Principal’s Report

“Finis Coronat Opus” or “The End Crowns the Work”. Such a fitting message for our final term of 2014. This is the time when we celebrate the fine achievements of our students and when they see the results of their efforts. I am not only referring to the high achievers here, but to all students who have tried their very best and have worked with their teachers and been supported by their families to achieve and in many cases, exceed expectations and targets.

I look forward to seeing our year 12s leave our doors being very well prepared for what lies beyond the classroom. It is critical that students leave school with a Queensland Certificate of Education (or Queensland Certificate of Individual Achievement) which accurately shows their ability – this statement is one to proudly show for years to come. Once again, I wish our year 12s the very best.

To our other students, I encourage you to think of how you will be placed when you exit year 12. Will you have done enough to put yourself in the best position to get the career of your choice, the one that will give you the satisfaction and wage you want? It is all up to you and you know full well that our school does everything it can to help you get there.

LPC week at the end of last term was once again up to its very highest standards. I thank my staff for their fantastic efforts in providing a very strong educational experience in so many contexts. We have many parents, businesses and community members to thank for their amazing contributions.

This term will see us work right to the last day to ensure our students have the very best education. We are working hard with the preparation for the arrival of our first cohort of year 7s and I am pleased to publicly announce that Mr Thomas Lane will be our second year 7 teacher, joining Mrs Adele Armstrong as new arrivals. Tom is from the Sunshine Coast and will move up here for 2015. We have also had one transfer out, with Mr Darrin Pearson leaving us to move to Mareeba SHS. We wish him the best for the move. A replacement Manual Arts teacher is currently being sourced.

During the holidays, I was pleased to represent the Burdekin at the Education Accord conference in Brisbane, where the future of Queensland education was being discussed and plans developed. It was an excellent day where we heard about the significant issues for the future and we responded through a range of input activities. I shared the table with Rosemary Menkens, Saskia Vollmer-Creek (Ayr SHS) and Leandra Boothby (former HHSHS student). Every Queensland MP was invited with most in attendance – the premier and cabinet were there the whole day, somewhat adding significance to the commitment behind the event. Shortly the outcomes of the day will be published.

I look forward to catching up with parents and carers during our final term in the various events that we undertake. I encourage you to actively be a part of your child’s education (in spite of what your teenage children might tell you!) – we really do want to work together to achieve the best for your child.

Steven Miskin - Principal
Mark this date on your calendar – 31 October!

The Student Ball is the major inter-school social event. Although run as part of the Harvest Festival Week, this year the theme of our ball will be "A mysterious night in New York – a masquerade ball". Masks are very 'in' at the moment and it is hoped many will buy, borrow or produce one for the night. Our Students’ Ball Committee is currently working hard on planning table, hall and entrance designs for this more glamorous theme. Being hosted by Home Hill High’s Parents and Citizens Association for students, it is a drug and alcohol-free event and therefore 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. In keeping with our school policies, students need to have 90% school attendance to be eligible to attend and all Student Resource Scheme payments must be up to date. Students seeking special consideration need to see the Principal.

We are very appreciative of 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 meeting already and 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 parent donations of our students. 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 meetings on Tuesday 14 October – many hands make light work, and your ideas are always welcome.

Bev Edwards and Malar Mavanna

Alcohol supply: no minor offence

As end of year celebrations approach, parents and guardians are reminded that the supply of alcohol to anyone under 18 for unsupervised consumption in a private place is an offence. It carries a fine of up to $9108. For more information visit http://www.qld.gov.au/families/education/pages/drug.html
Social media item

Warning for students about location tags

For Facebook
Students - be cautious about checking in or tagging your location on social media. Learn how to stay safe online at www.creepquiz.eq.edu.au

For Twitter
Students - be cautious about checking in or tagging your location on social media. Learn how to stay safe online at www.creepquiz.eq.edu.au

Being Cybersmart and Protecting your Digital Reputation - For Parents and Students

During Term 3 the year 8s have been watching a TV series called ‘Noah and Saskia’. Students set out to identify some of the social, moral and ethical issues the characters faced online and in the real world.

It is really important when discussing cyber safety to provide students with a judgement free zone to talk about safety online. We opened our discussion with the term Cybersmart, what does the word mean to you? Our current year 8 cohort have never known a world without the internet.

