



8 May 2013

PRINCIPAL'S REPORT



ANZAC Tradition

The ANZAC tradition is alive and well at Helensvale SHS. Last week we held our special ANZAC ceremony at school with special guests Mr Stuart Robert MP, Mr Michael Crandon MP, Mr William Owen-Jones Division Two Councillor and Mr Matthew Ardley from the North Gold Coast RSL all in attendance. Many of our guests made comment on the exceptional behaviour of our students during the service. Our young people definitely know the importance of the event and how their exemplary behaviour and adherence to protocols is the strongest way they can show their respect for the men and women who fought and gave their lives in many arenas of conflict.

We also had a group of students who participated in the ANZAC Day march at the community service at Upper Coomera and again these students and teachers represented the school with distinction. It was also great to see many school staff and our P & C represented at this event.

Sibling Enrolments Clarified

Late last year our Enrolment Management Plan was revised and one feature that was confirmed was our policy around sibling enrolments. To clarify, if a prospective student has a brother or sister presently enrolled in the school then they are guaranteed entry to our school. This is irrespective of their place of residence and whether people reside in or out of our enrolment catchment area. Please contact the office and speak to Michele Dwyer (55738555 or mdwye51@eq.edu.au) if you would like any further information regarding our enrolment processes.

Excellence programs

Applications are now open for our Excellence programs. These programs provide a unique opportunity to gain entry into our school irrespective of whether people reside within our enrolment catchment or not. Applications are now open for:

1. EXCITE Academic Excellence (English, Mathematics, Science and History).
2. Specialist Excellence programs in:
 - Sport - Australian Rules, Netball, Touch, Athletics, Rugby Union, Football (soccer)
 - The Arts (Dance, Drama, Visual Art, Music)

- Japanese Excellence

Please contact Michele Dwyer for more information on 55738555 or mdwye51@eq.edu.au

QUADRENNIAL SCHOOL REVIEW

Every four years Queensland state schools develop a four-year plan (School Plan) to implement the strategic direction of Education Queensland and to drive improved learning outcomes for all students.

Our school is due to complete our Quadrennial School Review process to develop the next School Plan for 2014 – 2018. This important review cycle and planning document is required to be completed by the end of 2013, ready for implementation in 2014.

The Quadrennial School Review (QSR) process is enhanced through student, parent and community consultation and feedback. We are seeking parents and community members to participate in the QSR process at Helensvale SHS. This will involve meeting as a group or sub groups to:

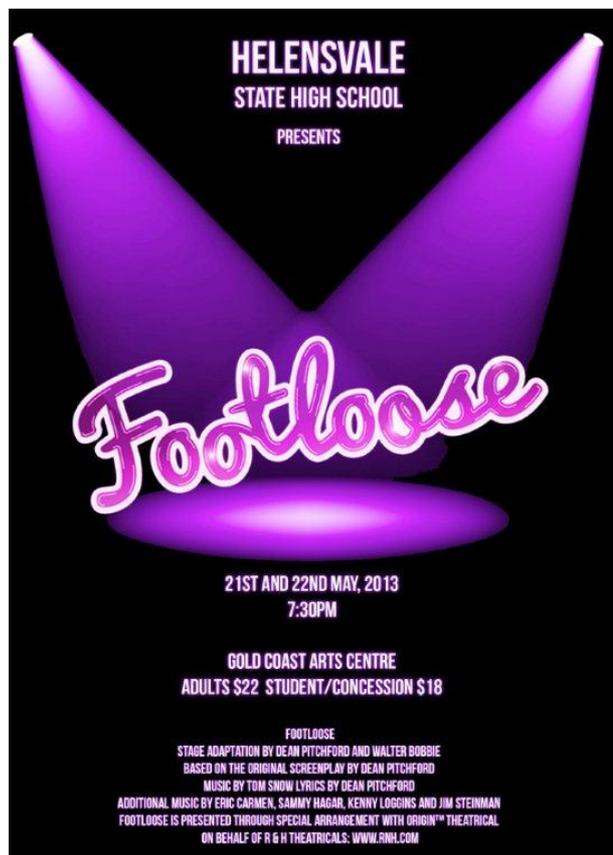
- Consider a range of school data
- Review the school purpose, values and context
- Review the school vision statement and help develop key strategies and findings

The process will conclude with the development of a new four year Strategic School Plan. If you can help in this process please register your interest with Natalie Balaz (55738555 or nbala6@eq.edu.au)

Regards

Mark Blackshaw

FOOTLOOSE



Well things are heating up in musical rehearsals as the curtain call is rapidly approaching. Tickets go on sale on Tuesday to what promises to be a spectacular visual feast. Tickets are on sale NOW! Get in quick as these are guaranteed to fly out the door. They can be purchased through the Gold Coast Arts Centre Box Office on 55884000 or online at www.theartscentregc.com.au Keep checking the schools facebook page and the Arts Centre website for more information and prices.



