9 February 2017

PRINCIPAL’S REPORT

I welcome all our school community back for 2017. We have started the year well, again with new staff, but all are permanently appointed. I welcome:

- Mrs Alota Lima HOD English and Humanities

She joins Mrs Janeen Solomon to make two permanent heads of department. They both come with a wealth of teaching and curriculum experience so the school is well positioned to focus on quality curriculum implementation in 2017.

- Miss Katharine Clarke English/Business/Art
- Miss Elona MacRae English/Humanities/Learning Support
- Mr Sam Sears English/HPE
- Mr Kelly Wright English/Science

Mrs Candy Collins has now been appointed as our permanent BSM and Mrs Katie Churchill has increased her Guidance Officer time at our school which equates to an average of 2 days a week.

Mr Paul Graham is with us for a term supporting Mr Glen Bowman transition into the role of being our permanent ITD teacher. Mr Graham is on leave from a major High School on the Gold Coast, enjoying working in rural locations around the state for a year. We are certainly benefiting from his expertise.

Getting the staffing right for this year was a major focus so I am pleased to say that I expect few changes for the rest of the year. I look forward to the return of Mrs Ariana Walkorn and Mrs Jackie Shanks as they return from leave in Term 2.

Our enrolment numbers have also held strong at 178. I look forward to our school continuing to grow steadily through the year as we did last year.

We have changed our curriculum structure to imbed Wellbeing and PBL lessons - Positive Behaviour for Learning – which is all about building a learning culture where students understand the expectations required of them. This project is being led by Miss Anna Boyes and we will hear more from her in the future.

I look forward to meeting our new parents at the Year 7 Camp Out evening and overall, I am excited about a great year in 2017 with the focus on quality teaching and curriculum as well as building a learning culture.

ATTENDANCE

<table>
<thead>
<tr>
<th>Target</th>
<th>Year to date</th>
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<tbody>
<tr>
<td></td>
<td>7</td>
</tr>
<tr>
<td>Overall Attendance</td>
<td>92%</td>
</tr>
<tr>
<td>% students with daily attendance less than 85%</td>
<td>Less than 15%</td>
</tr>
<tr>
<td>% students with daily attendance above 95%</td>
<td>Greater than 30%</td>
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SPECTRUM OF ATTENDANCE

Every Day Counts!

All students are expected to come to school every day and to be on time every day. Research shows that in Queensland, higher student attendance at school is associated with higher student achievement, enhanced overall wellbeing and a
brighter future. Contrary to this, low attendance can be associated with lower academic achievement, criminal activity, unemployment, increased likelihood of poverty and leaving school with fewer qualifications. Our whole-school target for this year is 92% attendance.

**Blue**
Your child’s attendance is above 97%. They are likely to be a high performer due to their excellent attendance. They will have the opportunity to achieve to the best of their ability and the chance to benefit from the best educational opportunities possible. They are on track to achieve their goals, have a bright future and we commend them on this wonderful achievement!

**Green**
Your child’s attendance is 95-97%. They are on Green for Go Level for very good attendance. They are likely to achieve to the best of their ability and have the chance to benefit from numerous educational opportunities.

**Yellow**
Your child’s attendance is between 90-95%. They are at Yellow – Take Care Level. They are missing a significant amount of time from school and it will be very difficult for them to keep in touch with lessons or work. Over 13 years of schooling, they could miss nearly 1.5 years (equal to finishing Year 11) at an attendance rate of 90%.

**Orange**
Your child’s attendance is between 80-90%. They are at Orange Light – Be Alert Level. They are missing so much time from school that it will be very difficult to keep in touch with lessons or work. Over 13 years of schooling, they could miss over 2.5 years (equal to finishing Year 10) at an attendance rate of 80%.

**Red**
Your child’s attendance is below 80%. Their attendance is At Risk. They are missing so much time from school that it will be almost impossible for them to keep in touch with lessons or work. Over 13 years of schooling, they could miss over 5 years (equal to finishing Year 7) at an attendance rate of 70%.

