FROM THE PRINCIPAL

TO STRIVE IS TO SHINE: The more I read and hear these words, the more I am convinced they are a cornerstone of the school’s success and wonderful culture. To me, they express the clear view that it is in the journey we learn the most. They are about endeavour, resilience and patience. The words are also about setting ourselves lofty goals and not relenting on those goals. Perhaps for students the goal might not happen immediately upon graduating from high school, but that doesn’t mean it won’t happen for them, the path might just be a bit longer.

SCHOOL DROP-OFF & PICK-UP: We are experiencing increased problems around drop-off and pick-up times at school. We need parent support to minimise the congestion and risk to our students. I particularly seek the support of parents to not block the entrance to the Emergency Services building by waiting for the drop-off zone to clear. If it is full, I ask parents to seek a drop-off spot further away from the gates such as down Gorman St. I would also ask parents to consider a slight adjustment to drop-off and pick-up times if possible. If a greater number of parents come slightly earlier or pick up slightly later, this will assist greatly. I know this isn’t always possible, but I offer it as an option. I have been advised that there is very likely to be an increased police presence around the school during these times and fines may be issued. Some parents have advised that they have received fines of $160 already, so I really wanted to give parents reasonable warning.

Additionally, the crossing at the front of the school (Park Rd) is not a zebra crossing and we are not entitled to a crossing supervisor. We have asked students to be cautious in crossing and considerate if they see a number of cars backed up waiting. I also ask parents to be cautious in this zone. I am aware that not every student uses the crossing appropriately or at times they cross in other areas and we are consistent in our messages to students around this. If you give the same message at home that would be fantastic.

SCHOOL EVENTS AND FUNCTIONS: Parents and caregivers please be well aware that sanctioned school events are conveyed to you via the school calendar, communicated through our newsletter, emails and letters sent from school directly to home. Any other event that may at any time arise with the school name attached is not a valid school function and has no school endorsement. An event planned to occur at Dockside this year is one such event. It does not carry any form of supervision or responsibility that the school would assume for sanctioned events. If in doubt call the school and we will clarify any doubtful events.

WONDERFUL FEEDBACK: Recently the school has received a number of emails and calls from community members, bus drivers and parents commending our students on their behaviour, helpfulness, presentation and respectful attitude whilst in public. This is priceless for a school to remain successful and I thank our students who work hard to ensure that the strong culture that exists within the school grounds is demonstrated in our community also. This sort of feedback is reflective of the majority of our students, but we all need to work and continue reminding all of our students of these expectations. As the Year 12 group of 2015 have stated in their theme for this year – TOGETHER WE CAN!

REMINDER: Upon enrolment at Kedron SHS, every student and parent has the uniform policy clearly explained, including jewellery. Recently we have had to police this further than normal. We ask parents to support the school by checking what your child is wearing and reminding them of the school’s expectations.

Yours in the Kedron Way.
Mr Joseba Larrazabal - Principal

COMING EVENTS

MARCH

3  Junior Interschool Sport Round 2
   Yr 11 Investiture P4,
   Drama –Mid Summer Nights Dream 6.30pm
   Earth Science Field trip Yr 12 all day

4  Senior Interschool Sport Round 3
   Yr 7/8 Shake & Stir performance P4

5  Shake & Stir Yr12

9  KIMS Meeting 7pm I Block
   Yr 12 Biology, Godwin Beach

10 Junior Interschool Sport Round 3

11 Senior Interschool Sport Round 4

11-15 Instrumental Music Camp

12 Ozclo Linguist Competition

13 Trivia Night 7.30pm

16 – 18 Yr 7 Camp - Marantha

17 P & C Meeting 7pm
   Junior Interschool Sport Round 4

18 Senior Interschool Sport Round 5

20 Harmony / Anti Bullying Day

KEDRON SHS PHONE UPDATE
The phone option menu for Kedron High general number 07 3630 3333 has been updated. There are now 6 options to choose from:

1: Student absences
2: Year 11 & 12 enquiries
3: Year 9 & 10 enquiries
4: Year 7 & 8 enquiries
5: Accounts payable
6: Accounts receivable and Principal’s secretary

TUCKSHOP NEWS
Please place orders before school for 1st & 2nd Breaks to save time.
Orders placed before school can be collected from the Pre-order counter.

UNIFORM SHOP NEWS
GIRLS SPORTS SHORTS have arrived. Cost $21.50.
2 March 2015

FAREWELL MS HEATH (HOD IT BUSINESS & MS THOMPSON (HOSES ESL))

After 14 years and 7 years respectively as HOD I.T. Business and ESL HOSES, Ms Heath and Mrs Thompson have hung up their whiteboard markers and returned their classroom keys to begin a new life in retirement.

