FROM THE PRINCIPAL
EVERY STUDENT in EVERY CLASS (and activity)
EVERY DAY of the school year.
SENIOR LEADERSHIP INVESTITURE:
Congratulation to our new student leadership group. This year our Year 12 group is the largest in the school at 251 students. Students have chosen wisely in their choices for prefect and other leadership positions. Special congratulations are extended to Chelsea Vincent and Declan Smith (School Captains) and Annabel Persson and Alex Zhou (Vice Captains). Mr Aspinall and members of the admin team participated in a workshop afternoon and dinner on Tuesday 12th as students plan for the year ahead.

YEAR 12 2012 UPDATE: Congratulations to Lucy Thorsen (OP1) who has won a QUT Excellence Scholarship to the value of $25000.

STUDENT LEARNING PLANS will be completed by each student in the school so that they will have input and ownership of the goals they set with their teacher about their learning in each class. These plans will inform progress and guide conversations about progress with both students and parents.

STUDENT COMMUNITY ENGAGEMENT: Last week a letter was sent home (email or hard copy) relating to this initiative that will commence across the school this year. If you have any feedback please contact me at the school.

SWIMMING CARNIVAL: What a tremendous day with our largest participation numbers to date. Congratulations to all students (especially our sports captains) and a big thank you to staff for your management of the day. A special thanks to our sport coordinator Mr Blanshard for all his hard work. This was a really enjoyable day as a whole school event.

BELL TRIAL: This week we commence a trial of not ringing the school bell as often during the day. We are ringing the first and last bells of the day and the bell at the end of each break. These bells are to help students who may be on the oval during breaks and so no student is late to a bus in the afternoon. The aim is to reduce the noise level in the school and for our neighbours. There are no other areas of work or study that need bells to tell people when to move to a new activity. Two of our senior classes are conducting some local research into this change and will provide some data to review it.

KEEP YOUR HAT ON! Greater emphasis to the wearing of school hats will be part of our normal routine. Students are expected to have their hats on at all times when in uniform at school other than in classes. There is no grey in this approach. Students who have difficulty in meeting this expectation will be supervised in the shade during breaks for their own welfare.

REMINDER - ER SCHEME - If you are unfinancial from last year you need to rectify that before you can join this year. This year non-participating or unfinancial families will be required to have student/s pick up laptops each morning and return them each afternoon and be responsible for charging the devices during school breaks.

MUSIC AND VOCAL PROGRAMMES: Due to the extraordinary demand for places this year we will have to remove unfinancial participants (2012) as these programmes have to be partially self-funding as they are not included in mainstream allocations to the school. Any unfinancial members have until the end of this week to rectify their position and also meet this year’s commitment. These are fantastic programmes and offer participants high quality learning and experiences for the minimal outlay.

Myron McCormick

COMING EVENTS
FEBRUARY
19  P & C Meeting 7pm
  District Swim Carnival – (Albany Creek)
  Junior Interschool Sport Round 1
  Yr 12 Art Excursion to Goma P3 &P4
20  Senior Interschool Sport Round 1
21  Constitutional Convention
22  Metamorphs
26  Junior Interschool Sport Round 2
  Yr 11 Theatre Workshop P1
27  Senior Interschool Sport Round 2
28  Yr 10 Science & Engineering Challenge
     School Photos
MARCH
1   Student Council – Clean Up Australia Day
    Metamorphs
5   Junior Interschool Sport Round 3

PARENT REMINDER –LATE TO SCHOOL AND PERMANENT LEAVE PASSES

It’s important that students arrive at school for the commencement of the day at 8.40am. If your child is running late for a legitimate reason, please notify the school via phone call before the student arrives. Students arriving late without explanation are given a community service task during their lunch hour.

Permanent leave passes are not issued to students on a Wednesday afternoon, (or any other afternoon). Students who wish to pursue independent study instead of participating in Wednesday afternoon sport can do so at school under the supervision of a teacher.

