TOWNSVILLE STATE HIGH SCHOOL
NEWSLETTER
“A Proud Tradition
A Vision For The Future”

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EVERY DAY COUNTS - STUDENTS MUST ATTEND SCHOOL

FROM THE PRINCIPAL 12th May 2014

2014 NATIONAL ASSESSMENT PROGRAM LITERACY & NUMERACY (NAPLAN):
Testing for all Year 9 students will take place on 13, 14 & 15 May, which is next week. Final preparations are being made to ensure that the tests are administered within expected national guidelines. Staff have been preparing students for the testing program since Term 4, 2013. It is important that Year 9 students are at school next week to complete the tests and that students do their very best during each of the scheduled tests. A detailed report on performance in reading, writing, spelling, grammar and punctuation and numeracy is provided for each individual student and shows where the student is, compared to national standards. Our school receives a range of detailed reports which guide and inform our planning for the future. Our school contacts for this year’s NAPLAN program are Amanda Maynard, Head of Department Junior Secondary (email: amayn30@eq.edu.au) and Robyn Harvey, Deputy Principal Junior Secondary (email: rharv38@eq.edu.au).

Parents & Citizens Association May Meeting (P&C):
The next meeting is in the Administration Block Common Room on Tuesday 13 May, commencing at 6.30pm. On behalf of President John, I invite all parents, carers and members of the public with an interest in our school to attend.

Inter Reef Cross Country Friday 9 May:
Our Inter Reef event is was held last Friday afternoon during Periods 3 and 4. It was a resounding success. Students who did well will be invited to compete in the Townsville Secondary Schools/North Qld Cross Country being held on Tuesday 20th May. Names will be announced at assembly on Friday 16th May. Our school contacts for the Cross Country are Mat Williamson (email: mwil240@eq.edu.au) and Jude Di Giacomo (email: jdg1@eq.edu.au).

A Quick Student Reality Check for Parents/Carers:
Are your children ‘on track’ at the moment with a range of school expectations? Please ask them these quick questions, with a simple yes or no as the answer – Do you use your school issued diary on a regular basis? Do you go to school each day in full school uniform? Do you follow the school rules of Be Safe, Respect and Learn? Are you prepared for learning every day, including having all the necessary equipment and taking part actively in each lesson, each day?

How did your child (ren) ‘go’?

Yours in Education
Frank Greene

DATE CLAIMER

13/05  P & C Meeting  6:30 pm
All Welcome

15/05  Yr 11 Biology Excursion

13-16/05  NAPLAN Testing

20/05  TSSS/NQ Cross Country

26-30/05  Arts Week

29/05  Music Concert

03/06  Yr 10 Parent Night 5:30-7:00pm

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 absencesadmin@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.
NEWS FROM THE ARTS DEPARTMENT

Arts Week (MAY 26 – 30)

There are heaps of exciting activities happening in Arts Week, drama activities including mask and mime workshops, circus and acrobatic workshops, stage make-up and character face painting as well as performances by drama students at the concert on Thursday night. Workshop numbers are limited so students need to get in quick to sign up.

Music will be having a lunch time concert where students will have the chance to have an “on stage” performance. The 1RAR Band will perform a lunchtime concert for the whole school and on the Thursday night an exhibition and performances will all be presented.

For students interested in Dance there will be a performance and dance workshop on Tuesday with Bernadette Ashley and Dance North will be rehearsing the Flash Mob dance routine on the Thursday.

Students will be able to participate in Indigenous face painting, chalk pavement art, ceramics (wheel throwing) mural painting on P Block, and human form drawing with talented artist Barbara Cheshire.

Drama Club

Attention talented year 10, 11 and 12 students: Miss Marsh is starting a Drama Club!

The Drama Club will be held at school in the Drama room (P05) on Tuesday afternoons between 3pm and 4pm. This is a great opportunity for year 10, 11 and 12 students who enjoy performing and would like to take part in school and community performances throughout the year. Upcoming performances that the Drama Club will prepare performances for include Town High’s Arts Week in May, The 2014 Shake Fest in August, The 65th Annual Townsville Eisteddfod in September, Town High’s Artz Expo in October and more. The Drama Club will begin on Tuesday, 6th May. See Miss Marsh for more details!

