Principal’s Report

So ends our Golden Anniversary celebration year, and what a great year it was. We have continued our journey of continuous improvement and the range of positive outcomes across the school is evidence of our commitment.

As you would be aware, one of our big agenda items has been the preparation for year 7 coming to high school in 2015. This week we had our biggest induction day ever, with keen year 6 and 7 students experiencing a full day of high school. With over 50 year 7s here next year, our school will be buzzing with an injection of new talent and new ways of doing things. Such is the significance of this, I will be directly managing the year 7 cohort in conjunction with the two new teachers, Mrs Adele Armstrong and Mr Thomas Lane. My goal for this group is to first ensure they transition smoothly to high school, but then to set the pathway for this group to be taken further and deeper in their studies than before. I am very positive that we will have an excellent year.

On the staffing front for next year, we have a range of new staff members coming on board, including our year 7 teachers. We will have Mr Justin Muldoon (Manual Arts replacing Mr Pearson), Mr Justin Wade (Science/HPE while Mrs Becke is on leave), Mrs Sally Long (Junior Secondary) and Mrs Anna Bugeja (Social Science).

We also say farewell to Ms Annette Nicholson who is moving to Townsville. We will miss her, and I thank her for excellent commitment to our students and our school. Her replacement will be announced shortly. Best of luck Annette!

In 2015 we will again be working very hard to ensure the best outcomes for our students. We constantly check our progress and are always looking for ways to do business even better. Our agenda of Learning, Performance and Citizenship serve us well and provide a focus for students and staff. I encourage parents and carers to be involved in our school to help us drive that agenda further – please come along to P&C meetings, or offer your services to help out when needed. We want your involvement and your ideas.

Finally, my best wishes to you all for the holidays. I hope you all have a very merry Christmas and excellent New Year celebrations. Be safe, enjoy your family time and come back with a renewed vigour for the next year. We do live in a beautiful and safe part of the world and this is a great time of year to count our blessings.

All the best

Steven Miskin
On Remembrance Day, 11 November 2014, Reece D’Alessandro, Mackenzie Falco, Ryan Attard, Miss Horan and I attended the Home Hill RSL Remembrance Day Ceremony at the Memorial Hall. It was a day where we remembered the fallen and paid tribute to those who fought for the freedom of our country. Ryan and I had the honour of laying a wreath on behalf of the school community. The ceremony was touching and was followed by a delicious morning tea. Tea and coffee was served with lamingtons, peach blossoms and an all sort of sandwiches. It was a splendid morning and Miss Horan must be thanked for transporting us to the hall and back.

By Cassandra Loizou

Home Hill High Remembers...

At 11am on the 11th day of the 11th month, 2014 the entire school paused for one minute of silence to remember those who served, fought, suffered and died in all wars and arm conflicts. Classes then joined 444 292 other students across Australia to read the ‘Pledge of Remembrance’ written by Rupert McCall and also setting a World Reading Record as part of the ‘Read2Remember’ Program.

For the remainder of the lesson many classes were engaged in a variety of Remembrance Day activities honouring our brave servicemen and women while also helping students to recognise their own courage and resilience.

The ‘Home Hill High Remembers’ Remembrance Day Competition winner was year 10 student Katherine Free, who wrote a moving story set in World War I and a special award went to Aaliyah Calder, year 8, for her thought-provoking PowerPoint.

Congratulations Katherine and Aaliyah!!
Looking Back in Retrospect, a Message from Our Year 12s

In their final week of classes, my year 12 English class reflected on their twelve years of schooling. They used this reflection to create a message for the current and future students of Home Hill State High School. Their messages are displayed in their English classroom and have already drawn the eye of many students from younger grades.

Miss Grady, English Teacher

REMINDER!!
Tuckshop is open Monday – Wednesday in the last week of term.

Looking back in retrospect, my message to the future students of Home Hill State High School is: DON’T WASTE ALL YOUR HARD WORK WITH ONE BAD DECISION THAT YOU WILL REGRET.

Looking back in retrospect, my message to the future students of Home Hill State High School is: GRAB EVERY OPPORTUNITY WITH BOTH HANDS AND ALWAYS REMEMBER THE SCHOOL WIND...

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FEDERICK

Ashley Wood
Sleep problems are really common?

