Principal’s Report

This is the time of year to measure our success and our Sports and Academic Awards evenings are a perfect way to do that. Our motto “Finis Coronat Opus” is “The End Crowns the Work”, meaning that the success will come after the work has been done. It is so fitting that this coincides with our Harvest Festival here in Home Hill. Our students have again shown their commitment to Learning, Performance and Citizenship, and our school community joins in collective congratulations to the award winners who have done themselves proud.

Home Hill High has a proud and deserved reputation as a school of success and our 2014 tally of achievements stands as evidence. I thank my staff, who work very hard to provide the best learning experiences for our students and who also put in so much extra to enable other opportunities for the students. I do not believe many other schools do what we do and that is why we are unique.

The Harvest Festival is a great time in Home Hill with so many different activities underway. I really enjoy seeing the number of students, staff and parents being involved in these community events – this is again something unique. A small rural community like ours has so many benefits and opportunities for participation, and these are things becoming increasingly lost in the south east corner. I say to our community, love what we have and play an active part.

Our school is an important part of the Home Hill community and its economy. You know I am a strong advocate for our school, as I genuinely believe (and have the evidence to support it) that we provide the best educational experience for young people in the Burdekin. Our school continues to provide the next generations of Home Hill community leaders – such a valuable asset. Our school is an important part of Home Hill’s economy – we try to buy local at every opportunity, we engage local businesses to provide all the support services we can and our staff live and shop in the area. This is a significant part of the town’s economy – who would have thought that when your child enrols here, that decision is helping to sustain our economy and provide employment for locals. It’s not only “shop local”, but “learn local”!

On that note, I am also very pleased to see a range of new businesses opening in town. It is great to see the confidence in our wonderful small town is growing. Please do what we do and support them too.

Not long now until the year 12s enjoy their Valedictory. Well done year 12s and best wishes.

See you at the Harvest Festival parade!

Steven Miskin
For the 51st Annual Presentation of Awards ceremony held in the Memorial Hall Home Hill on Tuesday 28 October, a large crowd of almost 450 parents, families, staff, students and invited guests from the Home Hill State High School community proudly celebrated the achievements of the student body. Over 140 awards were presented to acknowledge the numerous and extensive accomplishments of students in academic, vocational, cultural, leadership, community service and sporting fields.

The occasion was dignified with presence of invited guests including Mr Uli Liessmann, Burdekin Shire Councillor, Rotary Club of Home Hill President, Mr Mike Newton, Mr Sam Harris, Lions Club of Home Hill representative, Mr Steve Postma from Wilmar Sugar Australia, Ms Natasha Powell, Home Hill Bendigo Bank, Dr Margaret Culpan representing the Zonta Club of Burdekin Inc. and Mr David Cooper representing the Cooper family. Also attending were Mrs Lydia Toohey from Toastmasters, Parents & Citizens Association President, Mr Richard Wall and Principal of St Colmans School Home Hill, Ms Caroline Fuller.

School Captains, Kimberley Bourke and Reece D’Alessandro, warmly welcomed the assembly and presented the comprehensive Valedictory on behalf on the 2014 seniors. Presidents of the school Student Council Executive, Joshua Previtera and Mackenzie Falco reported on the many and varied activities of this year’s student council. Home Hill High Principal Mr Steven Miskin, reminded the school community of numerous achievements which have highlighted 2014. P&C President, Mr Richard Wall then addressed the gathering, reporting on the achievements of the P&C and wishing the year 12 group the very best for their futures.

During the evening, year 11 student Coralie Mannea entertained the audience with a polished performance on the piano. Supper as usual was impressive with Mrs Anne Kerr and her Hospitality students once again delighting everyone with the extensive and tastefully presented selection.

Congratulations to all students who received awards. Your efforts have been appreciated by your teachers. Special thanks to all parents, guardians, family and friends who attended. A thankyou is also extended to all the school staff who assisted in any way in the production of the evening. Many hours of work go into the preparation which then ensures the smooth running of the ceremony.

Home Hill State High celebrated its Golden Anniversary this year and the outstanding achievements of our students continue the school’s history of educational excellence. Congratulations to all awardees.

**Special Awards & Bursaries**

**Wilmar Sugar Award (Year 12 Dux):**

**Rotary Club Home Hill Inc Shield (Year 10 Dux):**

**Caltex Best All Rounder:**

**Dale Cooper Memorial Bursary (Year 10 English):**

**Burdekin Art Society Inc Award (Year 10 Art):**

**Australasian Institute of Mining & Metallurgy Bursary (Year 11):**

**Bendigo Bank Accounting Award (Year 12):**

**Zonta Girl’s Science Encouragement Award (Year 10):**

**McDonald’s Award:** (Hospitality) (ITU)

**Dawson’s Award:**

**JCU Encouragement Awards:** (Year 10): (Year 12):

**Senior Cultural Award:**

**Junior Cultural Award:**

**Lions Youth of the Year:**

Reece D’Alessandro
Katelyn Shepherd
Mikaylah Wall
Reece D’Alessandro
Mikaylah Wall
Emilee Gibson
Christina Postma
Katelyn Shepherd
Mikaylah Wall
Danielle Shepherd
Dylan Carter
Reece D’Alessandro
Tamokai Kupenga
Kieren Paddison
Christopher Musumeci
Katelyn Shepherd
Reece D’Alessandro
Tamokai Kupenga
Reece D’Alessandro
November 2014

