9 October 2015

From the Principal

I am very pleased to be writing my first Newsletter article at Townsville State High School. The welcome I have received from the school community, whether it has been from Parents, Staff or Students, has been delightful. Thank-you all for that. I would also like to take this opportunity to acknowledge the work of the previous Principal, Mr Frank Greene, and wish him every success in his future endeavours.

As some people may be aware from previous newsletters, I have spent nearly the last seven years as the Principal at Middlemount Community School. It was a Prep to Year 12 school in a remote location. Prior to that I have been in places including Mackay, Charleville and Mount Isa. I originally trained as a Secondary Maths teacher a long time ago. My family and I have moved to Townsville to settle and I look forward to many years as the Principal of this fine school.

During my career I have found that a major factor in a student improving and succeeding is the three-way partnership between the parents, the student and the school. Certainly it’s not the only factor, but it is an important one.

I have already seen many good practices at Town High. One area that I have noticed already that is not as good as it could be, is attendance. It is an area that Parents can really assist their students and the school. If parents ensure their child is attending it will improve outcomes, because quite simply, if a child is not here then they cannot learn what we are teaching that day.

I encourage students to “strive for 95”, meaning to aim for at least 95% attendance in the school year. This would mean that students would have no more than ten absences for the full year. This number is usually similar to the number of “sick-days” that workers receive, and using this as a guide helps students to prepare for the workforce.

Rob Slater
Principal

Townsville State High School Facebook Page

Our Facebook page has been active since late last year and it is terrific to see the amount of content about our students and school programs appearing on the site and being updated on a daily basis. To view the page and post a message, please access via this link and once on the page, hit ‘like’
https://www.facebook.com/pages/Townsville-State-High-School-EQ/1491398364460754

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

Coming Events

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>13/10/15</td>
<td>P &amp; C Meeting 6:30 pm</td>
</tr>
<tr>
<td>14/10/15</td>
<td>Rotary Youth Driver Awareness</td>
</tr>
<tr>
<td>14/10/15</td>
<td>Yr 7 &amp; 8 EAL/D Reef HQ Excursion</td>
</tr>
<tr>
<td>16/10/15</td>
<td>Yr 9 &amp; 10 EAL/D Reef HQ Excursion</td>
</tr>
<tr>
<td>19/10/15</td>
<td>Student Free Day</td>
</tr>
<tr>
<td>30/10/15</td>
<td>Red Day - Canteen</td>
</tr>
<tr>
<td>30/10/15</td>
<td>Yrs 10 – 12 EAL/D Headspace Excursion</td>
</tr>
<tr>
<td>Date</td>
<td>Event</td>
</tr>
<tr>
<td>----------</td>
<td>-------------------------------------------------</td>
</tr>
<tr>
<td>02/11/15</td>
<td>Homunculus Theatre Company Performance</td>
</tr>
<tr>
<td>04/11/15</td>
<td>EAL/D Careers Tour</td>
</tr>
<tr>
<td>05/11/15</td>
<td>Townsville State High School Annual Awards Evening</td>
</tr>
<tr>
<td>13/11/15</td>
<td>ARTS Expo</td>
</tr>
<tr>
<td>16/11/15</td>
<td>Yr 12 Formal – Townsville Jupiters Hotel &amp; Casino</td>
</tr>
<tr>
<td>25/11/15</td>
<td>Year 6 Transition Day</td>
</tr>
</tbody>
</table>

---

### Payment of 2015 Textbook and Resource Hire Fees

Participation in the 2015 Student Resource Scheme is now overdue.

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 such as: 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.

### BPoint - Parent Payments

Following the implementation of BPoint integration with Agresso and the changes made to customer Invoices and Statements to include the BPoint web address, many parents are now making their payments via BPoint. When parents make these payments via the BPoint web site they need to ensure that they enter their Customer Reference Number, Invoice Number and Amount to pay.

