FROM THE PRINCIPAL
SHOWCASE PERFORMANCES: I have recently had the
absolute pleasure of attending showcase evenings for our
Strings, Percussion, Brass, Woodwind and Choral students. The
level of talent is wonderful. All of the performances have
been both professional and thoroughly enjoyable. Congratulations to our Instrumental Music teachers for the
great work they do. I wanted to also congratulate the Kedron
Singes who have made the Regional finals of Fanfare on the
23rd of June.

SONGWRITERS WORKSHOP: Recently a group of our
students had the opportunity to work with Katie Noonan and
an accomplished producer in a two day workshop. I had the
privilege of listening to their finished products at the end of
the second day. These students wrote, arranged and performed
four songs of the highest quality. Katie Noonan was absolutely
blown away by the talent of our students!

SCHOOL FEES 2016: Recently an email was sent to parents
with an attached letter outlining changes in 2016 to school
fees. An invitation has been extended to parents to attend an
information session on Tuesday the 16th of June at 6pm in A3.
Please RSVP through the office.

WORK EXPERIENCE: Year 10 Work Experience is fast
approaching. Work Experience is an important component of
the career planning process for a young person. If you are
unsure of what is happening with Work Experience, then
please call the Middle School office.

YEAR 11 CAMP: In the last week of the Term our Year 11
students will be attending their leadership camp. This is an
exciting opportunity for these students and I know they will
cherish and remember the experience. I wish all the students
and staff the best on the camp.

CONGRATULATIONS: Our students and staff have been,
as always, incredibly busy. A few quick congratulations and
thanks;
- To the hospitality students for their successful dinner
- To all the students who recently participated in the Fitness
  ‘Beep’ Tests
- To the students who have committed to sporting teams in
  the recent competitions and in particular to those who have
  made Regional Finals
- To our acclaimed Acapella singers who performed at a
  state-wide Principals’ Conference recently
- Thanks to the staff and congratulations to the students who
take advantage of the tutorial opportunities given each
week. This is a terrific program at our school.

END OF SEMESTER EXAMS: With only a little over a
week before exams begin, classes will now be revising in
preparation. Students should have a clear understanding of the
scope of the tests and what will be expected of them in the test
setting.
Yours in the Kedron Way. Mr Joseba Larrazabal - Principal

COMING EVENTS

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WINTER VACATION
SATURDAY 27 JUNE TO
SUNDAY 12 JULY 2015

CHANGE OF DATE
Please note - the date for SET PLANS for Year 10 students
and their parents is changed from 27 July to 3rd & 4th
August. More information will follow.

KEDRONSHS ENVIRONMENTAL
COMMITTEE
Thanks for everyone who came to Kedron Expo and visited
the Environmental Committee’s stall. We had lots of people
come up and ask us about what it is we do. If anyone has any
questions, make sure you come to B8 on Thursday first break
and we’ll answer them for you. Thank you to the members of
Environmental who helped at the stall on the night of Kedron
Expo and also a massive thanks to everyone who helped to
prepare and decorate our stall. Environmental is open for
anyone to join, and is run by the year 11’s, so come along, we
hope to see you there.
Ms Dana Holden

YEAR 7, 2016
Expressions of Interest for Year 7, 2016 enrolment are now
being accepted. Forms are available from the Office or can
be downloaded from the school website
www.kedronshs.eq.edu.au.

It is requested that all current Kedron High families with
siblings enrolling into Year 7 for 2016 please have
expressions of interest completed and returned as soon as
possible. This will greatly assist us in determining enrolment
numbers for next year.

LOST PROPERTY
We currently have a large amount of un-named lost property.
Please ask your child to come and have a look in the Main
Office.
BOYS GOLDEN GLOVE 2015

Congratulations on another good year in golden glove history boys. Kedron High defeated Wellington Point High School 20 – 3 to enter State finals on Saturday 30th May at Redlands Softball grounds Ormiston. The outcomes of both round games came down to the wire on time countdowns.

Firstly a loss to St. Mary’s College 6 – 4 at the bottom of the innings after a declaration by the opposition was not upheld by the umpire, then to revert back to a very debatable “declared time and score”. Then to play out the bottom of the innings with no definite time frame given. A bit of a mess really.

