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PRINCIPAL'S MESSAGE

Dear Parents and Caregivers,

Congratulations to all students involved in the MADD night, the Combined Schools Concert and the Sports Award Evening. On each night, students showcased their talents and achievements. The Night of Excellence was a great night which recognised the outstanding achievements of our students. Congratulations to all recipients of awards.

Congratulations to all year 12 students on your achievements. YSHS wishes you continued success in all endeavours– either in work, further training or study aspirations. Please ensure you stay safe in the coming weeks and care for each other as you transition to the next stage in your life's journey.

Ian Boon

Principal

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CHARITY XMAS TREE



We would like to invite all members of our community to bring along a child's Xmas gift to be placed under the Xmas tree in the office foyer. Gift tags are available at the office to indicate the age of the child boy/girl. All gifts will be given to St Vincent De Paul's to be distributed to families in need.



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2010 CLASSES



If you are moving or leaving at the end of the year, could you please notify the office on 49251333 as we require this information to assist in creating classes for 2010.

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LEAVING YEAR 12 STUDENTS

All year 12 students are required to fill out a [Year 12 end of year Text Hire Completion & Book Return Form](#) and [return ALL](#) of their books before they leave on Friday 20th November 2009. Students need to indicate on the form what they intend to do in 2010 and a forwarding address.



These forms are available from the office.

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YR 10 PRODUCTION - "JUICE"

Year 10 Course Production "JUICE". Two performances: 10B performing Wednesday 18th November at 12:00pm (during the day) and 10A performing Thursday 19th November 6:30pm in PA Block. Gold coin donation. Open to all public. Excellent display of talents.

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DATE CLAIMERS

- **Nov 18th** Yr 12 Graduation – YSHS Hall
- **Nov 19th → 25th** Yr 11 Exam Block
- **Nov 20th** Yr 12 Senior Formal - Rydges
- **Nov 27th** Last Day Yr 10 & 11
- **Dec 8th** P & C Meeting (Final for the Year)
- **Dec 11th** Last Day of School for 2009

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CANTEEN NEWS

Two Week Roster

16th – 20th November

- Mon 16th Nov Carol Wall
- Tues 17th Nov Elly Barben
- Wed 18th Nov **Help Needed!!**
- Thurs 19th Nov Ros Lehman
- Fri 20th Nov Coral Robinson

23rd – 27th November

- Mon 23rd Oct Carol Wall
- Tues 24th Oct Lauralie Ogilvie
- Wed 25th Oct **Help Needed!!**
- Thurs 26th Oct Tancie Kay
- Fri 17th Oct Alisa Gordon

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UNIFORM SHOP NEWS

Opening Hours

Mon – Thurs 8.30am - 9.00am

Fri 8.00am - 12 noon

January 2010 Uniform Opening Dates

The uniform shop will be open on the following days for purchasing of uniforms 2010.

- Thurs 21st Jan 9am → 12noon
- Fri 22nd Jan 9am → 12noon
- Sat 23rd Jan 9am → 12noon

Hats

Hats are hot on the agenda. We have purchased bucket hats which are a very reasonable price. Samples are available to view at the Canteen. Let's promote sunsafe hats.

Volunteers

Please call Janet/Kellie on 49251316 if you are interested in volunteering in 2010. We need your support, so come and join our happy crew.

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FROM THE P & C

P & C Meeting

Tuesday 8th December
7pm to 9pm
Administration Building

Working Bee

At Yeppoon High Oval 14th November
8am till noon



- planting shade trees
- seating and painting

BBQ lunch and refreshments provided.
Bring hats, gloves, friends & kids!

All Welcome!!!

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INVITATION

Invitation

The P & C and staff of the Canteen would like to invite our wonderful volunteers to our annual Xmas dinner.

Friday 27th November @ 6.30pm
“Y” for Eatery
(next to Domino’s Pizza’)
BYO drinks



The P & C wish to thank the wonderful band of volunteers, and have kindly provided funding to cover the cost of your meal and some beverages.

Come along and have some fun with the staff of the Canteen.
RSVP by calling 49251316.

See you there!!

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INTERNATIONAL STUDENT UPDATE

The international students embarked on yet another field trip on Sunday 1st November. This time their expedition was “Adventure Caving” with Nicola, at Capricorn Caverns. The next journey will be on **Saturday, 21st November to Korana Crocodile Farm**. The students will get see some of the great crocs during “feeding frenzy time” and even get eaten....oops! I mean.... get to eat.... Crocodile Kebabs.

