26 August 2016

Message from the Principal

Principal, Sue Dalton

The month of August has been a busy month for all staff and students as we reach the halfway mark of Term 3.

Thank you to everyone who participated in several of our key events this month, including our: Year 7 enrolment afternoon, Year 10 into 11 Seniors Pathway Evening, Set-P Interviews and our Dance Night held on August 24th. We received much positive feedback from the Year 7 enrolment afternoon and Set-P Interviews, where students were given personalised and practical guidance regarding their future pathways.

I also congratulate our Science department for hosting a very successful Osprey Cup, where we welcomed fellow primary schools in the area to compete in a day of Science challenges and fun. A big round of applause extends to Gumdale State School, who took home the title of first place – you all did an amazing job and undoubtedly had a whole lot of fun too.

Speaking of Gumdale State School, we are building a solid partnership with our friends at Gumdale State School, facilitating on-going activities and learning opportunities to help bridge the gap between primary and secondary school. It is through these working partnerships, that we can understand more about the needs and wants of prospective students and their families, as well as share knowledge, skills and learning for the future.

Within the school, we have a number of staffing changes. Firstly, we say farewell to Deputy Principal Deanne Wallwork, who is taking up a new opportunity at QCAA, involved with the implementation of the new senior schooling program which at this stage will be through to July 2017. Deanne has devoted an incredible amount of hard work, knowledge and time during her tenure at Wellington Point State High School to improve student outcomes and school performance. Thank you Deanne and good luck! In her place, our Head of Science, Ms Gay Philips will take up the role as Deputy Principal, bringing a wealth of leadership qualities and high performance targets that will serve as school well.

At the same time, we congratulate Joely Dowsett who is replacing Mr. Iain McLennan as Year 11 Coordinator. Through Iain’s work as a year coordinator here at Wellington Point he has been appointed to Bundamba State College as HOD Student Engagement. We wish Iain well as he embarks on a new chapter in this professional career.

Lastly, I remind all parents and extended friends to submit your enrolment applications for Year 7 commencing in 2017. We are receiving a high number of out-of-catchment applications. The sooner we can confirm enrolment applications for 2017, the sooner we can plan class sizes, orientation programs and consider applications in waiting.

Thank you to all our parents and friends who continue to make our school Redlands High School of Choice. If you would like to be active members of our school community, please do join our upcoming P&C Meeting on 30 August starting 5pm in our Admin Building.
Key Dates

<table>
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<tr>
<th>Date</th>
<th>Event</th>
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<tr>
<td>30 August 2016</td>
<td>P&amp;C Meeting</td>
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<tr>
<td>30 &amp; 31 August 2016</td>
<td>QCS Test Dates for Year 12</td>
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<tr>
<td>12, 13, 14 September 2016</td>
<td>Donate Blood to Red Cross at Birkdale Fair</td>
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<td>16 September 2016</td>
<td>Last Day of Term 3</td>
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Expressivo

At the end of July, Birkdale State School hosted their annual festival of Music and Art - Expressivo. Wellington Point State High School Art department joined the festivities by holding art workshops throughout the day, displaying work from our senior art and Encore students. Birkdale students had the opportunity to screen print their own bag and make decorated clay ornaments. The students were excited and receptive to such exciting art opportunities and many parents were disappointed that the Wellington Point student art work was not for sale! A special mention goes to our loyal and longest Encore student, Rebecca Hannam, who spent her Saturday with Mrs Beale and Ms McElhinney conducting workshops. It was another successful example our school values of being selfless and dynamic in the community.

Aerobics Sport Stars

Tara Bartlett and Sarah Jessiman shine as top competitors

Tara Bartlett and Sarah Jessiman were 9 years old (Grade 5) at Primary School when they first tried Sports Aerobics. Coaches from a local Club called Club PJ’s (now known as Industrie 1) based in Capalaba came to their school twice a week. Tara and Sarah enjoyed Aerobics so much that they were soon entered into competitions with their School Aerobics team. In grade 6 they received the opportunity to travel to Tasmania to compete against other primary schools. The following year (grade 7) they travelled to Sydney and Melbourne.

The girls then entered Wellington Point State High School and stayed with "Industrie 1" to continue their love of the sport. With more intensive training days (sometimes up to 12 hours a week) and lots of Fitness sessions the girls went from strength to strength.

They have competed both Individually, as a Duo, a Trio and as a 5 member Fitness team. Their success has taken them all over Australia and in 2014 they competed against New Zealand. Then in 2015 they were selected to compete in The FISAF World Championships representing Australia. This competition was held in Martinique (A French Island in the Caribbean). Their team just missed out on a medal, placing a very commendable 4th.