The contribution these two women have made to Kedron High in the times they have been HOD & HOSES, is significant.

Ms Heath introduced the laptop program to the school, and supported students and teachers as they found their way through computer-supported learning. She then followed that huge task with the introduction of the BYOD program and in the last 5 weeks has worked tirelessly to ensure students’ laptops are connected.

Mrs Thompson, before her leave in Term 4 of last year, dedicated herself to supporting our E.S.L. students and building, across the school community an appreciation of the challenges faced by ESL learners.

Ms Heath & Mrs Thompson leave our school a better place with better technology skills and a bigger heart.

We thank them both and wish them all the best for a long and happy retirement.

YEAR 10 LEADERS

Congratulations to the recently selected Year 10 leaders and we are looking forward to having them represent our school community this year. Well done!

Citizenship Captain: Joshua Blakey
Citizenship Vice Captain: Steph De Wit
Cultural Captain: Taylor Christensen
Cultural Vice Captain: Mikayla Champness
Bowen Captain: Chloé Torrecampo
Bowen Vice Captain: Amy Bridges
Griffith Captain: Tim Dawson
Griffith Vice Captain: Báiye Quakawoot
Lutwyche Captain: Tristan Sweeney
Lutwyche Vice Captain: Joel Jeffrey
Wickham Captain: Maxwell Law
Wickham Vice Captain: Bethany Woodgate

INTERHOUSE VOLLEYBALL

The last two weeks have seen Lutwyche House organise Interhouse Volleyball between all Year groups. House captains Ivy Lavita and Daiki Kimoto have been excellent in setting up the teams, running the games and introducing new players to the sport. It is also the first of many Interschool sports events that will be taking place throughout the year.

In the Staff versus Students game the result was an honourable draw with both teams winning a set and the deciding set going into overtime before we ran out of time. A rematch is on the cards as both teams felt they had opportunities to win. It was a fun game played in good spirit.

P & C

Welcome to the P&C! Our executive consists of Sam (president), Yve (vice president, Tony (acting treasurer) and Rebecca (secretary). Our P&C runs the tuckshop and uniform shop. We use the profits to help improve the school. Recently we have been working very hard to computerise the two shops and there are more improvements coming. We thank the students for their patience while we ‘bed down’ these new processes. Over the last year we have helped build the equipment shed, install air conditioning in the new Year 7s building and paid for student accident insurance (not covered by EQ!). We welcome you to come along to the next P&C meeting on Tues 17 March (also our AGM). Meetings are held on the third Tuesday of every month at 7pm (see the school calendar). Spare two hours a month and be pleasantly surprised!

YEAR 8 CO-ORDINATOR

Welcome to the second half of Term One! Thank you for your enthusiasm and attendance at the Meet and Greet. It was a pleasure to meet so many parents and guardians.

I have spoken to various students about the evening and the dance that followed and many have commented about the value of the evening for both their parents and themselves in terms of developing friendships.

Two students in particular, Courtenay Cole (pictured below, left) and Brooke Hensley, provided their thoughts about the evening:

Courtenay acknowledged that it was a good opportunity to “meet new people” and to learn and “know more about the school and the teachers”. Brooke supported this, indicating that the evening enabled “our parents to be more informed about our study as they spoke to our teachers”.

I would also like to acknowledge the Year 11 and 12 students who organised the dance from music to decorations; they were solely responsible for such a successful night. Leading the dance, activities and games through the evening were school captains Rachel Woodgate and Ish Pratap with Year 8 Prefect Leaders Nikki Chatfield and Connor MacDonald and fellow students also playing an important role. Special mention must also go to Mr Peter Thwaites who looked after photography for both events, providing many memories of the night. Thank you to everyone who made the night such a big success!

Ms V Elmore
YEARS 9 LEADERS

At the beginning of this year, I predicted that the Year 9s were going to shine and indeed they are. Last Wednesday, we held our Investiture Ceremony to present our 2015 Year Leaders with their badges. I know that they will be a fantastic team working positively and proactively with me and their peers to ensure that our life at Kedron continues to be a rich and rewarding experience. Indeed, I feel privileged to have a cohort that contains so many students who display outstanding leadership ability. This year, we will expand our leadership team to include other students who have made - and continue to make - an important contribution to Kedron and the Year 9 cohort.

