FROM THE MIDDLE SCHOOL

How times fly! Here we are at the half-way mark for Term 1, 2016. By now I hope that all students have settled into effective routines which will set them up for success throughout the year. All students should have discussed with their teachers learning goals, and teachers will be immersed in discussions with individual students about how they can achieve those goals. I would encourage you once again to discuss with your child the learning goals they have set for themselves this year. If you have not already, I would also encourage you to contact your child’s teacher to check in on their progress so far. Establishing open lines of communication between home and school is essential in laying the foundations for positive outcomes for students.

This is a key driver for my work in 2016, where the Middle School team aims to meet with every student, and where possible every parent, in order to discuss student progress. These conversations will help us in guiding student pathway decisions, and in providing teachers a greater insight into the relative strengths, needs and aspirations of students. I look forward to working with all Year 9 and 10s throughout the coming year as we continue to strive to shine.

An incredibly important part of parent communication is through our academic reporting and parent teacher interviews. This year we will be trialling new procedures which we hope will make both of these processes more effective. Firstly, our reports will be emailed home this year to all parents with email addresses on file. Those without email addresses will continue to get a physical copy. By doing so, you will have immediate and secure access to your child’s report immediately after reporting is completed. We will be asking you to update your contact details, and test emails will be sent in the near future. Keep an eye on your inboxes!

Secondly, the school has sought and gained approval from the P&C to alter the format of the parent teacher interviews in Term 2. On 18 April students will finish at the end of period 3, and interviews will commence from 1.40pm on that day. Supervision will be provided for the remainder of the school day for students who cannot return home at that time. By doing so, we will be able to extend the interview slots to 10 minutes, based on consistent parental feedback throughout 2015. To provide ample time to gain your preferred timeslots, we will also be opening the booking slots to parents in the final week of Term 1.

Finally, if you do have any feedback on how we can improve our processes as a school, don’t hesitate to get in contact with us. Forming effective partnerships is key to Kedron’s continued success as we build on traditions and innovate for improved outcomes. Thank you, and enjoy the rest of the term.

COMING EVENTS

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<tr>
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<td>1</td>
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<td>Yr 12 Earth Science field trip</td>
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<td>15</td>
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<td>Yr 11 Shake and Stir performance</td>
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<td>P&amp;C Meeting</td>
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YEAR 12 LEADERS

On Tuesday 9 February 2016 the Year 12 Cohort were inducted as Seniors of Kedron State High School. The Student Council Executive, Interact Executive, House Captains and Prefects were presented with their badges of office. I am proud of all our students and know that the leaders will exemplify what it means to be a Kedron student.

Congratulations to Israth Mohamed Fazahir and Sahibjeet Bains, our 2016 School Captains, and Emily Coogan and James Howell, our 2016 Vice Captains. We look forward to you leading us through this exciting year. Well done all!

Leadership Position | Prefects
--- | ---
School Captains | Israth Mohamed Fazahir and Sahibjeet Bains
School Vice-Captains | Emily Coogan and James Howell
Executive Officer | Abi Smith-Steen
RSL Liaison | Cody Catterall and Liam Andrea
Year 10 Support | Sarah McLean and Mary Bao
Year 9 Support | Catherine Rogers and Samuel Dougherty
Year 8 Support | Sarah Melit and Lily Ingram
Year 7 Support | Sophie Anderson and Jacob Morgan
Sports Prefect | Ben Smith and Che-La Radnedge
International Support and Promotions | Timothy Debao and Nathaniel Rebolledo
EAL/D | Kiri Fabila and Yasin Mohammed
INFUSE Excellence Programs and Primary Connections
Kwame Eshun, Maddie Sawyer and Kiara O’Neill

Arts Prefect
Michael Baldwin and Miles O’Leary

Extra-Curricular Clubs, Groups and Events including House Cup
James Shoring

Extra-Curricular Technical Support and Robotics
Kyle Harmer

Senior Video
Nicholas Chilton

Photography
Rory O’Chee

House Captains
Bowen House Captains: Lisiti Asimcondon and Hamish Dixon
Griffith House Captains: Reeya Giri and Jack Jones
Lutwyche House Captains: Spencer Nielsen and Nina Pilgujski
Wickham House Captains: Sophie Trimble and Jake Walsh

