Townsville State High School

Newsletter

“A Proud Tradition
A Vision For The Future”

PO Box 5439
Townsville, QLD, 4810
Phone: 4721 8777  Fax: 4721 8700

Email: the.principal@townsvilleshs.eq.edu.au
Website: www.townsvilleshs.eq.edu.au
EVERY DAY COUNTS - STUDENTS MUST ATTEND SCHOOL

10th May 2013

NAPLAN Testing
All Year 9 students are in their final preparation phase as students prepare for the NAPLAN tests to be conducted on 14, 15 and 16 of May. Students will sit a series of tests over the three days to determine their abilities and developmental progress of their literacy and numeracy skills. As you can imagine, students can become very stressed leading up to the tests. As parents I encourage you to support your child in their preparation by reassuring them of their abilities and that our expectations are that will perform at their best. I also encourage parents to prepare their child each day by ensuring that they have the necessary equipment including pens, pencils, ruler and calculator. Also ensure that your child has a decent breakfast each day and a good night’s sleep the evening before.

Town High teachers have been preparing students for the NAPLAN tests as part of their every day teaching and learning program. We have high expectations of all of our students and have established challenging yet achievable goals. In relation to the percentage of students who are at or above National Minimum Standards, we have set the following targets for 2013 Year 9 cohort: Reading 80%, Writing 83%, Grammar and Punctuation 79%, Spelling 79%, and Numeracy 82%.

Learning Expectations
I have spoken several times on assembly addresses my expectations of students learning while they are enrolled at Town High. I have made it very clear to all students that the expectation is that class time is learning time. Students need to give 100% effort in every lesson, every day, and every week.

Assessment it not optional and every single piece of assessment must be completed to the best of their ability and submitted on time. Draft submission dates are in place for teachers to provide accurate and timely feedback to individual student work to assist students achieve to their potential. Students must submit assignment drafts by the required draft date. Students who do not meet these expectations may be required to redo the assessment piece at an acceptable standard during their break time.

Teaching and Learning Audit
This week the school underwent a teaching and learning audit conducted by North Mackay SHS principal Shelly Lewis. Shelly had the opportunity to speak with staff, parents and students regarding the progress towards achieving our goals and targets for learning. She also spent several hours visiting classrooms to see teachers and students engaged in the learning to help clarify our progress. I am very proud to say that our achievement levels exceeded my expectations and we were shown to be at a high level in each one of the 8 domains of the audit. This is certainly a huge improvement on our first audit in 2010 and is testament to the outstanding work the staff and students have performed in those three years. A full report of the school’s achievement against the audit will be published on the school’s new website in early June.

V8 Supercar Townsville Race
The Sucrogen Townsville 400 V8’s race will be conducted during the last week-end of the July school holidays. This will not affect the programs that Town High delivers to students and should not interfere with the general operations of the school before, during, or after the event. School will resume for the second semester on Monday 8th July with regular classes.

The school buildings will be in lock down with no access to the buildings during the three days of the race from 5-7 July. Only persons with school precinct access will be able to enter the school grounds during those days. Professional security personnel have been employed to ensure the safety and security of the site.

V8 Supercar Townsville Race – Car Parking
Town High P&C will be operating a public car park in the school grounds during the three days of the event. Professional security personnel have been employed to ensure the safety and security of the site.

WOOLWORTHS EARN & LEARN

We are excited to be taking part in the 2012 Woolworths Earn & Learn program.

Last year, we were able to purchase some great resources with the points we earned, thanks to you.

From now until July 1st 2012, you can collect stickers at Woolworths that go towards Earn & Learn points. For every $10 you spend at Woolworths (excluding the purchase of tobacco, liquor and gift cards), you will receive a sticker. These stickers can then be given to your children to collect on a special sticker card. Once it is completed, they can simply bring it back here to school or you can drop them into your local Woolworths collection box.

The more points we earn, the more we can redeem from a choice of over 7,000 educational resources including mathematics and English resources, art & crafts materials and much, much more!

We are grateful for your support and look forward to a successful program. If you have any questions, please ask at School or visit the Woolworths website www.woolworths.com.au/earnandlearn.