Sportsperson of the Year: Kate Neal
Pierre de Coubertin Award: Mackenzie Falco
ADF Leadership & Teamwork Awards: (Year 10): Andi Gelling
(YEAR 12): Reece D’Alessandro
Order of Australia Association Student Citizenship Awards: Reece D’Alessandro
School Captains Awards: Kimberley Bourke, Mackenzie Falco, Kate Neal, and Katelyn Shepherd

Leadership Awards:
Kimberley Bourke, Rylee Caspanello, Reece D’Alessandro, Mackenzie Falco, Joshua Previtera, Katelyn Shepherd and Callan Sunderland

ADF Leadership & Teamwork Awards: (Year 10):
Andi Gelling
(YEAR 12): Reece D’Alessandro
Order of Australia Association Student Citizenship Awards: Reece D’Alessandro
School Captains Awards: Kimberley Bourke, Mackenzie Falco, Kate Neal, and Katelyn Shepherd

Leadership Awards:
Kimberley Bourke, Rylee Caspanello, Reece D’Alessandro, Mackenzie Falco, Joshua Previtera, Katelyn Shepherd and Callan Sunderland

JCU Encouragement Awardees with Mr Miskin. Tamokai Kupenga, Kieren Paddison, Christopher Musumeci & Katelyn Shepherd

Rotary Bursary winner Mikaylah Wall with Mr Mike Newton

P&C president Mr Richard Wall with school captains Kimberley Bourke and Reece D’Alessandro

Bendigo Bank Accounting awardee, Katelyn Shepherd Bendigo Bank’s Ms Natasha Powell and Emilee Gibson, winner of the Burdekin Art Prize

Mr Steven Miskin and Caltex All-Rounder, Reece D’Alessandro

Mr Miskin with AUSIMM winner Christina Postma

Dr Margaret Culpan with McDonald’s Awardees Dylan Carter (ITU) and Danielle Shepherd (HOSP)

Councillor Uli Liessmann with ADF winners Andi Gelling and Reece
ACADEMIC AWARDS 2014

YEAR EIGHT

Level One
Rachel Kiehne      Tayla McKaig
Sophie Sibson      Chelsea Wall

Level Two
Aimee Gibson       Emily Grabbi
Hanna Paneccasio   Keely Warcon

Level Three
Elisha Ball        Aaliyah Calder
Louisa Daley       Natasha Langridge
Jessica Lewis      Taylor Messer
Callum Ricca       

YEAR NINE

Level One
Emily Cannavan     Nikita Fabian
Naomi Loizou       Paul Marano
Nikola Poli        Elena Postma
Lily Woodlock      

Level Two
Karli Linton       

Level Three
Erin Grimbaldeston Catania Musumeci
Mitchell Price-Wilson 

YEAR TEN

Level One
Jamie Betteridge   Luke Carrett
Branden D’Alessandro Andi Gelling
Mikaylah Wall      

Level Two
Samantha Burbidge  Georgia Dahlenburg
Dana Falco         

Level Three
Emilee Gibson      Christopher Kiehne
Tamokai Kupenga    Sam Marano
Alana Swindley     Molly Swindley
Jarrod Vassalini   Jacklyn Walters

YEAR ELEVEN

Level One
Ryan Attard        Cassandra Loizou
Rachel Marano      Gina Papale
Christina Postma   Ben Walters

Level Two
Ashleigh Dwyer     Christopher Previtera

Level Three
Samantha Carrett   Nakoma Coutts
Tiffany Goddard    Sophie Loizou
Coralie Mannea     Jacquelyn Marano
Troy Shand         Mikayla Warcon
Daniel Zamperoni   

YEAR TWELVE

Level One
Kimberley Bourke   Reece D’Alessandro
Katelyn Shepherd   

Level Two
Alanna Lazzarini   

Level Three
Aaron Benato       Clinton Brosnan
Jackson Dahlenburg Mackenzie Falco
William McLees     Jacob Nascone
Kate Neal          Joshua Previtera
Callan Sunderland  Cameron Suski
Kali Totorica      

Councillor Uli Liessmann with the year 8 Level One Awardees
Year 9 Level One Awardees with Councillor Uli Liessmann
Councillor Uli Liessmann with the year 10 Level One Awardees
Year 11 Level One Awardees with Councillor Uli Liessmann
Councillor Uli Liessmann with the year 12 Level One Awardees
Leadership & Cultural Awards

