Year 8 Kirwan High student Lilly-Jane Thomas is Hollywood bound.

On 6th July Lilly-Jane leaves for the experience of a lifetime. She will be singing and dancing in Hollywood.

Lilly-Jane won the right to participate in this unique experience by submitting a video of her performance. She was judged to be one of the best in Australia.

Lilly-Jane will be the envy of all Townsville’s aspiring entertainers.

Kirwan High Executive Principal said Lilly-Jane is a member of Kirwan High’s Music Excellence program which has produced many outstanding performers, like Trent Bell who recently performed so well in the X Factor.
Get ready to see some changes in our school environment! The Great Barrier Reef Marine Park Authority has awarded Kirwan High a $500 grant as a part of their Ripples of Change initiative. On the 18th of February, Reef Guardian Schools Project Manager, Megan Sperring, presented the highly appreciated grant to the Kirwan High Eco Club.

The initiative intends to expand current Reef Guardian projects that are occurring throughout our school, or even help to begin new projects.

The grant will be used to:
- purchase materials to develop environmental projects within the school and community
- assist in environmentally based curricular activities
- help raise awareness of environmental issues

To have your say in how you think the grant should be used, see Stephen Baskerville at the Science block and come along to future Eco Club meetings!
Eat Together - Talk Together

Having dinner together at the table is about more than just communication, it can have a positive effect on the whole family's well being.

TV and the movies make family mealtimes look so simple and idealistic – mum looking all perfect with a beautifully cooked meal and the rest of the family all smiling, chatting and eating everything on the plate – of course!!!!

Sadly this isn't the case in the majority of Australian homes, with over 50% of family dinners eaten in front of the TV or even separately in different rooms.

CSIRO researchers say it is important on a number of levels to have dinner together as a family without disruption.

So, why eat at the table??
There are social advantages, as well as health benefits.

Research on the topic reveals that:
♦ Families that eat together have stronger relationships and improved communication skills.
♦ Helps the kids learn social skills and healthy eating habits. Speech therapists say that young children that sit at the dinner table with adults develop better language skills.
♦ Families that eat together have fewer problems with weight issues.
♦ Families that eat at the table tend to eat healthier food as it is more likely cooked at home with fresh ingredients.
♦ Even teenagers will benefit. Studies have shown that teens sharing in family mealtimes have less depression, fewer behavioural problems, better motivation at school and less chance of alcohol and drug misuse.

Naturally, these results aren’t just from sitting at a table together but it does help develop stronger family relationships and seeing positive examples from parents.

So, how do we do this? Lives are busy. As parents, we sometimes struggle to cook for the family regularly and the reasons for that are valid.

But, there are some practical strategies we can use to make it easier.

Top Tips
1. Involve the kids in the preparation of the meal including set up and clean up – this gives them a sense of ownership and it also means that they are more likely to make healthier choices.
2. Make the same meal for everyone – if the kids see you eating healthy foods they'll learn to like them too.
3. Remove all distractions – turn off the TV and mobile phones. Yes, I know this could be very challenging for the teens, but stick at it by using peaceful strategies.
4. Just half an hour or so is enough for parents and kids to eat and have a chat. It doesn’t need to be a huge amount of time but, it is really important to put that time aside.
5. Start as soon as possible and make it part of your routine. The more regularly your family eats together, the more normal it becomes. If work or after school commitments make a few nights a week too difficult, set aside 1 night at first and build from there.

Keeping healthy

Debbie
School Based Youth Health Nurse
Diary of our Matsumoto visit - Highlights
16—26 March
Saturday and Sunday (Day 1 and 2)
Arrived at Kirwan High to be hosted by Kirwan High School families for 11 days.

Monday Day 3
A very formal but moving Official Welcome Ceremony with our Matsumoto visitors, commencing with Samara Luta and Jayden Fisher’s well performed Welcome to Country, brilliant vocals by Zac Parkes, Bradley Moore, Daniel Hales, Aydin Hammond, Brandon Arthur. School Buddies and Matsumoto students all played their part beautifully. Mouth watering Aussie morning tea provided by Hospitality students.

English lessons for the rest of the day.

Tuesday Day 4
English in the morning. After a truly scrumptious Aussie afternoon tea that the Hospitality students helped the Japanese students to prepare. Their vote for the best food out of lamingtons, pavlova, cheese and vegemite scrolls and fairy bread was cheese and vegemite scrolls! (We will make Aussies of them yet!)

Wednesday Day 5
Today our Japanese friends are on a full day excursion of Townsville attractions. Matsumoto students just loved Townsville and really enjoyed their full day excursion around our wonderful city!

