EVERY DAY COUNTS - STUDENTS MUST ATTEND SCHOOL

FROM THE PRINCIPAL 7th March 2014

Inter-Reef Swimming Carnival:
A successful day was held on Wednesday 26 February at The Long Tan Pool. Students and staff had a terrific day full of participation, fun and support for our first Inter-Reef event for the school year. THANK YOU to those parents/carers who were able to join us for whole, or part of the day. Congratulations to ALL students who attended and ‘put on’ a fine public display of school spirit over the entire day! Particular congratulations to Warrior, who were the Champion Reef and to Mr Williamson who took the lead with carnival organisation.
All the VERY BEST to our Inter School Team who compete at Long Tan Pool on Tuesday 11 March!

Parents & Citizens Association March Meeting:
The next meeting is in the administration block conference room commencing at 6.30pm on Tuesday 11 March. On behalf of President John I invite all parents, carers and members of the public with an interest in our school to attend.

Whole School Assemblies:
Are held each Friday commencing at 11am in the main school hall – assemblies are open to any parents/carers who wish to attend. At recent assemblies I have taken the opportunity to ask students to reflect upon their contribution to school expectations, in particular the following:
Regular use of the school issued diary student; presenting in full school uniform every day; behaving appropriately in all classrooms and the playground every day; use of appropriate language in all areas of our school on a daily basis, when interacting with staff, as well as each other.
Try a quick reality check with your student(s) now – ask them about the above – they should be answering YES to each one!

Attendance at School:
It is important that all students attend school and each of their timetabled lessons every day. I have reminded students at assembly that they need to arrive on time to school each day, and attend TÀG, where the first attendance roll for the day is marked. Each subject teacher also marks an attendance roll, to support students with regular attendance at timetabled classes. Students have been reminded to be on time and prepared for every class, every day. Parent/caregiver support with the attendance message is an important part of our school strategy – THANK YOU those parents/caregivers who are supporting our message!

Yours in Education
Frank Greene

From the Deputy Principal Senior Secondary

QCS Preparation
All Year 11 and Year 12 students have been given QCS intent to sit forms which were due for return by last week. If you child has not yet returned their form, whether they intend to sit or not, they must be returned as soon as possible (failure to return the form could lead to your child being included in the wrong pathway program).
As part of our school commitment to student success, we have implemented a new structured QCS preparation program for all Year 11 and 12 students who intend to sit the QCS test. This program will operate on Wednesday afternoons during Period 4 (Senior Options lessons) and there are also some sessions scheduled throughout the year for Period 2 Friday (during PDL lessons). This program is compulsory for students intending to sit the QCS test and students must also purchase the Pathways to Success as the text for this program (books are available for purchase from the Administration Office at a discounted rate of $20 per book).

Uniforms
We have received positive feedback on student dress standards and thank all parents for their continued efforts in this area. If your child is in Year 10 or Year 11 they must wear the TSHS logo shorts (or box pleat skirt for girls if preferred). From 1 January 2015 it is expected that every student at will have the TSHS logo shorts (the current Year 12 cohort are the only students permitted to still be wearing plain navy blue). Students in Year 11 and Year 12 are not permitted to wear the polo shirt (this is for junior secondary students).

Front Car Park
We have had some recent issues with parent accessing the front administration car park to drop off or collect their child/children. Please note the sign on the front gate which clearly states that this is not a pick up or drop off zone. All pick up and drop offs must occur in the designated areas (beside the school near the Chinese club, along Boundary St in front of
the school, in First St behind Stanton Lodge). We value your child’s safety and request you adhere to the designated pick up and drop off zones.

