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Issue 4
14 March 2019

What's Happening

March

15	National Day Against Bullying and Violence
18	DD Basketball
	DD Football
	DD Golf
20	District Netball
	District Rugby League
21	Youth Speaks Evening
22	SW Rugby League
23	District Lions Youth of the Year
25	P&C Meeting
26	Interact Illoura Visit
27-30	QSS Swimming (12yrs)

Year 7 Camp

On Wednesday 6 March, 92 Year 7 students woke up bright and early for their Mudjimba Surf Camp. The 5.30am meeting time at school did little to dampen their enthusiasm, and whilst their teachers were still waking up, the students could not sit still. The 7D and 7E bus had ran out of songs before the bus even hit the QGC building heading out of town, much to the delight of Mr Wolski and Mr Nelmes. The focus of the camp was to develop teamwork, communication, resilience and problem solving, and I believe over the three days we did just that.

Arrival at camp had students eager to eat, with every question involving menu items and available snacks. Once fed, the students were excited to get stuck into their activity rotations. The highlight for most was the beach, for some students it was extra special as it was their first time at the beach.

Continued on page 2...



From the Principal

Dear Parents, students, staff and community supporters,

Welcome to the next addition of the newsletter. Since the last newsletter, I have had the opportunity to attend the local Cluster meeting where I met with the Assistant Regional Director and Principals from the local schools. These meetings are an integral part of the Cluster and ensure that as a collective group we are aware of the agendas that impact schooling at a system level, but also schooling at a local level. I look forward my continued involvement with the Cluster.

Staffing News

In terms of staffing, the acting English / Humanities Head of Department has been advertised and the process will be finalised by the end of Week 9. I have been advised that I will remain in the Acting Principal position for Term 2.

Lockers and Locks

Since the last P&C meeting, Mrs Widdon, Business Manager, has been completing an audit of lockers in the school; looking at number, condition of, replacement needs etc. Additional locks have been ordered, so if students require a locker, then this can be accommodated. Mrs Widdon will work with P&C around a proposal to get some new lockers in the school.

Facilities

There always seems to be something happening around any school in terms of facilities. Here is a brief snapshot of where the school is at:

- H Block (old hall) has had the floor resurfaced. Please note that food and drink is not permitted (outside water bottles) and there will be consequences for students who fail to follow this direction.
- We have received preliminary drawings to refurbish H Block to improve the teaching and learning environment for The Arts.
- We also have preliminary drawings for upgrade to the existing Netball Courts.
- We have approval to complete some minor works in establishing a Student Support Precinct. Part of this will involve the Guidance Officer being relocated to an office that is even more accessible to students.

Please note that with any works, delays seem to be inevitable, particularly if the State has been impacted by natural disasters such as the floods in Far North Queensland. Be assured that we are constantly speaking with Facilities on where things are at.

Attendance, Behaviour and Effort

Just a reminder to parents and caregivers that my message to students is always "to be the best version of themselves that they can be". As a school community we can reinforce and support this by ensuring that students come to school every day, every lesson and are doing the best that they can. Not all students will achieve academic awards, but all students can achieve awards for effort and behaviour.

Until next time...

Mrs Rathmell
Principal

Year 7 Camp

...continued from page 1

Day 2 saw an early start, with pleasing numbers waking up at 5.30am to join Miss Taylor, Mr Granzien and Mr Nelmes for a morning run to the river. Students and teachers were kept busy, working through four rotations of activities. Highlights were the mud pit and high ropes, which had a large and rather scary flying fox. The most pleasing aspect of Day 2 was the progress students were making with their teamwork and positive encouragement to increase participation, as well as working together to problem solve tasks.

Day 3 students woke with far less energy. However, to their credit, the students ripped through the morning tasks and got straight into their final activities. The return bus trip home was far quieter than on the way, with a loud cheer occurring when the Chinchilla sign was in sight.

I would like to share my thanks to all the parents who got students to school for the early start on Wednesday. Big thanks to all the students who attended camp and made the week a great experience for all involved. Also, to Mr Wolski, Mr Granzien, Miss McGrath, Miss Taylor, Miss O'Gorman and Mr Bowman who gave up their week and worked extremely hard with all students.

