ANNUAL AWARDS PRESENTATION NIGHT

The staff, students and families of Charters Towers State High School will be assembling at 7.00 pm on Wednesday 22nd October at The World Theatre, Mosman Street, Charters Towers, to recall the highlights of the 2014 school year and to present Awards for outstanding Academic, Cultural and Sporting Achievements.

Our School Community would be pleased for Parents and Friends to be our guests on this occasion.

To avoid disappointment, we recommend you book your seat/s at the School Office where you will be issued with your seat ticket/s.
SET Plan

In Year 10, the school works with students and their parents/carers to develop a Senior Education and Training (SET) Plan to structure learning in Years 11 and 12 around the student’s abilities, interests and ambitions; think about education, training and career options after Year 12; set and achieve learning goals in Years 11 and 12, and beyond; include flexible and coordinated pathway options in courses of senior study; communicate with parents/carers or teachers/careers counsellors about post-school plans.

Year 10 into Year 11 SET Plan Meetings will be held on Wednesday 29th October and Thursday 30th October, from 4.30pm to 7.00pm, under the library. Bookings can be made through the online booking office www.sobs.com.au or by contacting the school office on 4754 6555.

It is a legal requirement that all parties (student, parent/s and school) sign off on the SET Plan.

Harmony Barath’s NIDA Experience

During the holidays Harmony Barath, Year 10 student, participated in a NIDA workshop in Townsville. NIDA is Australia’s National Institute of Dramatic Art; a centre of excellence in education for theatre, film and television, offering higher education and other courses in a range of disciplines. During her workshop, Harmony learnt the techniques and skills required of a professional actor. Harmony was guided through both physical and vocal training which enabled her to take her acting skills to the next level. This was a fantastic opportunity for her to establish a foundation of skills which she can apply to her drama studies here at State High.

I congratulate Harmony on her efforts and willingness to continue her studies in the arts outside of the classroom. Keep up the great work Harmony.

KELCEY KIRKPATRICK, TEACHER

‘Skoolbag’ School iPhone and Android App

We are signed up for our own Skoolbag Mobile Communications Apps to help us communicate more effectively with our parent/student community. To download the Apple version, look for our school name "Charters Towers State High School" in the Apple App Store and install it on your iPhone. The Android version can be downloaded from the Google Play Store. Both are free and provide you with instant access to important information provided by the school.

PRE-LOVED UNIFORMS

Please consider donating your uniforms to the school. All donations are appreciated!
Welcome back Year 8s for our final term for 2014. What a terrific effort you have all put in this year; your behaviour, effort and attendance has been excellent! We look forward to you all continuing to put your best foot forward.

This term we will be pleased to have Year 8s and their families attend our Awards Night and we look forward to celebrating the many achievements of our cohort.

The Leadership Camp will be an exciting time for our future school leaders and we are excited about our trip to Emerald.

The Rewards Camp for excellence in behaviour and effort is a much deserved activity for students who qualify to attend; there will be further information provided as the term progresses. Just remember that ‘Every day counts for every student’ and we appreciate parents’ support in ensuring that every student has the opportunity to receive the education we know they deserve.

**SHARON HACKMAN, YEAR 8 COORDINATOR**

This term we welcome a new cohort of Year 8s in Food Studies. During this term students will be exposed to a variety of recipes, kitchen safety and will discover the science behind food and cooking. Every week students will cook on Fridays and will need to bring the required ingredients on that day. I am looking forward to sharing my love of food with the Year 8 students over the next ten weeks. **MICHELLE KECK, TEACHER**

This term in Year 10 English students will develop a multimodal presentation that analyses how a story can be told through two different media outlets. Students will be looking at how elements such as *text structures, language features and arrangements of visual and written information* can influence the way you view what is happening in the world around us. In the final weeks of the term students will have the opportunity to get a little more creative in a response to stimulus exam. **LOUISE HALFPENNY, TEACHER**

**Alcohol and other drugs education program**

Students in Years 11 and 12 will learn about the consequences of alcohol and other drug use through education resources rolled out this term.

The education program is part of the government’s **Safe Night Out** strategy to help young people make safe, informed decisions. A program for Years 7, 8, 9 and 10 will be available in Term 1, 2015.


**Cybersafety help button**

Online safety is just a click away with the **Cybersafety help button** installed on all school computers throughout the state. The floating icon is visible on computer desktops and is also available for parents to download to their home computer. It provides students with an easy means of reporting cyberbullying and online concerns. The button is a federal government initiative providing an online hub with 24 hour access to cybersafety help, reporting options, resources and information. [http://education.qld.gov.au/studentservices/behaviour/qsaav/cybersafety-button.html](http://education.qld.gov.au/studentservices/behaviour/qsaav/cybersafety-button.html)
The year is fast rolling by with Christmas just around the corner. The students in the SEP have a busy term ahead finishing off their tasks and units for 2014. Some of the Senior SEP cohort will be commencing their ‘mini work experience’ shortly.

Awards Night is on Wednesday. If you are planning on attending, please phone Kerry at the office to secure a seat.

As the days heat up we will be cooling down at the Kennedy Regiment Memorial Pool every Thursday in the last session as we participate in recreational swimming.

Thank you for your continued support in what we do in our Special Education Program.

STAFF OF THE SPECIAL EDUCATION PROGRAM
FROM THE GUIDANCE OFFICER

KINDNESS

Kindness is not an everyday word these days. We use words like 'respect' readily but even this does not contain most of the attributes that 'kindness' does. Religions highlight the importance of kindness and love as virtues we must strive to achieve, and if these virtues were universally practiced, we could guarantee a world free of crime and violence, and everyone looking after each other. It seems hard to imagine.