HEAD LICE ALERT
Several cases of Head Lice have been reported in the school. In order to eradicate the problem from our classrooms, we need to ensure that all children have their hair and scalp thoroughly checked on a regular basis.
Head Lice are hard to detect in hair, however, the tiny eggs on the hair shafts (a bit like dandruff but hard to remove) are a sure sign. If your child is constantly scratching his/her scalp there is a strong possibility that lice are present.

**Students who have Head Lice are to be excluded from school until the day after proper treatment has taken place.**

Educate your child about Head Lice and encourage him/her not to share hats, brushes, swimming caps etc. Head Lice can happen to anyone (lice are not choosy). It is not a social stigma. It is not a sign of uncleanliness or poor health habits, and “over the counter” treatment shampoos are available from the chemist and hairdressers.

Please ensure that your child’s head is thoroughly inspected and treated if necessary before returning to school. Thank you for your co-operation in this matter.

**TESS COOPER’S CRICKETING SUMMER**

Over the school holidays Kedron’s School Sports Captain, Tess Cooper (Year 12) was competing for the Queensland Women’s Under 18 Cricket Team at the National Championships in Ballarat, Victoria. Tess is an opener whose batting is her strongest skill. Queensland played a number of games, narrowly losing to NSW, Victoria and South Australia. They had strong wins over Tasmania and the ACT to finish 5th overall in the tournament. Although she wasn’t picked for the Australia team Tess was happy with her performance, including a couple of top scores against NSW and South Australia. She had limited opportunities to bowl and is looking forward to making the team in her final year this year. Congratulations Tess.

**SCHOOL PHOTOS**

School Photos for Years 9, 10 & 12 will be taken on Thursday, 28th February.

All students will have photos taken, whether they are purchasing or not, as the photos are used for our Year Book, NORDEK.

If your child’s photo has already been taken and you would like to order photos please return the order envelope with payment included to the Middle School Office by 28th February.

If any Year 8 or 11 students missed the ID photos, they should report to the Assembly Hall at 8.55am (straight after Form Period) on 28th February. Year 10 students involved in the Science and Engineering Challenge should have their photos taken at 8.15am. Students must be in formal uniform for the photos.

The order envelopes for all students who are photographed on 28th February should be given directly to the photographer.

**PRESENT WITH PRIDE**

Please remember that your uniform is to be worn proudly and well at all times. This includes on the way to and from school. Shirts should be tucked in; top button should be done up and girls’ hair should be in – every minute that you are in uniform. You are an ambassador for your school.

**LUTWYCHE CONTINUE THEIR WINNING WAY**

In Week Two Kedron SHS held their annual swimming carnival at the Valley swimming pool. Over 900 students attended, making it one of the largest carnival crowds in recent memory. After a number of events it became clear that it was going to be a two horse race between Wickham and Lutwyche. Both houses were excellently led by their house captains, who made sure that they got a maximum number of competitors into each race. In the end it came down to the relays and Lutwyche pulled ahead to claim their second successive title.

In terms of individual performances congratulations must go to Tara Seiffert-Smith (Year 9), Corey Whyte (Year 9), Samantha Perkins (Year 11) and Abigail Tanguilig (Year 12) who not only won their age championships but also went through the whole day undefeated, winning all four races in the four strokes on offer. This is an impressive effort of athletic versatility and excellence. Well done to those students. Congratulations must also go to the House Captains who were excellent in getting their houses into carnival mode. From Griffith’s excellent new war cries to Lutwyche’s home made lifesaver outfits the house captains dressed and inspired their fellow students fantastically. Well done.

Abigail Tanguilig (Year 12) also broke the 17 Years Girls 50m backstroke record. Well done Abigail.

The next carnival will be our House Cross Country which will take place at the beginning of Term 2. Can Lutwyche defend their Cross Country title as well or will the other houses step up to the mark?

