WINNER NORTH QUEENSLAND SCHOOL BASED APPRENTICE OR TRAINEE OF THE YEAR

Maggie Gumbleton

Year 12 student, Maggie Gumbleton was announced as the North Queensland School Based Apprentice or Trainee of the Year. Maggie received her award at the North Queensland Regional Final Gala Dinner for the Queensland Training Awards.

As part of her senior studies, Maggie is completing a Certificate III in Business and a school-based traineeship at Westpac Banking Corporation. She is an outstanding trainee who has her sights set on forging a career within the corporate banking sector.

Maggie says that the Traineeship has given her the confidence and motivation to undertake further study in finance at university.

Two out of the three finalists for this award were Kirwan High students. Mia McLeish is also completing a Certificate III in Business and is undertaking a traineeship at KFC.

Maggie and Mia are outstanding students in Kirwan High’s Vocational Education Program. Maggie will now join the large group of past winners of this award at regional and state level.

SCHOOL BASED TRAINEE OF THE YEAR

Jemma Everett

Kirwan High student Jemma Everett was recently announced as the 2015 School Based Queensland Trainee of the Year for Civil Federation, Certificate II Resources and Infrastructure.

Jemma is doing Certificate II Resources and Infrastructure as part of her Year 12 studies.

Jemma really enjoys working in the Civil Construction Industry. She says she loves the physical challenge and the opportunity to learn how to operate the earth moving equipment.

Jemma is a very hard working student who has a bright future ahead of her.

Both Jemma Everett and Dylan Sparrow, the other Kirwan High finalist, are enrolled in the school’s elite Trade Training Program.

SUBJECT INFORMATION NIGHTS

<table>
<thead>
<tr>
<th>Date</th>
<th>Grade Details</th>
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<tr>
<td>11th August</td>
<td>Year 6 into 7</td>
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<td>12th August</td>
<td>Year 7 into 8</td>
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<td>Year 8 into 9</td>
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<td>18th August</td>
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<td>19th August</td>
<td>Year 10 into 11</td>
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Information Nights will commence at 7pm in the Performing Arts Centre.

Date Claimers:

11/08/15   Parents and Citizens’ Association meeting
WELLBEING WORKING WELL
The First Year Centre is the hub of Student Wellbeing – a place to come and have a chat or to find someone who is always willing to lend an ear (or a pair of socks), and is the epicentre of activity to promote a positive atmosphere in our school. We are all about enriching the lives of our students, creating a warm and aspirational school environment, and providing all kinds of support to help make Kirwan State High an even better place to be. Our wonderful teams in FY01 and FY02 run free breakfast and lunch clubs to make sure that everyone has enough fuel in their stomachs to get through the day productively and with a smile on their dial. Together with the House Masters and Heads of Student Wellbeing, the Engagement Team coordinate several tailored wellbeing programs designed to help students in a range of areas – to build resilience, to deal with confrontation, to build self-confidence, and to manage their emotions. We also run real-world service learning experiences, brighten the playground through our pink shirt program, promote leadership and reconciliation through our Indigenous Young Leaders, and develop leadership opportunities amongst all year levels. Student Wellbeing – working hard to ensure that everyone is healthy and well and performing their best at Kirwan State High.

JUNIOR SECONDARY LEADERSHIP CAMP
The final week of Term 2 saw a number of eager students from Years 7, 8 and 9 continue their journey at Kirwan High by attending our Junior Secondary Leadership Camp at Rollingstone. Their goal was to develop an enhanced capacity to effectively contribute to group wellbeing while improving their sense of group identity, communication and leadership skills and building confidence through succeeding at challenging situations.

With the help of 9 staff and 4 senior volunteers, students excelled in their endeavours which saw them conquer tasks that at times required courage, determination, control, discipline and team work. The activities were designed to explore divergent leadership roles, aid the community, build trust as a group, and discuss conflict and positive outcomes.

As a way of celebrating the success of camp, the students all gathered under the cover of night to sing and shout a number of songs around the comfort of a traditional campfire. This appropriately saw all students celebrating in ways that showcased talents as musicians, comedians, magicians, and, of course, all leaders in their own way.

YEAR 10 HELPING FRIENDS PROGRAM
At the end of last term, the Year 10’s took the next step in their leadership and development by completing the “Helping Friends” program. The program focused on building resilience, creating support networks, leadership and student aspirations. Over the three days students were challenged to work as a team to complete tasks and solve problems. The highlights included some fantastic war cries, an aardvark relay, scavenger hunt and some great group work. This was the second leadership event of the year for the Year 10’s and the group is developing well and are sure to be a promising group of leaders in the future.