Rotary President Mr Mike Newton with the year 12 Cultural Service winners: Katelyn Shepherd, Reece D’Alessandro, Mackenzie Falco, Kimberley Bourke and Kate Neal

The year 12 Leadership awardees with Councillor Uli Liessmann: Katelyn Shepherd, Rylee Caspanello, Kimberley Bourke, Reece D’Alessandro, Joshua Previtera, Mackenzie Falco and Callan Sunderland

Mr Miskin with Reece D’Alessandro who won both the Order of Australia Award and the Dawson Award

Cultural Award winners Tamokai Kupenga & Reece D’Alessandro with Mr Sam Harris

TEACHERS’ AWARDS

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<thead>
<tr>
<th>Year 8</th>
<th>Year 9</th>
<th>Year 10</th>
<th>Year11</th>
<th>Year12</th>
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<tr>
<td>Mikada Carr</td>
<td>Nicole Casalegno</td>
<td>Abbey Brennan</td>
<td>Matilda Benz</td>
<td>Shenead Gelling</td>
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<tr>
<td>Blake Lennox</td>
<td>Ashlea Gaia</td>
<td>Elly Caspanello</td>
<td>Renee Connors</td>
<td>Christopher Musumeci</td>
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<td>Joel Minuzzo</td>
<td>Ben Jacques</td>
<td>Katherine Free</td>
<td>Courteney Harris</td>
<td>Natalie Land</td>
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<td>Joshua Payne</td>
<td>Efimia Loizou</td>
<td>Toni-Lee Sawyer</td>
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<td>Chantel Sturgeon</td>
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<td>Steven Zabala</td>
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<td>Luke Torkington</td>
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<td>Jarred Whitman</td>
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On Tuesday 21 October, over 50 Sports Awards were presented to acknowledge and celebrate students at Home Hill State High School for their commitment, participation and success in sport over the past year.

6 students received Coaches Awards for effort and participation.

The ‘Level’ Sports Awards acknowledge increasing levels of success and representation with Level 1 representing the highest level.

8 students received Level 1 Awards.
10 students received Level 2 Awards.
12 students received Level 3 Awards.
18 students received Level 4 Awards.

We were extremely fortunate to have local physiotherapist and triathlete, Patrick Shannon as our Guest Speaker this year. Patrick spoke about how sport has influenced his professional life as well as the extremes involved in training and competing in Ironman triathlons. His tenacity and work ethic have seen him achieve a number of personal milestones. We appreciate that Patrick took time out of his busy schedule to attend our awards ceremony.

A big thanks as always to the various people who helped on the night and in its preparation, especially the year 12 Physical Recreation and Physical Education Class, who did a fantastic job with speeches and trophy organisation. Well done to all students who received awards on the night and thank you for your efforts in sport this year.

The major awards for the evening were as follows.

Lloyd Mann Memorial Athletes of the Year: Kate Neal & Joshua Previtera
Carol Coutts Memorial House Spirit Trophy: Beachmount
Pierre De Coubertin Award: Mackenzie Falco
Vince Toohey Memorial Junior Sportsperson of the Year: Alana Swindley
John Cook Memorial Senior Sportsperson of the Year: Kate Neal
Don McDowall Memorial Sportsperson of the Year: Kate Neal
Mr Miskin with the John Cook Memorial Senior Sportsperson of the year Kate Neal

Mr Michael Toohey and Vince Toohey Junior Sportsperson Alana Swindley

Mrs Becke with Pierre de Coubertin recipient Mackenzie Falco

Lloyd Mann Open Athletes Josh Previtera & Kate Neal

Mrs Kerr with the Coach’s Awardees

Level Two

Level Three

Level Four
Home Hill High hosted the Harvest Festival *Town of Origin* netball and rugby league matches on Sunday 26 October.

Over 1000 people attended the three games that rekindled that age-old Home Hill – Ayr rivalry. The netball match was a one-sided affair with Home Hill winning convincingly. However, the two rugby matches were very close with both going down to the wire. Unfortunately Home Hill just fell short, but there was a vast improvement on last year so we can look forward to Home Hill glory in 2015.

Thanks to the P&C and HHSHS staff for preparing the grounds, manning the bar and helping with the clean-up. Congratulations must also go to the Harvest Festival committee and their team of volunteers for organising this fantastic event.

**Old School Uniforms**

If your student no longer requires their school uniform, please drop them up to the school office. Please ensure that they are in good condition and are laundered.

