FROM THE PRINCIPAL

CONGRATULATIONS and THANK YOU: To all staff and students who participated in the Year 8 Camp. A big thanks to Mrs Elmore for her organisation of the camp that provided an opportunity for students to get to know each other and their teachers outside the classroom. Many of our students showed great leadership potential during this time. It was not an easy camp with the weather, so we thank all involved for their commitment. 2015 was additionally challenging with two Junior Secondary camps, and I wanted to thank the staff who gave so generously of their time by attending both camps.

PARENT/STUDENT/TEACHER INTERVIEWS: Many thanks to all the families that supported the two evenings conducted on May 06 and 07. This is just one communication opportunity and families should feel comfortable to contact the school at any time to speak to staff.

YEAR 10 CAREERS EXPO: Tuesday May 05 saw many industry, professional and tertiary presenters in the school to assist Year 10 students in their career deliberations. This exposure was broad and forms part of the pathway selection process and SET planning that will take place early in Term 3. It is very important that students and their parents think about their pathway options for the future and what options they have to reach their desired pathway. The school uses student report cards as a starting point for the conversations we will have with parents and students in ensuring the correct pathway option and subject mix is chosen. Many thanks to Mr Lang & Mr Crosby for their organisation of this important day.

KEDRON EXPO: Please assist us to spread the work about the upcoming Kedron EXPO on Thursday the 21st of May. This event is our key strategy in promoting the school to potential students and their parents. The event will run from 3.30pm to 7.30pm with interactive and fun faculty displays available in the Indoor Sports Centre. There is a sausage sizzle between 4pm and 5pm and an opportunity to hear from myself at 5.30pm in the new Junior Secondary teaching block.

WHOLE SCHOOL REVIEW: Later this term we will be involved in a whole school review by a review team based in central office. The findings of this review will play a part in an overall Quadrennial School Review (QSR) which we are required to undertake this year. The ultimate goal of both of these processes is to establish a Strategic Plan for the next four years through to 2020. I will be running a number of parent sessions to seek feedback on how the school is going and get views on the future. I hope you can get involved.

NAPLAN: This week will see the year 07 & 09 testing take place. Students can be supported by parents and caregivers by trying to ensure that the week is as ‘normal’ as possible for the family and that a healthy breakfast is eaten each day. We believe that our students are well equipped and should feel quite at ease about the test.

Yours in the Kedron Way
Mr Joseba Larrazabal - Principal

COMING EVENTS

MAY

11-13 NAPLAN Yr 7 & 9
13 Senior Interschool Sport Round 1, Yr 12
18 KIMS Meeting 7pm I Block, Central District Cross Country Indigenous Cultural Camp
19 P&C meeting 7pm Junior Interschool Sport Round 1 Indigenous Cultural Camp
20 Choral Fanfare all day Senior Interschool Sport Round 2
21 KEDRON EXPO
25 Strings & Percussion Showcase
26 Junior Interschool Sport Round 2 National Sorry Day

CROSS COUNTRY

This year the school Cross Country was run on the Friday of the first week back this term. The weather was great, allowing for maximum participation and with it passionate house spirit.

The day belonged to the Bowen House who dominated the competition through large numbers of participants and were convincing winners by the end of the day. The top 6 runners in each age group will now represent the school at the central district carnival on Monday the 18th of May (Week 5). Congratulations to the following students who were this year’s age champions:

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<thead>
<tr>
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ANZAC DAY
To mark the Centenary of the landing at Gallipoli our 2015 ANZAC Commemoration Service was a very special service, “bigger” than in recent years.

We were fortunate to have our Service supported by the 7th Combat Regiment, ADF, who provided a speaker, Corporal Andrew Wilkins, to deliver the ANZAC Address, a Catafalque Party and a flag orderly. In addition the Australian Army Band provided a bugler for our Service. The involvement of serving members of the ADF certainly added gravitas to our Service and we thank them for their participation.

We were also pleased that Mr Peter Cairnes from the Kedron-Wavell RSL Sub-branch was able to join us.

A candle ceremony set an appropriately solemn tone which was continued through the entire Service with several readings, reflections, music and songs. Particular thanks to Mrs Angove and her son, Bailey (Yr 7) and Mrs Mercer for sharing their family stories and to Mrs Champness, Mr Howell and Mrs Pearce who represented parents at our Service.

