KIRWAN HIGH MUSICIANS
SHINE AT SHEP

Over the weekend of the 7th to 9th March, forty-five music students from the Kirwan High Music Department made the annual pilgrimage to Cairns to attend the State Honours Ensemble Program run by the Queensland Conservatorium of Music. In 2014, the Department nominated close to seventy students for a place in the program. This resulted in over fifty being offered places and forty-five accepting their offer to attend the workshop weekend. In total, Kirwan High students made up nearly twenty-seven percent of all participants at this year’s event.

There is always a great sense of enthusiasm towards attending this program for our students. A number of students were very vocal in expressing how lucky they felt to be involved in such a prestigious program and were looking forward to learning as much as they could from their ensemble director.

Students attending the State Honours Ensemble Program are divided up into three ensembles – Concert Band, String Orchestra and Choir. They then spend a number of sessions on the Friday, Saturday and Sunday rehearsing before the weekend culminates in the staging of the Grand Finale Concert. It was again very pleasing to see that a number of Kirwan High students were selected as the leaders of their sections or specially chosen by the directors to feature as soloists.

With the Fanfare Festival about to get underway for Queensland State Schools, this was a great lead up to inspire the students into working hard to continue to develop their instrumental music and vocal talents.

Finally, a brand new SHEP program is coming to Townsville later this year – State Honours Ensemble Middle School. The music department has nominated all Year 8 and 9 instrumental and vocal students for this program in the hope that the new wave of musicians will also get to experience learning music from the expert teachers and conductors provided by the Queensland Conservatorium of Music. Result of these nominations should be received in the mail by the students and by the teachers at school in the very near future.
Congratulations to everyone who contributed large or small to the swimming carnival. The junior carnival was a resounding success and on the back of the great senior carnival, we’ve had a couple of wonderful days for our school community. The quality of competition was also a highlight, with some great swimming on display.

The climax of the two days saw very close battles for first and second (Castle and Elliot) as well as for third and fourth (Magnetic and Cook).

The final scores were:

1st  Elliot 2144  
2nd  Castle 2138 (just 6 points!)  
3rd  Cook 1968  
4th  Magnetic 1912  
5th  Louisa 1674  
6th  Stuart 1667

A further congratulations needs to be made to the following students, who were our respective age-group champions:

13 Years Girls  Erin Tremlett   13 Years Boys  Macgregor Reid  
14 Years Girls  Jordan Hiller   14 Years Boys  Samson Jones  
15 Years Girls  Amber Rankine   15 Years Boys  Jack Althaus  
16 Years Girls  Tayla Hiller   16 Years Boys  Justen Lyons  
17 Years Girls  Tiana Thorne   17 Years Boys  Kurt De Luis

King and Queen of the pool:

Junior Queen  Jordan Hiller   Junior King  Macgregor Reid  
Senior Queen  Tayla Hiller   Senior King  Daniel Ritchie

A huge thank you to all staff and students involved. Our senior and junior house captains led from the front over the two days and were all great examples of the pride students have of their houses.
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**YOUTH WEEK**

This year’s Kirwan High Youth week theme is “Be Active, Be Positive”. Celebrations will take place during both lunchbreaks from the 17th March to 21st March (Week 8). Come along and join in awesome events such as Sumo Wrestling, Gladiator Duelling, Student vs Teacher Touch Game, Student vs Teacher Tug of War, Zumba and lots more!! Heaps of prizes to be won so be sure to come along and have some fun!!

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**HELP HAS ARRIVED**

FREE 60 minute education session for supervisors - that is parents, grandparents, other relatives & friends who would like to help young people to get their 100 hours driving experience.

Did you know some important road law and driving skills have changed since you learnt to drive?

This program will cover common problems, new rules, how to teach your young people to drive safely and keep your cool when it counts.

For further information please phone 0413626967 or email stevenbarson@gmail.com.

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**From the Desk of the DTM**

**REMINDER-4 Day Defence Force Camp** - If you are attending the 4 Day Defence Force Camp on 19 May, payment can be made at the front office. If you have not returned your form yet, please HURRY as it is almost fully booked. Thank you to the Members that have volunteered to attend camp and run our activities. This is what makes the Camp like a Military Training ground. I will arrange a meeting to discuss activities with attending Members in Term 2 – Week 2.