Phone applications such as ‘Kick’ and online chat forums such as ‘www.omegle.com’ are popular with students.

Most kids know the dangers of going online but do they know how to protect themselves in both a reactive and preventative manner?

Students say that parental awareness and monitoring in an open and constructive manner promotes safer online behaviour.

The following is a basic overview of key terms and reactive and preventative approaches to cyber safety.

**CYBER BULLYING**

Cyber bullying is using technology to deliberately and repeatedly bully someone else. It can happen to anyone, anytime, and can leave you feeling unsafe and alone.

- **Cyber bullying can include:**
  - abusive texts and emails
  - posting unkind messages or images
  - imitating others online
  - excluding others online
  - inappropriate image tagging

Remember; treat others as you would like to be treated when communicating online

**HOW DO I DEAL WITH CYBER BULLYING?**

- Don’t retaliate or respond.
- Block the person doing the bullying and change your privacy settings.
- Report it - Click the report abuse button.
- Collect the evidence - keep mobile phone messages and print emails or social networking conversations.
- Talk to someone you trust, like a family member or friend.
- Talking to your teachers or parents can make a difference. Your school may have policies in place to deal with bullying and cyber bullying.
**DIGITAL REPUTATION**

**What is my digital reputation?**

- Your digital reputation is defined by your behaviour in the online environment and by the content that you post about yourself and others.
- Tagged photos, blog posts and **social networking** interactions will all shape how you are perceived by others online and offline.
- A poor digital reputation can affect your friendships and relationships as well as your future job prospects.
- What happens online can permanently affect you in the real world—so protect your digital reputation.

**HOW DO I PROTECT MY DIGITAL REPUTATION?**

- Think before you post!
- Set your profile to private – and check every now and then to make sure the settings haven’t changed.
- Keep an eye on photos tagged by your friends.
- Remember, online information could be there forever. Your personal information may end up being seen by people you don’t know, including potential employers.

For more information visit:  

Miss Grady

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**UNIVERSITY OF NEW SOUTH WALES ACCOUNTING COMPETITION**

This year nineteen students participated in the University of NSW Accounting Competition, and the achievements of these students have been highly commendable.

**Distinction:**  
Reece D’Alessandro

**Credit:**  
Katelyn Shepherd, Daniel Zamperoni, Chris Musumeci

**Participation:**  

Congratulations to all the students for participating and for achieving excellent results.

Mrs Gall
YEAR 8 LPC WEEK

During LPC Week year 8 students are involved in activities that enhance the curriculum and promote Home Hill State High School’s three key elements of Learning, Performance and Citizenship. These activities are not only extremely valuable educationally; they also encourage students to excel in what they do, while developing positive attitudes, and as a result these activities build on what is regularly taught in their subjects.

Some of the more notable activities for the week included the ‘Welcome’ barbecue hosted by students for two family members on Tuesday 16 September; the workshop conducted by the La Luna Youth Arts Company on Wednesday 17 September and the Burdekin-Delta Cinema visit on Friday 19 September.

A heart felt thank you to all the staff that made this week possible as well as the amazing students who made it worthwhile.

Science

The year 8s were set a 70 minute challenge to construct a dome out of just newspapers and sticky tape that had to cover all members of the class. They had to work as a group to hypothesise the best shapes to utilise, and the best way to construct the structure. Students then hastily set to rolling newspaper sheets and joining them together. 8B quickly realised that time was their biggest challenge and had to race to finish the project in the given time. 8A were quicker to progress, but their structure lacked some stability. The overall winners were deemed to be 8A, as they produced a more complete structure. Standout performers for the day were Mikada Carr and Damon Marano for their leadership skills and group work.

Mid-week the year 5 students from Home Hill SS and St Colmans completed a half-day visit. Students got to experience a wide variety of hands-on scientific experiments including magnetism, pressure, sound, light and chemistry. The students made polymer bouncy balls which they insisted were the best part of their day. Their enthusiasm and behaviour in the laboratory was exceptional. Special thanks to staff and students that helped make the lessons such a great success.
Mathematics

There is a buzz in the room. All members of the year 8 class are actively challenging each other to games of ‘Nine Men’s Morris’, a board game played by my late grandfather when he was a teenager. There is not a calculator or computer in sight. No numbers either, apart from the ‘9 counters’ and ‘mills’ formed in ‘rows of 3’. The buzz is broken by a shout of joy: “I won, I won, I finally won a game”. The student is ecstatic and receives spontaneous applause from the whole class. She is relieved that she is no longer the only one not to have won. Her demeanour has changed from “I hate this game” to “Who can I play (and beat) next.”