Once the cycle of absence starts, it is very difficult to stop. It can be hard for your child to return to school. They may not be sure what is going on in classes or miss vital assessment days. Students are likely to lose touch with their friendship groups and feel distanced.

If you want your child to be successful at school then YES, attendance does matter!

**ATTENDANCE LETTERS**
The Year Level Coordinators together with the office staff, Principal and Regional Office have begun distributing letters to students who have attendance rates below 85%. As a school community, we all, together with parent/carers, have an obligation to ensure every student is at school every day and succeeding. For this reason, we must maintain our focus on high rates of attendance. These letters are the first step in a three-part process whereby Principal, Anna Reeves, must notify parents/carers of their child’s attendance rate and discuss options of support for ensuring the student’s attendance rate will improve. Following this, we must send two additional letters notifying parents about arranging meetings at school, support available within the school and their legal obligation to ensure their child is attending their compulsory schooling. If the student still fails to attend school after this extensive process is carried out, then a prosecution follows. While we do not envision any issues as serious at this, we do want to communicate this to parents/carers as we are aligning with the entire region’s priorities around attendance and need to show our school community that we are putting in all possible measures and support to ensure every student is attending and succeeding. Should you have any questions regarding the less than 85% attendance notification letters, please do not hesitate to contact Principal, Anna Reeves, at the school.

**2017 SWIMMING CARNIVAL**
The energy was high, the colours were bright and the students were eager. The 30th of January saw the running of our annual swimming carnival. The students supported their houses by dressing in their house colours and their best Hawaiian costumes.

With the addition of a new event – the 50m Freestyle dash for cash, Amelia Volpe and Jarrod Toshack took out the $15 canteen vouchers by winning this open event.

The teachers gave the students some competition in many of the novelty events on the day, even winning some. Our Dysart students demonstrated their outstanding abilities in the pool across multiple events.

Mackenzie were the overall champions for the day defeating Mitchell by 151 points. Mitchell war cries won them some points thanks to their house captains William Goodland and Lachlan Fenton.

Age champions for each age group can be found below:

<table>
<thead>
<tr>
<th>Girls Age Champions</th>
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<tbody>
<tr>
<td>Age Group</td>
</tr>
<tr>
<td>Under 12</td>
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<tr>
<td>Under 13</td>
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<td>Under 14</td>
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<td>Under 15</td>
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<tr>
<td>Under 16</td>
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<tr>
<td>Under 18</td>
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<tr>
<td>Open</td>
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</tbody>
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<table>
<thead>
<tr>
<th>Boys Age Champions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age Group</td>
</tr>
<tr>
<td>Under 12</td>
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</tbody>
</table>
Multiple new records were broken on the day, some students taking out their entire age group. A massive effort from these students.

All in attendance enjoyed a great day of fun and competition. The day would not have run as smoothly as it did without the cooperation and support of all staff and students involved. As a school, we would like to thank the parents who came along and supported their swimmers and the event.

Mackenzie currently lead the points tally for the year in house competition, but there are still opportunities for Mitchell to fight back with cross country and athletics carnivals alongside lunch time activities still to come in 2017. The competition for champion house has only just begun.

NEW STAFF

**My name is...** Anne Wright

**I was born in...** Launceston, Tasmania

**My favourite meal is...** Any I don’t have to cook!

**My favourite thing to watch is...** Archer, Fairytail or Seven Deadly Sins

**My teaching areas are...** Maths and Business

**This year, I’m teaching...** A wonderful group of young adults for Math and Business

**In my spare time, I like to...** Read, study and watch Netflix

**I’m passionate about...** Learning – your mind is the best tool you will ever have

**My greatest accomplishment to date is...** Training my dog to jump and be adorable

**The best place I’ve ever travelled was...** A little hill in the middle of NSW – gorgeous views and bunnies everywhere!

