Principal’s Report

Term 3 at Home Hill High is in full swing, with once again an amazing array of activities which enhance our Learning, Performance and Citizenship agendas. Our school is well known for its success, and it comes down to the quality of people we have here and the extent to which these people (students, staff, parents and community) will go to achieve that success by active participation.

I encourage parents and carers to reinforce the importance of active participation in school and community life with their children. Sometimes young people question “why should I do that?” (no doubt a question many of you hear!) when it comes to being involved in things. It’s like many things in life; it is about the experiences, good and bad, which broaden one’s real world knowledge. These experiences teach a range of invaluable skills essential for life, including how to deal with others, plan, communicate, lead, build resilience and so on.

There is no doubt that a broad, real world knowledge is a key component in stimulating intellectual growth. It makes sense; the more you experience, the greater knowledge and range of strategies you have to draw on. It is this rationale which supports not only why students should study a diverse range of subjects, but why they should involve themselves in a range of academic, sporting, cultural and community activities. Home Hill High and our community need our young people to be active citizens and I am immensely proud of what our students do achieve – they are very good citizens.

That said, I also encourage parents and carers to be good role models and participate in school and community activities. As our students contribute through our Interact program (a Rotary initiative) at school, I encourage our adults to be involved in community organisations. As a recently joined Rotarian, I am amazed at the collective good achieved by the organisation, particularly with our efforts in the near eradication of Polio from the world. I am happy to discuss Rotary with any interested parents at any time.

You may have heard that Leon Stucas, our long standing instrumental music teacher, is nearing the end of his career. We thank Leon for his contribution to our schools in the Burdekin and wish him well. Luke Jones is the new teacher, and he is very keen to develop our programs. I wish I had taken advantage of such programs when I was in school, so please encourage your children to consider this. We were very pleased to hear that the government is providing more resources and financial support in this area.

So, it’s on to the Interhouse Athletics carnival and to see which of Beachmount, Upstart or Inkerman can take out the trophy. Our carnivals are excellent days and I look forward to seeing the best performance from our talented athletes and maximum participation from all comers. I also can’t wait to see what cartoon characters our resident artist Stylesy comes up with this year on the surface!

Steven Miskin
Principal
Home Hill State High School will hold a number of events including an annual solar viewing for students and community, an astronomy night, the annual mouse-trap-car construction and racing competition, grower’s video competition and a presentation evening including Brain Break quiz.

**When:** Monday, August 18 2014 11:30 am - Thursday, August 21 2014, 11:30 am to 12:10 pm

**Where:** Home Hill State High School

**Theme:** Energy and transport, Environment and nature, Space and astronomy

**Cost:** Free

**Other:** Wheelchair access

- The Burdekin Growers and their families are encouraged in early Term 3 to develop a short 3 minute video showcasing an aspect of science and technology used in producing their product. The videos will be judged by a panel comprised of students, teachers and scientists; **with the winner earning $100 for their effort.** See the flyer on the back page for details, terms and conditions. An example video has been posted on the website by science teacher Robert Lipsys (please note that although the video goes over the time limit, it is a good example of what is required). A presentation evening in conjunction with the Brain Break Quiz will be conducted on Thursday 21 August 2014 to acknowledge the winning recipient.

- **Parents** are also invited to compete against year 8 students and other parents in designing and racing **Mousetrap Cars.** This will take place at lunchtime on the 18 August 2014.

- A **Solar Day** is organised for 19 August where students from Home Hill State High and surrounding schools will view and learn about the Sun in an entertaining way. There will be prizes for students which show interest and enthusiasm.

- On 20 August an **Astronomy Night** will be held viewing the wonders of the Universe through the school’s magnificent 20” telescope and with aid of a projector screen students and the community can sit down and be amazed instead of queuing.

National Science Week at Home Hill State High School is going to be an astronomical event!

**Contact details:**

Rob Scalia
Home Hill State High School
Email: rscal2@eq.edu.au
Phone: 07 4790 5666

**Science Week Schedule**

- **Monday** – Mousetrap Car Races, Basketball courts 11.30pm
- **Tuesday** – Solar Day, school oval
- **Wednesday** – Astronomy Night
- **Thursday** – Presentation evening and Brain Break Quiz

![Sam & Mitchell with their spectacular record-breaking Mousetrap car in 2013](image)
Engineering Link Project

The Engineering Link Project is a three-day camp which is run from three universities across Queensland for year eleven and twelve students who may be considering a career as an engineer. The purpose of the camp is to provide students with a real engineering experience in three different fields of their choice, providing them with a better understanding of the opportunities available for engineers. This year the only physics student to attend was Druce Becke.