Mr Nelmes
Year 7 Coordinator





SUPERSTARS AT SOUTH WEST SWIMMING REGIONAL TRIALS

Sixteen students from Chinchilla State High School swam their little hearts out at the South West swimming trials on Friday 1 March. Amongst the talented team, there was 15 first places, 13 second places and 12 third places in the various strokes and length events.

Special mention to the three students whom became South West Age Champions: 13 year old Adam Francis; 16 year

old Patterson Bannister; and 17 year old Breanna Collins. Congratulations to Patterson for also breaking the 50m butterfly record in a time of 29.59s.

Good luck to Emily Swoboda, Zahra Swoboda, Adam Francis and Patterson Bannister who have been selected for the State Championships, which will be held in Week 9 this term at Chandler Aquatic Centre.

*Mrs Mead
HPE Teacher*

Getting Dramatic

Senior Drama students have been incredibly enthusiastic and hands-on as they enter the final rehearsal stages for their upcoming performance task – an excerpt from the play “Fly In Fly Out”.

*Miss Josland
Drama Teacher*



Position Vacant

2019 QCS Test: Community representative nominations

To maintain the integrity, security and conduct of the 2019 QCS Test, the QCAA appoints community members to observe and report on its administration. They do not supervise students or assist in the administration of the test, but observe and report on the tests administration. As such, applications are now invited from community members for the positions of Chief Community Representative (CCR). Further information about the role and application process, as well as dates that the CCR must be available on, can be obtained from Kelly Dorries (p:46729333). Applications close on Friday 17 May 2019.

Positive Behaviour for Learning (PBL)

Term One, Week Five and Six

Our two PBL focuses for the past fortnight were ‘Be Responsible and Be Safe – Arrive on time to class’ and ‘Be Respectful – always place litter in bins and keep classrooms tidy’.

Congratulations to all students who were responsible and arrived to classes punctually. Indeed, it is important to acknowledge that everyday counts! A big thank you to students who kept all environments at school tidy and neat as well.

Assessment Date Change

The Year 11 and 12 **Ancient History** exam has moved to Friday, 15 March 2019.

CHINCHILLA STATE HIGH SCHOOL CASUAL/RELIEF CLEANERS NEEDED

Chinchilla State High School is seeking applications for Casual/Relief Cleaners. The work for casual cleaners is on an AS REQUIRED basis, and hours of duty vary from 3 hours to 6 hours. Cleaners are engaged to work a split shift from 5.00-8.00 am and 3.00-6.00 pm. Relief can be for part-day, full-day, a week or longer.

If you would like to register for any casual cleaning work within the School, please forward a covering letter detailing your work history/experience and availability. Please forward to Business Manager, Chinchilla State High School, PO Box 195, Chinchilla 4413, or email bsm@chinchillashs.eq.edu.au

An Engineer in the Classroom

Mr Justin Golding, a QCG engineer, visited the Year 12 Physics and Science 21 classes on Wednesday 6 March as part of the Queensland Museum Scientists in the Classroom Project. Mr Golding spoke about his journey through university, travelling the world to work on a variety of jobs, his experiences as a chemical engineer and encouraged each student to work towards what they love because that's what makes the future.

We would like to thank Mr Golding for speaking with the Year 12 classes and wish him luck in any future endeavours. We would also like to thank the Queensland Museum for providing this opportunity to the school.

*Chloe Hindman
Year 12 Student*



LEADERSHIP WORKSHOP

On Friday 1 March, 30 junior and senior student leaders from Chinchilla State High School travelled to the Cultural Centre to participate in an inspirational workshop organised by Western Downs Regional Council. Students were inspired and entertained by motivational speaker Mr Geoff Hyman. Mr Hyman provided the students with some valuable advice to help them in their leadership position. The day concluded with a lunch that the students shared with local councillors and representatives of community groups.

*Crawford Fendley
School Vice-Captain*

Hip Hop Assessment



Year 10 Dance students presented their first assessment task in their current unit of study "To The Streets". This was a performance filmed at the beginning of Week 6. Their piece was a modern Hip Hop routine focusing on changes in dynamic, isolation of different body parts and demonstrating the stylised movements of this genre.