**DEPLOYMENT PROGRAM** - Commencing Week 1 Term 2 - Please advise me if you have a parent / Member deploying. Some parents have advised me of this and I would like to give the opportunity for all students with a deployed parent to attend.

**Calling Cadets** - for Anzac Day Ceremony - If you are wanting to march in our school Anzac Day Parade on Thursday 24th April, please come and see me NOW!! Numbers will be limited for this and approval needs to be given from your Cadet Unit. This year we also have Members from the RAAF Townsville marching with our cadets.

**HERO TREE** - In recognition of Defence Women and Men, I am asking students to nominate the name of their “Hero”. This can be a parent, relative, past or present serving. We have all learned about Heros in history. With assistance of some students, we are making a 3D tree that will display all the names. The trees created by participating schools will be displayed in a prominent place in our community for Anzac Day. Templates will be delivered to your House Group classes and History classes.

**Moving Schools Workshop** - Session 2 - Tuesday 18 March Period 3 - Learning Support - This is for students that posted to Kirwan State High School this year or since December last year. You will meet with other posted students and Defence Buddies.

**ALL YEAR 8 DEFENCE STUDENTS CATCH UP** - Tuesday 25 March Period 3 - Learning Support - Come and meet other Year 8 Defence Force students that have come from all of the local primary schools. Nibblies and drinks supplied.

Activities have been going very well with positive outcomes. Also I have been meeting with Defence parents to discuss needs, concerns and other issues. I have an open door policy for parents and students and should you wish to speak or meet with me, please do not hesitate to contact me on 4773 8143 or via email lhill186@eq.edu.au.

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Health Matters
You got to have friends.....

Peer Pressure
Peer groups are groups of friends about the same age. Having a group of friends is one of the most important aspects of being a teenager. It is how teenagers learn to get on in the world of their own age group and to gradually become independent.

It is important for parents to understand the value of peer groups for young people. Peer groups can have a very positive influence on your teenager's life. They can also be a challenge for parents!

What peer groups can do for your teenagers!

Peer groups provide:
- A sense of belonging and feeling valued;
- Increased self confidence because they are accepted by the group;
- A safe place to test values and ideas;
- Help in the move towards becoming more independent;
- Practice in getting along with the opposite sex;
- Ways to meet new people;
- Friendships;
- Practice in learning to give and take;
- Influence on making decisions about their life; and
- An experience of building relationships.

Peer groups and parents
Problems that peer groups may present to parents:
- Long hours on the phone or the "net". Teenagers need to spend lots of time chatting to their friends. If they are on the phone or the computer, they are at home – not the streets!
- Your house can seem overrun with young people. If they are at your house it says that they feel comfortable with you, and you know where they are and what they are doing.
- Some of their friends may do things that are outside your house rules such as smoke, swear, drink alcohol etc.

What can parents do?
You may not be comfortable about your teenagers choice of peer group. This may be because of their behaviour or because of more serious risks.

Remember that teenagers are often sensitive and a bit ‘prickly’ about their choice of friends. To criticise their friends can weaken your relationship. Rather than put them off the friends it may have the opposite result. Criticising their choice of friends is like attacking them personally.

- Keep the communication open. Be willing to listen, find out why those friends are important.
- Check whether your concerns about their friends are real and important – sometimes it is better not to spend energy worrying about hairstyles, clothes or the music they enjoy.
- If you believe the concerns are serious, talk to your teenager about the behaviour not the friends.
- Encourage your teenager to trust their own sense of what is right. Discuss ways of saying no.
- Talk to your teenager about the consequences of whatever behaviour is concerning you. Look at both the immediate and future consequences.
- Encourage your teenager to mix with other young people through activities such as sport.
- Support your child’s self esteem. This will strengthen their ability to make safe choices.
- Sometimes a young person who seems unsuitable will choose your child for a friend because your home gives a feeling of being safe and secure. This is a compliment and perhaps an opportunity to really help someone. If you are really uncomfortable about the friend’s behaviour – talk to your teenager and explain your concerns.
- Talk to your teenager about your values and expectations.
- Trust your teenager. If the trust is broken find ways to earn it again. Mistakes are to be learnt from.

Staying healthy
Debbie
School Based Youth Health Nurse

INVITATION TO RESEARCH SESSION
INTERACTING WITH SCHOOL

Kirwan High has the honour of being a trial school for Education Queensland’s proposed Parent Portal program.

