Welcome to Term 2! At our welcome back parade this week, I updated our students on the very busy schedule that we have coming up this term. This term includes a disco, school cross country, drama festival, Rostrum events, NQ trials, NAPLAN, Deb ball, ANZAC Day ceremonies, Parent-Teacher nights, the Fete, and everything else that we do in our school. Of course, learning is our main focus and I have challenged our students to think hard about their progress at school, and to do everything they can to achieve their potential.

It is important to recognise the critical role that schools play in developing the ‘whole person’; that is, academic, social, sporting and cultural aspects. The teenage years are an exciting and for some, a fairly unsettling time, as young people learn much about themselves, relationships and try to focus on a future. My staff do a wonderful job helping to motivate and guide young people towards success. We proved an amazing array of opportunities for students which help to build self confidence, academic and practical skills, team work, strength of character and compassion for others. Our school provides leadership opportunities and encourages community involvement.

I encourage our students to get involved, as I know that every activity we offer provides a wealth of experiences and skills which will help our young people along the pathway to success. I ask parents to work with us to encourage participation in such activities – for example, next week I look forward to a big turn out at the ANZAC Day parade, and full participation in the Cross Country. I have set the challenge for students to see how many of them can beat me in the Cross Country, and to see the ‘battle’ between Mr Steve Postma, P&C President, as we do the run. It should be great fun!

I look forward to meeting as many of you at the upcoming Parent-Teacher afternoon on Tuesday 7 May – your children should be bringing home information and booking sheets shortly.

This term, we are focussing on our whole school literacy program, our Indigenous parent/carers group, teaching pedagogy, junior secondary & primary school interactions, and senior school data analysis (about ensuring top quality OP results).

Finally, can I encourage you to assist us with P&C activities. Your involvement is very important to us, and we are still urgently in need of a Treasurer – please consider this and be assured we can provide extensive support. You will note that we are also looking for a new Canteen convenor and applications are being sought presently.

All the best

Steven Miskin
P&C Travel Subsidies
Your Parents & Citizens Association is proud to have a policy of subsidising travel costs of students representing the school at state level sporting events. The P&C Association has recently decided that this subsidy will only be paid after the student has attended a P&C meeting to present a short report on their experience at the event.

From time to time we also subsidise student travel to significant school related cultural, community and academic activities. Students wishing to receive a travel subsidy for this type of event must attend a P&C meeting prior to the event to seek a commitment for the funding. After the event they will also be required to report back to a meeting of the P&C to qualify for the payment.

2013 Next Step survey
The Queensland Government is conducting its annual statewide survey of all students who completed Year 12 in 2012. The Next Step survey is a brief, confidential survey that gains a comprehensive picture of the employment, study and life choices made by Queensland school completers in the year after they finish Year 12.

Between March and June, all students who completed Year 12 last year can expect to receive instructions to complete a web-based survey or a telephone call from the Government Statistician to complete the survey. Please encourage them to take part. If their contact details have changed, please assist the interviewer with their updated details of forward the survey to their new address so they can participate. Thank you for your support of the Next Step survey in 2013.

For more information visit www.education.qld.gov.au/nextstep or telephone toll free on 1800 068 587.

STUDENT LAPTOPS
This year we expanded our student laptop program to include Year 8 and 11 students, while still offering the program to our Year 12 students. There has been a particularly strong response from Year 8, with 21 students taking advantage of the opportunity to participate in the program.

Students participating in the laptop program get to take advantage of the laptops in their classes, as well as having access to a computer and the school software at home.

PARENT TEACHER INTERVIEWS AND STUDENT PROGRESS REPORTS
Student progress reports will be issued on Friday 19 April. The Mid-Semester 1 report is a progress report, based on summative and formative assessment, as well as class work. Parent teacher interviews will be held on Tuesday 7 May and are to be conducted at the school in F and I Blocks. This interview process is a good opportunity for parents to discuss any concerns or queries they have in respect to their student’s progress, behaviour or effort, or to talk with teachers about career paths, subject selections or aspects of the curriculum.