“Shine” is only one of two key words in our school motto “To strive is to shine”. The other is “strive”. In four weeks’ time, teachers will complete report cards and evidence of “striving” is critical for students to receive a very good or excellent for effort and behaviour. Those who receive “satisfactory” for effort and behaviour are not “striving”; they are not making great effort. So this might be a good time to talk with your son or daughter about whether or not they are “striving” in their classes and ask them what they think their teachers might be going to put on those report cards. If you have any questions or concerns, please don’t hesitate to contact me via email at ljodr1@eq.edu.au or 3360 3305.

BYOD NEWS

Connections continue apace, although they have slowed a little recently because of Ms Heath’s retirement. Mr Adams is taking over the role and he will continue to manage the connection process. Here’s progress and suggestions for each year level:

**Year 7 & Year 8** – Quite a few students have not yet submitted paperwork or paid the connection fee. Those who have will continue to be connected as quickly as possible. This is done through classroom visits or by students attending a connection session as advertised in the notices.

**Year 9 & 10** – Many students have been connected, although there are still a few who have paid the connection fee and submitted the paperwork, but have not attended a connection session. We are working with the HOD of Middle School to chase these students to ensure they are connected as soon as possible.

**Year 11 & 12** – those students who wish to use their own device have made the connection. Please remember that you will still need to return your school-owned device (along with the case and charger) to the tech room. Please do this as soon as possible to avoid the $240 take-home fee. If you have already received this fee and are using your own device, please contact the school so the invoice can be reversed.

All Users – once connected, you will have a shortcut to the Kedron Intranet page. This page is only accessible from the school – it will not work at home. Students should look at this page every day to make sure they keep up with the latest news. The link to School email should also be checked every day.

Managing school emails – if you are still using MIS webmail (most students are; only some Year 7 and Year 8 students have converted to Office 365), then you need to manage your mail:

- Check your email every day at school. If you also want to check it at home, use this link http://webmail.eq.edu.au
  - Note that there is no www at the start.
- Delete emails that you no longer need.
- Empty your Trash regularly. This prevents your email from missing important new messages.

Antivirus – do you have a reliable, current anti-virus package on your device? This is essential to avoid catastrophic issues with your laptop. Purchase a subsidised copy of Norton Security – details and instructions on the school website. https://kedronshs.eq.edu.au/Pages/default.aspx

Office 365 – have you downloaded Office 365 for your device? Information on how to do this is on the school website.

Coming soon – studying Graphics or Art? Details on how to download the Graphics software is available from the Graphics teachers. Information on how to access the Adobe Suite will be coming soon – we just have to check the validity of the instructions before posting them on the website.

General information

- Do you have a connected laptop?
- Have you used reliable anti-virus software?
- Have you downloaded the required software?
- Do you have a “Connection” sticker? If not, the device cannot be used in the classroom.
- Bring your device in a “ready to use” state each day – battery charged etc.
- No games or movies at school.
- No use of device outside the classroom when at school.
- Do you have a reliable sturdy case?
- Does your device have identification on it for easy return if lost? (Yes, it has happened already and was returned by an honest citizen.)
- Read notices and emails every day.
- Manage email use.
- Check notices for important information.
- Take care of your device.
I thank all those staff who have worked so hard throughout the BYOD process, especially during the connection phase which has had its share of challenges. I wish the staff and students all the very best for the future.

Ms Jean Heath

WORK EXPERIENCE & VET INFO SESSION
This is a very busy, and exciting year for Year 10s. In week 10 of Term 2 the whole of the year level will be taking part in a Work Experience program.

There will be an information session for all year 10 parents – students are welcome too – on Thursday 5th March, at 6pm in the Old Hall. Following this there will also be an info session on Vocational Education and Training (VET) delivered by Mr Ash Harris our Acting Head of Department – Senior Schooling.

We understand that not all parents will be able to attend this but will, of course, provide the information shared on the evening, to all students and parents of Year 10, in various formats. We look forward to seeing you then.

Please don’t hesitate to contact either myself or Mr Crosby should you require further information about this. Mr S. Lang, HOD Middle Secondary School.

LOCAL LIBRARY CONTRIBUTION
A very warm thanks to Eagle Junction SS Library for their donation to our Kedron SHS Library. Their donation of a wide range of library books by various authors adds to our collection of novels for student borrowing. The books greatly enhance our collections and are appropriated for our Junior Secondary Students.

