DATE CLAIMERS...

School Photo Day
Wednesday 25th February

Interschool Swimming Carnival
Thursday and Friday 26th and 27th February

School Expectations:

⇒ I am Safe
⇒ I am a Learner
⇒ I am Respectful

Parents and Citizens’ Association: AGM
Tuesday 10 March - 6.30pm—Administration Block
ALL WELCOME!

Student learning is enhanced when parents and schools work together.
Year 7s participated for the first time, bringing passion and enthusiasm to the swimming carnival on Friday 6th February. We were looking for extra lanes!

All age groups from Years 7-12 participated to such an extent that the Swimming Club complimented us on the participation rates. CLARKE House was the overall winner.

Age Champions (and Runners-Up):

U12 years: Lily Brook and Parker Warren (Sophie Webb and Thomas Sticklen)
U13 years: Makayla Killick and Jordan Dietrich (Sinead Cowan and Colby Coffison)
U14 years: Paskal Smith and Blaine Briffa (Ruby Boundy and Jonathon Rigby)
U15 years: Sophie Baron and Damien Gordon (Karrina Oswin and William Cooper)
U16 years: Keeshga Whyte and Jordan Rafter (Kassidy-Rose McMahon and Austin Ross)
Open: Nikita Oliver and Bailey Millett (Tayla Poyner and Jeremy Logan)

Interschool Carnival:
Students (full school uniform) and family members are invited on Thursday 26 February for the 200m events commencing at 7pm and Friday 27 February commencing at 6pm.

Please support our team.
The atmosphere of the carnival won't be the same without you!
Charters Towers State High School will be holding an Adidas School Fun-Run as a major fundraising event this year. The event will be held on Friday 20th March, near the airport, in conjunction with our Interhouse Cross Country Carnival.

The Adidas School Fun-Run is a healthy, fun and active fundraiser that ensures we send the right message to our students about getting active, having fun and maintaining a healthy lifestyle. The main focus of this event is on participation. Family support is most appreciated as we encourage all students to get involved. Some students have received a Sponsorship Form to help collect sponsorship on behalf of the school. The funds raised will be used to purchase new sporting equipment. We ask all parents to read the Sponsorship Form and sign the front page to grant permission for their child to fundraise and participate in this event. In the Sponsorship Form you will find many other benefits such as the chance to win a family holiday in Disneyland!

ALL students raising $10 or more will receive a prize. Once fundraising is complete please help your child fill out Step 5 – How to Claim Prizes on the back page of the Sponsorship Form, then tear it off and return it with all money raised to the school office on or before Monday 16th 2015. Student prizes will arrive shortly after.

MATT DE BRENNI, SPORT COORDINATOR

The Open Tennis Girls put in a great performance for the second week in a row, with star performances by Hayley Rolley. Mahala Stretton, in her first ever match, showed great skill despite going down 6-3.

LEIGH MIDDLETON, TEACHER

Food for Thought

One of the things that all of us benefit from is encouragement. When you are feeling tired or are anxious about a situation in your life, a few well thought out words from a friend or family member can give you that emotional lift that helps you to pick yourself up and keep going.

However, it is very easy to get so involved in your own needs and wants that you don’t even notice when someone other than yourself is struggling. In a school community as large as our own, there are many opportunities for you to get alongside someone who may not be having the best of days.

If you notice that someone seems unhappy, don’t just walk away. Why not take a few minutes to talk to them, to offer your support? If they need more help than you can give, why not accompany them to talk to the School Chaplain?

Looking out for others is something that we should all be doing. Please play your part in making our school a truly caring community.

SHARON BEVERIDGE AND HELEN MILTON, SCHOOL CHAPLAINS
We give a warm welcome to our two new teachers, Fauzia Ijaz from SA and Tara Goldenberg from Brisbane. Ms Ijaz is working with our junior students and Ms Goldenberg is with our senior students.

Our wonderful teacher aides: Narelle, Jodie, Sandra and Chloe are back with us doing a fantastic job assisting both teachers and students.

Ms Higgins has a new room (B17) which she is in the process of setting up to cater for our new junior cohort.

Summer is starting to wane but the senior students in our HPE class will be going swimming at the Kennedy Regiment Memorial Pool every Thursday, last session. (Please return permission slips ASAP). We thank Wes at the YAC Shack for providing the bus.

Finally, a big thank you for your continued support in what we do in our Special Education Program. We still have 180 (give or take a few) school days left!

STAFF OF THE SEP

Due to staff amendments made to the school last Thursday there have been a range of changes within Junior Secondary. Please see information above.

As the Support Teacher Literacy and Numeracy (STLaN) Ms Samojenko will also continue the fantastic work implemented last year in combined Year 7/8 Essentials class with students that require extra support and intervention to access curriculum in the core subject areas: English, Maths, Science and History. Our Literacy Coach, Faith Barnes, has also been working extremely hard in the implementation of a targeted literacy and numeracy support program to drive student improvement.