*Miss Josland
Dance Teacher*



Youth Speaks Heats

Last week, over 20 students participated in the first round of the Youth Speaks Competition. Students spoke on a range of topics from 'Passion for Fashion' to 'Modern Epidemic' in front of a panel of judges.

In their speeches, all students demonstrated not only a passion for their topic, but also a dedication to perform at their best. All students should be proud of their effort and performance. Both senior and junior entrants were marked based on set criteria that parallels those used

by the judging panels during the Youth Speaks evening. Selected students will participate in the finals from 5.30pm, 21 March in the school Resource Centre.

Thanks to all who participated and good luck to the students moving on to the next round. Special thanks to heat judges, Miss Beck, Mrs Wolski, Mr McKensy and Miss Mulligan and the teacher mentors who supported students throughout the process.

*Mrs Ross
English/Humanities Teacher*



Parents, Families and Friends are warmly invited to attend Chinchilla State High School's

Youth Speaks Competition

Thursday 21 March 2019

5.30 pm Start

School Resource Centre

Juniors

Intermission
(Refreshments provided)

Seniors





BPOINT is now the preferred payment method for all student invoices at Queensland State Schools. BPOINT is a secure online payment portal supported by the Commonwealth Bank which enables parents and caregivers to pay the school via credit card or debit card.

On the bottom of each invoice and/or statement that you receive, the BPOINT payment method symbol will be displayed with a website link for you to visit and process your secure online payment.

You do not need to register for BPOINT, you simply visit the link detailed below and enter your CRN (customer reference number listed on all invoices and monthly statements), invoice number (detailed on monthly statements), student name and exact invoice amount. It is important that only one invoice is paid at a time so that payments can be matched to the invoice in our system.

BPOINT will issue you with a payment confirmation that you can email to yourself after making the payment.

Payments will process overnight and will appear in the school's bank account within 24 hours of making a payment. The school will receive a daily report detailing those who have made a payment.

For payment plans, BPOINT eDDR is a payment solution that enables parents/guardians to set up payment plans on invoices to pay them off through the school year. This option allows parents/guardians to nominate a bank account or credit card when setting up the direct debit payment.

If you wish to enter into a BPOINT payment plan, please contact the school office on 07 4672 9333.

You may still pay by cheque, cash, EFTPOS, or credit card at the office. To access BPOINT go to: <http://www.bpoint.com.au/payments/dete>

IMPORTANT INFORMATION

Student Resource Scheme

Student Resource Scheme Documentation was sent home last year. The Student Resource Scheme Participation Agreement Form (contained in the information booklet) is to be completed and returned.

There are still a number of families who have not completed and returned this document indicating their participation/non participation. The return of this form is a condition of your child's enrolment at this school.

These forms are **now overdue**. Please complete this documentation and return to the School **ASAP**.

Forms can be returned in the following ways:

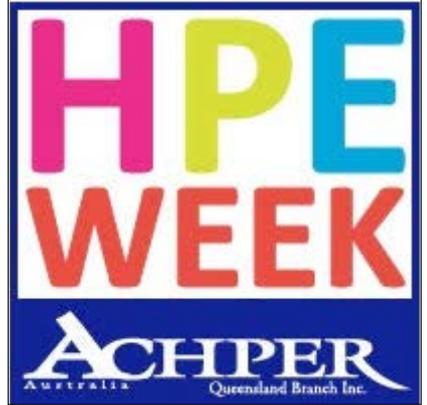
Post | PO Box 195
Chinchilla Qld 4413

Fax | 4672 9300

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

In Person | Deliver to the Administration Office

If you did not receive the information pack in the post, please contact the Administration Office. Alternatively, forms can be accessed on the school's website.



It was fantastic to see the enthusiasm of students participating in both the theoretical and the practical aspects of the HPE Week activities during Week 6. Thank you to all the students and staff who got involved in both the health trivia each day, and the physical activities that were held each lunchtime: Touch Football; Ultimate Frisbee; Cricket on the courts; Volleyball and Basketball.

