PRINCIPAL’S REPORT

Parent Teacher Interviews

Parent Teacher Interviews were held on Wednesday 27th April 2016 and it was wonderful to see so many parents and carers at the interviews. It continues to be very encouraging to see the large number of our parents taking the opportunity to have conversations with our teachers about their child’s progress. Students themselves should also be engaging in discussion with their teachers about what it is they need to do to further improve their results before the end of Semester 1. I would like to thank staff for their commitment to this huge undertaking.

At all levels – whole school, departments, classrooms, students and parents/carers, the issuing of reports and collection of data is a good time for reflection and planning for improvement. I trust you found the interaction between teachers, parents and students productive and practical. Students have already worked on setting goals for the rest of the semester and I look forward to seeing every student improve as a result of actioning feedback from their teachers.

Year 8 Student Led Conferences were held on Tuesday, Wednesday and Thursday of Week 4. Student Led Conferences are part of the culture here at Bowen State High School and the relationship between student, parent and teacher are paramount to our core business – Being Prepared for All Things. The focus of the conferences is to help our students understand the learning process and to teach them to assess themselves as a learner. It encourages honest recognition of strengths, areas to work on, and the setting of future goals. Our students share their work and have a chance to show what they have achieved so far this year. Students develop confidence and ownership of their work through the process. We endeavor to work with you to ensure that we can meet at the most convenient time for your family. We look forward to strengthening relationships and sharing the progress of students during the Student Led Conferences in Term 3.

I am happy to share with you a snapshot of our students’ results from Term 1 2016. This snapshot looks at the results achieved by all students at Bowen State High School.

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Senior External Assessment Trial – English

A parent/carer information session was held last Thursday 5th May in the school library regarding the upcoming new senior assessment trial for English. The trial involves the current cohort of Year 11 students enrolled in English. Parents were provided with the most current and updated information and processes regarding the external English assessment. Thank you to Mr Harris (Deputy Principal-Senior School), Ms Crystal Watson (HOD-English) and Mrs Tawse (Teacher) for the valuable information provided at the session.
New Senior Assessment and Tertiary Entrance Systems

The Queensland Government has announced the most significant changes to senior schooling in decades. The systems of senior assessment and tertiary entrance will both be strengthened. The new systems will include:

- A model that uses both school-based assessment and common external assessment
- Processes that strengthen the quality and comparability of school-based assessment
- A move away from the Overall Position (OP) rank to an Australian Tertiary Admission Rank (ATAR).

The final QCS Test will be held in 2018. The new senior assessment system will start with students entering Year 11 in 2018. These are the current Year 9 students. They will be the first students to receive an ATAR instead of an OP when graduating from Year 12 in 2019.

The Queensland Certificate of Education (QCE) will remain as Queensland’s senior school qualification. Students who are eligible will continue to be awarded one at the end of Year 12. Students will also still receive a Senior Statement. It shows all studies and the results achieved that may contribute to the award of a QCE. Further information will be provided by the school or please visit the QCAA website.

http://www.qcaa.qld.edu.au

Year 9 Student-Principal Conferences

The Deputy Principal (Acting) of Junior Secondary – Mr Evans and myself held conferences with every student in Year 9 in Week 4. Throughout the meeting each student’s academic achievement, effort and behaviour results were discussed and each student identified their areas of strength and strategies for improvement in Term 2. Students discussed their current Term 2 assessment tasks and what was required to be successful in each of their identified assessments. All students were honest and could clearly articulate the reasons for their current results and what they needed to do to improve and lift their results for Term 2.

Class Action Plan Meeting

Throughout Term 2 I will be meeting with every teacher in our school to discuss their Class Action Plans. The focus of the discussion is individual student achievement data, instructional practices to increase student learning and achievement and identifying individual student improvement strategies. Teachers provide detailed information regarding student data, identify individual student learning styles and support for differentiated teaching strategies for each student in every class.

NAPLAN Completed for 2016

Congratulations to all students who completed their NAPLAN testing in Year 7 or 9 held on Tuesday 10th, Wednesday 11th and Thursday 12th May 2016. NAPLAN is made up of tests in the four domains of reading, writing, language conventions (spelling, grammar and punctuation) and numeracy. The tests were conducted in all state and non-state schools across the country. The National Assessment Program – Literacy and Numeracy (NAPLAN) is an annual assessment for students in Years 3, 5, 7 and 9. It has been an annual event for schools since 2008.

NAPLAN assesses the skills that students develop over time through the school curriculum, and provides additional feedback for parents, carers and teachers on how students are progressing in the key curriculum areas. NAPLAN is not a pass or fail type test, but rather shows how individual students are progressing in numeracy and literacy skills against national standards for all Australian children. An individual NAPLAN report will be sent home for every student in Year 7 and 9 later this year.

Kennedy wins the Cross Country

Congratulations to Kennedy House including all competitors, leaders, staff and family supporters. Winning the Cross Country was well deserved and celebrated by all of Kennedy House. A fantastic effort and an exciting result. Well done.

Pam Prichard
Principal

Senior School Report

Take two minutes out of your busy work/school schedule to answer these two questions:

What do you love to do?
What do you have to do?

As human beings, we tend to focus on what we have to do, work, study and paying bills. Sometimes we can be consumed by work related matters and forget about what we love to do. As staff, students and community of Bowen High, I encourage you to make time and invest in what you love to do, be it sport, music, craft, reading or socialising with friends and family. To be successful at school and work, we need to ensure our personal wellbeing is the number one priority. We need to balance our work and life commitments. I personally have made a commitment to improve my physical wellbeing. We are very fortunate to have a dedicated HPE department that facilitate the Certificate III Fitness course. I commend the students for their passion and commitment to developing their skills with adult clients. Thank you to the staff and family members who brave the cold early mornings or after work to ensure our students obtain these qualifications.

