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PRINCIPAL'S MESSAGE

Dear Parents and Caregivers,

School Pride was my theme of the recent whole school parade. Each one of us in the school environment needs to contribute to what makes this school special. To do this we must be connected to each other and to our school. School pride is the vehicle that lets us believe in more than ourselves. So, what does school pride look like? It is a feeling we should feel each morning when we walk through the front gate. It's caring and treating each other with respect.

A reminder that Monday **24th August** is a **student-free day** for Yeppoon State High School students. On this day, students from the local primary school will attend an orientation day at our school.

Ian Boon

Principal

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GRADUATION / FORMAL 2009

The Senior Graduation will be held on Wednesday 18th November in the school hall. The Formal will be held on Friday 20th November at Rydges Capricorn Resort.

A letter providing details as to times, organisation, expectations and protocols regarding the Graduation and Formal has been sent home with year 12 students on a number of occasions this year. Further copies can be obtained from Andrew Willis. Further information will be provided to the year 12's as the year quickly progresses, so please remind them to share such and communicate with you.

Please be aware of two important protocols that impact on these celebratory functions.

Firstly, students must meet requirements of 80% attendance for the year if they are to take part in the graduation ceremony. Further, it is YSHS policy that students have demonstrated behaviours and participation within the spirit of RAMS if they are to take part in the graduation ceremony.

Secondly, it is an expectation that students attending the senior formal must have paid their school fees. Outstanding fees will result in a student not being authorized to attend the formal. If there are exceptional circumstances, these must be discussed with the Principal, Mr Ian Boon, well before the event.

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FAQ'S

The following are some frequently asked questions that we thought may be helpful for your personal information:



WHEN CAN I LEAVE THE SCHOOL GROUNDS DURING THE DAY?

A student cannot leave the school grounds without parent/guardian and school permission. Students are **not allowed to go to shops by themselves and therefore** must be accompanied

by their parent/guardian if going to any takeaway shop. **EVEN WHEN GIVEN PERMISSION STUDENTS MUST SIGN OUT AT THE OFFICE PRIOR TO LEAVING.**

WHERE IS THE LOST PROPERTY FOUND?

Lost property is located at the Janitor's office.

WHAT DO I DO IF I FEEL SICK or I AM INJURED?

Ask your teacher for permission to go to sick bay, located at the Admin building. If you are injured or you see someone injured, please go to the nearest staffroom to seek help.

WHAT DO I DO IF I NEED TO TAKE MEDICATION WHILE AT SCHOOL?

All medication must be kept at the Sick Bay room along with a note from home outlining what needs to be taken and how. Please contact Sick Bay staff on 49251 307.

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YOUTH SUPPORT COORDINATOR



You & Your Teenager Building Our Relationship (From Strong Bonds)

You are important to your child and it is essential to continually work on building your relationship, no matter how broken it may seem. This can only happen with time, care and patience. Most young people will come back if they feel the door is still open to them and that they will be respected and listened to.

Things to consider:

- As hard as it seems, you can only change you
- Your job as a parent of an adolescent is to slowly let go of control
- It is important to listen without reacting or giving advice
- Finding a common interest can be a great relationship building tool
- Negotiate boundaries
- Try to notice and enjoy small improvements as they happen

Rochelle Ogden

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YHS'S NEW KAYAKS

A big thank you to the local service clubs and Community Markets for their generous donation of 4 new kayaks for our Outdoor Education classes.

Yeppoon Rotary Club, Yeppoon Lions Club, Emu Park Lions Club and the Community Markets each donated \$600 for the purchase of a Kayak, bringing the school's fleet to 6. Yeppoon High School offers several Outdoor Ed courses and currently has up to five groups of students regularly engaged in outdoor classes for some of their week.

