**Letter to all Students and their Families:**

Dear Parents,

Please allow me to allay your concerns regarding the recent article “School Bans Sport” published in *The Northern Miner* on Friday 6 November.

The school, through the Department of Education and Training, issued the following statement to the newspaper prior to publication:

“Charters Towers State High School will not be preventing students from competing in any school-based or inter-school sporting activities in 2016”.

I want to re-assure any current and prospective students and their families that no students at Charters Towers State High School will be banned from school-based sports carnivals, the regional annual inter-school sports carnivals (swimming, athletics and cross-country) or weekly inter-school sports such as rugby league and netball.

Charters Towers State High School takes the health of its students very seriously and I understand the value and importance of sporting activity to our students’ overall wellbeing.

Yours sincerely,

*Moya A Mohr*
Principal

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**2015 Graduation and Valedictory:** A reminder that the final assembly for graduating Year 12s will be held in the school’s Community Hall on Tuesday 17th November and families are invited to attend. The Valedictory night is on Thursday 19th November and tickets are now on sale in the office. I look forward to celebrating these momentous milestones with students, families and staff.

**2016 Enrolments:** Prospective Year 7 students have had their enrolment pack delivered to the Primary Schools this week and I encourage parents to have them back to the office asap so that timetables can be finalised ready for their final Transition Days. Students and families new to the school in other year levels are invited to make enrolment appointments with either Deputy for the Junior School (years 7-9), Derek Copelin or Deputy for the Senior School (years 10-12), Shirley Holcombe.

**Last Day of School 2015:**
- Years 10/11 finish on 27 November
- Years 7-9 finish on 11 December

**First Day of School 2016:** All students return to school on **Wednesday 27 January** with a whole school assembly and swimming carnival nominations taken.

Yours in Education, *Moya A Mohr*, Principal

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**DATE CLAIMERS**

- **Y12s Final Assembly**
  - Tuesday 17th November

- **International Men’s Day Breakfast**
  - Thursday 19th November

- **Valedictory Dinner**
  - Thursday 19th November

- **White Ribbon Day**
  - “Violence against women is never acceptable”.
  - Wednesday 25th November

- **Final Day Years 10 and 11**
  - Friday 27th November

- **Year 7s in 2016**
  - **Open Morning**
  - 9am to 10.30am
  - Monday 30th November
Congratulations to the following Student Leaders Elect for 2016

School Captains: Harmony Barath, Daisha Johnson, Madeleine Power and Abi-Gail Thomas.

Student Representative Council—Seniors: Alyssa Congoo, President; Dakota Heilman, Vice-President; Lara-Jane Kimber, Secretary; Treasurer to be confirmed.

House Captains—Seniors: Elly-Bea Warcon, Clarke; Tahrea Briffa and Wade Buchholz, Fraser; Nash Lowis and Dana Burke, Friemann; Norman Butler and Madelyn Glenwright, Mosman.

Junior Secondary Captains: Kendrah Barrett, Colby Coffison, Makayla Killick and Rhys Rafter.

Student Representative Council—Juniors: Kagan Archer, President; Danae Bahr, Vice-President; Jack ConGoo, Secretary; Bailey Duffin, Treasurer.

House Captains—Juniors: Lachlan Truscott and Chayce Moore, Clarke; Serenity Flanagan and Jayden Walker, Fraser; Jacob Bawden and Shakira Majid, Friemann; Stephanie Lowe and Jamis Postlethwaite, Mosman.

*We wish you well for your future endeavours for our school.*
Day for Daniel was a huge success, with the Daniel Morcom Foundation Child Safety message reinforced by Belinda Peacock our School Based Police Officer.

Students now have better skills on how to recognise, react to, and report unsafe situations.

This event was held on Friday 30th November and included the release of 400 red balloons.
This was not a fundraising event.
Hundreds of sausages were consumed!

Thank you to everyone, both students and staff, who participated and helped out.

I’d like to say an extra huge thank you to the following students: Colby Coffison, Jasmine Gillard, James Copelin, Jemma Farraway, Harmony Barath, Makayla Killick, Kendrah Barrett, Kassidy-Rose McMahon, Shane King and Aimee Andrews for their wonderful efforts; the day could not have happened without them.

Kylie Webber, Youth Support Coordinator

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NQ Region Athletics Championships

The representative program for Athletics offers opportunities for 13-19 years boys and girls to compete at State and National championship levels.

Congratulations to the following boys who represented Charters Towers State High School and the NQ region in the 13-19 years State Championship from 22nd October to 25th October 2015 at QSAC.