**Narelle Searston**  
*Business Services Manager*

### QParents Registration

Thank you to those parents/caregivers who have registered for ‘QParents’, which is a secure online parent portal. The online portal allows you to electronically notify the school of any student absence, check on the attendance and behaviour of your child, view a student’s current timetable and subjects, update contact details and receive any accounts for payment.

Visit qparents.qld.edu.au to find out more.

---

### Newsletter Distribution

To ensure that you are receiving the school newsletter, please register with Schoolzine. The purpose of moving to this new format is to engage the school community more effectively and provide parents, students and the community with a more effective and content rich newsletter format.

This new format will include video, image galleries, online bookings and feedback forms, calendars and much much more.

You can subscribe to receive the enewsletter here:  
http://townsvilleshs.schoolzinenewsletters.com/subscribe
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.

PROCEDURES FOR LATE ARRIVAL/EARLY DEPARTURE

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

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

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

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

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

Every Day Counts At Town High

Students of Town High are expected to attend school every day.

We believe strongly in the statement: every day, in every classroom, every student is learning and achieving.

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

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

Absences can be explained in a number of ways:

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

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

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

Townsville State High School—every day, in every classroom, every student is learning and achieving.
Every day counts......because children achieve better when they go to school all day, every day
Every day counts......because going to school means getting a better chance at life
Every day counts......because school helps students make friends and be happy
Every day counts......because the law says children must go to school

Townsville State High School Annual Awards

The Townsville State High School Annual Awards evening will be held on 5th November 2015, at the Civic Theatre. Many staff at the school are busy working on this at the moment and students receiving an award will be notified very soon. The evening gets under way at 7pm and we ask that families arrive by 6:30pm in preparation for this. We hope that all students receiving an award can be present on the evening and for the rehearsal during the day.

Robyn Harvey
A/Junior Secondary Deputy Principal

Senior Secondary

Senior Schooling Update.

There are currently many opportunities for students in Year 10 or 11 who are seeking a school-based traineeship. Redmako is currently offering traineeships through several Rock, Paper, Scissors outlets, and one Subway store. Students completing this traineeship will complete a Certificate III in Hospitality. First Impressions Resources (FIR) are offering traineeships through several Subway stores, which provides students with a Certificate III in Business. Greencross Vets also have several traineeships on offer in Townsville within their wide range of Veterinary Practices.

Additionally, there are several work experience opportunities currently on offer from the Defence Force in Townsville. The following are all available during week 10 of this term, and interested students should begin their application process as soon as possible, as the cut-off date is fast approaching. From the Airforce, there is work experience offered as a Battlefield Airspace Controller; while the Army is offering Armoured Corps; Logistics, Transfer and Supply; Service Support Battalion and Signals and ICT experiences.

For any further information on where or how to apply for any of the above, students can see Mr Hall in Lower E Block staffroom at any lunchbreak during the week.

Sam Hall
A/Hod Senior Schooling and Wellbeing.

2015 Early School Leavers Survey

The Queensland Government is conducting its annual statewide survey of students who left school in Years 10, 11 and prior to completing Year 12 during 2014. The Early School Leavers survey is a short, confidential survey that collects information about what young people are doing the year after leaving school. The information from the survey helps our schools to understand the pathways young people follow after leaving school and to plan services to support transitions into study or employment for our students.

Between July and August, our students who left school in Years 10, 11 and prior to completing Year 12 last year can expect to receive an invitation to complete a web-based survey or a telephone call from the Queensland Government Statistician’s Office to complete the survey. Please encourage early school leavers to take part.

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

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

Unique Student Identifier (USI)

From 1 January 2015, the Australian Government requires all students studying Vocational Education and Training (VET) to have a Unique Student Identifier (USI). This includes students who are studying VET in schools. Townsville State High School must have a valid USI for a student before issuing a qualification or statement of attainment.

What is a USI?

From 2015, anyone undertaking a Vocational Education and Training course (eg: through TAFE or other training providers, but not University) will need to have a “Unique Student Identifier” (USI) - this is a bit like an account number made up of letters and numbers and is allocated to you. It is used to identify you when undertaking any vocational training from 2015.