But, what has this got to do with Maths? Before LPC Week, the principal Mr Miskin and I had been contemplating ways to improve the creative mathematical problem solving skills of students. In light of this, I designed the ‘Nine Men’s Morris experience’ to challenge the year 8s to think strategically. In Maths, they need to move beyond mere knowledge and simple procedures by applying these creatively to new situations. To be successful at playing this game the same skills are required.

For thirty minutes the students examined ‘Nine Men’s Morris’ in teams of four. They played and analysed the game and noted winning patterns of play. They shared insights gained with each other. They tested the validity of assumptions they had made about winning moves. After this time of preparation they played against other members of the class. The focus was on thinking strategically. The students continually modified and improved their game play as they evaluated their moves. Through this approach the essence of mathematics, ‘Creative, logical problem solving,’ was modelled. Students also learnt that to succeed, persistence is required and that thinking strategically can be fun.

Mr Robert Lipsys
A small and definitely eager group of 40 year 9 students, staff and parents left the school early on Sunday morning and headed for the Collinsville Sports Fishing Club, part of the Sibson cattle property. The annual trek south for the year 9 camp had begun...five nights of sleeping in tents, cooking over an open fire and being without the creature comforts of air-conditioning and mobile phone reception. There was at least hot showers heated by the ‘donkey’ and the view of the sky was an experience.

Everyone tried their hand at abseiling, archery, low ropes, orienteering and the dreaded overnight hike! It did not rain, although there were some black clouds hovering and the only time Mrs Williams got wet was during the water fights. The water activities, especially the ‘slip and slide’, were enjoyed by those who felt the need to cool down from the heat of the day and remove the layer of dust. Add to this the throwing of wet sponges, water pistols filled with ice water, a rather large fire hose and lots of buckets filled with water meant just about everybody got wet!!! Overall, a great time was had by all who attended.

Thanks must go to parents Stewie Dwyer, Mario Musumeci, Ian Price-Wilson and aunty Kerrie Poli for their collecting of fire wood, pumping up the tank, cooking, transporting lunches and gear, helping out in the kitchen and making sure we had hot water for our showers.
WORK EXPERIENCE 2014

In the week September 15-19, 113 of our year 10, 11 and 12 students ventured out into the real world, participating in our Work Experience Program. The program gives students the opportunity to gauge what career field they might be interested in once they leave school and for some students it is their first experience of being in a work environment. The students I saw on my site visits were engaged in a variety of activities: cooking the chips at McDonalds, scraping down a boat at Coral Coast Marine, watching a tooth extraction at Oar and Horan Dentists and helping clients with workouts at Curves gym. Well done to those students who participated and many thanks to all of the employers who train our students, teaching invaluable skills that can only be developed in a real work environment. Thank you also to Mrs Megan Barbagallo for her assistance in organising the program. Mrs Gall
CIVICS, CITIZENSHIP & PHYSICAL EDUCATION TOUR 2014

On Saturday 13 September, 21 senior students were accompanied by Mrs Kerr, Miss Horan and Mr Jarrod Rossato to New South Wales and the ACT on the annual Civics, Citizenship & Physical Education Tour. As always, the excitement was tinged with a little apprehension for both parents and students, as this was a first for many. Whether it was the first time away from family, first time on a plane, first time in a big city or simply the first time to the snow, there was a lot to look forward to.

An integral part of our tour is a visit to our nation’s capital, Canberra. The Australian Government recognises the value of young Australians being able to visit their nation’s capital as part of their civics and citizenship education. The PACER (Parliament and Civics Education Rebate) program kindly assists with meeting the travel costs incurred, with a contribution of $120 per student to subsidise travel costs. The students and the school would like to thank the PACER program for facilitating this part of their education.

