From the Principal

As this is the last newsletter for 2013, I would like to take this opportunity to thank all parents for their dedication to education at William Ross State High School and your support in getting your children to school every day, assisting with assignments, excursions, sports carnivals and camps, all the ‘things’ that make school important. School today has vastly changed from yesterday. Students today face an education that is purposeful and tailored to a future pathway that is designed to assist and prepare the student for their future career, be it a workplace or a university. At William Ross we have deliberately targeted student engagement and wellbeing as being the focus of our school, now and into the future. With the improvement seen on our latest NAPLAN results and the 10% increase on our Year 12 Provisional QCS results, we are well placed to deliver that future.

My best wishes for the close of the school year, a safe and enjoyable holiday to you all and I look forward to a very prosperous 2014.

Allan EVANS
Principal
tevan38@eq.edu.au

From the Year 11 Co-ordinator

LEADERSHIP CAMP

The leadership camp has usually been held in the beginning part of year 12, however, this year the camp occurred at the end of year 11. This decision was made to minimise the impact for students who would lose crucial study time in their final year of education.

The camp was held at Mungalli Falls in the Atherton Tablelands and ran from 26th to 29th of November. Students participated in a number of physical activities including: abseiling, tobogganing, the tablelands challenge, the amazing race and an obstacle course. The program also included sessions on leadership planning, goal setting, team building and the changes to happen in year 12. Students had a blast. I would like to thank Mrs Briant, Ms Subke, Mrs Farina, Ms Thomas, Mr Parrish, Ms Chessher, Mr Ramsbothom, Chappy Kristen, Mr Gowdy and Mr Frankling for their hard work and dedication to ensure the camp ran smoothly. Thanks to all the students who participated and had the “never give up” attitude. What an amazing adventure!

Charlene JACKSON
Year 11 Co-ordinator
cjack111@eq.edu.au

DATES TO REMEMBER

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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</thead>
<tbody>
<tr>
<td>20 January</td>
<td>School Office opens 8:00am – 4:00pm</td>
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<tr>
<td>27 January</td>
<td>Australia Day Public Holiday</td>
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<tr>
<td>28 January</td>
<td>Year 8 &amp; Year 12 first day</td>
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<tr>
<td>29 January</td>
<td>All Year levels attend</td>
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From the Librarian

Be sure to purchase your copy of the limited edition 2013 School Magazine. Only 500 copies have been printed. You are sure to see a picture of your child with over 70 pages of pictures included. They are available now for $20 from the front office.

Cathy SMITH
Librarian
csmit327@eq.edu.au

From the Year 8 Co-ordinator

Congratulations to all the year 8 and 9 students who were invited to attend the annual PBS Celebration Day on Monday the 9th of December! Students who have shown positive behaviours and a high attendance throughout the year headed down to River Way for a swim and a well-deserved break with lunch provided. This is a free event to reward students who have continually met the school’s expectations throughout the year. Well done year 8 and 9 students!

Marie ROGERS
Year 8 Co-ordinator
mroge140@eq.edu.au

From the Maths Department

AUSTRALIAN MATHEMATICS COMPETITION

This year 46 students participated in the Australian Mathematics Competition. Students were required to answer 30 questions with a 75 minute time limit. Three of our students, Alex Moore (year 12), Elle Phillips (year 11) and Matt Masnada (year 11), were awarded certificates of Distinction. Another 17 students were awarded certificates of Credit, while the remaining students received either Proficiency or Participation certificates. Well done to all students for having a go.

Margaret CONGRAM
Mathematics Teacher
mcong1@eq.edu.au
From the Guidance Officer

TERTIARY ENTRANCE
To date a large percentage of the year 12 population has applied for a place at a university or TAFE college through the QTAC web site.

