26 February 2016

Principal’s Message

A very warm welcome to our entire school community to the 2016 school year. To both our returning and new families I trust you had an enjoyable Christmas and summer break with family and friends and are recharged for the year ahead.

This year is one of optimism and excitement for us as a school community as we embark on a full year with our new vision, values and mission. On a daily basis, our core values: united, dynamic, respectful, determined and selfless – shape the way we think, how we act and what we do. To build upon this unique culture that surfaced in 2015, we do so simply by connecting with one another and focusing on what matters most – teaching, learning, high standards and a commitment to achieving personal best. As the year unfolds there will be many events that I look forward to sharing with you all that showcases our new values and mission so that we become the destination high school of choice in the not too distant future.

Reaping Rewards through Raising the Bar

It is with pleasure that I report that 2015 saw vast improvements in school performance data with attendance rates, senior OP outcomes and school community confidence measures soaring above state averages. The highlight being certification outcomes rising to 99% - well above state average. Put simply, this means our students are leaving our care with greater opportunity to succeed and that we are clearly on a trajectory of improvement. This is testament to the hard work of all staff and the commitment to connecting with and investing in every student.

Community Engagement

2016 will see our school launch into connecting with community a great deal more through various modes of communication. We understand that parents and carers want to know what is happening in their child’s school life but are not always able to be part of it. With this in mind we now have a school Instagram page and our school facebook page is soaring to new heights by uploading regular daily posts to show what school life looks like in the day of a student. Social media is now firmly part of our society – we cannot hide from it so we must embrace it. Too often in society we hear of and see social media used for not so pleasant messages so, we are taking the lead and showcasing through our facebook page how social media can be a positive experience and connect people when used appropriately to promote positive experiences. If you haven’t already joined our facebook page I encourage you to do so as this also has up to date messages for upcoming school events.

So what have we seen so far in 2016? This month we all had the pleasure of being part of our whole school swimming carnival that has been labelled by most as “one of the best ever.” Why? Because student attendance and participation was high, as was the community and house spirit. The day was colourful and enjoyable as both staff and students connected, cheered and celebrated the achievements in the pool. February has also seen our year 7 meet and greet evening, guest speakers and community groups visit our school to join in on educating our students around the key areas of mental health and student leadership, then just this week we saw our whole school community come together for the official senior induction assembly whilst special guests and parents watched on. Thank you to all staff involved in all of the above events who worked tirelessly behind the scenes to ensure our students receive positive and special experiences. Your selfless attitude is greatly appreciated.
I encourage all families and community members to continue to connect with staff and myself so that together we can continue to ensure that every child reaches their full potential.

On behalf of the school’s staff we look forwarding to working with you in 2016.

Principal, Mrs Sue Dalton

New Year, New Look, New Newsletter

2016 marks the start of new and continual improvements across the board at our school. To start with, you will notice our school newsletter has taken on a dynamic new appearance, including an easy-to-navigate menu, video content, picture galleries and more. Our objective is to bring what’s happening within the school, straight to your home, office or mobile phone – so that even if your child/ren doesn’t share what happens at school in great detail – you can see for yourself.

Captain’s Breakfast

On 29 January 2016, Principal Sue Dalton and Deputy Principal Katrina Bayldon hosted a Captain’s Breakfast with Year 12 Captains and Vice-Captains at local breakfast eatery Refuelled in Wellington Point. This was an occasion to discuss leadership initiatives for 2016, students’ plans for the future, and the important role the Captains play as Ambassadors to the school and role models to students. We also took this early morning opportunity to take some stunning photos at nearby Wellington Point jetty. What a beautiful part of the world we live in!

“Since we’ve come to high school we have really enjoyed it and it’s a lot different to what we thought it would be. All the opportunities that we have experienced so far have been really fun and exciting like dodgeball at lunch, inter school sport and ESAP, Encore and LEAP classes. All the teachers are nice. We love being able to walk around between each class and having different classrooms and different teachers. So far high school has been awesome and we can’t wait for the future years of high school!”

