A Proud Tradition
A Vision For The Future

TOWNSVILLE
STATE HIGH SCHOOL

NEWSLETTER

“A Proud Tradition
A Vision For The Future”

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Welcome to the 2014 school year at Townsville State High School

I met all new students to the school across Years 8 to 12 on Tuesday 28 January at 8.45am in the hall; and welcomed students returning to school in Years 9 to 12 at 10am. During both assemblies I mentioned the importance of students being in full school uniform and following our dress code every day; the importance of attending school every day and being in class on time every day and the expected daily use of the student school diary, in particular, the recording of homework for each subject area. Of particular note also was the large number of parents/caregivers who were present at the new student’s assembly – at this assembly I pointed out that parents/caregivers are always welcome in our school and that research clearly shows that students benefit when parents/caregivers take an active interest in a student’s education.

Parents & Citizens Association February Meeting (P&C)

The first meeting of the P&C will take place at 6.30pm in the school administration building on Tuesday 11th February. The meeting will conclude by 8pm. On behalf of Mr John Byrne, P&C President, I invite all interested parents/caregivers to attend this meeting to hear about school priorities for the 2014 school year and also news about the P&C and its role in our school. PLEASE CONSIDER!

Day 8 Enrolment Return

On day 8 (Thursday 6 February) all state schools across Queensland lodge their enrolment figures with the Department of Education. Figures are lodged by year level and are used to determine staff and budget entitlement for the school year. Once the staffing entitlement is agreed and allocated, schools are able to settle timetables and subject offerings for the school year. Our Deputy Principals and Heads of Department have been working together over the last two weeks to monitor our enrolment and make necessary adjustments to our whole school timetable. I am pleased to be able to report that this process is ‘rolling out smoothly’ in our school, due to the diligence and expertise of our Deputy Principals and Heads of Department. Enrolment predictions have been most accurate and the timetable adjustments that have been made along the way have been well managed. I will confirm and share year level enrolment and staffing information for 2014 in the next school newsletter.

Supporting Students

All students in the school, in all subjects, should by now have a clear understanding of where they are heading this term with the learning program. Parents/Caregivers are invited to ask students to share their learning goals for each subject, their term planner for each subject and to view the 2014 Student Diary to see that homework and assignments are being regularly recorded. If parents/caregivers require any clarification, then please contact the class teacher, via email, by telephoning the school office on 47218777 and requesting a call back and/or emailing the.principal@townsvilleshs.eq.edu.au

Great Results Guarantee

Our school has received additional funding from the Great Results Guarantee and we need to decide how we can use this money to better support our students and improve their outcomes.

We are now working to develop our own Great Results Guarantee with evidence-based strategies and actions to improve literacy and numeracy.

Read more about the guarantee at www.education.qld.gov.au/resultsguarantee

If you have an idea on a way to support our students to learn more or if you would like to take part in the discussion please get in touch.

We will be discussing this at the Parent & Citizens Association meeting on Tuesday 11th February, commencing at 6:30pm in the Admin Block, Common Room.

Yours in Education
Frank Greene
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 by 21st February 2014. 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 Services 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

Science in 2014 is an exciting one, as it is the International Year of Crystallography, a celebration of Chemistry, Geology and Technology. This year will see Science at Town High take the time to celebrate Chemistry, but also the wonders of Science in general.

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 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 trial a new 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.

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.

Enhancing our Science Programs
Townsville State High School received funds from the Federal Government, as a part of the Prime Minister’s Science Prize initiatives. As a part of this funding our Science programs will be enhanced and there will be some great opportunities to experience some fantastic Science experiences, so stay tuned!

Reef Guardian Program
Townsville State High School has strong links with the Great Barrier Reef Marine Park Authority (GBRMPA) Reef Guardian Schools Program. Town High aims to expand our environmental projects to improve the sustainability of our school or community. Congratulations go especially to Mr O’Reilly for his work in promoting sustainability initiatives last year.

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 with 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.

MUSIC DEPARTMENT

The Instrumental Music Program is up and running for 2014!

At Townsville State High School students are given the opportunity to receive free music tuition. Some students may have started an instrument during primary school and would like to continue, or are just wanting to have a go at something new.

