilience and building self-esteem. This seminar is at no cost to students’ and open to the first 80 students that return their forms.

On Friday next week, the student council host our annual ‘Shave for a Cure’ event which raises much needed funds for the Leukaemia Foundation. This is a special event here at the school as it pays tribute to Rhys Pengelly, a past student here who tragically lost his battle to leukaemia.

In week 9, our Year 12 students journey to Lake Tinaroo to embark on a week-long leadership camp that is set to challenge both the mind and the body with some inspirational night sessions and the ever challenging high ropes course.

Students not attending camp are expected to be undertaking work experience or other activities approved by the Senior School Deputy Principal. If you have any questions regarding this please do not hesitate to contact me on 4721 8777 or khowa71@eq.edu.au.

On Wednesday the 1st April Year 10 students will have the opportunity to attend the ‘Dream Aspire Achieve’ leadership seminar. This seminar focuses on personal growth and developing achievable goals. Students will also hear about TAFE, University and Apprenticeship agencies as part of post school destination options. There is no cost to students to attend and open to the first 100 students that return their forms.

Lastly, I would like to congratulate Tearin Sailor-Neill who represented Townsville SHS at the Constitutional Convention. Although Tearin did not get selected to attend the national conference she spoke very strongly and did an amazing job both representing her school and her Indigenous heritage. Congratulations Tearin.

Kacie Howard
The Defence Work Experience Program and 27SQN RAAF Base Townsville are pleased to advise that we will again be hosting the one day Air Force Careers Visits in 2015. The first visit for the year is scheduled for Wednesday 1st April. As part of the visit, students may participate in the following activities:

- Briefing on safety, security, expectations, RAAF Townsville units etc
- Visit a number of units on base, allowing students to see, handle and/or learn about a range of Air Force equipment, vehicles, aircraft etc
- Units to be visited could include MEOMS workshop, Air Movements Section, 38 Squadron, 5th Aviation Regiment (Army), Air Traffic Control, Military Working Dogs, Combat Survival Training School - units may vary slightly each visit.
- Focus on the range of career opportunities that are available in the RAAF
- Lunch at the Airmen’s Mess
- Participation in an Air Force Physical Training Activity
- Discussions and Q&A with airmen and airwomen at the RAAF Base
- Information session by Defence Force Recruiting

The visits are aimed at (but not limited to) Yr 10 students who may be considering a Defence career but who would like more information on the range of units residing at RAAF Base Townsville, the many careers available and the roles and responsibilities of personnel in those jobs.

If you have students who may be interested in participating in the visit, please download the Agreement form attached, have the school, student and parent/guardian complete, and sign the relevant sections and return to me via scan/email at QLD.WorkExperienceProgram@defence.gov.au or by fax on 4411 7967, as soon as possible. Please note that students must be 15 years or older to participate in the visit.

We can accommodate approx 20 students on the tour and students will be given a place on a first in (Agreement returned), first served basis.

Schools who send a small number of students may not be required to send a staff member, as the students will be escorted by military personnel and myself (both holders of a Blue Card - Working With Children Check), however teachers are most welcome to attend. You will need to advise me of such when you return Agreement forms.

There is a cost of $6 for lunch, payable upon entry to the Airmen’s Mess. Visit runs from approx 8.30am to 3.30pm.

FYI - the scheduled dates for the remaining visits this year are Wednesday 17th June, Wednesday 2nd September & Wednesday 18th November.

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.

**JUNIOR SCHOOL (Years 7 to 9)**

**Girls**

- Shirt: Polo style T-Shirt in bottle green and navy blue with the school logo on the pocket.
- Shorts: Navy blue shorts with the school logo on the short leg
- Skirt: Navy blue skirt with inverted box pleats
- Shoes/ Socks: Lace up sports shoes (See attached pictures for acceptable and unacceptable styles)
- Socks: White sport socks

**Boys**

- Shirt: Polo style T-Shirt in bottle green and navy blue with the school logo on the pocket.
- 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)
- Socks: White sport socks

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)
- Socks: 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)
- Socks: 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
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.

