Dear Parents/Caregivers,

The Kirwan High Family extends a warm welcome to all new students and their families, especially those in Year 7 and 8 who are new to high school.

I would like to give you an update on our Executive Principal.

As many of you are aware, Mr John Livingston was diagnosed with a brain tumour at the end of last year. During the holidays, he was able to travel to Brisbane and spend Christmas with his family.

He has since returned to Townsville and is being cared for by his sister. Currently, he is undergoing treatment in the Townsville Hospital.

Mr Livingston is very grateful for the prayers and support he has received from the school and wider community. He takes great pride in the fact that the school has welcomed Year 7 and is continuing to offer an excellent education for all students.

In his absence, I am the Acting Executive Principal. With the support of my Executive Team, Mr Murray James Principal Junior Secondary School, Ms Rochelle Jones Deputy Principal Junior Secondary School and Mr Stephen Baskerville Deputy Principal Senior Secondary School, I am confident that we will continue to improve our educational programs and standards ensuring Kirwan High remains, "a great school, and a good place to be."

Best wishes,

Meredith Wenta
Acting Executive Principal

INVITATION

MEET AND GREET

Kirwan High Teachers would like to meet you.

Would you like to meet your child’s teachers?

A Meet and Greet will be held on Tuesday 24th 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.

Meredith Wenta
Acting Executive Principal

Date Claimers:
- 10/02/15 Parents and Citizens’ Association meeting
- 24/02/15 Meet and Greet
NEW LEADERSHIP STRUCTURE

This year we welcome our Year 7s to Kirwan High. Last year we introduced a new leadership structure to cater for this new year level.

I will be the CEO and have responsibility for the whole school as the Acting Executive Principal.

Murray James is the Principal of the Junior Secondary School with a special focus on Years 7, 8, 9.

A full list of leadership positions for our school follows.

Meredith Wenta
Acting Executive Principal

KIRWAN STATE HIGH SCHOOL LEADERSHIP STRUCTURE

- Head of Department – Business and Industry
- Head of Department – Data Analysis and School Improvement
- Head of Department – English
- Head of Department – Humanities and LOTE
- Head of Department – Information Communication and Technology
- Head of Department – International and Library Resources
- Head of Department – Mathematics
- Head of Department – Music and The Arts
- Head of Department – Resources and Industry Links
- Head of Department – Science
- Head of Department – Special Education Services
- Head of Department – Sports Education
- Head of Department – Teaching and Learning – Junior School
- Head of Department – Teaching and Learning – Senior School
- Head of Department – Student Wellbeing – Junior School
- Head of Department – Student Wellbeing – Senior School

- David Gallagher
- Andrew Higgins
- Glynnis Dobson
- Shannon Carter
- Tim Villalba
- Elena Hawkins
- Nigel Martin
- Dale Hosking
- Liz Hening
- Paddy MacLeod
- Dimity Barnes
- Damon Rahjin
- Karen Andersen
- Karen Watson
- Robert Hamilton
- Kate Hennelly

House Masters
- Castle: Chris Baily
- Cook: Tyran Krosby
- Elliot: Chele Allard
- Louisa: Alex Scole
- Magnetic: Caitlin Brown
- Stuart: Jamie Hunt

Teachers

Support Staff
Our mission is to provide educational excellence for tomorrow’s citizens.

Our philosophy is to enable greatness through an inclusive culture underpinned by a mindful school community built on professionalism, continuous improvement and accountability.

We have respectful and supportive relationships with our whole school community, underpinned by the tenets of the United Nations Universal Declaration of Human Rights.

Our core beliefs about student learning are:

- All students can learn.
- All students can achieve at a high level.
- All students are part of a world wide community of learners.
- All teachers have high expectations of all students.
- All teachers are responsible for student learning.

Our core beliefs about student wellbeing are:

- We all accept responsibility for the wellbeing of others.
- We all deserve to feel safe, valued and respected.
- All students are citizens of the world.
- We must demand “greatness” from everyone.
- “Something is Right” in every person.

Our Kirwan High Scholars are leaders who are:

- Inquiring
- Optimistic
- Inclusive
- Aspirational
- Acting with integrity

As graduates of Kirwan High, they will be confident and caring citizens who are prepared for the future and value personal excellence.
Kirwan High congratulates Harrison Farrell on being named Townsville’s Junior Sportsperson of the Year for 2015 at the recent Australia Day celebrations.

Harrison has recently been selected in the Australian U16 Hockey Team. He will travel to Germany in May this year to play in a world five nation tournament.

He plays in the midfield. He has an outstanding pedigree, his Aunt having played in the Olympics. Harrison hopes to follow in his Aunt’s footsteps one day and play for Australia in the Olympics.

In the meantime, Harrison is studying hard at school to attain high academic results so that he can study Engineering at University.

Acting Executive Principal Meredith Wenta said Harrison’s achievements reflect his outstanding sporting talent, excellent work ethic and the skills he has gained from Kirwan High’s Hockey Excellence Program.
Who are the Guidance Officers?
Kirwan High is fortunate to have a committed and enthusiastic team of Guidance Officers: Helen Turner (Monday to Friday), Vicki James (Monday, Tuesday, Wednesday, Thursday), Carla Anderson (Monday and Tuesday) and Debbie Quirk (Monday to Friday).

