PRINCIPAL’S REPORT

Welcome back to Term 1 2015 and another exciting year of learning at Helensvale SHS. Thank you to all parents and carers for their ongoing support in helping the year get started. We have experienced increasing demand for places in our school and our enrolment numbers for 2015 are 2484 students. Over 50% of our enrolments come from outside our boundary which indicates a very high level of community confidence as students come from ‘far and wide’ to attend our school and the programs we offer.

I would like to especially welcome our Year 7 and 8 students who have attended our school for the first time this year. We are extremely happy in the way our Year 7 and 8 students have settled in and appear very happy with the Helensvale High School experience. We are also really grateful to have 29 new teachers join us this year and many have come to us from a Primary school background. This adds another dimension to the skills and talents of our excellent teaching staff.

Our goal this year is for every student to be connected to our school and to be engaged in a personal learning pathway. We are determined to be a great school as we take our One Student, One Community, Many Futures school mission to another level. Our school culture is about continuous improvement as we strive to maximise the learning of every student and prepare our young people the best we can for the challenges and opportunities that lie ahead.

I spoke to all students at our school in the first week of term about the importance of ‘being a learner’ and that the only way to thrive in this century of change is to develop the skills to learn, unlearn and relearn. I also reminded our students of our three learning values of resilience, respect and responsibility and how important it is to have high attendance rates at school. Our students know that ‘It’s not OK to be Away’ and that ‘Learning is our Business’. There is an obvious and proven link between attendance and learning achievement. I thank parents and carers for their support regarding attendance as we aim for 94% attendance this year and work together to maximise learning achievement.

We are looking forward to another great year of learning at our school.

Regards

Mark Blackshaw
Executive Principal

SPECIAL ACE ASSEMBLIES

In order to recognise our high achieving and hardworking students, we will be holding our annual ACE parade next week. Students in grade 9 and 10 will have their parade on Tuesday 24th February and parents are invited from 9.45am for some light refreshments prior to the event. There will be an opportunity to have a photo taken with your child after the celebration in the Student Activity Centre. Students in grade 11 and 12 will have their ACE parade on Thursday 26th February from 9.45am with light refreshments available before the event.

This year we will be emailing the invitation to parents and carers of all students receiving awards. Please check your emails and remember to look in the spam or junk folder. If you need to update your email details, please contact the school and arrange for this to occur at your earliest convenience.

If you do not have an email address, we will post the invitation to the address we have on file.

REPORT CARDS 2015 and CONTACT DETAILS

Last year we trialled emailing reports to the parents or caregivers of Grade 9 students. This proved to be very efficient and part of the success was due to the fact that we had current email addresses on file. In the coming weeks, your child will be given a form to take home to ensure that the email address we have on file is accurate. We need to have all of these forms returned so we can verify current email addresses and update our records to reflect the changes.

During the year, if your contact details change, it is important to advise the school of these changes so that you can receive important communication from the school such as report cards, finance documents, newsletters and so on.

It might be useful to save the school email address in your safe senders list so that they do not end up in the spam/junk folders.
STUDENT ABSENCES AND ATTENDANCE INFORMATION

STUDENT ABSENCES

Helensvale State High School has a dedicated line to receive messages regarding student absences and late arrivals. Please note this line is for SMS only, not voice messages. Please send an SMS to 0400 191 917 in the following format:

• Students full name.
• Date & duration of absence, or expected time of arrival.
• Reason for absence/lateness.

Please use this as your preferred method of notification and add this number to your contacts 0400 191917.

The School will continue to request advice from parents/carers for unexplained absences if no notification has been received. Notifying the School will minimise the need for these investigations. Alternatively you can advise us by email: studentabsences@helensvaleshs.eq.edu.au

ATTENDANCE

Late arrivals

Parents/guardians should advise the school if their student is going to be late, prior to arrival, by sending an SMS to 0400 191917 or by giving them a note. All late students MUST sign in upon arrival at school, Years 7, 8 & 9 to S205 & Years 10, 11 & 12 to Student Services.