Nash Lowis 2nd 16 years javelin, 59.63 metres
Cape Lowis 7th 17 years javelin, 53.45 metres
Richie Lau Lau 17 years javelin, 42.9 metres
Ezekiel Kukutu 18 years 100 metres – 6th 11.42 seconds
200 metres – 2nd 23.13 seconds
400 metres – 2nd 51.01 seconds

Congratulations, you have done us proud.

Matt De Brenni, Sports Coordinator
OPEN MORNING

For all prospective
Year 7 parents
in 2016

Monday 30th November
from 9.00am to 10.30am

Join us to experience learning and life at Charters Towers State High School. Our Junior Secondary Open House will be conducted during normal school hours in order to show exactly how our school functions every day.

Our Open House will coincide with our primary students’ transition day to State High.

The Open House will give you an opportunity to talk to our current and transitioning students, meet our staff, visit classrooms and tour the school campus.

We will conclude with a morning tea and a Question & Answer session.

Please contact the school office on 4754 6555 to indicate your attendance, for catering purposes.

Please direct any questions to Aaron Willis at the school.

Welcome to State High!

Moya Mohr
Principal
In the Special Education Program the students in Job Skills have been developing their team work and their problem solving skills.

They have been given two challenges to complete. For example, the first challenge required the students build the highest tower possible with only 20 paperclips, 20 straws and four skewers.

All students participated brilliantly, did their absolute best and created different towers. Well done!

WES SMITH, Teacher

Year 8 and 9 students in the SEP have been studying the structure and function of the cell. They have learnt that a cell is the basic unit of life and all living things are made up of cells. These can only be seen under a microscope, so we made a 3D model in order to have a better understanding of this tiny but intricate building block of life.

Students learnt the functions of the organelles inside a cell and later they got to eat it... yummmmy!

FAUZIA IJAZ, Teacher
Best Hats – Melbourne Cup
It was a bit of fun running a “Best Hats” competition in the library, at lunch time, on Melbourne Cup day. Mrs Goldenberg and Ms Salat won the best female staff and Kirra Shepherdson won the best female student. Prizes for best males could not be given because no male was brave enough to compete. Let’s hope they get their “brave” on next year! CAROL KING, RESOURCE CENTRE

Queensland term dates – Term 4, 2015
Year 10 and 12 finishing dates for 2015
Year 12—20 November 2015
Year 10 and 11—27 November 2015
Year 7, 8 and 9—11 December 2015

Queensland term dates – 2016

<table>
<thead>
<tr>
<th>Term</th>
<th>Dates</th>
<th>Length</th>
</tr>
</thead>
<tbody>
<tr>
<td>Term 1</td>
<td><strong>Wednesday 27 January</strong> - Thursday 24 March</td>
<td>9 weeks</td>
</tr>
<tr>
<td>Term 2</td>
<td>Monday 11 April - Friday 24 June</td>
<td>11 weeks</td>
</tr>
<tr>
<td>Term 3</td>
<td>Monday 11 July- Friday 16 September</td>
<td>10 weeks</td>
</tr>
<tr>
<td>Term 4</td>
<td>Tuesday 4 October - Friday 9 December</td>
<td>10 weeks</td>
</tr>
</tbody>
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Staff Professional Development Days (SPDDs) 2016
21, 22, 25 January
6, 7, 8 April
17 October

Year 10 and 12 finishing dates for 2016
Year 12 - 18 November 2016
Year 10 and 11 - 25 November 2016
Traffic Conditions—Towers Street

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 (on the hill opposite the hall drop-off zone) to provide safer traffic conditions for students. 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.

Parents should not perform a U-turn on the crest of the hill near the hall drop-off zone.

DO YOU HAVE THE APP?

This year we transferred from Skoolbag to the QSchools App and parents are encouraged to use this application which is a cost effective means of receiving timely information from the school, including newsletters. This application is expected to broaden in the future and be used for a variety of communications between the school and parents and, in turn, between parents and the school.

To download or update the QSchools App (Android, Apple or Windows 8), search for Charters Towers State High School and “favourite” your school to receive updates. Please ensure push notifications are enabled in your phone settings.

Parking

Traffic Conditions—Towers Street

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 (on the hill opposite the hall drop-off zone) to provide safer traffic conditions for students. 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.

Parents should not perform a U-turn on the crest of the hill near the hall drop-off zone.
What is the Stolen Wages Reparations Scheme?

The Queensland Government has announced $21 million to make reparations payments to Aboriginal and Torres Strait Islander peoples and other Queenslanders whose wages and savings were controlled by past Queensland Governments under the Protection Acts.