Thanks also to the students and staff who were involved in the Service, and to the Hospitality students who provided a delicious morning tea for our guests and to all in attendance for their respectful conduct.

YEAR 8 CAMP
On the 29th of April, 150 Year Eights left for camp, during the length of the three days the noticeable features were the cabin inspections, food, activities and rain. LOTS AND LOTS OF RAIN!!

The first day was really exciting for all of us as we couldn't wait to see which groups we were in. Our activities for the day were awesome, including the food, the lunch and dinner they served was divine, and my mouth still drools at the memory of the food.

The first night we played ‘Lantern Stalk’ which I am sure many would agree was one of the biggest highlights of the whole camp. It was so much fun to watch people instantly form strategies in a bid to reach the ultimate, the glow stick. The next game that we played was so hard and it required a lot of teamwork. Do you know how hard a two-legged race is? I can tell you that a thirty-four-legged race is so much harder.

Unfortunately our luck ran out the next day, as the rain poured down like there was no tomorrow. However, the rain didn't stop us, as our teachers created a new schedule that enabled us to continue with various activities. Despite, the rain cancelling most of our outside activities we still had fun because that night we had a hidden talent competition. I'll like to make a special shout out to Mrs Smith who totally rocked the stage with her rap.

Our last day was quite busy because after our last activity we went straight to packing and cleaning. Once again the rain didn't feel sympathetic towards us because it continued to hammer down on us. Thanks to Mrs Elmore we got out of camp on time.

Reflecting on camp has enabled me to focus on three important elements, leadership, teamwork and trust. Also, if you go to camp during a wet season, without a raincoat, you’re bound to get wet. I know that I speak on behalf all Yr. 8 students when I say that it wouldn't have been possible if our teachers hadn't been there, so a big THANK YOU from all of us!!!

By Stephy George

CONGRATULATIONS TO...
Callum Healy has earned a place on the Queensland Gymnastics Team going to the Australian Championships in Melbourne in May. He came 4th in the State for his age and level. Well done Callum!!
SEIZE THE DAY - Cancer council is giving away $50,000 to help young Queensland students impacted by cancer

Cancer Council is helping young Queenslanders impacted by cancer kick-start their careers by offering a share of $50,000 to help with the cost of education and training.

Cancer Council Queensland’s Seize the Day Study Awards, launched earlier this month, are open to young Queenslanders aged 16 to 21 who have been impacted by cancer personally, or have family members affected by the disease.

The study awards range from $300 to $2500 and are presented to young Queenslanders to assist with the cost of textbooks, stationery, fees, transport and accommodation incurred during post-secondary education and training.

Cancer Council Queensland spokesperson Katie Clift said the awards program acknowledged the courage of young people coping with cancer, and encouraged them to look to the future with hope. “The awards aim to foster the personal growth and development of young people coping with cancer in Queensland,” Ms Clift said.

“Our Seize the Day Study Awards are an important part of our commitment to supporting our youth and I would urge all young Queenslanders affected by cancer to apply for this year’s awards.” Applications close at 5pm on Friday, July 31, and are available at cancerqld.org.au or by calling 13 11 20 Cancer Support and Information.

Cancer Council Queensland is an independent, community-based charity, the achievements of which are made possible by the generosity of Queenslanders.

Ms Donna Mason  (Youth Health Nurse  Ph 36303351)
11 May 2015

(weakening of the bones), kidney problems, headaches, constipation or diarrhoea, fainting and heart problems. Vomiting after eating can expose the teeth to stomach acid and cause decay, and also cause sore throats, heart problems and abdominal pain. Laxatives can cause either constipation or diarrhoea, as well as dehydration and bowel disease.

- Eating disorders can also lead to difficulties in concentrating, then problems in studying or at work. They also increase the chance of having depression, anxiety, substance misuse, irritability and moodiness.

**Getting help for an eating disorder**

- If you are worried that a friend or family member has an eating disorder, then first of all let them know that you are worried and care about them. Even if they deny there is a problem and do not want to talk about it, gently encourage them to seek professional help.

