

LOCKYER DISTRICT HIGH SCHOOL

belong...believe...achieve



Supporting State Schools in the Lockyer Valley

SCIENCE: AUSTRALIAN NEW ZEALAND BRAIN BEE CHALLENGE

Last term, all Year 10 students were invited to participate in the Australia-New Zealand Brain Bee Challenge (ABBC). Round 1 of the challenge had 5,700 students from 310 schools from across Australia and New Zealand participating in an online quiz about neuroscience. Lockyer District High School had 23 students (Mrs Richardson's 10D class) accept the challenge.

We have now been informed that the following students have qualified to participate in the Individual Challenge of the Round 2 Queensland State Final:

**Rhominy Janke,
Jackson Poole
Jade Van Dijk,
Vanessa Walker,**

These four Individual Challenge competitors will compete for some great prizes including the chance to progress to the 2014 Australia-New Zealand Brain Bee National Final held in 2015.

Also, we were informed that our school has been selected to enter a team in the 2014 Australia-New Zealand Brain Bee Challenge Queensland Team Challenge as we had 4 successful students. The Team Challenge competitors will compete for some great prizes for themselves and their schools.

Round 2 of 2014 ABBC Queensland State Final will be held at the Queensland Brain Institute, University of Queensland in July 2014. The day will include an Individual and Team Challenge to determine the 2014 ABBC Queensland Champions as well as tours of the research laboratories and listen to guest speakers.

We wish these students the best of luck in the next round of the competition.

Mrs Samantha Richardson
Teacher (Science)

Belong...Believe...Achieve...

ART EXCURSION

Art students from Years 10 to 12 enjoyed a day at Southbank on 6 May, experiencing art in a number of forms. By attending three different galleries, the students had a chance to explore a range of works from established installations to emerging pieces by last year's top graduates.

The highlight of the trip was the exhibition 'falling back to earth,' by Cai Guo-Qiang. Held by the Gallery of Modern Art (GOMA), the exhibition consisted of three enormous installations; an entire fallen tree, 99 life-sized animal replicas around a waterhole, and a pack of wolves suspended in mid-air, as they leapt across the room.



Students also visited 'Creative Generations,' at GOMA showcasing the best of Queensland's Year 12 works, as well as 'After Afghanistan,' a series of war portraits by Ben Quilty shown at Griffith University Art Gallery. The final stop was the Queensland Art Gallery. The day was a valuable opportunity to see professional art and gain inspiration.

Bridget Scanlan
Publicity Officer

COMING EVENTS

MAY

Sunday 25-26	Year 12 Tourism Excursion
Tuesday 27	DD Cross Country
Wednesday 28	Year 9 UQ Experience Day
Friday 30-31	Lowood Show

JUNE

Wednesday 4 & 11	Year 10 Business Venture Trade Days
Thursday 5-6	Year 11 Field Placement Early Childhood
Monday 9	Queen's Birthday Public Holiday
Thursday 12	BIZPO Expo Bob Spearritt Hall
Thursday 19 - 24	Year 11 & 12 Block Exams
Thursday 26-27	Year 12 QCS Prep Days
Friday 27	Last day of Term 2

JULY

Monday 14	Term 3 commences
Tuesday 22-30	Ageo Junior High School visit (Japan)

Welcome to the May edition of Lockyerlife for 2014. Thank you for taking the time to read this edition, as we believe that our newsletter forms an important part of home/school communication.



Our school will have representation at an exhibit at the inaugural Lockyer Rural Lifestyle Expo 23 and 24 May 2014. It is important that we broaden our communication strategy between the school and our community. Participation in the Expo is one avenue to do this along with this newsletter, Twitter, Facebook, SMS text messaging, Parent/Teacher evenings and the new LDHS webpage. If you are visiting the Gatton showgrounds for the Expo, please see us and say "giddy". We will have information about Junior Secondary, our curriculum and our school in general.

Friday 23 May is P&C Day. This day, held each year during State Education week, is a chance for us all to recognise the contribution made by the hardworking volunteers on the P&C. Our P&C does a great job running our canteen and raising about \$60000, all of which is poured back into equipment and services for students. The P&C is also an essential consultative group for the school. Our dedicated P&C President, James Poole and his executive run a very effective and efficient association that directly benefits the school. Thanks for their on-going hard work.

