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8E Celebrates Book Week

The winter winds blew Mrs Laracy's Year 8 English class out of the school on Tuesday, 20 August. Students were blown towards the Chinchilla State School to collaborate in shared reading. As a part of the Book Week celebrations, students from 8E read to the primary school students. Firstly, Year 3 and 4 students were read their favourite stories. Following this, the Prep, Year 1 and Year 2 students gathered like bees around honey, eager for the high school students to read to them. 'Hairy Maclary', 'Gruffalo', 'Silly Billy', 'The Boy on the Page' and 'The Peddlar', were some of the interesting and entertaining picture books

read. Year 8 students loved the experience. Chelsea Ward-Slatter loved "seeing the smiles on their faces." "We felt appreciated," expressed Aiden Cox. There were plenty of high fives at the end of the session. We look forward to reading to them again in the future.

Amity Lithgow and Ben Waters
Year 8 Students

From the Principal

Dear parents, students, staff and community supporters,

How amazing was the Musical!! I hope you had the opportunity to experience our talented students who put on a very entertaining show with great voices and brilliant dancing. A performance of this quality could not happen without the hours of rehearsals that students attended under the direction of our dedicated staff. Many thanks to Mrs Hubbard and Miss Josland for putting on the production and Mr Wroe for lighting the performances. There are, of course, many other staff and parents involved to put on such a successful production: costumes; set design; ticket sales, both beforehand and at the door; and the P&C and staff selling refreshments on the night. The final thank you must go to you, the parents, who supported our students by bringing them for rehearsals before and after school and on weekends.

I want to thank you for your support around students bringing chewing gum

to school. The number of students not following the school rules around this has dramatically reduced.

Meeting the expectation of getting to school and classes on time has improved. We have recently emailed parents/guardians any unexplained absences and late to school absences without explanation for students. It is a legal requirement to have any absences from school explained.

Next week the Year 12 students will be sitting the Queensland Core Skills (QCS) Test on Tuesday and Wednesday. This is an important test that plays a vital part in the calculation of the Overall Position (OP) score. Our students are feeling confident about the test which tells me that they are well prepared. It is important that our students are at their best for the two days; however, if they get sick a medical certificate will be sufficient to exempt them from the tests they miss. We wish you well Year 12s.

*Mr Insley
Principal*

What's Happening

September

3-4	QCS Test
4-6	Year 10 Camp
5	ICAS Science Competition
16	P&C Meeting (5.30pm)
17	ICAS English Competition
19	ICAS Maths Competition
	Year 11 RYDA Program
20	Last Day Term 3

October

7	Queen's Birthday Holiday
8	First Day Term 4



Basic Breathing Exercise

Coming into assessment time, this breathing exercise aims to get you breathing more deeply and feeling more relaxed:

- Sit, stand or lie down so that you're comfortable.
- Close your eyes.
- Count to five as you slowly breathe in through your nose.
- When you feel that your lungs are full, hold the breath while counting to five.
- Now slowly breathe out through your mouth, again counting to five.
- Repeat this exercise another two times (three times in total).
- Return to your normal breathing pattern. If you still feel tense or anxious, do the exercise again.

If you or your child/ren are having issues, do not suffer in silence. Call Parentline for on-the-phone counselling on 1300 30 1300 at the cost of a local call. Your child/ren may want to access Kids Helpline on 1800 55 1800 at no cost.

Online Group Mentoring for Autistic

Young People

The I CAN online group mentoring program, which helps participants build confidence and social connections, draws upon highly acclaimed school-based and community-based mentoring programs and adapts them to the comfort of a home setting. The group mentoring sessions, which take place for one hour each week (six sessions total) via live video conference, allow participants to connect with others who will understand and accept them while developing strategies for managing changes, challenges and opportunities that can arise as an Autistic young person or young adult. Roughly every eight to ten weeks, they offer a new six-session cycle of online mentoring sessions. To express interest for your young person, please find an Expression of Interest form at: <https://www.icannetwork.com.au/online-group-mentoring/>

E-Mental Health Resources Online for Parents and Carers

There are a number of great free resources for parents and carers online. The BRAVE program (<http://brave4your.psy.uq.edu.au>), Partners in Parenting ([\[partnersinparenting.net.au\]\(http://www.partnersinparenting.net.au\)\) and Reach Out Parent Coaching \(<http://parents.au.reachout.com/coaching-eligibility>\) are all evidence-based, free-to-access programs to help parent your young person. Triple P Parenting is also free to access for parents and carers online. A number of other resources are located in the Behaviour Hub on our school website under the 'Guidance Officer' tab.](http://www.</p></div><div data-bbox=)

PBL Focuses of the Fortnight

A reminder to our school community that our four school expectations are Be Responsible, Be Respectful, Be Safe and Be a Learner. The first focus of the fortnight was Be Respectful – Allow others to learn. The second focus of the fortnight was Be Respectful – Follow Staff Instructions. Congratulations to all students who adhered to these expectations. A reminder to students to collect TEAM Player Points as well. For parents and carers we have a page full of apps and resources on the school website to help support you developing routines around behaviour at home. You can find these under the 'Support and resources' tab.

*Ms O'Gorman
Guidance Officer*

Book Week 2019

Chinchilla State High School celebrated the annual Children's Book Council of Australia's Book Week from 17 to 23 August. This year's theme was 'Reading is My Secret Power'.

