

28 March, 2014

## Principal's Message

The school grounds were a blaze of colour and crazy hair styles last Friday 21 March, as students and staff supported our Shave for A Cure activities raising funds for the Leukaemia Foundation and Year 11 student Joshua. Senior students, Lachlan and Byron, and staff member, Sheryl Nimmo registered with 'Shave for A Cure' and with the assistance of a local hair dresser had their hair shaved in the quadrangle during Recess 1 while students and staff were having their hair coloured. Congratulations to the Student Council members and Mr Cole for the energy that went into this event.



The crazy hair day coincided with the National Day of Action against Bullying and Violence and Harmony Day on Friday, 21 March. We encourage students to behave positively and safely every day but on the National Day of Action it was wonderful to see all students and staff enjoying time together. The bullying 'No Way!' website has information for parents and students of all ages about the National Day of Action and how we can all help create a supportive school environment free from bullying, harassment and violence.

Congratulations to our students on the Social Committee who were responsible for organising the recent school social under the guidance of Miss Murphy. The organised activities and masquerade theme added some fun to the evening and it was great to see our students enjoying themselves socially. It was a very enjoyable evening for all.

Two weeks ago we conducted our P & C Annual General Meeting and it was well attended by parents. The meeting acknowledged the tremendous work and achievements of the 2013 Team. I am pleased to advise that our Executive Team has returned for another year. Special thanks goes to Sandra Webb (President), Leigh Ritchie (Vice President), Kymm Cole (Secretary) and Flora Barwick (Treasurer) for devoting your generous time and efforts to our school community; I look forward to continuing our work during 2014.

Attendance at school 'Every Day, Every Lesson' is important. I'm very pleased to see our school attendance data improving every week. Our school attendance target for 2014 is 95% and we are currently at 90.7%. Overall attendance for the 2013 year finished at 87.7% and for the 2012 school year 89%. Attendance is certainly heading in the right direction this year and as a team we can do it. Year 09 students are best attenders with an average of 92.3% closely followed by Year 08 and Year 12. Our Year 10 and Year 11 students are a little further behind on 89%. Thursday and Friday are our weaker days for attendance in all year levels. Every day of the week, including Friday, there is important learning and contact with teachers. Please support us by ensuring your student is at school every day.

Thank you to all our wonderful families for what has been a very busy but enjoyable first term. It certainly has flown by, even though we have managed to fit so many activities into our school calendar. The Department of Education Training and Employment has confirmed that I will remain at Isis District State High School as Principal for Term 2, 2014.

I am very proud of our teaching staff and the professional commitment that they have made to their ongoing development with the aim of realising our priority to have 'exceptional staff'. Our students are our focal point and Isis High teachers have a real energy about their work.

I wish you all a very safe and happy Easter and look forward to working with you all again in term 2.

Take it easy on those chocolates!

Kind Regards,

Brett Kavanagh – Principal

### **FORTHCOMING EVENTS**

04 Apr Summer Sport Finals Day	24 Apr School ANZAC DAY Ceremony
04 Apr Last Day of Term 1	24 Apr Cross Country Carnival
22 Apr First Day of Term 2	25 Apr Public Holiday – ANZAC DAY

## Laptops for Students

We have again had an excellent response to the 'Take Home' Laptop for Student program. This provides students in Year 10, 11 and 12 the opportunity to have a school laptop issued to them available for use in every lesson and the ability to take it home for the whole school year including holidays. The school only has 20 laptops remaining for students wanting to take advantage of the 'Take Home' program. The costs for the remainder of 2014 will be \$116.30. The full contribution is normally \$150 per year. The laptops are also equipped with 3G access providing internet access away from the school site at no additional cost.

Any of the remaining 20 student laptops that do not become part of the 'Take Home' program will be made available to senior students to borrow from the Resource Centre for individual lessons.

*Brett Kavanagh – Principal*

## Year 08 and 09 English Homework

Student work at home is a very important inclusion in school curriculum. Homework supports students' learning and at times bridges the gap when students are absent or have had difficulties with connecting in certain elements of the course in class time.

The English Department at IDSHS will be introducing a mandatory homework package in term 2, where the students will be given approximately 4 language conventions questions a week. The students will have a list of spelling words that they should be revising at home from their English lessons. We are encouraging the students to complete the homework every week with a reward system.

The English Department would appreciate if you could encourage your student to engage in, and complete the homework supplied each week.

We would also like to take this opportunity to remind parents and caregivers that free tutoring is available for your students in English on a Monday afternoon at 3:15-5:00PM with Miss Marsh.

Thank you for your continued support.

*Karen Chambers – HOD/English*

## LEC Vertical Garden

The Learning Enhancement Centre would like to thank everyone who sent their empty bottles in. We have started our vertical garden this term and it's a work-in-progress as you can see in our photo with Cheyenne and myself. We are looking forward to completing our project next term.



*Pamela McHardy – Head of Special Education*

## Chaplaincy News

### Senior leaders honour our breakfast donors

Local businesses play an essential role in our Thursday breakfast by donating food. It is fitting therefore that some of our Senior Leaders put their hand up to thank our business donors through the presentation of Certificates of Appreciation:



*School Captain, Eleisha (centre), and Yr 09 student, Jessica present Childers Hot Bread and Cake Shop supervisor, Angela Gurr with a Certificate of Appreciation.*

*Ralph Thurlow – School Chaplain*

## When Students become the Teachers

This week the Yr 11 Rural Operations class went to the Isis Kindy and became teachers. They took with them several red claw yabbies and introduced the Kindy students to these fascinating creatures. The seniors have been working with the yabbies after our first successful breeding season with two groups of offspring born over the last few months. Both sets of students thoroughly enjoyed the experience and are looking forward to our next teaching session.

