INVITATION

MEET AND GREET

Kirwan High Teachers would like to meet you.

Would you like to meet your child’s teacher?

A Meet and Greet will be held on Wednesday 26th February commencing at 7.00pm in the Performing Arts Centre.

Refreshments will be supplied.

ALL WELCOME

My teachers and I look forward to meeting you.

John Livingston
Executive Principal
PARENTS AND CITIZENS’ ASSOCIATION
ANNUAL GENERAL MEETING
TUESDAY 4TH MARCH 2014
SCHOOL LIBRARY
7.00PM
ALL WELCOME

Sophie Marmara

Kirwan High congratulates Sophie Marmara on being awarded a prestigious Supporting Women in Engineering Scholarship.

Sophie will study at James Cook University. She is really interested in Chemical Engineering and would like to work in the mines one day.

Sophie prepared herself well for Engineering while at school. Besides studying hard she took advantage of every opportunity to develop her knowledge, participating in the SPARK Engineering Camp at the University of Queensland, Field Days conducted by the Queensland Minerals and Energy Academy of which Kirwan High is a member, as well as an Engineering Camp run by James Cook University.

Sophie’s advice to all young students is, “Just do it for yourself and your future”.

Kirwan High Executive Principal John Livingston said Sophie is a model of determination and hard work for all young students.

ENGINEERING SCHOLARSHIP
Sophie Marmara

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TOWNSVILLE CREATIVE TECHNOLOGIES COLLEGE
The Townsville Creative Technologies College proudly awarded 75 graduates with Certificate I or Certificate II qualifications in December 2013.

As we commence the new year we again welcome enrolments across all our program offerings including the introduction of our Certificate III in Media (Animation, Certificate III in Information, Digital Media, and Technology (Game Programming) and Certificate III in Technical Production (Music).

Enrolments are being accepted between 8.00am and 4.00pm at the Heatley Secondary College Administration Office.

ENGINEERING SCHOLARSHIP
Sophie Marmara

From the Rolls Office
Student absences are to be explained by a parent/caregiver to the Rolls Office. This may be done by phoning the school on 4773 8108 or by emailing absences@kirwanshs.eq.edu.au. Student absences of two or more days due to illness require a medical certificate. Medical certificates should be emailed to the above email address or hand delivered to the Rolls Office. Your prompt assistance with explanation of absences will be greatly appreciated.

Senior Leaders’ Induction
Friday 2nd May
Performing Arts Centre
10.00am
All Year 12 parents and caregivers are welcome to attend.
PACKING A HEALTHY LUNCH

School is back and it’s a great time to think of healthy and nutritious lunch ideas.

Good nutrition is important throughout life, but never more vital than during the developing teenage years.

Young people need the right foods for many reasons:
- To give energy to participate in activities
- To provide essential nutrients to ensure correct growth and development
- To supply fuel for concentration and learning
- To create healthy habits that will last all their lives

It is a sad reality that Aussie kids today are a long way from the fit image that they had a couple of decades ago. With our sedentary lives and grab and eat style of eating, our kids are suffering from health problems never seen in earlier generations. We are witnessing a situation where around 25% are overweight and many are so unfit that they are unable to complete standard fitness tests.

Lunch can provide a major part of the daily nutrient intake, so it needs to be healthy and filling.

Think about the following food ideas to be included for a healthy, nutritious and interesting lunch that provides bursts of energy throughout the day:
- Crisp salad veggies
- Fruit – cold and delicious
- Dried fruits – great for nibbling on
- Cheese sticks and slices – good calcium source
- Healthy snack packs – like tuna and crackers or cheese and crackers – there are some great choices at the supermarket and they can be a change from sandwiches
- Low fat muffins or slices
- Pretzels and popcorn
- Frozen juice, water or long-life milk drinks – helps keep lunches cool and quenches their thirst

So let’s encourage healthy eating with great lunch choices.

Staying healthy
Debbie

WEP Student Exchange – Memories & Skills For Life

Have the time of your life when you spend a summer, semester or year overseas as a WEP exchange student. Choose from over 20 countries around the world to complement your secondary studies with an international, cultural exchange experience. You will be invited by a welcoming, volunteer host family to live and learn like a local teenager, attend school overseas, make new friends and return more mature, independent, goal-oriented and with a new outlook on life!

Don't Miss Out! Applications Closing Soon!

Applications for long-term programs starting in August/September '14 to Belgium, Canada, China, France, Germany, Italy, the Netherlands, Poland and Spain start to close in mid-April. Applications for the USA close earlier. Contact WEP for details.

Early Bird Special – Save $500!

WEP is currently offering Early Bird discounts for programs starting in January '15 to any of the following countries: Brazil, Belgium, France, Germany, Italy, Mexico, The Netherlands, Poland, Spain, Norway, Thailand or the USA.

Find Out More!

Request an information pack, including WEP’s FREE application form.
Visit www.wep.org.au
Call 1300 884 733
Email info@wep.org.au
Kirwan State High School's annual Swimming Carnival is rapidly approaching. This year it will be held on Thursday the 20th February (Year 8 and 9) and Friday the 21st February (Year 10, 11 and 12). We will be providing sunscreen, shade and water, but we also encourage and require students to take responsibility to ensure that they remain sun safe.