Our goal is to provide a Welfare and Career Counselling service which is of the highest professional standard and aims to support all members of the Kirwan community. Students, families and staff are able to seek assistance and support relating to personal, career and educational issues.

The Guidance Officers can help with personal concerns such as bullying, anxiety, depression, family and peer relationships, self esteem, stress, transition to new school, referral to specialists, family concerns, anger, accommodation, conflicts, coping strategies, self esteem, grief and loss....there are many issues you might wish to seek assistance with and if you’re not sure if we can help,

Healthy Responses to Grief
It is normal for young people to express grief in a variety of ways.

Normal reactions include:
- Shock and disbelief
- Longing for that person
- Anger or resentment
- Sadness
- Guilt
- Anxiety about the future
- Pre occupation with thoughts of the person who has died
- Difficulty concentrating
- Changes to sleep patterns and appetite

However, if your young person’s grief is persistent, severe and interferes with their everyday functioning, please seek further help.

Your GP
Headspace  1800 650 890/4799 1799
Beyond Blue  1300 224 636
Lifeline  131114
Kidshelp Line  1800 551 800
Parent Line  1300 301 300

Need help managing stress or anxiety?
If your child or teen has difficulties with anxiety or just seems to have too many worries, we would like to introduce you to BRAVE Self-Help—an interactive, online program for the prevention and treatment of childhood and adolescent anxiety. It was developed by a group of researchers from the University of Queensland and now, with the support of beyondblue, this program is now freely available to all young people aged 8—17 years old who are living in Australia. BRAVE Self-Help provides strategies for children and teenagers to better cope with their worries. There are four programs available, one for children aged 8-12 years, one for teenagers aged 12-17 years and one for parents of children at these ages respectively. The program can be accessed as often as you like, from the comfort of your own home. For more information, or to register for the program, please visit www.brave4you.psy.uq.edu.au.
**EVERY DAY COUNTS AT KIRWAN**

Students of Kirwan High are expected to attend school every day.

We believe strongly in the statement: **every day, in every classroom, every student is learning and achieving.**

Research clearly tells us that students who attend school, achieve to their potential. This is what we want for all of our students.

If a student is absent, then his/her absence must be explained within two days.

Absences can be explained in a number of ways:
- a phone call to the Absence Line on 4773 8108;
- email the Rolls Officers on absences@kirwanshs.eq.edu.au;
- a letter from you that your student hands to their House Group Teacher.

Students who are in the compulsory schooling years (Years 7—10) who do not attend school regularly, will work with our Student Wellbeing Department to re-engage with schooling. Parents/ Guardians of these students will receive formal and legal Education Queensland correspondence that can lead to police prosecution if students do not attend school.

Students who are in the post compulsory schooling years (Years 11 and 12) who do not attend school regularly will also work with our Student Wellbeing Department to re-engage with schooling. If attendance fails to improve as a result of this support, these students will have their enrolment cancelled at this school.

Kirwan High—every day, in every classroom, every student is learning and achieving.

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**PARENTS AND CITIZENS’ ASSOCIATION**

Dear fellow parents of Kirwan High,

The Parents and Citizens’ Association have an exciting year ahead with which to support our school and students.

We will be focusing our efforts this year on completing projects such as Improving Tuckshop Point of Sale and ramping up our fundraising for the newly formed Building Committee. Our vision is to build a school Hall under a program of community engagement.

We’re looking for your help in a number of ways, relationships to other organisations, engaging with local authorities to develop a collaborative and progressive plan and of course any expertise in fund raising.

Come along to the Parents and Citizens’ Association meetings or simply volunteer your skills or time...every little bit will help the school and our students.

Our Annual General Meeting will be held in March if you are keen to play a formal role.

**GENERAL MEETING**

TUESDAY 10TH FEBRUARY 2015

SCHOOL LIBRARY

7.00PM

**ANNUAL GENERAL MEETING AND GENERAL MEETING**

TUESDAY 10TH MARCH 2015

SCHOOL LIBRARY

7.00PM

ALL WELCOME

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**Smoking banned 5 metres around school grounds**

Smoking any tobacco products or using an electronic cigarette within five metres of any state or private school grounds has been banned. This applies before, during and after school hours as well as over weekends and school holidays.

On the spot fines can be issued by environmental health officers, police or other officers authorised by the local government to anyone found in breach of this legislation. The ban does not extend to businesses or residences that share a property boundary with a school.

Smokers are asked to put out your cigarette and dispose of the litter thoughtfully well before you reach the school boundary.