This USI allows you to login to your training account and see all your training records and the results of all your courses. You can also print out all your results to take to an employer when you are applying for a job or to any training provider when you are doing any additional courses.

You should have this Unique Student Identifier before you can commence any courses and must have it to obtain your certification or statement of attainment. If you don’t already have one, you can create one at www.usi.gov.au.

At Townsville SHS we will be assisting students with the application for their USI. Students’ must provide suitable identification through one of the following:
Each learner at Townsville State High School will either be required to provide their existing USI (if not already on record at the RTO) or apply for a USI. Students can access the USI Fact Sheets from the school’s web page and also the school’s curriculum network.

Each student who enrolls in a VET course will need to complete the following:

**Action 1. The student applies for a USI at home**

- The school sends home information about the USI and what the process will be for application and provision through Newsletters and Parent Information letters
- Students obtain a USI at home via the website www.usi.gov.au
- The student provides the USI to the school using the USI Collection and Verification form
- The school verifies the USI via the website www.usi.gov.au
- The school records the USI, inputs this information into the Student Management System or record in the USI Register

**Action 2. The student applies for a USI at the school**

- The school sends home information about the USI and what the process will be for application and the types of identification that will be required by the learner
- Students apply at the school during a set class time with the assistance of the staff
- Students will record their USI and provide the number to the teacher using the USI Collection and Verification form
- The school verifies the USI via the website www.usi.gov.au
- The school records the USI, inputs this information into the Student Management System or record in the USI Register

**GENR8 Program**

In 2015 Townsville State High School participated in the GenR8 program with students completing the course receiving a Certificate II in Logistics. The program is funded under VETis (Vocational Education and Training in Schools) and there is no cost to the student. The students complete a Certificate II in Logistics which can contribute 4 points towards their QCE (Queensland Certificate of Education). The program has been well received by participating local employers who are starting to utilise the program as a recruitment strategy.

Students learn more about and experience first-hand, the world of work within the transport and logistics industry. The program includes:

- 20 days of structured work placement within a transport, logistics and supply chain business
- a Certificate II in Logistics qualification
- can contribute 4 points towards their QCE and
- exposure to employment opportunities
The program is open to Year 12 students with information sessions to be held in the school on the 16th of October for Year 11 students to nominate for the program for the following year when they commence Year 12. Students would attend work experience on two consecutive Wednesday’s then attend training on the third. These timelines are negotiable with the manager of the program Dave Robinson who could defer the work experience commencement to suit employer and student.

Students will need to:

- Organise their own transport to the various Work placement locations and TAFE on the Wednesday
- Ensure that they attend each day of the set program
- Complete a Work Experience form from the school for each Work Placement
- Negotiate clothing and times with host Work Placement once host has been identified

Places available for the 2016 program will be limited and a selection process may be implemented.

### News from the Arts Department

**ARTZEXPO**

Townsville State High School invites you to attend this year’s ArtzExpo on Thursday 12 November from 3 – 8pm in the Bill Sperring Learning Centre. Come along and join the Arts teachers for a wonderful expose of all the best of the students work. There will be performances by Instrumental students, Vocal Ensemble, Choir, Drama and Media and Artworks to browse through. We are very proud of our students and would like to share with you their successes of the year. The art/media exhibition will open at 5pm and the performances will start from 6pm. We look forward to meeting you there.

**BUSINESS EDUCATION - WE ARE WAY AHEAD!!!**

**LEGAL STUDIES**

During term three, the Legal Studies students had the opportunity to experience the workings of the law courts. The aim of the day was to see first hand how the legal system worked.

Students were taken to the District Court first, where many sentences were handed down and mentions were made. They then experienced the sentencing of a criminal trial in the Supreme Court. Students listened to a summary of the facts of this case and they heard the sentence that was handed down to the accused. They learned that the Judge took into consideration a variety of facts including the background of the accused when handing down the sentence. He was fair and just.

The students were then escorted into the Magistrates Courts where they experienced a variety of court cases, which ranged from drug possession to domestic violence.