Town High’s Disney Movie Marathon!

It’s that time of year to get excited about our next school production! The show, Town High’s Disney Movie Marathon, will incorporate snippets from some of Walt Disney’s classic musicals and some of the new ones too! Come and audition for both minor and major roles from The Little Mermaid, Frozen, Tarzan, Alice in Wonderland, Beauty and the Beast and many, many more! The show will be held in August and auditions will be held early in term two. See Miss Marsh for more details.

Art has joined the Homework Program and students will be able to remain after school on Wednesday’s (3.15 – 4.15pm) to work on their artwork of the art. Any art students advantage of time.

TOWNSVILLE STATE HIGH SCHOOL
STUDENT DRESS CODE

The P & C Association of Townsville State High School supports the ‘Student Dress Code’ outlined below:

1. Shirt (Junior Secondary): Polo style T-shirt in bottle green and navy blue with the school logo on the pocket.
2. Shorts: Navy blue shorts with the ‘TSHS’ initials on the leg.
4. Shoes/Socks: Clean shoes with enclosed uppers, preferably vinyl or leather. White socks.
5. Senior Uniform: A green and white striped shirt with school logo. Girls must also wear a school tie.
6. Winter Uniform: Navy blue tailored long pants. The school jersey or a navy blue zip-up fleecy lined jacket with school logo or a plain navy blue pullover/jacket. Girls may wear plain black/navy or sheer stockings as part of the winter uniform.
7. Headwear: A hat must be worn for outside activities, in line with the school’s Sun Safe Strategy. If students from overseas countries wear headwear for religious reasons, it is to be plain navy blue or black.
8. Jewellery: The following is acceptable: a watch, one bracelet/bangle, one signet ring, one chain or necklace and pair of studs or sleepers in ears. Facial piercings are not permitted.
9. Hair: Hair should be of a natural colour and be worn in a style which meets school community standards.
10. Tattoos: Visible tattoos are not permitted.
11. Undershirts: Undershirts are permitted but must not be visible.

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

Kaylene Mladenovic
Deputy Principal
Industrial Technology & Design News

GREAT JOB IN FURNITURE MAKING CLASS

Students in Mr Singh’s senior Furniture Making class have finished the term strongly with many students completing coffee tables that were commenced in Semester Two last year. The coffee table project is a major element of the work needed to obtain their Certificate II in Furniture Making. Construction of the table requires skills in reading drawings, making complex wooden joints and turning the legs on a wood lathe. The top of the tables are finished by applying laminex, this is another important skill in the certificate. Students have design input on their jobs as they are required to develop their own design for the magazine rack, shape of the legs and rail decorations.

Michael Foran (pictured) said ‘I really enjoy this class as I have developed many new construction skills and made an industry standard product’.

Satya Singh
Furniture Making Teacher

ICT

It was a busy Term One for ICT students with a wide variety of technology projects being undertaken. Year 8 and 9 ICT focused on modern ICT issues including cyber bullying and cyber safety. The Year 9 ICT students developed PowerPoint presentations that highlighted the cyber issues and also researched ways to prevent them from happening.

Year 10 ICT studied spread sheeting through Excel. Rather than completing traditional spread sheet tasks, they had an opportunity to develop a quiz using excel. This use of Excel allowed students to experience different and more advanced skills than those learnt in previous years. Students also participated in Game design using Game Maker. They engaged in basic programming skills to develop simple two dimensional games including Maze games and Scrolling shooters. All students thoroughly enjoyed these units of work as they offered both an opportunity to develop technical IT skills and the opportunity to express their own creative flair.

Year 11 ICT students have just completed creating interactive stories for five year old children. Utilising PowerPoint as the platform and incorporating recordings of them reading the story out loud. IPT students spent last term learning about programming in Visual Basic. The software allows students to make programs that can be used on any computer. The style of program varies from those that do small tasks to simple playable games. Students enjoyed the ability to actually create their own programs from scratch, rather than just being users of a program.

