13 September 2013

PRINCIPAL’S REPORT

One Student, One Community, Many Futures

Our School Chaplaincy Program

Our two school Chaplains Long Bradley and Todd Firth currently work at our school supporting and contributing to the general wellbeing of our students. Our Chaplains are involved in:

- Providing lunch time sport programs
- Running extra curricula activities such as the ‘Drum Beat’ percussion
- Providing emotional and social support
- Leading mentoring programs
- Attending school camps
- Supporting students through our SWeLL (Student Wellbeing eLearning Lounge) space

Each year we consult with our community about the role of the Chaplaincy program within our school. This is an important process to review and confirm the support from our parent community for our Chaplaincy program. If you would like to be part of this feedback process then please contact me directly by email: mlblac35@eq.edu.au or phone 55736555.

Our Innovative 1 to 1 Laptop Program available to Year 9 students in 2014

Our school is committed to providing an education that prepares our students for the challenges of this century. This century will be a time of unprecedented change and complexity and the ability to adapt, learn, unlearn and relearn will be the essential skills needed to thrive in the knowledge economy of the future. It is also about giving our students access to the latest learning technology so that they can learn anytime and anywhere.

We are excited to announce that we will be offering our current Year 8 students the opportunity to be involved in our 1 to 1 take home laptop program in 2014. The program provides each student with access to their own ACER laptop for 365 days a year. The laptop enables students to log onto the school network whilst at school and comes with a 3G card to allow mobile and at home internet access. The laptop also comes with high levels of internet filter security settings for parental and student piece of mind. More information will be coming out shortly about how students can be part of this exciting program.

Independent Public Schools (IPS)

Our school had the opportunity to submit an Expression of Interest (EOI) to become an Independent Public School. After extensive consultation with staff, parents, Parents & Citizens’ Association and the wider community, including local businesses and industry I decided to proceed and submit an EOI to become an Independent Public School.

This initiative is aimed at providing schools with opportunities to make decisions at the local level and directly responding to local community needs and aspirations. The policy is aimed at reducing red tape, giving schools more opportunities to achieve the best possible outcomes for their students and local communities.

We will be informed of the outcome of this EOI process by the end of this year which will determine whether we will become an Independent Public School in 2014.

Mark Blackshaw
Executive Principal

COOMERA VALLEY ROTARY SUPPORTS USA STUDY TOUR TO NASA

On Monday the 12th of August, our Principal Mr Blackshaw and Study Tour coordinator Mr Nicholson, attended the Coomera Valley Rotary general meeting to speak to the members about Helensvale State High School and what the study tour represents. Also discussed was the EXCITE program and the related Tony Lynch Memorial Science US Study Tour. This resulted in Mr Nicholson fielding a number of questions from the members who showed significant interest in the EXCITE program and the USA study tour. As a result the Coomera Valley Rotary Club has put its support behind the Tony Lynch Memorial Science USA Study Tour, which will see 19 students from Helensvale State High School attending Helensvale State High School’s first ever Science study tour to the USA.

Coomera Valley Rotary also very kindly made a donation for what they considered to be a great opportunity that state schools often do not have, because of the large costs involved. Community organisations and the aid they can offer, are part of a vital link in ensuring programs such as this one continue. Organisers of the study tour would like to take the opportunity to thank Coomera Valley Rotary for their donation to help with the cost of participating in the educational programs that the students will be undertaking whilst in the USA.
HELENSVALE HOME WORLD SUPPORTS US STUDY TOUR TO NASA

19 Students from Helensvale State High School will be attending the first of what is hoped to be a bi-annual science study tour to the US. The Tony Lynch Memorial Science US Study Tour takes the students to facilities only available in the US such as NASA and the Smithsonian Institute, where they will undertake specialised study programs.

Helensvale Home World upon hearing about the tour came forward with a donation for what is considered to be a leading educational opportunity that state schools often do not have, because of the prohibitive costs involved.

Community partnerships are vital to ensuring programs such as this one continues and organisers of the study tour have high praise and thanks for Helensvale Home World’s support because “they clearly see the immense benefit to our students and are actually helping to get us there”.

Organisers of the tour thank Helensvale Home World for their donation and would encourage people to consider shopping at this centre to help promote and strengthen community ties.

