

LOCKYER DISTRICT HIGH SCHOOL

belong...believe...achieve



Supporting State Schools in the Lockyer Valley

SHAVE FOR A CURE

Within the Lockyer Valley, the support for cancer foundations has always been of importance to the community members. This year, to show our continual support for the Leukaemia foundation, we designed a fundraiser to raise money for this most deserving charity.

I, along with several male teachers, designed a competition where students were able to voluntarily donate money to the nominee who they mostly wanted to see bald.

As the competition progressed, Mr Staples and I were the obvious leaders; having received donations of over \$150 each.

On the day of the shave we managed to raise more than \$100 in donations simply while people were watching us shave our heads. This was a great achievement. This brought the total money raised to over \$460.

Even though the day was full of fun and laughs it was a serious reminder of the pain cancer sufferers' go through every day. I am sure the money we raised as a school will assist the Leukaemia foundation.

A special thank you to Frau Habermann and Mr Markham for helping me organise the event, to Mr Abraham and Mr Staples who participated and shaved their heads even though they did not win, and finally to Nicholas Berlin, who was the highest donator and privileged enough to shave off Mr Staples hair. I would finally like to thank everyone who donated their money and who came to watch.

Daniel Orman
School Captain



SCHOOL SUPPORTS CHARITIES

Lockyer District High School turned purple on Friday 22nd March in support of two worthy causes. Students were decked out in purple to show their support for Relay for Life and Epilepsy Queensland. Donations smashed the \$1000 mark with students raising a total of \$1246, which was split between the two charities. Thank you to all who participated in the free dress day or bought a purple ribbon!



TUCKSHOP VOLUNTEERS REQUIRED

If you have spare time and would like to assist in the preparation or serving of food at the tuckshop please contact Shirley or Kaylene on 5466 2314.

It might be an opportunity to get to know new people and have a social morning.

COMING EVENTS

MAY

Wednesday 1	Barista Training
	Senior Dance Eisteffod
Tuesday 7	12 Hospitality Restaurant 1
Tuesday 14	12 Hospitality Restaurant 2
14 - 16	Year 9 Naplan Test
Thursday 16	12 Hospitality Restaurant 3
17 - 19	Brookfield Show (Ag Science)
20 - 24	Restaurant Course
20 - 24	Australia's Biggest Morning Tea
Friday 24	Science & Engineering Challenge
24 - 25	Esk Show (Ag Science)
Tuesday 28	Darling Downs Cross Country
	12 Hospitality Restaurant 4
Wednesday 29	Year 8 & 10 Immunisation Clinic
Thursday 30	12 Hospitality Restaurant 5
31 - 1	Lowood Show (Ag Science)

Welcome to the April edition of Lockyerlife. Thank you for taking the time to read this edition, as we believe that our newsletter forms an important part of home school communication.

Lockyer District High School is a significant hub in the Gatton community. We clearly recognise our role in generating community spirit amongst young people. Recently our students and staff participated in Relay for Life, a significant fundraising event for cancer research. Large numbers of students participated in the Gatton ANZAC Day march and ceremony, with our school captains playing a very prominent role. Large-scale and impassioned participation in community events make for community minded people, a rich schooling experience, a caring and compassionate community. Well done to all students who took part and to staff who organised the schools participation.

Year 8 camp is a highlight of the Year 8 calendar. Our students travelled to Petrie, north of Brisbane to be part of the annual event. The camp gives Year 8 students who come to us from as many as 21 primary partner schools the chance to come together and gel as a group. Many will be together for the next 5 years so developing good partnerships will create effective learning groups and build group capacity. Thanks to the students who participated, the teachers who leave their families for 3 days to attend the camp and the Year 8 co-ordinators, Sarah Ryan and Jason Croft for organising the camp.

NAPLAN testing is only weeks away (14,15 and 16 May 2013). Students participate in these literacy and numeracy tests whilst in Years 3, 5, 7 and 9. NAPLAN is important as the results inform the student and parents about the progress of their students against national standards. The tests also inform schools about how they can modify their programs to meet student's needs. I am encouraging parents to discuss the NAPLAN tests with their students to ensure that they participate fully and to the best of their ability as they are very important tests.

We have been making some communication changes including a new website. Still at the same address, lockdistshs.eq.edu.au the website has a new format and updated information. It should be easy to navigate and use. Similarly, our change to the way parents can book Parent/teacher interviews on-line seems to have been successful, and the evening was well subscribed. Finally, our periodic SMS texting to inform parents of student unexplained absences has contributed to an improvement in student attendance from 85.8% to 89% over the same time last year. Parents, please ensure that all student absences are explained by contacting the school administration.

I remain very proud of the students and staff at Lockyer. Together, we have a good school. Let's all work together to continue to improve in everything we do.