Due to the change in Junior Secondary enrolment Kylie O’Mara has returned to classroom duties. We thank Kylie for the excellent job she did as Acting Junior Secondary Head of Department. Kylie ensured a smooth start to the year for both Junior Secondary students and staff. Kylie will continue to work with staff in an official mentoring capacity in 2015.

Reminder that either of the Junior Secondary Heads of Department can be contacted by email on jnrsecodaryhod@chartoweshs.eq.edu.au.

AARON WILLIS AND UVETTE HUGHES, HEADS OF DEPARTMENT
This term the Year 7s have been investigating ancient Rome in **History**. So far, they have looked into the Roman system of government and have taken particular interest in the army. We are looking forward to a mock senate hearing, togas and all, next week in class.

**SCOTT CASEY, TEACHER**

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**School Photos Are Now Available For Secure Online Purchase**

**4 Easy Steps to Online School Photos Ordering**

**Step 1:** Go to [www.advancedlife.com.au](http://www.advancedlife.com.au) **before** photo day and enter your school code **32K 12A YX4**

**Step 2:** Enter your student’s details.

**Step 3:** Choose the package that best suits your needs (all orders will be returned to the school for collection.)

**Step 4:** Pay for the photos via the shopping cart (upper right corner of the page).

*Please note: LATE FEES will apply once orders are closed.*

Family/Sibling photo orders online close 48 hours before the first school photo day however they can be purchased with an envelope up until photo day.

**State High’s photo day is**

**Wednesday 25th February 2015**

The preferred option is to order online, as above, however forms will be sent home to all students. If using the form, please return it on the day of photos and hand to the photographers with payment enclosed. The school does not handle the orders and money.

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**Please note that only service and delivery vehicles are permitted to enter the school grounds.**
This term in our Certificate II in Visual Arts class, the Years 11 and 12 students are undertaking an introduction to drawing media using charcoal and pencil. They have completed two different drawing activities so far with very effective results.

Charcoal is a very messy media which allows the students to draw in a loose manner and creates a stark contrast between the black and white areas on the paper. The students enjoyed re-creating this crow on a branch image. It is interesting to see how each student has an individual drawing style.

Pencil, however, is the opposite of charcoal and is a refined media that requires control over the pressure of the pencil and the direction of the mark making. These tonal sphere drawings were tedious and tested some students’ patience and ability to pay attention to detail. The results are outstanding though, due to their efforts.

We will keep you updated with our progress through the other media types.

RAYLEA THOMAS, TEACHER

The Year 11/12 Industrial Graphics class is learning how Computer Aided Drafting (CAD) is used in various industries including Industrial Design, Manufacturing, Construction and the Furnishing industry. Students are using the Autodesk Inventor program to learn the basic functions of 3D modelling to develop 3D representations of objects. These skills will be used when students develop 3D representations of furniture items in their upcoming assignment.

LANCE MACKENZIE, TEACHER

This term Year 10 Science is a two part unit "Life's Blue-Print" and "Life Evolves" which centre around the themes of genetics and evolution. Classes prepare for their first assessment task, an exam, on 26th February. If your child has been absent or is struggling to grasp all the key concepts of the unit so far, we encourage you to utilise our free tutoring program offered by class teachers, to ensure they reach their full potential and get off to a flying start for their academic year.

Our next task is a research based assignment on theories of evolution, so feel free to have discussions about this topic with your child as it helps them develop their skills of scientific arguments and work towards becoming valued members of our society.

Did you know? Two individual humans share as much as 99.9% of the same genetic material and differ in only 0.1% of it.

Genetic similarity. People share 7% of genetic material with the E.coli bacteria, 21% with worms, 90% with mice and 98% with chimpanzees.
SELENA KOMODZINSKA, TEACHER

In Year 10 Business our first assessment item is underway. Students are working on a marketing plan and putting into action what they have learnt over the last 4 weeks. Students have to create and design an original product then create a marketing plan to sell their product. The class has been working hard at designing and it should be interesting to see what ideas they develop over the course of the term.

BEVIN PILLAY, TEACHER
Scientific calculators are now back in stock; $25.00 each and available from the office. 
Art journals are in stock; $5.00 each and available from the office.

State High students will be participating in the fourth annual Senior Music Workshop on Monday 23rd February. Students will workshop a range of pieces during the day, learning ensemble skills from different conductors in the town.

A concert at 3:30pm will showcase their talents in the State High Community Hall. All welcome.

**Please consider becoming a member of our P&C**

Parents as members of the P&C are the voice of the school and allocate the distribution of fundraising to worthy school causes.

As a parent, you are invited to become an active member of the P&C by attending meetings in the Administration Lounge once a month (the second Tuesday in the month) for 1 hour from 6.30pm.