DATE CLAIMER

14th May - P & C Meeting 6:30 p.m. Administration Building All Welcome!

14th - 16th May - NAPLAN Testing Yr 9

17th May - Uniform Free Day & Red Day Gold Coin Donation

21st May - TSSS/NQ Cross Country

28th May - Yr 10 Parent Night - J Block

Scott Stewart
Principal
IT’S NOT OKAY TO BE AWAY!

Research has shown very clearly that poor attendance puts students at great risk.

Being at risk includes a higher likelihood to join gangs, use drugs and alcohol and engage in criminal and violent behaviour.

Poor attendance begins at a low level, and if intervention is not forthcoming, can become a habit that is hard to break.

Should you require assistance in saying no to your son or daughter, with regard to any absences other than genuine illness, please contact a member of our Student Services Team.

Wendy Hughes
Deputy Principal

JUNIOR SECONDARY

As from 2015, Year 7 will become part of our Junior Secondary School. Years 7, 8 and 9 will become Junior Secondary and Years 10, 11, 12 Senior Secondary. (Refer to Insert)

The Junior Secondary initiative is underpinned by six guiding principles: Distinct Identity, Quality Teaching, Student Wellbeing, Parent and Community Involvement, Leadership and Local Decision-Making.

At the moment, we are looking at options for our curriculum structure and timetable. Time allocations for subjects are mandated and are slightly different for each phase of learning.

There are three clear Phases of Learning:

- Junior Phase – Year 7 and 8 (where students experience a wide range of subjects);
- Middle Phase – Year 9 and 10 (where students begin to specialise); and the
- Senior Phase – Year 11 and 12 (where students choose a course of study – either tertiary or industry-based).

The insert presents six possible options (of many) for the timetable. These times can be modified and amended if necessary. Start and finish times are varied, break and TAG times are varied, but all lessons are either based on a 70 minute model or a 55 minute model.

Please send any feedback you may have to my email address: whugh@eq.edu.au It would be greatly appreciated. Students will also be giving us feedback, as will the P & C.

DEADLINE for feedback: Friday May 17.

Wendy Hughes
Deputy Principal

Dear Parents and Guardians,

I would like to take this opportunity to congratulate the many Year 8 and 9 students who were nominated for an award for Academia, Organisation, Engagement and Industry. If your child missed out on an award nomination this term, please encourage them to continue to try hard as nominations occur every term. The following students excelled this term and won one of the categories:

<table>
<thead>
<tr>
<th>Academic Award</th>
<th>Year 8</th>
<th>Year 9</th>
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<tbody>
<tr>
<td>Samson Haughton</td>
<td>Joshua Jones</td>
<td>Perry Chapple</td>
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<td>Martin Roverts</td>
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<td>Hayley Jepson</td>
<td>Elijah Pope</td>
<td>Lilee Cunningham</td>
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<td>Lesley Warrie</td>
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<td>Hiba Obat</td>
<td>Chelsea Weeding</td>
<td>Bisharo Abdulahi Hassen</td>
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<td>Juna Rana</td>
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<tr>
<td>Ronan Keogh</td>
<td>Bobby Cooney</td>
<td>David O’Keefe</td>
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<td>Jekabs Medenis</td>
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Also, congratulations to the 40 Year 8 and 9 students who had 100% attendance for Term One. Learning is taking place every day, in every class, therefore it is important that students are always at school.

Year 9 Parents ONLY

The National Assessment Program Literacy and Numeracy (NAPLAN) Test will be occurring on Tuesday 14th May, Wednesday 15th May and Thursday 16th May. These tests are completed by every Year 3, 5, 7 and 9 student on these dates across the nation.

