Kirwan High congratulates Jack Svendsen for being named Captain of the North Queensland U20s team for 2013.

Jack, who plays in the back row, came to Kirwan High from Gordonvale to participate in Kirwan’s Rugby League Excellence Program. He graduated in 2010.

During his senior year Jack played for the Queensland Schoolboys team and toured Europe with the Australian Institute of Sport. Going to Kirwan has certainly helped my football career Jack said.

Head Coach Dave Ackers said there were numerous homestay students who have travelled a long way and left home to take advantage of Kirwan Rugby League Excellence Program. Recent examples include Tom McLellan who came from Katherine, currently with the Cowboys; Nene McDonald from Cairns currently with the Roosters; Kelvin Lowe from Babinda is with Newcastle and Kierran Moseley from Cloncurry who is now with Penrith.

Executive Principal John Livingston said that Kirwan High’s Rugby League Excellence Program was the benchmark in Queensland.

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INSTITUTION SWIMMING CARNIVAL

All Kirwan High students showed great sportsmanship throughout the whole day by cheering for their fellow team mates, swimming in all events they were nominated in and also swimming in extra races just to give Kirwan some more points on the board.

There are a few special mentions that have to be made:

- Girls swim captains, Tiana Thorne and Myar Jones, both swam well in their events;
- 15 year old girls relay team came 4th in their heat for the 4 x 50m freestyle relay;
- Aubiene Thompson came 2nd in her heat for the 50m backstroke;
- Justin Lyons and Dillon Scott came 4th in their heats for 50m breaststroke;
- Big mention to Sean Prince who won his heat for 50m breaststroke;
- Our 4 x 50m freestyle relay 16 boys team who came 4th in their heat.

Overall, all swimmers are to be congratulated on their efforts and great sportsmanship. What we lacked in skill, we made up for in our enthusiasm and team spirit.

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CAPTAIN JACK

Kirwan High congratulates Jack Svendsen for being named Captain of the North Queensland U20s team for 2013.

Jack Svendsen

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Date Claimers:

- 26/04/13  Senior Leaders’ Induction
Great habits can last a lifetime!
Kick start a new approach to health with these habits to last a lifetime.

• Be kind to your feet – more than half of common foot problems are caused by ill fitting shoes, so make sure when buying shoes that they fit with enough space so your feet aren’t cramped up. After all, most of us need them for a lifetime of carrying us around.

• Chew gum – chewing a non sugared gum after meals is an essential part of oral hygiene. Dentists recommend brushing really well once a day to stop tooth decay, and chewing gum after meals to stimulate saliva production to prevent gum disease.

• Eat more fish – eating more fish is definitely a wise health move, as there does appear to be health benefits in fish oils. We know the Japanese are great fish eaters and live longer than anyone else in the world. You can’t go wrong with replacing a couple of meat meals with fish meals each week.

• Use sunscreen – put on SPF30+ sunscreen, wear a hat and seek out the shade.

• De-stress regularly – take time out each day to slow down your mind. Take 10 minutes in a quiet place, breathe slowly and let your thoughts go and calm the mind.

• Have a laugh – seeing the lighter side of life is good for you. Studies suggest that laughter boosts the immune system and reduces stress.

• Get walking – walking for 30 minutes on most days or every other day will help reduce the risk of heart disease and other chronic health problems.

Vegie out – to live longer and healthier, experts urge you to eat 5 serves of vegies and 2 of fruit every day.

For more information contact Debbie or pop in and see me in the Student Support Centre.

Keeping healthy
Debbie
School Based Youth Health Nurse
School Calendar of Events

Term 1
25-28/03/13  Year 12 Leadership Camp
25-28/03/13  Industry Placement Year 11 and 12 Childcare
25-28/03/13  Year 11 Work Experience
27-30/03/13  Netball Tour to Sydney
29/03-05/04/13 Easter Holidays
29/03/13  Good Friday
01/04/13  Easter Monday