### Term 1

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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</thead>
<tbody>
<tr>
<td>09/02/15</td>
<td>International Students Program—Welcome Ceremony</td>
</tr>
<tr>
<td>09/02/15</td>
<td>Term 2 commences</td>
</tr>
<tr>
<td>10/02/15</td>
<td>Try Time visit</td>
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<tr>
<td>10/02/15</td>
<td>Parents and Citizens’ Association meeting</td>
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<tr>
<td>12/02/15</td>
<td>Year 11 VET Inductions—Period 1</td>
</tr>
<tr>
<td>12/02/15</td>
<td>Year 11 QCS Diagnostic Testing Periods 1 and 2</td>
</tr>
<tr>
<td>16, 18, 20/02/15</td>
<td>Schools Photos</td>
</tr>
<tr>
<td>16/02/15</td>
<td>Disc—Junior Secondary Students</td>
</tr>
<tr>
<td>17/02/15</td>
<td>Interschool Swimming Carnival—Junior—Years 7, 8 and 9</td>
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<tr>
<td>18/02/15</td>
<td>Interschool Swimming Carnival—Senior—Years 10, 11 and 12</td>
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<tr>
<td>18/02/15</td>
<td>Brett Lee—Cyber Safety Presentation to all Year 7 and 8 students</td>
</tr>
<tr>
<td>20/02/15</td>
<td>North Queensland Schools Constitutional Convention</td>
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<tr>
<td>20/02/15</td>
<td>Trade Training Industry Breakfast</td>
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<tr>
<td>20/02/15</td>
<td>School Photos—Catch Up Day</td>
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<tr>
<td>23/27-02/15</td>
<td>Try Time visit</td>
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<tr>
<td>24/02/15</td>
<td>Meet and Greet—7.00pm-Performing Arts Centre</td>
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<tr>
<td>27/02/15</td>
<td>School’s Clean Up Australia Day</td>
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<tr>
<td>05/03/15</td>
<td>Open Bears Rugby League APC Round 1 Kirwan SHS V Ignatius Park College</td>
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<tr>
<td>09-10/03/15</td>
<td>Leadership Camp for all Captains including House Captains in Years 9 to 12</td>
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<tr>
<td>10/03/15</td>
<td>Parents and Citizens’ Association meeting and Annual General Meeting-7.00pm-School Library</td>
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<tr>
<td>13/03/15</td>
<td>Great Leap into Senior—Year 10—Period 4</td>
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<tr>
<td>13-15/03/15</td>
<td>World’s Greatest Shave—Leukaemia Foundation</td>
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<tr>
<td>15/20-03/15</td>
<td>Youth Week</td>
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<tr>
<td>16/18-03/15</td>
<td>Year 8 and 10 Immunisations</td>
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<tr>
<td>17/02/15</td>
<td>Open Bears Rugby League APC Round 2 Kirwan SHS V TCC</td>
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<tr>
<td>17/03/15</td>
<td>St.Patrick’s Day</td>
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<tr>
<td>18/03/15</td>
<td>Open Bears Rugby League APC Round 3 Kirwan SHS V Mackay SPC</td>
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<tr>
<td>20/13/15</td>
<td>International Day of Happiness</td>
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<tr>
<td>21/03/15</td>
<td>Harmony Day</td>
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<td>21/03/15</td>
<td>International Day of Action Against Bullying and Violence</td>
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<tr>
<td>22/03/15</td>
<td>World Water Day and Melanoma March</td>
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<tr>
<td>28/03/15</td>
<td>Earth Hour</td>
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<tr>
<td>30/03-02/04/15</td>
<td>Year 11 Work Experience</td>
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<tr>
<td>30/03-02/04/15</td>
<td>Year 12 Leadership Camp</td>
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<tr>
<td>30/03-02/04/15</td>
<td>Childcare Industry Placement</td>
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<tr>
<td>03/04/15</td>
<td>Good Friday</td>
</tr>
<tr>
<td>06/04/15</td>
<td>Easter Monday</td>
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<tr>
<td>07-17/04/15</td>
<td>School Holidays</td>
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### Term 2

<table>
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<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>20/04/15</td>
<td>Term 2 commences</td>
</tr>
<tr>
<td>24/04/15</td>
<td>Anzac Day Parade (at school)</td>
</tr>
<tr>
<td>24/04/15</td>
<td>Pay It Forward Day</td>
</tr>
<tr>
<td>25/04/15</td>
<td>Anzac Day</td>
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<tr>
<td>01/05/15</td>
<td>Year 12 Induction</td>
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<tr>
<td>05/05/15</td>
<td>Open Bears Rugby League APC Round 4 Kirwan SHS V Cairns in Cairns</td>
</tr>
<tr>
<td>07-10/05/15</td>
<td>QSSRL 15 Years State Rugby League Championships in Roma</td>
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<tr>
<td>11-15/05/15</td>
<td>Try Time Visit</td>
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<tr>
<td>12-15/05/15</td>
<td>NAPLAN testing</td>
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<tr>
<td>18-19/05/15</td>
<td>Year 8 Imunisations</td>
</tr>
<tr>
<td>21-24/05/15</td>
<td>QSSRL 18 Years State Rugby League Championships West Arana</td>
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<tr>
<td>22/05/15</td>
<td>Earth Day</td>
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<tr>
<td>24-29/05/15</td>
<td>Reconciliation Week</td>
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<tr>
<td>28/05/15</td>
<td>Australia’s Biggest Morning Tea</td>
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<tr>
<td>02/06/15</td>
<td>Open Bears Rugby League APC Round 5 Kirwan SHS V SPC</td>
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<tr>
<td>03/06/15</td>
<td>Open Bears Rugby League APC Round 6 Kirwan SHS V MSHS</td>
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<tr>
<td>03/06/15</td>
<td>Mabo Day</td>
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<tr>
<td>06/06/15</td>
<td>Year 10 Celebration Parade—Period 1</td>
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<tr>
<td>05/06/15</td>
<td>Year 11 Celebration Parade—Period 1</td>
</tr>
<tr>
<td>08/06/15</td>
<td>Queen’s Birthday Public Holiday</td>
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<tr>
<td>11-13/06/15</td>
<td>School Musical—Hairspray</td>
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<tr>
<td>22-25/06/15</td>
<td>International Student Cultural Program (Showcasing Australian and International Cultures)</td>
</tr>
<tr>
<td>22-26/06/15</td>
<td>Childcare Industry Placement</td>
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<tr>
<td>22-26/06/15</td>
<td>Year 11 and 12 Work Experience</td>
</tr>
<tr>
<td>24-26/06/15</td>
<td>Year 8 and 9 Junior Leadership Camp</td>
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<tr>
<td>29/06-10/07/15</td>
<td>School Holidays</td>
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### Term 3