The students were surprised at how much larger the District and Supreme Courtrooms were when compared to the Magistrates Courtrooms. The courtroom personnel were also different, as the Supreme Court had a Judge and a Jury.

The students are now eagerly anticipating running mock trials now that they have experienced the ‘real thing’. It was indeed an eye opener to see how the justice system worked, and we hope to go back and visit again soon.

**OUR HOME**

The artists

We are young refugees aged between 12 and 17 from Townsville State High School. Over a period of seven art workshops we have produced a series of art works based on the concept of what ‘Our Home’ means to us.

This text and picture is part of the interpretation board at the Museum of Tropical Queensland, Townsville city where there is currently an exhibition of our students’ art.

The students participated in art workshops to develop and produce their own works of art that expressed their view of ‘home’.

It’s a fabulous exhibition of hope, love and optimism. It’s colourful, informative and is worth visiting just to read the students’ stories that go with their art. There will be a celebration of the exhibition for and by the students on October 10th from 10 – 2pm in the Museum’s upstairs foyer. All are welcome and usual Museum entrance fees apply.
ANXIETY

‘A feeling of worry, nervousness, or unease about something with an uncertain outcome’. Anxiety is a normal emotion, but if it’s interfering with your child’s everyday life, then you need help to manage it and the good news is you can.

Did you know…?

Sometimes is can be helpful to have some level of anxiety. It helps us get ready for exams, and motivates us to perform. It helps us avoid dangerous situations or reminds us to prepare for new situations. It helps us to be prepared and often to do our best.

If you are feeling anxiety you might feel uncomfortable, physically unwell (butterflies in your stomach, heart racing, wanting to vomit or go to the toilet). You might feel overwhelmed, frightened or even a sense of panic (this can be very useful if that assignment is due tomorrow).

All these feelings are normal and most of us experience them at some time in our lives. Don’t panic if your child is demonstrating these symptoms especially at the end of term, while having to speak in public or when awaiting his report card.

When does anxiety go beyond the norm?

If you are seeing anxiety that is ‘excessive or unreasonable, marked and persistent’ and interfering significantly with one’s normal routine’, then it is time to consider whether the anxiety has reached the level of a disorder.

When feelings and thoughts become: more intense and overwhelming; thoughts are unhelpful or irrational and unable to be controlled; and the person is unable to do what they need to do; and these thoughts and feelings are interfering with relationships, then anxiety becomes a disorder, and it is time to seek help.

Anxiety is a part of life but it should not become your life. There are many causes to anxiety of which familial history of anxiety is often a common element, but anxiety can occur for lots of reasons. One in six people experience anxiety so it is a common issue.

There are 5 types of anxiety disorders:

- Generalised Anxiety Disorder (GAD) – excessive worrying about many aspects of one’s life
- Obsessive Compulsive Disorder (OCD) – Thoughts and fears are obsessive and rituals are performed in order to cope e.g. continually checking if the iron is off; excessive hand washing
- Panic Disorder – panic attacks are periods of intense fear or anxiety even when there is no good reason. Symptoms may include sweating, breathing difficulties, loss of control
- PTSD – Post traumatic stress disorder – A disturbing event may trigger this and the person may have flashbacks, disturbed dreams and mood changes. Many soldiers or refugees experience this, but a single incident can trigger this for anyone

News from the Guidance Officer
If you believe that the feelings of anxiety are ongoing, and affecting everyday living, and are unable to be controlled, then you or your love one needs to seek help.

Tips to help along the way:

- Talk to someone e.g. the Guidance Officer, the Doctor, a friend or family member
- Stay physically healthy – eat healthy food, drink water, exercise daily
- Work out ways to minimize the stresses in your life without having to avoid them
- Have a massage, yoga, facial or other treats

Who better to look after you than yourself, but also be open to help if you need it? Often others see our needs before we do!

Supports:

- Lifeline 13 11 14
- Kids Helpline 1800 55 1800 www.kidshealth.com.au
- Headspace 4799 1799 www.headspace.org.au – eheadspace is also available for online support.
- Beyondblue 1300 22 4636 https://www.youthbeyondblue.com/do-something-about-it/keeping-well

Reference: Beyond Blue.

