Semester 1 drawing to a close: As you would be aware 26 June is the last school day of Term 2 Semester 1. This year the school has taken a stronger stand around students’ poor attendance and, as such, students will be assessed up to and including the last day of term. Report cards will, therefore, not be issued until Week 2 of Term 3.

If you don’t already have your email address registered with the school, please contact the office on 4754 6555 so that we can email your child’s report direct to you. For those without email, a paper copy will be sent home with your student/s.

Attendance rewards: Each term we celebrate those students who have achieved the required 95% attendance with a rewards activity in session 4 of the last day. I’m pleased to advise that the number of students participating in these rewards is growing as attendance improves and absences are satisfactorily explained within days, thus affording absent students the opportunity to be considered for 95% attendance.

School sport, excursions and extra-curricula activities: I congratulate all those students who have managed their attendance and behaviour this term, enabling them to represent the school proudly in interschool sport. Some have been very successful while others are sporting war wounds as a result of their participation. Those students participating in town teams for the school are doing well. I enjoyed my night at the netball a couple of weeks ago. Please thank the teachers who have dedicated many additional hours to lunchtime and afterschool coaching before managing and refereeing games on Wednesday and Thursday afternoons.

A reminder that to engage in extra-curricula activities and excursions, students must have 95% attendance, no more than 2 major behaviours and fees fully paid or on a long-term payment plan.

Senior Formal: 24 July is fast approaching and Year 11 and Year 12 students on the Organising Committee are very dedicated to providing a quality experience for their peers. The community is invited to see the “Stars” Walk the Red Carpet from 6.00 pm to 7.00 pm at the Arthur Titley Centre.

School Opinion Survey: Shortly, students and parents will be selected randomly to give their opinion on how they perceive the school is performing on a range of questions relating to the child’s education.

I invite you all to give informed opinions as to how the school provides for your child and if you need to attend the school to discuss anything or check facilities please make an appointment through the office.

Interhouse athletics (Thursday and Friday 30 and 31 July) and interschool athletics (Thursday and Friday 20 and 21 August): Parents and friends are invited to Friemann Oval to support us and the Parents and Citizens’ Association who will cater for both events. Remember, supporting the P&C supports the purchase of school resources for all children.

I look forward to your company and wish everyone a safe holiday and return to school on Monday 13 July.

Yours in Education, Moya A Mohr, Principal
Food for Thought
FRIENDS

The people you spend most of your time with will have quite a marked effect on the way you live and act as you will find yourself adopting a lot of their habits and hobbies.

Peer pressure is often referred to as being a bad thing but that's not always the case.

If you choose peers whose ways are good, then they will probably influence you to behave in the right way. On the other hand if you choose friends who are constantly getting themselves in some sort of strife, then it won't be long before you find yourself being led into doing things you don't really want to do.

Remember, it's your choice. Think of the characteristics that you like most in people and then look for friends who display those characteristics.

SHARON BEVERIDGE AND HELEN MILTON, CHAPLAINS

AUSTRALIAN DEFENCE FORCE

The Australian Defence Force (ADF) wants to encourage young women to challenge themselves, think outside the square and reach their full potential. On Saturday 13th June, 15 young ladies will have an opportunity to do just that!

Defence Force Recruiting Townsville is holding a highly exclusive event that will involve briefs from military pilots and aptitude screening to determine if these young ladies have what it takes to pursue the recruiting process as a military pilot.

Currently women comprise only 3% of the ADF pilot workforce. This is less than half the civilian aviation participation rate. More significantly, approximately 50% of Aviation College students are women yet Defence is recruiting female pilots at an average rate of 10% over the past 4 years. Given that women make up more than half the talent pool from which we recruit, we are missing a significant opportunity to attract high quality pilots. The figures indicate that high achieving female students are not considering a role in military aviation. In order to increase the number of female pilot candidates in the recruiting pipeline there needs to be a shift in the methods of attracting females to the role.

This activity, Dare to Defy Gravity, is designed to provide high achieving female students an opportunity to sit the aptitude screening tests to determine if they have what it takes to pursue the recruiting process to become a military pilot.