Ms Fairley, T-Librarian

INTERACT NEWS
As usual, INTERACT will be heading off to Clifford House for its annual game of bocce on the last Thursday of school this term. As well, we will be delivering small parcels of Easter eggs to the residents. As well as this, any eggs left over (and there are usually bags full) are taken to Ronald McDonald House and the Royal Children’s Hospital, now the Lady Cilento Centre at South Brisbane.

For us to do this we rely on the generosity of families of the Kedron community to donate small eggs for this worthy cause. If you could donate eggs, I’m sure the old folk and patients in hospital will be cheered by your gift.

Donations can be forwarded to Mr Thwaites at LB staffroom any time to 26 March when we pack them into small parcels.

Next term, on the 30 April, we will be assembling 200 Birthing Kits at a cost to INTERACT of $600 on behalf of Birthing Kit Foundation. Did you know there are over 400,000 deaths at child birth through causes and complications that are avoidable by things as simple as having soap? Unfortunately we have been told that the kits require small pieces of soap (no more than 10grams in weight) and, whilst easy to go out and purchase, we thought that we might enquire first to the Kedron community for donations of these bars of soap.

If you can help us or know of anyone who can, could you please contact Mr Peter Thwaites at the school on 3630 3319.

CENTRAL DISTRICT SWIMMING
It was a case of again the bridesmaid not the bride as Kedron finished second to Wavell SHS in the Central District Swimming Carnival at the Valley Pool in Week 4.

This is the fifth year in a row that this has happened and shows that we are consistently strong at swimming.

This was demonstrated by four of our swimmers being named Age Champions. Congratulations to Jake Sturgess (Year 7), Jade Seiffert-Smith (Year 8), Noelle Pugliese (Year 9) and Jennifer Turner (Year 12). They were the dominant swimmers in their categories and deserved their success.

MET NORTH REPRESENTATIVES
Well done to Ivy Lavita (Year 12) and Jonathon Winlaw (Year 8) for gaining selection in the Metro North representative teams in their chosen sports.

Ivy is a dedicated volleyballer who was the captain of our victorious Qld Schools Cup team last year. She has been selected in the 18 Years Girls Volleyball team that will contest the state championships in south Brisbane at the end of April.

Jonathan is new to the school this year but is a keen baseballer who has previously made the Met North team at junior levels. His selection in the 14 Years team is a great effort. Jonathon will take part in the state championship on the Gold Coast at the end of April.

We wish both these students the best of luck in their respective competitions.

A NOTE FROM THE GUIDANCE OFFICERS
Gratitude changes the way your brain processes the world.

Gratitude has nothing to do with feelings. It isn’t an emotional response to something great happening. If we waited to feel good about something before practicing gratitude we would be waiting for a very long time.

Gratitude is a mental discipline, a daily, hourly, minute by minute decision to take a second look, shut your inner victim up, find the gift, avoid self-pity, take a broader view and more. What is magical about gratitude is that it can be understood and applied by everyone very simply.

Here are three quick practices for anyone of all ages:
1. On waking, find one thing to look forward to today. This starts training the brain to scan for good things.
2. When in the midst of the thing that you looked forward to, take a few moments to pay attention to the good things around you and say an inner ‘thank you’. Neurotransmitters only fire when attention is paid to what is at hand. Merely being somewhere fun or doing something enjoyable won’t necessarily give you good feelings.
3. Write a ‘thank you’ each day – via note, email, or text. The more detailed this note is, the more thought you’ve put into it, the more effective it is for change. This helps you take stock
of the good things happening to you – whether in the present or the past. This mental-movie rerun releases the feel-good chemicals and focuses attention away from you to something else, one of the proven ways to reduce depression.

Regular gratitude practice trains the individual to look for the positive (instead of focusing on the negative), helping them to transverse through life’s challenges. This ability helps to make the individual strong resilient, happier and better equipped to face the future.

(Information adapted from Generation Next)

**Spot the Positive Teacher**

Sometimes parents and students really ‘click’ with a particular teacher, who makes an enormous impact on their love of a subject, their understanding of the content and in education, in general. Having a great rapport with a teacher is the first step to really enjoying a subject and, in turn, succeeding in it.

You are invited to nominate a positive teacher who deserves recognition for their contribution to student, staff and school wellbeing. We have many outstanding teachers at Kedron, who work tirelessly to make education interesting and rewarding for our students. Wouldn’t it be wonderful if they received an ‘extra-special’ surprise recognition of their skills and passion for teaching and learning?

In addition to giving a special award to outstanding Positive Teachers at the annual conference, recognition and congratulations will be given to all nominees.