An information sheet about the parent teacher interviews will be attached to the student reports when they are issued on Friday 19 April. Also attached will be an interview schedule so that parents can make appointments with specific teachers. We look forward to seeing many of you at the school on 7 May.

DISCO
The second disco for the year is on Tuesday 23 April. For those students who have netball, you may come late if you have a note from your parent/carer and they must drop you off and pick you up.
Welcome to the Wonderful World of WEP Student Exchange!

Study overseas in more than 20 countries with World Education Program (WEP) Australia. Our international student exchange programs offer you a transformational learning experience hand-in-hand with unsurpassed quality of support and attention to every student and family.

Opportunities to live and study overseas are available to all Australian secondary students who enjoy a challenge and are willing to completely immerse themselves into day-to-day life in another country. These outstanding educational programs offer you the experience of a lifetime and promote understanding and peace between people from different cultures.

WEP Australia, a not-for-profit student exchange organisation based in Melbourne, is offering over 100 academic short and long-term programs to over 20 countries around the world. This year we are also awarding 22 scholarships to motivated students, wishing to live and study in Argentina or China in 2014.

WEP Student Exchange - Memories and Skills for Life!

Become a WEP exchange student to live and study overseas for a summer, semester or even a year! Imagine yourself enjoying a traditional Thanksgiving in the USA, exploring local treasures in picturesque Europe, participating in a tea ceremony class in Japan or drinking traditional mate in Argentina. With over 20 countries to choose from and many other experiences to be lived, don’t let this once in a lifetime opportunity pass you by!

Scholarships & Early Bird Specials

This year WEP is awarding 22 scholarships to motivated students, wishing to live and study in Argentina or China in 2014. Early Bird discounts for programs starting in Jan-Mar ‘14 are also available for the following destinations: Brazil, Belgium, France, Germany, Italy, Mexico, The Netherlands, Poland, Spain, Norway, Thailand and the USA.

Find Out More! Request a Free Info Pack!

Find out everything you need to know about your opportunity to experience life as an overseas teenager. Choose from over 20 countries and make new friends from around the world. Speak to WEP staff and get in touch with returned WEP students to help you make this important decision.

Visit: www.wep.org.au
Call: 1300 884 733
Email: info@wep.org.au

School Oral Health Service

The School Oral Health Service is available to provide basic dental treatment for all students in years 8-10.

A parent or guardian must be present for treatment and appointments can be made by phoning the following numbers 4783 3223 and 04076 74696.
Science & Engineering Challenge

On 16 April, the Science and Engineering team from Home Hill State High travelled to Townsville. This year our team comprised of 32 students, 16 Year 9 students and 16 Year 10 students. The competition was held at Heatley Secondary College and we competed against six other teams, including Annandale, Heatley, Kirwan, and Ingham. These teams competed in many challenges, involving catapults, the bridge, balloon-powered cars, regional train planning, economics of a house, to name a few. Although, at times, we faced stress and doubt, the Home Hill High team stayed strong and eventually showed the region our victorious capabilities with a total score of 1276 points! This is Home Hill State High School seventh straight win and we are planning on continuing this tradition. Our victory was entirely due to our strengths in teamwork, responsibility and preparation.

The possibility of travelling down south to the state finals depends upon future funding decisions. Whatever the outcome the Home Hill High team is pumped and all ready to go!

Daniel Zamperoni
Relieving the Stresses and Pressures on Young People

In the work I do as school chaplain, I am noticing more and more young people dealing with high levels of stress and anxiety in their day to day lives. Young people today are experiencing more pressure than ever. A recent Australian survey revealed that there was indeed a spike in anxiety and stress levels in 14-17 year olds.

According to leading Australian parenting educator, Michael Grose, the greatest source of stress for today’s teens is the pressure they put on themselves. Teen girls especially seem to believe that they have to exceed at everything they do, and seem to have created an impossibly high standard. Fear of not fitting in and of social isolation is a big worry for girls. Boys, it seems are worried about fitting in, but not to the same extent as girls.

