FROM THE PRINCIPAL’S DESK

National Day of Action Against Bullying

Friday 20th March was the National Day of Action Against Bullying. Bullying is defined as deliberate, targeted and ongoing actions by one person towards another, usually accompanied by a real or perceived power imbalance between the perpetrator and the victim. Bullying is not general misbehaviour such as a one-off or isolated case of name calling or teasing etc.

Parents and schools play a very important role in identifying and supporting both victims and perpetrators of bullying. Bullies need just as much support and education as victims. It is important that schools and parents work closely together to address bullying early to avoid the potential negative impacts.

Some signs of bullying include: loss of confidence; changes in eating or sleeping habits; health problems such as headaches or stomach aches; unhappiness or mood swings with sudden outbursts of temper; reluctance to go to school and changes in academic performance.

Here is some general advice to assist parents to support their children to avoid and deal with bullying issues:

Talk to your child daily about their day at school. Encourage them to talk openly and honestly. Show a keen interest in your child’s education and other activities, congratulate them on their achievements and give them advice and feedback when it is required.

Encourage your child to talk to a range of people about their lives. Young people benefit from having different people that they can talk to including, friends, relatives, parents, teachers and other adults such as sports coaches or next door neighbours.

Take notice if you see a change in your child’s happiness, motivation or communication. Ask them if everything is OK. Listen carefully for any clues. Contact the school and ask if we are aware of anything happening at school that may be contributing.

If there are times where your child tells you that another child has done something to them, show concern and talk openly about what has happened. Listen to their descriptions and ask questions about how they have handled the situation. Keep an open mind and remember that you are only hearing one side of the story from your child. Contact the school and share your child’s concerns. The school is able to investigate this event thoroughly by interviewing witnesses and other students involved.

Encourage your child to report any bullying issues to someone at school, whether it is a teacher, Year Level Coordinator, member of school administration, support service worker or a teacher aide. If the behaviour continues by the same or another student, encourage your child to continue to report this to the office. Contact the school if you are concerned that your child has not reported the issue or if the actions taken by the school are not stopping the bullying.

Closely monitor your child’s internet and social media use. Negotiate an agreement that outlines your clear expectations and the consequences for not using technology.
Year 7 and 8 Students Competing in The Readers Cup.

What is it? Readers Cup is organised by the Qld Branch of the Children's Book Council of Australia. It is a state wide competition for young readers. Together, teams of four students from Years 7 & 8 read a set of books, and then compete with other school or public library teams to answer quiz questions from the books. All of the recommended books will be available in the library for borrowing. Readers Cup competitions challenge students to read widely, work collaboratively in a team and continue developing a love of reading. It allows readers to compete at a regional and state level similar to sporting competitions and to meet other students with an equal passion for books.

This year, students will read a total of five books and regional competitions will take place near the end of Term 2. Winning teams from each region will compete at the State Finals to be held in September. The Easter break is the perfect time to read and relax. These books will be available before the end of term. For further information on Readers Cup visit the Children's Book Council Awards of Australia at cbca.org.au. Happy Easter!

Mrs Muldoon - Teacher Librarian

Laidley Chaplaincy Committee (LCC) is in need of enthusiastic additional members.

The LCC supports six Chaplains who work within ten schools in the Laidley area. Meetings are held on the 4th Tuesday of every month Venue: Laidley State High School 3.30pm at B Block

Next meeting - 28th April (AGM)

WHAT DO SCHOOL CHAPLAINS DO?

SU QLD Chaplains provide spiritual and emotional support to school communities. They are in the prevention and support business; helping students find a better way to deal with issues ranging from family breakdown and loneliness to drug abuse, depression, anxiety and suicide. They provide a listening ear and a caring presence for kids in crisis and those who just need a friend. They also provide support for staff and parents in school communities.

Michael Clarkson - Principal

Early Childhood Studies

The Year 11 and 12 Early Childhood Studies classes hosted a Playdate in the hall last Friday morning which was attended by 16 children aged four months to 5 years. The Year 11 students used their knowledge of child development and the benefits of play based learning to organise activities to enhance the children's physical, social, cognitive and language development. The Year 12 students have been studying child nutrition this term and used this knowledge to prepare and serve nutritious drinks and snacks. The morning was a great success and the students gained valuable practical experience to reflect upon.

Keryn Loughman - Head of Home Economics

Library Matters

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As part of CLOSE THE GAP celebrations, students were invited to collaboratively construct a puzzle that formed a picture of the Indigenous, Australian and Torres Strait Island flags. The flags symbolise the need to Close the Gap between Indigenous and non-Indigenous Australians. Laidley SHS celebrated the day by making fruit skewers using fruit representing colours from these flags. The Close the Gap campaign was originally formed to create an awareness of the gap in life expectancy between Indigenous and non-Indigenous Australians with Indigenous Australians expected to live 10-17 years less than other Australians with higher rates of preventable illness such as heart disease, kidney disease and diabetes. A big thank you to Hatto’s Fresh Fruit & Veg at Hatton Vale who kindly donated fruit towards the event and also to Karen Day, Janine Barden, Leroy Lepou and our senior Indigenous students who made the day a success.

Lauren Hobson - Indigenous Coordinator

Laidley SHS is now the proud owner of a Blast Chiller to assist hospitality students. Thank you to the P & C who obtained a Community Grant from the Lockyer Valley Regional Council.

P&C News

The P & C has been busy this term supporting projects around the school. These include two new paved areas and the Year 7 handball court.

On Wednesday 4th March the P & C AGM Meeting was held and the following office bearers were elected.