Regards,
Theresa Irving
Guidance Officer

Hon Jay Weatherill MP and former Speaker of the House of Representatives and Hawker family member Hon David Hawker AO.

The scholarships are available to all Australian students. The majority have been awarded to students entering their first year of university study.

Selection is largely based on personal qualities and demonstrated leadership as well as academic ability. Undergraduate Hawker Scholars are able to attend a range of Australian educational institutions.

As they prepare for or have commenced their final examinations, I’d respectfully request you inform your year 12 students about the opening date of the 2016 Scholarship and direct them to the website www.hawkerscholarship.org

The 2016 C.A.S. Hawker Scholarships open on Monday 7th December 2015 and close on Friday 8th January 2016.

C.A.S. Hawker Scholarships are one of the most generous privately funded scholarships available to undergraduate students in Australia. Each residential scholarship is valued at up to $45,000 over three years.

Information about the C.A.S. Hawker Scholarship and an application form are available at www.hawkerscholarship.org or by contacting the secretary to the Trustees on 08 8127 1654.

The Charles Hawker Scholarship perpetuates the memory of scholar, soldier and pastoralist Charles Allan Seymour Hawker and commemorates the achievements of one of Australia’s most respected statesmen.

C.A.S. Hawker Scholarships have been presented by Governor-General Ms Quentin Bryce AC, Australia’s Chief Scientist Professor Ian Chubb AC, South Australian Premier

Social Phobia – fear of being humiliated, embarrassed or criticized and may affect one’s ability to speak or eat in public, being assertive and sticking up for oneself

Specific Phobias e.g. intense fear of spiders, the dark, injections. One or more can occur at the same time

- Work out ways to minimize the stresses in your life without having to avoid them
- Have a massage, yoga, facial or other treats

Who better to look after you than yourself, but also be open to help if you need it? Often others see our needs before we do!

Supports:

- Lifeline 13 11 14
- Kids Helpline 1800 55 1800 www.kidshealth.com.au
- Headspace 4799 1799 www.headspace.org.au – eheadspace is also available for online support.
- Beyondblue 1300 22 4636 https://www.youthbeyondblue.com/do-something-about-it/keeping-well

Reference: Beyond Blue.

Regards,
Theresa Irving
Guidance Officer

The 2016 C.A.S. Hawker Scholarships open on Monday 7th December 2015 and close on Friday 8th January 2016.

C.A.S. Hawker Scholarships are one of the most generous privately funded scholarships available to undergraduate students in Australia. Each residential scholarship is valued at up to $45,000 over three years.

Information about the C.A.S. Hawker Scholarship and an application form are available at www.hawkerscholarship.org or by contacting the secretary to the Trustees on 08 8127 1654.

The Charles Hawker Scholarship perpetuates the memory of scholar, soldier and pastoralist Charles Allan Seymour Hawker and commemorates the achievements of one of Australia’s most respected statesmen.

C.A.S. Hawker Scholarships have been presented by Governor-General Ms Quentin Bryce AC, Australia’s Chief Scientist Professor Ian Chubb AC, South Australian Premier
Many factors contribute to the success of students attending high school. Our Town High 5 program is aimed at boosting academic performance. Town High has identified 5 key areas that students need to address in order to get the most out of their education. They are


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

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

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

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

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

- eat plenty of vegetables, legumes and fruits
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 www.townsvilleshs.eq.edu.au Look under the Support & Resources Tab / Town High 5 / Links to additional readings.