Having high standards is a key driver of success. All senior students should achieve a Queensland Certificate of Education (QCE). Only then would it be consider that they have graduated. All Senior OP students should have researched the requirements of their desired tertiary course and be achieving towards tertiary entry. All Junior Secondary students should be improving on their Term 1 report card results. This means that their Semester 1 results will be better than their Term 1 results in Achievement, Behaviour and Effort. A recipe for success includes:

1. Attend every day;
2. Always have correct equipment and participate fully in the learning;
3. Complete regular homework;
4. Prepare for assessment items at school and at home;
5. Seek teacher feedback and respond to it.

Thanks for your recent participation in Parent/Teacher interviews, held 30 April. Interview numbers were up from last year, indicating growing parent interest in the progress of their children and a growing interest in the school.

I remain very proud of the students and staff at Lockyer. Together, we have a good school, the school of choice in the Lockyer Valley. 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

 @LDSHS

Thanks

Darren

ADMINISTRATION MATTERS

Purple Lockyer Text Resource Scheme forms have been posted out to parents who have not completed one. Completion of this form is a requirement to your child's attendance at school. Please complete the form and return it to the school office before the end of Term 2.

Non-payment of resource and subject fees may result in the student not participating in non-curriculum activities.

Coming Soon.....



Interested in studying business?

See what the business department can offer you and identify the benefits of studying business at Lockyer.

Where can business take YOU!!

When: 12th June, from 6pm

Where: Bob Spearritt Assembly Hall

Presented by the students of Year 12 Business Communication and Technologies

Connect and stay in touch with Lockyer District High School

You can connect with Lockyer District High School in a number of ways and keep up with what is happening at the school.



Our website offers news stories, calendar, forms, policies, contact information. Visit our website at www.lockdist.eq.edu.au

You can access most of the website's information also through an app for smartphones. The app is available for free for androids and apple devices. Search the relevant app store/market for QSchools.



You can also like us on Facebook at www.facebook.com/LDSHS or follow us on Twitter at www.twitter.com/LDSHS. We post relevant information and news snippets to keep you up to date.



Please also don't hesitate to email or ring with any question or suggestion as per details at the bottom of the newsletter.

PRACTICAL ARTS

Cupcake Challenge

The Year 11 Cert II Hospitality students participated in a Cupcake challenge. They had to work in pairs to design, plan and produce a signature cupcake within designated time constraints. It was a real test to see their skills not only in making and decorating the cupcakes but to work together as a team to finish when it was announced "Stop Cooking!"

Mrs Cumner and Mrs Taylor were the judges of the challenge.

The winners were:

Presentation

First Minnie Mouse cupcake (Jacqueline Setch, Brooke Wright)
Second Cookie Monster (Nikki Greenall-West, Frances Filipine)

Cake making

First Shazzachino (Shari Tomlinson, Lily Nuttall, Claudia Aston)
Second Rainbow cupcake (Danica Gimm, Darrion Monk)

Overall winner for the challenge:-**Minnie Mouse cupcake.**

Well done to all contestants. They did themselves proud and produced some wonderful and innovative cupcakes. Thank you to our guest judges for their time.

Ms Edbrooke
HOD Practical Arts & Vet



JUNIOR SECONDARY

NAPLAN

Year 9 students sat NAPLAN Tests on 13th, 14th and 15th May. Year 9 students demonstrated exemplary behaviour during the test sessions; working silently and diligently and following staff instructions. Students are commended for this.

LEADERS' INDUCTION

Tuesday saw the induction of our Junior Secondary Leaders. These students will play a key role in leading the events and celebrations that will contribute to the Junior Secondary identity of Lockyer District High School.

YEAR 7 & JUNIOR SECONDARY PLANNING

We continue to make progress with our plans for Year 7 and Junior Secondary for 2015. New Australian Curriculum (released late February) allows us opportunities to revise the way we package our curriculum offerings. Keep an eye out for further information.