Students rehearsing hard and fast for Footloose!

JUNIOR SECONDARY NEWS

Immunisations

The first round of immunisations for Year 8 and Year 10 occurred this week with minimal disruption to our school community. Students are to be commended on their behaviour and maturity demonstrated during these.

Round 2 for the Immunisations is 9th July. If you have any questions regarding the immunisation program, please contact Gold Coast City Council.

ANZAC Assembly

As a school community, we commemorated ANZAC Day with our assembly. Our Year 8 and 9 students were exemplary in their respectful behaviour and attitude. I was proud to be a part of the Helensvale SHS Community.

NAPLAN 2013

A reminder that the NAPLAN dates are 14-16 May and it is expected that students attend school on that day and sit the tests. Please contact Mrs Heidi Booth if you have any questions regarding NAPLAN.

Partner Primary School visits

For the last few weeks we have been visiting our partner primary schools to distribute information regarding our EXCITE Academic Excellence Program and our Helensvale Specialist Excellence Programs. Accompanying me on these visits were Tyla MacDonald, Daniel Farqhar, Victoria Murray and Shania Percival. All students represented Helensvale SHS with dignity and respect and they should be congratulated.

EXCITE Academic Excellence and Helensvale Specialist Excellence Program 2014 applications

If you are interested in applying for the 2014 Year 8 programs, please contact our Administration Office on 5573 8555 or our website helensvaleshs.eq.edu.au for application forms.

ANZAC BOXES

Thank you to everyone who supported our ANZAC boxes this year. With your amazing support, we reached our goal to pack and send 40 boxes to our troops on active service in Afghanistan. This is 10 boxes more than last year, which is a fantastic effort! The boxes should arrive in time for ANZAC day and we are sure they will be a welcome reminder of home for our soldiers.



Some of the students of the Helensvale Community Leadership Group, together with the ANZAC boxes - Irene Higgins, Chelsea Collier, Jasmine Tsai, Tahlia Camilleri, Mica Cannell, Davis Scheerle, Molly Anderson, Tabitha Bradley, Paige Minnis, Hanna Coughlan)

ANCIENT AND MODERN HISTORY EXCURSION

Despite uncertain weather conditions, the Year 10 and Year 12 Ancient History students' visit to the State Library in Brisbane city and the Antiquities Museum at the University of Queensland

was a triumph. The day began with an assembly of the troops at Helensvale Train Station where the ticket-master equipped all students with protective rain ponchos which they promptly donned in anticipation of unruly weather. Upon arrival at the library they were greeted by an upbeat education liaison officer who regaled students with the inner workings of the library data bases and students were given the opportunity to access them as a learning tool for their future research tasks. After a tour and time to scout the area we made a dash for the city cat which ferried us (wind in our hair) to the hallowed grounds of UQ...students were in awe!

When the Antiquities Museum was located (after considerable reconnaissance), students were pleasantly surprised not only with collection of really 'old stuff' but also with the vast knowledge of the presenters who were PHD students at the university. All students were given the opportunity to examine primary archaeological sources and participate in a workshop complete with white gloves for every investigator. It was great to hear students' knowledgeable responses to questions as well as their own analytical queries. An eventful day was had by all...They went, they saw, they conquered!

The following day the year 12 Modern History class went on the same journey to the State Library to begin research on human rights. We learnt that the library has 25,000 ebooks that can be accessed from any computer for free by library members. Most students are now using SLQ ebooks for their research topics. After we absorbed all the instructions from the friendly library staff students found a place to study overlooking the Brisbane River. The study environment was so impressive that a number of students returned to the library over the Easter holidays to continue their research.

2013 EXCELLENCE IN TEACHING AWARDS



Are you inspired by an excellent Queensland school teacher?

Nominate them in the QCT Excellence in Teaching Awards.

Registered teachers from Queensland State, Catholic and independent schools are eligible for nomination in four award categories.