**One thing on my bucket list is...** Go to a theme park! I have never been to one before and they look fun!

**My one piece of advice to my students is...** Take everything one step at a time – eventually you will find you have crossed the horizon onto greater things

**My name is...** Miss Clarke

**I was born in...** October

**My favourite meal is...** Acai bowls (…or Mexican)

**My favourite thing to watch is...** Friends

**My teaching areas are...** Business and English
This year, I’m teaching... 11/12 Business, Communication and Technology, 11/12 Social and Community Studies, 10 Art, 9 History, 8 History, 7 Japanese

In my spare time, I like to... Hang with friends and family

I’m passionate about... Education and TRAVEL!

My greatest accomplishment to date is... Successfully completing both of my degrees.

The best place I’ve ever travelled was... Everywhere is so different, it truly is hard to compare however Canada will always be my second home.

One thing on my bucket list is... To trek the Inca Trail to Machu Picchu - bring on the June/July holidays!

My one piece of advice to my students is... That everything we have in this world was made up by people who are no greater than you. You’ve got this.

WHERE ARE THEY NOW?

Where are they now?

In each newsletter we hope to feature an article about where our Graduating Class of 2016 are now!

This week we feature Isabella Marsson who is still in Dysart at Lady Gowrie Day Care.

She has a busy 2017 with two modes of study at two different institutions. We wish Isabella the best of luck!

Name: Isabella Marsson
Employer: Lady Gowrie Dysart Daycare
Role/Title: Trainee Educator
Duties: Assisting in the rooms with the children, nap time, lunch break, toileting, general play, group time, sensory activities
Hours per week: Permanent/full-time - 45 hours a week
What you miss about school: Jules and Bonnie at the Tuckshop
What you enjoy most about working: In the few short weeks I’ve been working, I enjoy how rewarding seeing children grow can be and watching them achieve milestones.
What you wish you knew before you left school: I wish I knew that there is life after school and all the stressing I did was for nothing because I’ve taken opportunities presented to me and come out happier than ever.

Training Institution: Lady Gowrie
Course: Cert 3 Child Services / Early Childhood Care
Duration of Course: 1 year
What is the difference from your current training institution to DSHS: It’s less stressful!

Training Institution: Central Queensland University
Course: Bachelor of Nursing
Duration of Course: 4 years
What is the difference from your current training...

institution to DSHS: I haven’t currently started this course as I am waiting for the University term to start in March.

Future Plans (More Training/Change in career path/ Marriage/Family.....Holidays/Study Overseas.....): I have many future plans, however, the last 6 months have shown that things always change and it’s about taking the opportunities that present themselves to you at that time in your life. I don’t know where life is going to take me.

TRAINEESHIPS

Dysart IGA are seeking applicants for 2 x Retail Traineeships.
All interested students or parents of students in Year 10 or 11 please contact Lorelle Thomasson-Besch lthom649@eq.edu.au or call 07 4941 1888 for further information.
SCHOOL NURSE

School-based Youth Health Service

The School-based Youth Health Service is delivered in partnership with Education Queensland to address the health and wellbeing of the young people and the school communities in Brisbane state secondary schools.

School-based youth health nurses provide:

- Individual health consultations with assessment, support, health information and referral options related to:
  - Healthy eating and exercise
  - Relationships
  - Personal and family problems
  - Feeling sad, worried and angry
  - Sexual health
  - Smoking, alcohol and other drugs
  - Growth and development
  - Promoting health and wellbeing with a “whole school approach” to support the development of healthy school environments.
  - Making recommendations on health resources to support curriculum, teaching and learning activities in schools.

The school-based youth health nurse does not provide medical treatments, first aid, medications, physical examinations, or ongoing counselling.

Referral information

Parents or young people can self-refer or a referral can be made by a health professional or school staff.

Contact your state secondary school office to enquire how an appointment is made.

It is a voluntary confidential service for young people.