CHANGING TERTIARY COURSE PARTICULARS
Students, via the on-line application service (TTT) are able to change their preferences up to three times free of charge. Students can rearrange their preferences or enter new preferences through to January. Students wishing to notify QTAC of a change of address or give authority to another to act on their behalf can do this on line: www.qtac.edu.au or phone 1300 467 822.

SCHOLARSHIPS
Scholarships are not just for the highest achievers. There are scholarships for all sorts of circumstances. For an extensive list go to www.myfuture.edu.au then find the awards and scholarships section search function which is under ‘Facts’ and then ‘Funding’.

INSTITUTION SCHOLARSHIPS can be found at http://www.qtac.edu.au/InfoSheets/InstitutionScholarships.html

UQ-LINK ACCESS is a special University of Queensland admissions scheme which helps students who have experienced educational disadvantage as a result of financial hardship. UQ-Link Access benefits include a start-up bursary of $5000 to help fund up-front costs and consideration for one of 100 UQ-Link Access Scholarships, valued at $3000 per year for up to four years. To apply, students need to complete the ‘Financial Hardship’ category of QTAC’s Education Access Scheme (EAS). For further details please visit www.uq.edu.au/study/uqlink-entry.

HAWKER SCHOLARSHIP
The Hawker Scholarships, valued at up to $60,000 over four years, are the most generous privately funded undergraduate scholarships available in Australia. Applications open in December 2013 and close January 2014.

From the Chaplain

CHAPPY’S CORNER
Welcome to Chappy’s Corner! What an amazing first year at William Ross State High School. I could not have picked a better school to work at. This year I have had the privilege of seeing students succeed in block sports, performances such as Review and Senior Drama Night, enjoy the nourishment of pancakes on Fridays, provide amazing art for art exhibitions, have fun on school camps and much more. I have also had the pleasure of being a part of the P&C, an amazing group of Parents and Citizens who care about the students and work tirelessly to provide an environment of fun and success for the students. Lastly the biggest privilege I have had this year is getting to know the students who have to be the most well-rounded students I have seen. Of course credit has to be given to the staff who also work tirelessly to provide the best opportunities for the students. As the year comes to a close there are a couple of things that I would like to draw your attention to.

The first being the Back Our Chappies Campaign. Scripture Union Queensland is again being forced to attend the High Court of Australia to defend the vital program of Chaplaincy within schools. This second challenge has the potential to affect the funding of thousands of Chaplains who support and encourage students every day. The first challenge was won because of the overwhelming support of the community where a petition ended up with 85,000 signatures. So again S.U. Queensland is asking for support. To sign the online petition go to www.backourchappies.com.au. Let’s see if we can get 100,000 signatures this time around!
Lastly the Chappy Lounge is looking for donations of any lounge chairs or a lounge suite that may be of use for the students to use during lunch times to relax in air-conditioning and enjoy their lunch in comfort. If there is a lounge suite that could be donated please do not hesitate to let me know by contacting me at the school or emailing me on kmart333@eq.edu.au.

Thanks for your support.

Kristin MARTIN
School Chaplain

From The P&C Committee

William Ross State High P & C have introduced a uniform shop. All items of the school uniform will be for sale from the shop which is located in the Canteen building. The shop has now opened and is operating between 8:00 – 8:45am on Monday, Wednesday and Fridays.

The uniform shop will reopen for business in 2014 on Monday the 20th of January between the above operating times. There will be an extra opening day on Friday the 24th of January between 8:30am – 12:30pm.

Uniforms can also be purchased from Madonna at the In Your Home Gift and Homewares shop during the school holidays at Annandale Central. Eftpos and credit card facilities will be available. All proceeds from the uniform shop will go back into the school to support our students.

Polo Shirt $29.50
Skirt $39.50
Skort $32.50
Shorts $26.00
Hat $15.00

Madonna WILKES
P & C President
4725 0383 / 0407 370 538
BREAKDANCING for all ages
Tuesdays 4.45-5.45pm
@ Latin Vibrations, 2/70 Ingham Road West End
(on the service road next to Townsville Showgrounds)
Children 12 years and under: only $6
Teens & Adults: $12
No booking required; just turn up! This is a beginner class so every level of student is welcome.