This year Tara and Sarah’s Fitness team are Gold medallists and National Champions at the FISAF National Championships held last month. They are also Silver medallists for their Trio. The girls have again been selected to represent Australia in Vienna, Austria from 18-22th October. GOOD LUCK GIRLS!!

Anyone interested in trying Sports Aerobics, Hip Hop or Contemporary dance. Industrie 1 is located: 5 Veronica St, Capalaba, Phone 3823 6777

Semester 2 – In the art room

It has been a dynamic start to semester 2 in the art room. New classes of Year 7, 8 and 9 students are engaging in many new skills and mediums such as painting and perspective drawing. Many of these works are of a very high quality and we look forward to seeing many of them join our senior art works in the annual art exhibition on Awards' Evening in term 4. Our senior art students are busy developing their folios exploring topics such as evolution and the significance of place and space in our world. The development of these folios requires a high level of research, analysis and visual literacy in order to communicate complex ideas in a visual form. I look forward to the resolved works in a few weeks.

Mrs Beale – Art Teacher
Bayside Athletics Carnival

A great day for Wellington Point State High

On Thursday the 28th and Friday the 29th of July, more than 100 students took part in the Bayside District Athletics Carnival. The day started with a 1st placing to a little known 800m runner, Sam Maunder and a 2nd place finish to Dominic Scocchera. From there, our students continued to perform strongly with all our athletes performing well in their events.

A few lessons were learnt about the importance of pre competition nutrition and hydration with some feeling the effects of the demands of the 400m sprint event. All reports back to the school indicated that the students involved were demonstrating all our school values. Our students were determined, respectful to the officials and fellow competitors, resilient, dynamic and united as team Wello. The students’ efforts were rewarded with a 3rd placing overall for the day showing just how competitive we are as a school. Notable mentions go to Josh Crombie finishing as U/17 age champion, Chris Cloherty runner up u/17 age champion, Maddie Brennan runner up u/17 age champion and Reece Holder runner up u/14 age champion. Thanks to all students and staff for the successful outcome of the day.

CORRECTION NOTICE

ESAP Camp

The ESAP, Touch and Basketball development camp permission form that went home on Thursday the 18th August was sent home with the incorrect return date to school. The letter was published indicating return to school on the 5th November (Saturday). The correct return date to school will be Friday the 4th of November. Apologies from the HPE department for any confusion this may have caused.

Broncos Girls Academy

Championing Indigenous Female Students

I am excited to announce that Wellington Point State High School and The Broncos recently launched a new community partnership with Beyond the Broncos. This program sponsors and supports our Aboriginal and Torres Strait Islander girls throughout their schooling with a focus on attendance, academic achievement, cultural identity, health and well-being.

Our launch took place in the library on Thursday 4th August with our Broncos ambassadors, Broncos staff and the fantastic Wello staff. We had Justin Hodges, Scotty Prince, Preston Campbell and Bo Del A Cruz join us as well as Christine Halliwell, Karen Weigel, Steve Parle and Denis Watt chair of the Brisbane Broncos. It was a great turnout by the students to show support for this great program.

As part of the launch of this program across schools, students and staff were invited to appear on NITV.

Thank you to the students, the staff from Wello and the Broncos for making the event a huge success. I look forward to being able to work with and support our students, their families, staff and communities through this program.

Natasha (Tash) Kitchener
Student Support Officer
Beyond the Broncos

Race to Read

The Latest Harry Potter Novel

Jarod Turner was the first to borrow the new Harry Potter book from our School Library was thrilled. Great to see a love of reading at our school!
Science Week

Osprey A.C.E.S. Day

To celebrate science week the science department hosted the inaugural Osprey A.C.E.S. Day on Wednesday 17 August. Almost 200 year 5 and year 6 students from Birkdale State School, Birkdale South State School, Gumdale State School and Wellington Point State School attended on the day.

Science based Mystery questions, of “Who Am I?”, multiple quiz questions and “speed science Pracs” where they made sling shots (Physics), observed the microscopic world with their own eyes (Biology) and made ever popular “Slime” in Chemistry. After a short lunch the students swapped tasks and it was up to the year 5 students to bring on the points for their school to win!

After tallying all the points the winner was announced ...... (scientific drum roll)......

Gumdale Primary School won the Perpetual Trophy to display at their school, and will have the honour of defending their trophy as returning champions in 2017.

So who will be the next winning school for Osprey ACES Day in 2017?