The timetable is as follows:

<table>
<thead>
<tr>
<th>Period</th>
<th>Tuesday 14th</th>
<th>Wednesday 15th</th>
<th>Thursday 16th</th>
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<tbody>
<tr>
<td>1</td>
<td>Language</td>
<td>Reading</td>
<td>Numeracy (Calculator)</td>
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<tr>
<td></td>
<td>Conventions</td>
<td>65 minutes</td>
<td>40 minutes</td>
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<td></td>
<td>45 minutes</td>
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<tr>
<td>2</td>
<td>Writing</td>
<td>Regular Class or Catch-up Test</td>
<td>Numeracy (Non-calculator)</td>
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<td></td>
<td>40 minutes</td>
<td></td>
<td>40 minutes</td>
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<tr>
<td>3</td>
<td>Regular Class or Catch-up Test</td>
<td>Regular Class or Catch-up Test</td>
<td>Regular Class or Catch-up Test</td>
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<tr>
<td>4</td>
<td>Regular Class or Catch-up Test</td>
<td>Regular Class or Catch-up Test</td>
<td>Regular Class or Catch-up Test</td>
</tr>
</tbody>
</table>

To be organised and ready for the test, student will need a:

- Pencil
- Rubber
- Sharpener
- Calculator (Thursday only)

At Townsville State High School, we would like the students to arrive no later than 8.30am on these dates. We will be providing a small breakfast for the students so that their brains are fuelled and ready to complete the tests.

JUNIOR STUDENT COUNCIL 2013

I would like to take this opportunity to CONGRATULATE all the Year 8 students who applied to be Junior Student Council Representatives for their reef. The decision was difficult to make due to the high calibre of applicants, however the following students were successful:

- Warrior Reef
  - AJ Laureles
  - Kaiesha Pratt
  - Hiba Obat
  - Hayley Jepson

- Needle Reef
  - Dakota Jones
  - Molly Tomsen
  - Samuel Negri
  - Ronan Keogh

- Keeper Reef
  - Jordan Lang
  - Jordana Murphy

WOOLWORTHS EARN & LEARN

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The more points we earn, the more we can redeem from a choice of over 7,000 educational resources including mathematics and English resources, art & crafts materials and much, much more!

We are grateful for your support and look forward to a successful program. If you have any questions, please ask at School or visit the Woolworths website www.woolworths.com.au/earnandlearn.
From the Rolls Office

Student absences are to be explained by a parent/carer 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.

REEF CROSS COUNTRY CARNIVAL

The 2013 Reef Cross Country Carnival turned out to be a great morning and we witnessed some great running. CONGRATULATIONS to Warrior and Keeper Reefs who finished the day in first place. The first time we have had a tie.

Congratulations also to Townsville State High Schools AGE CHAMPIONS:

13yrs Girls  Gracie Dale
13yrs Boys  Dylan Hughes
14yrs Girls  Pheobe Marten
14yrs Boys  Bayley Spaul
15yrs Girls  Swan Whaleboat
15yrs Boys  Mitchell Dale
16yrs Girls  Christiane Butera
16yrs Boys  Ogden Ashley
Open Girls  Eve Miller
Open Boys  Khalid Mohamed

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 enthusiasm by our Town High students. A big THANK YOU to all staff and helpers on the day – without you the cross country could not have taken place.

INTER-SCHOOL CROSS COUNTRY

On Tuesday 21st May the combined NQ/TSSS Cross Country will held at Bicentennial Park. The Town High team list will be placed up on the C block notice board, we encourage all students on the list to go and compete for the school on this day. Parents are welcome to come along and watch the races on the day. Race times are as follows:

- 13 boys 11:10, 13 girls 11:20, open boys 11:30, open girls 11:45, 16 boys 12:00, 16 girls 12:15, 15 boys 12:30, 15 girls 12:45, 14 boys 1:00, 14 girls 1:45.

WE WANT YOUR STUFF!

Are you hoarding junk at your place?? We want it!

The Drama Department is looking for donations to use as props, costumes and sets in the Drama classroom. If you have any old kitchenware, bags, suitcases, briefcases, cheap jewellery, clothes, photo frames, shoes, books, ANYTHING; we would love to give it a good home. Miss Marsh in P Block staffroom will be waiting in anticipation for your kind donations.

(Students, please make sure you have your parents’ permission before donating anything.)