NB: If the student does not have a note, or we have not received a phone call, they will automatically receive a lunch time detention.

Students requiring early pick up:

Students should not leave school grounds without first signing out through Student Services. In the case of an emergency, we need to know the whereabouts of ALL students.

• If you know your student has an appointment, please send your child to school with a note. This should be taken to Student Services before school or during break times to receive a Leave Request. The Leave Request will then enable the student to leave class at the given time. Students must then present at Student Services with their Leave Request to sign out of school.

• In extreme circumstances, if you have an unavoidable last minute appointment or you have an emergency; please contact Student Services, prior to your arrival to school so that we can arrange for the student to be released from class. This MUST happen before 2:30pm

• NB students CANNOT be called up after 2:30pm. This is an attempt to avoid class disruption and student learning.

• Students must be collected from Student Services either by a parent/guardian or someone listed as an emergency contact only.

Students unwell during school time & medication information:

• If a student is unwell during lesson time, they MUST NOT contact their parent/guardian directly. They must report it to their teacher who will then send them to sick bay.

• The parent/guardian will be contacted to collect their child as a matter of urgency. Our number appears as a private number if you miss our call. If we are unable to make contact with the parent/guardian the student will be allowed to rest for 10 minutes before being returned to class.

• Staff are unable to administer any medication without the appropriate medical form being completed by the doctor and handed in, along with a note from the parent, to Student Services. Further information & forms are available from Student Services.

• If your student has a medical condition, it is vital that we hold a current medical plan from your GP.

• Please ensure that your contact details are correct and current and that you check your phone for messages.

LOST AND FOUND

Lost Property is located at Student Services.

2015 IN THE VISUAL AND PERFORMING ARTS DEPARTMENT

We are what we repeatedly do. Excellence then, is not an act but a habit.

Welcome to our new and existing families for 2015 – this year is not only bringing change to the Visual and Performing Arts Department, but exciting opportunities also. As you may have noticed, the Visual and Performing Arts have now combined into one exciting Department, still providing extensive opportunities both within the classroom and extra curricula that will challenge, extend and excite your students. My name is Bonita Winters and I have taken on this dual role as of this year, overseeing Art, Drama, Dance, Film, Music, Photography, Digital Art, Multi-Arts and our three VET subjects Certificate II in Visual Arts (Photography), Certificate II in Live Theatre and Certificate II in Dance – across Junior and Senior.

Accompanying me, Mrs Michelle Phelan has taken on the role of Director of the Arts Academy, managing the Excellence programs across Art, Dance, Drama and Music from Years 7-10.

Already our calendar has been busy with the Excellence Drama Big Day Out, School Musical auditions, Dance Troupe beginning, Artist in Residence for Year 9 Excellence, Life Drawing workshops for senior Art students and our Instrumental Music Program beginning – that’s just in the first three weeks. If we keep up this pace, just imagine the wonderful opportunities still to come!
Still to come in Term 1:

- School Musical rehearsals
- Aboriginal Art Workshops
- Stage Band Workshop
- Wind/Symphony Workshop
- Photography Excursion to Southbank
- Celebration of Rock Fretwork for Yr 12 Music Extension students
- Excursion to Qld Theatre Company for Senior Drama students
- Artist in Residence for Year 9 Art Excellence
- Weekly rehearsals for Dance Troupe

Sounds exhausting…but is exceptionally rewarding for both staff and students alike.

I look forward to working with both the students and staff across these amazing areas. The dedication of the staff in the Visual and Performing Arts Department is next to none. The relationships forged with students are life-long, as too are the learning experiences which students will encounter.

Welcome to the Visual and Performing Arts!

- i.am.art
- i.am.drama
- i.am.dance
- i.am.film
- i.am.music
- i.am.photographic
- i.am.design
- i.am.visual
- i.am.performing
- i.am.excellence
- i.am.helensvale

‘OLIVER’ THE MUSICAL

Helensvale State High School is excited to announce that this year’s school musical is that of the classic tale of ‘Oliver’. Helensvale has always been renowned for its professional productions and ‘Oliver’ will once again bring together our proud school in a dynamic and vibrant celebration of performing and visual arts.