I am extremely proud of the senior students that received an award at the senior awards ceremony. We have a fantastic
group of respectful, responsible, safe and engaged students at our school. I challenge other students to improve their effort and behaviour. I have great belief that every student can achieve. With the support of parents, we are committed to providing the best opportunities for our students to be successful.

Together we achieve more. Parents, I welcome you to visit our school and discuss your student’s education. We have an expert teaching team that always put students first and are more than happy to work in partnership to ensure your child is attending school and achieving the best possible results.

Take care

Rob Harris
Deputy Principal
Senior Schooling

JUNIOR SECONDARY REPORT

Review To Date

After a brief Term 1 the students are well and truly back into the swing of school life. For Year 7, the change of classroom every 70 minutes has been very different from primary school with most students really enjoying getting to swap classrooms and teachers.

Year 8 and 9 are progressing well towards achieving their Junior Certificate of Education (JCE) or Modified Junior Certificate of Education (MJCE). This new program is structured to award students at the end of Year 9 for consistently meeting the requirements of the Australian Curriculum across core subjects (maths, English, science, humanities and HPE) and 2 electives. In Year 9 Semester 2, students must achieve a ‘C’ standard or higher in English and mathematics.

Year 9s all individually met with the Principal, Mrs Prichard to discuss their current academic achievement, effort and behaviour as reported from Term 1. For all students, it was a chance to discuss assessment workloads, short and long term goals. For others it was a chance to reflect on what needs to be done this term to be successful in obtaining a JCE or MJCE.

Year 8s also had the opportunity to sit with their form teacher, YLC, Year level HOD or myself for Student Led Conferences. Again, thank you to all the parents who actively participated in discussing your child’s goals and levels of achievement. A big thank you to teachers for putting in the hours for SLC – it’s great to see we have a motivated and dedicated staff at BSHS who are driving +1 for students, +1 for teachers.

Congratulations to all students and staff involved in NAPLAN this year, Mr Hose and Mr Ross did a great job collecting all the materials, allocating teachers to classrooms and sorting through all 187 test papers. To the students, thank you for a great effort that you put in – whilst NAPLAN is just a test, it’s a snapshot of your (and the schools) academic achievement for Year 7 and 9.

The Junior Secondary Team have some exciting afternoons planned for students that have 90% or better attendance and who consistently display positive behaviour (Level 3 or higher). Year 8 is off to Airlie Beach in Week 7 with Mr Todd and Year 9 is visiting Rose Bay for a BBQ, beach sports and “crocodile” wrestling with Mr Evans. Year 7-TBC. Just a reminder that all YLC’s enjoy creating fun events for students – so please offer them ideas that you, the students, would like to be involved in.

Junior secondary students and staff, keep up the great work and keep working on achieving our goals.

Senior Awardees

On the 31st May and 1st June, our Year 11 and 12 OP eligible students will be participating in a two day workshop with Mighty Minds to gain valuable senior study tips and higher order thinking strategies which will assist them in their senior studies and the QCS test.

All senior students should have completed their learning journal reflections for their Term 1 results. Students should be confident in identifying what steps they need to do to improve in their subjects.

With the introduction of the new senior assessment system in 2018, our dedicated senior teaching team have been involved in syllabus reviews and external assessment trials. I would like to wish the Year 11 English students all the best for their external assessment trial on Friday 27th May. The students are very well prepared thanks to Miss Watson, Mrs Tawse and Mr Murray.

Can I strongly encourage all students and their parents to seek work experience opportunities! I have had the pleasure of visiting many students on work experience over the past 3 weeks and the feedback from employers about every student’s engagement, work ethic and willingness to learn new skills has been commendable. Please contact Mrs Stanton in C08 for more information.

Jordan hiring out a book for me at Bowen library
Stress

A common issue that seems to affect us all at some point in our life and as we begin to approach the part of the term that overflows with assessment preparation, assignments and exams seem to correlate, much to our dismay, with an ever increasing level of adrenalin and cortisol (those undesirable stress hormones released by our nervous system). However, with the very few school days we have remaining for 2016 (less than 115 days for our Year 12s!), it is essential that all of our students make the most of and relish the limited time left. In order to do that, we must minimise the amount of stress that creeps into the corners of our scholastic lives. So to make 2016 the best year yet, I’ve extracted a couple of tips that work wonders to build a barrier against stress.

1. Get moving
   You don’t have to be gym savvy in order to experience the benefits. Simpler forms of exercise can help alleviate and burn away anxiety, tension and frustration; in effect, providing you with a mind clear from mundane worries. The endorphins released from shooting some hoops, taking your dog for a stroll or doing laps at the pool are so simple and effective at energising your body with optimism. Don’t be afraid of exercise. Embrace the sweat!

2. Fuel your body
   Well-nourished bodies = happy bodies. With a happy body, you are equipped with the ability to cope with stress from all angles. There is no other ingredient that busts stress and satisfies our cravings simultaneously: sugar. What better way than to indulge in high-fibre, carbohydrate rich meals? They ease us without sapping our energy, in contrast to their oil and fat-laden counterparts. So skip the chips and chocolate and fuel up on fruit!