<table>
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<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>13/07/15</td>
<td>Term 3 commences</td>
</tr>
<tr>
<td>15/07/15</td>
<td>Open Bears Rugby League APC Round 7 Kirwan SHS V Abergowrie</td>
</tr>
<tr>
<td>20/07/15</td>
<td>Welcome Ceremony for International students</td>
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<tr>
<td>23-25/07/15</td>
<td>Townsville to Cairns Bike Ride—VET students catering</td>
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<tr>
<td>25/07/15</td>
<td>Open Bears Rugby League APC Final</td>
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<tr>
<td>27-31/07/15</td>
<td>Try Time visit</td>
</tr>
<tr>
<td>29-30/07/15</td>
<td>Challenge Games—Special Education Program</td>
</tr>
<tr>
<td>29/07-12/08/15</td>
<td>Kokugakuen Study Tour</td>
</tr>
<tr>
<td>05/08/15</td>
<td>Open Bears Rugby League GIO Cup North Queensland South Rangers</td>
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<tr>
<td>11/08/15</td>
<td>Open Bears Rugby League GIO Cup North Queensland Semi-finals</td>
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<tr>
<td>12-13/08/15</td>
<td>Cultural Infusion</td>
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<tr>
<td>18/08/15</td>
<td>Open Bears Rugby League GIO Cup National quarter finals (TBC)</td>
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<tr>
<td>19/08/15</td>
<td>Relay for Life</td>
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<tr>
<td>24-25/08/15</td>
<td>Year 10 SET Plan interviews</td>
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<tr>
<td>26/08/15</td>
<td>Open Bears Rugby League GIO Cup National Semi-finals (TBC)</td>
</tr>
<tr>
<td>14-15/09/15</td>
<td>Childcare Industry Placement</td>
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<tr>
<td>14-18/09/15</td>
<td>Year 10 and 12 Work Experience</td>
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<tr>
<td>15/09/15</td>
<td>International Student Cultural Program (Showcasing Australian culture)</td>
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<tr>
<td>16/09/15</td>
<td>Open Rugby League GIO Cup National Final (TBC)</td>
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<tr>
<td>20/09/2-02/10/15</td>
<td>School Holidays</td>
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<tr>
<td>05/10/15</td>
<td>Labour Day Public Holiday</td>
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### Term 4

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<tr>
<th>Date</th>
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<tbody>
<tr>
<td>06/10/15</td>
<td>Term 4 commences</td>
</tr>
<tr>
<td>07-11/10/15</td>
<td>Queensland All Schools Touch Event</td>
</tr>
<tr>
<td>19/10/15</td>
<td>Pupil Free Day</td>
</tr>
<tr>
<td>20/10/15</td>
<td>Sports Awards Night</td>
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<tr>
<td>21/10/15</td>
<td>Vocational Education Awards</td>
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<tr>
<td>26-30/10/15</td>
<td>Try Time visit</td>
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<tr>
<td>04/11/15</td>
<td>Year 10, 11 and 12 Graduation and Awards Night</td>
</tr>
<tr>
<td>06/11/15</td>
<td>Rugby League Presentation Night and Bears Reunion</td>
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<tr>
<td>11/11/15</td>
<td>Remembrance Day</td>
</tr>
<tr>
<td>11/11/15</td>
<td>Special Education Awards Night</td>
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<tr>
<td>13/11/15</td>
<td>Arts Expo</td>
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<tr>
<td>16-19/11/15</td>
<td>Year 12 Activities Week</td>
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<tr>
<td>20/11/15</td>
<td>Year 12 Rite of Passage</td>
</tr>
<tr>
<td>20/11/15</td>
<td>Final Day for Year 12 students</td>
</tr>
<tr>
<td>20/11/15</td>
<td>Year 12 Formal</td>
</tr>
<tr>
<td>23-25/11/15</td>
<td>International Student Cultural Program (Showcasing Australian culture)</td>
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<tr>
<td>23-27/11/15</td>
<td>Year 10 Work Experience</td>
</tr>
<tr>
<td>25/11/15</td>
<td>Year 11 Certificate III Business excursion to James Cook University as part of Year 11s James Cook University Pathways Program</td>
</tr>
<tr>
<td>30/11/15</td>
<td>Final day for Year 10 and 11 students</td>
</tr>
<tr>
<td>30/11/15</td>
<td>Year 7, 8 and 9 Awards Night</td>
</tr>
<tr>
<td>11/12/15</td>
<td>Final Day for Year 7, 8 and 9 students</td>
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### 2016

