



PROSERPINE
STATE HIGH SCHOOL

*Local Spirit
Universal Success*

4 Ruge Street
Proserpine QLD 4800
Subscribe: <https://proserpineshs.schoolzineplus.com/subscribe>

Email: admin@proserpineshs.eq.edu.au
Phone: 07 4945 0111



3 September 2019

Date Claimers

RU OK Day

Thursday 12 September

Listen to the student notices for the activities occurring during breaks on the day.

Year 7 Culminating Day

Friday 13 September

Find out more information about the Culminating Day under "Junior Secondary News".

P & C Meeting

The next meeting will be held on **Wednesday 18 September** in the Student Advisory Centre meeting room beside the Administration office starting at 6pm.

Principal Perspective

Opti-Minds Success!!

Congratulations Mac Rogers, Ethan Raiteri, Oscar Hill and Riley Stuchbree who competed in the Opti-Minds Creative Sustainable Challenge in Mackay on 25 August. The team were awarded top position of **FIRST PLACE** in the Science and

Engineering Division II category. They now have less than 7 weeks to prepare for the State and Australian Finals at the University of Queensland in October.

The team were also recipients of the Spirit of Opti-Minds Award for being unashamedly excellent, working consciously and with absolute integrity, amongst other admiring qualities. This is a special award and highlights the quality of our students and their ability to work together as a team.

Special mention to Mrs Amanda Allwright for her mentoring of the students in preparation for the regional competition and now looking forward to the State Finals.

Congratulations once again on an outstanding achievement.



Hamilton Island Extraordinary Achievement Award

Hamish Swain the recipient of the 2018 Hamilton Island Extraordinary Achievement Award has recently undertaken his prize and fittingly chose to do the 'Sailing Experience'. During his stay on Hamilton Island he was invited to participate in the "Hamilton Island Race Week". The CEO of Hamilton Island,

Glenn Bourke granted Hamish the incredible opportunity to race on Wild Oats X instead of just spectating during this event.



Hamish with Glenn Bourke and Wild Oats X

This coincides with Hamish's recent success at the Windsurfer LT World Championships at Circolo Surf Torbole, in Lake Garda, Italy. Hamish is now the World Youth Champion following 5 days of racing in a fleet of 170 windsurfers. He was the 1st youth and 7th overall at international level.

To add to Hamish's success he has been awarded MALE YOUTH SAILOR OF THE YEAR at the Australian Sailing Awards.

Hamish is an outstanding young man and we are all very proud of his achievements.



Year 9 "Success into Senior" and Year 10 SET Planning

These two very important planning events involving our Year 9 and Year 10 students took place over the past two days. I thank parents and students for their active participation in these activities that aim to strengthen the opportunity for success in the senior phase of learning.

With the implementation of the new senior curriculum, it is essential that decisions regarding subject choice be more precise during their Year 10 course of study. The Year 9 "Success into Senior" day allowed students and parents to discuss subject options and the links to various career pathways. Whilst the Year 10 SET planning meetings provided an early point of communication between students, parents/caregivers and the school to assist with the selection of successful pathways in Year 11 and Year 12. This is also an opportunity to explore additional options offered through our extensive senior program such as external courses, university subjects, TAFE and School Based Traineeships and Apprenticeships.

For parents seeking further information regarding subject offerings, career pathways or clarification on any part of the process undertaken during the planning phase, please do not hesitate to contact the office. A member of staff in the appropriate area will contact you and follow-up with a phone or face to face meeting to assist.

QCS Test – Good Luck Year 12

Many of our Year 12 students completed the Queensland Core Skills (QCS) Test this week as they continue their educational journey through to the completion of Year 12. The QCS Test is another step in students receiving an OP score and ranking for entry into university or future training and employment.



UN Youth Queensland Competition

Congratulations to Jonathan Naranjo and Taylor Koolman who won first place at the UN Youth Queensland Competition at a regional level. Jonathan and Taylor headed to Brisbane Parliament for the State Finals where they competed against 14 other schools from around Queensland.

Both Jonathan and Taylor were commended for their presentations and public speaking skills on display throughout the various impromptu tasks to which they were responding.

Once again an amazing achievement from two incredibly talented students. Well done!