3. Find balance
   I cannot stress this enough (pun intended). With all of the commitments that frame our life, it is imperative that the see-saw between school and social life are relatively balanced. Reaching out to family and friends and connecting often in person, not only builds these relationships, but improves your support network and reins in stress. In between, it is important not to phase away from school work. Sure, it may be a burden to your Friday night, but the small cost of finishing that maths assignment is more worthwhile than expending excessive hours the day before it is due.

In closing, I hope you grasp these stress-debunking ideas with fervent hands. Life is too short for being caught in a bubble of anxiety. Remember, a stress less 2016 wants you to do exactly that, stress less.

FOCUSING ON SENIOR SCHOOL

Year 12 report

This term began with the issuing of report cards which provided the Year 12s with valuable feedback about how they are going with their studies so far this year. Using this information, students have been able to reflect on their progress and determine whether they are on track for their QCE. Each student has developed a QCE improvement plan and set a +1 goal for each of their subjects to keep them focused throughout Term 2.

Those students looking to gain an OP have all attended their Student Led Conferences where they were given OP predictions based on their Term 1 results. Having been involved in this process it was encouraging to hear the commitment this year’s grade 12s have towards their studies and the direction they are heading beyond this year.

There were also another five Year 12 students added to the already long list of Gold Card holders for 2016. This is yet again another testament to the wonderful efforts demonstrated by the senior students of our school. The Senior School Awards are always a special affair at Bowen SHS and this year was no different. Almost 70 Year 12 students were recognised after being nominated by their teachers and other support staff at the school. The effort and behaviour awards recognised those that achieved all excellent and very good on their report cards while others were awarded due to the ability to demonstrate characteristics of the schools positive behaviour matrix by being responsible, respectful, safe and engaged. Well done to all recipients and I hope that those who did not make it up on stage this time will strive to have their name on an award next time.

Of course I have saved the highlight of the term so far until last. The mighty Kennedy house (aka, massive underdogs) took out the Cross Country carnival. Huge congratulations to Beau

Antony Evans
Acting Deputy Principal
Junior Secondary

CAPTAINS’ COLUMN

Parent/Teacher Interviews
A message to the Year 11 Cohort!

As Term 2 is well underway, emphasis is being placed on one of the schools positive behaviour support’s (PBS) focuses of ‘I complete all classwork, homework and assessments by the due date and to the best of my ability’. Sometimes attempting new work or assignments for the first time can be quite daunting. It is difficult to overcome the ever-present thoughts in the back of our minds that instil self-doubt, including ‘What if I fail?’ or ‘Why should I start if I didn’t do well last time?’ Letting these thoughts shape our attitude can prevent us from embracing the more important notion of ‘How can/will I ever know what I am truly capable of if I don’t try my best?’ After all, you cannot expect anything to change, subject results for example, if you are not willing to make changes yourself.

After doing some research of her own, the high school’s own Des Cooper found that some of the top characteristics employers look for in high school and university graduates include:

<table>
<thead>
<tr>
<th>What are the top ten skills that employers want?</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Oral Communication 1</td>
<td>Able to express your ideas clearly and confidently in speech.</td>
</tr>
<tr>
<td>Teamwork 2</td>
<td>Work confidently within a group.</td>
</tr>
<tr>
<td>Commercial Awareness 3</td>
<td>Understand the commercial environment affecting the organisation.</td>
</tr>
<tr>
<td>Teaching &amp; Learning Strategies 4</td>
<td>Select and use a range of strategies to establish facts and principles.</td>
</tr>
<tr>
<td>Initiative &amp; Self Motivation 5</td>
<td>Able to set own targets, identify opportunities, propose and execute projects.</td>
</tr>
<tr>
<td>Devising 6</td>
<td>Reconstructs complex ideas, makes things comprehensible and communicates the main point in ways of long things.</td>
</tr>
<tr>
<td>Written Communication 7</td>
<td>Able to express yourself clearly in writing.</td>
</tr>
<tr>
<td>Planning &amp; Organising 8</td>
<td>Able to plan activities and carry them out effectively.</td>
</tr>
<tr>
<td>Flexibility 9</td>
<td>Adapt successfully to changing situations and environments.</td>
</tr>
<tr>
<td>Time Management 10</td>
<td>Manages time effectively, prioritising tasks and able to work to deadlines.</td>
</tr>
</tbody>
</table>

Therefore, the message to the Year 11 cohort this term is simple: ‘The sky’s the limit’. After all, the sky is an immense body whose boundaries truly have no limit as it is made up of everything that lies above the Earth’s surface, including the atmosphere and outer space. Therefore you are capable of achieving absolutely anything if you are willing to work for it.

The letters in ‘FAIL’ simply stand for:-

First
Attempt
In
Learning

You have received your results from last term and may have been found wanting. Your support network (teachers) will have had discussions with you regarding what strategies (or changes) need to be put into place to improve. It is now up to you to accept the challenge, embrace the changes that need to be made, and make them.

On a lighter note, all form classes this term have been competing in the ‘Form Class Challenge’. Every week during Year 11 parade, points are awarded to each class with the highest attendance rate (the most students on 95% attendance or higher), the least reported number of behaviour incidences, and the winner of that week’s ‘Minute to Win it’ challenge (see photos below). The form class earning the most points by the end of the term is then rewarded with a free lunch supplied by the school. At the end of Term 1, Miss Howard’s form class of 11E took out the challenge title. Which form class will take out the title this term? Can it be snatched from the clutches of 11E? What this space and see!