<table>
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<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>25/01/16</td>
<td>Term 1 commences</td>
</tr>
</tbody>
</table>

### 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

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**School Contact Details:**

- **Phone:** 4773 8111
- **Fax:** 4773 8100
- **Email:** principal@kirwanshs.eq.edu.au
- **Absences:** absences@kirwanshs.eq.edu.au
Are you a scientist, IT professional or an engineer? Would you enjoy inspiring teachers and students in science, maths or information technology? Would you like to become a volunteer scientist, mathematician or IT professional?

We’re looking for scientists, mathematicians, engineers or IT professionals who are interested in working with staff and students – it would be great to have someone from our local community.

Scientists and Mathematicians in Schools use a broad definition of 'scientist' which includes professionals working in a science, maths, IT or engineering-related area, encompassing research and applied scientists, technologists and engineers, medical and allied health professionals and mathematicians.

There are no fixed hours – it’s up to you and the teacher to decide how you can contribute.

Register or find out more information online at www.scientistsinschools.edu.au

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**RESOURCE SCHEME 2015**

A big thank you to all families who have made advanced payments for the 2015 Resource Scheme and Subject Fees for their students. Invoicing for 2015 fees will be carried out in week 4 and statements mailed out to families or emailed if you have nominated an email address to receive accounts.

Statements will include outstanding fees from previous years which must be actioned. Please contact the school on 4773 8111 if you wish to commence a payment plan. We are able to process your payments at the school counter by cash or EFT, process regular payments from your nominated Credit Card or you can collect a form to initiate Centrelink deductions direct to the school account. We also welcome payments direct to our bank account:–

Kirwan State High School, BSB – 064 823, Account Number – 0009 1204 (please use your students EQ ID number as the reference).

All fees relating to 2012/2013/2014 fees must be paid in full, and 50% of 2015 fees are to be paid before students can attend Camps and Trips.

ID CARDS will be issued when all prior 2012/2013/2014 fees are paid in full and a minimum of $100 towards the 2015 Resource Scheme ($200) is received.

**YEAR 12 STUDENTS** – Will be unable to order a Senior Jersey until all previous years fees are paid and 50% of 2015 fees are paid. All outstanding fees must be paid prior to purchasing your Senior Formal ticket in September 2015.

Students who do not pay for their Certificate Courses by the end of their school year will not receive their Certificates until the applicable fee is paid in full.

Sandy Marsh
Business Services Manager
Playgroup for Kirwan State High School!

Kirwan State High School has a thriving Childcare course that offers students in Years 11 and 12 the opportunity to achieve a Certificate III in Early Childhood Education and Care.

This year students have the EXTRA opportunity to engage with children through Kirwan State High’s very own playgroup venue!

Childcare students will develop programs for playgroup each week and then actively engage with the children. Parents are welcome to bring their babies and toddlers to our venue. The program will run weekly on Thursdays from 9am to 10am. First playgroup will be 19th February, 2015.

If you would like to participate in the playgroup, please contact Elena Hawkins on 47738189. Cost is $2. The Hospitality students will also be providing drinks and snacks for a nominal fee during this time for parents.

School-based apprentices sought for 2015 Queensland Training Awards

School-based apprentices and trainees have the opportunity to nominate now for a 2015 Queensland Training Award. The awards celebrate the state’s best apprentices, trainees, vocational students, teachers, trainers, registered training organisations and employers for their commitment to training excellence. To nominate visit the www.qta.qld.gov.au
KIRWAN HIGH IS A UNIFORM SCHOOL

Kirwan High students wear their uniform with pride. The correct and dignified wearing of the uniform helps students identify with their school and encourages good, positive attitudes which flow over into the learning area. The proud wearing of the school uniform adds to the school tone.

The Kirwan State High uniform policy has been drawn up and endorsed by parents, students and teachers.

Every effort has been made to ensure the uniform is:

- As inexpensive as possible
- Modest and dignified
- Practical
- Popular with students.

YEAR 7, 8 AND 9

YEAR 10, 11 AND 12

KIRWAN HIGH DRESS CODE

Girls:
- Teal box pleated skirt, teal taslon shorts with school initials or teal skorts with a teal overlay. **Junior** – A red polo neck T-Shirt with school crest on front. **Senior** - white overblouse with red stripes and school tie. The overblouse must cover the top of the skirt. Midriffs must not be visible.

Boys:
- Black taslon shorts with school initials. Boxers, underwear and bare skin must not be visible. **Junior** - A red polo neck T-Shirt with the school crest on front. **Senior** - White shirt with red stripes, hang out tropical style and school tie.