These groups had previously made the most of our beaches and creeks with our 12-seater bus, accumulated fishing and camping gear and 8 large Canadian canoes. However, many of the students could not handle the size and wobble of these large canoes. Having stable singleman easily- manoeuvrable kayaks have opened up the local waterways to more students and to those with disabilities. These kayaks will also be made available to the Year 8 classes for camps, and to the Senior Marine Studies classes. This will save the students from being billed for the cost of hiring them.

Thanks to Tim and Naomi at the Farnborough store for accessing the kayaks.



Cody Jones and the Year 8 Outdoor Education class inspect the new kayaks!

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SOCIAL



On Friday 28th August, the second social of the year will be held. The theme is **'When I Grow Up'** and we ask if students can come dressed in what they would like to be when they grow up, but this is optional.

Doors open at 6:30pm and the night will finish at 10:30pm. Please note though that doors will close at 8:00 and no one else will be allowed in. Tickets need to be pre-purchased at the office for \$5.

The year 9 BIT class will be selling popcorn, cupcakes and either hotdogs or pizza. Chips and drinks can also be purchased on the night.

We are still looking for parents to supervise on the night. If anyone can help, PLEASE call the school and leave a message for Mrs Jackson.



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CANTEEN NEWS

Next Week's Roster

- | | |
|------------------|---------------------|
| • Mon 17th Aug | Sandi Groves |
| • Tues 18th Aug | Help Needed! |
| • Wed 19th Aug | Michele Stroud |
| • Thurs 20th Aug | Tancie Kay |
| • Fri 21th Aug | Alisa Gordon |

Uniform Shop

Mon – Thurs 8.30am - 9.00am
Fri 8.00am - 12 noon

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DATE CLAIMERS

- **Aug 18th** Qld Arts Council ‘The Forwards’
- **Aug 21st** Fashion Parade (see notice)
- **Aug 24th** Year 7 Orientation Day
Student Free Day
- **Aug 26th** Yr 10/11 Subject Selection Evening
- **Aug 28th** Term 3 Social
- **Sept 1st–2nd** QCS Test – Yr 12
- **Sept 7th-9th** Yr 8 Immunisations
- **Sept 10th-16th** Year 12 Exam Block
- **Sept 14th-17th** Yr 11 Leadership Camp
- **Sept 14th-18th** Yr 10 Work Experience Week
- **Sept 18th** Last day of term
- **Oct 5th** School Resumes
- **Oct 19th** Student Free Day
- **Oct 27th** Presentation Night
- **Nov 18th** Yr 12 Graduation
- **Nov 20th** Yr 12 Senior Formal

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eNEWS

To receive a copy of the news.letter via email each week. Please log on to <http://mailouts.austnews.com.au/subscription/Y/yeppoon-shs-signup.html>
or call 1800 245 077



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CONTACT DETAILS

Office Phone:	4925 1333
Student Absence Line:	4925 1360
Student Absence Email:	jcurt32@eq.edu.au or dkeir4@eq.edu.au
Canteen:	4925 1316
Email:	the.principal@yeppoonshs.eq.edu.au
Web Site:	www.yeppoonshs.eq.edu.au
Postal Address:	PO Box 296 Y...

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COMMUNITY NEWS

Village Festival – 14 – 16 August Yeppoon Pony Club

There will be some fantastic music and exciting creative free workshops at The Village Festival, 14 -16 August.



All students and their families are welcome to attend.

To ensure the event is a safe and enjoyable time for all patrons, there will be security and police presence at the whole festival and in the camping grounds. Camping is available on site but under 18s must be accompanied by a responsible adult. There are several licenced venues at the festival but no alcohol will be allowed in the camping grounds.

For the program and ticket prices, visit the web site at www.thevillagefestival.org.au

Engineering Information Evening

A Bachelor of Engineering (Co-op)/Diploma of Professional Practice with CQ University allows you to mix classroom learning with two six-month paid work placements. This innovative method of teaching is what makes CQ University Engineering Co-op graduates the top choice with employers.

If you would like to find out more about Engineering at CQ University, along with what engineers actually do, come along to the information evening being held at your local CQUniversity campus.

