

17 February, 2014

## Principal's Message

It has been exciting to see students from Isis High make a big splash over the last two weeks at our Senior and Junior Swimming Carnivals. The new day time format saw excellent attendance and participation in all events. Our Sport Captains also displayed outstanding leadership during their first carnival of the year. Our newly purchased portable shade shelters were a welcome addition and will be used for a variety of school and regional events. Both carnivals were a credit to sports teachers Miss Clewes and Mr Cutler and all of the staff that assisted and executed two well-run events. It was also wonderful to have a number of parents supporting students at both carnivals. A full report is featured below.

All students have now been issued with their personalised Semester 1 Assessment Planner. I urge parents to keep this document in a prominent space where it can be regularly checked and conversations with students can be had around organisation of study time and progress with assignments.

Students will also be able to access their personalised Student Course Planner and Timetable at any stage from their own OneSchool profile. It can be accessed from any computer by going to the following link <http://oslp.eq.edu.au>. Students will need their

school MIS **username** and **password** to access their personal OneSchool profile. Simple instructions have been emailed to all parents who have supplied their email addresses to the school.



Kind Regards,  
Brett Kavanagh – Principal

## 2014 Swimming Carnival

The inter-house swimming carnival took on a new look for 2014, moving away from the traditional twilight event to a daytime event. Split over two days to accommodate the whole school and including a host of novelty events allowing everyone to have a go and contribute to their houses overall points. The days featured a great spirit and friendly rivalry between the Badilla 'Boaties', Pindar 'Pirates', Trojan 'Tikis' and the 'Vacationers' from Vesta. Participation levels were high from all houses, with each receiving around 300 points from the mass participation (*also an event in which we even saw some of our water-phobic teachers take to the water in the name of their house*). However, there can only be one winner and for the second consecutive year, that honour went to Badilla house who amassed a whopping 890 points. The race for second position was heavily affected by the participation points, with Vesta sneaking in over the top of Pindar by a mere 15 points after all results were tallied. Trojan house also had strong participation levels (*and won the inaugural noodle rescue race*) but slipped away from the others by the end of the carnival. The carnival once again saw some stand-out performances with 10 records being broken (*6 of which had stood for more than 25 years*) and 8 records being created in new events. Caleb from Badilla and Brianna from Pindar dominated their age groups once again. Caleb set a new record for every event he swam in expect the 66m Freestyle, while Brianna set new records for 33m Freestyle, Backstroke and Butterfly as well as the 66m Freestyle. It was an amazing achievement by two fantastic swimmers. The carnival had a great atmosphere to it and the most pleasing thing to see from my prospective was to see so many students having a great time and participating. It's not whether you win or lose, that matters, it's the memories that you create along the way and the 2014 Isis swimming carnival is going to be a great memory for me, and I hope a lot of you.

### Age Champions for 2014:

13yrs boys – Mitchell (Vesta)  
14yrs boys – Iszach (Pindar)  
15yrs boys – Caleb (Badilla)  
16yrs boys – Aden (Vesta)  
Open boys – Thomas (Trojan)

13yrs girls – Sarah (Trojan)  
14yrs girls – Brianna (Pindar)  
15yrs girls – Elyse (Pindar)  
16yrs girls – Lauren (Badilla)  
Open girls – Ella (Vesta)

Analee Clewes- Sports Co-ordinator

***Every lesson, Every day ... COUNTS!***

## Immunisation

The annual School Based Vaccination Program (SBVP) provides secondary students across Queensland, the opportunity to be protected from a range of diseases.

Vaccinations offered on 06 March include:

Year 08 students

- Human Papillomavirus (HPV)
- Varcilla (Chickenpox)

Year 10 students

- Diphtheria-tetanus-pertussis (whooping cough)
- Human Papillomavirus (HPV) Male students (a catch up program in 2014)

Permission forms were handed to students on Year level parade last Friday and are required to be completed and returned as soon as possible.