Emma & Hayley (Year 7 Students)

Taking Social Media to the Next Level

In this day and age, social media has become an integral part of our lives. We use it to share information, engage our school community and celebrate our successes. As part of our commitment to make information sharing more convenient and timely, we’ve created an active Facebook page https://www.facebook.com/WellingtonPointSHS/ and we’re also now on Instagram. Be sure to like our Facebook Page: and Follow us on Instagram @wellingtonpointstatehigh

2016 Year 12 Captains (Lucy Laurie & Lachlan Rooth) and Vice Captains (Elise Hogden, Alexandra Barton, Bradley Gallop, Jesse Karjalainen)
Introducing New Staff

Our school welcomed a handful of new members to the team at Wellington Point State High School late last year and at the start of 2016. Here is a list of new and friendly faces you are bound to meet in our school grounds.

<table>
<thead>
<tr>
<th>Role</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Deputy Principal</td>
<td>Katrina Bayldon</td>
</tr>
<tr>
<td>Deputy Principal</td>
<td>Samantha Hawkins</td>
</tr>
<tr>
<td>Guidance Officer</td>
<td>Roxanne Franke</td>
</tr>
<tr>
<td>Head of HPE</td>
<td>Jasmin Naylor</td>
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<tr>
<td>Dance Teacher (Performing Arts)</td>
<td>Robert King</td>
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<tr>
<td>Marketing &amp; Communications Officer</td>
<td>Rochelle Lewis</td>
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<tr>
<td>Head of English</td>
<td>Francoise Monange</td>
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<tr>
<td>Mathematics Teacher</td>
<td>Robyn Lake</td>
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<tr>
<td>Mathematics Teacher</td>
<td>Raquel Light</td>
</tr>
<tr>
<td>Social Science Teacher</td>
<td>Joely Dowsett</td>
</tr>
<tr>
<td>Special Education Unit</td>
<td>Kerri Richardson</td>
</tr>
<tr>
<td>Special Education Unit</td>
<td>Silvana Ciccotosto</td>
</tr>
<tr>
<td>Head of Practical Technology</td>
<td>Ashley Bierton</td>
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</tbody>
</table>

Mandy Rampton

The Greatest Shave

Raising Funds and Awareness for Leukaemia

Several teachers and students have raised their hand and offered to be part of The Greatest Shave – a fundraising cause in support of people living with or affected by leukaemia. Teachers Lisa James and Rhiannon West are going to be joined by students Bradley Gallop (Year 12 Vice-Captain), Laura Lepisto (Year 10), Kacey Collis (Year 8), in shaving off their locks to raise funds and awareness for the Leukaemia Foundation. Here are a few before shots of our courageous team prior to the Greatest Shave taking place in the second week of March. Please show your support and encouragement by making a small pledge to our WelloWarriors team through the online fundraising page:

https://worldsgreatestshave.com/

Youth Health Nurse

Providing More Student Support Services

May we introduce a new and friendly face to our school campus: Ms. Mandy Rampton - who is our Youth Health Nurse. Mandy is a wonderful resource for students needing advice on:

- Healthy Eating & Exercise
- Relationships
- Sexual Health
- Personal or Family Problems
- Smoking, Alcohol & Other Drugs

Mandy is not a Case Manager, but more so a great first-point of contact for students looking for a brief chat or referral on matters that require intervention.

Mandy - our Youth Health Nurse is available for appointments every Monday & Thursday, and one Wednesday per month. Please call her at 3820 4281 or drop into her office in C Block to make use of this wonderful student support service.
Gluten Free Goodies now Available

Did you know that Gluten free goodies are available at our school canteen? Pick from a scrumptious range of items including: chicken tenders, chicken nuggets, lavash, bread, Piranha snacks and lamingtons! As gluten free food is made to order, please ask your child/ren to place their order with the lovely ladies at the canteen first thing of a morning.