Thank you

**Winners!**

Home Hill High P&C representatives Steve Postma, Richard (Steve) Wall, Steven Miskin and Steve Fabbro won the Harvest Festival Lawn Bowl competition.
National Chemistry Quiz

Q: Why are chemistry students so great at solving problems?  A: They have all the solutions

Indeed Home Hill State High School students proved to have the solutions with 15 students from year 9-11 receiving a credit or higher in the National Chemistry Quiz. Congratulations to the following awardees:

Credit
9:  Nikola Poli, Zane Poli, Lily Woodlock
10:  Samantha Burbidge, Luke Carrett
11:  Troy Shand

Distinction
10:  Patrick Ryan
11:  Jarred Whitman, Rachel Marano

High Distinction
9:  Nikita Fabian, Paul Marano, Mitchell Price-Wilson
11:  Druce Becke, Ben Walters, Christina Postma

JCU Science Experience

From 1-3 October, Emilee, Mikaylah and I attended the JCU Science Experience camp. The first day began with us building solar powered gadgets in the robotics centre and watching a physics show. We then learnt about evolution of birds and lizards and learnt how many scientists wish to rename the human species from Homo sapiens to something that better describes our civilised and technological advances. Our student mentors: Kate, Stewart and Lucy (engineering and law students) took us on a tour of JCU while we also studied the wildlife that can be found on campus. All the students then had a BBQ where we discovered that we were talking to future neuroscientists, physicians, engineers and marine biologists.

On Thursday we visited the anatomy lab where we could touch real bones and view real organs preserved in jars and learnt about the life a medical student. We then got a look at the Marine and Aquaculture Research Facilities Unit where they grow rare fish from spawn to give to aquariums. This prevents exotic ocean life from becoming endangered. We also dissected barramundis and then visited the veterinary science side of campus to study deadly parasites found on household pets and even their owners under a microscope. Once the uni day was over, the people being billeted went to the Strand and then to the movies.

On the last day of the camp we met the PHD students and listened while they taught us how to catch cane toads through the use of sound and how using urine to fuel cars is a possibility in the near future. These three days gave us the opportunity make great friends with the girls from Cathedral, Cairns High, Brisbane and Mount Isa gave us a great insight into what it will be like studying at JCU. – Molly Swindley
On Sunday 12 October, for the first time in over 20 years, Home Hill’s year 11 Biology class set off on the highly awaited Biology camp to Cape Upstart! The 18 year 11 students along with teachers Mrs Thomas and Mr Scalia left on a very comfortable trip over to the cape on the VMR rescue boat. The VMR crew used the trip to discuss the importance of VMR and opportunities that are available through becoming a volunteer. The group quickly settled in with the boys staying at Mr Bojack’s hut and the girls camping in the Sailing Club. While the girls agreed on getting the raw end of the deal with bucket showers and gecko infested toilets, it definitely contributed to a memorable experience. Fun was had on the first afternoon with a quick swim before a walk around to Starlight bay from Moonlight where we were staying. With some intense rock climbing, Luke Torkington quickly proved he was the rock hopper of the group. Mr Scalia and the boys also got a kick out of some raw oyster tasting, with many getting spat straight back into the water.

Steak burgers for tea on Sunday night were a hit and some stories on the history of the cape from Mr Bojack were also very interesting. Ping-Pong was the highlight each night with Ben Walters pulling out his tennis skills and easily becoming the around the world champ.

Monday morning started well with a breakfast of bacon and eggs and our first Cape camp tradition made. The ‘Cape Fun Run’ was created by Mr Bojack and the first broken record was made by Luke Torkington with a time of 6.09mins and the first girl record was created by Samantha Carrett with a time of 8.07mins, it will be interesting to see how long these new records stand for.

After a day full of Biology school work including quadrats and transects, it was fair to say that we were all keen for Mr Bojack to take us on another rock climbing adventure. Mr Scalia provided the entertainment with a fall which resulted in a ripped shirt and bleeding leg and after many laughs we headed home with him raving about his ‘famous’ spaghetti that we were all about to eat for tea. We all agreed that it was edible. Tuesday morning pancakes were also a hit and after a quick pack up we headed out for a hike up to the gorge. After many green ant bites with the worse being to poor Mikayla Warcon’s eyelid, we reached the top to a sadly unimpressing pool of stale brown water. Aside from that, the views were amazing and the shady spot was definitely a hit. After a game of survivor on the way back down through the rocks, it was time to head back home. Tuesday was certainly a rougher trip in the boat, but with a few pale faces and sweaty palms we all arrived back safely.

Other highlights of the trip included watching a Pokémon video at lunch time, roasting marshmallows, Sophie Loizou playing the guitar, building chairs around Mrs Thomas while she slept, watermelon eating and climbing a fallen tree that Mr Scalia described as ‘facing your fears.’

On behalf of the year 11 Biology class, I would like to give a massive thank you to Mrs Thomas and Mr Scalia for making this camp happen, Mr Bojack for his huge contributions as well as Alf Shand and the Sailing Club and the crew of the VMA - Burdekin boat. This camp was a huge success and we are extremely thankful for the experience and memories that you have provided us with.

Samantha Carrett
Queensland Curriculum and Assessment Authority

Release of Year 12 results and OPs

**Online release of results**

All results contributing to the Queensland Certificate of Education (QCE) and OPs and FPs will be available in student learning accounts on the Student Connect website, [https://studentconnect.qcaa.qld.edu.au](https://studentconnect.qcaa.qld.edu.au) from 9am on Saturday 20 December 2014.