It aims to give parents greater access to schools via the computer. Increased and better parent engagement is the goal.

As part of this project, the Queensland Government is conducting a research session and is seeking your opinions and expectations on ‘Interacting with School’. If you meet one or more of the below criteria or know of someone who does, register your details. Please note registering is not a guarantee of placement as numbers are limited.

Participant Requirements
- Expectant or new mum (aged mid to late 20s) with child up to 1 year.
- Parent of kindly aged child/children (child aged up to 4 years).
- Parent with one or more primary school-aged children.
- Parent of high school students
- Teenager - not living with family (aged up to 15 or 16 years).
- Grandparent and/or carer looking after primary and/or high school students.
- Parent or carer of person with disability school student.
- Single or separated parent with school students.
- Parent of adopted or foster children.
- Parents with financial or employment difficulties (e.g. unemployed, or trying to survive on workers comp or benefits).
- Parent of school children recently moved to Queensland or migrated here from overseas.
- Person living with member of extended family (e.g. parents with young school aged children who are living with aunts and uncles, mother, father or grandparents).

Date: Monday 24 March
Time: 5.30 – 7.30pm
Venue: Kirwan State High School

THIS IS A GREAT OPPORTUNITY FOR KIRWAN HIGH PARENTS TO BECOME BETTER INFORMED ABOUT THEIR CHILD’S EDUCATION
eheadspace
live info session:
The need for sleep

A good night's sleep is key to helping you function throughout the day.

When
Thursday 20 March 2014
5.00 - 6.00pm (AEDST)

Where
Visit:
eheadspace.org.au/get-help/
eheadspace-live-info-session

If sleep problems become chronic they can make it harder to reduce the use of alcohol, tobacco and other drugs and increase your risk of diabetes and heart disease over the long term.

The ideal amount of sleep for young people is between 8-10 hours a night. If you are sleeping more frequently or for longer durations, it’s important to address this. If you are struggling to get any sleep, there are strategies to help you get the sleep that you need.

Take this opportunity to speak anonymously online to our GP, mental health professionals and headspace Youth National Reference Group members and hear from others about their concerns with sleep.
Air Force is excited to offer girls aged between 16 - 18 the opportunity to experience Air Force aviation careers.

Dates: 10 - 13 June 2014 | Location: RAAF Base Amberley

What you will get to do:
- Enjoy some hands on flying experience and mission briefings.
- Have a look through Air Force aircraft.
- An opportunity to engage and ask questions of Air Force women pilot and aircrew.
- Experience Air Force life including living quarters, meals, training and a some leadership activities.
- A chance to speak with Defence Force recruiting regarding all opportunities for Air Force employment.

What you need:
- A desire to develop your leadership skills.
- Parental permission if you are under 18 years old.
- An interest in Maths and Science related subjects.
- A willingness to extend yourself and experience things some people will never get to.
- An ability to commit to the full program.

How to apply:
At www.defence.gov.au/workexperience via the "Current Work Experience Placements"

POC regarding future events for young women:
AirForce.GenderPrograms@defence.gov.au
SCHOOL CALENDAR OF EVENTS