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<thead>
<tr>
<th>Kedron SHS 2013 Swimming Age Champions</th>
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<tr>
<td>Boys 13 Years</td>
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<td>Tristan Sweeney</td>
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<td>girls 13 Years</td>
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<td>Emily Rogers</td>
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<td>Boys 14 Years</td>
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<td>Corey Whyte</td>
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<td>Girls 14 Years</td>
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<td>Tara Seiffert-Smith</td>
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<td>Abigail Tanguilig</td>
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<td>Boys 18 Years</td>
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<tr>
<td>Thomas Pena</td>
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<td>Girls 18 Years</td>
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<td>Molly Dahms</td>
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18 February 2013
AFTER SCHOOL SPORT
Kedron is proud to offer a number of sporting opportunities to its students after school. Between 3pm and 4pm students have the chance to play a number of sports free of charge, organised by the school’s HPE Department as well as other “sports mad” teachers. We would encourage all students, both boys and girls, of all grades to come down and have a go at these sports. The After School Sports Programme is as follows:

Tuesday Touch Rugby on the school fields
Netball in the Sports Hall

Wednesday
Futsal (indoor football) for Years 10-12 in the Sports Hall

Thursday
Futsal for Years 8 and 9 in the Sports Hall

Friday
Basketball in the Sports Hall.

GO CARD MAKES TRAVELLING TO SCHOOL EASY
Did you know that if your son or daughter uses a Translink go card to travel to school they save at least 30 per cent on the cost of a single concession paper ticket, which is half of an adult’s fare? What’s more families can register the card so the balance can be protected if the card is lost or stolen. Registering the card also allows families to top-up online or over the phone. They can also set up auto top-up so students will always have funds on their card.

EVERY CHILD HAS THE RIGHT TO SUCCEED IN AN EDUCATION WORTH HAVING. (AFTSL)
At Kedron State High School we firmly believe that our core business is your students’ learning. We strive to meet the needs of our learners in a variety of ways. In years 8 to 10 we differentiate the learning in the core subject areas of English, Maths, Science and History based on your student’s demonstrated ability in the subject as well as his/her literacy and numeracy skills. In extension classes we focus on extending the students through activities such as the implementation of higher order thinking skills. Students cover the core work as outlined in the national curriculum but the approach of the teacher is altered to suit the specific needs of this group. In mainstream classes the students are completing the national curriculum and your student’s core teachers have strategies in place designed to help your student improve. Our assisted learning classes include learning support and ESL. Again the teachers’ focus is on assisting their students to meet the core demands of the national curriculum with additional scaffolding and support.

In 2013 we have introduced STUDENT LEARNING PLANS for students in Years 8 to 12. In week one of this term all students were issued with a Student Learning Plan and students in Years 9 to 12 received another copy of their semester 2, 2012 report. Your student is responsible for setting a goal for every class as well as two actions that they will put in place to achieve that goal. The student shares his/her goals with their teacher who will ensure that the goals are realistic and the actions appropriate. You will be able to discuss your student’s goals and actions with his/her teachers at parent teacher night and we would encourage you to discuss the goals regularly with your student. The plans are kept in the student’s homework notebook.

If you have any questions please contact Mrs Coogan, A/Deputy Principal School Performance at the school or via email ecoog1@eq.edu.au

LIBRARY VOLUNTEERS INVITED
Each year I invite volunteers from our parent group to assist us processing resources. My offer to you: any of the items we house are available for loan and this is also open to younger siblings in primary school. Full on-site training provided – a sense of humour and desire to be a part of your student’s learning environment required. Please contact Janelle Fairley, Teacher Librarian on 3630-3317 or library@kedronshs.eq.edu.au to apply. Thank you J Fairley

TIPS TO GET BACK INTO THE SCHOOL ROUTINE
Did you make any New Year’s resolutions? Did you intend to keep a schedule or plan, but when your teenagers slept in you liked the extra quiet time? Not living by the clock was a refreshing change of pace I am sure, but school has started and you know those teens (and possibly you too) need to get back into the groove.

Let me reassure you, it’s healthier to have a flexible schedule than a rigid one; to have no guilt about your Christmas holiday schedule. Just realising that the school schedule is a big change and you may need to ‘encourage’ your children in making the transition.