Bronwyn Marsh
Drama Teacher

Thuringowa Brass Band would like to invite brass and percussion players of all ages and abilities to come and join us. We are your local community band, serving the community through music. Enjoy the music, enjoy the company! Come and have a play.

Rehearsals Monday nights at the Thuringowa Soundshell (behind the Council offices) 7:30pm. For further details, phone the Secretary on 47731347, message us on Facebook, or just show up.

All Welcome!!

JCU LEGAL CONFERENCE

The Legal Studies students were invited by JCU to participate in the Legal Studies Student Conference on Thursday 18th April. This conference is run every two years.

The Conference began with opening remarks from the Head of the School of Law, Professor Stephen Grub. The students then heard presentations from a variety of personnel who work in the Legal Studies field. Senior Sergeant Lloyd Arthy spoke about ‘Is CSA real?’; Dr Chris Davies gave us an insight into ‘Doping in Sport: from Lance Armstrong to the AFL and NRL’ and Mr Neil Dunbar made us aware of Alternative Dispute Resolution. We also heard from Ms Dominique Thriet who spoke on Animal Law; the Police helped us to understand the rights and responsibilities that young people face and personnel from Customs and Border Security discussed their roles. Ms Molly Mahlouzarides and members of the JCU Law Students’ Society gave students an understanding into life as a Law Student.

This conference is aimed at assisting Year 12 students with their independent research assignment where they choose their own topic to research.

Many Legal Studies students have been inspired to embark on a career in the Legal field when they leave school.

A big ‘thank you’ goes out to JCU for organising this day. It proved to be a very positive, interesting, rewarding and valuable experience!!

Ms Pauline DI MAURO
Legal Studies Teacher
HARMONY WEEK

Harmony Week was celebrated at Harmony Park on Monday 18th March and nearly forty Town High students participated in performances there. One item was the Town High Harmony Rap which had been workshopped in several sessions by mainstream, Indigenous and ESL students. A Harmony wall was painted over several weeks by a dedicated team of artistic students. Harmony Soccer games were played with the Police Academy and Shalom Christian College and Iggy boys at Ignatius Park College. Town High girls’ and boys’ teams will have to train hard to compete well in any future games.

Finally, a Harmony Day event was held in the Town High Hall on Thursday 21st March. International food was prepared by Ms Steel’s Hospitality students and ESL students, and cultural performances were watched by a small but appreciative audience. Ms Staub’s cricketers and Japanese guests stormed the last dance session and a mass participation dance ensued!

Great fun for all.

The Townsville Intercultural Centre supported and organised all of these events. This is the same organisation which runs the Cultural Festival in August so we might look forward to some performances by our many talented students at this event.

Thank You very much to everyone who participated.

Linda Davis
ESL coordinator

Science Newsletter Article

Some great opportunities are coming up in Science this term. These include:

International Science Competition

Be a part of something BIG! If you love Science and know a bit or a lot about it, have a go at the International Science Competition! It is great recognition for all those who participate. The competition is Wednesday 5th June.TO BE IN IT!! Pay $5.50 to the front office by Friday 3rd May (QUOTE SCIENCE COMP WHEN YOU PAY)!! For more information see your Science Teacher!!

October School Holiday Program - Science Experience

The Science Experience is a fun three days of Science activities for Year 9 and 10 students in 2013. The program is designed to provide students who have an interest in Science with an opportunity to engage in a wide range of fascinating Science activities under the guidance of scientists who love their work. See Ms Chapman for more information.

Townsville: 2nd Oct – 4th Oct

The National Youth Science Forum

The National Youth Science Forum is a unique program that enables current Year 11 students on the point of entering their final year of secondary school, the opportunity to get a hands-on feel for careers and learn about study options in the diverse fields of Science, Engineering and Technology.

Students live on campus as university students, gain an insider’s perspective on campus life, and experience real Science, working with real scientists at a range of laboratories and workshops.

This is a fantastic opportunity!! Further details and help with the Application process: http://www.nysf.edu.au/applying or see Ms Chapman in A block staffroom

Applications Close 31 May

A Story from our successful National Science Youth Forum Student applicant from 2012, William Elliss.