SOLAR BOAT CHALLENGE

On Tuesday the 3rd of September, twenty-seven year 8 students participated in the Solar Boat Challenge. The students planned and created solar boats in groups, with the aim being to win a race at the end of the day. There were a number of things to be considered during construction including: engine size, propeller type, layout, hull shape and weight. The students had an engaging day and we hope to compete in wider competitions in the future.

Helensvale SHS students Joseph Thomsen, Ben Chambers, Ben Karsten and Kyle Dryburgh taking part in the Solar Boat Challenge.

QCS 2013

This week 147 Helensvale High students rose to the ultimate challenge in completing the QCS Tests. As the co-ordinator of this program in 2013, I can honestly say I was so impressed with the manner in which the students conducted themselves. They supported each other and worked together to achieve a common goal. Their behaviour exemplified their trademarks of – determination – positivity and dedication. I am confident that their results will reflect their level of commitment.

I would also like to acknowledge the work of Sharyn Stubb – Deputy Principal and the Year 12 QCS teachers who have mentored these students all year leading up to these very important tests. Their commitment ensured the students were confident in the knowledge that they were prepared for these exams.

Moving into their end of term exams I would like to wish each and every student all the best and remind them that organisation is the key to success. Ensure they have and utilise a study schedule, get plenty of rest and exercise and eat well. Term 4 will be an exciting time as we prepare to see them leave school and enter the next exciting phase of their lives.

Nicole Brazeau
Head of Department, Academic Performance

INDUSTRIAL DESIGN AND TECHNOLOGY – CUBBY HOUSES FOR SALE

We are currently in the process of finishing off work on two cubby houses which our year 12 Building & Construction classes have built. They are 3.4m long x 1.8m wide (width 2.3m with roof overhang). They are constructed to be put directly on the ground or elevated to enable a slippery slide to be attached.

The cubbies are designed to be flat packed and can be easily transported on a car trailer. They are superbly built and would be a great Christmas present. They are priced at $1350 which is well below the material cost. Please contact Paul Armitage (parmi0@eq.edu.au) or phone the school on 5573 8555 to find out more or to organise a viewing of the cubbies.
INDUSTRY PATHWAYS TEAM AT WORK

What a busy time the Senior School - Industry Pathways Team has had of late. Yr 10 students have been making preparations for career path decisions. Students have been engaged in a career awareness program through PEP which has seen their teachers guide them through Career Voyage in preparation for the completion of their Student Education Training Plan (SETP). For Yr 10 students the term will end with individual subject selection interviews with key members of staff. Their SETP must be completed and where possible career paths identified so that realistic subject choices can be made in readiness for their entry into Yr 11. One Student - One Community - Many Futures

A Subject Selection Morning for students and an evening for parents was held recently for Heads of Departments to introduce Yr 10 students to the senior courses on offer at Helensvale and through TAFE and the Northern Collegiate. Displays were set up and students and parents were able to talk to staff about courses on offer. Mr Blackshaw presented our three subject choice pathways and Ms Stubbs presented information regarding Queensland Certificate of Education and the importance of correct subject choices. All information presented as well as subject selection booklets are all available on the school website and we would encourage parents to visit this site to become better acquainted with the choice available for students.

While QCST was underway for our university bound students, many other Yr 12 students were busy at school ensuring that they were again on track to complete the certificate courses they have been training in. Horticulture classes ran for 2 days where students participated in both practical and theoretical activities. Other students completed Business, Retail, Information Technology, Children’s Services, Construction and Hospitality theory training. Helensvale is committed to ensuring all students graduate with a QCE, OP or VET qualification and we run programs like these two days to ensure all students are supported in their education.

To take advantage of this timing, Gold Coast Institute of TAFE provided our students with the opportunity to attend a TRY A TRADE Day to assist students in making decisions about their career goals. A small group of HSHS Year 12 students who were up to date with their school work, went to Ashmore Campus for the day. Students were in groups of 10 and had the opportunity to network and gain industry experience in a variety of areas on display. They had a chance to experience practical and hands-on activities and what their training may involve. Three of our students excelled in the 7 main challenges for the day. Taylor Richardson won the Hospitality Challenge by making the roundest and best sushi, Carlie Simon won the Electrical Challenge and Tim Welsh the Tyre Changing Challenge. The feedback from students was that it was a great day out to discover what campus life might be like in 2014. We would like to sincerely thank Julie Brunt from Club Helensvale, one of our Industry Partners, for providing our group with their Courtesy bus – “Community Spirit” is alive and well in Helensvale. Twelve Students - One Community - Many Futures