Download a nomination form at:
www.qct.edu.au/awards



AFL U'15 INDIGENOUS KICKSTART CHAMPIONSHIPS

Two Helensvale students Robert Holley and Hakeem Kennedy participated in the AFL Indigenous Kickstart Championships during the two week school holidays at Tony Ireland stadium to represent Queensland, and enabling them to kickstart their careers. All regions held their separate trials to pick the initial squad. Both boys had undergone two trials; one at Metricon stadium which ensured them a spot in the initial Queensland squad, the second trial was held at Yeronga football fields which Robert and Hakeem competed against the rest of the

mob. They both respectively made it, although Hakeem was called up to Tony Ireland stadium as an emergency.

The team did exceptionally well during the competition winning against SA by one point 2.7 (19) to 2.6 (18), beating NSW by 18 points 4.7 (31) to 2.1 (13) but unfortunately lost to WA 9.6 (59) to 2.0 (12) lost to Vic/Tas and NT ran out with a 22 point victory.

HELENSVALE SHS STUDENTS SELECTED TO REPRESENT THE AUSTRALIAN DRAGONBOATING TEAM

Congratulations to Kellahan Ona-Vao, Dominique Andrews and Queshone Woolsey who have been selected to represent Australia as part of the AusDBF Australian Auroras Junior Dragon Boat Team. The girls will compete and represent Australia at the World Dragon Boat Championships to be held in Szeged Hungary between 22nd July – 29th July 2013.

Kellahan, Dominique and Queshone have been selected to represent Australia from junior dragon boat paddlers from all around the country based on fitness tests, boat style and technique and their ability to combine and gel as an efficient dragon boat team. They were also set personal goals that they needed to achieve.

We are all very proud of you girls and wish you every success in the finals!

CROSS COUNTRY WRAP UP

The school cross country was held on Thursday 18th April. The event was competitors only and we saw 323 students running from all age groups. After the recent rain the students had to contend with some patches of mud and water.

CONGRATULATIONS TO THE FOLLOWING 2013 AGE CHAMPIONS.

U/13 Girls – Celine Southern
U/14 Girls – Monet Chapman
U/15 Girls – Mica Cannell
U/16 Girls – Chelsea Brown
Open Girls – Jess White

U/13 Boys – Lachlan McDonald
U/14 Boys – Max Garrett
U/15 Boys – Corey Mullins
U/16 Boys – Kyle Walsh
Open Boys – Tasar Malone

All students did extremely well! The top 10 students in each age group will represent the school at the Broadwater cross country on Thursday 23rd May. Well done to all.

INDUSTRY AT WORK

Congratulations to the following Year 11 students who have gained traineeships and apprenticeships by either applying directly through the ILO Office or by approaching local businesses in the area to see if they would be interested in giving them the opportunity of work experience that has led to a SATS.

Student Name	Qualification /Industry Area
Caitlin Fadian	Commercial Cookery Apprenticeship – Club Helensvale
Jessica Bretag	Hospitality Traineeship – La Piazza Restaurant
Ashley Mckindley-Willison	Hospitality Traineeship – La Piazza Restaurant
Nadine Bernon	Hospitality Traineeship – La Piazza Restaurant
Dakota Askew	Digital Media Traineeship – Intouch Consultancy
Emily Kirby	Business Traineeship – Art Store Labrador
Holly Brickell	Hospitality Traineeship – Legends Café Harbourn town
Sean Speight	Aquatic Coaching Traineeship – Superfish
Alexander Jeffrey	Aquatic Coaching Traineeship – Superfish

2013 Gold Coast Career Expo Thursday 9th May 9am – 8pm

The 2013 Gold Coast Careers Expo features over 60 of Queensland's most prominent employers and education and training providers. This event is the best investment you can make in your child's future. Parents of ALL Senior students are encouraged to take their sons and daughters after school hours, so they can obtain helpful career information.

Work Experience – Year 11 and 12 (Trade Areas only) students

Work experience is vital and ensures the student is aware what the particular job title entails. I have had many students come to me with a set idea but after work experience they realised this was not the industry or career they wanted.

Students are allowed to participate in 5 days of industry placement (5 x 1 day per week) at a time. Students' school resource fees and levies must be up to date and all appropriate paperwork returned to me before placement can be authorised. These placements may lead to the opportunity of a SATS. If you know a family friend, family member or local business who may be willing to give your child experience in their chosen industry, please contact me on the phone number/email at the end of this article.

How to gain a School Based Apprenticeship or Traineeship

Students and parents need to check emails regularly to hear the latest vacancies for school based traineeships - advertising

vacancies, courses, expos and other relevant information for our students in regards to their career options.