Term 1

17-19/03/14 Year 8 and 10 immunisations
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
26/03/14 Aaron Payne Cup Abercornie—Rugby League
26-28/03/14 Indigenous Young Leaders Camp
27/03/14 Year 12 Marine Studies boating
31/03/14 Interhouse Cross Country trials
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
18/04/14 Good Friday
21/04/14 Easter Monday
31/05/14 Final Day for Year 8 and 9
02/04/14 Musicians' Farewell
22/04/14 Parents and Citizens' Association meeting 7.00pm in the school Library
24/04/14 Anzac Day Parade (at school)
26-30/04/14 Fanfare Camp
29-30/04/14 Parent Teacher Interview Nights
30/04/14 Year 11 Outdoor Rec excursion to Barra Farm Period 3 and 4
30/04/14 Year 12 Outdoor Rec excursion to Barra Farm Period 3 and 4
01-03/05/14 U15 Rugby League State Championships at Metro North
02/05/14 Year 12 Senior Leaders’ Induction
02/05/14 Music Department Concert
03/05-05/05/14 International Students Camp—Airlie Beach
05/05/14 Fanfare
05/05/14 SmartFutures 4 NQ—Reid Park
09/05/14 Year 11 Outdoor Rec excursion to Rockclimbing—Upper Ross
12/12/14 Final Day for Year 8 and 9
11/12/14 Year 8 and 9 Awards Night
02/12/14 Special Education Awards Night
28/11/14 Final day for Year 10 and 11
26-28/11/14 Year 11 Leadership Training
26-28/11/14 Year 10 Leadership Training
26/11/14 Certificate III Business Year 11 James Cook University School
24/11/14 Year 11 QCS Workshop
21-23/11/14 Year 11 Activities Week
14-18/07/14 NAIDOC Week
14/07/14 Term 3 commences
20/03/14 Year 10 CME Fieldwork
14-18/07/14 NAIDOC Week
14/07/14 International Student Program—Orientation First Day
15-17/07/14 Year 8 Practice NAPLAN
18/07/14 Year 12 James Cook University Experience Day
21/07/14 International Student Program—Official School Welcome
21-23/07/14 Year 8 Academic Excellence James Cook University visit
23/07/14 Year 12 QTAC presentation—Period 3
26/07-08/08/14 Kokugakuin Study Tour
27/07/14 Kokugakuin Study Tour Official Welcome Period 2
28-30/07/14 Year 12 QTAC interviews
28-29/07/14 Aboriginal and Torres Strait Islander Aspiration Program (ATSIAP)
29/07/14 ICAS English testing
31/07-08/08/14 Special Education Challenge Games (2 day Track and Field Athletics Carnival for students with a disability)
05/08/14 Year 11 Science 21 Pallarenda Field trip
10-11/08/14 Year 10 CME Bowmen (fieldwork)
12/08/14 Year 10 Career Day
13/08/14 Year 10 Subject Selection Parent Evening—7.00pm
13/08/14 Year 8 Subject Selection Parent Evening—7.00pm
13-15/08/14 Year 11 Outdoor Rec excursion to Rockclimbing—Upper Ross
14-16/08/14 Year 11 Marine Science Fieldtrip
21-23/08/14 Year 12 Marine Science Fieldtrip
23-24/08/14 North Queensland All Schools Touch
25-26/08/14 Year 10 SET Plan interviews
08-09/08/14 Year 12 QCS Test
28-29/08/14 Year 9 Outdoor Recreation camp at Magnetic Island
31/07-02/08/14 Year 11 Biology Camp
02/08/14 Arts Department Cabaret
05/08/14 Kokugakuin Study Tour—Farewell BBQ and Concert
06/08/14 Parent Teacher Interview Night
07/08/14 Australian Mathematics Competition
02-03/09/14 Year 12 QCS Test
02-03/09/14 Motivational Media Impact Sessions Years 8—11
12-14/09/14 International Students Program Camp—Airlie Beach
15-16/09/14 Year 11 Outdoor Recreation camp at Magnetic Island
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
21-23/09/14 School Holidays
22-24/09/14 Open Rugby League State Championships in Mackay
26/09/14 National Sorry Day
26/09/14 Y-Lead Day
26/09/14 Kokugakuin Study Tour Official Welcome Period 2
28/09-03/10/14 Year 11 Marine Science Fieldtrip
30/07-02/08/14 Special Education Challenge Games (2 day Track and Field Athletics Carnival for students with a disability)
31/07-08/08/14 Special Education Challenge Games (2 day Track and Field Athletics Carnival for students with a disability)
06/10/14 Labour Day Public Holiday
07/10/14 Term 4 commences
09-12/10/14 Queensland All Schools Touch
10/10/14 World Mental Health Day
15/10/14 Year 10 CME Fieldwork
15/10/14 Year 11 Outdoor Recreation canoeing excursion at Ross River
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 Townsville Port
09/11/14 International Students Program—Farewell BBQ
11/11/14 Remembrance Day
11/11/14 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
24-28/11/14 Year 10 Work Experience
24/11/14 Year 11 QCS Workshop
25-26/11/14 Year 11 QCS Practice test
26/11/14 Certificate III Business Year 11 James Cook University School Partnership Workshop
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
02/12/14 Musicians’ Farewell
11/12/14 Year 8 and 9 Awards Night
12/12/14 Final Day for Year 8 and 9