Contact us: 49 411 888

Teensagers and sleep

Summary

- Sleep research suggests that a teenager needs between nine and 10 hours of sleep every night.
- Chronic sleep deprivation can have drastic effects on a teenager’s life, including reduced academic performance at school.
- Even 30 minutes of extra sleep each night makes a difference.
- All non-medicinal drugs (including alcohol, caffeinated drinks and cannabis) and chocolate can cause broken sleep.

Sleep research suggests that a teenager needs between nine and 10 hours of sleep every night. This is more than the amount an adult needs. Yet most adolescents only get about seven or eight hours. Some get less.

Regularity not getting enough sleep leads to chronic sleep deprivation. This can have dramatic effects on a teenager’s life, including reduced academic performance at school. One recent US study found that lack of sleep was a common factor in teenagers who receive poor to average school marks.

Causes of sleep deprivation

Some of the reasons why many teenagers regularly do not get enough sleep include:

- Hormonal changes - puberty hormones shift the teenager’s body clock forward by about one or two hours, making them sleepier. Lying in bed can lead to broken sleep. When an ‘early bird’ tries to sleep, it’s ‘night’ sleep does not lead to chronic sleep deprivation.
- Rhythmic after-school schedule - homework, sports, part-time work and social commitments can cut into a teenager’s sleeping time.
- Leisure activities - the lure of stimulating entertainment such as television, the internet and computer gaming can keep a teenager out of bed.
- Light exposure - light goes the brain to stay awake. In the evening, lights from televisions, mobile phones and computers cannot create adequate production of melatonin, the brain chemical (neurotransmitter) responsible for sleep.
- Violentcircles - insufficient sleep causes a teenager’s brain to become more active. An over-activated brain is less able to fall asleep.
- Socialattitudes - a Western culture, keeping active is valued more than sleep.
- Sleep disorders - sleep disorders, such as restless leg syndrome or sleep apnoea, can affect how much sleep a teenager gets.

Effects of sleep deprivation

The developing brain of a teenager needs between nine and 10 hours of sleep every night. The effects of chronic (ongoing) sleep deprivation may include:

- Increased difficulties
- Mentalis ‘sitting’ in class
- Behavioral attention span
- Memory impairment
- Poor decision making
- Lack of enthusiasm
- Moodiness and aggression

http://betterhealth.vic.gov.au

JOB ALERTS AND WHERE TO REGISTER

Standalone?feature=Navigation&returnUrl=%2F
http://www.splashfind.com/au/
Top_100_Australian_Job_Websites.html

CURRENT VACANCIES

view-current-apprentice-and-trainee-vacancies

RESUME & COVER LETTER WRITING


Please contact Mrs Lorelle Thomasson-Besch if you have any questions lthom649@eq.edu.au or 4941 1888.

YEAR 13 STUDY SUBSIDIES

Year 13 is an online resource for post school options that specialises in providing information and services on Apprenticeships, Gap Year Programs, Job Vacancies, Studying, Money Advice, Internships and the fun of life after school. Partnering with leading companies across Australia Year 13 helps facilitate positive choices for young Australians when finishing school


COMMUNITY

Australian Government Mobile Service Centre

The Australian Government Mobile Service Centre is supporting rural communities by providing convenient access to Australian Government payments and services. This specialised vehicle offers a wide range of face to face and self service assistance for rural families, older Australians, students, job seekers, people with disability, carers, farmers and self-employed people.

You can visit the Mobile Service Centre:

Near Centenary Park, Beardmore Crescent

DYSART

Friday, 17 February 2017 9.30 am to 2.30 pm

Experienced staff travel with the Mobile Service Centre and provide friendly, face-to-face service, information and support. On this trip, the Australian Taxation Office will be available to assist with advice and information about tax and superannuation. If the assistance you’re after is not available, arrangements will be made for someone from the relevant organisation to contact you.

For more information, go to humanservices.gov.au and search for Mobile Service Centre or call 132 316.