The instrumental music teachers, Mrs Darigan (brass and woodwind) and Mr Brunskill (drumset/percussion), visit the school once a week and give 35min lessons in small groups. The lessons are free however, you will need to provide some equipment so you are able to practice at home. Details of locations and costs for items will be provided to students.

Brass and Woodwind instruments available: Trumpet, Trombone, Euphonium, Tuba, Saxophone, Clarinet, Flute

Drumset/Percussion: will include stick technique, snare drum rudiments, basic rock beats, basic music theory and the roots of contemporary music drumming styles (rock, hip hop, metal, r ‘n’ b etc).

VOCAL ENSEMBLE and CHOIR
This year TSHS will have two groups that will give all students the opportunity to sing in a group environment and perform throughout the year.

The Choir invites any student that would like to be a part of a large vocal group to improve their vocal technique, sense of pitch control, confidence in performance and extra-curricular participation. Any level of vocal experience, from beginner to advance, is welcome in the school choir. No auditions required. Rehearsals will be weekly, during 2nd lunch breaks.

Vocal Ensemble is a small group of advanced singers that will take on challenging arrangement of contemporary and traditional songs. This disciplined ensemble will push vocalists and extend their musical knowledge of small group arrangements, harmonies and vocal leadership. Auditions are necessary and rehearsals will be out of school hours (before school 7:45am starts every week).

Troy Patti
Music Teacher

FOOD & HOSPITALITY

Hello and welcome from the Food and Health and Hospitality Department.

For all those students who are enrolled in the food and health subjects this year, I’d like to congratulate you on selecting subjects which will give you the opportunity to gain life skills and also work towards a rewarding career in hospitality.

In order for the junior students to maximize their learning experiences in the Food and Health subjects, students are to attend all classes on a regular basis, especially the practical classes. It is also the responsibility of the students in both Hospitality and Food and Health subjects to take responsibility for their own learning. This means coming to class on time with the necessary equipment and also catch up on any work missed if absent. The school will supply all food items for the junior subjects of Food and Health.

However, Hospitality students are required to pay the associated fees for this subject and purchase a chef uniform so that they can participate in kitchen activities and undertake industry placement. We look forward to working with you in 2014 in this creative and rewarding subject.

Ms Steel

Sarah Chapman
Head of Department – Science.
JUNIOR SCHOOL

My name is Amanda Maynard and I am the Head of Department for Junior Schooling (Acting). I can empathise with the anxiety starting a new school can often bring, however, we have amazing support structures in place to ensure all students settle in quickly and become a part of the Townsville High family. On day one, the Year 8’s have settled into their TAG classes and have been paired up with a buddy to help ease them into high school life.

The 2014 calendar is packed with a variety of events for both the Year 8 and 9 students. The Year 8 camp is at the end of Term 1 and will provide students with a fantastic opportunity to meet others in their year level and develop leadership and team work skills. The Camp takes place at Kinchant Dam, roughly 40 km west of Mackay on the 1st to the 4th of April (Week 10) and offers a whole host of activities for students to take part in. Selection to take part at this camp will be based on good behaviour and full payment being received.

At this stage, we estimate the camp to be roughly $250, but this price may change depending on numbers. You will receive ongoing information about this camp through the newsletter and letters sent home through the students. The camp will give the students an opportunity to meet others in their year level and develop leadership and team work skills. This will give the camp a necessary balance of business and fun, providing the students with an enjoyable experience.

This camp is a good opportunity for students who may be interested in an official leadership position in the school community to interact with their peers and staff as in Term 2 the Year 8 Student Councillors will be nominated and elected.

Please ensure your young adult returns the letter of interest to Mrs Maynard in G Block Staffroom no later than Wednesday the 12th February. We will then distribute letters to those interested students with additional information on the camp including how to make payments.

The Year 8 Meet and Greet will be held on February the 19th at the school and is a great chance for you to put faces to names of your child’s teacher. The night is a social one, with light refreshments to provide you with opportunity to have a chat with and meet the Townsville High staff. Please ensure your students have returned the RSVP by Thursday the 13th February.

Last year our Junior Captains for 2014 were elected. Gabrielle Fletcher and Samuel Negri are excellent role models and will lead the Junior School in creating and maintaining a junior school distinct identity- separate to that of the senior school. The Junior Reef Captains have just recently been elected and will assist the senior captains in the Reef events and will also form some of our Junior School Student Council.

