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Issue 21
6 December 2018

What's Happening

December

14 Final Day Year 7/8/9

January 2019

28 Australia Day Public Holiday

29 First Day of School 2019

February

4-6 Year 12 Camp

25 P&C Meeting



TASTE OF THE FUTURE

Chinchilla State High School welcomed the 2019 Year 7 cohort on Tuesday 4 December for the annual Orientation Day. Approximately 120 Year 6 students from surrounding Primary Schools had a small taste of what it is like to be in high school including tackling the differences such as: reading timetables, transitions between classes and, you cannot forget, the Tuckshop.

The students 'tasted' a range of different classes including: Health and Physical Education where they played a game of Badminton; Science where the students received their Bunsen Burner licence for their future science practicals; Food and Textiles where it was discovered there are many Junior MasterChefs in the mix; and The Arts where creativity was unleashed.

Students were provided with a sausage sizzle for morning tea and the Year 8 students had set-up activities for lunchtime. Each of the five classes were fortunate enough to be assisted by some Year 11 student volunteers who gave up their holidays to be here and help out. The Year 11's role for the day was to help with any questions the students had, provide a warm and welcoming face, and to give advice for the Year 6s in their future years of high school. Thanks to all staff that helped out on the day, including primary school staff and volunteers



who attended. Your efforts in preparing these students for the next step in their educational journey is appreciated.

We look forward to the 2019 Year 7 cohort joining our TEAM next year.

Bridget Bender
Year 11 Student

From the Principal

We are a Positive Behaviour for Learning School

Our School Values that drive our daily behaviour expectations (for all of our school community) are:

- Be Respectful
- Be Responsible
- Be Safe

Dear Parents, students, staff and community supporters

Well it has been another busy year with a fast-moving school calendar and it is hard to believe that we have arrived at the final Newsletter for 2018.

Year 6 Orientation Day

It was great to see the Year 6 students from the local schools visiting our school on Tuesday to assist in their transition to secondary school. Many of the students appear to be excited and ready for their pending move to high school. Our aim is always to have parents closely connected with our school and it was really pleasing to see those parents who were able to attend our Assembly on Tuesday morning. Special thanks to Acting Junior Secondary Head of Department, Miss Samantha Taylor, for her work with local school staff to organise this experience for the students. Thank you also to those staff who took lessons with the Year 6 students and to the staff from the local schools who spent the day with us. We look forward to working with this group of students to ensure that they have a smooth transition into high school life in 2019.



Farewell Year 10 and Year 11 - Business as Usual for Years 7-9

Last week we wished the Year 10 and 11 students all the very best for their end of year holidays. We look forward to seeing all of the Year 7, 8 and 9 students finishing all of their school work commitments and attending school until 3.05pm on Friday 14 December.

Semester 2 Subject Award Ceremony

At 9.00am next Thursday, 13 December, we will celebrate the achievements of junior students in the Semester 2 elective subjects in

a brief Awards Ceremony. We look forward to acknowledging more excellent achievements of our students and hope that parents will be available to attend this morning ceremony.

Staffing

Welcome to a new teacher, Mr Matthew Franklin, who has joined our teaching staff in preparation for 2019. Mr Franklin will work in Agriculture and also in the Maths/Science Department. We wish him every success and enjoyment in his time at our school and wider community.

With this being the final Newsletter for the year, it is fitting to publicise the staff we will be farewelling at the end of next week:

Sincere thanks and best wishes to our Facilities Officer, Mr Denver Kanowski, who has decided to retire after 11 years of loyal service in this important role at our school. Mr Kanowski deserves very high praise for his excellent support of our students, families, staff and the wider community and we wish him great happiness and good fortune as he plans his next adventures. Take care Mr Kanowski and we look forward to maintaining contact with you in the future.

Sincere thanks and best wishes to one of our hard-working teacher-aides, Mrs Vanessa Smyth, who has resigned from her role to pursue her tertiary studies in 2019. We look forward to seeing Mrs Smyth within our community.

Sincere thanks for their contribution to our school and community and best wishes to the following teachers who are either taking leave or moving to new locations in 2019: Miss Ashleigh Calnan (Brisbane), Miss Megan Danslow (Brisbane), Miss Pearl Holden (Leave), Miss Emma Nicoll (Toowoomba), Mrs Kate Offner (Chinchilla Community Kindergarten), Mr Darren Rogers (returning to Beerwah), Mrs Tara Rogers (returning to Beerwah), Miss Emily Swalling (Leave) and Miss Alice Townsend (Leave).

I do not usually like to single people out but after their combined years of service at our school, it would be remiss of me not to extend a special thank you and best wishes to Mr Chris McEvoy and Miss Ali Kirlaw who are departing for a new life in the Northern Territory in 2019. Mr McEvoy has done an excellent job in a Deputy Principal role this year and a variety of other key roles throughout his time at our school. He has also been an

excellent advocate for our students at the South West Sport Board level and as a coach and mentor for our students at many state championships and regional events. Miss Kirlaw is an excellent teacher and many of our students and colleagues have benefited from her outstanding classroom practices and the positive influence that she establishes with students, families and colleagues. Both Miss Kirlaw and Mr McEvoy have made outstanding contributions to our local community and we wish them all the very best with their new adventures.