Week 5’s M&M challenge Sam Lehmann wins the challenge for 11D

Peer support and teamwork
– essential in senior PE

Kate Pascoe
Year 11 Co-ordinator
Year 10 Report

Currently the Year 10 cohort is participating in work experience. They attend their workplace once a week for four weeks. Below are some stories from Year 10 students who have been out and about in the community:

On my school holidays I went to Townsville and did work experience for one week. I did event management and audio visual effects with Wild Gravity at the Entertainment Centre. It was a great experience and I learnt a lot. I would recommend work experience to anyone as it gives you the skills required and an idea of what you need when you leave school. It gives you an understanding of what you might get when you are looking for a job. Thank you to Wild Gravity and Mrs Stanton for the experience.

Kayla Stark

Throughout Term 2, I was involved in work experience at C and K Community Kindergarten. This opportunity helped me understand and experience a real day at an early childhood learning centre. Over my time at the kindergarten I was also involved in an excursion to Murroona Gardens. The whole experience was great as it taught me how to interact with young people and showed me some teaching skills.

Chelsea Cockrem

If your son or daughter has not had the opportunity to participate in work experience, make sure they see Mrs Stanton in C08 to arrange it.

Sally Gardiner

Year 10 Co-ordinator

Year 10 Work Experience Program

Our first round of work experience has been completed with over 40 students participating in the program. When visiting the students, some were elated and some were not sure of their chosen field. This is all, in my eyes, a positive work experience. For the students who found that perhaps it wasn’t for them, this is an important part of the investigation process and they should be proud of themselves for applying commitment and completing the work experience. Discovering, learning and investigating career pathways to help students make important decisions for their future is a key priority for your child’s senior years. I encourage all students from Years 10, 11 and 12 to participate in more than one work experience.

If your child has not been out on work experience as yet, please do not be concerned. It is perhaps that your child has chosen a popular field and is on a waiting list. Please check with your child that they have indeed handed in their “Expression of Interest” form. If not, please have your child fill it in and return the form to Mrs Stanton in C08.

I would like to take the opportunity to thank all the host employers so far this year. Without the continued strong support the Bowen community gives the high school, work experience would not be as successful as it has become.

Qld Country Credit Union - Goodstart Early Learning
Brent Stocker Electrical - Commonwealth Bank
Bowen Child Care Centre - ADITs
Excellence in Automotive - Murroona Gardens
Bowen State School - Bowen Veterinary Clinic
Glenn Merrick Constructions - Qld Health - Bowen Hospital
RTM Engineering - Flexicare
Jurgens Produce - Bowen Engineering
Queens Beach State School - Bowen Power Quip and Bicycles
DeLacey Electrical - C & K Kindergarten
LeSorelle Coffee House - Kidz at the Beach
Floral Notes - Kylie’s Family Dental
Fitness 1-2-3 - Bowen Electrics
Bowen Towage Services - Refrigerated Technologies
AIMs - Wild Gravity

As part of the work experience program, students are asked to complete a logbook and write a thank you letter to their host business. I would like to showcase two thank you letters written to Commonwealth Bank by Jamie Attard and the Whitsunday Council Library by Jordan HindBischel. Both students express their thanks and enjoyment they experienced during their work placement time. It really shows that our students value work experience and are being very mature whilst representing our school. Students are taking every opportunity to gain the knowledge they need to help make important decisions later this year.

Cheryl Stanton

ILC Co-ordinator

Pallets for Life

Bowen State High School Indigenous students have been given the opportunity to do work experience with Girudala’s Pallets for Life program. The program is to develop resilience, social and working skills for five male students. The students are supervised by a Girudala’s employee, Mr Anthony Nicholls during the eight weeks of the program.
Celebrating Women's Success

This year’s Celebrating Women’s Success was organised by our three school captains, Nina Annand, Jessica Pollard and Vanessa Stewart along with four of our teachers; Miss Gordon, Miss Howard, Miss Taylor and Mr Tawse. It was held on Tuesday 26th April during Period 4 and all female students from Year 10-Year 12 were invited. Of those 70 accepted the invitation and a group of Year 12 boys assisted with the serving of high tea that was prepared by Miss Jasch’s food studies and hospitality class.

The afternoon started with an opening address from Kym Clark, an ex-student of Bowen High, speaking with honesty of her own life after leaving school. Kym went on to design workwear for females’ and especially pregnant women. Kym founded a company called She’s Empowered that has been well received by many mining companies. Kym’s powerful words of advice left her young audience realising they too could walk in her footsteps and be successful.

Following this address the forum began with Skye Robson and teachers who were asked questions from the audience. The questions complimented Kym’s address and the young audience realised that no matter what obstacles life may throw in front of aspiring females, there will be always success provided they believe in themselves.

The vision to move forward is simple. You can:

- Get involved in Vanessa’s workshop.
- View the art work undertaken by Miss Howard’s and Nina Annand’s workshop publicly displayed in the library so that everyone including the Junior school can appreciate the thoughts of young women reaching out to be successful.

Miss Howard and Skye Robson give advice to the audience

The students rotated through three workshops conducted by the school captains and teachers. Miss Gordon and Jessica Pollard encouraged the students to think about their future. Miss Taylor and Vanessa Stewart used the concept of play acting to encourage their audience to enter a world where anything is possible provided they used the words of Kym Clark—“If you want this, then you’ve got to make it happen.” The third group was led by Miss Howard and Nina Annand who encouraged their audience to express their ideas of how they wanted to see their future through art.