This year we visited a number of interesting venues including Old Parliament House, New Parliament House, the War Memorial and the Australian Institute of Sport. At Old Parliament House, we participated in a fantastic interactive small-group activity as part of the tour. Through it, we discovered important facts, dates and Australian identities that have helped to shape the Democracy we enjoy today. The activity had students moving back and forward between interactive screens and interesting displays explaining the development of democracy in Australia, which helped to bring the Museum of Democracy alive. Students were also able to contrast the architecture and different symbolism between the two Parliaments, highlighting our evolving relationship with Great Britain. While in the House of Representatives, Mr Rossato donned a wig and gown to play the role of Speaker of the House in a mock historical debate over the proposed Bill to introduce conscription. It was definitely an interesting look!

At New Parliament House, students were able to see where the laws and decisions of government are made. Students enjoyed a guided tour of The Senate and the House of Representatives, The Great Hall and the gallery of portraits of ex-Prime Ministers.

At the War Memorial, students were able to look up relatives who represented our country in conflict, experience a night-bombing raid, see the bridge of a warship, read accounts and letters home from diggers in action and see the vast collection of memorabilia and artefacts from wars and conflicts over the last 150 years. The students were particularly intrigued by the Afghanistan Hall. Here
students were able to watch and listen to moving stories and tributes to comrades, family and friends of recently killed or injured soldiers in this conflict. The link between our students and those who fought and died for our country was made all the more intimate when we realised that many of the accounts described individuals of a similar age with the group. This was an interesting and, at times, a sobering experience for the students.

Our next visit was to the Australian Institute of Sport where we participated in the interactive Sport Room, testing our abilities, viewing Australian team uniforms and memorabilia and ‘measuring up’ against past athletes. We were also taken on a tour of the institute to see and hear about the amazing resources athletes have available to them. The weights gym and the pool drew the most envy from students and more than one would relish the opportunity to have a go on the new gymnastics apparatus! We were fortunate enough to witness the Australian male gymnastic squad in action and the Under 20 Australian netball girls undertaking their strength and conditioning training in the gymnasium.

The students were most excited to hear the NRL semi-final between the Cowboys and the Broncos on the bus trip down. The Cowboys kept scoring, smashing the Broncos. This put them into the next semi on the following Friday night, just when we were arriving in Sydney! That Friday was a very long day but Mrs Kerr and Ms Horan kept everyone on their toes moving from one venue to the next, building cold meat and salad sandwiches on the cardboard table on the bus, all so we reached Sydney by 7pm ready for a quick trip to the football stadium. We sat in stunned silence while the opposition scored lots of tries against the Cowboys. However, when the Cowboys came to life, the game became very exciting and we were able to wave our flags, sadly this was not enough to bring them to victory.

This year we were fortunate enough to catch a second rugby league match at Allianz Stadium on the Saturday night, especially as Callan Sunderland led us into seats in the “Kennel” where we watched the Bulldogs defeat Manly in their exciting semi. The students experienced real Bulldog’s fanaticism and it made for an exciting walk back to the YHA.

Taronga Zoo on Sunday was our final official activity in Sydney. We saw animals from around the world ranging from the familiar (crocodiles and snakes) to the exotic (snow leopards and pigmy hippos). The seal show and open-air bird show were both well worth the visit alone, but the opportunity to see such a wide range of animals made the visit truly entertaining and educational.

A Japanese Tepanyaki Restaurant by the name of Ichi Ban provided the right mix of theatre and food on Sunday night. The expertise of the Japanese chefs was truly amazing as they chopped, sliced, seasoned and flung food for our entertainment. The delivery of egg rolls and fried rice will never feel the same again.

It was time to head to the snow. The 2014 snow season had been quite a good one and we were hoping it would hold out for our arrival. We were not disappointed! We experienced excellent weather without rain, however the temperature did get down quite low on the third night but because it did not snow, it created really icy conditions which scared the second group when they ventured up to Merrits with Mrs Kerr and the instructor on our third day. However we safely descended and the students decided to happily ski on Friday Flat. Ms Horan and Jarrod took the more adventurous group further up the mountain and they experienced slopes such as High Noon, World Cup, Super Trail and the Tunnel. Reece has excellent footage on his GoPro of his more interesting jumps! Despite many stacks, bumps and bruises, the professional lessons every day quickly improved our skills and we experienced heaps of different terrain around the Thredbo Resorts. By the end of our skiing time, there were many who didn’t want to leave.