KIRWAN STATE HIGH SCHOOL PLAYGROUP
The Kirwan High Playgroup meets every Thursday morning from 9am to 10am in room AMR1. Parents and children aged from 6 months to 4 years, are invited to spend an hour enjoying our playgroup room which has a home corner, bookshelf, blackboard, caterpillar tunnel and many other toys, games and activities designed to help them learn and grow at a developmentally appropriate pace. Parents need to sign in at the front office and someone will show them where to go. It’s a gold coin donation and is run by a Certificate III in Children's Services qualified teacher, Ms Shelley Keehn, and the students who are studying their Certificate in a Vocational Education program at Kirwan High.
This year marks the 40th anniversary of the 40 Hour Famine. Over the years Kiwan State High School has raised over $28000, making a real difference to children living with poverty and hunger.

In 2015 Louisa House has taken on the service learning project of learning about the work World Vision does, while raising money and awareness for the organisation.

This term students will begin fundraising for the 40 Hour Famine that will be run on Friday 16th and Saturday 17th October (Term 4 Week 2). Students who would like to participate need to choose something to give up for 40 hours. Traditionally this has been food, but other things like furniture and technology have also been given up for the 40 hour period. The school will hold a sleep over on the Friday night to kick off the famine.

If you would like more information please contact Alex Scobie ascob3@eq.edu.au or see the World Vision website http://www.40hourfamine.com.au/
SCHOLARSHIPS
FOR THE CHILDREN & GRANDCHILDREN
OF AUSTRALIAN VETERANS

The Australian Veterans' Children Assistance Trust (AVCAT) is a not-for-profit organisation. AVCAT administers bursaries and scholarships to help children, and in some cases grandchildren, of Australian veterans with the costs of full-time education. The most deserving candidates are provided with financial assistance to facilitate their tertiary studies. The Long Tan Bursary is specifically available for the children of Vietnam Veterans. Other sponsored scholarships available include those made available due to the generosity of various service organisations and private donors.

If you would like to find out more please contact us:

P: 02 9213 7999  E: avcat@dvha.gov.au  W: www.avcat.org.au

APPLICATIONS OPEN 18TH AUGUST

ARE YOU ELIGIBLE FOR A
Long Tan Bursary
or perhaps another one administered by
AVCAT?
DO THE ELIGIBILITY TEST NOW!

The Australian Veterans’ Children Assistance Trust

The AVCAT COMMEMORATIVE BURSARY
Commemorating 30 years of service to the veteran community.
Valued at $15,000, this special bursary aims to financially assist an Australian veteran’s child as they pursue their university studies.

Bursary Criteria and Conditions
The successful applicant will:
* be a child of an Australian veteran with operational service outside of Australia;
* be commencing their tertiary studies in 2016;
* be studying an undergraduate degree of at least three years’ duration, full-time and in face-to-face mode;
* be aged between 17 and 25 years at the time of application;
* be eligible on assets and income grounds for Commonwealth benefits for tertiary education and;
* be the most deserving candidate of merit.

The successful applicant will be able to demonstrate a high level of leadership ability, community service and willingness to be an ambassador for the Trust.

Shortlisted applicants will be interviewed.
The Bursary will be valued at $15,000 ($5,000 per year for three years).
Known as the AVCAT Commemorative Bursary, the name of the bursary reflects its purpose, namely to commemorate the organisation’s 30 year history. The recipient will be presented at an appropriate Awards Presentation ceremony in 2016.

APPLICATIONS OPEN 18TH AUGUST 2015
Application form can be downloaded from our website.

For more information please contact AVCAT:
P: 02 9213 7999  E: avcat@dvha.gov.au  W: www.avcat.org.au

ARE YOU ELIGIBLE TO APPLY FOR A SCHOLARSHIP OR BURSARY THROUGH AVCAT?

TEST YOUR ELIGIBILITY NOW!

1. Are you a child or a grandchild of an Australian veteran?
   YES Go to Question 2.  NO You are NOT eligible!

2. Are you an Australian permanent resident?
   YES Go to Question 3.  NO You are NOT eligible!

3. Are you enrolled or planning to enrol in tertiary studies for a minimum of one year?
   YES Go to Question 4.  NO You are NOT eligible!

4. Will you be studying full-time next year?
   YES Go to Question 5.  NO You are NOT eligible!

5. Are you or will you be eligible for Centrelink’s Youth Allowance?
   YES Go to Question 6.  NO See Note 1 below.

6. Are you under 25 yrs of age?
   NO See Note 2 below.

Please contact AVCAT for more information.

NOTE:
1. Scholarships are awarded to those students in disadvantaged circumstances as determined by the means-test eligibility for Youth Allowance. You need to be eligible for Youth Allowance even if not receiving it.
2. If you are older than 25 years you will need to explain the reasons for your delay in tertiary studies.