If our school can assist you in any way, please contact us. You can follow me on

 [@Principal_LDHS](https://twitter.com/#!/Principal_LDHS) or copy the link https://twitter.com/#!/Principal_LDHS

Until next time

Darren



SCHOOL NURSE

COLD AND FLU SEASON

Winter can be a trying time both mentally and physically. The days are darker, colder and shorter and our bodies become more susceptible to all kinds of winter nasties like cold and flu. While it sounds tempting just to stay inside and hide from it all, being proactive about your health and wellbeing will help ensure that you make it through the cooler months cold and flu-free, and in tip-top shape to enjoy the summer. Here are tips for supercharging your winter wellness. The following information was taken from body+soul website. www.bodyandsoul.com.au/

1. Wash hands

Sounds simple but it's the number one way to stop the spread of germs. Experts recommend washing hands every few hours and in particular after using the toilet and before meals. Give them a wash after touching someone else's phone or keyboard at work.

2. Get vaccinated

The seasonal flu jab provides 12 months of cover against the major strains of flu including the 2009 pandemic swine flu. If you're considered at risk (for example over 65, pregnant, or have a chronic illness), the government picks up the tab.

3. Keep exercising

It's hard to get motivated when it's cold and dark, but your body has to work overtime to get warm, so you can burn more kilojoules on that early morning walk or run. Find an exercise partner to keep you motivated and if it's too cold outside, go to the gym or do laps at an indoor pool.

4. Eat well

Keep your immune system in shape by making sure you're eating a healthy diet. For your body to be able to respond to infection, it needs to have enough protein, so enjoy lean meat, fish and poultry.

5. Dose up on vitamins and minerals

Iron, zinc and vitamin C are also key to a healthy immune system. But before popping supplements, boost your dietary intake of these substances. Look for dark, leafy greens and red and yellow vegetables, which are all high in antioxidants.

6. Stay hydrated

Drink at least eight glasses of water each day. If cold water is unappealing when the mercury dips, try boiled water with a slice of lemon. The moisture will also help make mucous membranes, including those in your sinuses, more resistant to bacteria.

7. Rest up

Regular sleep is vital to staying healthy. Don't let yourself get run down. Those who aren't well rested are more likely to get sick.

8. Quit smoking

Smokers are far more susceptible to upper respiratory infections, which tend to strike in winter. Even if you're a social smoker, now's a good time to quit and clear your airways.

9. Clean up winter mould

Mould can trigger nasal congestion, sneezing, coughing, wheezing, respiratory infections and worsen asthma and allergic conditions. So move your spring clean forward to autumn.

10. Save your skin

Cold air, wind and heating will dry out your skin, so keep your face and body well moisturised.

Take care and stay warm this winter

Your School Based Youth Health Nurse
Justine Coulson

PHYSICAL EDUCATION DEPARTMENT

Annual Cross Country Championships

1 st :	KENNY	1007
2 nd :	CUNNINGHAM	846
3 rd :	GRIFITH	835
4 th :	MANNING	780

The annual cross country championships were held on the last Wednesday of Term 1. A fantastic turn out of students with our strongest participation rates in the championship courses. This is a result of the high numbers of students who turned up to training each Tuesday and Thursday. Students who didn't want to push themselves were able to complete the Social course. Alas, there were quite a few of our "sportspeople" who opted to walk the social course instead of running the 6km championship course.

Congratulations to our Age Champions.

Again, 1 point was allocated for every student who wore a hat during the event. Congratulations to 16 year girls who were the best age group, closely followed by 13 year girls.

Training for Cross country will continue Tuesday and Thursday mornings in preparation for the DD Championships. These will be held on Tuesday 28th May, and information can be collected from the PE staff.

Age	Boys Champion	Girls Champion
13	Clint Kalman-Walker (C)	Montana Robinson (K)
14	Rohallah Haidari (C)	Meghan Clarke (C)
15	Patrick McCarthy (C)	Samantha Brown (M)
16	Jackson Bridge (M)	Casey Grosskopf (M)
Open	Aaron Martin (K)	Rebecca Kenny (C)

Competition Sport Term 2

This has not been a great year for comp sport due to the weather and now the road works. LDHS has withdrawn from the Term 2 Wednesday comp due to the possible (probable) delays on any Wednesday afternoon. This term we are holding inter-house competitions to replace competition sport.

Darling Downs Reps:

Congratulations to Casey Grosskopf and Maree Mitchell who both gained selection in the DD Open Girls Basketball team. Well done also to Jarrod Groves for making the DD Baseball side.

QLD Rep:

Sarah Hoger has continued her sparkling softball form and this has been recognised by gaining selection in the Open Softball team. Fantastic effort Sarah!