Student Council Executive
President: Virag Dombay
Vice-President: Abbi Smith-Steen
Secretary: Sarah McLean
Treasurer: James Howell

Interact Executive
President: Tara Seiffert-Smith
Vice-President: Sarah Melit
Secretary: Aimee Nash
Treasurer: Israth Mohamed Fazahir

Citizenship Captains
Captain: Cooper Olsen
Vice-Captain: Grace Howell

YEAR 9 LEADERS
House Captains
Bowen House Captain: Jomar Daria
Bowen House Vice-Captain: Ruwangee Liyanagamage
Griffith House Captain: Shayne Giesenber
Griffith House Vice-Captain: Jesse Cowling
Lutwyche House Captain: Samuel Malone
Lutwyche House Vice-Captain: Janee Barker
Wickham House Captain: Jonathan Winlaw
Wickham House Vice-Captain: kimiora Witehira

Cultural Captains
Captain: An Sugawara
Vice-Captain: Sebastian Ritchie

Citizenship Captains
Captain: Beatrice Rodriguez
Vice-Captain: Abigail Taylor

MIDDLE SCHOOL LEADERS
On Tuesday 23 and Wednesday 24 February, the Middle School celebrated the Investitures of the 2016 Year Level Leadership groups. The ceremonies involved some motivating speeches from the Principal, Deputy Principal, HOD Middle School, Year Level Co-ordinators and Year 12 Support Prefects. We heard stunning performances of the National Anthem, heartfelt Acknowledgements of Traditional Owners, and captivating musical presentations from our very own Middle School students. The Year Level Leaders gave their solemn commitment to their roles and responsibilities as one voice in front of parents, staff and their cohort. Finally the Kedron High School Motto for 2016 – “Step Up” was reiterated and all present were urged to consider this motto in their everyday activities and actions.

YEAR 10 LEADERS
House Captains
Bowen House Captain: Collins
Bowen House Vice-Captain: Lily Adams
Griffith House Captain: Riley Dix
Griffith House Vice-Captain: Ella Jedroszkowiak
Lutwyche House Captain: Noelle Pugliese
Lutwyche House Vice-Captain: Miguel Morehu
Wickham House Captain: Jarrod Smith

Cultural Captains
Captain: Molly Lang
Vice-Captain: Riley Lytras

KEDRON STUDENTS PERFORM IN HAIRSPRAY
The Harvest Rain Theatre Company is producing a major arena spectacular production of Hairspray at the Brisbane Convention and Exhibition Centre in April this year. Three of our amazing Kedron students are performing in the mass ensemble. Hamish Chappell, Georgia Lang and Molly Lang will be performing with many talented young Brisbane performers alongside some of Australia’s biggest musical theatre stars including Simon Burke, Christine Anu, Tim Campbell and Wayne Scott Kermond.

Congratulations on being selected to be part of this musical spectacular.

29 February 2016
FROM THE CHAPLAINS
Hi everyone!

We hope you have had an enjoyable start to the year and are coping well with all this heat! As chaplains, we are beyond excited for what 2016 holds for everyone involved in our incredible school community. It’s truly a privilege to work in an environment like Kedron, and we count it an honour to serve the school in this capacity.

People often ask about the specific role of a chaplain, so we thought it would be great to give you a short description of our services, that you may know what we can do if it is ever needed:

- Social and emotional support: For any social and emotional difficulties students may be facing, we are here to help talk them through it and achieve the student’s desired outcome.
- Mentoring: We aim to set a great example for students by running and participating in programs, groups and initiatives.
- Community development: We run events and services to build community and culture within the school in line with the school’s values and expectations.
- Educational support: We are here to also help students in their education, and help out in classes wherever it is needed.
- Extra-Curricular activities: We aim to get involved in a range of school activities to be a support and example to students, contribute to the culture of the school, and enhance the experience for students.
- Spiritual support: We add this element to our work in case there are students or staff members who are wanting any spiritual input or support. Any students who access this support in an ongoing capacity adhere to parental permission procedures.