The Health Trivia conducted in Form Class was hotly contested. Congratulations to the HPE Week Trivia champions for each year group: 7-3; 8-2; 9-1; 10-5; 11-2; 12-2.

Overall HPE Week Trivia champions are:

- 1st place = 12-2
- 2nd place = 10-5
- 3rd place = 10-1

Your participation not only promotes health and physical education, but celebrates it! Congratulations again to those form classes that can now call themselves "Health and Physical Education Champions". If you would like to see the correct answers to the Trivia questions they are on the M Block noticeboard.

Mrs Mead
HPE Teacher



NAPLAN Information

Our Year 7 and 9 students will soon participate in the annual National Assessment Program — Literacy and Numeracy (NAPLAN) tests to assess their skills and understanding in the areas of reading, writing, language conventions (spelling, grammar and punctuation) and numeracy.

The tests will be conducted in all state and non-state schools across the country from 14–16 May.

Some students with significant intellectual disability and/or those with significant co-existing conditions which severely limit their capacity to participate in the tests may be exempted from sitting the tests.

Some students who have been attending school in Australia for less than a year before the tests may also be eligible for exemption. Exemptions are to be discussed with the school.

Parents or carers may withdraw their child from the tests to address issues such as religious beliefs and philosophical objections to testing. If you intend to withdraw your student from NAPLAN, formal notification must be received by the school principal prior to testing.

An individual NAPLAN report for each child will be sent home later this year. Results provide additional feedback for parents, carers and teachers on how students are progressing in key curriculum areas.

The best way you can help your child prepare for NAPLAN is to reassure your child that NAPLAN tests are just one part of their school program, and to urge them to simply do the best they can.

Further NAPLAN information for parents and carers is available online at <http://www.nap.edu.au/>

Please contact the school if you have any questions about your child participating in NAPLAN testing.

T20 Cricket Coup



Pastoral Care

Mrs Maclean and Miss Josland's classes participating in an activity experimenting with communication during Week 7's Pastoral Care lesson. This week the lesson focus was on our school's zero tolerance of bullying.

Last Wednesday our senior cricket team played Dalby Christian College in the final pool round of the Darling Downs Secondary T20 Challenge. Chinchilla lost the toss and ended up batting first. Dalby's opening bowling attack was very sharp and took some of our heavy hitters out of the game cheaply. The middle order, led by Chris Gaskell, steadied the ship and gradually increased the run rate through his partnership with Brandon Paerau to post a respective total of 7/115 runs.

Sheldon Webber, William Pascoe, Toby Hartwig, Lachlan Cardillo and Chris Gaskell returned fire with the ball, bowling some very good line and length. They were supported in the field with some very good hands by William Playsted, Daniel Ford, Regan Olsen and our youngest player Harley Scutchings. The work behind the stumps of our Captain Coby Calleja was exceptional and a special mention must be made of Jackson Weier who stopped several boundaries through his tireless work in the field. As a result Dalby Christian College batted their full innings for a total of 101 runs allowing the home side to sneak home for a 14 run win.

*Mr Weller
HPE Head of Department*



**Silver Service
PIZZA
PARTY**

FRIDAY 5th APRIL | SECOND BREAK
ON THE ARTIFICIAL TURF BETWEEN A & C BLOCK

TICKETS AVAILABLE TO STUDENTS WITH VERY GOOD OR HIGHER FOR EFFORT AND BEHAVIOUR

CASH IN 15 TEAM PLAYER POINTS TO RECEIVE YOUR TICKET

Friday, 15 March is National 'Bullying. No Way!' Day. To celebrate the day, we, as a school, have organised an **odd socks** day for students and staff alike to recognise that we are all unique and special. As part of this day we will also launch our **Peer Support Group**. These young people will be available to chat with kids at lunchtimes who may need support around wellbeing. If your child would like to access our Peer Support Group, they are located at E Block on the bright orange sofa every lunch hour.