RELAY FOR LIFE

On the 10th and 11th of May, groups gathered from all over the Lockyer Valley for the 2014 Relay for Life. The annual event lasted eighteen hours as participants from numerous teams took turns walking through the night to raise money for cancer patient support and research. The Gatton event was very successful, raising over \$63 000 in total.

Lockyer District High School had a great representation this year as over 40 senior students gave their time to participate. We even won the prize for the best team banner. Thank-you to all those who volunteered time and money to the cause, it was a great night out raising much-needed funds.

SPEECH CONTEST

Four students competed against entrants from Laidley and Faith Lutheran High Schools in the annual Lockyer Valley Mayoral Speech Contest on Sunday, 27th April. Participants attended coaching sessions with the Lockyer Valley Toastmasters and each gave a five to seven minute speech about the future of farming in Australia.

It was a very successful day for Lockyer District High School as after a close competition each of our participants received places. In Year 12; Jason Weatherby received 1st place, Lachlan Evans 2nd and Mitchell Jones 3rd. In the Year 11 contest Bridget Scanlan came in 2nd place. Congratulations to those competitors.

Bridget Scanlan
Publicity Officer

SWPBS

School Wide Positive Behaviour Support continues to be a strong program in our school. Students are being explicitly taught a range of expected behaviours each week and are being rewarded once demonstrated. Over the coming weeks our BBA (Belong Believe Achieve) Program will be looking at:

Week 5	Line up in the correct line, Wait patiently, Have your money ready (Tuckshop)
Week 6	Be prepared and willing to learn, Be focused on learning, Be on task, Participate
Week 7	Allow the teacher the full lesson time to teach, Raise hand to speak, Help others to learn
Week 8	Do your best, Be neat, Be up to date

Each fortnight students who have submitted filled stamp cards go in the draw to win \$30 vouchers from various retail stores. There have been a huge number of entries – such fantastic work!

Our staff have been very busy over the last two weeks taking part in Professional Development sessions to ensure consistency across the school and completing a survey to provide us with feedback on how the implementation is going.

Some ways you can be a part of our SWPBS program could be:

- Ask your student what they can tell you about SWPBS and how it is taught at school
- Be on the lookout for Postcards and Gotchas sent home with your student for consistently demonstrating the expected behaviours
- Give positive encouragement to your student when they do the right thing
- Attend our team meetings held monthly

Next SWPBS Team meeting is Wednesday 28th May at 3.30 in the Library. All welcome!

Thanks for your continued support
Helen Richards
SWPBS Internal Coach

RL Rheanna Leschke
PRIVATE TUITION
BMus
* Music Theory *
* Classical/Contemporary Voice *
* Drum Kit *
0449 517 743
Building Confidence &
Creating Skills That Last

SCHOOL NURSE

Teens and Sleep

Sleep is food for the brain. During sleep, important body functions and brain activity occur. Skipping sleep can be harmful. You can look bad, you may feel moody, and you perform poorly. Sleepiness can make it hard to get along with your family and friends and affect school results. Remember, a brain that is hungry for sleep will get it, even when you don't expect it. You are more likely to have an accident, injury and/or illness when you don't get enough sleep.

- Sleep is vital to your well-being, as important as the air you breathe, the water you drink and the food you eat. It can even help you to eat better and manage the stress of being a teen.
- Biological sleep patterns shift toward later times for both sleeping and waking during adolescence -- meaning it is natural to not be able to fall asleep before 11:00 pm.
- Teens need about **9 1/4 hours** of sleep each night to function best (for some, 8 1/2 hours is enough). **Did you know most teens do not get enough sleep?**
- Teens tend to have irregular sleep patterns across the week — they typically stay up late and sleep in late on the weekends, which can affect their biological clocks and hurt the quality of their sleep.
- Many teens suffer from treatable sleep disorders, such as narcolepsy, insomnia, restless legs syndrome or sleep apnoea.