News from the Science Department

Science 2015

Science in 2015 is looking exciting. The Science Department has had five new staff additions, which have added a range of expertise to our team. To start off the year well, students and parents are encouraged to communicate with our teachers. To do this each student has been given a term planner with their teacher’s contact email. This is a handy way of keeping in touch and informing teachers of particular needs you may have.

Junior School Science

Students in the junior school will be immersing themselves in a science literacy program, in order to develop students’ literacy skills. This program will explore the language of science and involve weekly homework for all students in Years 7, 8 and 9. Students will also get to enjoy developing their reading skills by engaging in reading a range of science texts.

Senior School Science

Plenty of opportunities are coming up for senior Science students to be involved in extra-curricular Science activities. If you have a particular interest or would like to gain experience in a particular field of Science, please come and talk to Ms Chapman the Science Head of Department, she is very happy to talk through potential opportunities.

Aerospace will again be using Airline Online Business Simulation. This program will provide Aerospace Studies students with cutting edge, real life experiences in the aviation business. This is a wonderful opportunity for these students. Students will also engage in a number of real-life experiences during the year.

Year Eleven Biology Students will participate in a Field Trip early in Term Two to Billabong Sanctuary. This will provide students with hands-on experiences relating to Australian flora and fauna.

Extracurricular Activities

SPARO-ed’s offers a Research Immersion Program – a unique five day program based around a project devised by scientists working in Brisbane (there are scholarships to support with travel) to make a real contribution to the work of a scientific
research team. These programs are intended for students in years 11 and 12, and are run during term time and in the vacations. For more information see Ms Chapman in A Block Staffroom.

The International Science School — the ISS — is an amazing, all expenses paid two weeks of science at the University of Sydney. Join 140 other top young scientists from years 11 and 12, from around Australia and across the world, for inspiring talks by leading researchers, tours of scientific labs, hands-on experiments and activities, and a packed social program. ISS will be held from Sunday 28 June to Saturday 11 July 2015. Interested?? You need to be passionate and keen about Science! See Ms Chapman in A Block Staffroom for more details.

National Youth Science Forum 2016 — Open for students in Year 11 — If you are interested in a career in Science, Technology or Engineering, this is the opportunity for you. Work with world-class scientists in cutting-edge laboratories. Have the science experience of a lifetime. You will need to find a Rotary Club to assist in your application and sponsorship. See Brett Horan or Ms Chapman in A Block for more details.

CREST Program

CREST is a Science Inquiry Program that is nationally recognised and run through CSIRO. Students get to design experimental investigations on topics that interest them. Students throughout Australia participate in this program, with some students going on to make lucrative and substantial careers from the research that begins at school. Students in Years Seven to Twelve are welcome to participate in this program. The CREST Club will run either on Tuesday or Wednesday afternoons in Term Two. The successful projects will also be entered into the Queensland Science Contest. See Ms Chapman in A Block for more details or an application form.

Science and Engineering Challenge

In early April selected extension Year 10 students will participate in an Engineering Challenge based at James Cook University. This will provide students will opportunities to develop problem solving and higher order thinking skills during the completion of a range of tasks. Selection of teams will occur in March.

Parliamentary Visit

Member of Parliament and Parliamentary Secretary to the Science Minister, Karen Andrews visited Townsville State High School in early February. She met with a number of Science staff to discuss our views on science education at a national level. The discussion also included ideas to implement more combined Science, Technology, Engineering and Mathematics (STEM) experiences in the future. Karen was very impressed by the science initiatives run at Town High.

Sarah Chapman
Head of Department – Science.

The National Youth Science Forum (NYSF)

The National Youth Science Forum (NYSF) is an extraordinary twelve day program for students that have a passion for science and/or engineering. It gives the opportunity for students going into grade 12 to meet and network with hundreds of scientifically minded people and to test drive possible careers in the sciences or engineering.

From the 5th to the 17th of January 2015 I was fortunate enough to attend this incredible program. The NYSF is a prestigious program run by the National Summer Science School, founded by Rotary and sponsored by companies and universities. The program is tailored for students who have a passion for science, see a future in science or students that may just be curious about science. Over a 1000 students applied both nationally and international with approximately 400 successful applicants.