MARIAN NETBALL CLUB
2014 Players Wanted
All games are played on
Wednesday nights at
Townsville Netball Club
William Anglis Drive, Annandale
Sign on Day’s
Saturday 18th January
8:30 – 11:00am
Wednesday 29th January
5:00 – 7:30pm
Inquiries and information
Contact:
Email: mariannetballclub@live.com.au
Helping your child through adolescence

Young people can go through many different changes as they grow up. Raising sensitive issues and working to resolve problems that arise along the way can be challenging. It can often be hard as a parent to know the difference between normal behaviour, such as moodiness, irritability and withdrawal and an emerging mental health problem.

Mental health refers to a person’s emotional and social wellbeing. When someone’s mental health declines it can affect their feelings, thoughts and actions. This can then affect their day to day life and participation in activities such as school, work and relationships.

Mental health problems are common. Mental health problems are usually understandable reactions to personal and social issues. Mental health problems are usually not too severe or long lasting. If a young person develops a mental health problem it is important that they get help early. When mental health problems last for long periods of time and severely affect someone’s everyday life, it may be that the problem is becoming an illness. Parents are vital in helping to identify when a young person might have a mental health problem and encouraging early help seeking.

Communicating with your child

Young people can go through many different changes as they grow up. Raising sensitive issues and working to resolve any problems that arise along the way can be challenging. Promoting good mental health involves keeping the communication lines open. Here are some tips that can help:

- Be available without being intrusive or ‘pushy’;
- Show genuine interest in what your child is doing and encourage them to talk about it;
- Make talking about your day part of the family routine;
- Help your child to find the words to express their feelings – try asking them to describe it, ask about whether the feeling is more or less intense than it has been before, ask about where and how they feel it in their body;
- Pick your time – young people tend to talk more when they are busy doing other things or don’t have to look you in the eye (try driving in the car or washing dishes together);
- Let your child know that you love them. They may not always admit it, but this is likely to be very important to them.
Knowing when to get help if you are worried

Some signs that suggest a young person might be experiencing problems include:

- New, noticeable and persistent changes that last at least a few weeks;
- Obvious and persistent changes in:
  - **Behaviour** – for example, appetite, sleep, use of drugs or alcohol, avoiding school/work, poor motivation, withdrawal from people
  - **Feelings** – for example, unhappiness, depression, irritability, fear, anger, loss of pleasure
  - **Thinking** – for example, poor concentration, a drop in school performance, constant worrying, preoccupation with some thoughts, hearing or seeing things that are not there.

Helping your child to seek help

- Talk openly and honestly with your child, and let them know that you are concerned.
- Ask them what they need from you and let them know that help is available.
- Provide support through making the first appointment, providing transport, and attending the appointment (or at least walking into the waiting room), which makes it easier for the young person to engage with and accept help.

Seeking help

If you have any concerns about your child, you can contact some of the services below. Remember that it doesn’t hurt to ask and these services will be happy to help you work out if you need help and how to encourage this in your child.

- **heads**pace is a youth-focused mental health service for young people aged 12 to 25. For more information, see their website at headspace.org.au
- **eheads**pace provides online counseling and telephone support to young people aged 12 to 25. They can be contacted at eheadspace.org.au and on 1800 650 890.
- Kids Helpline is a 24-hour telephone and online counseling service for young people aged 5 to 25. They can be contacted on 1800 55 1800 and at kidshelpline.com.au
- Lifeline is a 24-hour telephone counseling service (13 11 14). www.lifeline.org.au has other online information and referral services.
- National StandBy provides bereavement support to people affected by suicide 0754424277 or standbynational@unitedsynergies.com.au
- Suicide Call Back Service 1300 659 467