Three in four teenagers identified teachers as being the greatest source of pressure, while 58% say pressure comes from parents to lift their game academically. The push for academic success certainly places added pressure on young people at a vulnerable stage of development.

Teens also worry about their families. One in five worry that their parents will divorce. This is obviously concerning when their safe refuge is unstable at a volatile developmental stage. This impacts on their emotional development.

How do young people relieve pressure?

Young people relieve pressure in healthy and unhealthy ways. Some eat too much; some admit to using alcohol and drugs, and others get totally lost online. One in four turn to music as a release, which is something that teenagers have always done. Sport, exercise and hanging out with friends are other healthy ways teens use to de-stress.

How you can help young people maintain good mental health:

1. **Maintain regular contact through family mealtimes.** There is a correlation between families that have 5-6 meals together a week and good mental health. Mealtimes give you a chance to monitor their moods and also to talk, which is therapeutic.

2. **Help them get plenty of sleep.** We underestimate the impact of sleep. It’s vital for good well-being. Teens need plenty, but often get less as they get older.

3. **Make sure they have someone to confide in.** Help them identity or find someone to talk with.

4. **Let them do something unproductive every day.** Doing nothing is good for your mental health. It takes many forms like surfing the net, watching movies, talking to friends, playing with a pet, strumming a guitar, listening to music........... The list is endless.

5. **Encourage volunteering.** The Positive Psychology movement strongly advocates volunteering as a way of relieving stress as it takes young people out of themselves, letting them do things where they don’t have to excel. Helping releases endorphins, which are the feel-good chemicals impacting on kids’ moods. The same thing happens when they are hugged. That leads us to a sixth idea......

6. **Help young people feel loved and loveable.** Being told by people close to you that you are loved and loveable has always been good for your well-being. Sometimes in the endless striving for good parenting strategy we sometimes forget that it’s the ‘heart things’ as opposed to the ‘head things’ that we do that make the biggest difference.

We all want our kids to be happy. Well, good mental health is central to kids’ happiness and well-being. It’s something that parents need to attend to, regardless of their children’s ages. If you have any concerns regarding how your son or daughter may be coping with the pressures of adolescence and you want someone to talk to about these concerns, please do not hesitate to contact the school and ask to speak with me. I am more than happy to come alongside your child and support them in anyway I can. If your child appears to be suffering from severe anxiety or depression, I will not hesitate to let you know and advise you of relevant referral options.

**Chappy Jennie**
HEALTHY LUNCHBOXES KEY TO FOCUS AND LEARNING IN CLASSROOM

The humble lunchbox and its contents have certainly had plenty of media attention this year. If you are feeling overwhelmed with all this info, we’ve simplified it for you. Regular and healthy meals and snacks including both carbohydrate and protein improve memory and learning. A healthy lunchbox can help children and adolescents stay focussed and concentrate in the classroom, helping learning performance and behaviour.

Here are our top tips for a healthy lunchbox:

**Tip 1: Balance**
Include something from each of the 5 food groups:
- Bread, rolls, wraps, pita, fruit loaf, corn or rice cakes, crisp bread, pikelets, cereal, rice, pasta, noodles, quinoa
- Vegetables and salad – fresh, cooked or canned
- Fruit – fresh, frozen, tinned in natural juice
- Dairy – cheese, milk, yoghurt or custard
- Meat or meat alternative – chicken, ham, roast meat, boiled egg, canned fish, baked beans

Once you something from all these groups, the combinations are endless. See here for some great options:

**Tip 2: Keep it Cool & Safe**
As you know, food safety is a serious issue, this is especially the case when talking about lunchboxes. Here are some ideas to keep your child’s lunch cool and safe.
- Make sure the food and drink are cold before packing them into the lunchbox. You can do this by using frozen bread slices or rolls (cut in half before freezing) to make sandwiches or make the sandwiches/rolls the night before and freeze.
- A cold/frozen drink bottle is a great idea but remember once your child has finished the drink it will no longer keep the food cold. Use an ice brick as well.
- Keep food and drinks in the fridge until your child leaves for school.
- Once home from school throw out any perishable food or drinks not consumed.
- Clean the lunch box and containers in warm soapy water after each use.