In two weeks so much happened it strengthened me, it inspired me, it changed me. NYSF is an unbelievable program that I wish everyone could experience. It has opened doors and shown me pathways I have never contemplated. I first heard about NYSF from my High School Chemistry teacher who handed out pamphlets to everyone in class, and from there NYSF began for me.

Getting into NYSF was a challenge by itself, in the end it took me 3 interviews, a timed written piece on ‘Why Should I go to NYSF?’, and an application form. Just by applying I believe it has helped me improve both my confidence, and experience in interviews which in no doubt will be useful in the future.

On January 14th 143 other students and I went on a journey to the city of Perth for the session B NYSF 2013. After 12 hours of travelling, I arrived and was thrusted into what NYSF was like. Getting off the plane I was welcomed by ‘staffies’, the extremely excited and hyperactive supervisors who would oversee us and act as our guardians. I like most others there had never meet anyone else on the session, it seemed rather nerve racking at the beginning however it did not take long till friendships were being forged and others showed their true personality. We meet our buddies, our dorm floor group and our interest group after months of anticipation. My interest group was Florey a Biology/Medicine group.

Then finally we got into our lab visits, they ranged from Sports Science and Biomechanics, to Sleep Science. My personal favourite was a visit to the University Of Western Australia School Of Medicine, were we practiced basic surgery skills such as suturing, hygiene, and keyhole surgery on a dummy. However, I still liked how there was such a large range of lab visits, not a single visit we went too had I ever contemplated studying at university. Since going to NYSF my university preferences have changed due to what I saw and experienced.

NYSF offers more than just hard Science we also had several lectures and classes on things such as public speaking, Year 12 and Beyond Year 12. I found the lectures on Year 12 and Beyond Year 12, extremely enlightening they were presented by the staffies who are very relatable to and gave us tips for how to make the most of life. Also we went through several classes on public speaking focusing on body language, confidence, and speech. These lessons were in preparation for our prepared speeches and our formal interviews. At both we received feedback on our strengths and weaknesses, so we could improve it. The formal interview was conducted by a panel of two Rotarians who have read your theoretical CV for a job you would like to apply for outside of uni. This would normally seem like a daunting task, but NYSF taught me how to approach this and I went in there with the right attitude. It felt natural and easy, surprisingly in the end I received no bad comments, so they had to ask me what I found difficult. Being the first person to be interviewed I found it quite strange but still found this simple thing a huge accomplishment personally.

Personally the best thing I received from NYSF was a network of friends, connections, and people who will one day be leaders and scientists. NYSF is the most unpredictable, and strangest program ever devised and I would do it all over again in a heartbeat. I’m a proud NYSFer and I wish the best for the future students whose lives will be turned upside down after NYSF.

Sarah Chapman
Head of Department - Science
Senior School News

ANZAC Day Civic March and Dawn Service 2013
Thank you to all students who gave up their time on ANZAC Day to attend the Dawn Service and/or march in the ANZAC Day Civic March at The Strand. This is the largest number of students who I have marched with in fifteen years, increasing from forty-six in 2012. I can only hope that the significance of this day is continued to be recognised and students will continue to march in the future on this one day of the year where we acknowledge the sacrifice of life and bravery of our Aussie men and women in all wars. All students will receive a certificate of participation and this will be recognised as community service. Thank you also to all staff who marched with the school. A special thank you to Eve Miller, Annan Sinclair and Ryan Allan for laying a wreath on behalf of Townsville State High School at the Dawn Service.