Like so many things in life, back-to-school time is an exercise in regaining balance for all of us. So here are some tips for making the transition a little smoother:

1. Ideally, before school starts, start moving back to the school-year bedtime by half-hour increments.
2. At the same time, have the children wake up earlier each day, until they have gotten up at their regular school time for about a week.
3. Make a conscious effort to re-establish regular mealtimes and talk about their day.
4. Teach your children how to plan and pack a healthy lunch so they (and you) can be more independent. Brainstorm lists of the healthy foods they like. They can choose one item from each category to create a variety of healthy balanced lunches. If they really want something unhealthy, limit it to one item each week, so it’s a special treat, not an everyday food.
5. Take them grocery shopping so they can pick out healthy foods for their lunch. The more your teens are involved and making choices, the fewer power struggles you’ll endure. They will also establish healthier habits and lifestyles, which will follow them into their adult years (which will be here before you know it!)
6. Have them plan a way to remember their homework, lunch and bags each day. Also, when they will do their homework, leisure/sport, eat and do other activities. The goal is to complete responsibilities while maintaining balance, using good time management skills. Sound familiar? That’s what you (and possibly they) have to do at work! Well school is their “work” and they need to take responsibility for it so they will
be prepared for their future. Planning for them deprives them of these learning opportunities. Teaching skills and letting them figure out a plan meets the goal.

7. Encourage them to organise their bags in preparation the night before. Again, this is their responsibility. Provide the necessary supplies so they can be organised. You can tell them what you would do, but need to let them figure out what works for them.

8. Have school items and homework (including revision) ready each day. This will give them something to look forward to (and less opportunity for conflict).

9. Have children choose no more than two after-school activities per season (a sport/exercise and a hobby), so they don’t ‘overdo’ themselves. Maintaining balance requires setting priorities and making choices.

Are you seeing some patterns in these tips? Effective transitions happen gradually and help prepare children for the impending change. By involving them in the planning and giving them some choices about how the change occurs, they will manage the transition and change more willingly and effectively. They’ll also learn important life skills and be more independent, responsible and confident.

Every parent wants that- and future employers will value it, too! Adapted from Parenttoolshop.com

Wishing you a wonderful school year!
Fiona Lyon  Guidance Officer  flyon2@eq.edu.au

HOW TO HELP KIDS WHO ARE HOOKED ON ONLINE GAMING.

From the Guidance Officer
I found this article on Generation Next website, which I thought might be useful for parents who may have a power struggle with their teens regarding internet access and gaming. © Fiona Lyon.

97% of children play video games
2% are addicted

The recent story of an Adelaide mother who is struggling with her 17 year old son’s addiction to the online fantasy game Runescape probably rang alarm bells with many parents who suspect or know their teenager is in front of a screen far too often and for far too many hours at a time.

Research shows that in America 97% of all children play video games and 2% are addicted*. According to the Entertainment Software Association (ESA) in the USA 25% of players are under 18 years of age and 60% are male.

The American Psychiatric Association will add “internet use disorder” to the research appendix of its Diagnostic and Statistical Manual of Mental Disorders (DSM-5) in May 2013. Dr King, researcher at the Adelaide University School of Psychology said “this is the first time internet-related disorders will be acknowledged in the DSA.”

Writing in the latest issue of the Royal Australian and New Zealand Journal of Psychiatry, Dr King confirmed that mental health experts are debating whether to define the illness as “internet addiction” or “video gaming addiction”.

The 5 tell-tale signs of online gaming addiction:

1. Pre-occupation with gaming and hiding gaming use
2. Social withdrawal or isolation
3. Disengagement from school life
4. Loss of interest in other activities
5. Defensiveness and anger

Tips on how to help teens with a gaming addiction:

I. Parent tag team: it is important that both parents take the addiction seriously and back each other up. They must approach their child together so that the child knows they cannot divide and conquer their parents by playing one off against the other in an effort cover up their addiction, appealing to the weaker parent for support only enables the child to continue and to some extent hide their game playing from the other parent.