The Civics, Citizen & Physical Education Tour is a fantastic opportunity for students to see and take part in a wonderful variety of new experiences. Students have the ability to achieve such a large number of ‘firsts’ in a safe and supportive atmosphere. It is a wonderful experience and students will take away many valuable memories. Thanks must go to Mrs Kerr, who is always so instrumental in the organisation of the trip and to Ms Horan and Mr Rossato for their assistance. Thanks must also go to the students who made the trip the success it was. Your attitude, behaviour and participation certainly epitomize the values of our school.
Once again, Home Hill performed admirably against the top Maths students in the country. Out of the 66 students who competed this year, 33 (45%) achieved credits and distinctions and 48 (73%) achieved at a level higher than participation.

We congratulate Ashley Wood (year 12) and Adam Zabala (year 11) on achieving distinctions. Ashley is well known for using ‘alternative approaches and inventiveness’ when problem solving. From Adam’s result, we predict that he will be the first captain of the Australian Cricket Team who is able to calculate his own statistics.

Tayla McKaig (year 8) received the “Prudence award”. This is given to the student who correctly answers the most consecutive questions beginning at question one. Tayla correctly answered first 10 questions (that is 1/3 of the test) before making an error. The award was given by the Australian Mathematical Trust to acknowledge her ability, focus, and accuracy.

The best performing year level were the 11s. 79% achieved a Credit or Distinction. 93% achieved higher than a participation.

The top three performers in each year level were:

**Year 8:** Tayla McKaig, Emily Grabbi and Riley Brown.
**Year 9:** Brena Galvin, Nicholas Wilshere and Nikita Fabian.
**Year 10:** Mikaylah Wall, Jamie Betteridge and Kieren Paddison.
**Year 11:** Adam Zabala, Ben Walters and Cassandra Loizou.
**Year 12:** Ashley Wood, Reece D’Alessandro and Katelyn Shepherd

A big thank you to our great P&C who funded the student entries in this competition.

Mr Robert Lipsys
It is around this time of the year when I have many students approach me, or are referred to me regarding their high levels of stress and anxiety over their up-coming exams and assessments. Sometimes the stress and pressure of exams can mentally cripple a normally capable student. Well if this sounds like somebody you know, the good news is, firstly, they are not alone and secondly, there are many things that can be done to help reduce stress levels and relieve anxiety. This month, I thought I would list a few tips for managing exam stress. If any parents are concerned about their son/daughter and their levels of stress and would like me to speak with their child further about this issue, then please do not hesitate to contact me to discuss this. I am more than happy to help.

Managing Stress

Exams are a time when stress levels are higher than usual. Stress can be positive, helping you to stay motivated and focused. However, too much stress can be unhelpful - it can make you feel overwhelmed, confused, exhausted and edgy. It’s important to try and keep things in perspective and find ways of reducing stress if things seem to be getting on top of you.

Preparing to Study - Many people feel overwhelmed at exam time - having to revise a lot of information in a short space of time and not understanding course material can be a big stress. It is important that students use good study techniques. There is a lot of helpful information on the internet regarding good study techniques students can utilise. I strongly suggest that you encourage your child to research some of these. Students can also come and see me personally to discuss what study techniques they could benefit from. Teachers are also more than willing to help students develop good study strategies.

Keep their routine outside of studying + take regular breaks - It's important that students have regular study breaks and time for relaxation and exercise. Going for a walk, run, or playing sport is not a waste of time as it is a great way to clear their head and help them to study better. Reach Out.com has great fact sheet on ‘Relaxation’ for more ideas to help students relax.

Look after their body - It's easy for students to let exams get on top of them and they often forget to look after themselves. Students need to try to get a good night's sleep and make an effort to eat healthy, including eating plenty of fruits and vegetables. Limiting caffeine is also a good idea.

Ask for + accept support - If a student is feeling overwhelmed, they might find it helpful to talk to a teacher or someone from our school’s support staff team like myself. It's also important that they know they can ask for, and accept, support from their family. This support might be practical, like getting a lift to the library, or emotional, like asking for advice or just a hug. Students may also like to talk to someone outside the situation like Kids Helpline 1800 55 1800 or Lifeline 131 114 (both are anonymous, 24hr help lines).