<table>
<thead>
<tr>
<th>Year 8</th>
<th>Year 9</th>
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<tbody>
<tr>
<td>Tiana Hall</td>
<td>Lorrie Salomon</td>
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<tr>
<td>Esther Butera</td>
<td>Perry Chapple</td>
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<td>Mawel Hassen</td>
<td>Joshua Jones</td>
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<td>Hannah Di Giacomo</td>
<td>Kyara Milton</td>
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<td>Gabby Heald</td>
<td>Bisharo Abdulahi Hassen</td>
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<tr>
<td>Chantelle Thompson</td>
<td>Rahma Wali Ahmed</td>
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<td>Rylan Kyle</td>
<td>Phoebe Marten</td>
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<td>Aumai Kaiare</td>
<td>Nicola Hampson</td>
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<td>Billie Hooper</td>
<td>Blake Joppich</td>
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<td>Gabrielle Fletcher</td>
<td>Rossie Robinson</td>
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<td>Wayne Cawthorne</td>
<td>Tiarna Crowhurst</td>
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<td>Sergio Nash</td>
<td>Nicholai Hammer</td>
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<td>Oliver Jesshope</td>
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<td>Bethany Webber</td>
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<td>Taylor Mollison</td>
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<td>Kayla Harbour</td>
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<td>Joel Gaidan</td>
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<td>Thomas Fletcher</td>
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<th>Year 10</th>
<th>Year 11</th>
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<tbody>
<tr>
<td>Lalik Chhoeuk</td>
<td>Sandeep Thapliyal</td>
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<tr>
<td>Swana Whaleboat</td>
<td>Abdal Nasser Zamara</td>
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<td>Tini Tahi Viliamu</td>
<td>Best Nittayasit</td>
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<tr>
<td>Dakmini Sewwandi</td>
<td>Phoebe Paul</td>
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<td>Taylah Scott</td>
<td>Arnold Bharauan</td>
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<td>Lachlan Fletcher</td>
<td>Jade Fletcher</td>
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<td>Andrea Kaiare</td>
<td>Areena Hadsan</td>
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<td>Jordanna Mladenovic</td>
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<td>Zoe Beckett</td>
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<td>Joel Kelly</td>
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<td>Nathawan Wangwongvivat</td>
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<td>William Nesbitt</td>
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<td>Vaine Rabana</td>
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<tr>
<th>Staff</th>
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<tbody>
<tr>
<td>Ms Di Giacomo</td>
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<td>Mr Di Giacomo</td>
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<td>Mr Ivory</td>
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<td>Mr Hunter</td>
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<td>Mr Sibley</td>
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<td>Mrs Murphy</td>
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<td>Ms Harvey</td>
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<td>Mrs Mladenovic</td>
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<td>Mrs Reeves</td>
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<td>Mr Stewart</td>
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<td>Ms Davis</td>
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<td>Mr Hustler</td>
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<td>Mr Stripp</td>
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Helping Friends Peer Support Program
30th April & 1st May 2013
Congratulations to the twelve (12) Year 11 students who participated in the two day Helping Friends Workshop this week at the Arcadian Surf Lifesaving Club on The Strand. The students worked through a series of structured activities and discussion groups in this peer support program. These students gained valuable experience in improving their listening, communication and decision making skills and had a lot of fun at the same time. Year 11 students are nominated by peers and staff as these students are recognised as “natural helpers”. Thank you also to Mrs Mladenovic, Andrea Short (School Based Youth Health Nurse), Linda Stindl (Guidance Officer) and Yvette Starr (School Based Police Officer) for supporting and contributing to this important program. Congratulations to these students for their brilliant attitude and enthusiasm over the two days: -

<table>
<thead>
<tr>
<th>Helping Friends Peer Support Program 30th April &amp; 1st May 2013</th>
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<tbody>
<tr>
<td>Lochlan Christensen</td>
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<tr>
<td>Will Nesbitt</td>
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<tr>
<td>Joel Kelly</td>
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<td>Jasmin Whiteley</td>
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<td>Jaydon Close</td>
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<td>Jordanna Mladenovic</td>
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<td>Ashlea Rixon</td>
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<td>Jacob Negri</td>
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<td>Max Hopkins</td>
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<td>Sandeep Thapliyal</td>
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<td>Vaine Rabana</td>
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<td>Head of Department Senior Schooling/PE</td>
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Jude DI GIACOMO
Every year, on 31 May, WHO (World Health Organization) and partners everywhere mark World No Tobacco Day, highlighting the health risks associated with tobacco use and advocating for effective policies to reduce tobacco consumption.

