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## PRINCIPAL'S MESSAGE

Dear Parents and Caregivers,

Welcome to Term 4 of the 2009 school year. Congratulations to the instrumental groups who performed at the Pine Fest on Saturday.

The Opti-Minds team, the members being – **Darryin Marriott, Geodie Williamson, Dimity Dalzell, Mahnee Barry** will be in Brisbane this weekend to compete in the next State challenge. Good luck and enjoy the experience.

The Presentation Evening will be on Tuesday 27th October 2009 commencing at 7.15pm followed by the annual Sports Presentation Night on Friday 6th November at Krackers from 6pm.

It has come to my attention that there are a number of students in Central Plaza before school each day. There are a number of bus students, on arrival to school who visit the Centre. Parent/Caregiver permission is a must and students must sign-in before leaving the school to visit the Centre. This is for a specific purpose.

From the beginning of next year, an electronic monitoring process will be introduced to monitor student attendance. Attendance will be monitored for each period. At the end of the each day, you, as a parent/caregiver, will receive a letter, phone or SMS text to advise you if there is an attendance issue.

**Ian Boon**  
Principal

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## CONGRATULATIONS



Bianca sold the highest number of car raffle tickets for the school and received a voucher from - **'Crave Surf Industries'**

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## CANTEEN NEWS

**Two Week Roster**

### 19<sup>th</sup> – 23<sup>rd</sup> October

- Mon 19<sup>th</sup> Oct **Student Free Day**
- Tues 20<sup>th</sup> Oct Elly Barbin & Wendy Binder
- Wed 21<sup>st</sup> Oct Michele Stroud
- Thurs 22<sup>nd</sup> Oct Ros Lehman & Julie Boyle
- Fri 23<sup>rd</sup> Oct Coral Robinson

### 26<sup>th</sup> – 30<sup>th</sup> October

- Mon 26<sup>th</sup> Oct **Help Needed!**
- Tues 27<sup>th</sup> Oct Laurelie Ogilvie
- Wed 28<sup>th</sup> Oct Michele Stroud
- Thurs 29<sup>th</sup> Oct Tancie Kay
- Fri 30<sup>th</sup> Oct Alisa Gordon

### Uniform Shop

Mon – Thurs 8.30am - 9.00am

Fri 8.00am - 12 noon

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## DATE CLAIMERS

- Oct 15<sup>th</sup> → 20<sup>th</sup> Ancient History Trip
- Oct 19<sup>th</sup> **Student Free Day**
- Oct 23<sup>rd</sup> Fashion Parade
- Oct 27<sup>th</sup> Presentation Night
- Oct 30<sup>th</sup> World Teachers Day
- Nov 4<sup>th</sup> Combined School's Concert
- Nov 6<sup>th</sup> Sports Presentation Evening
- Nov 18<sup>th</sup> Yr 12 Graduation
- Nov 20<sup>th</sup> → 25<sup>th</sup> Yr 11 Exam Block
- Nov 20<sup>th</sup> Yr 12 Senior Formal
- Nov 27<sup>th</sup> Last Day Yr 10 & 11
- Dec 11<sup>th</sup> Last Day of School for 2009

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## CONTACT DETAILS

<b>Office Phone:</b>	4925 1333
<b>Student Absence Line:</b>	4925 1360
<b>Student Absence Email:</b>	jcurt32@eq.edu.au or dkeir4@eq.edu.au
<b>Canteen:</b>	4925 1316
<b>Email:</b>	the.principal@yepoonshs.eq.edu.au
<b>Web Site:</b>	www.yepoonshs.eq.edu.au
<b>Postal Address:</b>	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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## **INSTRUMENTAL MUSIC**

On Friday 9th October, our Senior Concert Band travelled to two of our local primary schools, Tarranganba State School and Yeppoon State School, to promote instrumental music to interested year four students. The band performed concerts at each of the schools showcasing music from stage and screen, entertaining the young audiences. As expected, the behaviour, performance and team work displayed by our instrumental students was exceptional. The promotional tour was a huge success for all schools involved and very rewarding for Mrs Douglas and Mr Smyth. Thank you to all students who were involved in the recruitment tour and their families for the continued support they offer our program. Thank you to Mr Smyth for your unwavering dedication and to Ms White for assisting on the day.