Vanessa Stewart asked her audience to move out of their comfort zone and think about girls of their age who live in Africa. For these girls, what young girls in Bowen take for granted is not available to them. Vanessa went to explain that, “Across these cultures, menstruation has been veiled, forcing many girls, just like you and I, to feel humiliated about this natural process. A process that is central to womanhood.” Vanessa encouraged her audience to understand that they are the catalyst for change, to empower and connect with these girls across the globe. “We can help acquaint them about safe menstrual practices through subsidised cloth pads. Handcrafted, recycled and made especially by you. Ms Howard, Mr Tawse and several of the senior girls will be holding sewing workshops during lunch times. They are super simple and require minimal sewing experience! So don’t be dismayed if you believe you can’t sew!”

The girls enjoy an afternoon tea of scones and ice tea prepared by Miss Jasch and her class.

Peter Tawse
Leadership Co-ordinator

Senior Legal Studies

Students in the Year 11 and 12 legal studies classes have been focusing on topics relevant to assignments they are currently working on. This term in Year 11, students are concentrating on aspects of criminal law and are currently looking at rights of defendants when it comes to receiving bail and also studying laws relating to police powers. The Year 12 class are delving into issues relating to family law, especially the aspects of
shared parenting in divorce situations. Towards the end of the term, controversial topics such as same sex marriage and surrogacy will be considered.

**Stuart Butwell**  
**HOD - Humanities**

**Year 12 - Maths A**

Senior maths A students have had the opportunity to put their classroom lessons into field practice this week. Their mission was to prepare a report on the fall and slope of the school’s main hockey oval. Students used a builder’s level to take measurements from across the oval and calculate the direction and degree of the slope. Even though today’s modern laser technology could have automatically performed the task, our students appreciated the maths required to perform the task themselves.

**Mr Todd**  
**Senior Maths Teacher**

**Year 12 Biology Excursion**

On May 3rd the Year 12 biology class travelled to Murray’s Bay to collect data for their assessment piece this term. For their assessment task they have been asked to assume the role of an independent consultant who has a contract to prepare an Ecological Field Study Report on the current ecological state of the Murray’s Bay in Bowen. In order for them to create their field study report the students needed to collect primary data focusing on the two main ecosystems in the Murray Bay region, the rocky shores, shrubby bushland and the dry sclerophyll forest.

**Michelle Reiner**  
**Biology Teacher**

**Year 11 and 12 Senior Geography**

This term students have been studying the unit ‘Managing Catchments’ focusing on the study of a range of concepts and processes in physical geography and the social processes that influence human response to the physical environment. The students have been lucky enough to experience processes and responses first hand through our field trip at the beginning of the term to Proserpine Dam.

Students have two pieces of assessment this term a short response knowledge exam on Wednesday 18th May 2016 (Week 6) and a written report based on findings from the field trip due during exam block in Week 10.

**Vicky Evans**  
**Senior Geography Teacher**

**Certificate 2 Hospitality**

Tuesday 10th May was the start of our live coffee shop at Bowen State High School. Vocational training with TAFE North is all about preparing students to be job ready. The coffee shop gives students an opportunity to put together all the skills they are learning into a real life situation. They get to experience the positives as well as face the challenges of their chosen industry in a fun, engaging and supportive environment. From making coffee to providing customer service and working with others, students gain well-rounded foundation skills that contribute to successful employment.
STUDENT SUPPORT SERVICES

From the Guidance Officer

How’s your Wellbeing??

Try this pose.

Boat pose helps you feel strong and focused. It strengthens core muscles and improves balance and co-ordination.

Try positive self-talk for your wellbeing.

I AM AMAZING.
I AM KIND.
I AM DOING A GREAT JOB.
I AM DOING THE BEST THAT I CAN.
I AM STRONG AND CAPABLE.
I’VE GOT THIS!

The benefits of positive self-talk can have an amazing effect on our wellbeing, self-esteem and productivity. How often do we remind ourselves how well we are doing? We may find it easy to praise our friends, work colleagues and loved ones, without giving ourselves the praise we deserve.

Research has proven that positive self-talk can have a significant effect on mental and physical health and wellbeing. Remembering to talk to ourselves in a loving way as we would a good friend or a small child is one of the best forms of self-care. Be gentle and encouraging with yourself and in times of high pressure, use tools like breath and positive self-talk, with phrases such as: “I am capable of this”, “I can make it work” and “I am confident and able to make this work”.

Changing the pattern of negative talk will not happen overnight, but take small steps day by day to change how you speak to yourself and you will begin to feel the benefits.

Youth Unlocked Forum

All students have previously been informed of this forum which is being held at the Proserpine Entertainment Centre on Saturday 21st May. This is a unique opportunity for the youth of Bowen, Collinsville, Proserpine and Whitsunday to feedback to local Mental Health Practitioners the issues and concerns confronting young people of today, and how well our young people are coping with these difficulties.

Please note that this is a community event, organised and run by the Whitsunday Community of Practice in Youth Mental Health. As a school, we are supportive of the event and have promoted it to our local community, but the High School is not involved in the event beyond this.

Stan Larkin
Guidance Officer

ANZAC Ceremony 2016

Honouring Our Local Heroes Both Past and Present

Memorial Grove and Remembrance Rock a Private Service.

On Thursday, 21st April 2016 at 4pm Pastor Stephen Goode conducted a private service and blessing for the family, friends, RSL representative, staff and school captains at the Remembrance Rock in the Memorial Grove. The service was to honour Private Trevor Black, Private Rodney Hughes and Corporal Norman Womal MID and pay tribute to all the men and women who lost their lives in the Vietnam War.