Students celebrated reading and literature through Form Class trivia, a Pastoral Care reading lesson, a morning tea picnic, a reading scavenger hunt and, finally, a dress-up day on Friday. Students eagerly engaged with each activity.

Form Class 11-4 won the Form Class trivia competition. Marcus Fortier won the individual dress-up prize and Year 11 students, Alisha Griffiths, Stephanie Valler, Brooke Hardy and Jaimee Walsh won this year's group costume. Thank you to everyone for supporting Book Week 2019.

*Mrs Ross
Acting English/Humanities
Head of Department*



POWER TRIP

A shut down at the local Kogan Creek Power Station created a fantastic opportunity of a tour with a difference for five of our senior students, accompanied by Mr Davis and Mrs Griffiths, on Friday 16 August. The participating students are all eager to pursue a career in mechanical engineering or the electrical industry,

The Chinchilla State High School envoy were welcomed at the gate and provided with important personal protective equipment (PPE) before entering the site. Thought-provoking activities were undertaken during the Workplace Health and Safety induction and clearly demonstrated how crucial it is to be aware of your surroundings and why safety, for both yourself and others, is paramount at work.

Heading off to the plant, the group ascended to the tenth floor, allowing the students to see the structure inside the plant building. Mrs Griffiths noted, "we were amazed to see the hundreds of metres of pipes that carried the water to the furnace." Once heated, the water in the pipes is turned into steam and is sprayed into the turbine to generate electricity. Year 11 student, Kiara Speirs, was impressed with the water recycling, "we also learnt how the steam cools and gets reheated and that the plant is water efficient due to the water being recycled."

Once inside the turbine hall, the group were able to inspect, at close quarters, the turbine casing and turbine fins which were all dismantled. There was only a 30 minute window to be able to look over the parts which were scheduled for radiology inspections. The control room was next on the tour. It was unusually quiet, however, it was interesting to see the huge screens flashing in a variety of colours, displaying the power train, the unit efficiency, steam pressures and cooling fan status. It was quite obviously the heart of the plant.

Thank you to the staff at Kogan Creek Power Station for providing such a wonderful opportunity for our students. The insight they gained, especially from the first and second year apprentices, was invaluable.



Senior School Snippets

QCS Test Year 12 2019

We wish our students who are sitting the Queensland Core Skills (QCS) Test on 3 and 4 September all the best. Students who are not OP eligible will attend usual timetabled classes on these days.

Assessment – Academic Integrity

Academic integrity requires academic responsibilities to be approached in an honest, moral and ethical way. As such, it is essential that students are ensuring they are well prepared to submit assessment on the due date. In the event that a student

has suffered illness or misadventure (i.e. broken arm) they must see the applicable Head of Department immediately upon their return to school. This way, extensions can be provided to students to ensure that the work they submit is their best. Students are not able to obtain an extension on the day assessment is due, unless there are extenuating circumstances. To obtain an extension students must have either a medical certificate or note from parent explaining the situation.

Year 11 Leadership Positions for 2020

Miss Bates (Year 11 Co-ordinator) is working with the Year 11 students, to begin the leadership application process for 2020. Students are reminded that it is essential that they are demonstrating their leadership qualities as they go about their day. This starts with arriving to school in the correct uniform and on time. It also includes giving 100% effort in all classes and ensuring their behaviour is the very best in all classes.

Mrs Dorries

Acting Deputy Principal

- ◆ Is your student registered with the NDIS?
- ◆ Has your paediatrician identified what level of support your child with ASD requires?
- ◆ Do you know what services are available for young people with disabilities?
- ◆ Do you know what respite or holiday support services are available to your family?



- Chinchilla State High School is holding an **NDIS session** which will
- Provide information on National Disability Insurance Scheme
 - Assist individual families to register
 - Provide information on local services to support your current and future goals for your child?



Chinchilla State High School
Learning together for a happy and productive future

- ◆ Do you know your rights as a parent after your child turns 18?
- ◆ Is your child able to make independent and informed decisions now.... After they are 18 years old?
- ◆ Do you know the steps for ensuring your have legal decision making for your young person in the future?
- ◆ Do you know the possible consequences for individuals over 18 yrs old with impaired decision making?



Public Trustee

- Chinchilla State High School is holding an information session hosted by Public Trustee office to ...
- ◆ inform parents of their legal rights,
 - ◆ steps that can be made to ensure the future safety of individuals with disability

Upcoming Parent events...

NDIS session:
Tuesday 10 September 11-12.30pm E5

Sign-in at the Office and go to E Block

Morning tea provided

RSVP: School Office by 30 August

Public Trustee visit

Tuesday 17 September 11-12pm E5

Morning tea provided

RSVP: School Office by 30 August 4672 9333

National Conservatoire Ballet Company
presents



When: 24th September 2019

Chinchilla Cultural Centre

Tickets : \$15-\$20

Trybooking.com

https://www.trybooking.com/BEPST

Email: ncb added@gmail.com

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Shalini, mother of two**

CHOOSE THE COURSE THAT'S RIGHT FOR YOUR CHILD'S AGES AND STAGES

**Triple P Online
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can help you:**

- Encourage good behaviour
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- Equip your child to handle life's problems



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