**Tip 3: Keep it Interesting**
Kids are more likely to eat their lunch if they have a say about what goes in:
- Go shopping together and let them choose the fruit
- Get kids involved in making food for their lunch, eg. fruit or savoury muffins, pikelets, mini pizzas or savoury rice. These can be made over the weekend and frozen for use during the week ahead.

Make sandwiches more exciting by cutting them into different shapes – cookie cutters work well for this

Use various types of bread, such as, rolls, wraps or pita bread as an interesting alternative to a sandwich

Together with your child, make a list of ‘favourite lunches for the week’ – this helps ensure food variety, which is good for health, and will keep your child interested in lunch

Occasionally add a surprise to your child’s lunchbox such as coloured serviettes, notes, stickers or a flower

If you find your child is starting to bring back home more and more food in their lunchbox each day, it is time to try something new.
‘Home Hill Remembers’ Book Launch

School Captain, Laurance Papale now has his name in print. The map he created showing the battlefield of the Western front 1914-1918 was published in the book ‘Home Hill Remembers’. He and fellow student executive members, Courtney Woods, Ashleigh Attard and Nikki Thomson attended the launch in February. The dignitaries, speakers, RSL members and the local residents who attended the morning all commented positively on the young students’ attendance at the Home Hill RSL with Brigadier (Retired) Neil Weekes being so impressed he penned a letter to Principal Miskin to convey his thanks and appreciation.

The book compiled by Allan Petersen (secretary Home Hill RSL), in liaison with Genis Cisłowski, honours all Home Hill residents who were Boer War veterans or volunteered in World War I, 1914-1918. The names, photographs, medals, service records and life stories of many of the service men and women contained in the book would be of great interest to their descendants, many of whom attend this school.

Thanks to Allan Petersen, who kindly donated a copy of the book to the school Library, students can now trace their ancestors who may have served our Country. He has also provided the school with digital copies of many of the records of World War II Servicemen and women which are also available to students.

Lisa Todeschino
Teacher Librarian

2/68 Pacific Drive
Bankside Beach
BRIBIE ISLAND QLD 4507

5 March 2013
Mr Steven Miskin
Principal
Home Hill State High School
80 First Street
HOME HILL QLD 4806

Dear Mr Miskin,

On Sunday, 24th February 2013, I had the honour of launching the book, “HOME HILL REMEMBERS” at the Home Hill RSL. This event was well-attended by Home Hill residents including the Mayor and the State Member for the Burdekin, Rosemary Menkens, MP.

More importantly, however, at least from my personal perspective, was the attendance of four fine young Australians from the Home Hill State High School: Laurance Papale, Courtney Woods, Ashleigh Attard, and Niki Thomson.

During my speech to launch this great book, I made special mention of these young Australians, resplendent in their school uniforms, as they are our future leaders and it is who they must carry our history forward. I mentioned that history makes us who we are today and shapes our future. I thought that their attendance was the highlight of the occasion and, having mentioned them, those attending gave them a well-deserved round of applause. After all, it was a Sunday afternoon and they could have been doing many other, more enjoyable things that young teenagers do.

At the completion of the formalities, I then had the privilege of handing out some of the signed books, one of which was presented to your students. In response Laurance Papale gave a brief, eloquent “thank you” and this was again greeted with a round of applause.

One of your School’s teachers, Lisa Todeschino, then told me about your School’s ANZAC Day Schools’ Award Submission and I was delighted to hear that your school had embarked on this initiative. I only hope that other schools will follow your example and I wish you every success with your submission.