The experience began on Monday 21 July and first up was a short safety briefing. Before the day’s activities began we were separated into our chosen disciplines. We then went our separate ways with an engineer from the specific field giving us an insight as to what the particular disciplines are about.

Tuesday morning began with a quick presentation from former Home Hill High student Rachael Becke about the opportunity to go to China at the end of the year as part of the experience. After that, the day followed the same as Monday.

Wednesday started off with a quick presentation from one of the JCU lecturers. The day continued as we selected another discipline to experience for the day. At the end of the day we received certificates to say we attended as well as receiving a JCU bag full of freebies.

This was an amazing experience and if nothing else, the Engineering Link Project has helped us all decide whether or not engineering is for us.

Druce Becke

WORK EXPERIENCE

Year 10, 11 and 12 students are currently being placed for work experience. Students will be advised on where they have been placed mid-term, when they are given the employer contact name, phone and address. The student is required to make contact with the employer prior to commencement of work experience so that they can discuss uniform code, hours of work, where to go on the first day etc. A reminder that work experience will take place in the final week of the term – September 15-19.
COURSE PLANNERS

Students have now been issued with their course and assessment planners for Sem 2. This planner will replace our assessment calendars. They outline the units of work the students do each week for all subjects they study and the assessment for each subject. Students can access the course/assessment planner electronically at school or at home by logging on to oslp.eq.edu.au.

Japanese!

Special Guest Speaker

The year 10 and 9 Japanese classes were fortunate to have Ms Karen Clarke come and speak to them about her experiences in learning Japanese and with Japanese culture. Karen, who is currently studying a Bachelor degree in Languages (Advanced Japanese) at James Cook University, has lived and worked in Japan previously and was keen to share her thoughts on the benefits on learning the Japanese language!

The guest speaker was very good. It was a good experience to talk in Japanese and interpret what she was saying.

By Elly Caspangelo

Being a small town it is difficult to find someone to visit who has been to Japan, spoken the language and experienced the various cultural aspects. This made Ms Clark’s visit even more special and was an awesome experience!

By Samantha Burbidge

Getting to hear from a guest speaker was cool. Hearing all about her travelling adventures and experiences was so great because we go to hear what Japan was like through an Australian’s eyes and learn more about their culture.

By Mikaylah Wall
More Letters from Japan!

The year 10s at Kashiwa high school went camping for three days to Nasukashi in Fukushima prefecture. Students wrote about their experiences in English and sent them to us. My year 10 students replied to them in English and are currently waiting for their reply.

My School Trip in Nasukashi, in 2014

I went to Nasukashi with my classmates.

We cooked curry and rice outside. We enjoyed much nature there, too. But it was cold at that evening. I cooperated with my members of my group to make curry.

This school trip was very good. I learned friendship through it. I feel it was very good. Thank you...

Name Shion Yokozeki

My School Trip in Nasukashi, in 2014

The school trip in Nasukashi made me happy, because I got a lot of precious memories.

For example, our group made curry and rice outside as outdoor style. Also we enjoyed jump, rope, hiking and so on.

I cut vegetables, and it was difficult for me to adjust the caliber force to cook. But I was surprised at a boy of my group being good at making curry and rice. Therefore I thought to train cooking curry and rice when I go home.

Name Akitzuki Takashina

2015 Premier’s Anzac Prize- Win a trip to Gallipoli, France and Belgium!

The 2015 Premier’s Anzac Prize provides 70 Queensland students with the opportunity to attend the Anzac centenary commemoration in Gallipoli and travel to the Western Front battlefields in France and Belgium. The once in a lifetime prize covers travel, accommodation, insurance and meal expenses. Students in Years 8 to 11 have until 19 September to lodge a submission.

For more information visit www.education.qld.gov.au/anzac-prize or see Mrs Todeschino Teacher-Librarian.
To assist in our future working and career choices, a group of enthusiastic year 12 students attended the JCU University experience. The experience was held on 17 July at the James Cook University Townsville Campus. Mr Buttsworth and Mr Johnson attended the day with us, to help guide us through the very educational and informative choices that were on offer. The sheer size of the campus was daunting and navigating our way around, sometimes without the help of our course leader, was a difficult task. Students were given the opportunity to pick two courses which were of interest to them. There were a number of career courses on hand, some of the most popular being; education, sports and exercise science, engineering and medicine. Each course was specialised to the particular career field to allow us to familiarise with what it would be like if we chose that course post year 12. Many interesting facts and informative speeches were provided in order to help us decide upon our future career paths. Overall the day was a huge success for all who attended, with students being given the opportunity to interact and learn from lecturers and students of all the courses. Many thanks to Mr Buttsworth and Mr Johnson for organising and allowing us to partake in this future building experience.

