17 March 2023

From the Principal

Ministers’ Visit

Recently, our school was fortunate to have the Minister for Education, the Honourable Grace Grace, and the Minister for Resources, the Honourable Scott Stewart visit our school. They were here for two main reasons. The first was to inspect some of the many works that have been happening on our facilities in the school, in particular the painting and new furniture in E and G Blocks. The second reason was to discuss the pilot program the school has begun, known as the First Nations Arts program.

The school is always looking for ways to increase the engagement of students. We noticed an area that we could improve, and started working with a relatively small group of around 40 students. We wanted to encourage deep connection to the school and its community, so the First Nations Arts program was designed to deliver cultural practices to male First Nations students. The program aims to teach Aboriginal and Torres Strait Islander music, dance and cultural practice. Through the program students work with cultural elders within the community, who tutor students on necessary skills relevant with the topic they are working in with the program. The initial data has shown an increase in the targeted students’ attendance and decrease in behavioural referrals and incidental data has shown an increased sense of belonging.

In the future we will work to expand the program within our own school, and possibly into other schools. We will also look into different groups of students – but one step at a time.

Vaping

Across Queensland there is a reported increase in the numbers of young people who are engaging with vaping or e-cigarettes. There appears to be a belief that vaping is not harmful – but that belief is wrong.

Some of the potentially harmful ingredients lurking in vapes include:

- propylene glycol (a solvent used in fog or smoke machines)
- polyester compounds
- anti-freeze (typically used in the coolant of a car)
- vegetable glycerin (a liquid derived from vegetable fat).

Other chemicals found in vapes can include volatile organic compounds (found in paint and heavy-duty cleaning products) and hundreds of carcinogenic additives known to be fatal.

Vapes may include flavouring that’s safe in food and drinks but not safe when inhaled.

Sadly, we have become aware of some of our students engaging in this harmful practice. I recently heard a comparison of smoking to vaping as being like the difference between jumping off a 100-storey building compared to a 20-storey building. Either way, you’re going to harm yourself. As a school, we will try to educate our students about this harmful activity.

Rob Slater
Principal

Acknowledgement to Country

Welcome,
We wish to acknowledge the traditional custodians of the land on which we meet today, the Wulgurukaba peoples and to the surrounding custodians, the Bindal people.

We pay our respects to the elders, past, present and emerging for they hold the memories, the traditions, the culture and the hopes of aboriginal and Torres Strait Islander peoples.

Thank you

### Coming Events

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>21/03/2023</td>
<td>P&amp;C Meeting</td>
</tr>
<tr>
<td>15-27/3/2023</td>
<td>NAPLAN</td>
</tr>
<tr>
<td>24/3/2023</td>
<td>Year 7 &amp; 8 Movie &amp; Games Night</td>
</tr>
<tr>
<td>29/3/2023</td>
<td>‘World’s Greatest Shave’</td>
</tr>
<tr>
<td>30/3/2023</td>
<td>Year 7 Adventure Day</td>
</tr>
</tbody>
</table>

### School Resource Fees

**ATTENTION PARENTS**

Fees for the Student Resource Scheme are due for payment by 31 March 2023.

Please ensure that we have your correct email address on file.

### 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.

It's also worth noting that regular study is not just important for individual students, but for the entire school community. When students study consistently, they’re better equipped to contribute to classroom discussions, collaborate with their peers, and support each other in their academic pursuits.

In conclusion, regular study is essential for academic success. By studying consistently, we can improve our memory, develop a deeper understanding of the material, manage our time effectively, and build good study habits and discipline. We encourage all students to make studying a regular part of their routine and to take advantage of every opportunity to learn and grow. Remember, consistency is key!

### Message from our Deputy Principals

**The Importance of Regular Study: Why Consistency is Key to Academic Success**

Students often have a lot on their plates, and it can be tempting to put off studying until the last minute. However, the truth is that regular study is essential for academic success. Indeed, consistency is key when it comes to studying and if you want to successfully achieve your goals.

First and foremost, regular study helps us retain information more effectively. When we study consistently, we’re more likely to remember what we’ve learned over the long term. This is because our brains need time to process and reinforce new information, and regular study provides the repetition and reinforcement that we need to solidify our understanding.