Term Two is shaping up to be an exciting term with many projects starting including animations and website development. If you require any additional information please feel free to contact me via email: dslat13@eq.edu.au

David Slater
A/HOD Digital Futures

HOSPITALITY

In April hospitality students had to create a dish based on a choice of two old classics. The majority of the students chose “Fish and Chips”. Most of the students who created the dish worked hard on preparing something which was a little bit different to what we would regularly serve as fish and chips. Ms Steel wants the students to think outside the square. It is important that they try to create something out of the ordinary. This is the “recipe” to success and an opportunity to be creative whilst not straying too far from a recognised name. As time goes on students will hopefully create a dish of their own, after all, every dish we eat has to have been created by someone, at some time!

Wendy Steel
Hospitality & Home Economics Co-ordinator

BUSINESS EDUCATION – THE YEAR SO FAR …………………

In 2014 Town High has three senior subjects: Legal Studies, Business Communication & Technologies and an introduction to senior subjects for the Year 10 students. We also offer one junior business subject.

In Legal studies, students have been examining family law and the legal issues that surround marriage and assets. Students examined the family law issues through the concept of mock marriage. As you can see from the photos, students enjoyed their married lives!

LEGAL STUDIES – FAMILY LAW

The Proposal

The Wedding

The Wedding
AN INTRODUCTION TO SENIOR SUBJECTS (YEAR 10’S) - WORKTEAMS

Team building and team work is an important part of living and working in our society. Year 10 students have been examining team work and by building bird houses. Stay tuned for term two.

Pauline Di Mauro
Senior Business Teacher
Business Department

BREACKFAST CLUB

The Student Council is working together with the school’s Support Services Team to assist with Breakfast Club Mondays, Tuesdays and Wednesdays. The students want to be proactive and will be asking all Tags across the course of this year to donate certain goods and products for Breakfast Club through their Tag. The first Reef who will be asked to make various donations through their Tags is Needle.

From Week Four this term, all Needle Tags will be encouraged to bring in various items as per the list provided to each Tag so that items can be carefully monitored. Thank you to all Tags and students in anticipation of your support for the Breakfast Club which is available to all students at Townsville State High School. The Student Council will also be assisting with the NALPAN breakfasts on the 13th, 14th and 15th May.

Jasmin Whiley
Student Council President

This year Town High is introducing new program called Town High 5, aimed at boosting our student’s academic performance. Many factors contribute to the success of students attending high school. 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 we are looking at No. 2. Nutrition

Without a healthy diet, students can fall behind their peers and become disengaged learning. Not all of our students are eating a balanced diet with a variety of healthy foods. This can be a problem as adolescence is a time of rapid growth when requirements for energy nutrients are at their highest. During adolescence eating habits change due to 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 and fruits
- eat plenty of cereals (including breads, rice, pasta and noodles), preferably wholegrain
- include meat, fish, poultry and /or alternatives (eg nuts or legumes).
- include 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.

5 TIPS FOR HELPING STUDENTS IN NAPLAN WEEK

Keep Calm

It is vital that staff in schools model a calm approach. OUR attitude is contagious and will be ‘caught’ by our students. It is therefore vital we manage our own stress levels, remain calm and do NOT become flustered. We need to be careful NOT to transfer high-stakes expectations onto our students. Pressure doesn’t help! Focus on encouraging students to do their best and trying hard. It is important to choose your words carefully when you speak. As with all learning activities we should put our focus squarely on effort rather than results. The only pressure on students should be to try hard rather than to do well.

Keep NAPLAN in Context

It is important to keep perspective. NAPLAN is only ONE measure of student achievement and a VERY NARROW measure of that. It is a point-in-time test only. NAPLAN is not a pass or fail type test. It is not expected that all students will be able to answer all questions correctly. “Test scores can not tell us whether a teacher or a school is good or bad because many other factors influence test scores (such as poverty, parental support, personality, interests, aspirations, motivation and peer pressure).” Wu and Hornsby 2012

Acknowledgement that exams are stressful

It is helpful to acknowledge that some students may be worried or anxious. NAPLAN provides an opportunity to help students build resilience to anxiety through teaching students some relaxation techniques - deep, controlled breathing, relaxing the shoulders and keeping calm thoughts. Reassure students that you’re on their side. You are there to support and encourage them.