This is the place where school policy is decided and the place for you to have your say.

**Annual General Meeting: Tuesday 10th March, 6.30pm, office block.**

I wish to thank the Townsville RSL for their generous donation of books to our library.

Thank you to the Centenary Charity Markets who donated $300 which will be put towards teenage contemporary novels for our library.

**CAROL KING**

SECOND-HAND SCHOOL UNIFORMS FOR SALE

Shirts and shorts all $10.00 each

Shirts: 1 x size 16, 2 x size XS, 3 x size small, 2 x size medium.  
Shorts: 6 x size 16, 1 x size medium

If interested, please phone Karen on 0400 184 249
How can I get my teenager to go to school?

Many teenagers seek independence and think they know best. No matter how hard parents try, some students may be reluctant or refuse to go to school. These are some ideas which may assist parents in dealing with teenagers and school refusal. Addressing this issue promptly and setting up good patterns in adolescence can lead to future success.

**DID YOU KNOW?**

- Missing one day of school each week adds up to 2 months missed over a year.
- Each day absent in high school has an impact on numeracy skills.
- Poor attendance may be associated with future unemployment, criminal activity, substance abuse, and poorer health and life expectancy.

**WHAT YOU CAN DO**

- Talk about the importance of showing up to school every day, make that the expectation. Regular attendance at school sets up good behaviours for regular attendance at work.
- Help your teenager maintain daily routines such as finishing homework and getting a good night’s sleep. On average, teenagers need 8-9 hours sleep to be healthy and alert. You may also need to monitor their use of the Internet, mobile phone and TV at night to ensure they are not staying up too late or being disturbed while sleeping.
- Try not to schedule hair, dental or medical appointments during school hours. Arrange family holidays during scheduled school holidays so that they are not missing out on classes and, therefore, will not have to struggle to make up for lost time.
- Don’t let your teenager stay home unless genuinely sick. Complaints of headaches or stomach aches may be signs of anxiety.
- 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.
- If your school has an assessment calendar on its website, use this to help your teenager plan their study so that they avoid working late the night before an assignment is due.
- Be sure to set a good example – how you meet your commitments impacts on how they will meet theirs.
- Talk to your teenager. What are their feelings about school? What interests them at school? Are there any difficult situations? It helps if you open these discussions in a relaxed way so that your teenager knows you are demonstrating concern, not authority.

Every day counts – Is your child at school today?

www.education.qld.gov.au/everydaycounts
Try to be aware of your teenager’s social contacts. Peer pressure can lead to skipping school, while students without many friends can feel isolated.

Encourage meaningful extracurricular activities that your teenager enjoys, such as sports and clubs, to develop positive relationships and have success outside of a classroom setting. These activities can help your child feel part of the group, important to the school, and more motivated.

Set clear parameters around part-time work. Make sure that the hours your teenager is working do not impact on their ability to go to school the next day, or interfere with school assessment expectations or exam preparation.

Familiarise yourself with the school’s attendance policy. This can help when trying to reason with teenagers.

Monitor your teenager’s attendance and school performance. Periodically check with their teachers to find out how things are going. If you find it difficult to contact several different teachers by phone, try email. Alternatively, if your school has a year level coordinator, they may be a helpful point of contact in relation to specific issues.

Remember...
You can talk with school staff (such as the teacher, year level coordinator, deputy principal or principal) to find out what assistance they can provide to keep your teenager attending and engaged.

USEFUL WEBSITES
http://raisingchildren.net.au/
http://dta.qld.gov.au/initiatives/learningandwellbeing/resources.htm#
http://au.reachout.com/

CHARTERS TOWERS STATE HIGH SCHOOL
24 hour Student Absentee Line
07 4754 6560
Charters Towers State High School

School Watch
13 17 88
If you see anything suspicious at our school at night, on weekends or over the holidays, please call the School Watch number.