Memorial to Private Rodney Hughes, Corporal Norman Womal MID, Private Trevor Black

The Memorial Grove, Remembrance Rock and plaques were initiated by the class of 1961 and were dedicated by family and friends at the time. It is located behind the school library on the oval side.
Mathematics is built around foundation principles which are added to year after year. In any mathematics subject these principles are known to be ‘routine’ or ‘familiar’ and are done repeatedly in maths and numeracy classes. They are, to put a phrase to it, the ‘nuts and bolts’ of mathematics. Higher order thinking in mathematics requires students to use these foundation skills and apply them to a range of situations in order to find solutions. Just like in real life, we aren’t always explicitly told how to handle a situation but we manage just fine by drawing on our pre-existing knowledge and range of experiences to find a solution that works. This is exactly what is required of students in order to achieve A and B standards in mathematics. These ‘non-routine’ or ‘unfamiliar’ situations mimic the problem solving skills required of us in real life. Just like ‘nuts and bolts’, when put together and used in different ways they can be used to create and solve magnificent and complex things!

In assessment, teachers create unfamiliar situations by doing a number of things; the most common being using words to describe a situation, presenting information in a slightly different way (eg. turning a table into a graph) or by asking students to work through a process backwards. How do students deal with this? They use problem solving skills.

CUBED is our first step when dealing with unfamiliar worded questions in maths.

How can you help your child to deal with these ‘unfamiliar situations’? Encourage them to tackle things that they haven’t tried before. Every student at BSHS has a maths textbook which have questions that are intentionally ordered to move from ‘routine’ to ‘non-routine’ as students move through the exercise. Students will often do the ‘routine’ questions in class but stop short of challenging themselves with the later questions. As a parent, ask your child to show you a question they worked on in class today, then ask them to do one a few questions down the page – this is where the ‘unfamiliar’ lies. Don’t be fooled – they have all of the ‘nuts and bolts’ to allow them to find a solution. Persistence and problem solving skills are the key.

The families were presented with the memorial photos used during the service by Pam Prichard, Principal.

Front L to R: Ms Bev Douthett; Mrs Bev Broadhead, Mr Alistair Hughes, Vanessa Stewart, Jessica Pollard, Mrs Pam Prichard (Principal)

Back: Mr Brian Germain, President RSL

Des Cooper
ANZAC Ceremony - Teacher Aide
Lastly, I’ve spoken of problem solving skills as if all children naturally possess them - this just isn’t the case! It takes years of experiences to build up their problem solving ‘toolkit’. At BSHS, teachers incorporate problem solving in to the later part of every unit and problem solving strategies are explicitly taught in numeracy classes in Years 7-9. If you would like more information on how you can help your child with the ‘unfamiliar’, please contact your child’s maths or numeracy teacher.

Dean Hose
Head of Mathematics

INDEPENDENT LEARNING CENTRE

Distance Education

All distanced education students have received their Term 1 report card from Brisbane School of Distance Education. If you have not seen this please ask your student.

It is imperative that students do not fall into the wrong habits. Online lessons are compulsory and occur twice a week. Lessons start at 8am and therefore students need to be in the ILC and logged on by that time. Communication with their teacher is an important part of distance learning and without this students will set themselves up for failure.

Trade Training

Tours

Wednesday 4th May a group of Year 12 students toured Aurizon Maintenance Depot. The tour itself was led by our past student, Kalib Power. Students were very impressed by his leadership qualities, knowledge and enthusiasm. Students were also given a safety induction, tips and hints around the application and selection process.

Female students who are interested in trades from Year 10 to Year 12 will be given an opportunity to participate in ‘Ladies as Tradies’. This program is designed to help overcome the obstacles and boundaries faced by females in a ‘male dominated world’. If your child is interested please see Mrs Stanton in C8 for a permission note.

TAFE

All students, unless they have been absent, should be up to date and on track to complete their certificates. This week I will be obtaining the student’s academic history from TAFE and contacting home if there are any significant concerns. If your child has been away for any reason it is their responsibility to catch this work up. We aim for 100% completion rate for all our students attending TAFE.

This coming school holidays Year 12 students have been given an opportunity to gain a Certificate 2 Outdoor Education including an Open Water Diving Certificate. If your student is interested please see Mrs Stanton C8 as soon as possible. This offer is closing soon.

Cheryl Stanton
Co-Ordinator
Independent Learning Centre

2016 CAREER TOUR PROGRAM

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<tr>
<th>Date</th>
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<tr>
<td>Monday 10th April</td>
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<tr>
<td>Wednesday 4th May</td>
<td>Aurizon Maintenance Depot</td>
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<tr>
<td>Wednesday 11th May</td>
<td>Nursing Tour—Aged Care, Hospital Ambulance</td>
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<tr>
<td>Wednesday 15th June</td>
<td>“Ladies as Tradies“ Work Experience</td>
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<td>Wednesday 19th July</td>
<td>Emergency Services—Police Academy &amp; FireBrand—Training Facility Townsville</td>
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<tr>
<td>Wednesday 20th July</td>
<td>Walk to Sugar—Pioneer Hill MD</td>
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<td>Thursday 1st August</td>
<td>TAFE North Town</td>
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<td>Legal, Law and Prosecution</td>
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<td>August</td>
<td>Bowen District Court</td>
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<td>August</td>
<td>GTRM Engineering</td>
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<tr>
<td>Wednesday 17th August</td>
<td>Aurizon Indigenous Program Launch &amp; Tour</td>
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Aurizon Maintenance Depot