Not getting enough sleep or having sleep difficulties can:

- Limit your ability to learn, listen, concentrate and solve problems. You may even forget important information like names, numbers, your homework or a date with a special person in your life;
- Make you more prone to pimples. Lack of sleep can contribute to acne and other skin problems;
- Lead to aggressive or inappropriate behaviour such as yelling at your friends or being impatient with your teachers or family members;
- Cause you to eat too much or eat unhealthy foods like sweets and fried foods that lead to weight gain;
- Heighten the effects of alcohol and possibly increase use of caffeine and nicotine; and
- Contribute to illness.

Make sleep a priority. Decide what you need to change to get enough sleep to stay healthy, happy, and smart!

- Make your room a sleep haven. Keep it cool, quiet and dark. If you need to, get eyeshades or blackout curtains. Let in bright light in the morning to signal your body to wake up.
- Consuming caffeine close to bedtime can hurt your sleep, so avoid coffee, tea, soda/pop and chocolate late in the day so you can get to sleep at night. Nicotine and alcohol will also interfere with your sleep.
- Establish a bed and wake-time and stick to it, coming as close as you can on the weekends. You will find that it's easier to fall asleep at bedtime with this type of routine.
- Don't eat, drink, or exercise within a few hours of your bedtime. Don't leave your homework for the last minute. Try to avoid the TV, computer and telephone in the hour before you go to bed. Stick to quiet, calm activities, and you'll fall asleep much more easily!
- If you do the same things every night before you go to sleep, you teach your body the signals that it's time for bed. Try taking a bath or shower (this will leave you extra time in the morning), or reading a book.
- Try keeping a diary or to-do lists. If you jot notes down before you go to sleep, you'll be less likely to stay awake worrying or stressing.

Parents and teachers report that teens that get enough sleep are more alert in the morning and in better moods; they are less likely to feel depressed or need to visit the nurse or school counsellor.

The following information was taken from the sleep foundation. www.sleepfoundation.org

School Nurse
Justine Coulson

SCHOOL POLICE OFFICER

Domestic Violence Prevention Month

Domestic and Family Violence Prevention Month is an annual event held each May to raise Community Awareness of the social and personal impacts of domestic and family violence and the support available to those affected.

The key aims of the month are to:

- Raise community awareness of domestic and family violence and its impacts.
- Promote a clear message of no tolerance of domestic violence in Queensland Communities.
- Ensure those who are experiencing domestic and family violence know how to access help and support.
- Encourage people who use abuse and/or violence to take responsibility for their abusive behaviour and seek support to change.

Stay Safe from your School Based Police Officer, Acting Senior Constable Lilley VOIGT.

TUTORING

Alex Lonergan is happy to tutor students in the following subjects.

Mathematics B, C
Physics
Chemistry
English
Music

Alex can work with both primary and secondary students.

Please contact Alex on 0439 072 962 to enquire more about availability and pricing.

LARGO ALTO SAXOPHONE FOR SALE

The saxophone is a beautiful Australian made instrument and is still in very good condition.

The sax would suit a beginner player, and comes with a near new/hardly used blue neck strap, 9 brand new, unused Rico Jazz (3) reeds, a soft polishing cloth and other odds and ends that I had (cork grease, cleaning papers etc). Comes in a black hard case. I am also selling a black, folding music stand.

The asking price is \$300 negotiable. If you would like to know more please contact Alex on 0439 072 962.

Managing Asthma during Winter

Cooler mornings, cooler nights and shorter days can only mean one thing—Winter is well on its way! While some people look forward to getting rugged up, drinking hot chocolate and warming up by the heater, winter may not be as enjoyable for some people with asthma.

Asthma commonly worsens in winter for a number of reasons:

- ❖ Cold weather and breathing in cold, dry air
- ❖ Presence of the common cold and flu
- ❖ Spending more time indoors thereby increasing exposure to common household triggers

Poorly controlled asthma during winter can lead to school absenteeism, reduced ability to concentrate properly at school, students falling behind in class work and difficulty in keeping up with normal routine (e.g. extra-curricular school activities, P.E. lessons).

As winter approaches, Asthma Foundation Queensland is encouraging school communities to be prepared for asthma. Schools can do this by:

- ❖ Ensuring student Asthma Care Plans are up to date
- ❖ Keeping unwell students home

For any other information on managing students with asthma during winter contact 1 800 ASTHMA (1 800 278 462).