Students are encouraged to ‘dress up’ in their house colours, however appropriate sun safety measures still need to be taken. Students are encouraged to wear a hat, shirts with sleeves (preferably long) and regularly apply, and reapply, sunscreen.

The prevalence of skin cancer in North Queensland is skyrocketing and Queensland currently has the highest rate of skin cancer in the world. The Australian Cancer Council informs us that if a child is severely sunburnt before the age of 15, it doubles their chance in developing melanoma later in life. These statistics are startling!

Please join us in urging your student to slip, slop, slap, seek and slide at this year’s swimming carnival.

**Sun Safety during HPE lessons**

Additionally, students will be required to adopt sun safe habits during Health and Physical Education lessons. Students are required to bring a hat, drink bottle and/or sunscreen for all of their scheduled HPE lessons. If a student does not bring a hat, they will be asked to apply sunscreen prior to the lesson. We will not be adopting a ‘No hat, No play’ policy, but rather be providing sunscreen as a secondary sun safe strategy.

We thank you in advance for helping your child to stay sun safe in 2014!
School Based Traineeships

Type: Certificate III in Business
Location: Townsville

What you will learn:
- Customer service
- Visual merchandising
- Register usage
- Stock control
- OHS legislation... and MORE!!!

Requirements:
- Students attending year 10 or 11
- Able to work one school day a week
- Displays common sense & confidence
- Be able to undertake the work/training requirements of this traineeship.

Resume is to be handed to the Careers Adviser and then forwarded on to Jessie Couch via email: jessie.couch@citybeach.com.au

IT'S YOUR LIFE

WWW.CITYBEACH.COM.AU live it
Dear Parents,

We will be photographing your school on **Monday 17th February, Wednesday 19th February & Friday 28th February 2014.**

You will receive a Flyer/envelope for each of your students explaining the products available. Please ensure that each student returns his/her own envelope even if payment is made in the eldest child’s envelope. Envelopes are not to be placed inside other envelopes.

**Students are to bring envelopes on Photo Day.**

We have an auto-mated system for payments by credit card. You can go online to [www.advancedlife.com.au](http://www.advancedlife.com.au) for easy to understand payment instructions. You will receive a receipt number which **MUST** be written on the order envelope in the space provided. You can also make payments by cash, cheque or money order.

Please don’t hesitate to contact us if you have any queries.

We look forward to seeing all your smiling faces!

Your Team from Advanced Life Photography
Term 1

14/02/14 North Queensland Schools Constitutional Convention
17/02/14 School photos
18/02/14 ARTIE Launch—Period 3
19/02/14 School photos
19-21/02/14 Indigenous Learners Licence course at Thuringowa SHS
20/02/14 Years 8 and 9 Swimming Carnival
Rio COURSE Induction (Trade Training Year 11)
21/02/14 Years 10 to 12 Swimming Carnival
21/02/14 Aboriginal and Torres Strait Islander Constitution Convention
25/02/14 Indigenous Performer—Sean Choolburra at 1.40pm
26/02/14 Meet and Greet
27/02/14 Year 11 Science 21 Period 1—3—Field trip Apilins Weir
28/02/14 Year 10 and 11 Science Fieldwork
03/03/14 Clean Up Australia Day Competition
04/03/14 Parents and Citizens’ Association meeting and AGM
04-06/03/14 Year 9 NAPLAN practice
07-09/03/14 SHEP North Queensland
11/03/14 Year 11 Marine Science Fieldwork
12/03/14 Year 10 CME Fieldwork
12/03/14 Interschool Swimming Carnival
13-14/03/14 Year 12 State Philoso-thon
14/03/14 Year 11 Drama Excursion (after hours)
17-19/03/14 Year 8 and 9 immunisations
19/03/14 Year 12 QCS Workshop
20/03/14 Year 10 CME Fieldwork
21/03/14 Harmony Day
21/03/14 National Day of Action Against Bullying and Violence
21/03/14 Wonders of Science
25-28/03/14 Indigenous Young Leaders Camp
27/03/14 Year 12 Marine Studies boating
31/03-04/04/14 Year 11 Work Experience
02/04/14 Year 9 Academic Excellence Workshop
01-04/04/14 Year 12 Leadership Camp
07-17/04/14 School Holidays
19/04/14 Good Friday
21/04/14 Easter Monday