Secondly, a great fight back by our boys 8-1 down with 15 minutes left in the game. The team let the bat do the talking as the score line climbed to 8 – 7 with 2 runners in scoring position on base, only one out and the umpire calling “last batter” due to limited time. This played into the oppositions’ hands and they tactically did not pitch good strikes to our last batter but held the ball at home plate so that we were unable to score.

Best batters on the finals day were Shannon Goffer with 4 hits out of 6 turns at bat; Tim Vincent on base 5 out of 6 turns at bat and Ashlee Goffer who hit the ball consistently well. Best fielders were our pitcher Shannon Goffer who pitched 22 strike outs from a possible 49 batters, catcher Jonathon Winlaw and Nick Ulloa who did a great job catching a game when JD injured his thumb.

Well done to all the players and special thanks to all the parents and friends who supported the team, our scorer Fiona Goffer and also assistant coach Chris Goffer.


Ms Muller

WILLING BLOOD DONORS

Five of our students went to the Australian Red Cross Blood Bank on Wednesday 3 June to donate blood for the first time. They were Josh Petrie, Vy Nguyen, Monni Mathison, Kiara O’Neill and Yoojin Seo. We are so proud of you!

I am beginning to think that they really went for all of the free food they could eat after the donation!

Mr Thwaites

HALF DAY ATHLETICS CARNIVALS

On the Wednesday of Week 8, the 10th of July, Years 10, 11 and 12 will be having their Senior Half Day Athletics Carnival instead of Wednesday Sport. The events will start at the beginning of lunch and run through the normal Wednesday Sport time.

The Junior Half Day Athletics Carnival (for Years 7 – 9) will take place on the last day of Term Two, Friday the 26th of June.

The events on offer will be the 400m, the 1500m, javelin, triple jump and high jump.

Please note that due to the large number of participants and the time it takes to run the Senior high jump event will be conducted after school on the 10th of July, between 3pm and 4pm (or until finished).

The Junior High Jump will also take place after school but on the following dates:

Boys (Yrs 8 & 9) will be the Tuesday of Week 9, the 16th July
Girls (Yrs 8 & 9) will be the Tuesday of Week 10, the 23rd July.

Year 7 students will have an opportunity to do high jump during their regular Friday afternoon sport in Week 9, Friday the 19th of July. This will take place in class time and should not run into after school time.

The Full Day Athletics Day, when all year groups and all other events are run, will take place in Week Two of Term Three. This will be on Thursday the 23rd of July.

FROM THE GUIDANCE OFFICER

Mental Health moment

Well the Autumn chill has finally arrived in our mornings and evenings and most of us are probably spending less time in the sun, instead rugged up indoors. A natural consequence of this is less Vitamin D. Why? UV rays from the sun convert cholesterol under our skin in to Vitamin D and research suggests that Vitamin D might play a key role in good mental health.
Click on this link for an interesting read about Vitamin D and the impact it has on our bodies if we deprive our body of time in the sun.

https://www.psychologytoday.com/blog/reading-between-the-headlines/201307/vitamin-d-deficiency-and-depression

Perhaps we need to consider making subtle changes to increase our dietary access to Vitamin D as one simple strategy; as well as getting a little time in the sun (a short walk with the kids or partner, walk or ride to school, do some gardening or mow the lawn, bike ride to the shops or simply take some time out to read a book or the paper)… to help keep those winter blues away.

If someone you care about is showing demonstrating heightened stress signs or extended periods of feeling down and talking about things being hopeless and they feel helpless, here is a quick 1 minute confidential survey as a quick check. If you/they are found to be showing signs of Anxiety or Depression, please seek help through your local GP, look up information on websites such as Beyond Blue and Headspace. Please do not hesitate to call the school office to make an appointment to see the Guidance Officer.


Ms Fiona Lyon  (Guidance Officer)

**KEDRON CLASSIC BICYCLE RACE**

This year we had the inaugural Kedron Classic Bicycle Race at the Albert Bishop Race Circuit by Toombul.