The Stolen Wages Reparations Scheme will set out how the $21 million will be distributed. The Scheme is still being developed. Part of this process includes the Stolen Wages Reparations Taskforce that was recently announced.

Who is on the Taskforce?

The Stolen Wages Reparations Taskforce is chaired by Mr Mick Gooda, Aboriginal and Torres Strait Islander Social Justice Commissioner, Australian Human Rights Commission. Mr Gooda is supported by 11 other Taskforce members from across Queensland.

The Taskforce Members are:

- Mr Mick Gooda (Chair)
- Ms Pauline Ah Wang - Thursday Island
- Mr John Anderson – Brisbane
- Ms Gail Barry – Townsville
- Ms Rosaline Bourne – Mackay
- Mr Morris Cloudy – Townsville
- Ms Pamela Hegarty – Rockhampton
- Mr Raymond Sambo – Cairns
- Mr Marshall Saunders – Brisbane
- Ms Vivienne Schwartz – Rockhampton
- Mr Thomas Sebasio – Brisbane
- Ms Viola Sheridan – Brisbane

What will the Taskforce do?

The Stolen Wages Reparations Taskforce will make recommendations to government about the Scheme’s eligibility criteria and how applications will be assessed. To inform their recommendations, the Taskforce will consult with affected stakeholders across Queensland. Once the Reparations Scheme commences, the Taskforce will continue to provide advice to government to address any implementation issues.

www.qld.gov.au/reparations
Have your say...

In addition to face-to-face consultations, the Taskforce is taking written submissions. People affected by stolen wages and savings are invited to put forward their ideas about:

- What the eligibility criteria should be for the Stolen Wages Reparations Scheme?
- How applications to the Stolen Wages Reparations Scheme should be assessed?

All written submission should be sent to the Stolen Wages Reparations Taskforce, PO Box 15397, City East, Brisbane, QLD, 4002 or lodged via email – reparations@datsip.qld.gov.au

Submissions close 20 November 2015.

You can also contact your local NQ taskforce members –

Morris Cloudy – 0400 714 590
Gail Barry - 0467 034 590

When will the Scheme start?

The Stolen Wages Reparations Scheme is expected to commence in late 2015 after the government has considered the Taskforce’s recommendations and will run until 2018.

Who will be eligible?

The eligibility criteria has not yet been decided. The Taskforce will make recommendations to Government about who should be eligible. Once Government decides what the criteria will be, application forms and other information will be made available.

When will applications be available?

Applications will be available toward the end of 2015. There will be widespread notification of the application process before it starts and plenty of time to apply.

For more information...

Visit www.qld.gov.au/reparations or call the Reparations Project Team on 1800 619 505 which is free from landlines. Mobile phones will be charged at standard rates.

Department of Aboriginal and Torres Strait Islander Partnerships (DATSIP)

NORTH QUEENSLAND
Townsville: PH: 4799 7470
Mackay: PH: 4862 7001
Mt Isa: PH: 4747 2089
HELPING KIDS DEAL WITH TEST STRESS

Any children find doing tests stressful which can impact on their wellbeing. Test stress can lead children to suffer from: lost sleep, absenteeism, stress, fear of failure.

Encourage children with these 7 Steps to Success because tests can be a great opportunity to teach valuable resiliency skills that can be applied to all areas of life!

1. Understand the Power of Thinking
   Teaching children to understand the difference between helpful and unhelpful thinking (eg. “I can do this”, “It will be OK”) helps children to feel calm and brave and gives them confidence to “have a go”.
   Many children have unhelpful thoughts (eg. “I’m going to fail”, “I can’t do this”, “It’s too hard”). These thoughts trigger negative emotions that can further impact on a child’s resiliency. It is important that children learn to reframe unhelpful thinking into helpful thinking.
   - Help them to see the differences between helpful and unhelpful thoughts.
   - Encourage them to reframe their thinking.
   - Model helpful thoughts and have them regularly repeat these out loud and to themselves.

2. Learn how to calm their bodies
   When children experience stressful emotions, their bodies release hormones that create a fight or flight response. These physiological responses lead to racing heart rates, sick feelings, headaches, etc. Teaching children to calm their bodies down reduces the impact of unpleasant body responses.
   - Teach children to take slow breathes
   - Relax muscles by tensing and relaxing from the shoulders down
   - Have a drink of water to settle their stomachs

3. Help them to understand good sleep hygiene
   When stressed many children struggle with sleep which contributes further to the problem. Encourage them to have good sleep routines helps them develop habits that set them up for a greater chance of success. These habits might include:
   - A regular bedtime
   - No technology in the bedroom, or for an hour before bed
   - Having a warm bath of shower before bed

4. Connect positively with those around them
   Encourage time spent with friends and family to build confidence and coping skills.
   - Provide opportunities to do fun activities with friends
   - Practise conflict resolution skills.
   - Provide positive feedback.