‘Oliver’ is the classic tale of the orphan ‘Oliver Twist’ who dared to ask for more and was consequently turned out on the street only to be picked up the likes of the Art Dodger and his pack of thieving pick pockets.

It has been busy time already in preparation for opening night with staff and students already engaged in the audition process. Staff have been impressed by the preparedness and enthusiasm of students with over one hundred students having already auditioned. Students who are successful in the musical will be required to rehearse two afternoons a week prior to our opening night on July 21st, 2015. Cast lists will be assembled in the coming weeks and it is sure to be another fantastic show. Stay tuned for more news as we journey from the page to the stage in which will be a real celebration for our Helensvale community.

Michelle Phelan - Producer

DRAMA EXCELLENCE BIG DAY OUT

2015 saw the second Annual Drama Excellence Big Day Out take place at the Helensvale Cultural Centre on Friday 6th February. Once again the day was a huge success with students from Years 7-10 engaged in various workshops and activities throughout the day.

The aims of the Drama Excellence Big Day Out is to bring together all excellence students to introduce and build skills of creating and performance as well as give our students the opportunity to work collaboratively with students from outside their cohorts consequently, fostering a sense of community within our subject.

In a world where change is the only constant the need for creativity and imagination becomes more and more integral. Through Drama, students are able to engage as audience members and artists to become innovative thinkers and leaders.

Throughout the course of the day students worked with Jason Klarwein a well- known actor who runs his own theatre troupe, Grin and Tonic but who is also a highly esteemed practitioner working with companies such as the Queensland Theatre Company. Jason engaged students in a two hour workshop that focused upon building character and how students can use their performance instrument (voice and movement) to shape meaning for the audience. Following Jason’s session students worked with Drama teacher’s Ms Collette Wilson, Mr Brett Edwards and Mrs Michelle Phelan on building student capacity when working collaboratively in groups. Group work is an important skill all students need to succeed in drama and is an integral quality in and out of the classroom. Finally the day concluded with a visit from Clint Bolster, Artistic Director from Humunculous Theatre Company. Clint worked with the
students on building confidence and creativity in movement, mask and comedy with the workshop being an absolute success.

We would like to thank students for the commitment and enthusiasm they brought to the day and we look forward to watching their skills develop further throughout the course of the year.

Michelle Phelan
Year 7/8 Drama Excellence Teacher
Academy Director – The Arts

INDUSTRY AT WORK FOR YOU

What a fantastic start to the 2015. Students have been seeking assistance with future traineeships and apprenticeships and securing work placements. In the coming weeks students will be signed up into school based traineeships and apprenticeships which will help them with their future career goals and also assist them with their QCE points at the end of Year 12, assist them to gain a qualification in their chosen Industry area and start them on their career journey.

We are starting the school year with 85 School Based Apprentices and Trainees. This is a great testament to the reputation our school has in the Helensvale Community. If you own a business and are willing to place a student with you either as a trainee/ apprentice or by giving them industry experience (work experience), please contact me. (details below)

At Helensvale SHS, School based apprenticeships and traineeships are only available to students who are following an Industry. Traineeships and Apprenticeships may be available in nearly every Industry; however it depends on whether they are funded by the State or Federal Government. e.g. Tourism, Carpentry, Plumbing, Hospitality, Sport, Hairdressing, IT etc Remember you need to consider location and transport when applying for a School Based Traineeship.

Students and parents must check student and parent emails regularly as I advertise Traineeship & Apprenticeship vacancies, courses, expos and other student relevant information. Vacancies and courses are also advertised on year level parades so please remind your students to listen out for these each week. At the moment I have over 20 positions for our student to take advantage of.

Parents, who wish for their students to participate in the School Based Apprenticeships and Traineeships Program, please contact me for an appointment. Ph 55738545 or by email pford2@eq.edu.au Students wishing to make an appointment, please see me in SM02 before school and at either break.