To find out more please feel free to contact AVCAT:
P: 02 9213 7999 or E: avcat@dvha.gov.au  or go our website: www.avcat.org.au

Young Athletes Travel Subsidy
Fostering the development of young athletes

Open from 1 July 2015 (replaces the Young Athlete Assistance Program), funding is available to support the attendance of eligible athletes and officials at specific events:
* Interstate school events – $300
* National or national school events – $500
* International events – $600

Apply for an eligible event at least 10 days prior, once every two calendar years.
Applicants must be under the age of 18 at the start of an event.

For more information and to check your eligibility, visit wwwMARY.pcaurimci/sports/funding or telephone 1300 651 951.
GET STARTED VOUCHER PROGRAM

The Department of National Parks, Sport and Racing’s Get Started Vouchers program is accepting applications for a voucher of up to $150 to help pay an eligible child’s sport or recreation club membership and/or participation fees.

Parents or carers who hold a valid Health Care Card or Pensioner Concession Card can apply straight away.

Children who aren’t eligible under this criterion can apply if they are nominated by two referral agents. The list of referral agents still includes principals, school guidance officers and police officers among other occupations but teachers are unable to nominate a child in this round.

Vouchers are issued on a ‘first-come first-served’ basis and applications will close on 30 September or when all funds are allocated. Please submit your application as soon as possible.

CHALLENGE GAMES

This week saw 38 students attend the Challenge Games at the Townsville Sports Reserve. The purpose of the Games is to provide two days of fun, friendship and participation in a range of sport and fun activities for school students across northern Queensland who have a disability. Our students enjoyed two days of running, jumping, throwing and team events plus many other novelty activities. We had two of our senior students participate in Invitational events: Connor Brunner (Year 12) in 100m, 200m, shot put, and long jump, and Mitchell Vaughan (Year 11) in 100m, 200m, and long jump, both of whom have qualified for further regional competition.

Congratulations to all of the students who came and participated in the events on offer. Thank-you to the staff who attended and kept the day so organised and enjoyable. We look forward to next year when I’m sure we will have even more students taking part in the excursion and the Invitational events.
**Nationally Collection of Data on School Students with Disability**

Our school will be involved in the nationally consistent collection of data this year. Collecting data on school students with disability helps teachers, principals and education authorities support the participation of students with disability in schooling on the same basis as students without disability. Please be reassured that the Department will not provide on to another organisation any data that can identify an individual student. The only data being collected at the school level to be reported nationally is the:

- number of students in the school who are provided with an adjustment to address a disability.
- level of adjustments we provide for those students.
- broad category of disability.

Consultation with parents is important not only for the data collection but also to ensure you are aware of the adjustments being provided to support your child. We will therefore continue to consult with you. While only data that cannot identify your child will be submitted outside of the Department, if you do not wish for your child’s details to be included, please let us know by calling the school office on 07 4773 8111.

Information and fact sheets are available to help you make a decision from the:


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**HEALTH MATTERS**

“There’s so much happening. I don’t know what to do.”

Statistics show that about half of all young people feel stressed at any one time. Young people can also face difficulties and challenges in their lives. Often, when young people talk to someone else about the stresses or problems they are experiencing, these issues become easier to deal with. At school, the Guidance Officers and the School Health Nurse are just some of the people available to talk to, however, not all young people want to talk face to face with someone.

Young people, today, can now opt for counselling online. These are confidential, free, anonymous, secure spaces where a young person can chat to a qualified youth mental health professional.

There are a number of websites that offer this but the following websites are recommended:

- [https://www.eheadspace.org.au/](https://www.eheadspace.org.au/)

Another great website that young people can check out to improve mental health is MoodGYM. [http://moodgym.anu.edu.au/welcome](http://moodgym.anu.edu.au/welcome)

MoodGYM is an innovative, interactive web program designed to prevent depression. It consists of a variety of informative tools to help including, interactive games, assessment for depression, and relaxation audios.

Kidshelpline – 1800 55 1800 – is another very useful contact for young people who just want to chat to someone.

There are now a variety of smart apps available to assist young people’s emotional well being. They are available for iphones, ipads, ipods and also there are android apps available as well. These apps can be used to help with anxiety, depression, anger, stress and even sleep issues. They are well worth a look and if the students would like to see how they work on an ipad, please drop in and see Debbie, School Health Nurse, in FY02, or just drop by to see the display of some of the apps available.

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**Woolworths earn & learn**

Kirwan State High School has signed up for the Woolworths earn & learn promotion and the Parents and Citizens Association is very keen to support this venture. The resources we can choose are fantastic.

Please collect your stickers when you purchase from Woolworths and when your sheet is full, you can drop it off to the school foyer in administration or the following stores listed below.