5. Identify what areas children are most challenged with academically
   Lack of confidence in literacy and numeracy can further create test stress. Support children academically by:
   - Teaching little tricks to remember rules or skills
   - Providing extra coaching or support from another person
   - Playing games to teach challenging skills

6. It’s OK to make mistakes
   Some children become particularly anxious of not excelling or failing tests. These children benefit from learning that sometimes the greatest lessons in life come through our mistakes.
   - When children make mistakes reassure them it’s OK
   - Ask them what they have learnt and what they would do differently in future
   - Be aware of how you react when others make mistakes in front of you (eg. in the car)

7. Reassure them that their worth is not measured by their test results
   Children’s sense of worth is very fragile. Their self-confidence and identity is still growing. As parents and teachers it is important that children know we value them not because of what they achieve but who they are.

How do we avoid children being stressed by the test? Approach the test not just from an academic viewpoint but from a social and emotional perspective too. Then, we not only see improved academic results, but we also see empowered students for life.

(Adapted from an article by Jocelyne Chipside, Generation Next Blog, April 2015)
presents a free 3 hour presentation:

Paving the Way to the National Disability Insurance Scheme (NDIS)

Pave the Way invites people with disabilities and their families to a presentation about preparing for the National Disability Insurance Scheme (NDIS) which will begin to roll out in Queensland in July 2016.

The NDIS is a new Federal system for ensuring people with disability have the support they require to engage more fully in social and economic life.

To assist individuals and their families to understand what the NDIS will involve this presentation will explore:

♦ A general overview of the National Disability Insurance Scheme and the role of the National Disability Insurance Agency (NDIA)
♦ What you need to do to prepare for planning with the NDIA
♦ What you need to do to develop confidence as a consumer of disability services.

To register for a presentation online:
Visit the Pave the Way website: www.pavetheway.org.au

Or contact Pave the Way:
Phone: (07) 3291 5800; Toll free call: 1300 554 402

Should you require support/ consideration for dietary, mobility, auditory, visual, interpreter or cultural needs, please let us know when you book your place and we will endeavour to assist you.

Presentation Details:

CAIRNS
Saturday 14th November, 2015
10am – 1pm
Seville Mercy Conference Centre
35 Bauhinia Ave, Earlville

TULLY
Monday 16th November, 2015
10am – 1pm
Red Cross Hall
17 Bryant Street, Tully

TOWNSVILLE
Wednesday 18th November, 2015
10am – 1pm
Sports House
3—9 Redpath Street, North Ward

CHARTERS TOWERS
Thursday 19th November, 2015
9:30am – 12:30pm
Buffalo Hall, Charters Towers
Neighbourhood Centre
3 Powell Lane, Charters Towers
Parking available on Hodgkinson St.

Morning tea provided.
Register by Thursday November 12th to ensure your place.

PLEASE NOTE:
We require a minimum number of 8 for these presentations to proceed. Venues used by PTW are accessible.

An NDIS Participant Readiness activity funded by the Department of Communities, Child Safety and Disability Services.
1. Online System | Pay School Invoices
   - Pay School Invoices
     (SRS; Text Book Fees; Camps; etc.)
   - Access via ANY Computer or Smart Phone
2. Payments Accepted:
   MasterCard | VISA
3. Secure Payment Method

Biller Code:
1002534 (DETE)


ALL 4 fields MUST be filled in!
If you get ABSTUDY for your children, they need to attend school so your ABSTUDY payments continue.

If your child misses a day of school, you need to let their school know why. If your children miss too many days, your payments may be stopped.

For more information, go to humanservices.gov.au/abstudy or call ABSTUDY on Freecall™ 1800 132 317 or visit your local service centre.
Has something changed in your life?

If you are going through any changes such as moving house, changing your study details or getting a new job, let us know within 14 days.

We need this information to make sure you are paid the right amount.

If you are overpaid, we will work with you on a plan to pay the money back. For a list of changes you need to tell us about, go to humanservices.gov.au/abstudy

Australian Government
Department of Human Services

humanservices.gov.au/abstudy

Kids Helpline
1800 55 1800

parentline
1300 30 1300

grandparents information
1300 135 500