Students must know their Learner Unique Identifier (LUI) and password to log in and check their results. Students will be able to access their results more quickly if they have previously activated their learning account.

Schools are reminded that it is their responsibility to ensure students have been issued their LUI.

**Mail out of results**

Students will begin receiving their Senior Education Profiles in the mail from Monday 22 December 2014. Depending on students’ individual circumstances, their profile will comprise one or more of the following documents:

- QCE
- Tertiary Entrance Statement
- Senior Statement
- Queensland Certificate of Individual Achievement (QCIA).

**Need Help?**

Students should see Mr Buttsworth for help with their Learning Account.

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**Reading Competition**

The winner of the Holiday Reading Competition was Eyvonne Sturgeon. All students who returned their holiday loans on the first day back at school in Term 4 were entered in the competition draw.

Congratulations Eyvonne!!

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**2014 Australian Vocational Student Prize**

Students who have been undertaking a VET course while studying Year 12 are able to nominate for the 2014 Australian Vocational Student Prize. Up to 500 students will be awarded $1,000 and up to 20 of the highest achieving winners will also be eligible for the Australian Award for Skills Excellence in School. Winners will also receive a certificate.

Nominations opened on October 15 and close on November 28.

To be eligible for nomination you must:

- Have completed Year 12 in 2014
- Have undertaken a Vocational Education and Training in Schools programme or an Australian School-based Apprenticeship to a minimum Certificate II as part of your senior secondary studies
- Have your vocational education and training result recorded on your senior secondary certificate (if it appears in your learning account, it will appear on your senior certificate)
- Be an Australian citizen or have permanent residency status.

Each year, Home Hill State High School students come together for the annual World’s Greatest Shave event. The World’s Greatest Shave is a fundraising campaign created by the Leukaemia Foundation.

Over the last few weeks of term three, our school’s Interact Club, particularly it’s Community Service Director, Rylee Caspanello, organised and encouraged students to donate to this charity event. Chocolate boxes were sold by the year 12 students, decided upon by the Interact committee as a clever and easy way to raise more for this charity event.

Shave for a Cure proved to be a real success during first break on Friday 12 September. Students participated in getting their hair coloured and giving a cold coin donation which went towards the total fundraised. On this day two year 12 boys bravely shaved their heads, together with five other year 12 boys who waxed their legs. Ashley Wood and Christopher Musumeci were the star attractions of the day losing their long locks. Then Callan Sunderland, Josh Previtera, Jackson Dahlenburg, Sam Puddefoot and Jacob Nascone stole that spotlight with their screams as the wax was ripped off their very hairy legs. Best of all Mrs Eathorne paid $50 to cut off Cameron Suski’s rats tail.

Home Hill High’s 2014 World’s Greatest Shave was a success and everyone’s combined efforts saw a total of $800 being fundraised, which was then donated to the Leukaemia Foundation.

BYOX – in the next two weeks we will be sending home a flyer about how we plan to implement our BYOX laptop program. Included in the flyer will be information about the documentation that parents and students will need to complete, and for parents who are planning to purchase a new computer there will be information about suppliers and devices.
As we approach a very stressful time of the year for our year 12 students and their families, I thought the following information would be useful. It applies to everyone in everyday life.

Six Myths About Stress

Posted on October 17, 2014 by Dr Ramesh Manocha

Stress is a part of our lives and there’s no getting around it. But as much as we all live with it, many of us misunderstand some of the basics about stress and its role in our lives. Why does this matter? Stress has been indicted in many research studies in exacerbating very real physical illnesses — everything from heart disease to Alzheimer’s disease. Reducing stress can not only help you feel better, but also live a longer, disease-free life. Let’s look at some of the common myths surrounding stress.

Myth 1: Stress is the same for everybody.

Stress is not the same for everybody, nor does everyone experience stress in the same way. Stress is different for each and every one of us. What is stressful for one person may or may not be stressful for another; each of us responds to stress in an entirely different way. For instance, some people may get stressed out paying the monthly bills every month, while for others such a task isn’t stressful at all. Some get stressed out by high pressure at work, while others may thrive on it.

Myth 2: Stress is always bad for you.

According to this view, zero stress makes us happy and healthy. But this is wrong — stress is to the human condition what tension is to the violin string: too little and the music is dull and raspy; too much and the music is shrill or the string snaps. Stress in and of itself is not bad (especially in small amounts). So while stress can be the kiss of death or the spice of life, the key is to understand how best to manage it. Managing stress makes us productive and happy, while mismanaging it may hurt us and cause us to fail or become even more stressed.

Myth 3: Stress is everywhere, so you can’t do anything about it.

So is the possibility of getting into an automobile accident every time we get into our cars, but we don’t allow that to stop us from driving. You can plan your life so that stress does not overwhelm you. Effective planning involves setting priorities and working on simple problems first, solving them, and then going on to more complex difficulties. When stress is mismanaged, it’s difficult to prioritize. All your problems seem to be equal and stress seems to be everywhere.