Creative Arts Showcase

It's not even the end of Term 1 and the Visual Art students are putting together some amazing creative work! Take a look at this video showcasing the various work across different year levels. So proud. #artexcellence #ENCORE #highschoolofchoice #culturalcaptainsbeproud

So You Think You Can Dance

Year 11 Dance Students could just about audition for “Dancing with the Stars”. Look at these fancy 1920s dance moves happening down in Arts.
Year 12 Camp

Putting the School’s Core Values into Action

To kick-off the start of a busy school year, Year 12 held a school camp on 1 February 2016 at Kindilan Outdoor Education Centre in Redland Bay. To unite the Year 12 cohort and strengthen friendships and the spirit of collaboration, students worked within groups and rotated through a range of challenging, exhilarating and fun activities. The program was designed to build teamwork, provide students with opportunities to demonstrate their leadership and problem solving skills, as well as bond with fellow peers. Outdoor activities included the use of a flying fox, kayaking, rafting, abseiling, the leap of faith and rock climbing etc. As the picture album shows, the schools five core values: United, Respectful, Determined, Dynamic, Selfless – were already in action. Well done to our Year 12 cohort.

In the Classroom

Committing to a High Expectations Culture

Wellington Point State High School is a positive behaviour school. Positive behaviour expectations are integral to our high expectations culture. In 2016 and beyond the theme that will be adopted across the whole school is ‘Everyday Everywhere’ and in classrooms the everyday message will continue under the banner of ‘Everyday Every Classroom’. We have sharpened the focus of the positive behaviour message this year for students to ensure that all students are clearly aware of the expectations that staff and the wider community have in regards to socially acceptable and productive learning behaviours.

Positive behaviour at Wellington Point State High School is based around the expectations of:

Be Safe  Be Respectful  Be a Learner

The poster shown was developed by the Responsible Behaviour Team of teachers during Term 4 2015, and is present in every classroom within the school as a constant visual reminder of our high expectations culture.

In newsletters over the coming months these behaviour expectations will be explained in more detail so that families may engage in conversation regarding the valued place these behaviours have in society.

If your child has come home with a SWOOP card in their bag, you will know that they have been recognised for demonstrating several of these positive behaviours here at school. Keep up the good work students!

EVERY day, everywhere I...

- arrive on time
- show respect for people and the environment
- wear my uniform with pride
- have my planner and the right equipment
- am focussed and committed to reaching my potential
- embrace challenge
- work as a member of a team
- am a safe, respectful ACTIVE learner

ACTIVE LEARNERS...

Behold the Student Planner

At the start of Term 1, each student was given their very own Student Planner – an essential learning tool to help keep track of tasks, assignments and other assessments throughout the year. Not only is this a great tool for students to be able to manage their time and assessments, but it’s full of valuable tips and tricks to ensure the best possible outcome for students – academically, socially, and behaviourally. As an active learner, it is expected that students use their Student Planner daily both in the classroom and at home. Here are a few pics of students embracing their new paper companion during class and at home.
Reading for Life

Scholastic Book Club

Wellington Point State High School is again this year participating in the Scholastic Book Club. The best gift any person can give a child is the love of good books, allowing them to embrace the joy and benefits of reading.

Twice a term a book club flyer will be sent home, with a different selection of books offered. The books span a wide range of reading levels and interests, with some books costing as little as $2.

This opportunity is offered to students in Years 7, 8 and 9, who are currently participating in CAFÉ, the school reading program, which focuses on improving comprehension, accuracy of reading, fluency and extending their vocabulary.

It’s easy to order and ordering and payment are done on line. Just remember to include your student’s English class o: e.g. 7A. Choosing your own book to read is something special and I hope you will encourage your child to order books this year.

Year 7 LEAP students are LEAPing into READING!

Year 7 LEAP students will have the opportunity to experience, Kids’ Lit Quiz™, a major international literature competition where teams of four students work together to answer wide ranging literary questions. Students collaboratively answer 100 questions arranged in ten categories.

Our school is entering three teams into the Brisbane heat of this exciting competition on Friday 11 March, with the prospect of advancing to the National Final in Sydney on 19 March and the International Final in New Zealand in August.

Writing Extension Program

Improving written communication skills

Students in years 7 and 9 will begin a writing extension program next week. The program provides students with practical strategies to improve their writing across all subject areas. It is also lots of fun. Students who completed the program last year commented:

“I learnt heaps of new things and enjoyed the writing games that taught us punctuation and grammar”

“I expanded my range of adjectives, learnt how to structure my story and more”

“The best part of the program was being able to share our ideas and become more imaginative”

“I have definitely improved my language since the writing program started”

A message from the Head of Senior Schooling – Kim Herholdt

Welcome back to the Senior Cohort of 2016!