Please don’t attempt to intervene.
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<tr>
<th>TIME</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<td>BEFORE SCHOOL</td>
<td>MATHS - all years</td>
<td>HOSPITALITY - Yr 11,12</td>
<td>CHEMISTRY</td>
<td>SCIENCE - Yrs 7,8,9,10</td>
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<td>(8.15am - 9.00am)</td>
<td>SCIENCE - all years</td>
<td>Mrs Hackman</td>
<td>Ms Bhullar, G47</td>
<td>MATHS - Yrs 7,8,9,10</td>
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<td></td>
<td>Mr Daley, A03</td>
<td>G49 (starting at 8am)</td>
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<td>HISTORY - Yrs 7,8,9,10</td>
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<td>HPE - Yrs 10</td>
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<td>Miss O’Mara, A03</td>
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<td>FILM - Yr 8</td>
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<td>GEOGRAPHY</td>
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<td>Mr Pankhurst, G47</td>
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<td>LUNCH 1</td>
<td>ENGLISH - all years</td>
<td>MATHS</td>
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<td>MATHS - Yrs 7, 8, 9</td>
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<td>(11.30-12pm)</td>
<td>MODERN HISTORY - Yrs 11,12</td>
<td>HISTORY</td>
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<td>Mr Johnson, B22</td>
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<td>HISTORY - Yrs 7,8,9</td>
<td>Ms Hughes, FVT3</td>
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<td>ENGLISH - all years</td>
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<td>Yr 7,8,9,12</td>
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<td>Ms Hughes, G46</td>
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<td>LUNCH 2</td>
<td>CERT II IDMT - Yr 11,12</td>
<td>Staff Meeting</td>
<td>CERT II WPP - Yr 10</td>
<td>ENGLISH COMM - Yr 11</td>
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<td>Mr Pankhurst, G47</td>
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<td>AFTER SCHOOL</td>
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<td>MATHS - Yr 9</td>
<td>WPP - Yr 10,11,12</td>
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<td>(3.15 - 4.00pm)</td>
<td>BIOLOGY - Yrs 11,12</td>
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<td>Mr de Brenni, D33</td>
<td>Ms Thomas, D33</td>
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<td>Mrs Komodzinska, Lab 4</td>
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<td>MATHS A</td>
<td>MATHS - Yr 10</td>
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<td>Ms Bhullar, G47</td>
<td>HISTORY - Yr 7</td>
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<td></td>
<td>SCIENCE - Yr 10</td>
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<td>MATHS - Yr 7</td>
<td>Ms O’Mara, A03</td>
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<td>Ms Bhullar, G47</td>
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<td>Science - Yr 7</td>
<td>SEP Students</td>
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<td>English - Yr 7</td>
<td>Miss Higgins, SEP room</td>
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<td>ENGLISH - Yrs 7,8,9</td>
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<td>History - Yr 7</td>
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<td>HPE - Yrs 7,8,9</td>
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<td>Miss Halfpenny, A04</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.
National Day of Action against Bullying and Violence

Friday 20 March 2015

www.bullyingnoway.gov.au
In different contexts, one character trait has emerged as a predictor for success. It isn’t social intelligence, good looks, IQ, or physical health. It is “grit,” which the dictionary defines as “mental toughness”. It could be defined as resilience or the ability to “bounce back” after setbacks.

Mental toughness is the “perseverance and passion to achieve long-term goals; having stamina; sticking with your future day in and day out and working hard to make that future a reality; a marathon not a sprint.”

Studies have shown that there is a correlation between mental toughness and self-control. It takes mental toughness and self-discipline to raise kids – they have constant needs. It is difficult to deal with tantrums/ ensure homework is done/ provide healthy food choices (when even you would prefer a chocolate bar over an apple)/ monitor TV, computer time/ up and out in the morning (when you would prefer to be sleeping)…… and on it goes.

Seven traits of mentally tough people:
1. Look for positives and learn from mistakes;
2. Face fears;
3. Non-judgmental;
4. Celebrate successes of others
5. Realise that the only person they can control is themself and do not blame others for their mistakes;
6. Limit exposure to outside stimuli (e.g. Facebook, Angry Birds, Krispy Kreme donuts);
7. Accept and embrace change.

Mentally tough people embrace change, but they understand that change must first happen in them before it happens through them. Mahatma Gandhi said it so well. “You must be the change you wish to see in the world.”

CHRISTINE BARNES, GUIDANCE OFFICER

Adapted from Generationnext.com.au
What supports are available to school leavers with a disability in 2015?

Have you had an assessment with Disability Services?
To be considered for any Disability Services funded supports you need to have an assessment. This will mean that your support needs are captured by the department and can be considered whenever funded supports become available.

It is strongly recommended that you have an assessment before 31 May 2015. You will need to contact your local service centre to organise this. Your booking may be made several weeks in advance and you should make contact as early as possible to meet this timeframe.


What resources can I access to help with my transition?
There are various resources available to you and your family to help with the transition. Many of these can be found on the internet.

Disability Services has developed two resources to specifically assist school leavers.

Explore the possibilities – life after school is a guide which aims to provide a starting point for young people with a disability and their families for exploring the range of options available.

Supporting school leavers – a guide to understanding your supports is a guide intended to be used by young people with a disability and their family to assist with the implementation of supports once they have been approved.

These documents can be found at: Support for school leavers—resources | Publications | Queensland Government. Or you can ask your local Service Centre for a copy when you have your assessment.

What supports are available to you now?
For students in secondary school assistance is available through the My Future: My Life strategy to help students achieve the goals set out in their Senior Education and Training plan for life after school. Further information can be found at My Future My Life - Assistance for young people with a disability http://www.myfuturemylife.com.au/