Share your own stories of what helped you in your exams

What was your secret - Baroque music? Enough sleep? Healthy snacks? Supportive peers? Going for a run? Colourful mind maps? Give them a way to learn from your successes and failures.

Prepare them for all circumstances

Give tips such as to bringing a water bottle, eating healthy snacks and getting some exercise at breaks. Remind them about monitoring their time and not getting bogged down on a question for too long! And finally, wish them luck on the actual day!
Ten Hints for Creating Resilient Families

Resilience is the fine art of being able to bungee jump through life. The pitfalls are still there but it is as if you have an elasticised rope around your middle that helps you to bounce back from hard times

No. 1 Promote Belonging
Resilience is the happy knack of being able to bungee jump through the pitfalls of life. It is the strongest antidote we know of for self-harm, depression and drug abuse and it’s built on our sense of belonging.

No. 2 Have some mooch time
We live in a world that suffers from attention deficit disorder. We rush children from activity to activity, from lesson to lesson and from one organised event to another. Then we wonder why, when there is a lull that they say “I’m bored”. Be a counter-revolutionary. Find some time each week just to be at home without anything structured happening.

No. 3 Rediscover some family rituals
It doesn’t matter whether it is the family walk after dinner, the Sunday roast, the Friday night pizza or the Saturday morning clean up, rituals are highly protective. The best rituals often cost nothing. These are the activiteis you hope that later on your children will reminisce and say “Mum always made sure we did.” or Dad always made sure we did.”

No. 4 Spontaneity and curiosity
Spontaneity and curiosity are the building blocks of good mental health. You cannot tell someone how to have better mental health and you can’t give it to them by getting them to read a book. So the really hard message here is that if you want to raise your children to have mentally healthy lives you are going to have to have a good time yourself. If you want your children to succeed you need to show them that success is worth having.

No. 5 Love kids for their differences
When families’ function well people are allowed to be different and to be loved for those differences. We all know that children take on different roles. A father of three said it’s as if they have a planning meeting once a year and say “you be the good kid, I’ll be the sick kid and the other one can be the trouble-maker!” And then just when you think you’ve got it figured out they change roles again.”

Having children who are strongly individual and who have a sense of who they is a sign of good parenting. The problem may, of course be that they will then express their independent spirit in ways that you don’t like. The ideal is a mix between someone who preserves their own uniqueness and is able to work with others without becoming dictated to by them. Someone who has their own independent nature but is comfortable enough with themselves to allow inter-dependence.

No. 6. It is clear who is in charge
Families do not work well as democracies. In fact they seem to work best as benevolent dictatorships in which the parent or parents consult a lot with their children but at the end of the day, the parent has the final say. Some parents fear that if they take charge that they will lose the friendship of their children, but often the reverse is true. In families where parents fail to take their own role seriously, children may feel that to express their independence.

No. 7 Consistency
Consistency is the ideal. Having parents who agree on rules and standards and who convey the same sorts of messages and who value compassion over coercion, clearly has the best outcome in terms of children’s well being. It is also important that parents not be open to manipulation and work together as a team. Life however is not always so simple and we all know from sad and sour experience that parents cannot always be consistent. Sometimes parents have different value systems or can’t come to a consistent way to handle particular areas. In these situations, a second possibility is to for one parent to take charge of a particular area. This is not the most desirable solution but it is better than having parents in conflict over management issues or worse, undermining one another. In single parent families or where parents are separated the same principle applies.

No. 8 Teach the skills of Self-esteem
Families that work well seem to praise one another a lot. Compliments are made, positive efforts are commented on. Optimism is in the air. Even in these families, teenagers still shrug and say, “yeah Mum” or “yeah Dad” whenever a compliment is made. Teaching the skills of self-praise is useful. One way of doing this is to ask questions extensively about any achievement or accomplishment. Asking questions like “how did you do that?” “How come you did so well at that test?” “What did you do?” and “have you been doing homework behind my back.”