Our QCS Skilling based on our Practice Test Data Analysis has begun and takes place regularly in Lesson one on a Thursday. Special note: Week 8/17th March QCS students are required at 8.00am for a QCS Intensive Writing Task session with an external facilitator. These preparation sessions are vital to equip students with the skills needed for the QCS Test on Tuesday and Wednesday the 30th and 31st August.

TAFE at School has commenced and enrolments are now closed. Should any positions in course become vacant they will be advertised on Daily Student Notices. Traineeship and apprenticeship opportunities are also advertised to students through their school emails and the Daily Notices. The best way, however, is for students to directly approach potential employers with an offer of Work Experience which can be arranged through Ms Arthars on 38204209. Parents can facilitate this process by accessing any contacts within their own network of family, friends and work. Should you require any further assistance or information please don’t hesitate to contact Senior Schooling.

Senior Schooling is committed to enabling every student to ‘Aim High’ and provide opportunities to find their pathway and fulfil their potential.

Introducing Smiling Minds

We are excited to announce that our school has introduced the Smiling Mind Education Program to assist students and staff in dealing with the pressure, stress and challenges of daily life.

The Smiling Mind Education Program is used to complement our existing student wellbeing initiatives to promote positive mental health and resilience within the school.

Smiling Mind is a unique Australian not-for-profit, providing web and App-based guided Mindfulness Meditation programs to encourage a sense of calm, clarity and contentment. For more information about Smiling Mind, please visit their website (www.smilingmind.com.au) or download the FREE App (http://bit.ly/1doAdVF).
Wellington Point State High School is proud to support Smiling Mind’s vision to see Mindfulness Meditation on the Australian Curriculum by 2020.

From the Guidance Officers

Ms Jan Drury & Mrs Roxanne Franke

Does your son/daughter show signs of ANXIETY?

What is anxiety?

Distress, worry, trepidation, apprehension, dread, fear, shyness, nervousness… It can have a lot of names! What these names have in common is that when you feel them, it’s because you are expecting that something bad or unpleasant is going to happen. Anxiety is a normal emotion, we all have it and IT’S NOT ALWAYS BAD!

It is important to help us survive, keep safe and perform better. The main reaction anxiety provokes in us is called the fight / flight response (i.e. fight the perceived danger OR run away from it). All animals have this response. So if EVERYONE’S got it, what’s the big deal?

Some students experience higher degrees of anxiety than others do. They may find they become anxious more easily, more often and more intensely. Anyone can benefit from learning how to control the anxiety they experience. It’s particularly important for some students to learn control because of the level of interference that anxiety may cause in their lives (e.g. at home, with their family, at school, on the sport field).

Anxious students may show different behaviours at home and at school:

<table>
<thead>
<tr>
<th>Noncompliance</th>
<th>Clinginess</th>
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<tbody>
<tr>
<td>Quitting (e.g. reluctance to contribute in class)</td>
<td>Socially isolated from peers</td>
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<tr>
<td>Laziness (e.g. reluctance to begin tasks)</td>
<td>Perfectionism</td>
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<tr>
<td>Disruptive behavior (e.g. trying to avoid work)</td>
<td>Panic Attacks</td>
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<tr>
<td>Negative self-talk (e.g. “I’m dumb”, “I can’t do it”)</td>
<td>Headaches, backaches</td>
</tr>
<tr>
<td>Irrational fears and/or paranoia</td>
<td>Many visits to school sick bay</td>
</tr>
<tr>
<td>School avoidance / truancy / late arrivals</td>
<td>Obsessive behaviours</td>
</tr>
</tbody>
</table>

When should you seek assistance?

Families should seek assistance from a GP and/or Psychologist when symptoms become unmanageable. If students are consistently late to school, avoiding school and/or assessment, frequently complaining of headaches/nausea etc, it might be time to seek further advice. It also wouldn’t hurt to have an overall health check with the GP.