PROSTATE CANCER AWARENESS EVENING FOR MEN AND THEIR FAMILIES

Around 120,000 Australian men are living with prostate cancer. It's important for all families to check that their men do not have cancer.

Gatton Lions Club invites you to come along and hear:

Prostate cancer survivor sharing his & his family's journey

Dr Peter Bevan

Dr Bevan graduated from the University of Queensland in 1979. He has served the Lockyer Valley as both a public generalist and private General Practitioner for over 30 years. In 1996 he became a founding fellow of the Australian College of Rural and Remote Medicine.

Associate Professor John Hooper

John leads the Cancer Biology Laboratory at Mater Research and his current research is focused on understanding molecular mechanisms underpinning aggressive prostate, bowel and ovarian cancer.

Free Sausage Sizzle at 6pm

Date: Thursday 29th May 2014
Time: 6pm start
Venue: Gatton Shire Hall, North St, Gatton

To assist with catering please register your interest with the Lions Club of Gatton on (07) 5462 1797 or email maljoy8@bigpond.com

Proudly supported by:



Lockyer Valley Regional Council
Gatton, Lockyer & Brisbane Valley Star



LOCKYER DISTRICT HIGH SCHOOL BEHAVIOUR EXPECTATIONS MATRIX

All Lockyer District High School the actions and behaviours of each of us confirm that we *belong... believe... achieve...*
(through being safe, respectful and committed to learning)

	Safe	Respect	Learn
Entrance	<ul style="list-style-type: none"> Follow instructions Use equipment as it was designed to be used Use facilities and furniture appropriately Follow in-courtyard policy Keep hands, feet and objects to yourself 	<ul style="list-style-type: none"> Learn actively Speak respectfully and wisely at the right time Use resources Care for property Act as a friendly and conscientious citizen Place rubbish in the bin Help others who might require help 	<ul style="list-style-type: none"> Be punctual Be prepared Be organised Ask for help when required Learn from mistakes
Classrooms	<ul style="list-style-type: none"> Keep feet/shell legs on floor Use PFD where necessary Stand when entering and leaving unless teacher directs Leave only with permission 	<ul style="list-style-type: none"> Use civility Allow the teacher the full lesson time to teach Be prepared and willing to learn Help others to learn Have fun to learn Learn learning space neat and tidy Allow quietly during lesson times 	<ul style="list-style-type: none"> Be focused on learning Be on task Participate Be your best Be on time Be neat Have mobile phone powered off and out of sight
Assembly	<ul style="list-style-type: none"> Put belongings in the appropriate place prior to assembly 	<ul style="list-style-type: none"> Follow the school's assembly policy Follow the school's assembly policy Follow the school's assembly policy 	<ul style="list-style-type: none"> Participate Be engaged
Public Areas	<ul style="list-style-type: none"> No tan tops (M, swimwear, etc) Engage in sporting activities on the oval Follow the rules of the game Play school sport and games only Use stairways and corridors for walking only 	<ul style="list-style-type: none"> Protect and care for the grounds, facilities and equipment Stay in designated areas 	
Sanitisation	<ul style="list-style-type: none"> Use up to the correct line Wash thoroughly Wash hands 	<ul style="list-style-type: none"> Have your money ready Use toilets for their purpose Be environmentally friendly Leave toilets clean and tidy 	
Home	<ul style="list-style-type: none"> Strip off / pick up off school grounds Cross at pedestrian crossing Wait before crossing the road Use gear appropriate for bus Follow bus code of conduct Follow road rules Move to school grounds promptly 	<ul style="list-style-type: none"> Follow the directions of the driver Wait for a safe and dry to it 	

Regulated Items
Mobile phones
Video / MP3 players
Cameras and cameras
Glasses and hats (must be worn at all times)
Other items

Items Not Permitted
Alcohol
Tobacco
Drugs
Firearms
Weapons
Explosives
Flammable liquids
Flammable solids
Flammable gases
Flammable aerosols
Oxidising liquids
Oxidising solids
Highly flammable liquids
Highly flammable solids
Corrosive liquids
Corrosive solids
Corrosive gases
Corrosive aerosols
Infectious substances
Toxic liquids
Toxic solids
Toxic gases
Toxic aerosols
Radioactive materials



belong...believe...achieve...