Clocking up enough sleep can seem like chasing an impossible dream for busy families. We will look at how sleep relates to children's mental health, the impact of screen time, and ways to overcome common sleep issues affecting their rest.

It makes sense that sleep and a child’s mental health and wellbeing go hand-in-hand. In fact, insufficient and broken sleep has been associated with numerous issues, such as: increased behavioural, social-emotional and academic problems; trouble starting primary school; ADHD-like symptoms (ie concentration, attention, and impulse-control difficulties); and even depression.

Associate Professor Harriet Hiscock, paediatrician and researcher with the Centre for Community Child Health at The Royal Children’s Hospital Melbourne, says that behavioural sleep problems make up the bulk of issues seen in kids. Chances are you’ve already experienced some of them at your place. For example, she says children may:

- want to co-sleep with adults
- use stalling techniques (‘just five more minutes’, wanting a drink etc)
- refuse to go to bed (engaging in long conversations, tears or tantrums)
- get out of bed frequently (for a drink, the toilet, to talk)
- wake often
- have difficulties getting to and returning to sleep (eg lying awake worrying)
- experience anxiety-related insomnia (more common in primary-age children)
- have nightmares or night terrors.

According to Associate Professor Hiscock, there are many possibilities for why sleep issues are so widespread. “There’s most likely better recognition and help-seeking for sleep problems so more kids are coming to health professionals,” she says. “There’s definitely an increased use of mobile devices and computers in the bedroom that can cause difficulties quieting down, and which reduce the brain's production of melatonin that helps us go to sleep. Kids are also doing more in their day, so time to sleep is probably not prioritised.”

It’s really important to put a good night’s sleep at the top of the to-do list. When your child is sleeping well, chances are you will be too, which means the whole family will be at their very best, mentally and physically.

It’s well established be experts that excess screen time – the use of TV, computers and mobile devices – can disrupt a child’s sleep.

Set a ‘bed time’ for media devices - this should happen one or two hours before kids go to sleep, and applies to adults too so everyone gets into good habits.

- Tweak their bedtime routine - let kids wind-down properly in the run-up to bed, replacing screen time with gentle activities like reading, talking or bathing.
- No media devices in the bedroom - kids may kick back at first, but you will soon see the rewards of setting and sticking to this tough rule.
- Replace screen time with exercise during the day - outdoor exercise in bright light is wonderful for sleep and helps balance their ‘virtual’ and real lives.
- Limit food and drinks during screen time, especially at night - electronic devices tend to encourage mindless over-eating and drinking (especially of caffeine), which can stimulate the body and imbalance hormones.

Sleep problems tend to be emotional rather than physical in nature. “We know that children who are more fearful or anxious generally tend to sleep less well,” says Dr Blunden. “This is one of the main reasons why kids have problems getting to and staying asleep.” “Bedtime is the time of day that we are alone with our thoughts” Young children tend to fear things in their surroundings, like monsters under the bed, nameless noises, and shadows. Older kids are better able to interpret their environment (ie a noise or shadow might be a robber trying to break in), and ruminate on their relationships and life issues.

**How to deal with bedtime worries**

- Help them to be brave - use a reward system
Try not to get frustrated - kids naturally want to do the right thing, so try and understand why they are fearful and avoid escalating emotions.

Give the child some control - allow them to choose a tool to help them be brave (a radio to cover noises, a torch etc) and contribute to their sleep environment.

Negotiate - get their input on aspects of their routine

For more information about dealing with common childhood sleep issues, see The Boss of My Sleep Book by Dr Sarah Blunden and Dr Kirrilly Thompson, available at www.snoozeforkids.com.

If you want to improve the night time routine at your place, or even put to bed some bad habits, look no further. These expert tips from Associate Professor Harriet Hiscock, paediatrician and sleep researcher, are great for managing common sleeping speed bumps or simply getting the family into the swing of a great night’s sleep.

Golden rules for kids’ sleep

- Establish a bedtime routine - so they know what to expect and have time to wind down.
- Keep bedtime consistent (within 30 mins), even on the weekends - big variations can disrupt their body clock and undo all your good work.
- Make sure they fall asleep in their bed - snoozing off on the couch or in front of the TV can affect their routine and make them less likely to want to sleep alone.
- Remove all TVs, computers and mobile devices from their bedroom - the light stimulation alone will make it harder for them to settle down.
- Avoid caffeinated foods and drinks after 3pm - caffeine is a stimulant which is likely to keep young bodies awake.
- Have a wind-down period yourself - show kids that a bedtime routine is important for the whole family.