Wednesday 11th May a group of students ranging from Years 10-12 attended the nursing tour. During this tour we visited Murroona Gardens, RSL Care Cunningham Villas, Bowen Hospital and the Ambulance station. Students gained knowledge and advice across many aspects of medical fields. Students in particular, enjoyed the experience at the ambulance officers gave them even utilising some of our students as a mock patient. This is vital information to help in the subject selection process later in the year.
SPORTS UPDATE

Cross Country

Kennedy

Little did Kennedy house know that the skies last Friday were predicting the outcome of the cross country carnival – blue, as clear as day! With a theme of ‘Twinning’ and a motto of ‘Twinning – T = Winning’, Kennedy members knew what was at stake. After over 10 years of being overshadowed by other houses, all members were prepared to make a change. After all, expecting change was useless if none were to be made in the first place. And boy, what a change! Kennedy members rose to the challenge, with a large majority of members running the course in under 35 minutes, resulting in the most points being earned per runner. With sheer grit and determination to exceed expectations, Kennedy not only avoided coming fourth, but well and truly earned first place, 50 points clear of 2nd place. Such a result would not have been possible without the commitments of all of the students, with many students who finished their race heading back out onto the course to cheer on their fellow housemates over the finish line. Such a result would not have been possible without the positive attitude and constant support of the house captains, who were willing to make a change and assisted with building the comradery of house members.

I’ll leave the Kennedy members with a final note – we’ve done well, but the hard work has just started, let’s continue contributing in 2016, the year in which Kennedy finally wins the House Cup!

Kate Pascoe and Michael Hodgson
Kennedy House Masters

Flinders

Although beaten but never broken, there were many great aspects to the mighty Flinders’ involvement in the cross country. Collaborative teamwork was shown by the house leaders Steven, Hannah, Ebonie and Wylie and the support team of Nina Annand, Michael Walton, Aiden Muller, Bree Hansen and Keegan Kirkpatrick. The tremendous lead up to the inter-house event had the team organising game-filled ‘get to know’ you gatherings with the younger students. Before school there was some organisation of clues about the Flinders theme, ‘Beginning with the Letter F’. Around the school mysteriously appeared yellow cardboard frogs and fish with the students all talking about the great and adaptable theme. The lead up to the big event saw Steven, Michael, Hannah and Ebonie leading their runners around the course in the cool of the late afternoon. Finally, it was the preparation of getting out on the course early Friday morning and strategically placing encouraging posters that urged the Flinders runners to do their best. Thanks to the many students who proudly ran for Flinders and showed that we are the house to be in.

Peter Tawse
Flinders House Master

Sturt

Captain’s Log Star Date: Friday the 29th of April. Little green men and women were spotted at BSHS.

Cross Country 2016 was an extraordinary day with so many excited Sturt’s dressed as aliens tackling the 4 km track. The turnout of the carnival was amazing and the explosion of the green costumes coupled with the student councils crazy hair day resulted in a sea of green consuming the track. We pushed hard and came away with a great result. The Sturt spirit is still strong.

Steven Pham
Sturt Vice-captain

Cook

Being the undefeated house champions of 2015, it was astounding to see Kennedy finally reign dominance at the inter-house cross country for 2016. Participation rates were definitely one of the major key aspects that contributed to their win. It was exhilarating to see so many individuals out and about on such a crucial day and everyone who attended was applauded for their efforts for not only making it in the 35 minute time bracket, but also for the efforts put into the completion of the 4km track. From Cook’s perspective, it was incredible to see so many students from the junior school, especially the new Year 7s come out and give it their all at their first high school cross country. Kennedy had better watch their backs when the athletics carnival comes around because we’ll be hot on their tails and take out the overall champion house once again for the year of 2016.

Michelle Reiner
Cook House Master

Fastest Competitor – Samuel Lehmann

15.09s
Overall Points:
1st Place - Kennedy: 822 points
2nd Place - Sturt: 772 points
3rd Place - Cook: 604 points
4th Place - Flinders: 536 points

Age Champions:
U12: Gary Smith and Rachel Heycox
U13: Zac Begg and Shaniece Cora
U14: Denver Cross and Eden Hedges
U15: Zac Wagstaff and Hannah Chidley
U16: Samuel Lehmann and Samantha Wong
Opens: Michael Walton and Vanessa Stewart

This was Kristy’s first time representing Bowen State High in equestrian and was called out in every class she entered to do the workout. Three classes later she picked up her 1st and 3rd placing. Her improvement throughout the day was very noticeable and was topped off by her 1st place in Dressage.

Winning House – Kennedy

House Masters: Mr Hodgson and Miss Pascoe,
House Captains: Jaydan Mattingley and Beau Thompson,
House Vice-Captains: Mitchell McConnell and Tiana Power.

Tova Woods
Sports Coordinator

NQ Hack and Dressage Competition

The NQ inter school hack and dressage competition was held at Kelso on Sunday 1st May. Shannon Willcox (Year 12), Kristy Mawhirt (Year 10) and Jodie Tinsel (Year 8) all competed for Bowen State High School.

The Principal, Pam Prichard, was very generous and presented the students with Bowen State High School saddle cloths of which they wore proudly for the first time.

The day started at 4.30am to travel to Kelso along with Parris Gough who assisted as strapper for the day. Horses had their makeup applied, hoofs painted, rosettes in their main and tails platted.