I attended Session A in Canberra where I and 200 other students stayed at the Australian National University (ANU). The twelve jam packed days of NYSF involved; exclusive laboratory visits, lectures by well-known doctors, professors and our mentors, workshops and forums. The majority of these activities involved some of the most interesting or mind blowing concepts I have had the privilege to witness.

The Nation Youth Science Forum has benefitted me in ways I couldn’t imagine prior to the program. Fortunately my aspiration to become an engineer was made stronger by the program. However, the program definitely made me question my chosen career path as it exposed me to so many different and amazing areas of science. The program also helped me to develop my communication skills, leadership qualities and most importantly, confidence. Although the program is jam packed with science,
there is also a strong social side to the forum where I had the opportunity to meet 200 other like-minded students. I now have a network with students from all over Australia as well as German, Canada and Fiji. The program consisted of the best twelve days of my life and I would personally recommend the program to anyone.

Current grade 11 students in 2015 are eligible to apply for the NYSF 2016. Applications open in April 2015 and are taken by local Rotary clubs. For more information visit:

http://www.nysf.edu.au

Brett Horan
Year 12 Student

Senior Graphics

Town High was fortunate to have Lead Designer for Place Design Group, Martin Wilshire, come to the school last week to give a presentation to the Senior Graphics students.

Place Design is a highly awarded landscape design company responsible for projects including the Strand and Jezzine Barracks. Martin spoke to the students about landscape design in general and in reference to their current landscape project. Martin also sketched possible future pathways for students interested in the Built Environment.

Mike Clements
Senior Graphics Teacher

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

1. Rest,
2. Nutrition,
3. Emotional Support,
4. Attendance
5. Gear.

In this newsletter the focus is on the No. 1 - Rest.

Not enough sleep can have negative effects on moods, personal behaviours, decision making, and health! Research tells us that when teenagers do not get enough sleep it greatly affects their learning.

Without enough sleep students fall behind their peers and become disengaged. Not all students are always getting
enough sleep, especially as with the emergence of iPods, smart phones and social networking. Students often feel they may be missing out if they are not staying connected with friends and will sacrifice sleep time to stay online.

Some students may have trouble getting to sleep, waking up on time, or sleeping through the night without disturbances. As well as seeming tired, teenagers may also seem to be lacking energy, easily irritable, and have trouble concentrating and remembering information.

Some steps you can take to ensure students are getting enough sleep include:

- ensuring a bed time routine
- restricting the use of electronic device leading up to bed time
- limiting the number of commitments of the student
- Avoiding drinks with caffeine after 5pm.

A great night’s sleep really sets up your student for successful learning.

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

Congratulations

Townsville State High School Students Adin Whitton and Emily Davison commence a Certificate III in Fitness this term.

Congratulations to the students from Cathedral, Townsville SHS (Adin Whitton Year 12 and Emily Davison Year 10) and Northern Beaches who have commenced their Cert III in Fitness through Fitness Institute.

The students will be completing the certification over the year while gaining hands on experience inside a real gym at Strand Fitness North Ward where Fitness Institute is co-located.

The students will then also be working towards practical hours at gyms around Townsville while they gain more real life experience! We wish the students all the best as they work towards their certification!

From the Acting Head Of Department Technology

Certificate III in Hospitality SIT30713
Funded Under the Certificate 3 Guarantee Program

Enrol in the newest hospitality qualification today. The Certificate III in Hospitality provides a pathway to work in organisations such as restaurants, hotels, motels, clubs, pubs, cafes and coffee shops. It provides options for specialisation in areas such as, Barista, Functions and food and Beverage. The qualification also allows an outcome for small businesses requiring multi-skilled employees.

Training will be conducted in a local live hospitality venue to enable students to complete both their theory and practical training in the one location and at the same time. This gives our students an invaluable advantage as they do not need to go out and find their own work experience to complete the necessary practical components of the qualification.

Your clients will gain their RSA (valid for life), Food Safety Supervisor certificate, Barista training, beer pouring and work experience along with many other employability skills.