I thank all of the dedicated teachers who have guided these students over their recent years of education in preparing them for the QCS Test. I would also like to acknowledge the P&C Association for their generosity and support of the students at Proserpine State High School, providing them with a full breakfast each day to allow them to settle their nerves to start the day.



Alternative Pathways Program

Our students not involved in the QCS Test engaged in an "Alternative Pathways Program" this week to develop skills, knowledge and confidence in transitioning from school to the workforce. This program has been designed specifically for students who are looking at entering the workplace upon the completion of their secondary schooling. Tuesday's program provided students with job seeking skills such as how to find a job, applying for work, interview skills, personal presentation and rights and responsibilities in the workplace. They also had a session on industry expectations from industry representatives, as well as views from past students. Today, students sat a mock job interview with representatives from Wilmar Sugar Mill, MRAEL Group, TOR GAS and MEGT. This is a great opportunity for students to gain practical/real life experience and obtain feedback from employers to improve their employment prospects at the end of the year. Thank you to Mrs Anne Emmerson and Mrs Nicole Jolley for their coordination of this program and those community organisations for their support of our students.



Don
Mr Don McDermid
Principal
principal@proserpineshs.eq.edu.au

Assessment Schedule Changes

Year 11 Term 4

Week 3 General English Exam

This exam has now been moved to Week 3, Wednesday 23 October.

Please mark this change to your Assessment Schedule.

Student Achievements

CQ University Letter of Offer



Congratulations to Angela Henderson who has been offered a place at CQ University to study a Bachelor of Nursing in 2020. As part of CQ University's SUN (Start UNI Now) Program students are able to complete a unit/s from a degree while still at school. Angela has received a Pass in one unit and is currently completing another, which has gained her an early placement offer at CQ University.

RACQ CQ Rescue Talent Search



Congratulations to Tazmyn Eade Joy who on Saturday 24 August was the Overall Winner in the 2019 RACQ CQ Rescue Talent Search in her age group 12-14 years.

She also won the Vivens Model Management prize. She will fly to Brisbane later in the year to meet up with the agency.

View other student's achievements by visiting the website and click on the 'Our School' tab

<https://proserpineshs.eq.edu.au/Ourschool/Performanceandachievements/Pages/Performanceandachievements.aspx>

Junior Secondary News

Parent Invitation

Year 7 21st Century Projects Culminating Day on Friday 13 September 2019.

In the Junior Secondary School we have introduced 21st Century projects specifically targeted to develop 21st Century learning skills. Through these innovative projects students engage in learning that encourages collaboration - problem solving - creative thinking - digital applications.

Parents of Year 7 students are invited to attend the Term 3 Culminating Day where students will showcase the skills they have learnt and display their end products.

Parents will need to know their child's core class and which project their child has been involved in during Term Three.

Parents who wish to attend Culminating Day should enter the school via the Sterry Street gate, closest to the Multi-Purpose Hall where they will be met by Junior Secondary Leaders.

Session One - (Classroom displays – Big Bang Challenge, Robotics, Special Event Planning, Designing a Mechanical Toy, Amazing Creations in 3D, Collaboration with Colour)

11:00 – 11:50

- Junior Secondary Leaders will meet parents at Sterry Street entrance (near Multi-Purpose Hall) of Proserpine State High School.
- Parents will join their child's core class group to view 21 Century displays in N Block classrooms.

Session Two – (Game Day and Drama are the only projects running during this time. If your child has not participated in the Game Day or Drama projects you may wish to attend Session One)

11:50 – 1:00

- Junior Secondary Leaders will meet parents at Sterry Street entrance (near Multi-Purpose Hall) of Proserpine State High School.
- Only parents of students who have participated in drama project will attend the drama performance during this time.
- All other parents will be able to view students participating in Game Day activities. These activities will take place in the Multi-Purpose Hall and on the oval.

1:00 pm

- Session concludes/ Parents depart via Sterry Street gate.

For further information please contact Rob Jensen (HOD Junior Secondary).

Email:	rjens12@eq.edu.au
Telephone:	07 4945 0111



Senior Schooling News

Industry News

School Industry Forum

Last Friday Proserpine State High School hosted the biannual School Industry Forum. This was attended by St Catherine's College, Whitsunday Christian College and Collinsville State High School as well as various industry representatives. These

forums offer an opportunity for industry to provide an insight into employer needs and expectations, as well as discussing possible partnerships and projects between schools and industry. These discussions not only benefit and assist our local students through their senior schooling and their transition to the world of work, but the local businesses and community as a whole.