For further information:

http://www.beyondblue.org.au/
http://www.headspace.org.au/is-it-just-me/find-information/anxiety
http://au.reachout.com/All-about-feeling-anxious

Ohayoo from Japan

Divya De Silva reports on an experience of a lifetime

From 25 November to 10 December in 2015, 11 students from Wellington Point State High School, from years 10, 11 and 12, travelled to Japan to begin an extraordinary journey. It was there that we explored Tokyo, Hakone, Hiroshima, Kyoto, Osaka and Suzuka which gave us unforgettable memories and changed our perspective on life for the better. In Suzuka, we were welcome to stay with a Japanese family and live their lifestyle for 4 days. All of us were nervous at first, but the kindness and hospitality of the families was amazing and strengthened our bonds! Our group was also given the chance to visit Suzuka Middle School and experience what a Japanese school is like and how it operates firsthand. We also took part in other Japanese activities such as karaoke, wearing a kimono, and visiting Japanese shrines. Japanese foods are simply mouth-watering and gave us an appreciation of Japanese cuisine. All these opportunities and experiences would not be possible without Wellington Point State High School’s support and the guidance from our three fabulous teachers who looked after us and educated us on the cultures and traditions of Japan during the trip. Every single one of us returned having thoroughly enjoyed our time in Japan!

Trip of a lifetime to Japan

QSchools

The QSchools app is a convenient way to receive up-to-the-minute information from Queensland state schools. If you don’t wish to visit Wellington Point State High School’s Facebook or School Website regularly for news and other updates, QSchools provides a convenient way for you to receive real-time notifications straight to your mobile device.

The app integrates with the department’s preferred school website platform, allowing users to:
- find and favourite your school by searching for the school by name, searching a map or by searching for schools near your current location
- receive real-time notifications about state-wide emergency alerts as well as school push notifications and important updates through the app
- access the latest news, events and newsletters from your school
- easily access your schools tuckshop and uniform shop information
- view information about your school including class times and contact details

To download, visit:

Calling all Sponsors

Contribute your time, trade, equipment or services

Our school is an integral part of the local community. Local families, businesses and corporations play an important role in helping to enrich the school in a variety of ways.

In 2016, we’re on the lookout for new sponsors. There are so many ways to get involved: from sponsoring uniforms or equipment, to improving facilities, donating your time or trade—even sponsoring food/beverages for key school events. Perhaps you own a printing business that can help us save money on printing? Or maybe you own a coffee van that can come to key events? Or you know someone who takes incredible photos? The options are endless.

We believe that schools are an extension of the home for many families, and we want to ensure Wellington Point State High School can provide the very best facilities, opportunities and experiences for our many students.

If you can provide sponsorship or contribute to our school community in any way, please contact Rochelle Lewis at news@wellpoinshs.edu.au or call 3820 4257.

There are many ways we thank you in return – be it: visible signage throughout the school or via our social media and news platforms.

Get in touch today!

QPARENTS

An online platform for your child’s education

Did you know that QParents is now available? This all-inclusive app is the perfect mobile tool to access your child’s report cards online, pay school invoices, notify the school of your child’s absences and more. You will need your child’s Student ID that is on their School Identification Card or printed on their class timetable. For Year 7s whose ID cards are in production, please refer to your class timetable for your Student Number.

Read the attached document to understand more or visit: qparents.qld.edu.au to find out more.

Swim Carnival Success

The year started with a splash as our school Swim Carnival took place on 3 February 2016 in Week 2 of Term 1.

Congratulations Wellington Point State High School on a successful Swimming Carnival. We achieved an all-time best student attendance for the day, packing the Cleveland Aquatic Centre with colour and smiling faces.

Congratulations to Tamieka Whitefield and Brock Sheehan - Captains of Leichardt house for leading your house to victory on the day. Several records were broken at our swim carnival - champion swimmer Kane Brady breaking three records and Brandon and Lily Walton also breaking one each. A special mention to Dominic Scocchera who broke a 15 year old record in the 14 boys freestyle clocking a time of 29.15secs. The following students also achieved Age Champions on the day.