Possible job titles include:

- Food and beverage attendant
- Function attendant
- Function host
- Restaurant host
- Senior bar attendant
- Waiter

You must meet the following eligibility criteria:

- be aged 15 years or above, and no longer at school
- permanently reside in Queensland
- be an Australian citizen, Australian permanent resident (includes humanitarian entrant), temporary resident with the necessary visa and work permits on the pathway to permanent residency, or a New Zealand citizen
- not hold, and not be enrolled in, a certificate III or higher level qualification, not including qualifications completed at school and foundation skills training.

Delivery:

Venue Based – 3 days per week x 9 weeks. (Wed, Thur & Fridays)

Current Training Location: Mecure Hotel Woolcock Street, Townsville. (Next to Castletown Shoppingworld)

Cost:

- $15 Concessional
- $300 Non-Concessional
- $990 for clients who already hold a Certificate 3 or above outside of high school

If you are a referring Employment Service Provider, you will receive a daily attendance report if required about your learner in addition to a copy of their qualifications sent directly to you.

Please provide a purchase order if you will be paying the contribution on behalf of the student.

For enrolments, please complete our enrolment form click here and provide evidence as per the enrolment form and return to our friendly Customer Service Team at info@cat.edu.au.
Interested in a Career in Beauty Services? Government Subsidised Training Courses NOW AVAILABLE!

Certificate III in Beauty Services SIB3010

Limited places available. Call us now to book your place in our next course!

Course Details
- $15 per week (Government Subsidised)
- 45 hours of classroom and 90 hours of on-the-job training
- 10 weeks, full time, Monday to Friday
- Recognition of Prior Learning available
- Funding Program: Certificate 3 Guarantee Program
- *Eligibility criteria apply. For full eligibility click on ‘Eligibility’ button for full funding details and enrolment process.

Interested in a Career in Hospitality? Government Subsidised Training Courses NOW AVAILABLE!

Certificate III in Hospitality SIT30713

Limited places available. Call us now to book your place in our next course!

Course Details
- $15 per week (Government Subsidised)
- 60 hours of classroom and 60 hours of on-the-job training
- 9 weeks, full time, Monday to Friday
- Recognition of Prior Learning available
- Funding Program: Certificate 3 Guarantee Program
- *Eligibility criteria apply. For full eligibility click on ‘Eligibility’ button for full funding details and enrolment process.

From the School Nurse

A big THANK-YOU to Adam and the team at Launch Zone for their generous donation of free tickets for the Yr 8 immunization prize and for the swimming carnival prizes.

We appreciate your kindness and generosity!

Thanks also to Brumby’s North Ward for their ongoing support of Townsville State High School Breakfast Club. Brumby’s have donated bread on a weekly basis for the past 5 years.

Breakfast Club operates each Monday, Tuesday and Wednesday from 7.30am-8.30am near the Hall. It is run by the School Leaders and Student Support Staff.