The Positive Teacher Award Recipient in QLD will receive:

- Full registration to Positive Schools 2015 including a nights’ luxury accommodation at the conference hotel and travel expenses;
- A special gift package including a mini ipad with retina display;
- A selection of books for their school library;
- An invite to present at Positive Schools 2016 (including registration) and a certificate presented at Positive Schools 2016.

Each Positive Teacher nominee will receive recognition of their nomination with their name and school on the Positive Schools website, on the Positive Times, in the Positive Schools program and on banners at the event.

If you would like to nominate a positive teacher click on the following link: [http://www.positiveschools.com.au](http://www.positiveschools.com.au) and locate the Positive Teacher of the Year banner on the left hand side to begin your nomination.

Thanks for your consideration,

Ms Bermingham & Ms Lyon (Guidance Officers)

**THE ROLE OF THE SCHOOL BASED YOUTH HEALTH NURSE**

Dear Parents/Caregivers and Students

I would like to introduce myself as the School Based Youth Nurse for Kedron State High School. I work Tuesday, Friday and alternate Wednesdays within the school.

As the Youth Health Nurse I work with young people, school staff and parents to promote health and wellbeing, create a supportive healthy school environment, and connect people with other support services where appropriate. I provide information through whole of school health promotion, classroom education, small group work, and consultations with students. 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.

I provide health information about a range of topics, such as Puberty, Relationships, Sexual Health, Peer Pressure, Smoking, Drugs & Alcohol, Nutrition & Physical Activity, and Emotional Health & Well Being.

The role of the Youth Health Nurse does not include treatment such as medications, injections, first aid, physical examinations or long-term counselling for psychological problems.

Students can make an appointment with me directly. My room is located in A block on the upper level, next to the guidance officer. Alternatively appointments can be made at school administration. Parents can contact me on 36303351 (Tuesday, Friday and alternate Wednesdays).

I look forward to being a part of the school community in 2015.

Ms Donna Mason (School Based Youth Health Nurse)

**YEAR 7 MEET & GREET / DANCE**

My biggest problem of the night was “what am I going to wear”?

The meet and greet in my opinion was amazing and the dance was even better.

We all were to meet at 5pm as the tuckshop was providing dinner snacks and the dance started at 7.30-8.30pm.

The night started with the parents meeting our teachers and the kids ran off with their friends to socialize and play basketball.

The dance was held in the Old Hall. It was decorated with balloons and had a snack stand where you could buy treats.

We played games and danced to a variety of music. I enjoyed all the music and thought it was really fun. We all danced in the middle in a ginormous group, everyone was dancing!

Overall the worst part was the mosquitos!

I think everyone had an awesome night and I can’t wait for the next one.

Lily Grant (Year 7)

**TUCKSHOP/UNIFORM SHOP VOLUNTEERS**

Volunteers are needed for our Tuckshop and Uniform shop. If you would like to volunteer your help, please provide your name and contact details to the school on 36303333. We value any time you are able to give.
February 18th was International Asperger's Day.

There are many positive things about having Asperger’s:

‘(People with Asperger’s) often have advanced vocabularies, recognize patterns others do not, and pursue ideas despite evidence to the contrary because they are not easily swayed by others’ opinions. Their ability to focus on details and their inability to see the big picture means they can come up with solutions to problems others overlook. (People with Asperger’s) are often willing to spend long hours in laboratories and in front of computer screens because they do not mind being alone. All this enables them to make tremendous contributions at work and school. “Our society celebrates the individual who does what he thinks is right and goes his own way.”’

http://www.yourlittleprofessor.com

Famous people with Asperger’s:
Bill Gates
Satoshi Tajiri (Pokemon creator)

Achievements of three of Kedron’s recent Asperger’s students:
1. OP1
2. Studying physics at UQ
3. Working fulltime in a local business.

Aspirations of some of our current Asperger’s students:
1. Professional Musician
2. Military

Active Citizenship
SSU students actively participate in the Kedron SHS community in the following:

- School Leadership Roles
- Student Council
- Interact Committee
- Orchestra
- Music
- Camps
- Swimming Carnival
- Athletics Carnival
- Tuckshop Assistants
- Traineeships
- Kedron Week
- Senior Formal
- Photography
- Work Experience

Auslan
As a way of promoting Deaf culture and Deaf language, Auslan is taught this year in years 7 and 10. Both classes have Deaf students in them alongside their hearing peers. The year 7s are currently learning finger spelling and greetings, while the year 10s are studying towards their Certificate II in Auslan.

Congratulations to our 2014 year 10 Auslan students who received their TAFE certificates this week.