By Kimberley Bourke

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**MONSTER GARAGE SALE**

**When:** Saturday 30 August, 8.00am

**Where:** Home Hill SHS, area next to cricket nets

Items for sale include tables, chairs, ex-school resources and much more...

Use rear entrance

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**Golden Anniversary Display items available for collection**

A reminder that all items kindly loaned to the school for the Golden Anniversary display can be collected from the school office. We thank you again for your generosity in providing items holding such great sentimental value.
Have you been told that you need to drink an extra glass of water for every cup of coffee or tea that you drink?

For some time there has been a belief that drinking coffee and tea can make you dehydrated because the caffeine they contain has a diuretic effect. (A diuretic is a substance that causes your body to produce urine, and it has been suggested caffeine can do this because it increases blood flow through the kidneys.)

But is there any evidence to show that your morning cuppa needs to be offset with a big glass of water?

If you regularly enjoy a few cups of coffee or tea a day, then you can rest assured the moderate amount of caffeine they contain doesn't cause you to lose more fluid than you ingest, says Lisa Renn, accredited practising dietician and spokesperson.

A UK study of regular male coffee drinkers found no difference in hydration levels between those who drank 4 200ml cups of coffee a day and those who drank the same amount of water.

While the study focused on the intake of coffee, those who drink tea can also take heart from the results as it contains similar amounts of caffeine to coffee.

It's worth noting there are also other side effects associated with caffeinated drinks, which include:

- rapid heart beat (palpitations)
- restlessness and excitability
- anxiety and irritability
- trembling hands
- sleeplessness.

And if you are drinking coffees with lots of milk it may affect your weight.

"Lattes and cappuccinos can make an excellent dairy-based or soy-based snack, but if you're having lots of those throughout the day, especially if you're trying to lose weight and having 4 milk coffees a day, it's going to impact on your calorie intake," Renn says.

However, drinking coffee can also have a range of health benefits, and has been linked to decreased risk of some cancers, heart disease and type 2 diabetes.

"Coffee is certainly not the evil we once thought it was, but it's that old adage of everything in moderation," says Renn.

For more on caffeine, it's side effects and benefits see our Caffeine fact file.

Some students are consuming an “ENERGY” drink on the way to school and then are having Espresso milk from the tuckshop and they are not thinking about the caffeine intake build up in their bodies before starting class and are wondering why they can’t concentrate.

Talk to you all next issue. Leah George, School Based Youth Health Nurse.
Home Hill State High School Ambassador

Camp Gallipoli Competition – 24 & 25 April 2015

In a series of major locations around Australia and New Zealand, families, schools and community groups are invited to join in a special night of remembrance, light entertainment and mateship. Each venue will have spaces set aside for camping using swags, just like the Diggers did. There will be special guests, movies, documentaries, great food options and a very special dawn service on Anzac day itself.

Camp Gallipoli has been fully endorsed by the ANZAC Centenary committee, Department of Veterans Affairs, Federal Education Department, RSL and Legacy. These special events will be respectful and informative but also incredibly entertaining for all Australian and New Zealand students. The 100th anniversary of Gallipoli is your chance to share a moment in history with family and friends. Camp Gallipoli brings it all together in one remarkable event.

In the coming weeks, students from every school will have the opportunity to become a Camp Gallipoli ambassador. Student ambassadors from each school will have their images placed alongside respected Australians and New Zealanders such as Cathy Freeman, Mitchell Johnson, Sir Richard Hadlee and many more on the Camp Gallipoli website. As well as this, one lucky ambassador from each state will be selected to read their tribute to the thousands attending Camp Gallipoli.

To enter the competition students will be asked to submit what the Anzac spirit means to them in 60 words or less via the Camp Gallipoli website - www.campgallipoli.com.au.


Entries close on September 1, 2014.

Students wishing to enter please Mrs Lisa Todeschino, Teacher-Librarian.