These field trips are organised by Nicola and I to allow the students to do some sight-seeing of the area –without their Homestay Families having to participate (unless they choose to). YSHS students, who are friends of our International Students, are welcome to join in any of the activities organised. Costs of each field trip depend on the type and duration of the activity. Most organisations provide the services at a reduced rate, so it is probably cheaper than at any other time for locals to participate.

On a sad note...we farewell our only Year 12 student, Isabella Brito, when the seniors graduate. I am sure Isabella is keen to see her family and friends back in Brazil, but there will no doubt be many tears shed by Bela, her friends and family here. Bela has been one of the most responsible, and sensible International Students we have had here. She has made the most of her time in positive ways and is to be commended for her attitude and commitment to her studies and social endeavours. Many thanks go to the Twyford family, who have hosted Bela for the duration of her stay.

Congratulations, Bela, and thank you for choosing to grace us with your presence!

We are very pleased to have several of our current students keen to stay in the program longer. It is no wonder they don't want to leave though – there are so many lovely students, staff and families involved! It is a great credit to our school to think that these students have travelled nearly half way around the world to come here to receive their education and - regardless of the homesickness - love it so much that they wish to stay.

Considering they are so far away from their parents, families and friends, it shows they have great strength of character and determination to succeed, especially when they have far greater restrictions on them than most teens, in terms of where they can go and what they can do, due to the safety regulations of the program. It is very difficult at times for the students to be so far from everything familiar to them, and I would like you to consider this the next time you walk past them. Go out of your way to have a chat and learn something you never knew before about them, their country or their culture. I believe the strength of character and determination visible in them, is also evident in our own local students and you may find out that you have more in common than you think!

The diversity and popularity of the program continues to grow and in particular, our school is becoming increasingly sought after by International Students. We already have several students for next year organised to arrive in January 2010 and another intake in July 2010.

Nicola and I have been busy recruiting new families to the program and this will continue to happen over the term and into the holidays. If you think you and your family might like to become part of this fantastic program and would like to know more, please contact us during school hours on 4925 1345. Alternatively, you can contact Nicola Barlow (Homestay Coordinator) on 0412 663 360 after hours.

Tchau!

Leonie Newton

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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@yepoonshs.eq.edu.au |
| Web Site: | www.yepoonshs.eq.edu.au |
| Postal Address: | PO Box 296 Yeppoon 4703 |

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STUDENTS LEAVING END OF TERM 4

Email advice for students leaving school at the end of Term 4

At the end of Term 4, all school-provided email accounts will close for Year 12 students and other students who are leaving the state school system.

Please ensure your child is aware that their school-provided email account will not work beyond the end of the school year and that they should ensure that they provide a personal email address to prospective employers or educational institutions.

This is especially important for students enrolling in further education or training using the QTAC, TAFE or other online system.

Emails will bounce if sent to a student's school-provided account after the end of term and students may miss out on confirming their enrolment into their chosen course of study.

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FROM THE SCHOOL HEALTH NURSE

Hello Everyone,

Let's talk a little about skin cancer! as it is [National Skin Cancer Action Week](#).



What skin cancer is?

Skin cancer is a disease of the body's skin cells, predominantly caused by overexposure to the sun's ultraviolet radiation(UVR).

For most people, sensible sun protection should not put you at risk of vitamin D deficiency.

Did you know there are three types of skin cancer?

BCC, SCC and Melanoma.

Basal cell carcinoma (BCC)

BCC is the most common but least dangerous form of skin cancer, and easily treated.

It usually appears as a small, rounded lump with a pearly edge and a few visible blood vessels. BCCs mainly occur in exposed areas such as the head and neck, upper trunk and the limbs.

Squamous cell carcinoma (SCC)

SCCs grow more rapidly than BCCs and may become larger over a number of months. They usually appear as a flat, scaly area which gradually thickens.

They occur in similar areas to the BCCs .These cancers may spread (metastasise) to other parts of the body if not treated.

Malignant melanoma

Melanoma is the rarest, yet the most dangerous form of skin cancer.

It can appear at any age and on any area of the body, even the areas that have not been exposed to light.

The first sign of a melanoma is usually a change in a freckle or mole or the appearance of a new spot on normal skin.