When your child won’t stay in bed

- Limit the number of times they can come out of the bedroom (one or two times works well).
- Reward them for complying with the rules

When your child won’t fall asleep alone

- Identify who (eg mum or dad) or what (eg music) they need in order to fall asleep and return to sleep if they wake in the night.
- If it’s you, slowly withdraw from the bedroom in stages (also known as ‘camping out’).
- If it’s something else (such as music), gradually reduce the amount of time the child spends with it before going to sleep.

Looking after yourself

- Go to bed soon after your child - if your child wakes often in the night, you may be up again shortly after you turn in.
- Follow good sleep hygiene rules - ie limit media use in the bedroom and have time to wind down.
- Limit your consumption of caffeine and alcohol before bedtime - they can lead to poor sleep.
- Do some stress-busting - try things like relaxation, yoga, and mindfulness meditation as often as you can.

For more information

- Sleep Health Foundation fact sheets
- The Royal Children’s Hospital sleep tip sheets
- Raising Children Network information by age group
- Healthy Kids Seminar Series - a free seminar by Murdoch Children’s Research Institute on common child sleep problems and sleep tips for parents
- Infant Sleep e-Learning Program – an evidence-based, online course by Murdoch Children’s Research Institute for professionals but it also suits families ($50, 1 hour duration, includes parent resources)

I hope you can use this advice over the school holidays to get our wonderful students back to us well rested and ready to learn.

I hope you all have a very merry Christmas and a wonderful new year. Stay well and safe through the holiday period. I look forward to seeing and talking to you all in 2015.

LEAH GEORGE

SCHOOL BASED YOUTH HEALTH NURSE
Year 10 “Space Probes”

It has been a fun second semester in Year 10 Science. For the past 7 weeks Miss Horan’s class have been designing ‘space probes’ to successfully land on the Earth’s surface. Each group had basic materials to use, including straws, garbage bags, sticky tape and string. Students could then let their imagination run wild and bring in alternate materials for their group’s individual designs. Success was determined by a number of factors. Some groups chose a successful landing without the weight falling out, some tested the longest air time, another group chose the longest distance whilst one group made a landing pad (target) and measured the success rate of their ‘probes’ accuracy.

From this students followed up their experiments with a Journal about the Extended Experimental Investigation (EEI). This will certainly prepare our learners for senior sciences. Overall the students seemed to have a lot of fun outside of the class learning about Physics. Signing off for Year 10 Science for the year – Have a physically, biologically, chemically and astronomically great holiday, Miss Horan and Mrs Thomas.

CHANGES TO TAX FILE NUMBER APPLICATIONS

In previous years students have been able to apply for a tax file number through the school. Starting 1 January 2015, this will no longer be possible. The information below has been provided to use from the tax office.

How students can apply for a TFN from 1 January 2015.

The Australian Taxation Office in partnership with Australia Post is making it easier for individuals to apply for a TFN. Students can now apply for a TFN online and have their identity verified through an interview at a participating Australia Post office.

Applying online is the fastest and most convenient way for students to get a TFN. More information on applying online can be found at ato.gov.au by searching for ‘QC27248’.

Students who are unable to visit a participating Australia Post office will need to complete the application form Tax file number - application or enquiry for individuals form (NAT 1432). More information about lodging this form can be found at ato.gov.au by searching for ‘QC22604’.
Over the past three terms, work has been completed to a section of gardens in the school grounds. In partnership with NQ Dry Tropics, an area that was once bare dirt patches has been transformed into a sensory garden. Before planting began, Mr Bojack and Mr Styles had the task of removing several palm trees and creating a path. Irrigation was also put in to the area. Mill mud was generously donated to improve the soil by Paul Walsh. The task then fell to the Learning Enhancement students to plant several different types of plants. As this garden is a sensory garden, plants either have an interesting texture, pleasant aroma, or bright colours. Planting of all the gardens took place over several months. During the last planting students were able to harvest spring onions from the garden. Turf was also laid to an area which previously had minimal grass.