2. Encourage educational games: there are plenty of games that have an education base, encourage a child to play these instead of violent online games. There are also websites that engage players with other players from around the world to see who can complete educational tasks, like maths problems, the quickest. The participants are given points and can progress to different levels. It can give the player the same sense of empowerment, satisfaction and achievement as online commercial games.

3. Set time limits: parents need to establish clear time limits with a child. Enter into a contract if necessary. Sit down with the child and discuss what is a reasonable amount of time to play a game, by involving the teenager in the decision making process, they are more likely to adhere to the boundaries set.

4. Look for the school connection: is a child turning to online games because they are not doing well at school? It is hard to tell what comes first: the poor marks or the online games. Not performing well at school impacts a child’s self-esteem. They may retreat more into the game to cope with negative feelings about themselves. At least in the virtual world they can control things. Try to encourage their studies and find out if they are finding any areas difficult.

*Pew Internet & American Life Project. USA

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Writer Helen Splarn, Editor Dr Ramesh Manocha.

This entry was posted in Culture & Society, Cybersafety, Mental Health & Wellbeing, New Media and tagged addictions, adolescent health, Depression, Dr Ramesh Manocha, generation next, parenting, Positive Psychology, ramesh manocha, technology, wellbeing, young people, youth. Bookmark the permalink.

THE ROLE OF THE SCHOOL BASED YOUTH HEALTH NURSE

For those of you who don’t know me, I am Melanie, the Youth Health Nurse at Kedron High. I work Tuesday and Friday and alternate Wednesdays within the school.

The role of the Youth Health Nurse includes working within the school community on issues that may affect the health and wellbeing of young people. I provide information through whole of school health promotion, classroom education and young women’s groups for Gr 8 to 10 girls. The majority of my work is consultations with students on various issues they may be having and the girl’s groups.
Student consultations are confidential except in circumstances where the student’s safety is at risk. Parents can also contact me if concerned about their child and I can make community referrals for parents if required.

Some health related areas I can discuss with students or parents are:

- Eating and body image issues
- Behavioural changes that can affect one’s learning capacity ie. Sleep disturbances, risk taking behaviours
- Stress
- Self esteem
- Friendships at school, bullying, non compliance with attending school
- Personal and family problems
- Growth and development
- Sexual health
- Alcohol and drug awareness
- Referrals or information in regards to community agencies

The role of the Youth Health Nurse does not include treatment such as medications, injections, first aid, physical examinations or longterm counselling for psychological problems. I can be a support person though for students with a medical condition.

Students can make an appointment with me directly. My room is located in the same area as the guidance officer. Parents can contact me on 36303351 (Tuesday, Friday and alternate Wednesdays)
Melanie Hilder
School Based Youth Health Nurse

**LANGUAGES NEWS**

**Japan Trip 2013**

Nominations are now open to Japanese language students in years 10/11/12 who are interested in participating in Japan Tour 2013. The 16 day tour provides students the opportunity to practice, consolidate and extend the language that has been learnt in the classroom. Students will visit significant historical sites in Tokyo, Kyoto and Hiroshima and experience Japanese school and family life first hand. The trip promises to be the highlight of Japanese curriculum study at Kedron State High. For further information, please contact your Japanese teacher.

**Six week French Exchange**

For six weeks over the Christmas holidays year 12 students, Sarah Crisp and Annabel Persson lived with French families and attended Kedron High’s sister school Lycée St Louis. In the following paragraphs, Annabel recollects her experiences.

In the September holidays last year, eighteen Kedron students and three teachers travelled to France for a two-week trip. The first week we stayed with host families in Saumur, and the second week, we spent in Paris. In just that first week alone, I personally, improved immensely with regards to my French listening and speaking skills, from having spoken the language every morning and night.

However, a six-week exchange took things to a whole new level. Sarah and I spent three weeks at St Louis – our sister school – before taking a two week vacation over the holiday season, and wrapping it up with another week at school afterwards. I was extremely privileged to be able to visit other parts of France in this two week break, and I know that Sarah had a much similar experience to me. Now, our buddies stay with us for the same length of time.