Please convey my thanks and appreciation to your students and to Lisa for taking the time and the interest to attend this book launch. I am sure that the book will prove to be a very popular addition to your library’s historical collection and that it will be a very useful reference to anyone carrying out any family research.

Yours sincerely,

(Neil Weekes, AM, MC)

Brigadier (Retired)
With just one more round to be played in the interschool competition both the under 15 and Open teams are in an excellent position on the ladder. With five out of five wins in both divisions, Home Hill is certain to secure minor premiers and head to the finals undefeated. We need out best performance next Tuesday in Ayr to ensure this. Results for games so far are listed below.

<table>
<thead>
<tr>
<th>Round</th>
<th>Date</th>
<th>Open</th>
<th>Under 15</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>26 February</td>
<td>HHSH 20 def. Bowen 10</td>
<td>HHSH 27 def. Bowen 18</td>
</tr>
<tr>
<td>2</td>
<td>12 March</td>
<td>HHSH 27 def. BCH 9</td>
<td>HHSH 21 def. BCH 9</td>
</tr>
<tr>
<td>3</td>
<td>19 March</td>
<td>HHSH 21 def. Ayr 12</td>
<td>HHSH 35 def. Ayr 14</td>
</tr>
<tr>
<td>5</td>
<td>16 April</td>
<td>HHSH won on forfeit from BCH</td>
<td>HHSH 28 def. BCH 15</td>
</tr>
</tbody>
</table>

We have a very experience team in the Open side. In the defence circle Cailin Betteridge has shown outstanding improvement and teams up well with Kimberley Bourke and Shenead Gelling to foil the opposition teams’ game plan. Goal shooters Nicole Hudson and Madalin Vassalini have displayed accurate shooting statistics. Through centre court the speed of Kate Neal, Emily Poli, Nicola Williams and Mackenzie Falco has proven to be successfully interchangeable. Mrs Kerr is confident that regardless which of her players she fields they continue to dominate.

The Under 15 side has some excellent talent and the girls continue to improve as they develop a strong rapport under Ms Murphy’s superb guidance. In the defence circle the opposition shooters struggle to score over the determination of Amanda Bourke, the height of Savannah Cannavan and consistency of Cassandra Loizou. Jacklyn Walters, Andi Gelling and Dana Falco all control the centre bib skilfully while Elly Caspanello and Naomi Loizou listen carefully and execute some good moves in centre court. Shooters Ashleigh Dwyer and Alana Swindley cut the triangles skilfully to leave the opposition defence standing.

Be sure to come and watch these girls in their last game next Tuesday at Ayr High.

**Earth Hour 2013**

On Saturday 23 March, Home Hill High Students joined millions of people around the world and switched off their lights for one hour to show their support of Earth hour. Many families also pledged to ‘switch on’ to renewable energy.

Unfortunately no entries were received for the school competition. The prize is still on offer! If you took a photo during Earth hour bring a copy to the Library/Resource Centre by Monday 22 April and it could be yours!
Home Hill Under 15s had an exciting game against BCH on Tuesday afternoon. It was an energetic contest that saw some courageous tackling by Robert Cantarella and Dylan Darr. BCH got off to a strong start and were leading convincingly in the first half. However, the boys fought back with some outstanding teamwork and managed to cross the line three times. Druce Becke was fearless in scoring two tries and Codi Holzheimer boosted our score by scoring a converted try. The final score saw BCH win 30 points to 14.

The Open boys’ game was action packed right down to the final bell. The Home Hill boys were fired up and keen to take on BCH in the second last game of the season. Amazing teamwork and skilful passing saw Clinton Brosnan score an early try for Home Hill. Darcy Watson made an impressive addition to the team scoring two tries. Once again, Mark Barbagallo played consistently well and sprinted half the field to score for Home Hill. The final quarter saw BCH fight back courageously. However Home Hill held BCH out to win their first game of the season by an impressive 22 to 18. Next week we play our final game of the season against Ayr High in Ayr.