While this project has taken a long time to complete everyone can agree that changes made have improved the aesthetics of the grounds. Our thanks goes to Mr Bojack and Mr Styles for their hard work on preparing the garden, Paul Walsh for the donation of the mill mud, and of course NQ Dry Tropics. Without the funding from NQ Dry Tropics this project would not have been able to be completed. Work has commenced on our next project, the creation of a garden containing Burdekin Natives and Bush Tucker plants.

The year 8 SET classes have been developing Library Research skills and learning about the Dewey Decimal Classification System. This system, used in libraries all over the world, divides all knowledge into ten basic groups and gives each group a separate number. This allows non-fiction books on the same subject to be placed together on the shelf. To assist students with remembering the basic groups of subjects and their numbers, students formed groups and performed The Dewey Rap.

Guest Judges Stylesy Dogg (Allan Styles, Janitor), Bo Shark, (Alex Bojack, Groundsman) and Lady CJ (Chappy Jennie) awarded points to each performance to decide the winning groups from each class. Every participant received a reward and the winning group members won their choice of prize from the selection available. Thanks to Miss Crick for her assistance with this.

The winning teams all impressed the judges in their performance of the Dewey Rap.
8A’s winning team RRASK, Keely Warcon, Reece McCubben, Sophie Sibson, Rachel Kiehne and Aaliyah Calder with guest judges Stylesy Dogg, Lady CJ and Bo Shark.

Thank you to our super cool judges!!

Senior Art student Kimberley Bourke has had a very successful year in this challenging subject. Kimberley has created an incredible body of work over her senior year, highlighted by the selection of her piece *Death by Drought* for the ART NOW exhibition. The exhibition was held at the Pinnacles Gallery in Townsville. This is an annual exhibition of senior student artworks from across North Queensland. The Art Now exhibition recognises the creativity and diverse talents of young and emerging artists within the North Queensland community. This year’s exhibition had artworks of 59 students from 11 high schools on display.

Kimberley describes her artwork:

Inspired by the effects of drought I aimed to develop a sculpture which spoke for itself. Through my sculpture ‘Death by Drought’ I have endeavoured to capture the devastation of drought through the death of cattle, due to the lack of water. My sculpture of a cow’s skull was constructed from the remainder of an old rusty barbed wire fence. The use of this media helps to portray the true desolation experienced in time of drought, as barbed wire is considered to be ‘harsh’, ‘dangerous’ and ‘tough’. The cow skull is also considered to be a symbol of drought and its affects.

Tropical Beach Bae’s - Jessica Lewis, Tayla McKaig, Louisa Daley, Hannah Paneccasio

Smooth Mooves - Joel Minuzzo (not pictured)

The Nigels - Caleb Ferrando, Damon Marano, Craig Becke and Callum Ricca

ART DEPARTMENT

8B had 3 joint winners
This year has been a big year in the Industrial Technology and Design department. We have seen a few updates to our curriculum with some great results. In year 8, students are working through the design process to create their own unique table centre piece. The year 9 graphics class has seen the introduction of a 3-D printer into the curriculum. This has allowed them to have their own design printed in a matter of hours. In year 9 ITD, we introduced a plastic/design project with allows the students to make a time piece for either hanging on the wall or free standing. In year 12 Industrial Technology Studies, the students have had the opportunity to design a project of their own and this year has seen some fantastic results which include a dog crate, a fire pit, a movable BBQ and an Aluminium toolbox for the back of a Ute.

Les ‘LOCK N LOAD’ Sherrington returns to Home Hill High…

Middleweight World Boxing Federation World Champion and former Home Hill High student, Les Sherrington returned to Home Hill High recently and brought along his daughter Scarlett, who at times stole the show.

Les spoke to a group made up of mostly boys from year 8 through to 11 about rising above challenges; respecting parents, teachers and your mates; setting goals and working hard to achieve them; and gave them the message that it’s never too late to become a better person and get more from your life.

The group listened intently to his every word and were represented by Jye Smith, year 10, who thanked Les for his visit and for the experiences he shared.