Thursday Day 6
Harmony Day activities with our students embedding intercultural understanding… Japanese calligraphy, origami lessons during lunch. Kirwan High is such a rich and vibrant place of learning and community! The Japanese students and their teachers have certainly felt a sense of this!

“Thank you again for allowing our Japanese visitors to work with my Year 12 class this morning. They had an absolutely brilliant time and were completely engrossed working with the Japanese students together on the tasks. Lots of photos and laughs experienced together with a valuable lesson in Harmony achieved.” Hans Van der Haspel, Teacher.

Friday Day 7
Visit School buddy lessons for an Australian classroom experience. Then… what a way to finish off the week! The Matsumoto students just LOVED our pool and Mr Gage was in his element… they do not have swimming pool lessons like that in Japan! They all managed to paddle and stand up on the surfboards, had an absolute ball thanks to the Gagey Magic!

Saturday and Sunday (Day 8 and 9) spent with host families

Monday Day 10
Today was Fantastic! The Japanese students did some excellent cultural presentations to 4 classes, they learnt how to throw boomerangs and spears with the brilliant help from Ethan Baker, Aaron O’Brien, Jayden Ahwang, Treahl George, and Jarred Ross.

They made some awesome Bull Roarers in the wood workshop with Mr Bilsen.

Tuesday Day 11
Kirwan certainly knows how to showcase our programs, our school, and our country.

Chris Davis and Bushdancing… what can I say. For the students this was one of their highlights of their trip as Chris provided an exceptional Aussie experience for them!

The students loved making the bark painting bookmarks and gum leaf bookmark as well as our fantastic ambassadors in Ethan, Aaron, Jayden Treahl and Jarred who did a great presentation about the Aboriginal implements and their use!

The Farewell Ceremony last night was AWESOME!!!!! We catered for 120 people at the BBQ. A million thanks to Jil and Russ Flanagan for helping to make this happen so well! Our MC’s Ellen Franklin-Wotley and Josie Cargnoni were fantastic!

The sound system was LEGENDARY… Thanks to Chris Davis and the “Nut Bush” was enjoyed by all. It was a great night culminating in a traditional Aussie BBQ.

This sharing of cultures over the 11 days will help both our nations nurture their younger generation
2013 QCS TEST

Chief Community Representatives & Community Representatives

Call for Expressions of Interest for Chief Community Representatives and Community Representatives for the 2013 Core Skills Test

Expressions of interest are now invited from members of the community who are interested in being selected for the positions of Chief Community Representatives and/or Community Representatives for the 2013 Queensland Core Skills Test. The test is to be held on Tuesday 3 September and Wednesday 4 September, 2013. Persons nominated by this school will not necessarily be located at Kirwan High, but may be required to supervise the QCS test at another school in the Townsville area.

An information package regarding these paid positions is available for personal collection from the Administration Office, Hudson Street. The package contains details such as position descriptions, forms for completion, and rate of pay. Details and forms are also available on the QSA website at https://www.qsa.qld.edu.au/qsa_secure/memos.act.

All completed expressions of interest must be returned to the school office by close of business (4.00 p.m.) on Friday 10 May, 2013.

Andrew Carter
Head of Department

2013 Next Step survey

The Queensland Government is conducting its annual statewide survey of all students who completed Year 12 in 2012. The Next Step survey is a brief, confidential survey that gains a comprehensive picture of the employment, study and life choices made by Queensland school completers in the year after they finish Year 12.

Between March and June, all students who completed Year 12 last year can expect to receive instructions to complete a web-based survey or a telephone call from the Government Statistician to complete the survey. Please encourage them to take part. If their contact details have changed, please assist the interviewer with their updated details or forward the survey to their new address so they can participate. Thank you for your support of the Next Step survey in 2013.

For more information visit www.education.qld.gov.au/nextstep or telephone toll free on 1800 068 587.
THE PREMIER’S ANZAC PRIZE

Be part of the Anzac Day tour to Europe in 2014

Gain inspiration to enter the 2014 Premier’s Anzac Prize by following the inaugural group’s journey to Gallipoli and the Western Front via the Premier’s Anzac Prize web page from Monday 22 April.

If you have questions for the touring students, you can email them to international.services@dete.qld.gov.au. Selected questions will be answered by the students on the website.

By following their journey, you can expand your knowledge about the Anzac tradition and consider making a multimedia submission for the 2014 prize. Entries for the 2014 prize open on Monday 8 July and close Friday 20 September.