This activity aims to reduce perceived pressures associated with applying for the military by providing an easy opportunity for students to undergo the testing in a supportive environment. The activity will include the YOU session and the Additional Testing for pilot in a single session. There will be a custom YOU session brief, a parent information session and currently serving military pilots in attendance to share their stories with participants and their parents.

Charters Towers State High School Year 12 student, Jade Matthews, has been selected as 1 of the 15 young ladies to attend this event. Congratulations Jade!

MARIA VICKERY, WORK PLACEMENT COORDINATOR

State High Year 7 students selected in the Charters Towers District Team for Tennis and who will be representing Charters Towers in the North Queensland Trials in Home Hill on 16th June are: Jayde Miller (girls), Joseph Reid and William Scott (boys).

Teneal Baker and Jayde Miller have been selected in the Charters Towers District Team for U12 Softball.

Congratulations! MATT DE BRENNI, SPORT COORDINATOR AND THE TEAM
On Wednesday 3 June State High held its Second Annual Post School Career Options event for students with a disability and their parents/carers.

The event was well supported with a number of students and parents, as well as teachers from various Charters Towers schools attending to obtain information about options for students’ future choices.

Jim Haywood, Manager of the My Future My Life initiative, travelled from Brisbane to speak at the event and met with students, parents and teachers to share information about funding and support available.

The Challenge Games and a Disability Careers Expo will be held in Townsville on 29th and 30th July. There is also a senior conference to be held on the 27/28th August.

Please see flyers in this newsletter for more information.
KYLIE HIGGINS, TEACHER

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The Scene Project

On Thursday 4th June our school participated in The Scene Project. Our students spent the day participating in workshops with professional actors from the Queensland Theatre Company. Students participated in movement, voice and acrobatic workshops. Each school then showcased their performance. This allowed our students to view different interpretations of the same script.

Later that night all schools performed for our community.

The Queensland Theatre Company was blown away by the hard work each school put into the performance.

State High received an overwhelming amount of positive comments on our performance.

GORGATULATIONS TO ALL STUDENTS INVOLVED.

KELCEY KIRKPATRICK, TEACHER
We are pleased to invite you to be an audience member for our NAIDOC celebrations on Tuesday 14th July on our school oval from 10.00 am to 12.15 pm which will celebrate Aboriginal and Torres Strait Islander peoples' unique and timeless connection to land. This will feature a special assembly with guest speakers, dance troupe, didgeridoo player, school band. Art on the oval, Indigenous food tasting, yarning circle, and more. Please come celebrate with us!

RSVP to 4754 6555 by Thursday 25th June.
**“App” of the Fortnight - The Worry Box**

LEARN TO CONTROL WORRY AND GET RELIEF FROM ANXIETY

Self-help for Worry and Anxiety

- Does worry cause you to lose sleep?
- Does worry cause you anxiety and tension?
- Does worry give you headaches?
- Do you avoid things due to fear of outcome?
- Does your worry cause conflict with others?

PUT YOUR WORRIES AWAY IN THE WORRY BOX!

Use the worry cognitive diary to help you determine how to cope with the worry. If it's controllable, you can list the steps you can take to manage the worry. If it's not controllable, select from the list of coping statements to help you think about it differently.

Password protect your worry box.

LISTEN TO WORRY BOX AUDIO! Use the Worry Box audio to coach you through an exercise to learn how to manage worry. Determine whether your worry is important or unimportant and whether it is controllable or uncontrollable. Then use the worry box imagery and self-talk to learn how to put your worries away.

**Kylie Webber, Youth Support Coordinator**

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**Parking**

**Changed traffic conditions**

Please note that Council has placed no standing signs on the far side of Towers Street between School Street and the entrance to the staff car park (opposite the hall drop off zone). These restrictions apply from 7.00 am to 9.00 am and 2.00 pm to 4.00 pm. This means you cannot drop your child off or pick them up in that area, which is the majority of the Towers Street school boundary, on both sides.
INTERNET ADDICTION OR VIDEO GAMING ADDICTION

The 5 tell-tale signs of online gaming addiction:

1. Pre-occupation with gaming and hiding gaming use.
2. Social withdrawal or isolation.
3. Disengagement from school life.
4. Loss of interest in other activities.
5. Defensiveness and anger.