We currently have 1 Earn and Learn box at Woolworths Parkside. We will be having 3 more boxes delivered next week and they will be placed at Woolworths The Avenues, Woolworths Willows and Woolworths Rasmussen.
SCHOOL CALENDAR OF EVENTS

Term 3
25/07-05/08/15 Kokugakuin Study Tour
04-05/08/15 Parent Teacher Interviews
05/08/15 Open Bears Rugby League GIO Cup North Queensland V South Queensland Semi-finals
6-8/08/15 Year 11 Biology Camp (Mission Beach)
11/08/15 Open Bears Rugby League X Pools GIO Cup
11/08/15 ICAS Test Maths Years 7, 8 and 9
11/08/15 Parents and Citizens Association meeting
11/08/15 Year 6 into 7 Subject Information Night
11/08/15 Year 7 into 8 Subject Information Night
11/08/15 Year 8 into 9 Subject Information Night
12-13/08/15 Cultural Infusion
13-14/08/15 Year 7, 8 and 9 Writer in Residence
13-15/08/15 Year 11 Marine Science Camp (Magnetic Island)
18/08/15 Open Bears Rugby League GIO Cup National Quarter-finals (TBC)
18/08/15 Year 9 into 10 Subject Information Night
19/08/15 Year 10 into 11 Subject Information Night
22-23/08/15 North Queensland All Schools Touch
22/08/15 Year 8 and 8 Optiminds Challenge Day
23/08/15 Relay for Life
24-25/08/15 Year 10 SET Plan interviews
25/08/15 Open Bears Rugby League GIO Cup National Semi-finals (TBC)
01-02/09/15 Year 12 QCS Test
14-18/09/15 Childcare Industry Placement
14-18/09/15 Year 10 and 12 Work Experience
15/09/15 International Student Cultural Program (Showcasing Australian culture)
16/09/15 Open Rugby League GIO Cup National Final (TBC)
21/09-02/10/15 School Holidays
05/10/15 Labour Day Public Holiday

Term 4
06/10/15 Term 4 commences
07-11/10/15 Queensland All Schools Touch Event
19/10/15 Pupil Free Day
20/10/15 Sports Awards Night
21/10/15 Vocational Education Awards
23/10/15 International Mole Day
25-31/10/15 Education Week
26-30/10/15 Try Time visit
04/11/15 Year 10, 11 and 12 Graduation and Awards Night
06/11/15 Rugby League Presentation Night and Bears Reunion
11/11/15 Remembrance Day
11/11/15 Special Education Awards Night
13/11/15 Arts Expo
16-19/11/15 Year 12 Activities Week
20/11/15 Year 12 Rite of Passage Ceremony
20/11/15 Final Day for Year 12 students
20/11/15 Year 12 Formal
23/11/15 Year 11 QCS Workshop
23-25/11/15 International Student Cultural Program (Showcasing Australian culture)
23-27/11/15 Year 10 Work Experience
24/11/15 Year 10 Mini QCS Practice Test
24-25/11/15 Year 11 QCS Practice Test
25/11/15 Year 11 Certificate Ill Business excursion to James Cook University as part of Year 11’s James Cook University Pathways Program
27/11/15 Final day for Year 10 and 11 students
30/11/15 Year 7, 8 and 9 Awards Night
11/12/15 Final Day for Year 7, 8 and 9 students

APP OF THE WEEK!
www.recharge.youngandwellcrc.org.au
Recharge is an app which offers a personalised 6 week program that’s focused on improving mood, energy and wellbeing by putting in place good sleep/wake patterns.

YEAR 12 COMPLETION DATE
For 2015 - 20 November

YEARS 10/11 COMPLETION DATE
For 2015 - 27 November

YEARS 7, 8 and 9 COMPLETION DATE
For 2015 - 11 December

PARENTS AND CITIZENS’ ASSOCIATION MEETINGS
Tuesday 11th August 2015
Tuesday 8th September 2015
Tuesday 13th October 2015
Tuesday 10th November 2015
Meetings at 7pm in the school library
All Welcome

ANNUAL WEP STUDENT EXCHANGE INFORMATION SESSION
WEP Australia is a not-for-profit student exchange organisation registered with the QLD Education Department and offers students in year 9-12 the opportunity to live and study overseas for a summer, semester or year. Students can choose from more than 100 programs to over 25 countries to attend school overseas and live with a volunteer host family.

Come along to find out everything you need to know about WEP’s programs and the options you have to complement your secondary studies with an international exchange experience.

Where: Townsville RSL
139 Charters Towers Road
Hermit Park QLD 4812
When: 11 August 2015
Time: 7.00—8.30 pm

If you have any questions please contact Ricky Craw on:
Phone: 03 9598 4733 or 1300 88 4733
Fax: +61 3 9598 4233
Email: rickycraw@wep.org.au