Farewell Suzuki High

Study Tour 2016

By Mami Yoshino

On Wednesday 17 August 2016, our school community farewelled guests from Suzuki High School. The 21 students and 1 teacher were here from the 9th to the 17th of August. As a school, our relationship with Suzuki is reciprocal. We play host to them and in return, they host and welcome our students when we visit Japan.

The visit gave the international students the opportunity to enhance their English language skills and to gain firsthand knowledge and understanding of the Australian culture and lifestyle. More importantly, Study Tours provide an opportunity for young people to exchange ideas and become friends.

Mr Cross and I would like to thank the entire Wellington Point community including the host families, Australian buddies, canteen ladies, teachers and staff for their support and kindness during the trip. It is extremely rewarding for us to watch so many young people broaden their perspectives in an ever globalising world.

Now please enjoy some messages from the students.

“I’m Ryotaro. I came from Japan, Mie Prefecture, Suzuki. I stay in this high school from the 9th to the 16th of August. I very enjoy talking with my buddy and this study trip. I feel very big thanks to everyone who meet in this trip. I LOVE Australia and this high school!”

Ryotara Baba (m) 16 years old

“I am Namika. I was shy but after this trip to Australia I could be positive and I could become a person who can talk to Australian I didn’t know. It was a great trip. Thank you!”

Namika Sakaban (f) 15 years old

“I’m Caleb, A year ten student studying Japanese at Wellington Point High School. I loved being a buddy, and being able to show my buddy, Ayato, around the school. It was a really enjoyable and exotic experience. Thanks.”

Caleb Howe (m) 14 years old

“My name is Stephanie Barton, I am in year 10 at WPSHS. I thoroughly enjoyed learning about Japanese culture during the Study tour. I made some lifelong friends who I will keep in touch with to continue expanding my knowledge about Japan. The exposure to Japanese culture and the friends which I made truly reflected the value and purpose of the Study Tour. Thank you to all of the teachers and students who put in outstanding effort to make this tour memorable.”

Stephanie Barton (f) 15 years old

Harry Potter Fan

Well done Gumdale State School
Deep Blue Line

Engaging Young Men

Wellington Point State High School will be welcoming Sergeant Graham Pearse from the Redlands PCYC back to the school as he prepares for the Launch of the Deep Blue Line afterschool program next month.

Deep Blue Line was designed as a program for Police Officers to facilitate as a way of engaging with young people. The program aims to enhance young people’s positive sense of self, boost self-esteem, provide a variety of positive life experiences, encourage goal setting behaviours and expose participants to positive female and male role models.

Feedback from Wellington Point State High School students who have completed the course is that it was a change point in their lives as they learned to take responsibility for their own choices and actions. Staff have also seen that change and are encouraging them to pursue leadership aspirations.

The program is targeted towards young men aged 13 - 17 years old.

Key Learning Areas

- Communication
- Well Being
- Positive Futures
- Leadership Skills

Expected Outcomes

- An improvement in social and emotional well-being
- An improved sense of respect for themselves and others
- Increased knowledge of practical skills

For more information please contact Aly Smith our Youth Support Coordinator or visit:

Leading the Pack at the Redlands Eisteddfod

Instrumental music

Well done to Miss Steffen and her crew of Instrumental students who took home leading titles at this year Redlands Eisteddfod on 3 August 2016. Our School Concert Band earned 2nd place and our Stage Band 1st Place. What an amazing achievement! Our students had been preparing for a few months for this competition and the hard work paid off! Congratulations to all students on your hard work and determination that resulted in a triumph!

News from the Senior Schooling Hub

The Senior Schooling Hub has lots of news and updates concerning Tafe and University courses, upcoming Open Days at various Queensland universities, traineeships, and other key details for young job seekers. Above all, a reminder that QCS is approaching at the end of this month! For more information, please click on the following link:

Art Speaks Japanese Competition

For the second year, Wellington Point State High School’s Art and Japanese departments are coming together to explore cultural connections through the “Art speaks Japanese” competition. In this national competition students are given stimulus to respond to artistically in whatever medium they choose and have to justify their responses in an artist’s statement. Last year we had students Rebecca Hannam and Morgan Devey both place in the competition and by the look of the progress in our workshops we seem sure to place again in 2016. Teachers Ms Yoshino and Mrs Beale have been guiding students through the strict criteria of the competition and are both proud of the enthusiasm and originality of the ideas presented. Good Luck!
The Pursuit of Happiness

As human beings we all want to feel happy and not just every now and then. If we had our way we would probably give sadness a miss altogether. Films and media often lead us to believe that if we owned more, bought more, achieved more or won more we would find happiness. Can happiness be gained through spending, accumulating or competing with others? Sadly we may give our young people the impression that happiness is something you can buy or conquer, or even worse, that someone else has control of our happiness. The reality is, that if we get the ‘ingredients’ right for happiness, then nothing can stop us from being happy, even in difficult times. It’s our choice.