Winter:
- A plain red, black or combination red and black jumper may be worn. A red and black hoodie is available. In addition to this, school sport representative jumpers or jackets, i.e. North Queensland, Queensland or Australian may be worn. Boys may wear plain black tracksuit pants or plain black dress pants. Girls may wear full length black stockings or tights, no leggings. Jeans are **NOT** acceptable. A plain white t-shirt may be worn underneath the school shirt, tucked into shorts or skirt. Jumpers with logos or designs on them are **NOT** acceptable.

Shoes:
- Predominantly black, white, grey or a combination of these colours. Plain black shoes are required for formal occasions.

Socks:
- White pull-up socks which cover the ankle. Socks may have a red, black or blue stripe.

Sport:
- Both Junior and Senior boys and girls are expected to change into a school sports t-shirt for sporting activities.

Hat:
- A school hat is provided and must be worn.

Jewellery:
- Boys and girls are permitted to wear a watch, plain bracelet and two pairs of sleeper earrings or two pairs of plain studs, one plain chain necklace and a plain ring. No other form of jewellery or adornment is to be worn. Facial piercings and spacers, of any colour, including clear ones are **NOT** to be worn at all.

Hair:
- To be neat and tidy. Vision should not be obstructed. Hairstyles should not be a safety hazard in practical classes. Long hair should be tied back. Outlandish styles and colours are not acceptable.

Make-up:
- No eye make-up or excessive facial make-up is to be worn.
**Come and join the Thuringowa Brass Band!**

Thuringowa Brass Band invites brass and percussion players of all ages and abilities to come and join us. We are your local community band, serving the community through music. Enjoy the music, enjoy the company! Visitors welcome. Rehearsing Monday nights (excluding public holidays) at the Thuringowa Soundshell (behind the Council offices) 7:15 for a 7:30pm start. For more information, phone the Secretary on 0419667933 or email info@thuringowabrass.org or just show up.

All Welcome!!

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**Defence Transition Mentor**

**DEFENCE NEWS**

Welcome to all our families new and old. I hope you’re all rejuvenated from the Christmas holidays and for those who have just posted in that you are all unpacked and organised. We have a ten week term with our first week down and nine more to go.

We have had many new Year 7 and Year 8 students come and explore their new surroundings. From what I have seen, uniforms are smart and it is fantastic to see our older students helping them out.

Important dates for the ADF students will be included in the next newsletter.

All ADF new students will receive a welcome pack over the next couple of weeks.

You are welcome to contact me at any time. I am part of the Wellbeing Team which includes the School Based Youth Health Nurse, School Based Police Officer, the Chaplain and the ARTIE Co-Ordinator. I am situated in the First Year Centre in FY02.

Please don’t hesitate to come and see me personally. If you need to phone please call 07 4773 8111.

I will be hosting a Parents Morning Tea later in the term. I will keep you all posted on this date and the Defence Transition Mentor’s program for Term 1.

Diane Jensen
The School Based Youth Health Nurse Program

Welcome back for another year. I hope everyone had a great Christmas and New Year. My name is Debra Downie and I am the School Based Youth Health Nurse at Kirwan High.

The School Based Youth Health Nurse program is a State Government Initiative that aims to promote the health of young people. I work in the school setting to support positive health and well being for young people, their families and the whole school community.

Young people face a number of challenges – physical, emotional and psychological as they make the transition to adulthood.

Puberty, the establishment of relationships, exposure to alcohol, smoking and general risk taking are issues that young people face as they become mature adults.

This is an opportune time to lay the foundations for positive health behaviours and attitudes that will last through their lives.

Staying healthy requires knowledge and skill development and it is important that young people have access to accurate information and advice about these changes.

I am a health professional who is available to help young people, parents, school staff and the general community. I provide individual confidential consultations with referral to other services and agencies if necessary, and support whole of school activities that focus on promoting health and well being.

As the Youth Health Nurse I also help with teaching and learning activities that focus on health and promotes a culture and environment that supports health and wellbeing.

To make an appointment just come to my room in the Student Support Centre and organise a time. I am also available to parents by ringing the school to organise a time or a chat over the phone.

Staying healthy
Debbie Downie

Kirwan State High School’s International Student Program continues to grow from strength to strength. Commencing in July 2008 with eight International students, our program welcomed it’s 210th International student to our school in January. The students are part of the Educational Queensland International Regional Studies Abroad Program. The program offers not only an academic curriculum, but gives the students the opportunity to experience our great North Queensland lifestyle and culture. Students are here from three months to one year. At present we have students from Norway, Germany and Brazil.

These students are wonderful cultural ambassadors and help our domestic students develop a better understanding of different cultures and countries around the world.

The staff and especially the Homestay families really help to make our continuing and new students’ experiences highly memorable. As one of our new Brazilian students commented today, “all the teachers are so lovely here”.

Our homestay families help to make them feel welcome as they embark on a truly memorable and wonderful experience here in Australia. If you would like to find out more about becoming a Homestay family, please contact Lorraine Duve on 4773 8165. You too can play an important part in making these special memories for our International students.

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QPARENTS

Kirwan High was the first Queensland High School to trial QParents, which provides parents and guardians with secure, online access to information about their child’s education. In 2015, Kirwan High will continue to use QParents as an important means of communicating with parents and guardians.

QParents includes the following:

- student details
- report cards
- attendance records
- behaviour records
- class timetables
- payment details

Parents and guardians will also be able update details, provide explanations for absences and print Report Cards through QParents.