Most importantly, it important for students to remember...

There’s always a light at the end of the tunnel. Exams have a beginning and an end, and the stress that goes along with them should end with the exam.

Chappy Jennie.
In term three, the year 8 Japanese class had the opportunity to try several different Japanese foods including...

1. てまきずし - Hand-rolled sushi.
2. なっとう - fermented soy beans which are very healthy, but are also sticky and smelly! Not many foreigners can eat Natto, but some brave year 8s tried!
3. おせんべい Japanese rice crackers and あめ which are Japanese candy.
4. うわび Wasabi (Horse raddish) – This is a からい (hot) spice which is added to some types of sushi. Special mention must go to Reece McCubben who was very brave in trying Wasabi!

The year 8s also tried to learn how to hold chopsticks which was a little challenging, but a few students did very well. よくできました (Well done)!

The year 9 students tried からあげ (Japanese fried chicken) and グリーンティーアイスクリーム (green tea ice cream). Karaage was really nice to eat with roast potatoes – it was a lovely idea, Karli-san! Year 9 students also liked green tea ice cream. It is really easy to make and quite unique, so please try it!
The year 10 students made おこのみやき (Japanese savoury pancakes) and グリーンティーアイスクリーム (green tea ice cream). The year 10 students did very well and enjoyed the food as it was おいしい (yummy)!

James Cook University Young Language Ambassadors

Seven students from Home Hill State High School have been selected as James Cook University Young Language Ambassadors.

The JCU Young Languages Ambassador Program is an innovative partnership between JCU and local schools and is one that rewards outstanding language students. All Language Ambassadors will be invited to attend the James Cook University Young Language Ambassadors’ conference where they will go to university lectures and meet with other Young Language Ambassadors from North Queensland.

Newly fledged Ambassadors Crystal Baillie, Mikaylah Wall and Bryony Williams all agree with the benefits of the program. “We are really honoured and excited by the opportunity it be Young Language Ambassadors at Home Hill State High School,” said both Mikaylah and Crystal. “We think the program is a great way to encourage language learning in North Queensland and we can’t wait to show everyone how much fun learning another language can be.” The Ambassadors also have an eye on the future with Bryony saying that “learning another language helps with a wide range of career options.”

After spending one year as a Young Language Ambassador, the students will receive a certificate in recognition of their leadership skills, dedication and commitment towards promoting languages and valuing cultural differences in North Queensland. They will also gain an understanding of the pathways that could enable them to pursue further language studies at university.

さようなら (Good-bye) to Ms Shirakoma and こんにちは (Hello) to Mr Ishii!

Ms Shirakoma would like to thank all the students, parents and staff for their support and hard work in growing and promoting Japanese at Home Hill SHS. She is happy to announce that while she is on maternity leave that Home Hill SHS will have another native Japanese teacher, Mr いいし 義, who will be taking over all the Japanese classes. Please make him feel welcome. 😊
Hi all. I hope everyone had a very enjoyable school holidays and are ready to get stuck into the remaining weeks of the school year.

The term has kicked off with a bang starting with MENTAL HEALTH WEEK.

I have people coming into the school to talk with the students. Over the year we have had all of the year levels presented with information on this issue. As it is the largest health issue with young people, I feel that all of the information we can get for our kids the better. I have a young lady coming in to take the students through a workout program during the lunch break also. The endorphin release is also very good for their wellbeing. The PCYC in Ayr have a great day planned to celebrate the week. I have put the information below.

Saturday, Oct 11th @ the PCYC

Free family Friendly Event

2.30 - 4.30 Family fun 4.30, Karen Healy Dancers Dancers, BBQ 5 - 6.15pm then the free Outdoor Movie! Bring your own Deck chair, bean bag, pillows/cushions & blankets for a lovely family evening! Come along, Unwind, Be Kind to Your Mind & have loads of fun!

Free Rides/ Slide & Jumping castle!