### Townsville State High School Student Dress Code

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

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

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

<table>
<thead>
<tr>
<th>Boys</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Shirt</td>
<td>Polo style T-Shirt in bottle green and navy blue with the school logo on the pocket.</td>
</tr>
<tr>
<td>Shorts</td>
<td>Navy blue shorts with the school logo on the short leg</td>
</tr>
<tr>
<td>Shoes/Socks</td>
<td>Lace up sports shoes (See attached pictures for acceptable and unacceptable styles) White sport socks</td>
</tr>
</tbody>
</table>

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

**SENIOR SCHOOL (Years 10 to 12)**

<table>
<thead>
<tr>
<th>Girls</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Shirt</td>
<td>Green and white striped shirt with school logo. Girls must also wear a clip-on tie in navy blue and green</td>
</tr>
<tr>
<td>Skirt</td>
<td>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.)</td>
</tr>
<tr>
<td>Shorts</td>
<td>Navy blue shorts with the school logo on the short leg</td>
</tr>
<tr>
<td>Shoes/Socks</td>
<td>Lace up sports shoes (See attached pictures for acceptable and unacceptable styles) White sport socks</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Boys</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Shirt</td>
<td>Green and white striped shirt with school logo</td>
</tr>
<tr>
<td>Shorts</td>
<td>Navy blue shorts with the school logo on the short leg</td>
</tr>
<tr>
<td>Shoes/Socks</td>
<td>Lace up sports shoes (See attached pictures for acceptable and unacceptable styles) White sport socks</td>
</tr>
</tbody>
</table>

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

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

(a) Navy blue tailored long pants

(b) The school jersey or navy blue zip-up fleecy lined or plain navy blue jumper without any logos

(c) Navy, black or skin coloured tights may be worn under skirt

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

### Jewellery & Make-up regulations

1. If ears are pierced one small, plain stud or sleeper per ear, may be worn in the lobe of the ear only. No facial piercings are permitted

2. One plain signet ring may be worn

3. One simple chain may be worn

4. A plain wrist watch and/or a simple, metal bangle or bracelet, no wider than 2cm

5. Hair must be of a natural colour and be worn neat and tidy

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

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

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

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

**Tattoos** Tattoos are not permitted.

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

**Acceptable shoe styles**

![Acceptable shoe styles](image1)

**Unacceptable shoe styles**

![Unacceptable shoe styles](image2)

**Non-Compliance with School Dress Code**

Under the school's Responsible Behaviour Policy and the Education (General Provisions) Act 2000, permitted conditions for non-compliance of these dress codes includes:

1. Failure to comply with a pupil enrolment or in Section 281A of the Education (General Provisions) Act 2000.
2. Preventing the student from attending or participating in any activity for which the student would have been enroled and/or participating in any activity that is in the reasonable opinion of the school Principal a part of the extra-curricular program of the school.

A student registered under the subsection 1 of or who is deemed to participate in a non-curriculum activity for which the student would have been non-compliant with the above dress codes.

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.

---

**Canteen Price List 2015**

**TOWNSVILLE STATE HIGH SCHOOL**

**CANTEEN PRICE LIST 2015**

**FRESH FOOD**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Egg &amp; Lettuce</td>
<td>$3.30</td>
</tr>
<tr>
<td>Meat &amp; Salad</td>
<td>$4.90</td>
</tr>
<tr>
<td>Salad</td>
<td>$4.90</td>
</tr>
<tr>
<td>Other fillings available, various prices</td>
<td></td>
</tr>
</tbody>
</table>

**WRAPS & ROLLS**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cajun Chicken or Beef</td>
<td>$4.90</td>
</tr>
<tr>
<td>Speny Beef or Chicken</td>
<td>$4.90</td>
</tr>
<tr>
<td>Chicken Caesar Salad</td>
<td>$6.60</td>
</tr>
<tr>
<td>Corned Chicken</td>
<td>$2.90</td>
</tr>
<tr>
<td>Other options available see canteen staff</td>
<td></td>
</tr>
</tbody>
</table>

**Bun (seasonal)**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Small</td>
<td>$3.50</td>
</tr>
<tr>
<td>Large</td>
<td>$4.50</td>
</tr>
</tbody>
</table>