The format was that the race group would ride for 20 minutes and then when signalled it would be a 2 lap finish. It quickly became apparent that the winner was going to come from the breakaway group of Hamish Dixon, Dylan Clarke, Jake Sturgess and Ella Jedroszkowiak. This group was assisted by Mr Ryan Wilson and soon broke clear of all the other cyclists. After 9 laps (10.8kms) in 20 mins the final two laps some it come down to a sprint finish in which Ella Jedroszkowiak finished strongest over Hamish and Dylan.

The race was great fun and was enjoyed by all cyclists. Most impressive was the students who gave it a go despite having heavier BMX and mountain bike style bicycles. We will definitely hold the race again next year and encourage all students to think about having a go.

**OUTSTANDING SPORTSPEOPLE**

This year we have seen some outstanding achievements by our Kedron athletes. Some of the highlights have included winning the Central District Cross Country for the eighth year in a row, our Boys AFL team winning the Division Three of the Brisbane Lions Cup and our Boys Golden Glove Softball Team making it to the state finals.

Individually we have also seen some great results. Tim Vincent has dominated a number of cross country events, culminating in his fine victory in the Australian Under 20’s Mountain Running Championships.

At a Metropolitan North level Renee and Riley Fraser won the State Championships in Cairns in a team that was coached by Mr Matt Denning (HOD HPE).

For our full list of Met North and Queensland representatives please see below:

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<thead>
<tr>
<th>Met North Representatives</th>
<th>Queensland Representatives</th>
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<tr>
<td>Dominique Aming</td>
<td>Australian Rules</td>
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<td>Sophie Anderson</td>
<td>Australian Rules</td>
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<td>Listiti Asimcdonald</td>
<td>Australian Rules</td>
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<tr>
<td>Birtukan Ayalew</td>
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<td>Maecyn Barron</td>
<td>Australian Rules</td>
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<td>Renee Fraser</td>
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<td>Riley Fraser</td>
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<td>Alise Fitzpatrick</td>
<td>Squash</td>
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<td>Jack Gallagher</td>
<td>Australian Rules</td>
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<td>Lily Ingram</td>
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<td>Echa Itabelo</td>
<td>Soccer</td>
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<td>Ivy Lavita</td>
<td>Volleyball</td>
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<td>Jamie Marshall</td>
<td>Australian Rules</td>
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<td>Noah McFadyen</td>
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<td>Maria Nascimento Pessoa</td>
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<td>Lathan Pearce</td>
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<td>Emily Rogers</td>
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<td>Nash Stevenson</td>
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<td>Jennifer Turner</td>
<td>Cross Country</td>
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<td>Stephanie Vincent</td>
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<td>Tim Vincent</td>
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<td>Rachel Woodgate</td>
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**Hockey**

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<td>Jonathan Winlaw</td>
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YEAR 10 WORK EXPERIENCE AND ALTERNATIVE PROGRAM

On the last 4 days of term 2 year 10 students will be involved in work experience and an alternative program.

Girls will have their work experience on the Tuesday 23rd and Wednesday the 24th of June and boys on the Thursday the 25th and Friday the 26th of June.

We have some great placements this year and a great alternative program so am looking forward to both starting Students will be having an assembly next Tuesday to finalise placements, so your child will know their placement next week and can start planning transport and appropriate clothing.

Thank you to those who have been able to source a placement for your child or have offered to take a year 10 student, you have made the job much easier.

If your child is going to be away in the last week and you/they have made the job much easier.

If you have any questions please don’t hesitate in contacting mcros95@eq.edu.au or 3630 3371. Mr Crosby

YEAR 8 CO-ORDINATOR

Ever wondered what it is like to be in the shoes of a Kedron student? To help create an image, Year Eight students engaged in a class discussion during KEDcare to create an accurate depiction of what students believe it means to be a Kedron student. Many students participated, particularly those from 8L3. These students collaborated on this topic and in the process came up with an impressive array of diverse responses in order to explain what an activity such as this means to them.

Glory, “I learnt about what the Kedron Way means as a student”.