- Help is available from general practitioners (GPs), the Guidance Officers or School Health Nurse, psychologists and specialist mental health workers. Generally, they will refer to external agencies who specialise in treatment for Eating Issues such as The Butterfly Foundation or Isis: Eating Issues centre.

**Treatment of eating disorders**

- People with eating disorders will benefit from professional help. Keeping the person safe is the first priority. If the weight loss is severe and there are serious health complications, then a stay in hospital may be needed.

- Treatment starts with developing a good working relationship with the young person, then moves on to providing information, establishing healthy patterns of eating and exercise, and looking after physical health. Individual counselling, family work and medication (when appropriate) might all be required, usually provided by a treatment team.

As a parent, relative or friend, it is really important to address these concerns. For more information, please refer to the following resources (which is not exhaustive, but a good starting point):

**Support Centres (specific to Eating Issues and Body image concerns):**


**Websites:**

[http://www.about-face.org/](http://www.about-face.org/) -aims to equip women and girls with tools to understand and resist harmful media messages that affect self-esteem and body image.

[www.youthbeyondblue.com](http://www.youthbeyondblue.com) enormous resources for all mental health and wellbeing topics
[www.headspace.org.au](http://www.headspace.org.au) enormous resources for all mental health and wellbeing topics
[www.reachout.com](http://www.reachout.com) enormous resources for all mental health and wellbeing topics
You Tube also has some excellent videos demonstrating how teenagers’ body image is influenced by the media. They are worth watching (beforehand) and then watching those you feel a relevant and helpful and discussing the content with your children.

**Telephone Support (all topics):**

Lifeline 131144 (24 hour counselling service- cost of a local call)
Kids Helpline 1800 55 1800 (free call)

**SOURCE:** A range of websites, as listed above, however significant content from Headspace and Beyond Blue fact sheets.

Ms Fiona Lyon, Guidance Officer.

**Free dental check-ups and treatment available now!**

Regular dental check-ups and early preventive care are an important part of good oral health. Metro North Oral Health Services are offering your child a dental check-up through the Stafford Dental Clinic or one of our school based dental facilities. They will also receive additional appointments if any treatment is needed – all free of charge!

There have been some changes to who we can now offer dental care to. The following children are eligible for our service now:

- ALL Students 4 years of age through to year 10
- Students in Years 11 and 12 who have a current Centrelink Card, Healthcare Card or Pension Card
- 2 – 3 year olds whose parents have a current Centrelink Card, Healthcare Card or Pension Card
- 2 – 17 year olds who are eligible for the Child Dental Benefits Schedule (CDBS). To check your eligibility visit the website at my.gov.au or phone 132001

This offer of care is an opportunity to provide your child with more timely access to public dental care and we also now have the ability to offer more regular recalls for children who attend our service. So if it has been more than six months since your child’s last check-up ring us up now.

Call 1300 300 850 between 9:00 a.m. and 3:00 p.m. Tuesday - Friday and our friendly staff will arrange an appointment for you at the Stafford dental clinic or one of our school-based dental facilities.
Our main plan behind the Careers Expo was to provide information to students on careers, tertiary study and Vocational options and information prior to their senior subject selection. The start of the day saw information from our Guidance Officer Ms Bermingham and HOD Senior Schooling, Mr Harris. Students were then able to find out more about TAFE opportunities through Skills Tech. This was followed by QUT, UQ and ACU all delivering to large groups – detailing Uni and Student life at the various campuses.

We were excited to work with local businesses and other members of the wider Kedron Community to provide an insight into the world of work. We had a number of panels with representatives from Medicine, Trades, Creative Industries and Professions such as Engineer, Architecture, Law, Veterinary Science, Dentistry, Theatre, Design to name a few. We were also fortunate to secure presentations from the Police, Fire, Ambulance and Defence Forces which allowed students to see a broad range of options in terms of study and work into the future.

The day was a great experience for all involved and were especially impressed with the students’ attitude and engagement throughout. We would strongly encourage parents to have a follow-up conversation with students about career opportunities and we look forward to continuing on through career development with the cohort in the coming term.