**PDL program**

All students participate in the Personal Development and Leadership program at the school which operates on Fridays during lesson 2. Focus units include Bullying, Mental Health, Personal Relationships, Sex Education, Study Skills, Goal Setting, Drugs and Alcohol, QCS preparation and career planning. Students require a 96 page A4 exercise book for this subject. If your child does not yet have an exercise book you can please organise one at your earliest convenience. The Student Support Services Team, consisting of the Youth Support Co-ordinator, School Based Youth Health Nurse, Guidance Officer, Behaviour Support Teacher, School Chaplain, Community Education Counsellor and School Based Police Officer, are also involved in the delivery of the PDL program.

Kaylene Mladenovic

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**RETURN OF TEXTBOOKS / PAYMENT OF 2014 TEXTBOOK AND RESOURCE LEVIES**

It would be greatly appreciated if parents/guardians could check the house for Text (a label is attached to the front cover) and/or Library Books (usually identified by Spine Labels and Barcodes as well as the school name stamped both inside and on the edge of the book) and return them to the school as soon as possible.

Participation in the 2014 Student Resource Scheme requires payments as follows:
Yr 8-9 $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 reports at the end of last year for further details. If you do not have a copy of the Participation Agreement Form you can collect a copy from the school office.

Either option to participate or not participate in the scheme needs to be indicated on the Agreement Form and returned 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 8 and 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 Sevices Manager

**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
SCIENCE 2014

There are many opportunities coming up in Science, these vary from excursions to camps. Students are encouraged to participate in as many activities as they can.

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 currently in Years Nine and Ten that have completed their Bronze CREST will have the opportunity to attempt a Silver CREST Award. The successful projects will also be entered into the Queensland Science Contest.

Students in Year Eight will get the opportunity this term to attempt a teacher-guided Blue CREST Award in their Science Classes. In Semester Two, extension students in Year Eight will get the opportunity to conduct in their own research project in class in order to obtain a Bronze CREST Award.

Engineering Camp
The Engineering Link Project will be running the North Queensland Engineering Project in Townsville. The North Queensland Engineering Link Project will be held over three days at James Cook University. Each day students will be divided into groups (of their choosing) to work directly with a variety of professional engineer from different engineering disciplines. The projects the students work through last for the full day. The engineer introduces the students to the project, covers any gaps in their content and skill knowledge, and then sets them loose to come up with an innovative solution to the problem. This project will be held on July 21 – 23, 2014. For more details please go to: www.telg.com.au/2014Projects.html

Science and Engineering Challenge
This term on Tuesday the 25th of March, selected extension Year 10 students will participate in an Engineering Challenge run by James Cook University. This will provide students with opportunities to develop problem solving and higher order thinking skills during the completion of a range of tasks. This event will be held out at Calvary Christian School.

Sarah Chapman
Head of Department – Science.

MUSIC DEPARTMENT

The Townsville SHS “Music Scene” is looking stronger than ever! We have great numbers across all available music programs that the school is offering and a massive amount of energy and enthusiasm from both the parents and students. All ensembles and groups are currently rehearsing hard for upcoming performances. It is going to be an exciting year for musicians, so keep your eyes and ears wide open and be sure to catch the performances! If you are interested in joining any of the programs please contact Mr Troy Patti (music co-ordinator).

A reminder of the available music programs at TSHS;

1) TSHS Vocal Program – (directed by Mr Patti)
   a) Choir (up to 30 students)
   b) Vocal Ensemble (10 students)
2) TSHS Instrumental Music Program
   a) Woodwind or Brass (Mrs Darrigan) Tuesdays
   b) Percussion and Drumkit (Mr Brunskill) Wednesdays

JUNIOR SECONDARY

Congratulations to our year 9 students who have been selected as Junior Reef Captains for 2014.

Needle: Rhayne Scott and Molly Tomsen
Keeper: Dylan Mann and Emily Harding
Faraday: Hayley Jepson and Chelsea Ford
Warrior: Haylee Andrews and Brody Eves
Brewer: Josh Knight and Maddie White

These Reef captains join our newly elected President Ronan Keogh as the Junior School Student Council.