**SMASHED**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken Caesar Salad</td>
<td>$4.90</td>
</tr>
<tr>
<td>Asian Noodle Salad</td>
<td>$4.90</td>
</tr>
<tr>
<td>Corned Cutlets &amp; Salad</td>
<td>$4.90</td>
</tr>
<tr>
<td>Green Salad</td>
<td>$4.90</td>
</tr>
<tr>
<td>Cold meat &amp; Salad</td>
<td>$4.90</td>
</tr>
<tr>
<td>Chicken and vegetables</td>
<td></td>
</tr>
</tbody>
</table>

**DRINKS**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spring Water</td>
<td>$1.80</td>
</tr>
<tr>
<td>Pineapple Juice</td>
<td>$2.30</td>
</tr>
<tr>
<td>Pineapple Milk</td>
<td>$3.90</td>
</tr>
<tr>
<td>Plain Yule Milk</td>
<td>$4.90</td>
</tr>
<tr>
<td>Orange Juice</td>
<td>$3.90</td>
</tr>
<tr>
<td>Milk</td>
<td>$4.90</td>
</tr>
<tr>
<td>Ice-cream</td>
<td>$4.90</td>
</tr>
</tbody>
</table>

**SNACKS**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruit Cups</td>
<td>$1.50</td>
</tr>
<tr>
<td>Whole Fruit</td>
<td>$0.00</td>
</tr>
<tr>
<td>Fresh Veggie</td>
<td>$0.00</td>
</tr>
<tr>
<td>Homemade cakes &amp; biscuits</td>
<td>$0.00</td>
</tr>
<tr>
<td>Frozen treats/food</td>
<td>$3.20</td>
</tr>
</tbody>
</table>

**HOT FOOD**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Homemeade hot meals</td>
<td>$1.80</td>
</tr>
<tr>
<td>Cheesemite Chicken/Rice</td>
<td>$4.90</td>
</tr>
<tr>
<td>Shepherds Pie</td>
<td>$4.90</td>
</tr>
<tr>
<td>Chicken Caesar</td>
<td>$4.90</td>
</tr>
<tr>
<td>Grilled Sausages</td>
<td>$4.90</td>
</tr>
<tr>
<td>Mac &amp; Cheese</td>
<td>$4.90</td>
</tr>
<tr>
<td>Fried Rice</td>
<td>$4.90</td>
</tr>
</tbody>
</table>

**Burgers (Friday only)**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cheeseburger</td>
<td>$5.10</td>
</tr>
<tr>
<td>Chickpea</td>
<td>$4.90</td>
</tr>
</tbody>
</table>

**OTHER HOT FOOD – WEDNESDAY**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pooping (by choice)</td>
<td>$3.90</td>
</tr>
<tr>
<td>Sesame or (by choice)</td>
<td>$2.30</td>
</tr>
<tr>
<td>Cottage Pie</td>
<td>$4.90</td>
</tr>
<tr>
<td>Spinach &amp; Potato soup</td>
<td>$3.90</td>
</tr>
</tbody>
</table>

---

Students Council Bucket Hats - Now Available

NEW SCHOOL BUCKET HATS ARE NOW AVAILABLE for $10.00 each in REVERSIBLE SCHOOL AND REEF COLOURS

The Students Council has purchased 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.

---

Smoking banned 5 metres around school grounds

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

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
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**

**ALLIGATOR CREEK PONY CLUB Sunday Funday**

**Sunday 11th October 2015**

Program Starting at 9:00am Noma from 8:30am

Games & Novelty Events – All Welcome

**OPEN TO NON PONY CLUB MEMBERS**

Assisted Riders, Ribbons given - $10 per rider per hourofficial program, highlighted games