Judy Macaulay Head of Department, Industry Pathways and Paulina Ford Industry Liaison Officer jmaca7@eq.edu.au pford2@eq.edu.au
55 738 545 or 0448 189 029

ENCORE

Encore will showcase all dance assessment from 2013, successful students’ choreographic works and Helensvale’s first Elite Dance Troupe performing their two winning routines from the recent Gold Coast Eisteddfod.
Where: Helensvale State High School Student Activity Centre (SAC)
When: Thursday 10th October 6:00 pm
How: Tickets are on sale now from HSHS finance office $5.00 per person, (no tickets will be sold on the night).

**LOST / FOUND PROPERTY**

Lost and Found Property is located at Student Services in the Administration Building. Currently there is an overflow of FOUND SCHOOL JUMPERS. Please check with your child to see if they are missing their school jumper. Some of these jumpers are very new. There is also a sleeping bag and a large blue coolie bag that was left at the Athletics Carnival last month. Other items include, non-school jackets and hoodies, scarves, a variety of sports uniforms and 20 or so drink bottles. At the end of this term all non-school items with be sent to St Vincent de Pauls, drink bottles will be disposed of, and all school jumpers will be recycled back to the Uniform Shop as loan jumpers for next year. Hopefully the amount of found property can be claimed before the end of this term.

**TRACK & FIELD CARNIVAL - AGE CHAMPIONS 2013**

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<th>BOYS</th>
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<th>GIRLS</th>
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<tr>
<td>1</td>
<td>Ashley Marsh</td>
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<td>13 YEARS</td>
<td>Georgia Ward</td>
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<td>2</td>
<td>Lachlan McDonald</td>
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<td>Brylee Reid</td>
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<td>3</td>
<td>Jack McAlee</td>
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<td>Abbie Phillips</td>
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<td>1</td>
<td>Baylee McKenna</td>
<td>E</td>
<td>14 YEARS</td>
<td>Kayla Cuba</td>
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<td>2</td>
<td>Dominic Dyer</td>
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<td>Kaitlyn Creswel</td>
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<td>3</td>
<td>Max Garrett</td>
<td>E</td>
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<td>Faith Howells</td>
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<td>3</td>
<td>Blake Peak</td>
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<td>1</td>
<td>Jake Evans</td>
<td>M</td>
<td>15 YEARS</td>
<td>Tahnia Camilleri</td>
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<td>2</td>
<td>Lachlan Kizana</td>
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<td>Kaylee Packer</td>
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<td>3</td>
<td>Jared McAlee</td>
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<td>Bianca Lyon</td>
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<td>1</td>
<td>Devan Simpson</td>
<td>M</td>
<td>16 YEARS</td>
<td>Jessica Hughes</td>
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<td>Kain Duncan</td>
<td>M</td>
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<td>Chelsea Brown</td>
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<td>3</td>
<td>Dylan Mascambe</td>
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<td>1</td>
<td>Gregory</td>
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<td>Jessica White</td>
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<td>Rogers-Hume</td>
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<td>Shannon</td>
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<td>3</td>
<td>Damir Helvida</td>
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<td>3</td>
<td>Daniel Sleight</td>
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<td>Dayle Mathison</td>
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**AWD AGE CHAMPIONS 2013**

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<tr>
<td>1</td>
<td>James Patmore</td>
<td>13-15 YEARS</td>
<td>Abbey Williscroft</td>
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<td>2</td>
<td>Cooper Laurie</td>
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<td>Christinha Jong</td>
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<td>Cameron O’Neill</td>
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<td>Rebecca Beard</td>
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<td>Brayden Maroiske</td>
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<td>Waitangi Bartlett</td>
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<td>2</td>
<td>Adam Henderson</td>
<td></td>
<td>Stephanie Pelin</td>
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<tr>
<td>3</td>
<td>Sheane Howe</td>
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<td>Kayla</td>
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**ORAL HEALTH**

Students in year 10 have been provided with an offer of oral health care pack to take home.

The pack includes:
- Child & Adolescent Oral Health Service Brochure
- Examination Card

If your child is enrolled in year 10 and did not receive an offer of care pack and you would like to arrange for your child to receive oral health care please contact the Oral Health Call Centre 1300 300 850. Monday to Friday 8.00 am – 4.30 pm excluding public holidays.