In addition to improving our memory, regular study also helps us develop a deeper understanding of the material. When we study consistently, we’re able to build on our previous knowledge and make connections between different concepts. This deeper understanding not only helps us do better on exams but also prepares us for future learning and academic pursuits.

Consistent study also helps us manage our time more effectively. By setting aside dedicated study time each day or week, we can avoid the stress and anxiety that comes with last-minute cramming. Additionally, regular study helps us stay organized and on top of our assignments, which can prevent procrastination and help us avoid falling behind.

Furthermore, regular study is essential for developing good study habits and discipline. By making studying a consistent part of our routine, we’re training ourselves to prioritize our academic goals and build the discipline necessary to achieve them. This discipline will serve us well not only in school but also in our future careers and personal pursuits.
THE SYSTEM IS EXCELLENT AND HIGHLY RECOMMENDED TO YOU!

All parents/caregivers should have received a mail package and emails about how to complete registration. Please contact the office if you need any support to register.

From the Rolls Office

Student absences are to be explained by a parent/caregiver to the Administration Staff stating the reason and dates of absence. This may be done by phoning the school on 4721 8777 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 Administration Office. Your prompt assistance with explanation of absences will be greatly appreciated.

2023 Inter-Reef Swimming Carnival

CONGRATULATIONS TO OUR WINNING REEF

FARADAY!

1st Faraday
2nd Brewer

Congratulations to the following Age Champions for Swimming:

<table>
<thead>
<tr>
<th>Age</th>
<th>Boys</th>
<th>Girls</th>
</tr>
</thead>
<tbody>
<tr>
<td>12 Years</td>
<td>Ryan Porter</td>
<td>Sarah McPhail</td>
</tr>
<tr>
<td>13 Years</td>
<td>Jiquarn Nettle-Barney</td>
<td>Alex Schnider-Thompson</td>
</tr>
<tr>
<td>14 Years</td>
<td>Joshua Muller</td>
<td>Ava Keneally</td>
</tr>
<tr>
<td>15 Years</td>
<td>Oscar Roper</td>
<td>Elizabeth Nelson</td>
</tr>
<tr>
<td>16 Years</td>
<td>Hunter Bowtell</td>
<td>Elizabeth Horne</td>
</tr>
<tr>
<td>17 Years</td>
<td>Philo Horne</td>
<td>Lily Rosa</td>
</tr>
<tr>
<td>Open</td>
<td>John Seaton</td>
<td>Lili Crevola</td>
</tr>
</tbody>
</table>

Tropics

Congratulations to our rep players

We would like to congratulate the following players who have made rep teams:

- Vangelli Tsilavis – Division 2 Townsville Lightning, U-16 boys; and the 20-man squad for NQ Schools
- Brannen Dale – NQ Schools, U-19 boys
JCU Townsville Fire Raffle

Congratulations to the corporate box raffle winners, Reya Blackman and Paul Bonner. Special thanks to JCU Townsville Fire who donated the corporate box for the final home game of the season, allowing us to start our fundraising efforts for the year. And thank you to all the people who bought tickets.

We had a number of players involved on game day. Brock Rundell played for the Firefighters in the curtain raiser. While Lochie Baran stepped up to umpire the game. We also had players volunteering as ticket scanners and ushers. We then got to enjoy the game with court side tickets. For some it was their first time watching a professional basketball game. And what a game it was – a winning basketball on the fulltime buzzer! After the game, our players took the opportunity to collect autographs and have photos taken with the Fire players on centre court.

Science

Term 1 has been busy in STEM, as we again have STEM classes running during WOW time on Mondays and Wednesdays for years 7, 8 and 9. The year 7s have been designing and constructing bridges to meet design challenges and are moving on to towers and coding with Spheros. Year 8s have been learning the design thinking process and are working towards a Science Week coding display, using Lego robotics or tech wearables. Year 9s are starting their Formula 1 in Schools racer designs as they learn Autodesk inventor.