*Dearnne Beatson – Deputy Principal*

## Assessment Planners

This year students have received an individual Student Assessment Planner for Semester One. It contains the dates of most assessments planned in their timetabled classes for Semester One 2014, as at 14 February. Its purpose is to encourage and assist students to properly plan and manage their study and assignment preparation time. In this way, students should avoid unnecessary 'last minute' rushes to have work completed on time. Students should study this document and note the assessment dates for their subjects.

Where changes to the listed assessment dates need to be made, subject teachers will discuss and negotiate these changes with students.

Students should identify possible concerns and/or problems (eg. a large number of assessments on the one day) and raise them with their teacher, Head of Department or Subject Area Coordinator, for an explanation or resolution. Students may direct any general queries in relation to this document to me.

*Dearnne Beatson – Deputy Principal*

## Free Tutoring in English and Maths

Free afterschool tutoring will commence next week for all Isis High students who would like extra assistance in english and maths.

All tutoring will be held in the school Resource Centre between 3:30pm and 5:30pm. Students may attend for as little as half an hour or the entire two hours, however they must sign up for tutoring in the office and briefly describe what they would like help on.

*English tutoring: MONDAY (3:15–5:15pm) Miss Marsh*

*Junior Maths tutoring: MONDAY (3:15pm–5:15pm) Mr Felstead*

*Senior Maths tutoring: THURSDAY (3:15pm–5:15pm) Miss Ney*

*Michele Kirkland – Deputy Principal*

## Student Medication

Education Queensland requires full details for any student needing medication to be administered by a staff member. Forms can be obtained at the office and must be completed by the parent/carer and also signed by an authorised Practitioner with details of what type of medication, strength, dosage, how it is given, and the time it is given.

If you have any queries regarding this please contact the school on 4192 1222.

## Health News

The Complex interaction of Teenage & alcohol related violence.

1. **Pharmacological effects of alcohol** on the cognitive, affective or behavioural functioning of the drinker
2. **Individual characteristics of the drinker** – age, gender, personality traits, predisposition to aggression, etc
3. **Effects of the drinking environment** – a range of factors such as overcrowding in a venue, role and behaviour of venue staff, etc
4. **Societal attitudes and values**, including a culture of drinking to deliberately become intoxicated

Other approaches:

1. Reduce accessibility-**supermarket chains “Buy in bulk, drink in bulk”**
2. Remove alcohol advertising-watch and drink beer
3. Sponsorship of sport – Glorification of violence' culture Change to the drinking mentality -“ **Pre-loading, side-loading and post-loading**” are all new phenomenon identified across all ages – drinking before you go out is the norm today.
4. Deregulation of the sale of alcohol
5. **Relationship between alcohol and sport** – this is locked in tight! Play sport or watch it – drinking is usually sold as part of the experience. Footballers bashing each other in the head and cricketers verbally abusing each other and it is being justified and even celebrated by commentators and the public alike As an individual/ parent, what can you do in a simple way to start the process of cultural change? Look at our own values and attitudes

**Not everyone will choose to drink** – try to identify the messages you're modelling.

**Footballers are footballers – they aren't gladiators.** Be made aware that a punch on a football field is still violence and it can be deadly. It is not sport!

**Most people who get punched do not get back up again without an injury** – the violence we see on the TV, in movies or in video games does not reflect what really happens. Most importantly, **bullying is not acceptable in any form** – talk about the consequences and make your values clear.

*Monique Anderson – School Nurse*

## Why Should Students Read Newspapers?

Reading newspapers provides wide ranging benefits for everyone in general but especially for the students they remain the most invaluable source of news and information, despite the onslaught of the electronic media.

- Lots of information encompassing current affairs, politics, science and technology, education, health, medicine, sports, industry and the markets can be received anywhere at any time of the day through newspapers.