Shannon rode beautifully and looked stunning. Due to Shannon’s placings she was eligible to enter the Champion and Reserve Champion Rider but narrowly missed out.

Jodie riding “Maxy” unfortunately fell ill and was unable to continue past one class.

Placings were as follows:
Shannon riding “Monster”:-
  1st - Best Presented
  1st - Maiden Hack
  2nd - Open Hack
  1st - Dressage
Kristy Mawhirt riding “Rusty”:-
  3rd - Open Hack
  1st - Beginners Dressage

Traci Lee Bauer
Tuckshop

Under 15 Rugby Union join Muddies in training

A handful of the current Under 15 rugby union squad will be making regular appearances down at the Bowen Mudcrabs
training sessions, on a Tuesday evening, in preparation for their upcoming Whitsunday trials.

All boys showed huge respect for the coaches that took time to give helpful advice, as well as great effort in all the drills that they took part in.

The new format was not as hard to pick up as first thought and all were able to act as a substantial passive defence for the men’s team, in particular Fale and Bryce in the back line.

A big mention to Zac and Jackson who experienced a lineout for the first time in this session and were able to put up some good defence against the men, even stealing the ball on occasion.

If we continue with this effort I have no doubt the Under 15’s will have a great chance to make it through the next stages of the trials.

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**YEAR 8**

**Student Led Conferencing**

It was wonderful to see so many of our Year 8 students leading the conversation with parents and carers as well as teachers at our recent Student Led Conferences. Students were able to identify their current level of achievement in each of their subjects and highlight strategies developed from the teacher feedback received on recently completed assessment. The aim of the conference is for students to develop a sense of responsibility when it comes to their education and improving their level of understanding.

**Cross Country**

Congratulations to all of our Year 8 cross country participants. Colourful costumes was the order of the day with many students dressing in their house colour and themes.

**ANZAC Day**

Year 8 was well represented at the recent ANZAC Day march. Students marched with either the High School and its school band or their community or sporting group. The parents of these students and the community should be very proud of the respect and maturity shown by our students during the ceremony.

**LIBRARY NEWS**

On Friday 29th April, a number of aliens were spotted around the school. One even took the chance to take a break on the new lounge chairs in the library. Unfortunately even this alien’s supersonic speed was not enough for Sturt to win the cross country. Congratulations Kennedy!
Book of the Month

The Treehouse Books by Andy Griffiths; Illustrated by Terry Denton

This month’s “Book of the Month” is the very popular series written by Andy Griffiths and illustrated by Terry Denton. Andy and Terry live in an incredible ever-expanding treehouse and create very silly books together. Andy writes the words and Terry draws the pictures...well, when they’re not too distracted by all the amazing things going on in their incredible ever-expanding treehouse!

Jenise Garrod
Library Teacher Aide

IT DEPARTMENT

Our IT technicians have installed the Stop Motion Pro app on the school iPads which allows students to make movies using Claymation. Stop motion is a technique that physically manipulates an object that appears to move on its own. The object is moved in small increments between individually photographed frames, creating the illusion of movement when the series of frames is played as a continuous sequence. Our year 12 ICT students have been busy using this program.

Lainie Cross
Technical Administration

BOWEN FLASHBACK

Bowen is known as “Blow’n Bowen” and what better way to celebrate the beautiful waterways and wind we have here than to go sailing.

Past and Present

Bowen sailing regattas in 1914 and 1920

Our current year 12 student Lachlan McConnell sailing in Bowen Regatta

Mr Derrick utilising the wind in the latest craze of sailing “Kite Surfing”
### CALENDAR OF EVENTS

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<th>Event Description</th>
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<td><strong>Friday 20th May</strong></td>
<td>Year 7 &amp; 8 Brainstorm Production</td>
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<tr>
<td><strong>Tuesday 24th May</strong></td>
<td>NQ Trials – Cross Country (Townsville) Years 10-19</td>
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</tbody>
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| **Thursday 26th May** | Year 8 Vaccination  
Whitsunday Tennis (Proserpine) Yrs 12                                             |
| **Monday 30th May** | RACQ Free to Go Yrs 11 & 12                                                        |
| **Tuesday 31st May** | Years 11 & 12 Mighty Minds Workshop  
Senior Drama Excursion Mackay  
NQ Trials – Golf (Ayr) Male and Female Yrs 10-17  
NQ Trials – Soccer (Townsville) Male and Female Yrs 15  
NQ Trials – Rugby Union (Townsville) Male Yrs 15  
NQ Trials – Basketball (Townsville) Male and Female Yrs 15  
NQ Trials – Touch Football (Townsville) Male and Female Yrs 15 |
| **Friday 3rd June** | Red Shield Appeal  
Red Food Day                                                                          |
| **Sunday 5th June** | Red Shield Appeal Door Knock  
NQ Trials – Touch Football (Herbert River) Male and Female Yrs 12                    |
| **Monday 6th June** | NQ Trials – Touch Football (Herbert River) Male and Female Yrs 12                   |
| **Wednesday 8th June** | “Ladies as Tradies” Launch and Tour                                                 |
| **Thursday 9th June** | Whitsunday Softball (Collinsville) Yrs 12                                           |
| **Monday 13th June** | Year 11 & 12 Exams                                                                |
| **Tuesday 14th June** | Year 11 & 12 Exams                                                                |

**Additional Events:**
- NQ Tennis – (Home Hill) Male and Female Yrs 12
- Year 11 & 12 Exams
- Concert Band
- Instrumental Tour Gold Coast
- Report Cards Posted Home