At first, the thought of speaking French for six weeks straight intimidated me; even though I had gained confidence from the two-week school trip, I was still terrified of making mistakes, making a fool of myself, becoming muddled and above all, not being understood and saying something completely inappropriate and wrong!

But when I met my family, so welcoming and kind and understanding of how difficult it would be for me, my worries were supressed, and though I was shy for the first two days, I came out of my shell, made friends, and began to speak more. Some students would speak to me in spurts of English so as to help me when I was lost in the middle of my sentence, and clung to me for dear life in English classes, as I did to them in French class.

But the time came when I did not much need their help so much anymore; I did not need to rely on them to finish my sentence for me most of the time. I still sometimes would stumble through phrases, but I became more and more confident as my vocabulary grew, and became able to hold full conversations in French, with people. I was even asked to speak in front of my French class on my last day – a fantastic but most certainly nerve-racking experience!

In short, this exchange was an invaluable experience, something that I would encourage everyone to take part in. My vocabulary, the fluency of my speech, and even my accent, have all improved immensely, and I know how much the experience will benefit both Sarah and I in our final year of schooling. So many friends were made; so many amazing people who I am sure I will keep in close contact with for a long time to come. I thought I had learnt so much in my two-week trip in September. But it did not even come close.

Sarah and Annabel’s host students, Manon and Elsa are currently reciprocating the exchange at our school. They will return to France in mid-February.

**A Taste of French 2013**

Year 12 students of French are invited to the University of Queensland to participate in free language workshops on Friday 22 February. Students will also be introduced to the many opportunities available for language study at UQ. For times and location, please see Ms Donaldson.

**Welcome new International students**

Kedron State High warmly welcomes ten new International students this term. In year 11, Chiaki Abiko and Hinako Kumagai join us from Japan, Quifan Huang and Luoyao Tan from China, Hoang Ming from Vietnam and Keon Lee from Korea. New year 10 students include, Linda Gams from Austria, Korean student, Yongwook Gweon, Kentaro Kumagai from Japan and Duc Du Nguyen from Vietnam.
LEARNING HUB

Kedron SHS Library
Teacher Librarian:   Ms J Fairley
Library Assistant:   Mr A Downie
OPENING HOURS:    8.15am – 3.30pm

Purpose statement:
• To provide spaces where students can collaborate and participate utilising mobile technologies;
• To facilitate connectedness to global information networks and digital worlds;
• To enhance learning by facilitating access to online learning communities to learn collectively;
• To provide opportunities for communicating knowledge through sharing of new ideas and generating feedback.

2013 opens new doors to learning through access to iPads, e-readers, eBoard interactive whiteboard and software, new databases and a great range of audio, print and digital books. The library loans process is enhanced this year with the introduction of a RFID Self Check system enabling students to borrow independently.

Students may access paid subscription databases from the www.kedronshs.eq.edu.au website – facilities – library – databases using the login details provided on the library homepage from school intranet. Library subscribes to Oxford Reference, Expanded Academic and Australian Public Affairs databases. State Library of Queensland membership also offers e-services cards to all Qld residents and has a great range of freely available journal articles. As a more credible, valid, reliable and relevant alternative to search engines students are encouraged to use these authenticated sources as a starting point for information search. See library staff for more information.

A new plagiarism detection software program has been adopted at Kedron SHS to identify instances of plagiarism and is compulsory for all research assignment work draft submissions from Years 10-12. It offers enhanced features enabling teachers to give digital feedback and set up peer critique, accessible from school and home. The objective is to develop correct referencing skills with the benefit of improved demonstration of analyses and synthesis of ideas and knowledge. Ask your student to login with their eq mail address and show you around their dashboard at www.turnitin.com.

We happily welcome new volunteers to assist us processing resources and invite you to contact us.

Happy information searching!
J Fairley, Teacher Librarian, library@kedronshs.eq.edu.au