No universally effective stress reduction techniques exist (although many magazine articles and pop psychology articles claim to know them!).

We are all different — our lives are different, our situations are different, and our reactions are different. A comprehensive stress management program tailored to the individual works best. But self-help books that can teach you many of the successful stress management techniques can also be of great help, as long as you stick to the program and practice the techniques daily.

Myth 5: No symptoms, no stress.

An absence of symptoms does not mean the absence of stress. In fact, camouflaging symptoms with medication may deprive you of the signals you need for reducing the strain on your physiological and psychological systems. Many of us experience symptoms of stress in a very physical way, even though stress is a psychological effect. Feeling anxious, shortness of breath, or simply feeling run down all the time can all be physical signs of stress. Feeling overwhelmed, disorganized and having difficulty concentrating are common mental signs of stress.
Myth 6: Only major symptoms of stress require attention.

This myth assumes that the “minor” symptoms, such as headaches or stomach acid, may be safely ignored. Minor symptoms of stress are the early warnings that your life is getting out of hand and that you need to do a better job of managing stress. If you wait until you start feeling the “major” symptoms of stress (such as a heart attack), it may be too late. Those early warning signs are best listened to earlier rather than later. A change in lifestyle (such as exercising more) to deal with those early warning signs will be far less costly (in time and economics) than dealing with the effects of not listening to them.

This article is based upon a similar article, courtesy of the American Psychological Association. Adopted with permission

Talk to you all soon.

LEAH GEORGE
School Based Youth Health Nurse

Japanese Young Ambassadors Program

こんにちは

On Thursday 23 October, seven proud students who study Japanese at our school were privileged to participate in the Young Language Ambassador Program at James Cook University in Townsville. The young Japanese ambassadors representing our school are Nikola Poli and Catania Musumeci from year 9, and Crystal Baillie, Samantha Burbidge, Toni-Lee Sawyer, Mikaylah Wall and Bryony Williams from year 10. The program aims to reward and promote the study of foreign languages as well as to help the students to develop skills and attributes that will prepare them to make successful contribution to our regions as international-minded leaders.

On the day the students discovered how learning languages is an effective tool to promote positive global communication. Moreover, the students were given an opportunity to reflect on what they want to accomplish with their ability to speak Japanese in the future. We were reminded that learning a foreign language is not only just about being able to speak the language, but also about being aware of your own language and culture, and expanding your perspective towards the world as a global citizen. The learning journey is not an easy one but we know it is always worth it.

(Students meeting other Japanese students at JCU and pictured with one of the university speakers.)
Students, Parents, Friends and Staff of Home Hill State High School, please put your hands up to help build a hall or undercover area where our students can play sport out of the sun, and for school and community events.

The Queensland Cancer Fund states that 'Queensland has the highest rate of skin cancer in the world'. Our kids’ unnecessary exposure to the harmful rays of the sun is concerning.

How can you help?

- Make a tax deductible donation to the Building Fund. The form has been included in this newsletter for your convenience. You can also collect a form from the office or find the link on the school website, or here [https://homehillshs.eq.edu.au/Facilities/Pages/Facilities.aspx](https://homehillshs.eq.edu.au/Facilities/Pages/Facilities.aspx).
- Talk to people about our need for a school hall. Awareness may bring sponsors and larger donors.
- Share the Building Fund contribution link.
- Assist with catering or serving food during Les Sherrington’s ‘The Homecoming’ Fight Night at the Memorial Hall, Friday 12 December 2014. Please email Lisa Todeschino at ltode1@eq.edu.au if you are able to assist with running a stand of your choice - spaghetti, hotdog, icecream, softdrink/snack stand etc and to find out how proceeds will be allocated.

Interact Changeover

The 2014/2015 Interact Committee of Home Hill State High School was elected this year on October 15, 2014. Members of the Interact committee are committed to the development of leadership qualities, caring for others and a willingness to serve; providing encouragement to other students to become more involved with the wider community and also fundraising for the less fortunate.

The changing over of positions this year was a great success with a very large group of enthusiastic and ambitious year 11 students ready to take on the challenge. The previous Interact leaders have done an amazing job, with many members participating in the District 9550 Rotary District Conference in Ayr. They also successfully organised Shave for a Cure, raising $800 for those living with or affected by cancer.

Congratulations to the following students who have been elected as interact committee members for 2014/2015: President - Ryan Attard, Vice President - Cassie Loizou, Secretary - Rachel Marano, Treasurer - Christina Postma, Community Service Officers - Adam Zabala and Coralie Mannea, International Officer - Ben Walters, Club Service Officer - Christopher Previtera, Publicity Officer - Sam Woodlock, Sergeant at arms - Luke Torkington, Attendance Officer - Nakoma Coutts.