Tobacco use is the single most preventable cause of death globally and is currently responsible for killing one in 10 adults worldwide. Quitting smoking can be one of the most difficult, yet rewarding things a person can do. Most smokers say they would like to quit, and many have tried at least once. Some are successful the first time, but many other people try a number of times before they finally give up for good. You will feel the benefits of quitting straight away as your body repairs itself. Depending on the number of cigarettes you smoke, typical benefits of stopping are:

• After twelve hours almost all of the nicotine is out of your system.
• After twenty-four hours the level of carbon monoxide in your blood has dropped dramatically. You now have more oxygen in your bloodstream.
• After five days most nicotine by-products have gone.
• Within days your sense of taste and smell improves.
• Within a month your blood pressure returns to its normal level and your immune system begins to show signs of recovery.
• Within two months your lungs will no longer be producing extra phlegm caused by smoking.
• After twelve months your increased risk of dying from heart disease is half that of a continuing smoker.
• Stopping smoking reduces the incidence and progression of lung disease including chronic bronchitis and emphysema.
• After ten years of stopping your risk of lung cancer is less than half that of a continuing smoker and continues to decline (provided the disease is not already present).
• After fifteen years your risk of heart attack and stroke is almost the same as that of a person who has never smoked.

Get Support
Getting the right help and support can go a long way to ensure that you’re able to quit for good. Many free advice and support services exist to help smokers preparing to quit and recent quitters stay smoke free. The Quitline and Quit Coach are two proven help support services that can help you, information about these services is provided in this section.

What is the Quitline?
Quitline is a telephone information and advice or counselling service for people who want to quit smoking.
You can phone the Quitline on 13 7848 confidentially from anywhere in Australia for the cost of a local call only.

When you call the Quitline you can arrange to have the Quit Book mailed to you and if you want to talk to someone about quitting, they will give you information on:
• the best way for you to quit
• coping with withdrawal symptoms
Quit courses and details of local organisations which provide individual help and counselling.

The Quit Coach
The Quit Coach is a free interactive site that can help you quit smoking and stay stopped.

Get a free Quit Pack
You can obtain a free Quit Pack by calling the Quitline on 13 7848 to order a Quit Pack over the phone. In the Quit Pack you will find:
• The Quit book – will help with planning and preparing to quit and provide tips and strategies for quitting successfully.
• Choosing the best way to quit – a guide to choosing the services and products which would best help you increase your chance of quitting successfully.
• Information on how you can speak to a Quit advisor.
• A handy wallet card with tips to cope with cravings.
• Information on ordering the Ten Steps to Quit for Good DVD/video and Ten Good Ways of Relaxing CD.

GET SUPPORT

The P & C are people just like you – parents, carers, past parents and community minded people who want to help their children and our school. Being involved with our P & C team does not mean you are taking up a part time job. We know you are busy and we value any amount of time you can spare.

The time in the year when we most need a larger number of volunteers is over the V8 Supercar weekend. This year that is 5th – 7th July.

So if all you can spare for the year is a few hours, this is the weekend to do it (and we all know we can spare a few hours a year for the kids !) To help out just email kmlad1@eq.edu.au or ring the office on 4721 8777. We will be asking you to pick a morning, afternoon or evening session on the Friday, Saturday or Sunday to man the carpark. It is as easy as helping direct traffic around various parts of the school. You will be with someone experienced and it all takes place on the school grounds.

What’s in it for you is:
• Fresh air and sunshine;
• You will even meet some of the drivers and Australian racing legends;
• A great opportunity to speak casually to the teachers and P&C about what is important to you.
• The good feeling from having been involved in something special.

What’s in it for you kids:
• Feedback says your children see that you care about their schooling.
• Equipment like water coolers, u-beaut sports facilities, modern IT equipment, shaded lunch areas and subsidies all come from the funds raised that weekend.

It really is genuinely a good time.
Regards,

John Byrne
President
Tel 0427 166 248 Email jdblaw@ozemail.com.au

9th May 2013

LETTER FROM THE PARENTS & CITIZENS ASSOCIATION

Andrea Short
School Based Youth Health Nurse (Tues, Wed, Fri)
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