All School Based Apprenticeship or Traineeships (SAT) opportunities must come through the ILO office. Your sporting club or casual employer may give you paperwork relating to a traineeship - Do Not sign any paperwork for a SAT until you have spoken with ILO (Mrs Ford) first. If you are interested in your student obtaining a SAT, please contact me on the details below and ask your child to come and see me at the back of the library to make an appointment.

MARINE INDUSTRY NEWS

Riviera School Based Apprenticeships

The following students have gained School Based Apprenticeships with Riviera Marine.

These students commenced work this month in a variety of trades. They attend work one day per week and will also attend TAFE on another day a week. If your student thinks this is a career they would like to pursue – please set up an appointment with me to discuss the pathway options.

<table>
<thead>
<tr>
<th>Student Name</th>
<th>Year</th>
<th>Qualification</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brandon Brooks</td>
<td>Yr 12</td>
<td>Cert III Marine Mechanics</td>
</tr>
<tr>
<td>Cameron Wilton</td>
<td>Yr 11</td>
<td>Cert III Marine Craft (Boat Building)</td>
</tr>
<tr>
<td>Shaun Austin</td>
<td>Yr 11</td>
<td>Cert III Marine Craft (Boat Building)</td>
</tr>
<tr>
<td>Tyla-Maree Donner</td>
<td>Yr 12</td>
<td>Cert III Upholstery</td>
</tr>
</tbody>
</table>

Work Experience leads to Apprenticeships

Stuart Grice participated in work experience with Craig Madam at Jemfab in Ashmore in 2014. This industry experience led to a School Based Apprenticeship in the Engineering – Metal Fabrication.

Work Experience at Telwater – Year 12s

The Department of Training and Employment and Telwater Marine at Coomera are working with local schools initiating a NEW Engineering Program for students to participate in. This program is only open to Year 12s who have a genuine interest in a Marine Metal Fabrication trade. This work experience could
lead to future employment (apprenticeship) in Australia’s leading and largest manufacturer of aluminium boat and trailer packages in the southern hemisphere. Australian owned and operated, Telwater produces up to 30 boats per day and in excess of 12,000 boats and 6,000 trailers annually, supported by approximately 200 dedicated staff. We are looking forward to working with Telwater for many years to come.

ILFORD SCHOOL’S PHOTOGRAPHIC COMPETITION

Congratulations to Year 12 students – Clayton Ellis and Rikki-Lee Horomona for being awarded merit certificates in the above National Photographic Competition.

10 WAYS TO BUILD RESILIENCE

Generation Next: 10 Ways to Build Resilience

Many people react to life’s challenging experiences with strong emotions and a sense of uncertainty. Yet people generally adapt well over time to changing situations and stressful conditions. Resilience is the process of learning to ‘bounce back’ from adversity, trauma, tragedy and other significant sources of stress.

Resilience is not a trait that people are born with. It involves behaviors, thoughts and actions that can be learned and developed.

A combination of factors contributes to resilience:

- The capacity to make realistic plans and take steps to carry them out
- A positive view of yourself and confidence in your strengths and abilities
- Skills in communication and problem solving
- The capacity to manage strong feelings and impulses.

10 Ways to Build Resilience

1. **Make connections.** Good relationships with family members, friends or others are important. Accepting help and support from those who care about you strengthens resilience. Some people find that activity in local groups provides social support. Assisting others in their time of need can also benefit the helper.

2. **Avoid seeing crises as insurmountable problems.** You can’t stop highly stressful events, but you can change how you interpret and respond to these events. Try looking beyond the present to how future circumstances may be a little better. Note any subtle ways in which you might already feel somewhat better as you deal with difficult situations.

3. **Accept that change is a part of living.** Certain goals may no longer be attainable as a result of adverse situations. Accepting circumstances that cannot be changed can help you focus on circumstances that you can alter.

4. **Move toward your goals.** Develop realistic goals. Do something regularly — even if it seems like a small accomplishment — that enables you to move toward your goals. Instead of focusing on tasks that seem unachievable, ask yourself, “What’s one thing I know I can accomplish today that helps me move in the direction I want to go?”