Term 2

22/04/14 Term 2 commences
24/04/14 Anzac Day Parade (at school)
25/04/14 Anzac Day Public Holiday
26-30/04/14 Fanfare Camp
29-30/04/14 Parent Teacher Interview Nights
02/05/14 Year 12 Senior Leaders’ Induction
02/05/14 Music Department Concert
03-05/05/14 International Students Camp—Airlie Beach
02/05/14 Year 10 CME Fieldwork
06/05/14 Fanfare
08/05/14 SmartFutures 4 NO—Reid Park
13-15/05/14 NAPLAN
14/05/14 Year 11 Marine Science James Cook University excursion
15/05/14 VET Transition Forum
19/05/14 Year 12 Geography excursion to Castle Hill
20/05/14 FOGS Indigenous Employment and Careers Expo—Townsville Entertainment and Convention Centre
20/05/14 ICAS Computer Skills testing
26/05/14 National Sorry Day
26/05/14 Y-Lead Day
28/05/14 Year 8 and 10 Australian History competition
02-07/06/14 School Musical
03/06/14 Mabo Day
04/06/14 ICAS Science testing
09/06/14 Queen’s Birthday Public Holiday
15/06/14 International Students Program—Farewell BBQ
16-18/06/14 Year 8 and 10 immunisations
16-20/06/14 ICAS Writing testing
17/06/14 ICAS Spelling testing
17-19/06/14 UNI CREW—Yarning Up—Year 8
23-27/06/14 Year 11 and 12 Work Experience
24-27/06/14 Year 8 ESP Camp to Mungallia Falls
25-27/06/14 Year 8 and 9 Junior Leadership Camp
25/06/14 Year 12 QCS workshop
26-27/06/14 Year 12 QCS Practice Test
30/06-11/07/14 School Holidays

Term 3

14/07/14 Term 3 commences
14-18/07/14 NAIDOC Week
14/07/14 International Student Program—Orientation First Day
16-21/07/14 Year 8 Academic Excellence James Cook University visit
19/07/14 Year 12 James Cook University Experience Day
22-24/07/14 Year 8 Practice NAPLAN
21/07/14 International Student Program—Official School Welcome
23/07/14 Year 12 QTC presentation—Period 3
26/07-08/08/14 Kokugakuen Study Tour
28/07/14 Kokugakuen Study Tour Official Welcome Period 2
27/07/14 International Students Program—Homestay Families Welcome BBQ
28-30/07/14 Year 12 QTC interviews
28-29/07/14 Aboriginal and Torres Strait Islander Aspiration Program (ATSIAP)
29/07/14 ICAS English testing
30-31/07/14 Special Education Challenge Games (2 day Track and Field Athletics Carnival for students with a disability)
31/07-02/08/14 Year 11 Biology Camp
02/08/14 Arts Department Cabaret
05/08/14 Kokugakuen Study Tour—Farewell BBQ and Concert
05/08/14 Parent Teacher Interview Night
06/08/14 QMEA Toolkit for Schools Day
07/08/14 Australian Mathematics Competition
08/08/14 Year 12 Science 21 Pallarenda Field trip
10-11/08/14 Year 10 CME Bowden trip (fieldwork)
12/08/14 Year 10 Career Day
12/08/14 Year 10 Subject Selection Parent Evening—7.00pm
12/08/14 ICAS Mathematics testing
13/08/14 Year 10 CME (fieldwork) - period 3 and 4 only
13/08/14 Year 8 Subject Selection Parent Evening—7.00pm
13-15/08/14 Year 8, 9 and 10 Academic Excellence Writer in Residence
14-16/08/14 Year 11 Marine Science Fieldtrip
21-23/08/14 Year 12 Marine Science Fieldtrip
23-24/08/14 Relay for Life
25-26/08/14 Year 10 SET Plan interviews
02-03/09/14 Year 12 QCS Test
12-14/09/14 International Students Program Camp—Airlie Beach
15-19/09/14 Year 10 and 12 Work Experience
15-19/09/14 Beacon Week Year 10
17-19/09/14 Year 11 Gender Camps
22-29/03-10/14 School Holidays
06/10/14 Labour Day Public Holiday

Term 4

07/10/14 Term 4 commences
10/10/14 World Mental Health Day
15/10/14 Year 10 CME Fieldwork
20/10/14 Pupil Free Day
20/10/14 Sports Awards Night
21-22/10/14 Year 8 and 10 immunisations
22/10/14 Vocational Education Awards
31/10/14 Year 10 Geography excursion to Reef HQ and The Strand
05/11/14 Year 10, 11 and 12 Graduation and Awards Night
07/11/14 Year 9 Geography excursion to Townsend Port
09/11/14 International Students Program—Farewell BBQ
11/11/14 Remembrance Day
14/11/14 Arts Expo
14/11/14 Special Education Awards Night
17-20/11/14 Year 12 Activities Week
21/11/14 Year 12 Rite of Passage
21/11/14 Final Day for Year 12
21/11/14 Year 12 Formal
24-28/11/14 Year 10 Work Experience
24/11/14 Year 11 QCS Workshop
25-26/11/14 Year 11 QCS Practice test
26-28/11/14 Year 10 Leadership Training
26-28/11/14 Year 11 Leadership Training
28/11/14 Final day for Year 10 and 11
11/12/14 Year 8 and 9 Awards Night
12/12/14 Final Day for Year 8 and 9

2015

27/01/15 Term 1 commences

YEARS 10/11 COMPLETION DATE
For 2014 - 28 November

YEARS 8 and 9 COMPLETION DATE
For 2014 - 21 November