The Dalai Lama has stated that true happiness is found in kindness and compassion. He goes on to say that genuine happiness comes when you see some usefulness in your life. These qualities are not things you can hold or see, but they make you feel good, and they certainly leave lasting impressions on other people.

In order to provide young people with the skills to pursue happiness we need to teach and model the following:

- You alone are responsible for your own happiness.
- Happiness is a choice, so choose it.
- Be happy – rejoice in your gifts and talents.
- Surround yourself with people that are uplifting and who bring out the best in you.
- Work towards self-improvement but not at another’s expense.
- Be forgiving to yourself and to others – none of us are perfect.
- That no matter what you pursue it is important to do your best (whether at home, school, work or in the community).
- Laugh often.
- Care for others and look out for others. If you see something unjust then do something about it.
- To do good deeds for others – it will make you feel good too.
- Be grateful. Try making a new list of 5 things you are grateful for each day.
- To greet the new day with a smile, and be glad to be alive to enjoy it.

Happiness is not just about meeting our own needs. We are social beings. The more we connect with others and consider others the easier will be our own pursuit of happiness.

News from the Sports Desk

Go Wello!

The Winter Bayside Interschool Sport Season has finally come to an end with some exceptional performances from our students. We had a total of nine teams make the bayside finals. Congratulations to the Yr8 Boys & Girls Soccer, Yr8 Girls Netball, Yr8 Boys Rugby League, Yr8 Girls Tennis, Yr10 Boys Basketball, Yr10 Boys Rugby League and the Open Boys Basketball. So far our Open Boys Basketball, Yr10 Boys Rugby League and Yr8 Girls Netball have won their finals walking away with the Bayside Bronze medallion. The Open Girls Soccer final results will be in following 24 August, played at Cleveland State High.

Need for Feed

Cooking classes for students in grades 7 to 10

Do you like to get handy in the kitchen? Try new recipes? And create delicious meals? Then come along to the Need For Feed program to test your skills and knowledge and become a junior masterchef in the making!

The popular Diabetes Queensland school cooking program Need for Feed is coming to your school. Kids all across Queensland are participating in this hands on program and it is now available for up to 15-20 lucky students in years 7 to 10 in your school now.

Learn more about the rise in Diabetes throughout Australia by clicking the following link:

The Need for Feed program includes lots and lots of cooking... from stir frys and curries to cakes and fruit bakes. You’ll master skills in food preparation, what to eat to stay healthy and how to make plenty of quick and easy recipes from scratch that taste delicious!

The program will commence on Thursday 8th September at 3pm - 5 pm and will be run within the school home economics room. The program will run for 8 weeks, with one session per week.

As there are only 15-20 spots available please email jperri7@eq.edu.au to register, but hurry, spots WILL fill fast!

This program is funded by the Queensland Government.

Learn how to cook for life!
The next stage for the champion teams is the Metropolitan finals, this is a Brisbane wide knockout competition, where the premiers from every district from Redcliffe in the north, to Ipswich in the west and Logan in the south play off to earn the title of Metropolitan Champions. We have high expectations for our teams and wish them the best of luck in the up and coming finals.

The next season of sport is due to kick off in the next few weeks with a fitness theme and we have some exciting new sporting programs to offer students. Selections include Plantation, Bowling, Snap Gym, Walking, Bmx/Skateboard, Interhouse Cup and the 12 week Challenge.

Finally, the All Schools Touch teams are still hard at training on Mondays and Thursdays. The competition is held in the first week of term four and we are very excited about how the teams are progressing through training.

Well done to all our athletes and keep up the great work, Wellington Point is very proud of you.

Hey Hey Hyundai!

Our friends at Keema Hyundai Cleveland are offering a great win-win deal to parents and friends of Wellington Point State High. Here is what they have to say....

Keema Hyundai is a family owned and operated business, exceeding the expectations of South East Queenslanders for over 60 years.

Supporting our local community is important to us, and as such we would like to offer family and friends of Wellington Point State High School exclusive “Keema Community” offers when purchasing a new or used vehicle from us.

On top of these special offers tailored just for you, Keema will donate $200 to the Wellington Point State High School P & C Committee for any vehicle purchased from Keema Hyundai Cleveland.