I know that the start of the school year can be stressful, so if you have any concerns about your child settling in, please contact me on 47218777 or on email at amayn30@eq.edu.au.

Amanda Maynard
Acting Head of Junior School

TOWN HIGH 5

This year Town High will be introducing new program, aimed at boosting our student’s academic performance, called the Town High 5. Research shows that 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 and reach their potential.

1. Rest. Teenagers need a lot of sleep and sometimes have difficulty getting it. A well rested and alert student is most capable of meeting academic challenges.

2. Nutrition. Good food is vital fuel for the day. Eating the right food will ensure you have the energy needed to keep your brain working for the whole day.

3. Emotional Support. The teenage years can be challenging times and students need to have someone encouraging and supporting them on a daily basis. Parent/carer interest and involvement in academic work really boosts results.

4. Attendance. Many things can stop school attendance, but missing school dramatically impacts on individual performance. Students and parents can develop strategies to ensure high attendance rates and therefore a maximum chance at success.

5. Gear for the day. It is hard to do a good job without the right tools. Students need to attend with the gear they need to get the job done. This includes the correct uniform, lunch, books, pens & pencils, software and their homework done.

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

If students, parents & carers are attending to these 5 key areas then they are giving themselves the greatest opportunity for success at school.
School is now back in full swing. Hopefully it was a stress-free return to school for your teenager, you and your family. If not, here are some tips that might help them to be as healthy, organised and as ready to learn as possible.

1. Get into a routine as soon as possible.
Talk to your teen about the routine they will need to follow during the week and establish clear guidelines and boundaries. Eg. bedtime, amount of screen time, what time they need to be ready to leave for school, after school commitments and homework. This may alleviate arguments, especially if they have some input.

2. Avoid the morning rush.
Simple things can help a lot, like setting the alarm, organizing lunch and a uniform the night before and prepare for any after school activities.

3. Eat a healthy breakfast everyday.
Breakfast gives a kick start to the day and helps young people think and learn. Teens that eat breakfast are more likely to:
- Have improved concentration and short-term memory
- Be more focussed
- Maintain a healthy weight

4. Healthy lunch
A great rule of thumb is to keep the foods as close to their natural state as possible. The more processed a food becomes, the less nutritious it is.

5. Try to eat together as a family.
This is a great time to talk about the day- even those reluctant-to-talk teenagers, with some creative questioning techniques may find themselves discussing aspects of their day.

6. Protect the skin.
SLIP, SLOP, SLAP, SEEK and SLIDE. Australia has the highest rate of skin cancer in the world and the deadliest one – Melanoma – kills about 800 people per year. Make sure your young person wears a hat.

7. Move it.
Obesity is a problem in Australia and experts say it is related to inactivity. Physical activity will improve young people’s fitness levels and protect them from a wide range of illnesses. Join a team or club and get active.

8. Look after the teeth
Bad dental habits during childhood and adolescence can lead to more than a toothache in adulthood. Oral hygiene is the best way to prevent tooth decay and gum disease. Floss and clean teeth after meals and have teeth checked at least once per year.

9. Drink water
Young people need to drink at least 8 glasses a day, especially if unwell or playing sport. Dehydration can occur quickly – particularly in North QLD. So keep that water up.

10. Set goals.
Help your teenager to identify what they want to achieve for the year and how they are going to do it. It could be getting to school on time every day, achieving good marks or participating in school sporting events and activities.

11. Sleep.
Teens need 9 to 10 hours sleep every night. This enables the brain to recover, repair and grow.

12. Teach resilience
It’s the ability for your teen to cope with the ups and downs of growing up. Young people need to know the following:

   I CAN
   - make a difference.
   - talk to others about things that bother/upset me
   - find someone to help me when I need it.
   - find ways to solve problems

   I AM
   - a worthwhile person.
   - loved and loveable
   - happy to do nice things for other people and show I care.
   - respectful of others and myself.
   - willing to be responsible for what I do

   I HAVE
   - people around me who I trust and who love and support me.

   They
   - show me how to do things right
   - want me to learn to do things on my own
   - help me when I’m sick or in trouble
   - will keep me safe.

Andrea Short
School Based Youth Health Nurse

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POSITIVE BEHAVIOUR SUPPORT

PBS is for Positive Behaviour Support, a successful program used widely by schools in Australia and overseas. PBS has been in place at Town High since 2008.