Tips on how to help teens with a gaming addiction:

1. **Parent tag team**: it is important that both parents take the addiction seriously and back each other up. They must approach their child together so that the child knows they cannot divide and conquer their parents by playing one off against the other in an effort to cover up their addiction; appealing to the weaker parent for support only enables the child to continue and to some extent hide their game playing from the other parent.

2. **Encourage educational games**: there are plenty of games that have an education base; encourage a child to play these instead of violent online games. There are also websites that engage players with other players from around the world to see who can complete educational tasks, like maths problems, the quickest. The participants are given points and can progress to different levels. It can give the player the same sense of empowerment, satisfaction and achievement as online commercial games.

3. **Set time limits**: parents need to establish clear time limits with a child. Enter into a contract if necessary. Sit down with the child and discuss what is a reasonable amount of time to play a game; by involving the teenager in the decision making process, they are more likely to adhere to the boundaries set.

4. **Look for the school connection**: is a child turning to online games because they are not doing well at school? It is hard to tell what comes first: the poor marks or the online games. Not performing well at school impacts a child’s self-esteem. They may retreat more into the game to cope with negative feelings about themselves. At least in the virtual world they can control things. Try to encourage their studies and find out if they are finding any areas difficult.

*PEW INTERNET & AMERICAN LIFE PROJECT. USA
WRITER HELEN SPLARN. EDITOR DR RAMESH MANOCHA. THE AMERICAN JOURNAL OF FAMILY THERAPY.*
2015 PENTATHLON DAY

Entry $20 per athlete
This includes the $5 NQ Sports Foundation Levy
Program Begins at 10am
Warm up from 9am onwards

Medals for 1st, 2nd and 3rd
Canteen facilities operating all day

NOMINATIONS CLOSE: Monday 13th July, 2015

CHARTERS TOWERS CLUB INC.
2015 PENTATHLON DAY

GENERAL INFORMATION AND CONDITIONS

1. Club athletes are those registered with, ANQ, QLAA, or QMA and be a member of an affiliated club.
2. Fees are $20 per nomination.
3. All club athletes must be attired in their correct CLUB uniforms.
4. Athletes who are, ANQ, QLAA or QMA members must wear their registered competition number affixed to the front of their uniform top.
5. Day registered athletes may wear their school sports uniform, a white T-Shirt or singlet.
6. Athletes can only compete in their own age group and must compete with their age group for the entire program.
7. Ages are determined as: Age at 31st December 2015
8. Medallions 1st, 2nd, 3rd place getters all age groups
9. Athletes must complete their FIVE events to be eligible for medallions and trophies.
10. In all field events there will be THREE attempts per competitor.
11. Warm Ups are the responsibility of each club and begin 9:00am

PROGRAM OF EVENTS
(Order not yet finalised)

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Polo Shirts
Available
$40
Payment can be made by cheque or direct deposit.
Contact Jaime on 4724 2500

2015 PENTATHLON DAY

To register go to http://www.athleticsnorthqld.org.au/ and follow the links.
Alternatively if you do not have access to online registrations please contact the ANQ office.

Email: admin@athleticsnorthqld.org.au
For further information contact: ANQ office: 47214998
Netball Fun Competition - NAIDOC Week 2015

FREE EVENT

Date: Saturday 20/06/2015
Time: 11:00am—5:00pm
Where: Rugby Union/Netball Grounds, Far end of Phillipson Road

Chips & soft-drink on sale.
Free Sausage Sizzle and Kids activities.

Registrations close: Wednesday 17/06/15 4pm
Don’t have a team? No Worries come up to the Neighbourhood Centre and we will put you in a team.

Player of the Carnival & Winner Trophy’s to be WON

This is an Alcohol & Drug Free Event.