Parents who wish for their child 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.

Paulina Ford
Industry Liaison Officer
55738545 pford2@eq.edu.au

STUDENT RESOURCE SCHEME AND SUBJECT LEVIES

Student Resource Hire Scheme and Subject Levy payments are now due.

Thank you to those parents/guardians who have made payment of your child's resource hire scheme, and subject levies, your payments are much appreciated.

Financial statements detailing your child's account were recently sent home with reports.

Payment can be made by the following methods:

PAYING BY INTERNET BANKING: Direct Payment into School Bank Account

- School's Bank Account Name: Helensvale State High School General A/C
- BSB Number: 064 430 CBA Branch Southport
- Account Number: 00091174
- Reference/Details: Record "**Student EQ ID Number & Surname**" in the reference/details section so that your payment can be recorded correctly.

PAYING IN PERSON: Payment by Cash, Credit Card, Debit Card, Cheque or Money Order

- Payment can be made at the finance department **Monday to Friday 8.00am to 1.45pm**
- Cash, Credit Card and Debit Cards (EFTPOS), Cheques and Money Orders are accepted

PAYING BY PHONE: Payment by Credit Card ONLY

- Call the school on 55738569 or 55738588 , Monday to Thursday between 8.00am and 3.30pm, Friday between 8.00am and 3.00pm
- Please have the account and your credit card details with you when you call
- Visa and Mastercard accepted

Parents/guardians experiencing financial difficulty can contact the school's Business Manager, Mrs Jo Ashton on 55738555 so that special arrangements can be made. Payment by Centrelink is also available. All discussions are held in strict confidence.

HOMESTAY FAMILIES NEEDED FOR STUDY TOURS

Helensvale SHS would like to extend an invitation to families residing close to the school to join our successful International Student Homestay Program.

We are looking for families to provide a caring and supportive home environment for our visiting International Students on short term study tours.

Homestay providers will receive an allowance per night to cover costs associated with providing:

- 3 meals per day
- Private fully furnished bedroom (for double placements students can share a room)
- Students are to be accompanied to and from school.
- Full supervision

To receive an information/application pack please contact our International Program Manager,

Narelle Gibson via email: ngibs12@eq.edu.au

UNIFORMS

Uniform shop operating hours:

Monday to Friday 8.00am to 1.45pm

The majority of Junior and Senior Shirts and blouses have finally arrived.

The items that have been further delayed and are **NOT YET IN STOCK** are **Boys Senior Shirts sizes 105 and 110** and **Girls Junior Blouses sizes 10,14,16,18.....ALL OTHER SIZES of girls and boys junior and senior shirts/blouses ARE NOW AVAILABLE**

V-neck Jumpers

The unisex V-neck school jumpers are available in sizes 85, 90, 95, 100, 105, 110 at a cost of \$38.00.

The second year 12 senior jersey order

The second year 12 senior jersey order has been received and is now being distributed to students from the uniform shop.

Outstanding loan items

Student ID's will now be held when a loan item is issued to ensure the prompt return of the item. The new system has been implemented as we have loan items still outstanding from as far back as January 2012.

Can parents/carers please ensure that loan items are laundered **before** they are returned? *We are unable to accept items that are obviously not laundered or soiled.*

Did you know we sell?

Pens, pencils, rubbers, rulers, display folders, sharpeners, glue sticks, water colour pencils, coloured pencils, scissors and USB's from 2GB to 16GB.

SAVER PLUS

Find out more about Saver Plus – it could help you save money!

BOOST A GIRLS SELF ESTEEM AND LEARNING STYLES FOR BOYS

Six Ways to Boost a Girl's Self-Esteem

Parents, teachers, counsellors, mentors, and other concerned adults can have a significant impact on how girls see themselves. Here are six concrete things an adult can do to help a girl:

1. Focus on the person she is instead of her appearance: Many girls are harshly judged by other girls, as well as written off by boys, if they don't fit within the bounds of our society's narrow definition of beauty. As a result, a girl's body becomes her focal point. This is borne out by two startling statistics: One out of every 5 girls between the ages of 12 and 19 has an eating disorder, and one-fifth of cosmetic surgery performed in the U.S. is on teens. To help a girl develop a healthier self-image, compliment her for her *achievements, thoughts, and actions*. Remind her in various ways that she is a smart, valuable person with great ideas and lots of potential.