Stephy, “The values that Kedron upholds”. Janaya, “The importance of RESPECT”. Josie, “It helped me to develop my goals that I would like to achieve throughout my Kedron journey”. Daryn, “It has enabled me to understand the different opportunities that are available at Kedron”. Liam, “The experience of being at Kedron”.

Students are to be acknowledged for their fantastic efforts and contribution to what it means to be a Kedron student! Ms Elmore

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.

KEDRON SHS STUDENTS RECEIVE DISCOUNTED ENTRY TO THE HOLT BOLT OBSTACLE RACE!

The Holt Bolt is a 6-8km military inspired obstacle race located in Bald Hills on Brisbane’s North Side. If you like mud & dirt, climbing, crawling and sliding your way across fields of mud trenches, possum crawls, net climbs, military crawls and much more, then The Holt Bolt is for you! For the first time ever, teen entry has now been introduced just in time for Race Two: The Holt Bolt Fluoro Crew on July 5th, 2015!

Children aged 12 to 15 are now able to enter under The Holt Bolt Teen Entry! Participants aged 16 and over can register for the full adults course. The Holt Bolt Kids course will also be up and running on the day for our mini-bolters (ages 5-11)!

All teen and adult entrants from Kedron State High School will receive a $5 discount off their registration fee! A further five dollars from your entry will also be donated to your School for fundraising.

Enter the code HB2KSHSS5DOL in the payment section to get your discounted entry today! Please bring proof of school identification on the day to retrieve your race pack from the registration desk!

To register now, go to www.theholtbolt.com and click on the “Gym, School or Sports Team” tab. Select your school from the drop down menu and complete the registration form before continuing on to the payment page.

To contact The Holt Bolt team please email admin@theholtbolt.com or call 0405 919 574.
Today’s young people can engage with a large number of people online—some of which they may not know in real life. Whilst being in contact with new people can be exciting, the anonymity offered by the internet can allow these new ‘friends’ to hide who they really are. For example, someone who says they are a 14 year-old girl could actually be a 50 year-old man.

So, how can you help?

• Make sure your child’s online contacts/friends are people they know and trust. Take the time to sit down with your son or daughter and go through their online friends to ascertain how they know each of the people that they are connected with online.

• Acknowledge that your child may talk to people they don’t know online and that if so, they should keep the topic general and avoid sharing personal information. Information such as the school they attend, where they live and where they might be going on the weekend should be considered privileged information for ‘real life’ friends.

• Nothing in life is free – warn your child about accepting gifts from people they don’t know.

• Discuss with your child who they can speak to about sensitive issues or things they may be too embarrassed to talk to their parents or guardians about. This might be an aunty or uncle, older cousin or trusted family friend. There are also a number of school support systems in place including the Guidance Officer, School Based Health Nurse and your student’s Year Level Coordinator.

• Make sure your child knows how to block and report people on the sites and applications they use.

For further information that can help guide your teen’s behaviour and help keep them safe online, head to the following websites:
http://www.thinkuknow.org.au/site/
Parents/Carers of Year 10 Students

YOU ARE INVITED TO THE YEAR 10 INFORMATION EVENING

Kedron SHS Hall, Park Rd

Thursday 16 July 2015

6.00pm – 7.30pm
6:00pm – 7:00pm Presentation
7:00pm – 7:30pm Q&A

The purpose of the evening is to provide you, as a parent/carer of a Year 10 student, with the comprehensive information required to support your child in making informed choices for Years 11 & 12 and for the future.

Topics to be discussed will include:

| SETP (Student Education and Training Plan) | Senior Subjects for 2016 |
| QCE (Queensland Certificate of Education) | Subject Selection for Year 11 & 12 |
| OP (Overall Position) | VET (Vocational Education & Training) |
| QTAC (Qld Tertiary Administration Centre) | School Based Apprenticeships & Traineeships |

We look forward to your attendance at this important evening. Your attendance will assist you in providing your child with a smooth transition into the final years of Senior Schooling.

Mr Bob Baker
HOD
ITAD & VET

Ms Kathy Bermingham
Guidance Officer

Mr Ash Harris
HOD
Senior Secondary

Mr Steve Lang
HOD
Middle Secondary