*Catherine Christsen - Agricultural Coordinator*

## Tips for reporting bullying at school

Your school has a responsibility to provide a safe learning environment free from violence, harassment and bullying. Your principal, teachers and school staff want to know about bullying so they can deal with it quickly.

Telling shares the problem. It helps you feel supported. Get some helpful advice from others. It is really important to tell someone if the bullying has been going on for a while or the strategies you've tried haven't worked.

- *Talk to your teacher or another staff member - tell them the who, what, when and where. If you don't want to do this in public, make an excuse to see the teacher about something else, for example your homework*
- *Talk to your parents - tell them the who, what, when and where of what's been happening*
- *Talk to your friends - they can help you tell a teacher or your parents or just to feel better.*
- *If you can't talk to someone face-to-face go online or call a Kids Helpline counsellor*

## Bullying. No Way!

The Safe and Supportive School Communities (SSSC) is responsible for the Bullying. No Way! website which offers practical resources and information to help schools, parents and students counter bullying, harassment and violence.

Also available on the site is the 'Take a Stand' app for Android, iPhone and iPad, to keep tips and advice on dealing with bullying close at hand, as well as 'The Allen Adventure iPad app', designed for children under 8 years.

Download these free apps now in the Student's section of [www.bullyingnoway.gov.au](http://www.bullyingnoway.gov.au)



## Bullying! Who are bystanders?

Have you seen bullying happen but didn't know how to stop it happening? When someone you know is being bullied it can be upsetting.

If it's safe, you can take action to stop it. It is important not to become a bystander to bullying.

When bystanders intervene the bullying is more likely to stop. But, don't put your own safety at risk by stepping in.

In any bullying situation there is usually the person being bullied, the person bullying and 'bystanders' (other people who watch or are nearby at the time the bullying takes place).

You may have been a bystander if you have:

- *cheered the person bullying*
- *stood and watched in silence*
- *laughed or walked away from the situation*
- *forwarded an offensive image, post or text message to someone.*

If bystanders are confident to take safe and effective action there is a greater possibility that the bullying will stop. A supportive bystander will use words and/or actions that can help someone who is being bullied.

## Strings News

Three strings students from Isis District State High have been selected to perform in a massed string orchestra as part of Creative Generation State Schools Onstage – 2014. The orchestra will perform "Explosive" at the Brisbane Convention and Exhibition Centre over 4 performances in July. The students selected are Christopher from year 09, Jessica and Annika from year 08. Congratulations to these students.

String Orchestra Performance Dates:

- 23 April – String Orchestra Rehearsal at school at 7:40am
- 24 April – School Anzac Ceremony at the stadium at 10:00am
- 25 April – Civic Anzac Day Ceremony at the Cultural Centre at 10:00am
- 29 April – Youth Music Expo at the stadium at 6:30pm

End of May – Fanfare at Childers State School Hall. Time to be advised.

Students are reminded to regularly play their instruments at home and attend all rehearsals in preparation for these upcoming performances.

Kerryn Haaksma – Music Teacher

## Parents Play Important Role in How Much Kids Eat

A study found that children tend to eat more if they're served more, **instead** of relying on internal cues to regulate their calorie intake. Young children who were offered more snacks during the day tended to consume more calories. Type of food or size of previous meals or snacks didn't affect the amount of food that kids consumed, though parents tended to adjust meal size based on size of the previous meal or snack.

**What This Means to You:** Previous research on children's regulation held that kids rely more on internal cues - such as feeling full - than portion size to regulate their calorie intake during the day. The results of this study suggest that **portion size may play a more important role** than previously believed. You can help your child by serving well-balanced meals and snacks that include a variety of fruits and vegetables, whole grains, lean meats, and low-fat dairy products. Pay attention to the amount of food you serve your child and don't insist that your child "clean the plate". The new [food guide pyramid](#) offers suggestions on healthy portion sizes for kids of different ages and activity levels.

Monique Anderson – School Nurse

## New Cybersafety Website

The [Meet the creeps cybersafety website](#) helps parents and students become aware of online scams, social media pitfalls and cyber bullying. The joint Telstra and Queensland Government project aims to equip middle school students with the skills to keep safe online.

Crackers the Clown and Shifty Shane are just two of the characters you will meet in a new interactive quiz designed to highlight potential online dangers.

<http://www.creepquiz.eq.edu.au/>

## Crazy Hair Day

I would like to congratulate students for their strong support of the crazy hair day last week. The Student Council also did a great job of running a hair colouring activity during recess. Mrs Nimmo, Lachlan and Byron added to the entertainment by having their hair shaved as part of the shave for a cure promotion. It was an enjoyable day and the Student Council was able to send \$587 to the Leukaemia Foundation and \$180 to Joshua. We wish Joshua all the best as he faces his next round of treatment.

Andrew Cole - Student Council Coordinator



HAPPY EASTER HOLIDAYS



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