Les is looking forward to seeing the Burdekin community and in particular Home Hill High families watch him fight Brazilian Samir Santos Barbosa at the Memorial Hall, Home Hill on Friday December 12. LOCK N LOAD!!!
On Wednesday 12 and Thursday 13 November, students from years 6 to 9 from Home Hill High, Home Hill Primary and Saint Colmans Schools went to James Cook University in Townsville as part of the “Get into Uni” program. 24 students from year 8 and 25 students from year 9 attended. The sole purpose of the day was to understand what University is all about and the various subjects that can be studied there. Some of the activities the students did included career planning, a race around the library, robotics and physics demonstrations and cyclone testing. All students came out of the day with a better understanding of what it is like to attend Uni, and for some, what they would like to pursue as a career. Thanks to the JCU staff for a great day!

Karli Linton and Nikola Poli
A valuable addition to the year 12 valedictory week program again this year was the Driver Safety Program. This program was generously sponsored by the Home Hill Bendigo Community Bank who organised the day and covered the significant cost of $5935 for the course and bus transport to and from Townsville. This was an important educational opportunity for our students, most of whom have just received their drivers licence.

The year 12s had to rise early to catch the bus at 6.45am ready for an 8.15am start at 1300 Smiles Stadium. The team consisted of a driver training school from Charters Towers plus the Ambulance Service.

The course covers the contributing factors in crashes (the real fatal 4), vehicle maintenance, tyre selection and care, reactive car control skills, driver attitude and behaviour, wet weather driving, risk taking and peer influences and vehicle stopping distances. It also focuses on low risk/safe driving techniques, road laws and dealing with hazards, skid prevention and recovery, vehicle technology (ABS, SRS, ESP) and proactive driving.

Students spent a short time inside where they were instructed on the safety features of a vehicle including ABS (Anti-Lock Braking Systems) and various aspects of safe driving. The Ambulance personnel gave students valuable information about important steps to follow if they witness or are involved in an accident. For most of the day students were split into small groups and worked outside in the stadium car park. They moved around a number of stations where they participated in activities such as changing a tyre safely on the highway.

The driving instructors had three different stations set up. One being a navigation course in which they had to steer through a course of safety cones. Another was a timed egg and spoon race in a car where they had to perform a number of manoeuvres with an egg on the bonnet. The third station allowed students to experience braking distances with cars following another car at various speeds and with the ABS activated. Students were all able to individually navigate the vehicle for these and were then able to be a passenger while the instructor performed avoid and swerve manoeuvres with the ABS activated.

Overall the day was extremely successful and well received by the students, especially the interactive aspect of the program. Representatives from the Bendigo Community Bank and Board, Karen McKaig and Joan Heatley also attended the course to judge the worthiness of funding this program and were impressed by the quality of the presentations. The school would like to take this opportunity to thank the Home Hill Bendigo Community Bank for their generous donation and we look forward to continuing the program in 2015.
Over the past few weeks, the Home Hill Under 15 cricket team played Bowen State High’s team in three intense games of cricket. Home Hill won the first game with 10 overs to spare, easily making the runs required. Highlights throughout this game were Julian Falco taking a hat trick with the ball and Mitchell Price-Wilson with the bat. In the second game Home Hill were defeated by Bowen in a nail-biting game of cricket, Bowen bowled well leaving no room for batters to make runs. Highlights in this game were again Mitchell Price-Wilson with the bat and good bowling from Steven Zabala.

These results meant that Home Hill and Bowen were forced into a deciding match. Home Hill went into field and took early wickets, with great bowling from Clay Brush and Zane Poli. The runs were kept down to a run chase of 124. Our opening batsmen went out and batted extremely well, both seeing off the opening bowlers and making runs. Steven Zabala made 25 and Reece McCubben went on to retire with 43 runs. Jaylen McCubben and Mitchell Price-Wilson made an additional 50 runs. However when wickets started to fall quickly, Home Hill lost faith until Tully Anderson turned the game on its head when the third ball he faced was hit into the wind for six and passed the run total, winning the game and the series for Home Hill. Best and fairest award went to Jaylen McCubben and encouragement award went to Clay Brush. WELL DONE HOME HILL.

J.J McCubben

Congratulations to Jaylen McCubben for his selection in the Under 15 NQ Cricket side. Jaylen travelled down to Maroochydore for the State Trials from 30 November to 4 December.

Well done Jaylen.

Special congratulations must also go to Mr Steve Buttsworth, who is on his way to America as the Australian School Girls’ Basketball Coach. The team will travel to Dallas, Charlotte and Los Angeles. What an amazing and deserving achievement for this dedicated teacher!