Here are some ideas for supporting your child at home if they are being bullied:

- **Show your child lots of love.** You can show love in a way that suits your child's age and maturity. It might be a hug or a pat on the back, or just telling your child you love her.
- Actively listen to how your child is feeling – for example, 'It sounds like you're being left out of a lot of things. That must really hurt'.
- Let your child know that **what's happening won't last forever** – for example, 'Things will get better. You can talk to me anytime, and I'll help you make sure it gets better'.
- Make sure your child knows that the **bullying isn't her fault**. She needs to know that she hasn't done anything wrong and that she's a likeable person. For example, 'It isn't OK for someone to treat you like that. You're an awesome person, and you don't deserve it'.
- **Tell your child that you'll help him sort it out.** For example, 'Let's talk about what we can do to help make things better for you. Do you have any ideas?'

Unfortunately as part of my role I do come across young people who are in extra need of support and have engaged in self-harming. While it is confronting and upsetting, it is important to redress the self-harm with your child.

About self-harm

Self-harm is when **people deliberately hurt themselves as a way of coping** with painful or strong emotions. It's a way of trying to get control over the feelings or relief from them.

For some people, the attempt to control or stop feelings through self-harm is actually a way of trying to heal themselves. Other people self-harm so they can 'feel something' rather than feeling nothingness or emptiness. Some people self-harm to show desperation or seek

help, to influence other people's behaviour, or to 'get back at' others.

Self-harm is generally a sign that a person is in **deep distress**.

What to do if your child is self-harming

If you find out your child is self-harming, you might feel afraid, guilty, shocked, panicked or even angry.

It can be hard to understand what's going on and why – and your child might not have the words to tell you. But by staying calm, being respectful, not judging and actively listening, you might get some insight into your child's thoughts and feelings and some ideas about how you can help.

The most important thing is **letting your child know that strong feelings are normal** – but they're also hard to have. And when you're in your teens, things can seem even harder.

If you find your child self-harming

If you find your child in the act of self-harming, avoid reacting with anger or threats. Saying that your child is just doing it for attention won't help either. Most self-harm isn't about getting attention.

It's best to **speak calmly, directly and without judgment**. You might say something like, 'I can see that you're very upset. I hadn't realised things had built up so much. You can talk to me about this. I won't get angry at you'. If your child seems to be 'zoned out' or unresponsive during the act of self-harm – which is common – say your child's name calmly and quietly and ask him to tell you where he is. Ask him if you can get help.

Provide first aid for any cuts or injuries in a calm way without fuss. Get medical attention for anything that looks serious. This can show your child that her body is important and worth caring for.

You might say something like, 'I'd like to help you heal those cuts' or 'Let's get some antiseptic to help those cuts heal quickly'.

Talking about self-harming

You can ask your child some questions about the self-harm, bearing in mind that people who self-harm might feel ashamed about it. That's why it's important to stay calm, not judge and listen silently without interrupting.

For example:

- 'I noticed the scars on your arm. I hope it's OK to say that. Can you tell me about the times when you hurt yourself?'

- 'I can see that you're very upset. You might be scared. I'm scared too. Together we can work this out.'
- 'The fact that you're self-harming tells me you're very upset. You might not like the fact that I've found out. I'm not going to ask you lots of questions but I do want to help – when you're ready.'

Getting help for self-harming teenagers

Your child might be able to stop self-harming on her own, but **support from a professional** like a GP, counsellor or psychologist is important.

A health professional might recommend different therapies depending on your child's needs. Treatment might include psychological therapy or counselling and parent or family therapy. As a first point of call you should contact your family GP and see if your child will need a **mental health support plan**.

Counselling can help teenagers understand why they're self-harming, what triggers the self-harming and how to stop. It might include helping teenagers to understand and manage strong emotions and learn more effective ways of managing and expressing strong thoughts and feelings.

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.