FREE Kite Making and flying, Family games (egg & spoon, sack & 3 legged races), Bubble Blowing, Mini Golf, Placemat & stress ball making, Mini massages & fun! & mental well-being

Showbags

‘Tour D kids’ bike ride & best decorated bike!

Face painting, Karen Healy Dancers, PRIZES & more!

Enquiries call PCYC 47831009

The second week is NUTRITION WEEK. Ollie and I worked with a group of students last term using the “Need for Feed Program”. The students received an apron and cook book that I put together with all of the recipes that we used, on completion of the program. We also celebrated with a BBQ lunch. The students can use the Healthy Choices recipes whenever they want.

I will talk to you all soon. Please ring me for an appointment or ring to talk to me if you have any concerns or if you would like any information.

LEAH GEORGE
School Based Youth Health Nurse
Tuesday and Wednesday
47905614 or 0428825565
**VICE CHANCELLOR'S STEM CAMP**

In the second week of school holidays, Ryan Attard and I (Ben Walters) were 2 of 180 students who were fortunate to head down to Brisbane to attend the Vice Chancellor’s Science, Technology, Engineering and Mathematics (STEM) camp, held at QUT. We caught a plane, then a bus to QUT’s Gardens Point campus where we were startled by the dazzling and interactive display known as “The Cube.” It is here where we were divided into our groups, based on the colours on our lanyards that were presented to us when we arrived. After many rounds of trivia we had dinner which was a prime opportunity to meet new friends from places scattered around Queensland. We then caught a bus to our accommodation where we could prepare for the days ahead.

On Monday, we went to QUT’s Kelvin Grove campus where the students there studied health and medicine. We got to tour the paramedic and nursing facilities where we discovered many, let’s say, “intriguing” things. The next 2 days involved working on the projects we chose. In the case of Ryan and I, we both got allocated into the project “Catch me if you can,” where we got to mathematically model many things including beetle populations, diseases, migration of llamas from point A to point B and even humans and aliens. On Thursday we had a lecture on how to create effective presentations. This not only helped to us to effectively prepare for the presentation but also provided great information on how to be a great public speaker. On the final day we had to present our projects to our peers. This was a great opportunity not only to present to others what you have achieved but it also provided an insight as to what other group members did.

As a whole, this camp has been an amazing experience. It not only furthers your knowledge in the STEM areas but it also creates new friends and provides an insight into the life of a university student. Ryan and I both strongly agree that this simply an opportunity that is not to be missed.  Ben Walters

**SPARQ-ed**

From 29 September to 3 October, Mrs Sandi Thomas, Christina Postma and I (Rachel Marano) travelled to Brisbane for a science program called the SPARQ-ed Research Immersion Program. This program runs multiple times per year and each year a new research project is provided. Our group was investigating the effects of mutations in a protein called p53, which prevents tumours forming in the body. The project was designed by Dr Pascal Duijf and was adapted for student use by Dr Peter Darben, who taught the material and supervised and assisted in the experimentation.

The program ran from Monday to Friday and was undertaken at the TRI (Translational Research Institute), which consists of research institutes of University of Queensland (UQ), Queensland University of Technology (QUT), Mater Medical Research Institute and Queensland Health.

The 18 students participating in the program were able to perform experiments in a lab identical to those used in reality, under the supervision of Dr Darben and two tutors. We were split into groups and each given a different mutation of the p53 protein, which would affect the proteins ability to bind to DNA, preventing it from working correctly, causing tumours and effectively cancer. This helps researchers learn which mutations of the protein are commonly seen in cancer patients. The experience gave us insight as to what jobs are available in the field of cancer research, and helped us understand what this kind of job entails. Since we were able to participate fully in the experiments, the program was very informative in this sense. Dr Peter Darben was also a great help, as he explained everything at a level easily understood by all students, and he was always willing to answer questions. We did a presentation at the completion of the program, reporting our findings, which the scientists involved attended. They were all extremely supportive of our work.

The entire program was an amazing experience and participation in the Bonus Rank Program (which entails writing a scientific report on the experimentation and findings) will allow us to gain entry rank points on top of our OP if applying to UQ. I would recommend it to anyone interested in the field of science, as it is extraordinary opportunity; just meeting everyone involved in the program was amazing, because you can interact with people who have the same interests. Overall, the experience was extremely rewarding.  Rachel Marano