The Junior Council have already started to ball rolling by polling the year 9’s during their parade for feedback on what social, community, academic and sporting activities the council should run this year. The council are eager to get to work, and welcome all feedback from their peers, parents and teachers in our school community.

Year 8 Camp
Camp for our year 8’s is only a few weeks away! Please ensure your child has returned their medical form to Mrs Maynard in G2, and that the full amount of $250 has been paid to the school office by the 14th March. You can pay via cash, cheque or direct deposit. If your student has lost the medical form, these are available from G2.

The planned activities are Rafting, Catapulting, High Swing, Flying Fox, Power Boating and Team Challenges. The students will be working in small groups that encourage them to meet a variety of students in their year level. Students will also be working within their Reefs in order to foster team spirit, team bonding and encourage leadership development.

Packed Lunch: On the way to Kinchant Dam, we will stop at the Bowen Rest Stop. It is suggested that you either pack your child a packed lunch (with disposable wrapping) or purchase a $6.00 packed lunch from the Town High tuck shop. If you want your child to get a packed lunch from the tuck shop, you will need to complete and return the form with the $6.00 by Friday 14th March. Students will receive this form at Year 8 Parade on the 7th March. On the way home we will once again stop at the Bowen Rest Stop where the students will eat their packed lunch which will be provided by Kinchant Dam.

Garbage Bag Ball: On the last night at Kinchant Dam, we will hold the ‘prestigious’ Garbage Bag Ball. This is a fun event where students are dressed in outfits made out of garbage bags. I would encourage the students to work on their outfits prior to camp, but if this is not possible, they can make their outfit whilst at camp.

Student Medication: If you indicated that your child may need medication whilst on camp, this will need to be handed to Ms Robyn Harvey prior to our Tuesday 1st April departure (Tuesday morning will be fine). Please clearly label this medication with your child’s name and dosage amounts. The only exception to this will be students with Asthma who may keep possession of their puffer.

Camp is shaping up to be an amazing experience! Please contact Amanda Maynard on amayn30@eq.edu.au or 47218777 with any questions or concerns.

Amanda Maynard
Acting HOD of Junior Secondary
MATHEMATICS DEPARTMENT

Welcome to the New Year from the Mathematics Department. We are very much looking forward to an excellent year of Mathematics in 2014.

Junior Secondary School (Years 8 to 10):
There are several exciting opportunities to improve student learning in the department this year. There are three main things that I would like to address and inform you about. As part of the homework program, we are continuing with the Maths Mate booklets across all Junior Secondary maths classes. Every week, your student will bring home a Maths Mate sheet to complete. The idea is that these will allow students to continually practice their maths skills and build on the work completed in class. They can also be used to identify any problem areas in knowledge that we can quickly address. Please assist us by encouraging your student to complete the sheet to the best of their ability and signing it in the space provided when they are finished. The class teacher will advise students which lesson each week these are due.
By now all students in Junior Secondary will have received their own unique access code to an online mathematics learning environment called IXL (www.au.ixl.com). Access to this site has been purchased by the school for students to use. We encourage all students to access this site as often as possible, as a support to the teaching and learning.
Finally, it is vital that all students come to maths class prepared. Every student has a timetable glued into their diary and a term planner and Maths profile glued into their maths book. I encourage you to read it and become familiar with them both. After each assessment item students will update their profile so they can monitor their progress throughout the semester. For maths, the minimum expectation of equipment is a maths book, pen or pencil, scientific calculator and ruler.

General Information:
Parent Contact:
Letters were given to every student in Mathematics in the first two weeks inviting parents who have access to an email address at home (or work where appropriate) to participate in this program, as well as general information about the course that your child is undertaking. If you did not receive a letter, please email me (mhunt73@eq.edu.au) or contact your child’s teacher on 47218777 to get your copy (or check in your child’s maths book or school bag!). We encourage you to keep in regular contact with us – we will certainly be emailing you throughout the term with updates, information and work being covered.