We would all like to thank the outgoing committee for all their hard work and encouragement during the year and election process.
Almost 460 excited and glamorous students from the three local high schools were driven into the limelight, each taking the time to bask in the red carpet treatment on their way to Memorial Hall last Friday evening. Many proud and eager parents and family members lined the walkway to view the assorted arrival modes, formal gowns and stunning attire worn by our very handsome and elegant young adults. Mrs Musumeci, Mrs Warcon, Mrs Barbagallo and Jake Healy as well as Ms Amanda Coad (for the Harvest Festival Committee) snapped dozens of photos which were later uploaded and watched on a continuous slide presentation. “A Mysterious Night in New York City – a Masquerade Ball” was the theme this year with vibrant and delightful mask decorations lining the hall. The hall and lights were truly spectacular. Most students danced the night away to the sounds of DJ Liam Cody from Pooles of Music in Townsville.

P&C Vice-President, Steve Postma kindly guided the night’s proceedings. The 2014 judges: Dr Nathan and Mrs Marianne Milani from Townsville and Mr Mark Vass and his fiancée, Ms Kristy Locke, had the most difficult task of picking the Belle, Beau and Special Mentions as well as the SAS and SWAGGER awardees for the night from a short listed group of six boys and six girls. As well as the above awards, a category titled “Miss Elegance” was again sponsored this year by Spearitts Jewellers. The following students received this year’s awards:

Beau of the Ball: Brendan Montafia (BCH – year 12)
Belle of the Ball: Kimberley Bourke (HHSH – year 12)
Miss Elegance: Amanda Bourke (HHSH – year 10)

Special Mentions:
Reece D’Alessandro (HHSH – year 12) Olivia Mathews (BCH – year 12)
Ned Great (BCH – year 12) Amaia Licciardello (BCH – year 12)
Kurt Boxall (ASHS – year 12) Gabriella Dal Santo (BCH – year 12)
Connor Boccalatte (BCH – year 11) Courtney Harris (HHSH – year 11)
Johnathan Huckett (ASHS – year 11) Brandy Amore (BCH – year 11)
René Le Feuvre (ASHS – year 11) Dominique Di Marzio (BCH – year 11)

SAS: Dana Falco (HHSH – year 10)
SWAGGER: Scott Perry (BCH – year 11)
Best Dressed in Theme: Jemima Turnball (BCH – year 11)
Best Dressed Couple: Joshua Previtera (HHSH – year 12) and Katurah Saunders ASHS – year 10

Students entered the Memorial Hall through a beautifully lit doorway created by the very enthusiastic students from our successful Student Ball Committee with assistance from their parents and P&C members. Many thanks for your participation and efforts and to all other helpers who assisted in any of the preparations and clean up.

A big thank you goes to all our wonderful and very generous sponsors who are listed below. Another thank you goes to Marina Power for taking some wonderful photos.

A huge thank you for the hard work and dedication of many parents, especially Allyson Falco, Julie Bourke, Annmareae D’Alessandro, Leanne Gelling, Sherrie McKaig, Robyn Dwyer, Cheryl Phillips and to all the others who contributed money and/or supplied and served the lovely food.

A big thank you also to all the fathers who were able to help with the decorations, supervision and clean up. Many other parents and teachers gave up their time to supervise the students and for this the P&C is very grateful.
Sponsors

- Ashworths
- Ayr Camera Centre
- Ayr Camping World
- Bendigo Bank Home Hill
- Ben’s Leading Appliances
- Burdekin Delta Cinemas
- Burdekin Motorcycles
- Burdekin Power Sports
- Butterfly Blue
- Cafelicious
- Campbell’s Jewellers
- Checkers
- Clove Licensed Restaurant
- Country Timbers & Kitchens
- Dal Santo’s Continental Deli
- Dominique’s Flowers & Funk
- Dotty Daisy Flowers
- Eathorne’s Sportspower
- French’s
- Friendly Grocer
- Future Fitness
- George Fotinos Chemart Pharmacy
- Glen-Dell
- Guardian Pharmacy Home Hill
- Home Hill Bakery
- Home Hill Discount Drug Store
- Home Hill Engineering Works
- Ispyit Boutique
- Ivy Accessories
- Jade Boutique
- Jo’s Gifts & Linen
- JR’s Hair Fashions
- Katherine Falco
- Katie’s Beauty
- KFC Ayr
- Lilly May Flowers & Gifts
- McDonalds Family Restaurant Ayr
- Michael’s Mens & Boys Wear
- ML Partners Pty Ltd
- M Power Photography
- Nikki’z Hair Design
- NRGIZE Fitness
- Out’N’About
- Plate Up
- Power of Beauty
- PCYC
- Queensland Country Credit Union
- Red Rooster Ayr
- Repco Auto Parts Ayr
- Robert Tomarchio Guardian Pharmacy
- Rodeda’s Fashions ‘N Fabrics
- Shutopia
- Sibby Saitta World of Fashion
- Sibson Accounting
- Spearritt’s Jewellers
- SportFirst
- Super Cheap Auto Ayr
- Tamara Michielin Hair Studio
- Tasha’s Top Shop
- The Coffee Club

Thank You!
Year 8s improve numeracy skills with iPad App

Students in year 8 SET classes recently spent a lesson refining their numeracy skills by using an iPad App called ‘Shelved’ which requires them to ‘move’ and order the books on shelves in numerical order according to the book’s Dewey Decimal number or call number. Prior to the lesson very few students felt confident with ordering decimal numbers but by the end of the lesson students could order the decimal numbers successfully.