Renae Ibbotson is your friendly and welcoming consultant, whom will be able to assist you in finding the best model to suit you and your family’s needs and budget.

Contact Renae today on 07 3479 9819, and remember to make sure you mention this newsletter so your school can benefit from this exclusive offer.

Healthy Minds, Healthy Bodies

Cooking up a storm in Home Economics

Well done to a number of our Year 8 students who are taking charge of healthy eating habits by learning how to cook with a wide array of vegetables. Good nutrition is the foundation for a healthy mind and body. Well done to all for cooking such delicious and nutritious meals.

What’s happening in the Library?

It has been a busy time in the Library again, with lots of celebrating!

We have celebrated:

- NAIDOC Week with a display and thanks to Kim Paulsen, some beautiful artwork.
- Winter, a great time for getting cosy with a good book.
- Rio de Janiero, for the 2016 Olympics

We are celebrating from 15-26 August

- Children’s Book Week, this year’s theme being Australiap Story Country. Let’s celebrate everything books, Australian authors and illustrators! Movies and popcorn! Great Australian music!
We will be acknowledging from 29 August–2 September

- RUOK? Day – stay connected and have meaningful conversations. It is something we can all do. You don’t need to be an expert - just a great mate and a good listener. So, if you notice someone who might be struggling, start a conversation!
- the work of the Indigenous Literacy Foundation. We will be raising funds by holding The Great Book Swap. This fundraiser is being conducted by the Year 12 Business Studies students. All members of the Wellington Point State High School community are invited to bring a book they are willing to part with and “swap” the book for another book for a gold coin donation.

Come on in and check out all the new books, both paper and electronic versions or use the catalogue available via the student portal!

Enter the Roald Dahl competition to win tickets to see Matilda the Musical.

“I get sad every time I hear a person say, “I don’t read.” It’s like saying, “I don’t learn” or “I don’t laugh” or “I don’t live.”

“Reading is to the mind what exercise is to the body!”

Inspiring Young Minds

Early Childhood students put their skills to the test

Year 11 & 12 students studying Early Childhood received an opportunity to put their skills in action as they helped to conduct activities for children under the age of 8 at neighbouring primary school WPSS. Well done to our students for putting together a creative, interactive and dynamic program.

Mocktail Madness

More super-duper creations from our Hospitality students as they concoct colourful mocktails. These drinks make us all wish we were on a cruise liner headed for Hawaii! Way to go mixologists! They look incredible!

IT in the Classroom

Say goodbye to red pens, piles of paper, tedious collections and handouts. IT is transforming the way teachers and students learn, provide feedback and get assessed. The pictures below show an example of one of our Science teachers’ using the app Showbie. This app allows the teacher to mark students work electronically, scribble feedback and see exactly when they have completed their assessment. Talk about a time saver and also a save on paper. We’re so impressed!

Making the most of IT in the classroom

Touch Footy

Congratulations to these three young gents pictured – who recently competed at the Queensland titles. These students are part of our Year 10 ESAP / Touch Football program. The team came second overall with Ashley Hardwick and Brad Russell successful in gaining selection into the Queensland Team and Manaia McIntyre selected as a shadow. Next up for our competing students is a Queensland All Schools Competition and the National All Schools Competition. A big congratulations from the entire school to the boys and the rest of the team.
Support for Young Carers in the Home

A Young Carer is a person under the age of 25 who provides care and support to a family member or friend who has a disability, mental illness, chronic condition, terminal illness or who is frail.

Sometimes young carers share their caring responsibilities with a friend or family member, but many young carers are the sole carer for the person in their family needing care.

For most young carers, helping to look after somebody else is just a normal part of life, just like going to school or work. Even though it is a rewarding experience, it can sometimes be challenging especially when friends at school or work may not have the responsibilities at home that Young Carers have.

The good news is that Young Carers do not have to do the caring alone. There are plenty of people close by who can provide young carers with help and support.

Supporting Young Carers

Carers Queensland supports you through:

- Providing confidential telephone counselling
- Small group and face-to-face counselling
- Giving information about available services and providing guided referrals (this means we do the work for you)
- Hosting focused workshops and the occasional special event
- Posting you “A Young Carers Kit”
- Talking to your school/Uni/Tafe about the best ways they can support you
- FREE membership for under 18s to The CARE Program…with discounts and other great value products and services.

We also work with other services like health professionals and government to enhance the recognition and awareness of Young Carers, their roles and needs.

http://carersqld.asn.au/services/young-carers