Date: Tuesday, 18 August 2009
Time: 6 – 9 pm
Where: Building 29/G.05, CQUniversity Rockhampton Building 6/G.03, CQUniversity Mackay Building 1/1.05, CQUniversity Bundaberg Leo Zussino Building, CQUniversity Gladstone

You will be provided with the opportunity to find out what staff, current students and graduates think about their experiences in engineering at CQUniversity and within industry.

For enquiries and registration please contact Shaylee Cowan on 4923 2163 or email s.j.cowan@cqu.edu.au.

Registration is required by **Friday, 14 August 2009** for catering purposes

Healthy Kids For Life Partnership in Rockhampton

Healthy Kids for Life Membership includes but is not limited to Education Queensland, Queensland Health, Capricornia Division of General Practice, Diocesan Catholic Education Office, Rockhampton Regional Council and The Cancer Council Queensland.

Distributed by Education Queensland's Community Participation Officer

Oral Health

Fluoride Facts

- Fluoride is a naturally occurring mineral found in water, plants, rocks, soil, air and most foods
- Fluoride strengthens tooth enamel and protects against decay in people of all ages, from very young children to older people
- In Australia most capital cities have optimal amounts of fluoride added to tap water
- Some areas of the country have naturally occurring fluoride in the water
- Fluoride will not change the taste or smell of your drinking water
- Water fluoridation is a safe way to protect teeth against decay and is supported by national and international organisations such as the World Health Organisation
- Bottled water usually does not contain enough to offer protection against tooth decay

Brushing and Flossing

- Regular toothbrushing and flossing help protect teeth from decay and gum disease
- Teeth should be brushed at least twice a day (after breakfast and before bed)
- Use a soft bristled toothbrush with a small head, and fluoride toothpaste
- Toothbrushes should be replaced every three months or when bristles appear worn or shaggy
- Floss your teeth once a day prior to brushing
- Flossing may be difficult at first, however with practice becomes easy
- Visit <http://www.health.qld.gov.au/oralhealth> or call 13 HEALTH (13 43 25 84) for confidential health advice 24 hours a day, 7 days a week

Tooth Decay Explained

What is Tooth Decay?

- Also known as dental caries, tooth decay causes holes or damage to teeth
- The first sign may be white spots usually near the gums

- If left untreated, these white spots may progress into holes or cavities

What causes Tooth Decay?

- Tooth Decay is caused when bacteria converts sugar and carbohydrates (from your food) into acid
- The acid attacks the tooth surface
- The body tries to naturally recover from this attack, however tooth decay will develop over time if the 'attack' outweighs the 'recovery'

Factors that contribute to Tooth Decay

- Frequent consumption of sugary foods and drinks
- Inadequate levels of fluoride
- A dry mouth, as saliva helps protect teeth by acting as a reservoir for fluoride

How can I reduce my risk of Tooth Decay?

- Eat well balanced, healthy meals
- Limit snacking between meals
- Limit sugary and acidic foods and drinks
- Clean teeth thoroughly twice a day using fluoride toothpaste
- Spit out excess toothpaste after brushing but do not rinse
- Drink lots of water, taking frequent sips throughout the day
- Drink fluoridated water where possible
- Chew sugar free gum to increase saliva flow
- Have regular check-ups by your dental professional

When should I take my child to the dentist?

- Take your child for their first dental visit soon after their first birthday
- A check up at this early age will allow your child to become familiar with the dentist and allow early detection of decay
- Dental staff will give advice on toothbrushing and good eating habits
- Try not to use words such as drill and needle. The dentist will use special words to explain things
- Talk about the good things about visiting the dentist, such as counting teeth and learning how to care for them
- Arrange an appointment in the morning so that tiredness is not a problem
- Arrive a little early so your child can become familiar with their new surroundings
- Children aged from four years and school children up to the completion of year 10 are eligible for free dental care from the Queensland School Dental Service

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