If your child requires disability access please identify this requirement with the Call Centre operator.

**National Animal Rescue Groups of Australia (NARGA) Inc**

Can you temporarily open your home and your heart to a pet in need?

Are you looking for good company and a heart-rewarding experience?

We won’t ask for a loan or to borrow the car! We won’t stay out late and worry you!

We are free, all our costs are covered and we will offer you lots of cuddles and kisses. We will only ask for a warm safe home until we find our forever home.

We would be forever thankful for your part in saving our lives. We come in all shapes and sizes and we make great company but really need your help.

For further information, please contact narga.nfrc@gmail.com

Thanks!
Together we will make a difference! www.narga.org.au

**GET HEALTHY INFORMATION & COACHING SERVICE**

A free service provided by the QLD Government that entitles any QLD adult with 10 free personal health coach sessions.

It’s called Get Healthy Information & Coaching Service and participants receive:

10 free coaching calls from your own personal health coach

Support for up to 6 months to make changes

Information booklets and coaching journals to assist with creating action plans, maintaining motivation and creating solutions for successful lifestyle change

The contact number is 13 HEALTH or 13 43 25 84 or email contact@gethealthy.qld.gov.au

Check out www.gethealthy.qld.gov.au for more information.

**Hayley Low**

Health Liaison Officer
AWLQ 1 DAY COURSE

The Animal Welfare League Queensland is running a 1 day course during the school holidays. For further information, please see the flyer below.

JUNIOR COUNCIL UNITE – 20 YEAR ANNIVERSARY

Thursday 17 October, 7.30am to 9.30am at The Gold Coast Arts Centre.

Calling all 2000 former City of Gold Coast Junior Councillors…..Where are you now? What’s your story?

This year, City of Gold Coast is celebrating Junior Council’s 20th year at a special anniversary breakfast hosted by Mayor Tom Tate on Thursday 17 October at The Arts Centre Gold Coast.

We are on the search to find and reunite all 2000 past members to celebrate the unique contribution that Junior Council members and young people have made to the city over the past 20 years.

Schools, teachers and organisations involved over the years are also invited to reconnect and celebrate the successful program - now the largest in Queensland, with at least 20 Gold Coast schools and more than 100 students taking part each year.

Join the Junior Council Unite event on City of Gold Coast Facebook and share your stories about Junior Council, tell us where you are now and register your details to receive an official invitation.

If you know of, or are in contact with any former members or teachers, please spread the word and encourage others to register for this free civic event.

For more information please contact juniorcouncil@goldcoast.qld.gov.au

We look forward to celebrating this milestone with you.

(Facebook event page link: https://www.facebook.com/events/501403283271918/)

RUNAWAY BAY YOUTH HOLIDAY PROGRAMS

If you are looking for something to do in the holidays, why not take a look at what Runaway Bay youth has to offer? Runaway Bay Youth has a range of free activities. For further information, click on the link below.

BUILDING RESILIENCE IN YOUR TEEN

As parents we are often faced with challenges we are not sure how to handle. Building resilience within your teen involves modelling, teaching and providing opportunities for your young person to develop a variety of coping strategies and supports. Sometimes young people develop their own ways of coping when they are faced with stress and conflict. A proportion of our young people face similar mental health issues that we see in our society such as depression, anxiety, self-harm, and emotion regulation dysfunction. Self-harm is when people deliberately hurt their bodies and it doesn’t necessarily mean they are suicidal. Some young people use self-harm as a way to cope when they are distressed.

The support we offer at school includes the services of a Health Nurse, 2 Guidance Officers, 2 Chaplains, a Youth Support Co-ordinator and a Health Liaison Officer. We are regularly referring and working with organisations like Headspace and the Child and Youth Mental Health Service as well as private psychologists to ensure students can access psychological support when issues have been identified.

SWeLL was recently fortunate to host how to Build Resilience in Your Teen for parents. The evening featured information, presented by Emily Anderson of Truth in Action Psychology with facts and tips for parenting teenagers today. To Register your interest in future parent evenings email Hayley Low (Health Liaison Officer) at hlow1@eq.edu.au or call 0755738 555.