BUILDING UPDATE

The finishing touches are presently being attended to in the new S Block at Lockyer District High School.

Work is due for completion at the end of Term and the building will be available for use at the commencement of Term 3.



CLUBS TIMETABLE: TERM 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Before School	LIBRARY (study, reading, H/W)	BREAKFAST CLUB 8am in the hall (Mr Richards) LIBRARY (study, reading, H/W)	STRING ENSEMBLE (Ms Rotar) LIBRARY (study, reading, H/W)	BREAKFAST CLUB 8am in the hall (Mr Richards) LIBRARY (study, reading, H/W)	LIBRARY (study, reading, H/W)
1st Break	YUGIOH C3 (Ms Van Kempen) GYM (Mr Leuthart)	GYM (Miss Hurth) YUGIOH C3 (Mr Staples)		LOCKYER TRAVELLERS A3 (Mr Bourke) GIRLS ONLY GYM (Mrs Mclean, Ms Ryan)	GYM (Mrs Huth/Mr Jarroush)
2nd Break			GYM (Mr Jarroush)		
After School		BOOT CAMP OVAL 3:30-4pm (Mr Cowan) GYM (Mr Luther/Smith) NETBALL 3:30-5:00 (Mrs Englart) MATHS STUDY CLUB in Library 3:10-4pm (Miss Robb, Mr Wilkins/Staples)	SHOW TEAM 3:15 - 4:30 Miss Cullin	BOOT CAMP OVAL 3:30-4pm \$5 (Mr Cowan) STUDY CLUB in Library 3:10-4pm	GYM 3:20-4:20 (Mr Luther/Smith)

Does your Senior student need help with English?



Do you have a **Year 10, 11 or 12** student?

Do they still **struggle with the basics?**

Do you want them to get ahead in their **next English assignment?**

We now offer **English tutoring** each **Tuesday and Thursday** in the **library** from **3:15 until 4:00**.

Would you like to find out more about what's happening in English at LDHS?



Follow us on Twitter to receive regular updates on:

- student achievement
- upcoming assessment
- literacy and learning links

Follow **@LDHSEnglish**

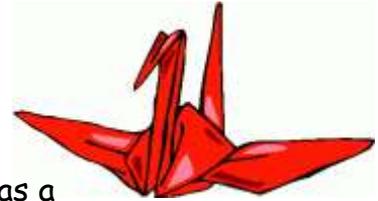
or search
#LDH58 #LDH59 #LDH510 #LDH511 #LDH512

CULTURAL EXCHANGE

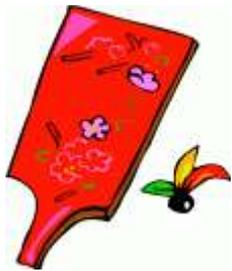


Lockyer District High School has again this year been invited to host students from Ageo City in Japan. The group consists of 22 junior high school students and 5 teacher escorts. They will visit Gatton from Tuesday 22 July until Wednesday 30 July 2014. The group will attend a daily program at Lockyer District High School. The program includes classes designed to improve their English conversational skills, excursions to local venues of interest, interactions with various classes and cultural activities.

The school is eager to find host families for these young people for the duration of their stay. Host families are asked to provide a bed and meals for the students, but more importantly to accept the students not as a guest but rather as a member of the family. This allows the students to gain a more realistic impression of Australian life in its varying aspects than otherwise obtained if the accommodation was provided in a motel or dormitory.



In return, the host families benefit by learning about Japanese culture and making friends from another country. A one off payment will be made to each family to assist with the cost involved with hosting a student.



If you would like to host or have any questions regarding the visit please fill in and return the cut off section below to the office.

Alternatively, you may choose to call the school office on 5466 2333 and leave your name and number and we will get back to you.



All enquiries to Denise Harris.

Sayonara

..... ✂ ✂ ✂ ✂ ✂

Yes, we would like to host a Japanese Exchange Student

We would like more information about hosting a Japanese Exchange Student

Family Name _____

Phone Number (H) _____