Term 2
15/04/13  Term 2 commences
16/04/13  Rock the Schools—Workshop and Concert
18-21/04/13 Junior Instrumental Music Immersion Camp—Camp Kanga
25/04/13  Anzac Day Holiday
07/05/13  White card course
7-8/05/13  Parent Teacher Interviews
09/05/12  SF4NQ Careers Expo—8.30am—2.30pm—Year 10’s to participate. Year 11, 12 Tourism and Year 11 Events students to assist at the expo.
14-17/05/13 NAPLAN testing
15-17/05/13 Immunizations—Year 8 HPV 2nd dose and chickenpox—Year 10 HPV 2nd dose (boys only) and Boostrix (all students)
21/05/13  ICAS Computer Skills competition
21/05/13  Interschool Cross Country
24/05/13  End of Term 2 Music Concert
27/05/13  Townsville Trials—U15 Football, U15 Basketball, U15 Rugby Union
29/05/13  Australian History Competition—Year 8 and 10 To Scholar classes
31/05/13  U15 Boys and Girls State Championships (Boys Mt Isa) (Girls Roma)
03/06/13  Mabo Day
04/06/13  North Queensland Trials—U15 Rugby Union, U15 Basketball (10—2), U15 Football
05/06/13  ICAS Competition—Science
09-15/06/13 School Musical
10/06/13  Queen’s Birthday holiday
14/06/13  Interhouse Athletics Carnival
17/06/13  ICAS Writing competition
17-21/06/13 Industry Placement Year 11 and 12 Childcare
17-21/06/13 Year 11 and 12 Work Experience
19-21/06/13 Junior Secondary Camp
19-21/06/13 Year 8 and 9 Camps
24/06-05/07/13 School Holidays

Term 3
08/07/13  Term 3 commences
05-13/07/13  Proposed Senior Instrumental Music Tour—Beijing
18/07/13  Year 12 James Cook University visit
22-24/07/13 NAIDOC Week activities
30/07/13  White card course
30-31/07/13 Parent Teacher Interviews
31/07/13  ICAS English competition
01/08/13  Australian Mathematics Competition
09/08/13  Secondary Japanese Speech Competition
12/08/13  Townsville Career Expo—RSL Stadium—10.00am to 1.30pm and 4.00pm to 7.00pm
13/08/13  ICAS Competition—Mathematics Interschool Athletics—Gold
14/08/13  Interschool Athletics—Blue
15/08/13  Interschool Athletics—Both
16/08/13  National Schoolboy Rugby League Cup Queensland Final
17/08/13  Arts Department Cabaret
23/08/13  Daffodil Day
23-24/08/13 North Queensland All Schools Touch Football
03-04/09/13 QCS test
06/09/13  North Queensland Athletics Carnival
11-29/09/13 Townsville Eisteddfod
16-20/09/13 Industry Placement Year 11 and 12 Childcare
16-20/09/13 Year 10, 11 and 12 Work Experience
18-20/09/13 Year 11 Girls/Boys Camps
18-21/09/13 National Youth Championships Touch Football (Boys and Girls) Sunshine Coast
23/09-04/10/13 School Holidays
07/10/13  Labour Day Holidays

Term 4
10-13/10/13 Queensland All Schools Touch Football
17-18/10/13 Year 8 3rd dose HPV, 2nd dose HEP B—Year 10 HPV 3rd dose (boys only)
21/10/13  Ministerial Pupil Free Day
21/10/13  Sports Awards Night
21-25/10/13 National School Sport Touch Championships U15s (Boys and Girls)
23/10/13  Vocational Education Awards Night
29/10/13  White card course
30/10/13  Graduation and Awards Night
14/11/13  Arts Expo
15/11/13  Year 12 Formal
25-29/11/13 Industry Placement Year 11 Childcare
26-29/11/12  QCS workshops and practice for Year 11
03/12/13  Musicians’ Farewell
09-13/12/13 Year 10 Work Experience
12/12/13  Year 8 and 9 Awards morning

Year 12 Completion Date
For 2013 - 15 November

Years 10/11 Completion Date
For 2013 - 29 November

Years 8 and 9 Completion Date
For 2013 - 13 December

Previous Newsletters are available on our website (www.kirwanshs.eq.edu.au) or if you would like to be included on our Newsletter email list please contact the school at the.principal@kirwanshs.eq.edu.au or 4773 8123.

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