Our very best wishes to Guidance Officer, Mrs Sinead Roff, who is taking leave from our school in 2019 and going to work at Tullawong State High School. Mrs Roff has done an excellent job supporting the wellbeing of our students, families and staff and we wish her all the very best and every success in her new position.

Special thanks to Mr Marcus Weller for his excellent work as Deputy Principal for the past three years. Mr Weller has led many improvements within the school during this period of time and I wish him all the very best as he returns to his substantive role as Head of Department for HPE and LOTE in 2019.

Best Wishes for the Holiday Season

I would like to thank all of our students, families, staff and friends in the community for their support and work this year. The 2018 school calendar has offered a great range of quality learning opportunities for our students and staff. Sincere thanks to everyone who has contributed to the positive culture of our school and to those who have donated their time for the benefit of others. To those of you who are leaving our school community – our very best wishes for your future ahead. We look forward to seeing those of you who are returning in 2019.

Our best wishes to everyone for a very happy and safe holiday season. Please take care.

*Kind regards
Mr Scott Rowan*

A Quick Quote:

“Don’t give up trying to do what you want to do. Where there is love and inspiration, you can’t go wrong.”

Ella Fitzgerald



Chinchilla State High School

Learning together for a happy and productive future

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4 December 2018

Dear staff and colleagues, students, parents, families and community friends

Whilst I would rather deliver this information in person, I do not have the ability to do so, hence I have written this letter so that people can hear the news as directly as possible from me, rather than from other sources from outside of our town.

It is with a genuine sense of sadness that I write to inform you that I will be finishing in my role as the Principal of Chinchilla State High School at the end of the 2018 school year. Our family continues to be very happy living, working, attending school and playing sport and music in Chinchilla, but our very difficult decision to leave has been made with the sole intent of providing our children with the opportunity to choose to attend a high school where I am not the Principal.

I genuinely believe that Chinchilla State High School is an excellent school with many outstanding staff members and students. There is a fantastic breadth of opportunities for students and there are many achievements each year that make me feel very proud of the school community. In so many ways Chinchilla State High School would be an excellent school for our children. The only concern is that having our children attend the same school where I am the principal could present them with a number of potentially significant challenges that other students do not have to experience. Whilst being at the same school is not overly concerning to them at present, things could change quite quickly in their teen years when they will be seeking more independence.

Recently a Principal position at a school in a larger regional location became available. After a lot of deliberation I decided to apply because the opportunity to relocate to an area where our children will have a number of choices of high schools may not present itself again for years. This week I have received notification that I have been appointed to that position, although I am unable to disclose the details at this point in time.

I would like to maintain a strong association with Chinchilla State High School and the local Chinchilla community. I do not know who will replace me at this stage but I intend to support the new principal, staff and students wherever possible. Hopefully there will also be scope to build academic, sporting and cultural opportunities between the schools. I would like to sincerely thank all of the local Principals and staff who are always supportive and striving to do their very best for the students and families at the other schools in Chinchilla and surrounding cluster school areas. Sincere thanks also to the members of the South West School Sport Board for their support and ongoing commitment to students in this region.

Our heartfelt thanks to St Joey's school, staff, students and families, for your excellent contribution to the lives of our children. Thank you very much also to the many families and members of the Chinchilla Bulldogs, Chinchilla Bears Football, Chinchilla Netball Inc., Chinchilla Touch Association and the Chinchilla Swimming Club, for the countless learnings, special memories and great times for our family. With respect to club sport in 2019, we will consider our options; including the logistics of travelling to Chinchilla if that is the option that appeals most to our children.

I would like to take this opportunity to sincerely thank everyone within the school and wider community who have extended their support and friendship to our family or me during our 6 ½ years in Chinchilla. The school and town is full of fantastic students and families and I have been very fortunate to have had the honour to have been Principal at Chinchilla State High School.

Thank you very much Chinchilla. Take care.

Yours sincerely

Scott Rowan
Principal



Sunsafety

With the warmer weather please be mindful of the damage the sun can do to the skin. The short-term effects include pain and, in severe cases, blistering or heat stroke. The most long-term risk is skin cancer, which is not only dependent on the number and severity of such burns, but also the cumulative sun exposure even without burning. The less obvious risk that people often ignore is photoageing, or the aging effect that UV exposure has on the skin which can be evident from increased or mottled pigment and wrinkles. Even those who tan, or have naturally darker skin, are at risk of skin cancer and photo-ageing. Always remember the five sun protection measures **slip on a shirt, slop on some sunscreen, slap on a hat, seek shade and wear shades.**

*Colleen Forde
School Based Youth Health Nurse*

REPORT CARDS

- Year 10 and 11 Report Cards will be posted home this week.
- Year 7, 8 and 9 Report Cards will be home at the end of next week.