For more information visit the Premier’s Anzac Prize web page at http://education.qld.gov.au/students/grants/scholarships/anzac/index.html

UMAT 2013 AND YEAR 12

Those Year 12 students who are intending on studying Medicine, Dental Surgery, Optometry, Physiotherapy, Med Lab Science or Clinical Science at certain Universities throughout Australia (NOT JAMES COOK UNIVERSITY), may need to sit the UMAT Test. UMAT Timelines:

- Registration closes 7 June
- Test Date 31 July
- Cost $210

To register visit UMAT website: http://umat.acer.edu.au

SCHOOL BASED WAREHOUSING OPERATIONS TRAINEESHIP/ RETAIL TRAINEESHIP

REECE TOWNSVILLE (Currajong Store) has a fantastic opportunity for a student in Year 10 or Year 11 to do a School Based Traineeship in Warehousing Operations. The qualification is a Certificate 2 and the student attends the workplace one day per week in their school week and a half day on Saturday mornings. Murray Mallee Training company is the RTO and training and assessment activities are conducted in the workplace on the student’s work days. The day the student attends the workplace is negotiable depending on the successful student’s timetable. The pay rate starts at $10.50 per hour.

- The role is a combination of Warehousing and Retail skills. Many of our successful graduates are now working in full time positions at Reece or in Apprenticeships with Customers. There are also trainees who have been quickly promoted and are in management positions doing very well in career roles in Reece.

- The best place to go for information on the Australian School based Apprenticeship program at Reece is the website. www.reece.com.au/asba

If your student is interested in applying for this position please have them see Ms Jane or Mrs Hennig in the VET office, with a resume please.

CITY BEACH currently has ONE Certificate II Retail Traineeship position available at their Townsville store. On completion of this traineeship the successful applicant will receive a Nationally Recognised Qualification and gain 4 points towards their Senior School Certificate.

- Students interested in applying need to provide their resume to Ms Jane in the VET office. Year 10 or 11 only (must be 15 years of age already).

PARENTS AND CITIZENS’ ASSOCIATION

The Parents and Citizens’ Association meetings are held on the second Tuesday of every month commencing at 7.30pm in the school Library. Meetings for 2013 are:

- Tuesday 14th May
- Tuesday 11th June
- Tuesday 9th July
- Tuesday 13th August
- Tuesday 10th September
- Tuesday 8th October
- Tuesday 12th November

If your student is interested in applying for this position please have them see Ms Jane or Mrs Hennig in the VET office, with a resume please.
There is a “DISCO INFERNO” coming..

Can you smell the burning? There is a “DISCO INFERNO” coming.

Kirwan State High School students and staff have been working very hard for a number of weeks getting ready for our annual musical.

This year we will be reprising “Disco Inferno”, which we previously presented in 2006.

“Disco Inferno” is a high energy musical that brings to life the unique and era of the 1970s. It tells the story of Jack, a talented singer seeking stardom, who makes a pact with the devil to make his dreams of fame come true. However, along the way he discovers that fame and fortune can be hollow without the love and support of his friends.

This is a fantastic musical, full of great songs such as “I will Survive”, “Celebration”, “Hot Stuff”, “Play that Funky Music White Boy” and of course “Disco Inferno”.

It is set in the 1970s so you can imagine how wacky and colourful the costumes are going to be.

Congratulations to the following students who have achieved lead roles:

Bradley Moore       Matao Atutahi
Tristan Brooker     Ashley Gregori
Daniel Hales       Emma McDougall
Zac Parkes         Michelle Liu
Jaydn Pay          Aydin Hammond
Marcus Foreman     Brandon Arthur

Make sure you set aside time from June 13-15 to go along to the Townsville Civic Theatre to see the show. Tickets will be on sale soon!

INVITATION TO YEAR 10 PARENTS

Kirwan High School has joined the Beacon Foundation and we want to tell you all about it!

Critical to the success of the Beacon program is the support of local and national businesses and the wider community, working together with Beacon and the school to provide resources for the program activities such as site tours, work experience, mentoring and classroom based visits that help bring relevance to life beyond the school gate, and embed the Beacon philosophy into the school curriculum.

As a sign of their commitment to their future pathway, every Year 10 student will be signing the Kirwan High Beacon Charter board. If you have time please join us in celebrating our students commitment to the Beacon program and taking ownership and control of their future pathway. We believe that ‘it takes a village to raise a child’ and invite you to join us in supporting our young people.

This will take place on Wednesday 1 May at 9.00am in the Performing Arts Centre.