We look forward to hearing what the Anzac spirit means to you.
Vicki Wilson Netball

As winners of the Burdekin Interschool Netball competition, Home Hill High was eligible to participate in the Vicki Wilson Challenge. A combined team selected from the Open and Under 15 teams travelled to Murray Basketball Stadium last Tuesday and competed against the much larger Townsville and Ingham schools.

The girls were competitive in all games but were defeated by St Margaret Marys, Kirwan High and Cathedral College. However they had an excellent win against Santa Maria Gilroy from Ingham.

Ashleigh Dwyer and Alana Swindley fired some accurate shots in the shooting circle, while Kimberley Bourke and Shenead Gelling teamed up strongly in the defence circle against some very experienced and accurate shooters. In centre court Kate Neal and Nicola Williams worked very sharply throughout the entire day. They were very ably supported by our youngest team member Naomi Loizou in wing attack and old stars Cassady Howie and Nicole Hudson. A big thank you must go to Kimberley Bourke who has been an outstanding role model and participant over her five years of high school. She has gained NQ representation over a number of years and displays excellent sportsmanship. Along with Shenead, Nicola, Nicole and Cassady, the girls will be sadly missed in our competition next year.

STUDENT BALL 2014

The Student Ball is the major inter-school social event in the school year. This Ball is always one of the first events in the Harvest Festival Week and this year the theme of the Festival is “Cane, Trains and Automobiles.” Our Student Ball Committee is currently planning however, to incorporate a more glamorous and mysterious theme. As it is hosted by the Home Hill High’s Parents and Citizens Association for students, it is a drug and alcohol-free event. Normal school standards apply to behaviour, dress and language.

Only students currently in years 10, 11 and 12 at the three Burdekin high schools are eligible to attend. While we appreciate that the pre-Ball gatherings play an important part in ensuring the success of the night, we hope that parents will be pro-active in supporting our stance on no drugs and alcohol and therefore ensure that these pre-Ball gatherings are also alcohol and drug free. Students who arrive at the Ball having consumed alcohol will not be admitted.

We are very grateful to the large number of local businesses who sponsor our event with prizes. A sub-committee of P&C parents will be responsible for contacting the sponsors and organising the prizes. Our year 11 student
committee has had several meetings and those students will choose, design, print and make the tickets, hall and table decorations. Regular weekly meetings are now taking place.

Supper will be provided by our P & C Association as well as from the donations that the parents of our students in years 10, 11 and 12 contribute. Students and parents are asked to put this date, **Friday, 31 October** on their calendar and to then provide a plate/donation towards this major social and fundraising event. Parental supervision and assistance will be called for in October. **If you are interested in helping, please come to our next P & C meeting on Tuesday 12 August** – many hands make light work, and your ideas are always welcome.

Bev Edwards and Malar Mavanna

Get into Uni Residential Camp

Each year James Cook University provides an opportunity for students to attend a four day residential camp to learn about university and courses available. The “target group” is those students who are unsure if they want to attend university and those who may be the first in their family to consider university. This year, four students were selected to attend. This is what they wrote:

On the first week of the holidays Steven Millington, Kieren Paddison, Bryony Williams and Toni-lee Sawyer went to JCU in Townsville for the “Get into Uni Residential Camp.”

There were students in year 10 from all parts in North Queensland including Proserpine, Bowen, the Tablelands and Townsville. The camp ran for four days and we all had our own dorm. Each day there were different subjects, some similar to school like sport, biology and physics. The highlight of the camp was being able to meet new people and gaining new friends. At the end of the camp the four of us attended a graduation ceremony and then had a party afterwards. It was a great learning experience we all have gained an insight of Uni life and what we could possibly do as we get older. The accommodation was really good and the food was amazing.

*From Steven, Kieren, Bryony and Toni-Lee.*

PAST STUDENTS

AUTHORS OF CHILDREN’S BOOK

Twins, Sheena Geiger and Carli Kovacich-Harvey, authors of the children’s book *The Monster Rule*.

Carli and Sheena attended Home Hill High from 1995-1999 and have kindly donated a copy of the book to the school’s library.
GROWERS VIDEO COMPETITION

What: Growers (and/or their families) are invited to prepare and submit a three minute video explaining a science/technology innovation or concept used for successful food production.

When: Competition closes 20 August 2014
Judging by panel of students, teachers and scientists

Where: Submit on USB to Home Hill State High School
Format: MP4, AVI

Who: Commercial farmers, graziers, backyard ‘green thumbs’....

For more information and terms & conditions, visit the school website
www.homehillshs.eq.edu.au