5. **Take decisive actions.** Act on adverse situations as much as you can. Take decisive actions, rather than

LOGISTICS

Do you have an interest in the Logistics & Supply Chain Industry? Want to know more about this ever growing industry in our region?

Email me your interest in a Structured Work Experience Program for Year 11 students with an interest in the Logistics/Supply Chain Industry.

The intent of the program is to provide a career pathway for students to a School Based traineeship in Year 12, so it is critical to ensure that participating businesses have a genuine capacity for potential employment beyond this program.

For those students who complete the program and choose not to follow this career, there is still opportunity during Year 12 to pursue an alternative pathway.

The program is to run over a period of 20 weeks (two school terms) Students will undertake 20 days in the workplace – one day per week over Term 2 and Term 3. Theory delivery is to be integrated within this time. This structure will provide an opportunity for employers to be able to identify the reliability and level of work ethics of participants. Students will gain a real workplace experience, entry level training and employability skills.

An information session will be held for prospective employers, students and parents outlining the framework and expectations of participants in the program. A tour of the Port of Brisbane will be incorporated into the program midway (possibly week 10).

Look forward to hearing from you if you are interested in any of the above information

Paulina Ford
Industry Liaison Officer
55 738 545 pford2@eq.edu.au
detaching completely from problems and stresses and wishing they would just go away.

6. **Look for opportunities for self-discovery.** People often learn something about themselves and may find that they have grown in some respect as a result of their struggle with loss. Many who have experienced tragedies and hardship have reported better relationships, greater sense of strength even while feeling vulnerable, increased sense of self-worth, a more developed spirituality and heightened appreciation for life.

7. **Nurture a positive view of yourself.** Developing confidence in your ability to solve problems and trusting your instincts helps build resilience.

8. **Keep things in perspective.** In trying times, try to consider the stressful situation in a broader context and keep a long-term perspective. Avoid blowing the event out of proportion.

9. **Maintain a hopeful outlook.** An optimistic outlook enables you to expect that good things will happen in your life. Try visualizing what you want, rather than worrying about what you fear.

10. **Take care of yourself.** Pay attention to your own needs and feelings. Engage in activities that you enjoy and find relaxing. Exercise regularly. This will help to keep your mind and body primed to deal with situations that require resilience.

While these tips provide a good useful starting point, it is important to remember that the key is to identify ways that are likely to work well for you as part of your own personal strategy for fostering resilience. For example, some people write about their deepest thoughts and feelings related to trauma or other stressful events in their life. Meditation and spiritual practices help some people build connections and restore hope.

Adapted from *The Road to Resilience*

**HELPING YEAR 7 AND 8 STUDENTS SETTLE INTO HIGH SCHOOL**

A very warm welcome is extended to our history making Year 7 and 8 students. Their arrival at our school has been eagerly anticipated and we look forward to making their high school years a rewarding and enriching experience. This is an exciting time for our incoming students and we will continue to support them to make a smooth transition to high school.

To help both parents and students, a range of tips and resources are available online. There are useful tips such as getting to know your new school, getting organised, practical study and note-taking tips, how to make friends, staying safe online and keeping happy and healthy.


**UMAT SENIOR STUDENTS INTERESTED IN MEDICINE CAREER**

Students interested in pursuing medicine and other health related courses need to sit the UMAT on the 30th July 2014.
PACE
Parenting Adolescents a Creative Experience

Increase your confidence, optimism & satisfaction in parenting
Learn new strategies
Improve relationships
Meet with others
Exchange ideas

Topics covered include:
- Adolescent Development
- Assertive Communication
- Stress & Self Care
- Listening
- Resolving Conflict
- Improved Understanding

When: Monday 16th February 2015
Where: Centacare – Meeting Room
55 Fairway Drive
Clear Island Waters

Time: 9.30am — 12.00pm

Cost: Only $15 for entire program

Contact: To book your place call
07 5527 7211

www.centacarebrisbane.net.au