No. 9. Know how to Argue -
Families that work well know how to argue. It seems strange to say this because we all have the sense those families that work well don’t have conflicts. The family is really where we learn to resolve disputes fairly. The way that parents teach children to resolve differences of opinion with their brothers and sisters provides the basis for sharing, negotiating and problem solving in the world beyond the family. While differences of opinion should be allowed to be expressed, children also need to learn that they will not be able to win at all costs.

10. Parents are reliably unpredictable
With young children it is important to provide consistency and predicability. This allows them to feel sure of you. After a while though, a bit of predicability can go a long way. To many children, most parents are about as predictable as a washing machine cycle. It is important to have structure and consistency but it is also useful to act in ways that your children wouldn’t expect. This keeps them interested in learning from you or least wondering what you are up to. Perhaps the most important feature of parents in healthy families is that they realise that all of the above is desirable but not always possible and so they look at how to promote good functioning while not wasting energy on blaming themselves for he times when things don’t quite work out as they had planned.

www.andrewfuller.com.au
POSITIVE BEHAVIOUR SUPPORT – PBS

Our last Positive Behaviour Support lesson was on Appropriate Language. Students were asked to identify why appropriate language is so important and then given a range of scenarios and asked to identify appropriate language within that scenario. The key learning was that different situations require the use of different language. The outcome is that students are aware of appropriate language at Town High and expected to identify and use appropriate language for any situation. The use of appropriate language at Town High is important to maintain a positive and polite tone in the school.

NEWS FROM THE LIBRARY

It is now possible to access the school library catalogue on line at www.townsvilleshs.cmeweb.libcode.com.au/ This address also has links to the Townsville Regional Libraries, the Learning Place and subject specific search engines as well as other helpful sites.

Library Open Hours: 8.00am to 4.00pm. Students are able to use computers before and after school as well as during the breaks. Year 8s can borrow 5 books, Yrs 9 and 10 can borrow 6 and Years 11 and 12 may have 8. All students are welcome to borrow books from the library whether they have ID cards or not. However they must have paid school fees to borrow the text books. The text hire room is open for 10 minutes each lunch break.

Jenni Auteri
Teacher Librarian

Eliminate Dengue – Our Challenge

The Eliminate Dengue research program is developing a natural and safe way to reduce the spread of dengue fever. Our approach will introduce naturally occurring bacteria into the Aedes aegypti mosquito population. These bacteria limit the mosquito’s ability to transmit dengue between people. Townsville is the location of our first large-scale field trial, including the area around Townsville State High School. The early stages of our research in Townsville will involve monitoring the local mosquito population and engaging with the local community. We hope to start releasing Wolbachia mosquitoes later this year, with the support of local communities and government approval.

If you want more information, please call 1800 005 622, email townsville@eliminatedengue.com or visit www.eliminatedengue.com.

Kate Retzki
Community Liaison Officer, Eliminate Dengue

Western Lions Junior Rugby League are in NEED of Boys/Girls in the following age groups:

Under 9 – So if your child has turned 9 already this year or is turning 9 this year.
Under 12 – So if your child has turned 12 already this year or is turning 12 this year.
Under 15 – So if your child has turned 15 already this year or is turning 15 this year.

If you would like to sign your child up or if you have any questions please contact Club President Marc Kennedy on Mobile – 0412 906 234.

“COME ROAR WITH THE LIONS IN 2014”

JCU CareerHub is an online job board which is free to use and is a great way to advertise job vacancies to JCU students. If you could please pass on this information to parents who are seeking JCU students to tutor their children it would be greatly appreciated.

Of course any job vacancies can be listed on CareerHub (from tutoring, babysitting, gardening, and cleaning to office work and graduate employment), though I often get enquiries from parents regarding tutoring so I thought I would send you an email to let you know of this website in case you weren’t already aware.

To register on CareerHub go to https://careerhub.jcu.edu.au/employers
Celebrate with us...

Townsville State High School’s 50th 90th

B.B.Q.

Following Open Day

When: 17th May 2014
Where: Townsville State High School School Hall
Cost: $15 per person
Time: 6.30pm

Entertainment: live music by GROOVE
Drinks available for purchase at the venue