We would also like to take this opportunity to thank the local businesses and tradesman who supported the Expo. In the next Newsletter there will be further information about these businesses.
Term 2 is shaping up to be huge for our extra-curricular music program here at Kedron. Below are some events and innovations happening across our instrumental and vocal faculty areas over the next few weeks. If you have any questions or queries about some of the details below please contact me on rohan.hardy@eq.edu.au

**CHORAL FANFARE** Coming up on Wednesday the 20th of May are our biannual choral fanfare heats held here at Kedron. Students enrolled in our Kedron Voices, Kedron Singers and Kedron Acapella ensembles will have the opportunity to sing for an adjudication panel made up of some very experienced and renowned choral specialists from around Queensland. Students are performing in their full formal school uniform and are required to meet at the music block at 7:30am for their rehearsal and warm-up on the day. The Kedron students are singing in the first session of the day from 9 – 11am and parents are most welcome to come along and support their children, with free entry at the door. There are letters available from outside of the I Block staffroom or via Mrs Hardy or Miss Martin.

**SONGMAKERS WORKSHOPS** Kedron has been selected as one in 50 schools across Australia by the Australian Performing Rights Association (APRA) to access their Songmakers program. Over the past term APRA have negotiated with us to organise a two-day songwriting and composition workshop with ARIA award winning and internationally renowned singer/songwriter Katie Noonan and her producer Grant Windsor on Tuesday the 26th and Wednesday the 27th of May here at Kedron. We are inviting 16 interested year 10, 11 and 12 students to apply (I Block staffroom) who have an interest or a folio of composition or songwriting skills before Monday May 11. Students will be selected based on their folio of work, merit from classwork and participation in curricular and co-curricular music programs. Any questions about this opportunity please contact me on the email above.

**SHOWCASE CONCERTS** Our music team have re-structured our performance schedule for this year taking into consideration the increasing size of our program and the growing numbers of ensembles and opportunities provided for our students. This year we are running five showcase performances over the next term and a half. All of our showcase concerts are commencing at 6:00pm and students will be required from 5:30pm with the dates for the concerts listed below:
- Percussion and Strings Showcase – Tuesday 26th May (please note this date was originally May 25th)
- Woodwind and Brass Showcase – Thursday 4th June
- World and Jazz Showcase – Friday 7th August
- David Lawrence Choral Workshop and Performance – Wednesday 15th July
- Vocal Showcase – Wednesday 29th July
The cost of entry is $5 per person or $20 per family (immediate members only).

**SEASON PASSES** The Kedron Instrumental Music Supporters Group (KIMS) are announcing season passes available for families or friends from across our extra-curricular music community. These passes provide access to eight concerts held over the next three terms at Kedron. They are available to purchase direct from the KIMS group and are priced at $25 each per individual or $75 for a family pass (immediate family members only). Please contact Catherine Howell (KIMS Treasurer) at catherinehowell@optusnet.com.au to inquire about purchasing a pass for concerts this year.

These season passes represent a saving of approximately $15 per person or $85 per family annually. The KIMS group will also be selling tickets on the door for all our showcase and gala concert events this year. Funds collected through season pass, door and canteen charges for all of our events are raised to support our cohort of students through our KIMS group. If you’d like any more information or have any questions please contact me on the email above.

**HALL LIGHTING UPGRADE** Late last year the KIMS group successfully lobbied for a Community Benefit Fund Grant to the value of $15,000 for upgrades to our lighting infrastructure in the school hall. In consultation with the P&C and our school administration work is due to commence this term and will add great value to our various arts and whole school programs run throughout the year in that space. I’m looking forward to providing as professional a stage as possible for our students to showcase their talent and hard work for you all and I would like to thank the KIMS group, P&C and school administration for their financial and consultative support and work toward making this happen.

**AUDITIONS AND ENROLMENTS FOR 2016** There have been some enquiries regarding auditions for our Infuse or Music Scholarship opportunities for students enrolling into our school community in 2016. I have recently updated our website regarding the audition process for 2015-16. Parents that have completed an expression of interest form for enrolment with the junior secondary office and have selected the instrumental music or vocal participation option will be sent information before the end of this term regarding auditions for 2016. These auditions will take place early in term 3 and specific information about audition requirements will be posted to parents with our information pack. Please contact me if you have any questions about this process.