The Spirit of the ANZAC
What does it mean to you?

Write a poem, short story, take a photograph or draw a picture of ANZAC Spirit.

Entries Close Tuesday 23 April 2013.

Entries will be displayed in the Library/Resource Centre for ANZAC Day.

Prizes will be awarded for the best entry from each year level.

Please include your name and form class on your entry and hand in to the Library.
Woolies Earn and Learn

Our Parents and Citizens are supporting the Woolworths Earn & Learn program. Help earn educational resources by collecting stickers when you shop at Woolworths, placing them on the sticker sheets, and depositing them in the box provided in the school office or at the store!

Astronomy Night

The first astronomy night was held on April 17 and was a great success with over fifty people enjoying the wonders of the universe.
Students in Focus

QUEENSLAND SELECTION

Adam Walton was a member of the Northern Secondary School Tennis Team that recently competed at the State Championships in Toowoomba. The Championships were held over four days including a Teams Event as well as an Individual event. The Northern team placed 4th and were named Country Champions for which they received a medallion.

Adam played extremely well in the Individual to claim a place in the Open Queensland Secondary Tennis Team. A pretty enormous achievement given that he is only in Year 9 and I think a first for a student at Home Hill High. The Queensland team will travel to Adelaide in early May to compete against teams from states across Australia.

Congratulations Adam!!!

Lions Youth of the Year

On Saturday 2 March, I travelled to Townsville to represent Home Hill State High School by participating in the Lions Youth of the Year Quest Regional Finals. Representing the Home Hill Lions Club were Lydia Toohey and Sam and Ilze Harris who also journeyed to Townsville for the event.

The participation process was very similar to that of the school trials. The first criteria involved the submission of an application that contained information about my involvement in the school and community. Next, there was a short interview with the judging panel that involved answering a vast range of questions from what I wanted to do after high school to general knowledge questions. The last criteria of judging was the public speaking section which involved saying a prepared six-minute speech and two two-minute impromptu speeches. The impromptu speeches were, for me, the most challenging part of the day by a long shot as my knowledge of Australian military was very limited. Let's just say I now know what an unmanned drone is. You learn something new every day.

Including myself, there were eight entrants in the Townsville trials who represented schools from the Townsville region, Charters Towers and more. At the end of the day, Kirsty Healing of All Souls was presented with Lions Youth of the Year for the Townsville district with Danielle Thorman from St Patrick's College receiving the Public Speaking Award. Overall, my participation in Lions Youth of the Year was a very rewarding experience and was an excellent opportunity to meet new people and represent my school.

Courtney Woods
GOLF
Two of our students have recently gained selection in the under 19 NQ Golf team. Nicola Williams (Year 11) and Emily Cannavan (Year 8). The girls will travel to Wynnum, Brisbane in July to compete in the state championships. Well done girls and good luck!

SOCCER
Congratulations to Rylee Caspanello who was selected in the Open Girls Soccer team at the NQ school trials held last term. Rylee will travel to Northgate at the end of May to compete in the state trials.

NETBALL
A number of Home Hill girls travelled to Townsville on Monday 4 March for NQ trials. In the Under 15s Jacklyn Walters, Ashleigh Dwyer, Amanda Bourke, Andi Gelling, Alan Swindley and Savannah Cannavan were selected in the Burdekin side but unfortunately none of these girls gained selection.

In the Open division Cailin Betteridge, Kimberley Bourke, Emily Poli, Kate Neal were selected in the Burdekin Team with Cailin and Kimberley performing outstandingly and obtaining selection in the NQ team which will compete in Mackay in May.

Drama Festival
The Drama Festival is on soon! Home Hill High will be competing against Burdekin Catholic High and Ayr High with their hilarious “Zombie” play The Night of the Cryonic Dead.

Performances start at 7.00pm, Friday 3 May at the Burdekin Theatre. Tickets are now on sale for $13.00 from the Theatre, phone: 47839880.
Website: www.burdekintheatre.com.au