All Other Age Groups - Prize Money to 3rd place

**$20.00 per rider / per horse for Games only**

**$35.00 if also entering FEATURE EVENT**

---

**AGE GROUPS**

- Assisted – Any Age
- Under 10
- Under 12
- Under 15
- Under 18
- Under 20

---

**FEATURE EVENT**

Alligator Creek Classic

- Under 15
- Under 18
- Under 20

---

**LUNCHTIME ENTERTAINMENT FANCY DRESS EVENT**

---

**FORM – PCAG 170**

**Horse Health Declaration Form**

---

**Local News**

**NORTH QUEENSLAND INTERSCHOOLS SPORTING COMPETITION PROGRAM – 2015**

**NOMINATIONS close Wednesday 7th October**

**DATE & TIME: SATURDAY 10th October 2015**

**VENUE:** Alligator Creek Pony Club Inc.

**15 Parkland Drive, Alligator Creek**

**ENQUIRIES & NOMINATIONS:** Christine Stalter

**P.O. Box 606**

**HEDLAND, KARLSTADT 48142**

**www.alligatorcreekponyclub.com.au**

**Theresa Bekhuis**

**0400 120 574**

**ENTRY FEE:**

- $30.00 per rider and Prep - 3's
- $15.00 per rider 1's & 2's

---

1. **EVENTS FOR INTERSCHOOLS**

   **PREP TO YEAR 2**

   **GROUPS**

   1. Year 3 & Year 4
   2. Year 5 & Year 6
   3. Year 7 & Year 8
   4. Year 9 & Year 10
   5. Year 11 & Year 12

   **Points for ranking**

   1. 1st - 5 points
   2. 2nd - 4 points
   3. 3rd - 3 points
   4. 4th - 2 points
   5. 5th - 1 point

2. **EVENTS FOR INTERSCHOOLS**

   **PREP TO YEAR 7**

   **GROUPS**

   1. Prep - any Year Prep (ribsbons for each event, no points awarded)
   2. P1 - Y 1 & Y 2, unassisted riders, points awarded for overall group champions

---

**DECLARATION BY OWNER OR PERSON IN CHARGE OF HORSES**

I declare that the horses named above have been in good health, eating normally and not showing signs of illness during the last 5 days leading up to attendance to this event today. I give my authorization for the designated vet to call for veterinary inspection of the horses named above and in my care should they be showing signs of illness of any type during the course of the event. I agree to pay any veterinary fees incurred as a result.

I agree to ensure that:

1. If required before movement, all horses will be shagged, rinsed and allowed to dry, and their hooves will be picked clean of all dirt and material and washed with shampoo.
2. All vehicles and equipment accompanying the horses will be in a clean condition at the start of travel to the event.
3. The information contained in this Health Declaration is true and correct to the best of my knowledge.
4. I agree to abide by all conditions and directions of the Organising Committee.
5. I acknowledge that failure to comply with the above may result in refusal of entry to the venue, disqualification or disciplinary action as decided by Pony Club Association of Queensland or the event organizing committee.
6. In the event of horse movement restrictions, each participant will be responsible for the care, maintenance and cost of their horses including feeding and watering.

---

**Signature**

**Name**

**Date**

---
CALLING ALL SINGERS, DANCERS, BANDS, MUSICIANS, DUOS, COMEDIANS, DJS AND ANYONE ELSE WITH TALENT!!

APPLY NOW TO BE A PART OF BURDEKIN'S LARGEST TALENT COMPETITION

GUEST JUDGES AND MENTORS INCLUDING

Frank Dixon
Australian Under 14 Champion of the Year

Trent Bell
Up and coming local artist

Christine Colyer
Local actress and singer

HUGE PRIZES TO BE WON!

HEATS FROM 10AM // GRAND FINAL 7PM
SATURDAY 14TH NOVEMBER, BURDEKIN THEATRE

To enter email your name, age, telephone number and a brief description of your act to: burdekin@fasttracktalent.com.au or click here: http://bit.do/burdekinapplication

Or call us on 1300 327 801 (1300 FAST0) for more information.

LIVE US ON WWW.FACEBOOK.COM/FASTTRACKTALENT

Townsville Cricket T20 Blast
Where - Tony Ireland Stadium, Thuringowa Central
When - Friday 17th October, 5:15pm to 6:45pm
Cost - $150 for 15 weeks, Boys & Girls Ages 8-12
Contact - Simon Edge - Queensland Cricket
P - 0409 520 051, E - simone@qldcricket.com.au

VISIT PLAYCRICKET.COM.AU TO FIND OUT MORE...