The key themes of PBS are to teach, reinforce and reward appropriate behaviour. This is done at Town High by a series of short lessons that cover everything from how to come into the classroom to how to avoid conflict with your peers. Lessons are delivered fortnightly.

One of the goals of PBS is that students will have a clear understanding of what the behaviour expectations are at Town High for any setting - classroom or playground. Students who understand the ‘how and why’ of appropriate behaviour are much less likely to get it wrong.

PBS has been successful at Town High with our data showing a decrease in the number of inappropriate behaviour incidents.

Lessons this term have been on Respect, classroom expectations and punctuality.

Parents can support the PBS program at Town High just by asking their child about the purpose of the PBS lessons.

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Photo Day

TUESDAY 18th February!!!
Catch up day – Thursday 20st February
- Sibling Envelopes can be collected from the office.
- Photo Order Envelopes need to be returned on the photo day, directly to the photographer when you get your photo taken.
- You must have CORRECT MONEY in the envelope. No change can be given on the day. No change can be given at the office.
• Students must be in FULL SCHOOL UNIFORM with no singlets or t-shirts showing underneath and correct headwear (where applicable). All seniors must wear the Senior Uniform, including ties for the senior girls.
• Late orders will not be taken at the Office. Parents must contact the photographer personally for late orders.
• It is important that all purchasing students have their own completed envelope on the day of the photography even if the parent is paying for more than one student in one envelope.
• Student order envelopes found placed inside other envelopes will often result in that student not receiving their order as they will not be discovered until after the day of the photography.

130 Army Cadet Unit

Based at Heatley Secondary College is now enrolling new recruits for 2014.

Open to boys and girls who turn 13yrs or older this year.

Enrolment and Information sessions will be held at Heatley Secondary College on the following Wednesday afternoons; 12, 19 & 26 February and 5 March.
Session times: 4pm-4:30pm, 5pm-5:30pm and 5:30pm to 6pm.

To arrange enrolment or to get more information contact; Major(AAC) Chris Cummings on 0428 276 294 or email 130acu@cadetnet.gov.au

Do you often ask yourself “Where did all my money go?”

Would you like $500 to help pay for school uniforms, books, sporting fees and equipment, music lessons, camps and excursions, or even a laptop? Saver Plus can match eligible families’ savings for education costs dollar for dollar, up to $500. Wouldn’t it be great to take control of your financial situation and learn new skills on how to budget and save?

Allow me to introduce you to the Saver Plus Program.

You are invited to join us at our….
FREE SAVER PLUS INFORMATION SESSIONS

Where: The Smith Family Office
Vincent State School- Hodges Cres entry (upstairs in B Block)

When: Tuesday 11/02/2014– (12.30pm – 1.00pm), or (5.15pm – 5.45pm)
Thursday 13/02/2014– (9.00am- 9.30am), or (6.00pm – 6.30pm)

BOOKINGS ESSENTIAL (for catering purposes and children are welcome)

Call or email Nikki Storey on 4728 6786 or nikki.storey@thesmithfamily.com.au to secure your booking

Please complete the self-check below to see if you are eligible. You must be able to provide copies of :-

- Photo ID and Health Care OR Pension Card (check Dpt of Human Services/Centrelink for Eligibility for these)
- Proof of income from paid work -2 payslips (yours or your partner’s if applicable) OR proof of cash in hand income (can be as simple as cleaning or babysitting, so just a letter from person you do this for is all you need).
- Tax File Number

Saver Plus in Townsville has over 140 participants who have successfully completed their savings, and have received their share of approximately $70,000 in matched funds. These funds have been put towards education costs. Come along and find out how it’s done.

The basic run-down on what you do while taking part in Saver Plus is:-

1. Sign up- You choose your savings item/items, & nominate how much you would like to save.
2. Open Progress Saver account- over 10 months you deposit weekly (up to $12.50), fortnightly (up to $25.00), or monthly (up to $50) depending on what suits your budget.
3. Free MoneyMinded Workshops- fun and interactive workshops sharing financial tips and tools for saving and budgeting to help you succeed with your savings.
4. Dollar for Dollar Matching- after 10 months, we match your savings up to $500 for your educational costs (includes school needs, sporting, music or dancing fees, tablet, computer and more).