Second-Hand Uniform Shop

will be open on

**Wednesday 23 and
Thursday 24 January 2019**

11.00am - 3.30pm

IMPORTANT INFORMATION

Student Resource Scheme Information Booklet and Documents 2019

Student Resource Scheme Information Packs are currently being posted home for students in Year 8-12 in 2019.

These packs contain:

1. Information Booklet

- ✓ Purpose of the scheme
- ✓ Cost of participation
- ✓ Conditions of participation
- ✓ Payment options, financial assistance information and school finance policies
- ✓ Listing of items provided per subject/per year level and what the cost to the school is for the purchase of these items that we provide to your student/s for the fee charged
- ✓ Stationery/consumable items that you are required to purchase for your child – these are things that are not supplied by the school

2. Forms to be Completed and Returned

- ✓ Student Resource Scheme Participation Agreement Form (located at the back of the information booklet) – this form is required to be completed, indicating participation or non-participation, signed and **returned to the School Administration Office no later than 8 February, 2019. The return of this form is a condition of your child's enrolment at this school**
- ✓ Payment Plan Agreement Form

Forms can be returned in the following ways:

Post | PO Box 195
Chinchilla Qld 4413

Fax | 4672 9300

Email | Scan and send to
admin@chinchillashs.eq.edu.au

In Person | Deliver to the Administration Office from the week starting 22 January 2019

If you do not receive the information packs in the post, please contact the Administration Office in 2019. The Administration Office will be open from 22 January 2019.

Semester Two

Presentation Morning

Year 7, 8 and 9 students, families and friends are invited to join us to acknowledge and celebrate the outstanding achievements of our Junior Secondary students during Semester Two.

THURSDAY 13 DECEMBER 2018

Presentations at 9.00am followed by morning tea

All guests are requested to meet by 8.50am in the School Hall, Zeller Street.



Supporting your young person during the holidays



Holidays can take students away from friends and their usual school supports.

Changes to routine can cause some young people to feel stressed, isolated and alone. Parent support is very important at this time.

Below is some information to help you support young people to stay in a healthy headspace in school holidays. There is also some information that may help you to identify when your young person might need some extra support and where to go for help.

There are a number of ways you can support your young person's mental health and wellbeing in the holidays:

1. Encourage them to stay connected

Social relationships are important to your young person's general wellbeing.

It is okay if they take time out for themselves at times, but encourage them to keep in contact with friends over the holidays. Friends can provide both play and support, and spending time with friends is also important for keeping and building on existing friendships.

If your young person is not feeling up to going out, even a phone call, email, text message or Facebook message can help them to feel connected to friends and family.

2. Encourage them to stay involved

Encourage involvement with volunteer work, hobbies, clubs or committees, or sports – these can help young people feel connected to their wider community. Participate with them when you can.

Involve them in decisions and give them responsibility at home (e.g. deciding what to eat for dinner and helping to prepare it).

Help them to identify and set realistic goals. Setting and achieving realistic goals can be incredibly motivating and can help build self-confidence.

3. Encourage physical activity

Physical activity is important for everyone's health and wellbeing. If your young person is feeling down or finding things are difficult, physical activity may be the last thing they feel like doing. But even small activities, like walking around the block, can help relieve stress and frustration, provide a good distraction from worrying thoughts, improve concentration and improve mood.

If your young person is struggling to get active, find a physical activity that you both enjoy and can do together (e.g. swimming, playing sports with friends or cycling) and make a plan to do it regularly.

4. Encourage a regular routine

Getting a good night's sleep helps young people to feel energised, focused and motivated.

Adolescence is a time when a number of changes to the "body clock" impact on sleeping patterns and young people are more likely to have problems with sleep. Developing a sleeping routine can help. Encourage your young person to

wake up around the same time each day, get out of bed when they wake up, and go to bed around the same time each night.

Avoiding caffeine after lunchtime, having a quiet, dark and uncluttered bedroom and shutting down electronic devices before bed can also help them to get a good night's sleep.

5. Encourage healthy eating habits

Eating well doesn't only reduce the risk of physical health problems, like heart disease and diabetes, but it can also help with sleeping patterns, energy levels, mood, and general health and wellbeing.

A good balanced diet with less junk food/ lots of sugars and more vegies, fruit, whole grains and plenty of water will ensure your young person has all of the vitamins and minerals to help their body and brain function well.

6. Encourage play!

Devoting time to just having fun can help to recharge your young person's battery, revitalise their social networks and reduce stress and anxiety.

Keep It Real

Chinchilla State High School

Chinchilla Christian College

1 December 2018 | 24 January 2019
4668 9908 | lapunyah@outlook.com
80-86 Heeney Street, Chinchilla



SCHOOL WATCH

Phone: 131 788

KEEP A WATCH ON OUR SCHOOL THESE HOLIDAYS

If you **see something suspicious**, please **don't attempt to intervene**.
Call the School Watch number and let the local police or State Government Protective Security Service deal with the matter.

The School Watch Program is a partnership between Education Queensland, the Queensland Police Service and the State Government Protective Security Service. It aims to reduce vandalism, theft and arson in Queensland schools.