For more details or to register contact Lisa Reid or Michelle Cooper
Charters Towers Neighbourhood Centre 4787 4797 or email lisar@ctnc.org.au
EXPO
INVITATION
To students, teachers, parents and carers to the biennial Transition Expo for Students & Individuals with Disabilities

Focus is to provide students (Yr 7 - 12), their families and the wider community with:-

- Opportunity to access post school options
- Community contacts and information regarding

- EDUCATION & TRAINING
- EMPLOYMENT
  - Supported Employment Agencies
  - Volunteering
- GOVERNMENT AGENCIES
- COMMUNITY SERVICES
  - Service Providers
  - Health & Well Being
  - Leisure & Recreation

DATE: Thursday, 30th July 2015
VENUE: SPORTS HOUSE
3-9 Redpath Street North Ward
TIMES: 11am – 2pm

Held on the second day of the Challenge Games to enable parents, carers, teachers and students to attend during breaks in events.

Proudly Sponsored by medibank Community Fund
NDCO
Queensland Government

For further information please contact Kathryn Foster k fost17@eq.edu.au Ph. 4726 7666,
Fax. 4726 7600, William Ross SHS
UNDERSTANDING CHILDREN WITH COMPLEX NEEDS

CHARTERS TOWERS 2 DAY PROGRAM

Wednesday 24th June and Thursday 25th June 2015

Evolve Therapeutic Services (Queensland Health) and Evolve Behaviour Support Services, (Queensland Department of Communities) provides therapeutic and behaviour management services specific to children in care. The purpose of the training is to support carers, educators, health professionals and support staff working in the care industry and to ensure that all participants are afforded an opportunity for maintaining skills and enhancing their knowledge base in the areas of complex behaviours.

The training package has been developed as a way of assisting people in the management of children and young persons in care. The program is both theoretical and practical in delivery and the content includes:

- Brain Development and the Impact of Trauma
- Complex Trauma and Attachment
- Understanding Anxiety
- Working with Difficult Young Persons
- Coregulation and Comfort
- Strategies and Skills for Positive Behaviour Support
- Case Studies (practical application of learning)

Dates of Training: Wednesday 24th June and Thursday 25th June 2015

Venue - Eventide Aged Care Campus Concert Hall, Dalrymple Road, Charters Towers.

Cost – Free to persons who work with children in care

Daily Course Time – 8.30am- 4.30pm

Participation in the program is free and a CD containing program content, associated handouts and resources will be provided to all participants. Participants must complete the full 2 days of training as learning is sequential and builds upon prior knowledge. A Certificate of Attendance will be provided to participants who complete the 2 days training.

NB Please bring your own note taking resources. For Further information or enquires please contact

For Further information or enquires please contact

Wayne Scott
Evolve Therapeutic Services
Mental Health Service Group
Townsville Hospital and Health Service
Phone: 4433 9068  Fax: 4433 9001

Email: wayne.scott2@health.qld.gov.au
My Future: My Life’s THINK PREPARE PLAN Conference presents an inspiring and comprehensive program that explores what it takes for secondary school students with disability to transition successfully to life after school.

Dr Patrick Schwarz from National-Louis University, Chicago and a suite of other national and local speakers will inspire thinking and share practical examples of how to plan for and transition to futures which maximise economic and social inclusion.

TOWNSVILLE
10 – 11 August 2015
Jupiters Hotel and Casino, Townsville

VIEW PROGRAM AND REGISTER AT:

COST FOR 2 DAYS
People with disability and family members $85
Educators and other professionals $250
Including networking function
Single day registrations welcome

FOR MORE INFORMATION CONTACT
Conference Coordinator P 03 9753 2562 E thinkprepareplan@corporatechallenge.com.au
PRESENTS

STEVE GRACE

DROUGHTLAND RAIN TOUR

2015

FREE COMMUNITY EVENT
CHARTERS TOWERS SHOWGROUNDS
SAT, 20 JUNE 2015
5PM FREE BBQ // 6PM CONCERT

Bring your own chair or blanket!