Textbooks:
It is our expectation that every student hires a text from the resource room and brings it to and from school for every Mathematics lesson. Books hired using this process will not be allowed to be kept in the classroom and at all times remain the responsibility of the hirer. Electronic versions of all texts are also available on request – please ask your student to see their teacher regarding this. Students with school laptops may choose to use this option and leave their printed text at home.

Homework:
The question that I get asked the most is “Is my child getting any homework as they never seem to?” The answer is always a resounding YES. The school is reinforcing the use of the diary and we encourage all parents to get involved. Diaries will be regularly checked by teachers and we ask that parents do the same. If you have any concerns at all in this area, contact your child’s teacher. We believe that regular, relevant, applicable and engaging homework tasks will enhance the learning experience and better assist in retention and understanding of the work. It also allows us to ascertain where issues are occurring and provide opportunities to address these straight away.

Year 8 Family Maths Night
On Wednesday 12th March, Town High will be hosting the Family Maths Nights for Year 8 students and their parents. This is an opportunity for parents to come along, with their child and see what goes on in the classroom. There will be information presented, activities to participate in (with your child) and light refreshments. Letters have been sent home so please keep an eye out for them and RSVP as soon as possible.
If you have any questions or would like further information about the department and its policies, please do not hesitate to contact your child’s teacher or myself. We are only too keen to be of assistance.

Michael Hunter
Head of Department – Mathematics

REEF SWIMMING CARNIVAL

The 2014 Reef Swimming Carnival turned out to be a great day and fun was had by all, and what is easily a record number of participants. CONGRATULATIONS to Warrior Reef who finished the day in first place. Congratulations also to Townsville State High Schools

AGE CHAMPIONS:
13yrs Girls Abbie Paul
13yrs Boys Ethan Kaddatz
14yrs Girls Kodi Abraham
14yrs Boys Zane Clarke-Kennedy
15yrs Girls Rosie Robinson
15yrs Boys Kel Crisafulli
16yrs Girls Jessica Oldaker
16yrs Boys Ryley Bradshaw-Sheard
Open Girls Jordanna Mladenovic
Open Boys Jacob Negri

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 11th 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 go 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 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
Download the *Take a Stand Together* app for Apple iOS and Android devices to keep tips and advice about bullying close to hand.

**WHAT CAN I DO AT SCHOOL?**

Your school has a responsibility to provide a safe learning environment free from violence, harassment and bullying. Your principal, teachers and school staff want to know about bullying so they can deal with it quickly.

**Talk**

Telling shares the problem. It helps you feel supported. Get some helpful advice from others. It is really important to tell someone if the bullying has been going on for a while or the strategies you’ve tried haven’t worked.

- Talk to your friends - they can help you tell a teacher or your parents or just to feel better.
- Talk to your parents - tell them the who, what, when and where of what’s been happening.
- Talk to your teacher or another staff member - tell them the who, what, when and where. If you don’t want to do this in public, make an excuse to see the teacher about something else, for example your homework.
- If you can’t talk to someone face-to-face go online or call a Kids Helpline counsellor (see Helpful websites).

**Try some strategies**

These strategies should only be tried if you are not in any immediate danger of being physically hurt and you feel confident you can do them.

- Ignore the bullying - turn your back and walk away.
- Act unimpressed or pretend you don’t care what they say or do to you. You could say ‘okay, whatever’ and walk away.
- Say ‘No’ firmly.
- Try using ‘fogging’ to distract or discourage the person bullying without antagonizing them. Fogging means making a joke or funny comment that makes the other person think you don’t care about what they say, or pretending to agree with them so they have nothing to bother you about. For example, you could casually say something general like, “Yeah, that’s the way it is”, or “Okay, since I’m so …. (using the person’s bullying words) I better just go then, hey?”.

**Helpful Websites**

The National Centre Against Bullying - has ten tips about how to deal with bullying.