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<tr>
<td>U/12</td>
<td>U/13</td>
<td>U/14</td>
<td>U/15</td>
<td>U/16</td>
<td>U/17</td>
</tr>
<tr>
<td>Lily Walton</td>
<td>Sophie McVeie</td>
<td>Savannah Freeman</td>
<td>Elise Howard</td>
<td>Georgia Williams</td>
<td>Rebecca Hannan</td>
</tr>
<tr>
<td>Jai Braddy</td>
<td>Braden Collie</td>
<td>Dominic Scocchera</td>
<td>Brandon Walton</td>
<td>Aiden Todd</td>
<td>Jason Hutchins</td>
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</table>

The school swimming team has also represented us at the Bayside Swimming Championships held on Thursday, 18 February 2016. A very big thank you to all of our administration, staff and students for an awesome carnival.

Konnor Ross takes on Basketball Star

On Week 3 of Term 1, Year 10 & 11 students were treated to a special guest speaker – former Basketball star Eric Bailey courtesy of our friends at QTMutual Bank.

Having overcome a multitude of personal obstacles and setbacks, Eric’s message to students was one of persistence. The key to success in life is to fight to the end. As he said, “nobody can write your history but you. There is no success without pain. Don’t let anyone put fear and negativity in your head.”

Believe in yourself. Work hard and remember......

It’s not the size of the dog in the fight, it’s the size of the fight in the dog.
To top it off, our school’s very own basketball champ Konnor Ross took on Eric Bailey in a 3-point shootout. Just take a look at this perfect shot!

**Softball Divas**

**Sporting Excellence at Wellington Point State High**

Three cheers for our students: Tamieka Whitefield, Dakota Watson and Shania Watson who have been selected in the Metropolitan East Regional team to compete at the Girls State Championship. Way to go ladies! #ESAP? #sportingexcellence?

**Bayside Swim Carnival**

The Bayside Swim Carnival took place on 18 February 2016. Congratulations to the following students who have been successful in making the Bayside District Swim team to trial for the Met East Swim team later this term.

<table>
<thead>
<tr>
<th>Name</th>
<th>Event/s</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kane Brady</td>
<td>100m Freestyle / 50m Freestyle / 50m Breaststroke / 50m Backstroke / 50M Butterfly</td>
</tr>
<tr>
<td>Dom Scocchera</td>
<td>400m Freestyle / 200m Freestyle / 100m Freestyle / 50m Freestyle / 200m Backstroke / 100m Backstroke / 50m Backstroke / 50m Breaststroke</td>
</tr>
<tr>
<td>Jason Hutchins</td>
<td>100m Freestyle / 50m Freestyle</td>
</tr>
<tr>
<td>Rebecca Hannan</td>
<td>50m Breaststroke</td>
</tr>
<tr>
<td>Brandon Walton</td>
<td>50m Breaststroke</td>
</tr>
<tr>
<td>Brock Sheehan</td>
<td>50m Freestyle</td>
</tr>
<tr>
<td>Lily Walton</td>
<td>50m Breaststroke</td>
</tr>
</tbody>
</table>

An extra special congratulations to two young men who received outstanding achievements on the day. Congratulations to Dom Scocchera who won Runners Up Age Champion for the 14yrs Boys and to Kane Brady who received the highest accolade in being crowned the 17-19yrs Boys Age Champion. Well done to both of you.

**Whole School Assembly**

Our first whole school assembly for 2016 took place on 26 February 2016. This was a special occasion as we held our Leader Induction Ceremony and united the entire school.

**Welcoming new Enrolments for 2017**

**Refer a Friend**

As the year gets underway, we are already preparing for 2017 enrolments at our school. Competition is tough in our neighbourhood. Neighbouring Redlands College and nearby Ormiston College both attract a large pool of students who are looking to commence high school in a private school setting. However, our school has enormous strengths and abundant opportunities to offer. With a high expectations culture and great performance improvements in 2015 under new leadership, we provide private school standards at public school costs.

We are known for our nurturing and supportive school environment, where each individual is respected and provided the opportunity to achieve their personal best. Our school possesses a culture that instils optimism and inspires action. This is demonstrated through our daily thoughts, behaviours and actions.

As parents, you know this best, and word of mouth plays a vital role in communicating the strengths of our school. If you know someone who is considering our school, please welcome them to come inside and see for themselves. If not now, then mark your diary for an official Open Day – coming up on Saturday, 14 May 2016.