Carley O’Connell, Guidance Officer

For further information on depression please view http://www.headspace.org.au/what-works/research-information/depression

You can also view a Headspace video clip about self-harm http://www.headspace.org.au/is-it-just-me/find-information/self-harm

DEALING WITH PHYSICAL SENSATIONS OF ANXIETY

1 Breathe.

You can calm physical sensations within your body by focusing your attention on your breathing. Concentrate on the air going in and out of your lungs. Experience it as it passes through your nose and mouth.

Do this for two to five minutes. If you notice that you are taking short, shallow breaths, begin to take longer and deeper breaths. Fill your lungs so that your abdomen rises, then release all the air. Imagine yourself standing on the tip of your nose. Watch the breath pass in and out as if your nose were a huge ventilation shaft for an underground mine.

2 Scan your body.

Simple awareness is an effective technique to reduce the tension in your body.

Sit comfortably and close your eyes. Focus your attention on the muscles in your feet and notice if they are relaxed. Tell the muscles in your feet that they can relax.

Move up to your ankles and repeat the procedure. Next go to your calves and thighs and buttocks, telling each group of muscles to relax.

Do the same for your lower back, diaphragm, chest, upper back, neck, shoulders, jaw, face, upper arms, lower arms, fingers, and scalp.

3 Tense and relax.

If you are aware of a particularly tense part of your body or if you discover tension when you’re scanning your body, you can release this with the tense-relax method.
To do this, find a muscle that is tense and make it even tenser. If your shoulders are tense, pull them back, arch your back, and tense your shoulder muscles even more tightly; then relax. The net result is that you can be aware of the relaxation and allow yourself to relax more.

You can use the same process with your legs, arms, abdomen, chest, face, and neck. Clench your fists, tighten your jaw, straighten your legs, and tense your abdomen all at once. Then relax and pay close attention to the sensations of relaxation. By paying attention, you can learn to re-create the relaxation whenever you choose.

4 Use guided imagery.

Relax completely and take a quick fantasy trip. Close your eyes, relax your body, and imagine yourself in a beautiful, peaceful, natural setting. Create as much of the scene as you can. Be specific. Use all your senses.

For example, you might imagine yourself at a beach. Hear the surf rolling in and the sea gulls calling to each other. Feel the sun on your face and the sand between your toes. Smell the sea breeze. Feel the mist from the surf on your face. Notice the ships on the horizon and the rolling sand dunes. Use all your senses to create a vivid imaginary trip.

Some people find that a mountain scene or a lush meadow scene works well. You can take yourself to a place you’ve never been or re-create an experience out of your past. Find a place that works for you and practice getting there. When you become proficient you can return to it quickly for trips that may last only a few seconds.

With practice you can even use this technique while you are taking a test.

5 Describe it.

Focus your attention on your anxiety. If you are feeling nauseated or if you have a headache, then concentrate on that feeling. Describe it to yourself. Tell yourself how large it is, where it is located in your body what colour it is, what shape it is, what texture it is, how much water it might hold if it had volume, and how heavy it is.

6 Be with it.

As you describe anxiety in detail, don’t resist it. If you can completely experience a physical sensation it will often disappear. People suffering from severe and chronic pain have used this technique successfully.

7 Exercise aerobically.

This is one technique that won’t work in the classroom or while you’re taking a test. Yet it is an excellent way to reduce body tension.

Do some kind of exercise that will get your heart beating at twice your normal rate and keep it beating at that rate for 15 or 20 minutes. Aerobic exercises include rapid walking, jogging, swimming, bicycling, basketball, or anything else that elevates your heart rate and keeps it elevated.

8 Get help

When these techniques don’t work, when anxiety is serious, get help. If you become withdrawn, have frequent thoughts about death or suicide, get depressed, and stay depressed for more than a few days, or have prolonged feelings of hopelessness, see a counsellor.

STUDENTS INVITED TO ENTER QTU PEACE AWARDS

Students of all ages are invited to enter the Queensland Teacher’s Union (QTU) Peace Awards.

The theme of this year’s awards is Education for Peace. To enter students are asked to design a postcard-sized artwork.

Entry categories include:

- Prep to Year 1
- Years 2-3
- Years 4-6
- Years 7-9
- Years 10-12
- Special Education.

Category winners will receive an award to the value of $100. Special awards, valued at $50, may also be presented in each category.

Judging will be conducted by members of the QTU’s Social and Environmental Issues Networks and winners will be notified by the end of November.

To enter visit http://www.qtu.asn.au/peaceawards