

William Ross State High School Newsletter



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

20 January	School Office opens 8:00am – 4:00pm
27 January	Australia Day Public Holiday
28 January	Year 8 & Year 12 first day
29 January	All Year levels attend





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.gtac.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.gtac.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.

Check <http://www.hawkerscholarship.org> or phone (08) 8238 6295 if interested.

OXBRIDGE ACADEMIC PROGRAMS are summer programs offered in Oxford and Cambridge, Paris and Montpellier, Barcelona, Salamanca and New York. The 2014 programs are scheduled to take place between July to August 2014. See the Guidance Officer for more information.

Miranda van der SLOOTEN
Guidance Officer

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

Is your child or teenager having difficulty at school because they are worried about what others will think of them? Do they hate to speak in front of their classmates in fear of embarrassing themselves? Does their extreme shyness interfere with their ability to make friends or attend parties like other teenagers their age? If this sounds like your child then help is available!!

The BRAVE Program is an exciting online program targeting child social anxiety, which has been created by a group of researchers from the University of Queensland, Griffith University and the University of Southern Queensland (Australia).

The BRAVE Program is an online treatment program which has been specifically targeted towards children aged between 8-12 years and adolescents aged between 13- 17 years who have social anxiety, or are extremely shy. The BRAVE program aims to help children, teenagers and parents learn strategies for managing social anxiety as well as find ways to cope with anxiety-provoking social situations.

Research has found that our online program elicits the same results as face-to-face therapy for children with social phobia, meaning that we have an opportunity to provide effective treatment to families all over Australia and around the world.

If you are interested in participating or registering your child or teenager, please refer to our website www.exp.psy.uq.edu.au/socialanxiety. Alternatively, for more information please feel free to visit our Facebook page www.facebook.com/braveforanxiety.

Thank you!



Investigators: [Prof. Sue Spence](#), [Dr Caroline Donovan](#) & [Dr Sonja March](#)
Project Coordinators: [Laura Uhlmann](#) Ph: (07) 3735 3312
[Gemma Bettens](#) (Ph: (07) 3735 1807)

The BRAVE Team
School of Psychology
University of Queensland & Griffith University



**Help for Shy or Anxious Teens and Children:
Online Treatment for Social Anxiety is now
available!**

For children and teenagers with Social Anxiety, school can be an incredibly difficult time. Activities like presenting oral reports, participating in class activities, playing or competing in team sports and joining in with groups can be extremely anxiety provoking situations. But there is help available... and it's online!

A team of researchers (BRAVE Team) at Griffith University, University of Southern Queensland, and the University of Queensland are seeking children (8-12 years) and teenagers (13-17 years) suffering from social anxiety; a fear of being negatively judged by others, or extreme shyness.

The BRAVE program aims to help children and their parents learn strategies for managing social anxiety and teach techniques to cope with anxiety-provoking social situations. The treatment program involves between 7-12 online sessions for participants, with each session taking approximately an hour to complete. Families are charged a one-off fee of \$120 to assist in covering treatment costs and will also be asked to complete questionnaires and telephone interviews. However, families will receive a rebate of \$25 in vouchers each time they complete a post-treatment assessment.

For more information, or to register your interest in the program, please visit the BRAVE ONLINE website: www.exp.psy.uq.edu.au/socialanxiety.

Alternatively, you can contact the BRAVE team on (07) 3735 3312 or

Email: brave@psy.uq.edu.au.

For further information, pay a visit to our Facebook page:

www.facebook.com/braveforanxiety





SPECIAL PROMOTION FOR

William Ross State High School

SPECIAL SALES

Day

Stockland Townsville
12th December 2013
One day only

RECEIVE 15% DISCOUNT

Off the regular price on all uniform items for
William Ross High School

PLUS

BONUS EZY-WAY 5% DISCOUNT

additional for Lowes Ezy-Way customers

OR 5% REWARDS

Lowes Rewards Card holders receive in-store Gift Vouchers
to the value of 5% of their purchase

PLUS

Lowes will pay your school annual **5% rebate** on every
uniform purchased in-store.

School Holiday Work Shops

**Make & Embellishing
Denim Bag**



**Handmade Lace to
put onto a T-shirt**



**Handmade Silk
French Flower**



Handmade Fascinator



Ja Delle Designs



Shop 1 52 French Street,
Pimlico Qld 4812
hester@jadedelldesigns.com
www.jadedelldesigns.com
Ph: (07) 4755 2278

Hester at Ja Delle Designs is holding one & two-day workshops, for School Students. Don't let your children be bored this school holidays ring & book in for your workshops now. Ring Hester on 4755 2278 to secure spot.



PROUDLY SUPPORTING

MAKE-A-WISH

Charity Dinner

Saturday 16th Nov
6pm to 10pm

Townsville Kart Club, Shaw Rd Bohle

Charity Auction Men@Work Auction
Auction to Shave Santa's Beard
Coca-Cola Esky Raffle Lucky Door Prizes

Adults \$25
Child (under 12) \$15
Family (2 Adult 2 Kids) \$75
Family (2 Adult 3 Kids) \$85

All money raised will go directly to the Make-A-Wish Foundation

Jumping Castle and Gladiator for the kids

Tickets and event information at

tkcmakeawish.eventbrite.com

For more info Kathy or Luke at townsvillkartclub@gmail.com

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.

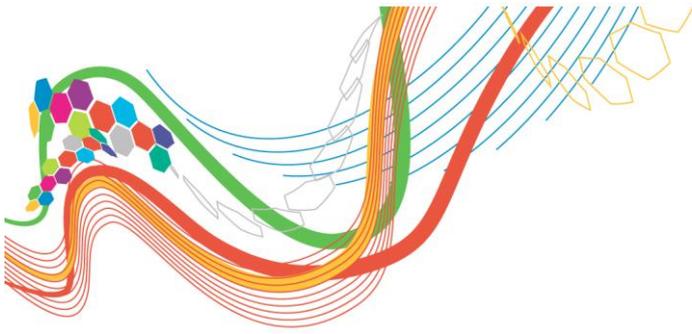
Mental health refers to a person's emotional and social wellbeing. When someone's mental health declines it can affect their feelings, thoughts and actions. This can then affect their day to day life and participation in activities such as school, work and relationships.

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.

- **headspace** is a youth-focused mental health service for young people aged 12 to 25. For more information, see their website at headspace.org.au
- **eheadspace** provides online counseling and telephone support to young people aged 12 to 25. They can be contacted at ehheadspace.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