### Canteen Price List 2015

<table>
<thead>
<tr>
<th>FRESH FOOD</th>
<th>HOT FOOD</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>SANDWICHES:</strong></td>
<td></td>
</tr>
<tr>
<td>Egg &amp; Lettuce</td>
<td>DAILY SPECIALS:</td>
</tr>
<tr>
<td>Meat &amp; Salad</td>
<td>CHECK OUR SPECIALS</td>
</tr>
<tr>
<td>Salad</td>
<td>BOARD FOR OTHER OPTIONS.</td>
</tr>
<tr>
<td>Other fillings</td>
<td></td>
</tr>
<tr>
<td>available, various prices</td>
<td></td>
</tr>
<tr>
<td><strong>WRAPS &amp; ROLLS:</strong></td>
<td></td>
</tr>
<tr>
<td>Cajun Chicken or</td>
<td>DAILY HOT FOOD</td>
</tr>
<tr>
<td>Beef</td>
<td>Steamed Chicken Dim sim</td>
</tr>
<tr>
<td>Satay Beef or</td>
<td>Steamed Beef Dim sim</td>
</tr>
<tr>
<td>Chicken</td>
<td>Hot Dog</td>
</tr>
<tr>
<td>Chicken Caesar</td>
<td>Hot Dog &amp; Cheese</td>
</tr>
<tr>
<td>Salad</td>
<td>Pizza Roll</td>
</tr>
<tr>
<td>Oriental Chicken</td>
<td>Toasted Chicken &amp; Cheese</td>
</tr>
<tr>
<td>Other options</td>
<td>Sandwiches</td>
</tr>
<tr>
<td>available see canteen staff.</td>
<td></td>
</tr>
<tr>
<td>½ wraps</td>
<td>Toasted Ham &amp; Cheese Sandwiches</td>
</tr>
<tr>
<td>Sushi (Seasonal)</td>
<td></td>
</tr>
<tr>
<td>Small</td>
<td>$3.50</td>
</tr>
<tr>
<td>Large</td>
<td>$4.50</td>
</tr>
<tr>
<td><strong>SALADS:</strong></td>
<td>THIS TERMS SPECIALS</td>
</tr>
<tr>
<td>Small</td>
<td>Lamb Korma</td>
</tr>
<tr>
<td>Large</td>
<td>Mac &amp; Cheese</td>
</tr>
<tr>
<td>Chicken Caesar</td>
<td>Pasta Carbonara</td>
</tr>
<tr>
<td>Salad</td>
<td>Honey Soy Chicken &amp; Rice</td>
</tr>
<tr>
<td>Asian Noodle</td>
<td>Beef Casserole &amp; Mash</td>
</tr>
<tr>
<td>Salad</td>
<td>Chicken Enchiladas</td>
</tr>
<tr>
<td>Cold Cuts and</td>
<td></td>
</tr>
<tr>
<td>Salad</td>
<td></td>
</tr>
<tr>
<td>Greek Salad</td>
<td></td>
</tr>
<tr>
<td>Cold meat and</td>
<td></td>
</tr>
<tr>
<td>Salad</td>
<td></td>
</tr>
</tbody>
</table>

| **DRINKS**       | **HOME MADE HOT MEALS:**      |
| Spring Water     | Options vary each term        |
| 600ml            | Chow Mein                     |
| Flavoured Milk   | Enchiladas Chicken/            |
| 300ml            | Beef/Vegie                    |
| 600ml            | Shepherds Pie                 |
| Plain/Lite Milk  | Chicken Chasseur              |
| 600ml            | Devilled Sausages             |
| Daily Juice 500ml| Mac & Cheese                  |
| Berri Juice 350ml| Fried Rice                    |
| 250ml            |                               |

| **SNACKS**       | **BURGERS (FRIDAY ONLY)**     |
| Fruit Cups       | Check Notice Board            |
| Whole Fruit      | All include carrot, tomato,  |
| Fresh Yoghurt    | beetroot & lettuce and sauce  |
| Homemade cakes and biscuits from Frozen treats from |
| **OTHER HOT FOOD – WEDNESDAY ONLY** |                     |
| Pie (Healthy Choice) |                               |
| Sausage roll (Healthy Choice) |                         |
| Cottage Pie      | Spinach & Ricotta Rolls       |

### Smoking banned 5 metres around school grounds

Smoking any tobacco products or using an electronic 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

Fruition Tuition

Tutors Wanted
Supervision and assistance for Primary Subjects
and or
Secondary - English, Maths A, B, & C, and Sciences
Flexible Hours Available: Mon - Fri 3:00 pm - 6:00 pm Sat 9:00 am - 1:00 pm.
We require enthusiastic individuals who possess excellent communication and interpersonal skills, care and appropriate subject knowledge.
Please email your resume to
hydepark@fruition.com.au
or
Call: 4721 0115 or 0408 773814

United Suburbs Junior Rugby League Club is currently conducting sign on for new and past players.
Looking for boys and girls wanting to play Rugby League from age 6 and up. Our home grounds are at Victoria Park in South Townsville.
If your son or daughter is interested in playing please contact Tracey at president@unitedsuburbs.com.au.