There may be a change in the size, shape or colour of a spot and the surface texture may change. Early detection is vital.

Did you know two out of every three Australians will develop skin cancer in their life time?

Australia has the highest rate of skin cancer in the world.

The sun's UV rays are strongest in the middle of the day. Even people with naturally darker skin can develop skin cancer.

Remember six doses of sunburn between the [ages of 12-25](#) doubles your chances of developing melanoma, the most deadly of all skin cancers.

You have a number of choices when considering maximising your protection from the sun.

Remember, a combination works best!

It's your choice to be sun smart and save your skin:

- Minimise your time in the sun between 10:00am and 3pm
- Seek shade
- Wear suitable clothing
- Wear sunglasses to minimise your risk of eye damage
- Apply a SPF (sun protection factor) water resistant 30plus broad spectrum sunscreen 20 min before you go out in the sun, and reapply.
- Cover up even when it is not so hot (cool or cloudy)
- Avoid using solariums
- Spot the difference and seek help (If you notice any new freckles, moles, sores or sunspots on your skin)

Remember there is more to sun protection than sunscreen. Protect yourself in five ways...SLIP...SLOP...SLAP...SEEK...SLIDE...

“Skin Cancer is preventable! by being Sun Smart”

Here are some Sun-Smart Tips to remember!

(Cancer Council QLD States: one for each day or one for each cross, It's up to you!)

- Skin cancers can appear ANYWHERE on the body even if it has never been exposed to the sun, so check all over your body for changes!
- Solariums emit up to 5 times the strength of sunlight on a mid summers day.
- Make sure you use a broad-spectrum sunscreen as it blocks out all UV rays.
- No matter how old you are, UV overexposure can still increase your risk of getting skin cancer.
- Try not to wear white clothing in the sun because it reflects radiation onto exposed skin.
- The best-anti wrinkle cream is to stay out of the sun!
- A tan does NOT protect your skin from the sun or stop you from getting skin cancer so make sure you Slip Slop Slap all year round.
- Sunglasses need to conform to the Australian standard for sun protection. You can check this by looking on the swing tag when they are purchased.
- A baseball cap only protects an inch of the forehead from the sun so opt for a broadbrim, bucket or legionnaire style-hat.
- See your local doctor if you notice any change in a freckle, mole or lump that is new or changing in size, shape or colour, or a sore that doesn't heal.

Take the time to **spot the difference** and seek help.

The more sun exposure over time, the more chance there is of developing skin cancer. So, PREVENTION and early DETECTION is the KEY!

Together we are working towards becoming a **Sun Smart School** for next year.

Sun safety education is/will also be happening through school parades, posters, displays in the library, and through curriculum teaching.

Support is needed not only from students and staff, however, but also from parents/guardian and our community as a whole.

From Your School Based Youth Health Nurse,

Friederike McCartney

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The Australian Defence Force Academy (ADFA) provides the training and education for the future leaders of the Navy, Army and Air Force, combining military and leadership training with a recognised undergraduate degree from the University of New South Wales (UNSW). The key benefits of studying at ADFA include:

- Being paid to study
- Degree from UNSW in Arts, Business, Engineering, Science or Technology
- No HELP debt (previously known as HECS)
- Lowest student to teacher ratio
- Free health care and subsidised accommodation
- Guaranteed career in the Navy, Army or Air Force

To find out more about ADFA, you are invited to attend the next information session:

**31 / 42 RQR, Woolcock Depot
Thursday 12 November 2009, 6pm
68 Western Street, Rockhampton.**

Seats are limited, please phone (07) 4726 0229 to reserve your seat to this event. Parents and friends are welcome.

For more information or to apply for ADFA call **13 19 01** or visit www.defencejobs.gov.au/adfa

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2010 THE SCIENCE EXPERIENCE

2010 The Science Experience

19th – 21st January 2010

CQ University Rockhampton Campus

For 2010 Grade 10 Students

For information and registration please contact **Shaylee Cowan** on **49232163** or visit www.scienceexperience.com.au

Enrolments Due by November 30th 2009 & limited places available.

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WORK EXPERIENCE

I would like to take this opportunity to thank all the Businesses that have taken on students this year for Work Experience. Without your support the Work Experience Programme would not exist. Looking forward to contacting you in 2010.

Jillian Lowry

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