The local Pinefest celebrations have long been a highlight on the Yeppoon cultural calendar. This year the, YSHS Instrumental Music Program was offered an opportunity to perform as part of this year's celebrations. Our String Orchestra performed at a concert showcasing talent from local schools at the Yeppoon Town Hall on Saturday 10th October. The audience really enjoyed the orchestra's performance and it was wonderful to see a full compliment of players. The Senior Concert Band performed on the Beachfront during Saturday's performances, again the presentation and performance of the ensemble was exceptional and the feedback from the public was very positive.

Thank you again to all students and staff who supported this event, in particular Mrs Dobson and Mrs Douglas for preparing entertaining and polished performances. Also a big shout out to Frank Douglas, Glevin Delalande, Shelley Jones and John Jones for generously giving their time to help transport and manage out percussion equipment.

### **Reminders**

- Big Band 31st October Oktoberfest performance.
- **All Ensembles 4th November Combined Schools Concert.**

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## **INTERNATIONAL STUDENT UPDATE**

One of our students, Lena Vollmer, has successfully completed her program and has now returned to her hometown in Germany. I'm sure many of you who had the good fortune to meet Lena, will miss her, however I do believe we may hear from her again!

The international students enjoyed the "Learn To Surf" day, hosted by Pat Eastwood on the first day of the school holidays. I was unable to attend, however, all reports were extremely positive and the students were very grateful for the opportunity. Thanks to Pat for his expertise and wonderful instruction on the day. Thanks also to the Homestay Families for supporting the activity and getting their students ready on time!

Several other students will be leaving us at the end of this term including our one Brazilian student, Isabela Brito, who will be graduating from Year 12. All the international students bring a great deal of character and diversity to our school and will be sadly missed when they leave.

Don't forget that if your family is a Homestay Family, you are able to participate in all the great activities organised for the International Students! The next activity we are embarking on is, "Adventure Caving" in a few weeks. Be on the lookout for the information and permission letter. If you would like to come along with the international students to explore the amazing caves and see

the tiny Bentwing Bats the caves are renowned for, listen to the notices for times or Nicola Barlow in G Block staffroom.

Just to update everyone on our staffing arrangements, Nicola Barlow is the Homestay Coordinator – she takes care of all new applications to the program and keeps things running smoothly in the homes. Nicola works on Tuesday and Thursday between 9 am and 3 pm in G Block. Call Nicola for any home related issues.

I am the International Student Program Coordinator and I take care of all aspects of the program, assist Nicola, and in particular, I deal with all things that are school related.

The Homestay families are the backbone of our program and we are always on the lookout for more interested families to join our team. We are available to answer any questions you may have regarding this life enriching experience by phone or email, any day of the week.

Arrivederci!

### **Leonie Newton**

International Student Program Coordinator

Phone: 4925 1345

Fax: 4925 1333

Email: lnewt21@eq.edu.au

Nicola Barlow  
Homestay Coordinator  
Email: nbarl11@eq.edu.au

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## **FROM THE SCHOOL NURSE**

Hello everyone and welcome back to term 4,

As it was Mental Health awareness week from the 04th to the 10th of October I would like to utilise this opportunity to give you some information on **Mental Health**. Have you ever asked yourself, what is Mental Health?

“Mental health is the embodiment of social, emotional and spiritual wellbeing”. Mental Health provides us with the vitality we need for active living, achieve our goal's and to interact with one another in ways that are respectful and just.

### **Some FACTS!!**

Did you know that every year 20% of adults are affected by some form of Mental Disorder! Anxiety and depression are the most common forms of mental illnesses.

Eight hundred thousand adults and one hundred thousand children and teenagers are affected every year by depression. Also before the age of 18 years, approx. 25% of young people will experience depression.

One in four women and one in six men will have an episode of clinical depression in their life time.

By the Year 2020 the WHO (World Health Organisation) has indicated “depression will becoming the leading global disease burden.”

I believe that being informed and aware of Mental Health / Social and Emotional and Wellbeing issues will assist us in early identification and providing support.

Sometimes mental illnesses can just happen, like diabetes, asthma or broken leg. However .....**Stress factors** contribute to mental health problems.

- **Life stresses** such as school, employment, financial hardship, change of school, work or living place, alcohol and drugs, accidents or physical illness.
- **Relationships stresses** with family unhappiness, lost or broken friendships and feeling alone or not part of a community;
- **Violence Stresses** of bullying and physical, emotional or sexual abuse.

