

6 June, 2014

Principal's Message

This week we held two highly successful Junior Secondary Year 07 parent information sessions where over 60 parents attended across the daytime and twilight tours. Parents were provided with great insight into the preparation that have been undertaken across the last three years to ensure that Isis District State High School is ready to welcome Year 07 into our school in 2015. Parents were taken on a tour of the new Year 07 learning spaces at the Annex Campus, presented with the core curriculum and elective programs and exposed to a variety of different technologies used every in our classrooms. The Year 08 information sessions and school tours will occur in early Term 3. Further information will be provided as this date gets closer. I would like to thank the Junior Secondary Deputy Principal Michele Kirkland and Head of Department Gary Munks for their ongoing commitment and effort to ensure the success of our Junior Secondary program.

Congratulations to our Concert Band conducted by Mr Little and String ensemble conducted by Ms Haaksma who recently participated in the Education Queensland *Fanfare Festival of Bands and Orchestras*. Our Concert Band was awarded a Gold award. We were the only high school across the Bundaberg region to be awarded Gold. Our String ensemble was awarded a Silver award. Each success is a result of not only the student talent and commitment, but also due to parent and staff support.

Congratulations also must go to Brooke and Aleisha who recently represented us magnificently in Maryborough and Brisbane at the Rostrum public speaking finals. Thank you to teachers Gloria Davey and Meryl McCulloch who supported the students.

In mid Term 1, I provided information on the school's new Assessment Policy via the newsletter. With students commencing the main assessment period of the semester it's important to ensure student succeed are support to exceed their potential. The policy supports high expectations for student assessment while also providing support when extensions and 'special considerations' need to be applied. The key components of the policy include:

- A draft assignment must be submitted by the 'checked-date' for all assignment work
- All assignments / tests must be completed on or by the due date
- Parents / Carers will be notified immediately if a draft or final piece or assessment is not submitted by the 'Checked-date' and /or 'due date'
- A 'Request for Extension' to the due date or 'Special Consideration' must be submitted before the due date.
- All assessment items (assignments, test and practices) must be completed
- If a student is absent on the due date, the student is still required to submit assessment on the due-date. They can have family or friends submit to the school or email teacher by due date.
- No submission by due date (hard copy / electronic copy) will mean that result will be based on the draft / notes / evidence submitted up until this due date (QSA and school policy). If no draft, evidence or final assignment is submitted a NR (Not Rated) will be awarded.

Teachers will notify parents when students have failed to submitted their draft assessment by the 'checked-date' and final assessment by the 'due-date'. Parents and students can download 'Request for Extension' and 'Special Consideration' forms from the schools website. Alternatively these can be collected form the schools Administration Office.

The policy is available on the schools website or copies can be collected from the Administration Office. Questions or concerns should be directed to your student's individual class teacher or Head of Department.

Kind Regards,

Brett Kavanagh – Principal

FORTHCOMING EVENTS

09 Jun	PUBLIC HOLIDAY	23/27 Jun	Yr 10 Work Experience
10 Jun	Yr 08 No Limits Exc	27 Jun	Last Day of Term 2
24/25 Jun	Roadcraft	14 Jul	First Day of Term 3

Rostrum Voice of Youth

On Saturday 31 May, Isis District State High School again participated in the South Queensland finals of the Rostrum Voice of Youth public speaking competition in Brisbane. The afternoon competition saw junior and senior representatives from a number of schools across South East Queensland present at the highest level and enthral their audience and the adjudicators. Aleisha (Yr 10) and Brooke (Yr 12) have devoted much time since their win in Round 2 at Maryborough, practising and refining their speech techniques for the event. Although, in both divisions, it was not Isis High's day to shine, our students made our school proud against some very tough competition. Congratulations to all of our representatives in this competition and particularly to Aleisha and Brooke who reached such a high level.

Mrs Gloria Davey – Senior Teacher English

Bundaberg Careers Expo

Students in year 10, 11 and 12 attended a school trip to the Bundaberg Careers Expo on May 27.



The students represented the school with the highest of standards. Students gathered information about possible careers from experts in that particular field.

To support the students in deciding on the appropriate senior pathway, the students will complete a work unit in Social Studies in term 3 to further investigate their options.



The Social Studies Team

Year 07 High School Experience

On Tuesday 27 May, Year 07 students from a number of our 'feeder' primary schools visited Isis District State High for a taste of what it is like to attend High School. Approximately forty pupils from Cordalba State School, St. Joseph's Catholic Primary School, Howard State School, Dallarnil State School, and Goodwood State School joined our Science and Manual Arts Departments for a lesson and a fantastic lunch cooked by some of our Senior Leaders. A special thank you to our Year 09 Tour Guides - Brianna, Emily, Courtney-Rae and Aaron, who did a great job showing the Primary School students around our school.