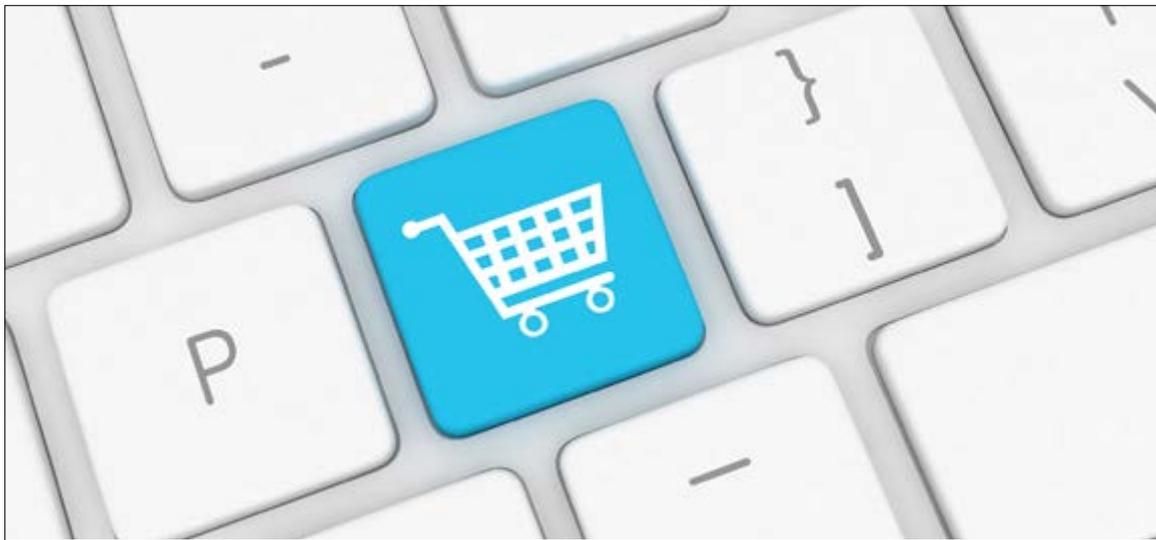
March Information Sessions – Defence Force Australia

Indigenous Pathways Session – Wednesday, 27 March 2019

Members from our South Queensland and Northern NSW Specialist Recruiting Team Indigenous team will be in Toowoomba on Wednesday, 27 March conducting an Indigenous Pathways Information session.

We encourage any local Indigenous students and community members to attend. The session will highlight the range of entry pathways available to young Indigenous Men and Women including AIDP, NIDP and IPRP.

You can find more information regarding Aboriginal and Torres Strait Islanders in the ADF via the Defence Jobs website - <https://www.defencejobs.gov.au/indigenous/overview>.



Ordering your school photos online



Photo Days

CHINCHILLA STATE
HIGH SCHOOL

Photo Day(s):

MONDAY
4th OF MARCH



How to Order

Go Online

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Schools > Online Ordering

Order Code

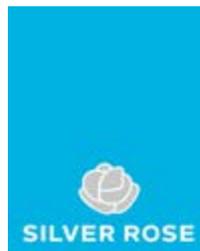
XCHIN19



Delivery

Your photos will be
despatched
approximately by
TERM 2 WEEK 2

We **communicate directly** with you
online and post your photos to
your home for your **convenience**



t. 07 3262 5788 | e. schools@silverrose.com.au | w. silverrose.com.au



SATURDAY, 23 MARCH 2019

Open male/female (\$50) team (\$60) – 750m swim,
20km ride, 5km run

**Open Enticer male/female (\$50) team (\$60) and
12 -16 Enticer male/female/team (\$20)** – 300m
swim, 9km ride, 2km run

Junior (10 – 12 yrs) male/female/team (\$15) -
100m swim, 3km ride, 1km run

Nipper (under 10) male/female/team (\$10) - 50m
or 25m swim, 1km ride, 400m run

www.active.com/bell-qld/triathlon/bell-swim-club-triathlon-2019

A fundraiser for Bell State School P&C
Swimming Club - All profits will fund solar
hot water showers in the change rooms.

Find us on

Wandoan Photo Challenge 2019

Our website is ready to accept your entries

New Young
Photographer
class with \$1000
in dedicated
cash prizes

**ENTER
NOW**

\$4500
in cash prizes
with seventeen
(yes, 17) chances
to win

Two Categories
(People & Places)
B&W photos and postprocessing
allowed

To upload your best shots (& for all details) go to

www.wandoanphotochallenge.com

Entries close Friday 22 March 2019