Kirwan High will soon be issuing invitations for all parents and guardians not yet signed on with QParents to register. For further information please don’t hesitate to contact the school on 4773 8111 or visit the QParents website at: www.qld.gov.au/qparents.

Steve Baskerville
Acting Deputy Principal

NEW TO OUR SCHOOL? STAY IN TOUCH WITH THE QSCHOOLS APP

Families can keep up-to-date with the latest information from our school through the QSchoools app. It’s an easy way to find vital school information including events and newsletters.

The QSchoools app now allows for push notifications to deliver essential information directly to a device including emergency alerts and important updates.


PROCEDURES FOR LATE ARRIVAL/ EARLY DEPARTURE

Should a student arrive late in the first period, a letter of explanation or a note in the Student Planner from the student’s parent/caregiver is required for their Subject Teacher. This letter or note must be presented to the Rolls Office if the student is arriving at school after 9.15am.

If there is a need to collect your student from school early, you must do so via the front office and sign your student out. A note should be written in your student’s Student Planner, the student then presents the note to the Student Counter before school. A Leave Request will be given. The student will show this to their teacher when they need to leave the class.

Lunch passes will NOT be approved. This applies to students of all year levels.

Students who feel unwell at school must first report to the class teacher who will direct them to the General Office with a note to this effect. During morning or lunch time recesses, students should report directly to the Student Counter.

Facilities for housing sick students are limited. Sick bay is used as a holding station only. Your student needs to know a contact number so that we can phone parents and send students home as quickly as possible.

CONGRATULATIONS TO

* Year 11 students Lakota Warcon and Jenny Womal who were selected for the North Queensland U16 Indigenous Rep Netball Team which travelled to the Gold Coast in January and competed for selection for the Australian Indigenous Netball Team.
Starting secondary school

One of the biggest transitions in a child’s life is moving from primary to secondary school. It can be a time full of fun, excitement and new experiences, but can also be challenging or worrying for some children. You can help by making sure your child is prepared and feels supported.

What to expect
Secondary school offers new social and learning opportunities. Children are often excited about new friends, subjects, teachers and routines, but secondary school also means a move from the familiar to the unknown, and a whole new way of doing things.

Relationships
Your child will need to meet new peers and make new friends, and establish or re-establish her position within a peer group.

Schoolwork
Your child will need to adapt to new teaching and assessment styles, cope with a wide range of subjects, adjust to having different teachers in different classrooms, become more responsible for his own learning, manage a heavier study and homework load, and learn a new and more complex timetable.

Getting around
Your child will have to adjust to a new school campus, find her way around, get to class on time with the correct books and materials, and possibly cope with new transport arrangements.

All the issues above might be particularly challenging for some young people living in rural or remote communities. For example, they might need to manage lengthy travel times or move away from their family, friends and the local community if attending boarding school.

Children starting secondary school might be concerned about getting lost, forming new friendships and peer relationships, handling an increased workload, and being bullied. Parents also worry about these issues, and about whether their child will have the confidence and skills to handle them. These worries are all normal.

Helping your child
Here are some ideas for before your child starts secondary school:

- Research and choose the right secondary school. You can read more in our article choosing a school.
- Find out what transition services and supports are offered by your child’s new school – some schools run special programs to support their new students. You can also ask your child’s primary school about its transition program.
- Take every opportunity you can to attend events such as orientation days, transition programs or school tours.
- Talk to your child before the move happens. Discuss what he’s most looking forward to and what he’s worried about. Really listen when he shares his feelings about secondary school, and give him lots of reassurance.
- Emphasise the positive. Talk about ways that primary and secondary school are different, and
highlight the new opportunities your child will have. You could talk about which extracurricular activities your child might like to choose at the new school.

- Talk with your child about making new friends, and emphasise that there will be lots of opportunities to do this. Together with your child, you could come up with some ways she can stay in touch with old friends, too.
- Involve your child in decision-making. For example, you could try talking together about school uniform decisions, transport to and from school, and subject choices.

You could try these suggestions **during or after the time your child starts secondary school**:

- Find out the name of the teacher responsible for your child's overall care, attendance and social and academic progress. This person might be called a **home-room teacher**, home-group teacher, year advisor or pastoral care teacher. Make personal contact with this person as early as possible to introduce yourself and ask questions.
- Help your child explore new opportunities. Learning a musical instrument, trying a new sport or joining a drama class might help your child feel more engaged with his new school community.
- Find out whether there's a buddy system at your child's new school and encourage your child to be involved in it.
- Try to make your home as comfortable for study time as possible. For example, ensure your child has a quiet place to study, away from distractions such as the TV or a mobile phone. When the internet is necessary for study, you might want to keep an eye on the websites your child is using.
- Support your child in forming healthy peer relationships. Friendships play an important role in helping your child feel connected and engaged at school.
- Let your child know that new friends are welcome in your home. Encourage your child to invite new friends over, or be ready to transport your child to their houses.
- Talking to other parents can be a good way of checking whether your child's experiences and feelings are similar to those of others. Sporting and school events are a good place to meet other parents.
- Try to make sure your child gets plenty of sleep. The change to secondary school is likely to make your child more tired at first.
- **Be prepared for the early ups and downs.** Adjusting to change takes time, but if things don't stabilise after the first six weeks, talk to your child's home-room teacher in the first instance.