2. Call her attention to media deception: One reason girls feel so negative about themselves is that they are continuously barraged by picture-perfect images of girls and women in magazines and on television. Teens compare themselves to these images, either consciously or unconsciously, and feel dissatisfied when they inevitably don't "measure up". One way to help a girl feel better is to expose unrealistic media images for what they are: retouched, computer-manipulated photos of models—a group that makes up only five per cent of the population. As supermodel Cindy Crawford admits, "Even I don't wake up looking like Cindy Crawford." Once a girl knows that most people look like the ones she sees in her everyday life, she will likely feel more satisfied with her own looks.

3. Give her a journal: Many girls experience many conflicting emotions during their preteen and adolescent years, and expressing their thoughts and feelings by writing in a diary or journal is a proven way for them to cultivate esteem. According to Mary Pipher, (*Reviving Ophelia*), "In their writing, [girls] can clarify, conceptualize, and evaluate their experiences . . . and strengthen their sense of self." You can simply give a girl a blank book—there are many decorative ones available—or present her with a more structured journal that asks her to answer open-ended questions. These can be found in the teen issues section of local bookstores.

4. Encourage her to share her thoughts and opinions: Studies show that girls are more frequently interrupted than boys. Over the course of many conversations, they get the message that what they have to say is not necessarily as compelling or valued as what boys have to say. Compounding this conditioning is the fact that boys often feel threatened by smart, outspoken girls. It's no wonder some girls clam up when they enter their teens. Adults can help them stay verbal by conveying that their thoughts are important and that their unique viewpoints should be shared. If a girl learns to use her voice confidently on a regular basis, and people listen and respect her, she builds self-confidence.

5. Encourage her to take risks: People develop self-reliance when they're given the space to solve problems and make mistakes in the process. What happens with girls? Researchers have found that teachers are more likely to intervene and solve problems for girls than they are for boys. In addition, girls are rewarded for being good and behaving well, as opposed to being adventurous in their thinking, as boys are. Girls need to be given time and permission to creatively complete what they start. We can praise them for considering new problem-solving options, allow them to make mistakes, and refrain from "rescuing" them.

6. Suggest that she get involved in a sport: Research shows that female athletes are more self-reliant, and get better grades and higher test scores, than girls who don't participate in sports. Being on a team or playing an individual sport is also a way for a girl to divert some of the energy focused on appearance to healthy physical activity and personal achievement.

About Your Son's Learning Styles

What are Learning Styles?

Everyone gathers information about the world through three sensory receivers: visual (sight), auditory (sound) and kinaesthetic (movement).

Some people rely most on visual cues, others prefer auditory input, and still others learn best through movement. Educators refer to these differences as learning styles. Learning style entails how a person best takes in, understands, and remembers information. In most children, one sense is usually more finely tuned and influential for learning than the others.

Assessing Learning Styles

So how do teachers identify students' learning types? Only ten to fifteen per cent of schools use formal tests to determine learning styles. I would like to see these percentages increase and the information added to students' permanent records. Most teachers, however, especially in primary school, observe their students closely to determine learning styles. Then they use learning styles strategies that individualize instruction to take advantage of each student's learning type.

Find Your Son's Learning Style

It's not hard to figure out a child's dominant learning style. Does your child have a primarily visual learning style?

- **Visual learners are watchers** Visual learners are watchers. As babies, they are often drawn to lights, colours, and movement. They revel in colourful toys and piles of picture books. Visual learners enjoy and learn easily from pictures, handouts, videos, and films. In school, they can learn science principles by watching a science experiment rather than having to conduct the experiment themselves.
- **Auditory learners are listeners** Auditory learners are listeners. They learn to talk early and, as toddlers, enjoy listening to tapes and playing musical instruments. Auditory learners are talkative. They like to read aloud, recall commercials word for word, and do tongue twisters. In school, they

memorize maths facts much more easily in a song or poem than from flash cards.

- **Kinaesthetic learners are hands-on types** Kids who love taking things apart to see how they work are kinaesthetic learners. As babies, kinaesthetic learners are in constant motion, their movements are well coordinated, and they are anxious to crawl and walk as quickly as possible. In a classroom, kinaesthetic learners can be fidgety. They'll often be the first to volunteer to do something anything, active. They want to do an experiment not watch it or read about it. Schooling at the high school level favours auditory learning. But students whose dominant learning style is visual or kinaesthetic can improve their auditory learning skills. They can also incorporate many study techniques that draw on their learning-style strengths. The first step to taking best advantage of any child's learning style is to identify and learn about it.