Matthew showing off our new goats to Year 7 students from St. Joseph's Catholic Primary School.

Gary Munks – HOD/Junior Secondary School

Cattle Show Team

Congratulations to the cattle show team who have been very busy over the last two weeks. We attended the Maryborough Show where our lead steers received a second and third place. Our students also performed exceptionally well with Chelsea receiving a third place in junior judging and Vader-Ann receiving a highly commended in the senior handlers. Our team also competed at the Bundaberg Show where both steers and students performed admirably showing a vast improvement in their public speaking skills for the junior judging competition. Unfortunately both the steers and students were outdone on the day. Everyone has earned a well earned break from the show ring and will continue competing later next term. Congratulations to all members.



Catherine Christsen – Agricultural Coordinator

Year 09 Agriculture

Mr Walmsley's Year 09 agriculture class have just completed a unit on poultry. Included in this unit was an opportunity for students to put fertile eggs in an incubator and see them hatch after a period of 21 days. They also had an opportunity to take home and care for a chicken over a period of two weeks. This is a great way for students to gain a better understanding in how chickens live and what it takes to look after them. They take them home at the end of each day, feed them and care for them and bring them back to school each day and leave them in a designated pen while they are at school. This is just one of the many exciting activities students enjoy doing whilst studying agriculture here at Isis District State High School.



Lyndon Walmsley – Agricultural Teacher

Lack of Sleep

Lack of sleep is harming kids development

When teenagers miss out on their sleep the consequences can be even greater with the developing brain of a teenager needing an average 9 hours of sleep per night.

How do children become sleep deprived? Here are some of the reasons why young people do not get enough sleep:

- *Caffeine: eating and drinking food (tea, coffee, cola drinks and chocolate) with caffeine in it in the evenings can hype a young person up so they find it hard to wind down sleep at night.*
- *Hormonal time shift: puberty hormones shift the teenager's body clock forward a couple of hours, making them sleepier one to two hours later.*
- *The world of technology: the lure of stimulating entertainment such as television, texting, the Internet and computer gaming can keep any young person up for hours.*
- *Too tired to sleep: all children/teenager's become overactive if they are over tired. An over-aroused brain is less able to fall asleep.*

Chronic ongoing sleep deprivation could potentially lead to:

- *Concentration difficulties and mentally 'drifting off' in class;*
- *Shortened attention span and memory impairment;*
- *Poor decision making and lack of enthusiasm;*
- *Moodiness, aggression and depression;*
- *Risk-taking behaviour*

Tips on how to get young people to sleep

- *Allow your child to sleep in on the weekends;*
- *Encourage an early night on Sundays, so they are refreshed and ready to start their week. Decide together on appropriate time limits for any stimulating activity such as homework, television or computer games. Allow for enough 'wind down' time after activities;*
- *Avoid early morning appointments, classes or training sessions for your child if possible. Encourage your child to finish their homework when they come home from school rather than leaving it until after the evening meal;*
- *Make sure their weekly schedule is not too hectic. Limit after school activities to a couple a week so they have days when they come home and relax after school. Make sure your child has a calm peaceful place to sleep. Factors that influence your child's quality of sleep include a noisy bedroom, a light filled room, a lumpy mattress or the habit of lying awake and worrying;*
- *Make sure they don't start their bedtime routine too late (no matter how old they are!);*
- *Consider teaching them a relaxation technique to help them wind down in readiness for sleep;*

As children enter their teenage years they have a tendency to want to go to bed later and sleep late the next day. Help them to slowly adjust their body clocks to find a balance.

(Victorian Government's Department of Health , 2014)

2015 Year 7 Enrolment Interviews

Monday 4 to Friday 8 August 2014

Call us for an interview time. Interviews help us place your child in a class that best suits their needs, thus making transition into high school as easy as possible.

Staff available for interviews: Gary Munks, Anneka Lloyd, Michele Kirkland, Brett Kavanagh and Dearnne Beatson.

Contact the office on 4192 1222 or email: the.principal@isisdistshs.eq.edu.au for an appointment!



WOODGATE BEACH BUS MEETING Goodwood/Woodgate route P168/P1069

Tuesday 10 June 7:00pm

at

Woodgate Beach Bowls Club

Open discussions on bus conduct

All Parents involved with this bus route are urged to attend

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