Your child's transition to secondary school is a big change for you too. Your relationship with your child's primary school might be ending, and you're likely to have a new and different sort of relationship with your child's secondary school. It's OK for you to have mixed feelings about these changes.

And don't be surprised to find that your child doesn't want you to be as visible at his secondary school as you might have been during the primary years. Remember that your support will still be needed outside of school, and that it's all part of your child developing greater independence.

Keep talking with your child about school. If you're having trouble getting your child to open up, try our tips on **talking about school**.

**Signs your child might be having difficulty**

Signs your child might be struggling include:

- a lack of involvement in the new school
- little or no talk about new friends
- refusal to talk with you about school
- little or no interest in doing homework
- low confidence or self-esteem – your child might say she's dumb or stupid
- no desire to go to school, or refusal to go
- a drop in grades or academic performance.
If your child is having trouble, don't wait for things to improve on their own. Try to get your child talking about how he’s feeling and see whether you can work out some strategies together. Also consider speaking with your child’s teacher, guidance counsellor or GP. And you can find more information in our articles on problems at school and helping your child with problems at school.

Bullying

Another sign that your child might be having difficulty with the transition to secondary school is bullying – this can be verbal, physical, or via the internet or mobile phone.

Studies have found that bullying becomes less common as children get older. But it tends to peak around the time children move from primary to secondary school. This might be because young people have a new peer group in secondary school and are trying to re-establish their social position. Some young people might try and compensate for feeling vulnerable by bullying others.

Bullying takes many forms, and it’s helpful to know the signs to watch out for. You can read more in our articles on adolescent bullying and your child bullying in adolescence.

Transitions for children with special needs

The transition to secondary school is sometimes more challenging for children with special needs. It’s important to ensure that your child – and your family – are adequately prepared for the change, and have access to appropriate information.

You might need extra time to plan your child’s transition to secondary school – even starting up to a year ahead. Student welfare services at your child’s primary and secondary schools will play an important role in ensuring your child’s needs are supported.

If you’d like additional support or have concerns, you can seek advice from your child’s teacher, school principal or learning support team. Also contact disability services in your state or territory.

You can find out more on our Child and Parent Disability resource page.

Website addresses:
Choosing a school— http://raisingchildren.net.au/articles/choosing_a_school.html
Listen— http://raisingchildren.net.au/articles/active_listening_teens.html
Talking about school— http://raisingchildren.net.au/articles/talking_about-school.html
Helping your child with problems at school— http://raisingchildren.net.au/articles/school_problems_help_teens.html
College Tour Opportunity for International School Students

Dear Parents,

We have begun accepting applications for our 2015 College Tour programs.

It has been proven that visiting college campuses is the most influential factor in deciding which school students will apply to and attend. For too long, those attending schools abroad have not had the same opportunity as those in the US - who visit five or more colleges before beginning their application process. Now our international students too can have this valuable experience! Our programs offer your son or daughter the best opportunity to visit schools to help them find their ideal college!

**TS College Tours** is the only program that focuses exclusively on the backgrounds, needs, and interests of international school students like your children!

**2015 Tour Dates and Registration**
We are also pleased to announce our 2015 Tour schedules. Registration for the tours is now open, and we suggest that you apply as early as possible, since last year we were fully booked by February. In addition to our popular Northeast and California programs, we are offering an Art College Tour as well as a UK University Tour for 2015.

As an experienced high school counselor for over 15 years at two highly respected international schools (Singapore American School and International School Manila), I appreciate the challenges that parents living overseas, like you, must experience. It is not easy to live and work abroad, and still find the time to help your child tour the US to find their ideal university. We can remove that anxiety and stress for you by our experienced leaders guiding them through the tour as well as offering informational evening seminars.

**Experienced international school counselors** organize all tour details, share their knowledge with your son or daughter, and assist them on various admissions-related topics. Given their backgrounds in international schools, our tour leaders understand your son or daughter’s experiences, and can guide them in finding the right college for them.

The 2015 tours will fill up quickly, so please act now. Email us at enquiries@tscollegetours.com, and we would be delighted to answer your questions.

You can also visit our website for more detailed information about our 2015 Tours.

*Trevor Sturgeon*
Director
enquiries@tscollegetours.com

www.tscollegetours.com
Dear Students and Parents/Caregivers,

Student photos will be taken on:

Monday 16 February
Wednesday 18 February
Friday 20 February
Monday 23 February

You will receive an envelope/flyer for each of your students explaining the products available.

There are two (2) options to order photos and make payment.

OPTION 1:

Online Ordering—follow the steps below.

For online orders DO NOT USE envelopes provided.

Step 1:
Go to www.advancedlife.com.au before photo day and enter your school code KVP 4NE TDN

Step 2:
Enter your student’s details.

Step 3:
Choose the package that best suits your needs (all orders will be returned to the school for collection).

Step 4:
Pay for the photos via the shopping cart (upper right corner of the page).

OPTION 2:

Return envelopes with cheque/cash on the day of your photo.