We also have a year 9 STEM class this year that is run as 3 classes a week with Mr Askin. These students have been working through the Amazon Web Services (AWS) GetIT program, a global program that is running for the first time in Australia this year in collaboration with Tech Girls Movement Foundation. The GetIT program involves students learning about cloud services and design thinking to develop an app. Previous app ideas internationally have included managing stress and mental health, encouraging reduced consumption of plastic and planning ahead to complete schoolwork. They also have a mentor from AWS, Sofia Woloschin, who is a Senior Program Manager with 32 years experience in the technology sector. Sofia has been meeting virtually with the students about the GetIT program and also chatted this term with girls from year 8 and 9 STEM about the future of technology and careers in STEM. We look forward to seeing student app designs!

Girls in grades 9-12 have the opportunity to gain real world insight and advice from women in a range of fields such as agriculture, aviation, construction, defence, energy, manufacturing, technology, transport and water, through the UNIQ You program. Students will be matched with an advisor who will be available for a video call, individually or in groups, to discuss careers, pathways and opportunities.

Locker Happiness

As you can see we have some happy girls. It is thanks to Bradley White who donated locks so the girls can secure their training gear in the change room lockers.

Training

Our future ‘tall timbers’ caught enjoying training.
**Positive Behaviour & Learning**

**PBL FOCUS: EVERY MINUTE MATTERS**

Make the most of your time at school today in order to achieve tomorrow!

---

**Mental Health Services**

**Mental Health Services and Support**

- **Beyond Blue**
  - 1300 22 4636
  - Support service

- **Lifeline**
  - 13 11 14
  - 24/7 support and advice

- **Suicide Call Back**
  - 1300 86 4736
  - 24/7 support, advice, and counselling

- **Mensline**
  - 1300 78 99 78
  - Support, advice, and counselling

- **1800 RESPECT**
  - 1800 78 68 68
  - Support for people experiencing abuse

- **Qweek**
  - 1800 364 577
  - Support and advice for older Australians

---

**Support for Families**

**Find the help you need, now and nearby.**

Search over 400,000 support services.

Visit askizzy.org.au to find a local service.

---

**P&C News**

Dear Town High Community,

---

**P.A.R.T.Y. Program**

The P.A.R.T.Y Program is a different kind of party. The program focuses on Prevention of Alcohol Risk-Related Trauma in Youth.

February 14th, TSHS students were the first group to attend the Program at the Townsville University Hospital. Student Support Services Team had the privilege to escort 34 Year 11 and Year 10 students on the full day program.

Our students were comfortably seated in the hospital's auditorium where they were the recipients of information relating to increased accidents from e-scooters, music festivals presenting to Emergency Wards from drugs and alcohol including types of injuries and particularly brain injuries as a result of alcohol-related injury from risk-taking behaviour. Our students were spoilt with a delicious morning tea and received a tour of the hospital through the Emergency Ward, Morgue and simulation room (pretend patient).

The day concluded with a young man, Denzel sharing his personal story of his drink driving accident and now living with an acquired brain injury. Our students were very engaged and respectful during his presentation and we couldn’t be prouder. TSHS plan to continue offering our student’s this opportunity in future years to come. Excited for 2024!
We had fantastic attendance at the February general meeting. It was good to see our student leaders present information on their upcoming activities and their plans for future fundraising events. These young people came to the meeting well prepared and spoke confidently. I do hope we get to hear from them regularly.

Mr Slater provided the latest news and information about the school (and some tasty wraps and sandwiches). This included everything from student and staff numbers to maintenance updates. We also heard from one of the Deputy Principals and from some of the teachers. The canteen team reported that our addition of a second EFTPOS machine has helped speed up break time queues.

The AGM is where all 2022 memberships and executive positions lapse. During the meeting new memberships are approved for 2023 and nominations for executive positions (president, vice president/s, secretary, treasurer) are voted on.

If you are interested in becoming a member, to attend meetings when you can and provide input into some of the decision-making, please complete a membership form. You can come along to the meeting and submit the form in person or email it to us.

If you’re interested in an executive position – go for it! The forms appear at the end of this article.

Hope to see you soon,

Jo Ruxton (Secretary) on behalf of:
Stephen Jess (President)
Jo Greske (Vice President)
Samantha Talbot (Treasurer)

---

Townsville State High School Facebook Page

Our Facebook page has been active since 2015 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/TownsvilleStateHigh/?ref=bookmarks

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!
Uniform for Senior Students

Please note, it is compulsory for all students in Years 10, 11 & 12 to wear the senior shirt. Polo shirts are not acceptable.

2023 Canteen Price List