Marian Vixens Netball
WANT TO PLAY NETBALL
Are you turning 11, 12, 13 or 14 this year?
We have a team for you
We train on Monday Nights
We play on Wednesday Nights
At Murray Outdoor Netball Courts
Juniors $175
Plus $50 per family volunteer Levy
(Refunded at end of year after 3 hours volunteering of your time)
Contact: Deb Kealley 0407 242 200
Email: mariannetballclub@live.com.au

Ross River Crocs FC
Sign - On!

Positions available in teams
Under 5 through to Under 18
For details call
Catherine 0412 583 532
or email
registrar@kelsocrocs.com.au

Wulguru Little Athletics

Every SATURDAY afternoon
2.30pm – 5pm
Starting March 7th 2015
Wulguru Primary School
Edison St Wulguru
$40 for Tiny Tots/season
$100 for U6 – U17/season
Phone: Anna – 0412 825 216
Claire – 0408 702 035
www.wulguralittleathletics.org

Cheerleading Classes
Competition and Recreational
For details phone Fiona Brown at
Townsville Dance and Cheerleading
On 4778 2564 or 0412 745 916
TOWNSVILLE GUITAR SCHOOL

Individualised, one-on-one lessons, specialising in practical guitar, bass guitar and music theory for all ages and abilities. Lessons are practical whilst supporting students goals and learning styles. From music tutoring to support school studies to learning how to play as part of a band, Townsville Guitar School has something for you!

NEW STUDENTS WANTED FOR
TERM 2

BEGINNERS WELCOME

LIMITED SPACES STILL AVAILABLE
FOR TERM 1

FLEXIBLE HOURS

WEEKLY LESSONS ONLY $20

TOWNSVILLE GUITAR SCHOOL
0457 614 936
www.bigtuningsoftware.com

Learn about Your World

Volunteer to host an international high school student in July 2015 like Neil, who is 15, is outgoing and positive and who loves being involved in her community. Together with her school-mates, she had organised a fundraiser effort involving participation in a 300km hiking trail into the Black Forest. Besides playing the piano and saxophone in a band, she also performs in winter festivals. The students are amazed at the way this unique and rewarding opportunity helps your family to become closer, to understand themselves better and to see the world in a new light.

Students arrive in July 2015 for one term, one or two semesters from France, Italy, Germany, Sweden, Norway, Denmark, Poland and Spain all arranged by Southern Cross Cultural Exchange. Visit our website www.sccx.com.au, email us at student@sccx.com.au or call us toll free on 1800 800 301,

*plus overseas calls

U13 girls (born 2002/3)

WE NEED YOU!

Please don’t let another team disappear from the ALL GIRLS COMPETITION!

Contact John & Rachel Mahon
(0477641558 / 0497844561)

if you would like to join our team.

National Council of Women of Queensland Inc

2015 Bursary Program

Would $1000 help you with your studies?

The NCWQ is proud to launch its 2015 program for 23 bursaries for female students.

Do you
➢ Do you want to become a teacher? Or are you already studying in the fields of Special education or Early Childhood?
➢ Is your home in regional or rural Queensland?
➢ Are you transitioning to independence from foster care?
➢ Does a family member have cancer?
➢ Are you an indigenous student?
➢ Are you keen to work in aged care?
➢ Are you studying journalism?
➢ Do you have a disability or mental illness?
➢ Do you have a passion for volunteering?
➢ Are you studying a non-conventional course at TAFE?
➢ Are you returning to work/study after a break?

If you answered YES to any of these questions, you may be eligible to apply. These are just some of the bursaries on offer. Most are for tertiary students, but several are for secondary students. Check out the specific details.

Go to the NCWQ website www.ncwq.org.au and follow the tabs to the bursary information. Or email bursaries@ncwq.org.au

Applications are open from
16 February to 8 April 2015

Brothers Tsv Football Club (soccer) are looking for players born in 2003 for their Under 12 mixed team, training Mon and Wed.

Just come down to training at High Vista Park, Mt Louisa, or ring Christian 0448 933 685 outside school hours for more information.

Limited vacancies available in most other age groups.