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<tr>
<th>Position</th>
<th>Name</th>
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<tr>
<td>President</td>
<td>Ann Bichel</td>
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<td>Vice President</td>
<td>Kaylene Chapman</td>
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<td>Secretary</td>
<td>Lisa Johnston</td>
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<td>Treasurer</td>
<td>Annie Forsyth</td>
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Next meeting— Wednesday April 1 2015

HATTO’S FRESH FRUIT & VEG

Open 7 days
7am — 6pm
Australian grown fresh fruit and vegetables
4129 Warrego Hway Hatton Vale
(look for the Red Elephant)

Thank you for your support Hatto’s Fresh Fruit & Veg!

IMPORTANT NEWS

NEWSLETTERS WILL BE EMAILED from Term 2

Please update your email address by contacting the school on 54668922
or via email admin@laidleyshs.eq.edu.au
Alternatively hard copies of the newsletter will be available at the office for your child to collect.
As part of their practical assessment this term, Year 11 and 12 Hospitality Studies students were required to demonstrate the ability to produce a variety of mocktails and cocktails to meet the criteria - Food and Beverage Services. It was decided that we would run two parties after school. The Year 11 students organised the mocktail party and the Year 12 students were responsible for the cocktail party.

Students working in pairs were required to set up a table according to their selected theme with drinks and finger-foods to match. Many interesting ideas were chosen, such as cruise boat, black and white, Hawaiian, Great Gatsby, Frozen and 20 shades of pink for breast cancer.

The mocktail party was held on Tuesday March 17th. As this was their first time catering for a function some of the Year 11 students were a bit nervous, especially as many of the guests were parents and teachers. But after a slow start and once the music began the afternoon was a great success. The drinks and food were well received and the guests were impressed.

The Year 12 students were in charge of the responsible service of alcohol and conducted themselves in a professional manner while demonstrating their training in Responsible Service of Alcohol (RSA). The finger food was especially chosen to match the cocktails and it was of an excellent standard. A lot of effort was put in by the year 12 students to set up and make the evening a success.

Julia Pellicaan - Home Economics
Students in HPE classes have been busy finalising assessment for both practical and theoretical components of their Term 1 units. The Year 7 students have been learning about challenges in adolescents and participating in nukemball and Indigenous games.

Year 9 students have been learning about the short and long term effects of drug and alcohol use and team games units. Finally in our compulsory junior subject the Year 10 cohort have studied racism in sport and as part of that unit have been exploring a number of games played by various international cultures in practical lessons. As part of their assessment they have been required to research and present an indigenous game to the class, highlighting its cultural significance and the area of Australia in which it originated. This unit is thoroughly enjoyed by students and provides a valuable opportunity for them to explore other cultures and popular sports within that culture that we normally would not see or get the opportunity to participate in.

Our VET senior students have once again been busy delivering fitness programs to staff within the school on a weekly basis. The Certificate III in fitness course requires participants to deliver an 8 week training program to a client as part of their major assessment. Many of our staff enjoy the opportunity to gain some extra fitness while also assisting students in obtaining their qualification at the conclusion of Year 12. A big thank you should go to Mrs Stafford who has worked tirelessly with these students to ensure sessions meet the requirements of individual staff and also in providing an opportunity for our gym facility to be open outside of school hours.

Looking to next term, I would like to remind students that the school gym is open Monday, Wednesday and Friday morning from 7am-8am and staff are also available every Thursday afternoon for tutoring in the library. To participate in tutoring a permission form must be signed by your parent prior to commencing. Forms can be collected from the HPE staffroom.

Lauren Hobson—Acting HOD Health and Physical Education

PBL is a positive, proactive school-wide discipline plan enabling staff and students at Laidley State High School to achieve their goals. We each share a common purpose and approach to discipline and learning, which enables everyone to participate fully in the life of our school.

This term we have been focusing on the school value of LEARNING.

How do we do this?
Each week, we implement specific, clearly defined lessons which focus on a particular area of the school, e.g. the tuckshop lines, the toilets, the library etc. These lessons teach and reinforce the expectations that our school community has while you are in that public space. Expected behaviour is encouraged. There is no room for ‘I didn’t know’. This shared philosophy determines what we really care about and what we want to accomplish for our school community.

Also this term, we have introduced trivia questions into our Daily Notices, for example - What does the S stand for in our School Values? And the answer of course is SAFETY.

The PBL committee wishes every one of our students a happy SAFE Easter, after a term which delivered a very big LEARNING curve.

Marcelle Muldoon—PBL Chair

THAT SUGAR FILM is an Australian documentary which opened on March 4th 2015.

Damon Gameau stars as the guinea pig, documenting effects of a high sugar diet on a healthy body. The twist is that Damon is only eating “healthy foods” (muesli bars, low fat yoghurt, fruit juice, cereals – in fact the contents of most modern lunchboxes). Damon consumes the same calories as his usual healthy diet and ends up with pre diabetes and fatty liver disease within weeks.

In the experiment, Damon eats 40 teaspoons of sugar a day, World Health Organisation now recommend a maximum of 6 teaspoons per day of added sugar for adults. The film aims to engage children and young people, the generation most affected by manufactured foods.

With limited screenings from March 17 visit www.thatssugarfilm.com for bookings and screening details.

For more information about healthy foods and how to reduce your family’s free sugar intake, please contact the School Nurse, Nicole MacQueen on 5466 8922.
THE LAKE DYER DRAGONS ARE LOOKING FOR JUNIOR RECRUITS

- Members range in ages from 12 years to 80 years
- All you have to bring is a litre of water and a great attitude
- The club supplies paddles for loan and all on-board coaching

Paddling times are:
    Thursday 4 pm for warm up and 4.30 pm for launch

If you think you have what it takes to paddle a Dragon Boat, come to any of our paddling sessions and have a try. Bring a friend or two, parents and other family members, as long as you are aged 12 or above.

A happy and safe holiday to all!

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