- Reading newspapers automatically improves one's language skills. News items and articles are written by learned and intelligent people. They know how to use language as an efficient tool for expression and communication. Precision and meticulous use of words and expressions comes naturally to them. One can imbibe these qualities easily by paying attention to language and style while going through news items and articles in a newspaper.

- One can sharpen one's communication skills, i.e. reading and writing. By reading newspapers regularly at an appointed time, reading and comprehension abilities get enhanced. The more one reads, new words and expressions reveal their meaning to the reader's mind. Automatically the vocabulary gets enriched and the language becomes richer, fluent and more expressive.

- Newspapers are a treasure trove of information for students preparing for competitions and contests. Knowledge coupled with good expression sets the stage for success in any examination.

### How to get the best out of newspapers?

- Mark new words and expressions which are used frequently. One should not shy away from using a dictionary if the meaning of any particular word is not clear to one's mind.

- The articles on the editorial page are highly recommended and one must make a habit of reading these carefully for the content and the style.

<http://www.successcds.net/Career/why-should-students-read-newspapers.html>

### Study Tips for Students - Part 1

As we come to the end of week three, students may begin seeing assignments popping up on the horizon. It's important for students to consolidate what they have learnt at school through studying and reviewing their class notes and activities. Make studying a part of your everyday school routine and don't be limited to 'cramming' for exams and tests.

#### 1. Establish a routine

Set aside a particular time each day for study and revision and stick to it.

#### 2. Create a study environment

This should be away from interruptions and household noise, such as the television. Ensure there is adequate lighting and ventilation, a comfortable chair and appropriate desk.

#### 3. Set a timetable

With a timetable you can plan to cover all your subjects in an organised way, allotting the appropriate time for each without becoming overwhelmed.

#### 4. Look after yourself

Drink plenty of water, and eat healthy foods. Keep sugary foods to a minimum. Make sure you get enough sleep each night. Regular physical exercise makes you feel great, boosts your energy and helps you relax.

#### 5. Ask your teachers for guidance

This is the most important, especially if you're having trouble - whether it's grasping a new concept or understanding something you learnt earlier in the year. Your teachers are here to help you!

Studying can sometimes be stressful for students. There is a number of support staff at the school that students can talk to – the Guidance Officer, Youth Support Coordinator, School Nurse, Chaplain, as well as the classroom teachers.

Remember that the school provides FREE afterschool tutoring for students in English and Maths. English tutoring is held Monday afternoons, while Maths tutoring is held Monday and Thursday afternoons. Please take advantage of this extra support that is provided to you.

*Mr Josh Neumann – HOD/Student Services*

### Expression of Interest

Administration Officer/AAEP

7 ½ hours per week – Casual working with Special Education Unit

Suitable applicants will be recorded for consideration for future relief positions and will remain current for 12 months

Please submit your Resume to Isis District State High School office by Friday 21 February 2013. (Ph 4192 1222)

The Commission for Children and Young People Act 2000 requires the preferred applicant to be subject to a Working with Children Check  
*Education Queensland actively supports and encourages workforce diversity and equity.*

### Mahogany Park Bus – Route P.1855

#### Bus Committee AGM

Tuesday 25 February – 6:00pm

At Isis Club, Churchill Street

All parents/caregivers are asked for their support by attending

Meeting advice has been sent home with students

Ctc: Kevin Murphy - 4126 8364

### MILK BOTTLES NEEDED



The LEC is in the process of making a vertical garden. To help us, we need some 2 or 3 litre empty and clean milk bottles.

Please leave them at C1 during the next week.

### FORTHCOMING EVENTS

14 Feb	Yr 08 Focus Day
20 Feb	Wide Bay Summer Trials
21 Feb	Visual Arts – Yr 11 Exc – Bne
26 Feb	BDSSSA Summer Sport
28 Feb – 01 Mar	Legal Studies – Yr 11 Exc Bne
28 Feb	Visual Arts – Yr 12 Exc – Bne
03 Mar	School Photos
06 Mar	Vaccinations Yr 08 & Yr 10

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