Can you order these books’ Dewey Decimal or Call Number from smallest number to biggest?

ANSWER – 210, 210.1, 210.994, 455.6, 455.601, 699, 789.56

WHY READ?

- **Become an expert.** From sports stats to spelunking, coins to carburettors, or anything in between.
- **Live dangerously.** Through reading you can share the challenges, fears, thrills, and achievements of those you are reading about without the risk.
- **Have a few laughs.** Enjoy sitting down with a book by your favourite stand-up comedian, a collection of jokes or cartoons, or a humour magazine.
- **See the world.** Visit fascinating places without leaving the room.
- **Travel through time.** Historical fiction and science fiction move a reader back and forth in time.
- **Use their brains.** Enjoy solving a mystery by figuring out whodunit, outwitting a crafty villain, or thinking through a perilous situation.
- **Get some free advice.** Lots of novels feature characters who have problems and pressures similar to those you may be dealing with.
- **Discover new interests.** Through reading, you may develop an interest in something you knew nothing about before.
- **Find a cause.** Get smart on an issue that matters to you.
- **Escape.** Escape noise, tension, or boredom by escaping into a book.
TEENAGERS AND READING

It is well-documented that 'kids who read, succeed'. The tips in the flyer included suggest how parents can help teenagers decide for themselves that reading is important to their lives. It is vital reading!!

Remembrance Day 2014

Remembrance Day (11 November) marks the anniversary of the armistice which ended the First World War (1914–18). This Tuesday, the Home Hill High community will pause to remember those who died or suffered in all wars and armed conflicts. At 11am during normal classes the entire school will observe one minute silence. Students and staff will then read the ‘Pledge of Remembrance’ written by Rupert McCall and join over 380 000 other Australian students in setting a Wild World Reading Record in the ‘Read2Remember’ program. For the remainder of the lesson students will be engaged in Remembrance Day activities unless they are participating in assessment tasks. Students may also use this time to prepare entries for the Remembrance Day Competition.

Poppies are for sale for a gold coin donation from the school Library/Resource Centre and all are encouraged to wear their poppy with pride in memory of those who served and sacrificed for Australia.

Did you know?

The Flanders poppy has long been a part of Remembrance Day, the ritual that marks the Armistice of 11 November 1918, and is also increasingly being used as part of ANZAC Day observances. During the First World War, red poppies were among the first plants to spring up in the devastated battlefields of northern France and Belgium. In soldiers’ folklore, the vivid red of the poppy came from the blood of their comrades soaking the ground.

(From http://www.awm.gov.au/commemoration/customs/poppies/)

‘Home Hill High Remembers’ Remembrance Day Competition

Home Hill High has a strong tradition of honouring ANZAC DAY and Remembrance Day each year. Display how ‘Home Hill High Remembers’ those who have served, or are currently serving our country, Australia by creating a drawing, painting, poster, photo collage, video, movie, power point, letter, short story, poem or song.

Please submit your entry to the Resource Centre/Library. It may be on a USB. Please ensure your name and year level are on the item. Individual, Group and Class entries will be accepted.

Entries close on Monday 17 November 2014.

Corona Orders

Order forms for this year’s Corona have been sent home with students.
Order forms can also be collected from the school Office.
Price: $20
Order by: 14 November
The Australian soldier grows not old, the flame still lights his eyes
Although his body lays to rest, his flag forever flies
On the green and gold horizon where the wattles sweep and sway
It flies amongst the gardens and the classrooms of today

Over ocean streams and backyard dreams, above the sunburnt plain
Through harvest yields, on sporting fields, in rainbows after rain
It defines a life worth living and a day that must be won
For every father’s daughter and for every mother’s son

But more than that, the honour claimed in fighting for the free
The pride of the Australian soldier burns in you and me
When the night is dark and dangerous with the rumble of the storm
His courage calls the sunrise and his spirit makes it warm

We will not forget their sacrifice – the strength of their endeavour
For the choices we are gifted with, that flame will burn forever
With a smile that lights the future shining brightly in our scope
We will stand as one, together – we will carry on with hope

But as we go, we take the words that rightfully belong

“I am young and I am worthy, I am brave and I am strong
In the face of any challenge, I will strive to rise above
I deserve this opportunity to live, to learn, to love
I can truly make a difference; my path is up to me
And this is my commitment – be the best that I can be.”