So what is kindness? Kindness has been defined as:

- the quality of being warmhearted and considerate and humane, sympathetic
- tendency to be kind and forgiving
- a kind act - marked by charitable behaviour, marked by mild disposition, pleasantness, tenderness and concern for others; a recognized value in many cultures and religions

Research has shown that acts of kindness do not only benefit receivers of the kind act, but also the giver. This is the result of the release of neurotransmitters, which are responsible for feelings of contentment and relaxation, when such acts are committed.

How to teach kindness to our children:

- Be a good role model - Children observe our behaviour, and are likely to copy the ways we treat others (and ourselves).
- Use the word 'kindness' to describe acts of compassion, care, empathy, forgiveness.
- Provide simple, clear explanations about how other people feel when they are sad or hurt. Give examples of how kindness can be used in these situations to uplift a person’s moods.
- From an early age praise early acts of kindness - When your toddler gives up his favourite toy to a younger sibling who's crying, make sure he knows you acknowledge his action.
- Encourage your child to help others – at home and in the community. For older children encourage participation in social justice programs, like helping feed the homeless. Not only will this act of kindness feel good but also will give an understanding of what others have to endure to survive.
- Say you're sorry – Admitting that you are wrong, or did not act appropriately can be very hard, but often the act of humility is a show of kindness in itself.

If we all practiced doing a few acts of kindness every day the results would be twofold – not only would others be uplifted, but we would also receive the health benefits that come with doing good deeds. **In giving we receive.**
<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00 AM</td>
<td>Miss O'Mara 107</td>
<td>English, History</td>
<td>English, History</td>
<td>Miss O'Mara 107</td>
<td>Math, Science</td>
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<tr>
<td>7:30 AM</td>
<td>Mr. Delay 003</td>
<td>Miss O'Mara 107</td>
<td>Mr. Delay 003</td>
<td>Mr. Parker 003</td>
<td>Math, Science</td>
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<tr>
<td>8:00 AM</td>
<td>Visual Art 3:15-4:45</td>
<td>Miss Thomas 030</td>
<td>Chemistry</td>
<td>Ms. Blumler 003</td>
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<tr>
<td>12:30 PM</td>
<td>Lunch 2</td>
<td>Lunch 1</td>
<td></td>
<td></td>
<td>Approx. 6:30 PM</td>
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**Note:** In some instances it may be possible to meet with teachers at another time. However, students will need to approach teachers well in advance to arrange a mutually acceptable time for this to occur.
How can I get my teenager to go to school?

WHAT YOU CAN DO

Tip No. 5:
If your teenager wants to stay home to finish an assignment, rather than letting them stay home, expect them to go to school - make attendance the number one priority. Later, you can discuss with them how they can improve their study habits or adjust their schedule.
Grandparents Day …

is a chance for grandchildren, children and the community to thank grandparents for their love and support.

In 2014, Queenslanders will celebrate Grandparents Day on Sunday 26 October.

Grandparents Day recognises the significant contribution that grandparents make to their families and communities. The day is celebrated annually in Queensland on the last Sunday in October.

Did you know?
- In 2009-10 there were 16,000 Australian families in which grandparents were the guardians or main carers of their grandchildren.
- In 2011 around 937,000 Australian children received child care from a grandparent on a regular basis. This represented over a quarter of all children (26%) aged 0-12 years who regularly attended some type of child care.

DEPARTMENT OF COMMUNITIES, CHILD SAFETY AND DISABILITY SERVICES
Christine Barnes, the **GUIDANCE OFFICER**, is available for interviews and is able to assist with personal, educational and career concerns. Please contact the school office to find when she is available, as her days vary.

Toni McLean, the **COMMUNITY EDUCATION COUNSELLOR**, is available to support Indigenous students as well as staff. Toni can assist teachers with student background, learning styles and cultural identity. **Toni is available Monday, Wednesday and Friday.**

Helen Milton and Sharon Beveridge, the **SCHOOL CHAPLAINS**, work with students and staff to cater for their spiritual, social and emotional development. Helen is available on **Mondays, Tuesdays and Thursdays and Sharon on Wednesdays**. Our chaplains:

- provide practical care and support for students, their families and school staff.
- encourage and motivate young people.
- participate in school activities and programs.

Lisa Hardy, the **SCHOOL BASED YOUTH HEALTH NURSE**, has a role to provide primary (preventative) health care for students. **Lisa is available on Mondays, Tuesdays and Wednesdays** and can provide health and wellbeing information on healthy eating and physical activity, feeling unhappy or stressed, relationships, healthy skin, personal and family problems, sexual health, smoking, alcohol and other drugs, and growth and development.

Kylie Webber, the **YOUTH SUPPORT COORDINATOR**, is available on **Mondays, Tuesdays, Thursdays and Fridays from 1pm to 4pm and on Wednesdays from 9.30am to 12.30pm**. Her role at the school is to work with young people to:

- support young people at risk of leaving school early.
- increase the capacity of families, schools and the community to support young people to stay connected to learning.

Senior Constable Belinda Peacock, the **SCHOOL BASED POLICE OFFICER**, has a role to contribute to the understanding of the law, promote positive relationships between the community and police, and attend to police-related matters. **Officer Belinda is available Monday to Friday**, unless attending to other duties.
HALLOWEEN DANCE

WHEN: Friday 31st October
TIME: Primary School 6:00pm-7:30pm
       High School 8:00pm-10:30pm
ENTRY: Gold Coin Donation

PCYC Charters Towers Halloween Haunt is a Fully Supervised, No Pass Out event.

All funds raised from this event will support the everyday work of PCYC Queensland and youth development programs to help young Queenslanders unleash their potential!

Bus Pick Up & Drop Off Available, phone 4787 3231.