Mental Health problems affecting young people can include but are not limited to:

- **Depression**- ranging from feeling down or irritable a lot, or not sleeping or eating, to feeling worthless.
- **Anxiety** – ranging from feeling of fear or uncertainty, to panic attacks and being unable to leave home or go into public places.
- **Eating disorders**- including lots of dieting or constant bingeing or purging, or not eating.
- **Psychoses**- including seeing or hearing things that aren't there, believing things that are bizarre and untrue, and having jumbled or disjointed speech.
- **Conduct disorder**- ranging from getting into trouble a lot, or bullying or fighting, to stealing and being in trouble with the law.

Mental health issues can also include things like grief, difficulties with friends, stress after a traumatic event or feeling about hurting your self.

Some young people found some things hard, and may need some extra support from time to time.

Feeling down is part of normal life however if it exceeds over a longer period of time get it checked out.

**Remember: If in doubt, Check it out/ask for help from your:** GP, Health Nurse, Kids help line 1800551800, [www.kidshelp.com.au](http://www.kidshelp.com.au), or another great website [www.beyondblue.com.au](http://www.beyondblue.com.au), their youth page is <http://www2.youthbeyondblue.com/ybblue>

### Some ideas that creates happiness:

- **Be grateful:** This is vital to happiness, be happy with what you've got- not what you want.
- **Be with positive happy people:** Negativity, complaining, and self pity are draining and contagious.
- **Limit negative input:** the media can have a huge impact on you happiness level.
- **Exercise:** Research shows that exercise raises the serotonin levels in the brain which makes you feel better.
- **Do something for someone else:** as the feeling of giving is wonderful. Take reasonability for your own happiness; do not wait for others to make you happy.
- **Spend time outside:** take the time to enjoy nature.
- **Take time to do things you love**
- **Smile:** a smile can be contagious and makes you feel good to receiving one.
- **Laugh:** laugh lots as it releases endorphins which are important for our health and makes us feel good.
- **Have Fun !!!!!!!!!!!!!!!**



If you remember our **Whole School Health Audit** that was conducted last year (identify health concerns) **Mental Health** came up as one of the top three priorities.

Following this we have formed a **Health Promoting Committee** to address these concerns.

Such as supporting existing **Social and Emotional wellbeing's** programs and curriculum teaching, further more investigation and implementing of the **Mind Matters** and **Staff Matters** program.

Every Monday and second Thursday I work at YSHS, appointments can be made through admin or ringing me direct on ext.329, Pop in or contact me via e-mail on: [fmcca13@eq.edu.au](mailto:fmcca13@eq.edu.au), or [Friederike\\_McCartney@health.qld.gov.au](mailto:Friederike_McCartney@health.qld.gov.au)

Regards from Your School School Health Nurse

**Friederike McCartney**

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**CQU Information Session**  
**Medicine@UQ**

The University of Queensland is holding an information session in Rockhampton on October 28 entitled Medicine@UQ. The session is designed for students in years 8-12 interested in a medical career, parents, school career guidance officers, teachers likely to have students interested in becoming a doctor in their classes, and principals.

**Wednesday Oct 28 at 6pm**  
**Acacia Conference Room**  
**Quality Inn Centre Point**  
**131 George St Rockhampton**

For further information please contact our Marketing Manager, Matt Stevenson on (07) 4120 6814 or 040 376 1880

# **CAWARRAL STATE SCHOOL**

## **Trivia Night**

**Friday 23 October 2009**

**Cawarral School of Arts Hall**

**Commencing: 7.00 pm**

**Teams of 6**

**(This does not include Primary School age children).**

**\$12:00 entry fee per team**

**CRAZY HAIR/WIGS/HATS**

**Licensed Bar**

**Softdrinks, Water, Tea and Coffee**

**BYO Nibblies**

**Teams to Register with Cawarral State School by Friday 16 October.**

**Telephone: 49344132;**

**Fax: 49354202;**

**Email: [mdona18@eq.edu.au](mailto:mdona18@eq.edu.au)**

**COME AND EXERCISE YOUR BRAIN AND  
ENJOY THE FUN !**

## **ROOSTER FOR SALE !!**

Contact Rebecca Creighton  
at Yeppoon High School  
49251333 for more information.



## Surfing Queensland

Free Learn to Surf Lessons!!

Male/Females aged 8-80years

24th & 25th October 2009



**Location:** 'Big Dune Surfing Reserve' Farnborough Beach

**When:** 1HR sessions from 9am-3pm both days

**Registrations:** MUST REGISTER ONLINE

[www.surfingqueensland.com](http://www.surfingqueensland.com)

**Enquiries:** Capricorn Coast Learn to Surf (07) 49392780

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