The Line campaign - a dedicated website that allows teenagers and young adults to talk to one another about healthy and unhealthy relationship behaviours and how to have and maintain a respectful relationship.

Kids Helpline - provides free, private and confidential, telephone and online counselling service specifically for young people aged between 5 and 25 and helpful information about relationship topics.

ReachOut.com - provides an online youth mental health service and information, stories and a support network of other young people who have been through tough personal situations.

For more information please go to: http://www.bullyingnoway.gov.au/

This year Town High is introducing a new program called Town High 5. This program is 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

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

In this newsletter the focus is on **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 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 your student is getting enough sleep include:

- establishing a bed time routine
- restricting the use of electronic devices 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 townsvilleshs.eq.edu.au/ Look under the Support & Resources Tab / Town High 5 / Links to additional readings.
2014 Next Step survey

The Queensland Government is conducting its annual statewide survey of all students who completed Year 12 in 2013. The Next Step survey is a brief, confidential survey that gains a comprehensive picture of the employment, study and life choices made by Queensland school completers in the year after they finish Year 12.

Between March and June, all our students who completed Year 12 last year can expect to receive instructions to complete a web-based survey or a telephone call from the Queensland Government Statistician’s Office to complete the survey. Please encourage them to take part. If their contact details have changed, please assist the interviewer with their updated details or forward the survey to their new address so they can participate. Thank you for your support of the Next Step survey in 2014.

For more information visit www.education.qld.gov.au/nextstep/ or telephone toll free on 1800 068 587.

INVITATION TO RESEARCH SESSION
INTERACTING WITH SCHOOL

Education Queensland is proposing to establish a Parent Portal program.

It aims to give parents greater access to schools via the computer. Increased and better parent engagement is the goal.

As part of this project, the Queensland Government is conducting a research session and is seeking your opinions and expectations on “Interacting with School”. If you meet one or more of the below criteria or know of someone who does, register your interest for this paid research activity. Call Q&A Market Research company on (07) 3119 8003 or email groups@qandaresearch.com.au and state you are registering for the ‘Townsville Parents Workshop – DETE’. Leave your name and two contact numbers and Q&A will call you back to complete your details. Please note registering is not a guarantee of placement as numbers are limited.

Participant Requirements
• Expectant or new mum (aged mid to late 20s) with child up to 1 year
• Parent of kindy aged child/children (child aged up to 4 years)
• Parent with one or more primary-school-aged children
• Parent of high school students
• Teenager - not living with family (aged up to 15 or 16 years)
• Grandparent and/or carer looking after primary and/or high school students
• Parent or carer of person with disability school student
• Single or separated parent with school students
• Parent of adopted or foster children
• Parents with financial or employment difficulties (e.g. unemployed, or trying to survive on workers comp or benefits)
• Parent of school children recently moved to Queensland or migrated here from overseas

WOULD YOU LIKE TO HOST AN OVERSEAS STUDENT?

Learn about another culture, learn a new language or perhaps improve your culinary skills

Hosting – An Experience for Life

Student Exchange is looking for host families across Australia to welcome overseas students into their home

www.studentexchange.org.au
1300 135 331 (cost of local call)

AUSTRALIAN DEFENCE FORCE ACADEMY ROADSHOW

Date: Monday 24 March 2014
Time: 5.45pm for a 6.00pm start
Location: Ground floor – Defence Force Recruiting, 143 Walker Street, Townsville
RSVP: To book your seat please contact: Penny Ross – 4726 0205 or pross@dfr.com.au

The Australian Defence Force Academy (ADFA) combines Military and Leadership training with a world class degree from the University of New South Wales for the future leaders of Australia’s Navy, Army and Air Force.

The key benefits of studying at ADFA include:
• Range of undergraduate degrees available
• The best student-to-teacher ratio in the country
• No HELP debt and paid a salary to study
• Guaranteed career upon successful graduation