Please let us know if you have any questions or if there is anything we can do for you! Come say hello any time, we would love it!

Your Chappies,

Nick Warren (the tall one – in Tuesday & Thursday) and Erin Archer (the not so tall one – in every day except Thursday)

VACANCY- SCHOOL CROSSING SUPERVISORS
Casual positions exist for School Crossing Supervisors at multiple schools throughout the region. Please tell neighbours, friends and family of these positions available. Please help us to help our students.

Casual School Crossing Supervisor positions are for up to 5 days per fortnight on a roster. Remuneration $28.18 per hour.

Contact the Brisbane North Road Safety Office for more information
Phone: 3863 9839
Email: zillmere_road_safety@tmr.qld.gov.au
ANXIETY: "a feeling of worry, nervousness, or unease about something with an uncertain outcome"

With a definition like this who doesn’t get anxious?

Did you know… sometimes it can be helpful to have some level of anxiety. It helps us get ready for exams and motivates us to perform. It helps us avoid dangerous situations or reminds us to prepare for new situations. It helps us to be prepared and often to do our best.

If you are feeling anxiety you might feel uncomfortable, physically unwell (butterflies in your stomach, heart racing, wanting to vomit or go to the toilet). You might feel overwhelmed, frightened or even a sense of panic (this can be very useful if that assignment is due tomorrow).

All these feelings are normal and most of us experience them at some time in our lives. Don’t panic if your child is demonstrating these symptoms especially at the end of term, while having to speak in public or when awaiting their report card.

When does anxiety go beyond the norm? If you are seeing anxiety that is ‘excessive or unreasonable, marked and persistent’ and interfering significantly with one’s normal routine’, then it is time to consider whether the anxiety has reached the level of a disorder.

When feelings and thoughts become: more intense and overwhelming; thoughts are unhelpful or irrational and unable to be controlled; and the person is unable to do what they need to do; and these thoughts and feelings are interfering with relationships, then anxiety becomes a disorder, and it is time to seek help.

Anxiety is a part of life but it should not become your life. There are many causes to anxiety of which familial history of anxiety is often a common element, but anxiety can occur for lots of reasons. One in five people experience anxiety so it is a common issue.

There are 5 types of anxiety disorders:

- Generalised Anxiety Disorder (GAD) – excessive worrying about many aspects of one’s life
- Obsessive Compulsive Disorder (OCD) – Thoughts and fears are obsessive and rituals are performed in order to cope e.g. continually checking if the iron is off; excessive hand washing
- Panic Disorder – panic attacks are periods of intense fear or anxiety even when there is no good reason. Symptoms may include sweating, breathing difficulties, loss of control
- PTSD – Post traumatic stress disorder – A disturbing event may trigger this and the person may have flash backs, disturbed dreams and mood changes. Many soldiers or refugees experience this, but a single incident can trigger this for anyone.

- Social Phobia – fear of being humiliated, embarrassed or criticized and may affect one’s ability to speak or eat in public, being assertive and sticking up for oneself
- Specific Phobias e.g. intense fear of spiders, the dark, injections. One or more can occur at the same time

If you believe that the feelings of anxiety are ongoing, and affecting day to day living, and are unable to be controlled, then you or your love one needs to seek help.

Tips to help along the way:
- Talk to someone e.g. the Guidance Officer(s), the doctor, a friend or family member
- Stay physically healthy – eat healthy food, drink water, exercise daily
- Work out ways to minimise the stresses in your life without having to avoid them
- Have a massage, yoga, facial or other treats

Who better to look after you than yourself but be open to help if you need it? Often others see our needs before we do!

Contacts for you to consider:
- Beyondblue 1300 22 4636
- Lifeline 13 11 14
- Kids Helpline 1800 55 1800.
- Beyondblue.com