Thank you to industry members from Tourism Whitsunday, Queensland Agriculture Workforce Network, TAFE North, Whitsunday Regional Council, and the Department of Employment, Small Business & Training for giving up time out of your busy schedule to attend.

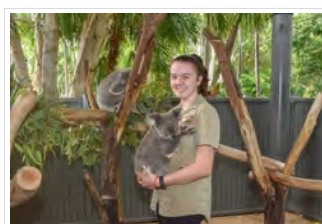
Thank you to our amazing Year 11 Hospitality class and their teacher who catered for the event with wonderful coffee and a scrumptious lunch.



With Year 9 "Success into Senior" meetings and Year 10 SET Plans being developed and subjects for 2020 being chosen – now is the time to organise your work experience.

Work experience helps you to learn about a job or industry first hand. You get on-the-job skills and a chance to develop your skills. Some of the other benefits include:

- gaining experience in a variety of work areas, and building on your existing job skills
- getting references
- enhancing your employability
- networking with people in the industry, and becoming involved
- demonstrating your work capabilities (sometimes to potential employers).



Opportunities for school leavers

Free apprenticeships for under 21s

The Queensland Government is increasing support for young Queenslanders up to the age of 21 by providing access to fully subsidised training across 139 priority apprenticeship or traineeship qualifications.

<https://desbt.qld.gov.au/training/training-careers/incentives/freeapprenticeships/eligible-qualifications>

Casual Employment

Prince of Wales Hotel in Proserpine is looking for casual staff to work in their bistro, need to be 15 years and older. If interested please visit the hotel with your resume.

Please visit B4 for more information on the positions available, school based traineeships & apprenticeships, or work experience.



Nicole
Mrs Nicole Jolley
Industry Liaison Officer
njoll4@eq.edu.au



Bernie
Mrs Bernie Porter
Senior Schooling Officer
bport82@eq.edu.au

Sports Section

Rugby League

It's great to see a plan come together. A few weeks back we were a group giving something a go. Now we look like a football side with some pretty astounding statistics. Last Friday we travelled to Mackay again and the girls had specific jobs to do and they executed them skilfully.

Amber *Jeppo* Jepson - ran into every opposing player on the field. I told Jeppo, 'maybe run around them??'. She proceeded to run at and around the opposition with intent.

Taylor *Cut em down* Moran - personified the saying "cuts like an AXE". Not one player got past the axe.

Hayley *Still Has Her Head* Moller - gained $\frac{3}{4}$ of the field in 4 consecutive hit ups in which she copped 3 head highs, gained 3 penalties and proceeded to run at the same player who kept tackling around the neck until she was hit in the ribs. Not sure if its genius or sheer bravery but the result gave us position to score a try!

Bree *Loves a Win in Mackay* - pushed two girls out in defence, which was a distance from the sideline. One of the girls was over 6 foot. Go get em Bree!

Lauren's *Consistent* Wilson - gave the usual 10 tackles and over 50m.

Becky *Go Forward* Little - took it to the opposition by going over them, not around!

Bonnie AC Davies - was electric in both games.

Jess *Plays well despite a few head* Knox - was a machine in defence, very Matt Gillette like, 15 tackles in total.

Bonnie *Drives like a Carr* - with some try assists, and an individual effort scoring a try.

Keyra *Chips* Smith - or is it Smith's Chips....effectively chipped and kicked, great kicking game with 3 conversions and 4 TRIES!!! 4 TRIES!! And last but definitely not least by a long shot....

Penny *Machine* Turner - works like an engine that's constantly fuelled up, 20 TACKLES in total and saved a certain try by running 40m to make the tackle!!! It's not about the tries you score, but the TRIES YOU STOP!!



Nice work ladies!!

John Steele
Coach

Student Support Services Team

From the Guidance Officer



R U OK? Day

Thursday 12 September 2019

R U OK? Day is our national day of action dedicated to reminding everyone that any day is the day to ask, "Are you ok?" and support those struggling with life. Taking part can be as simple as learning R U OK?'s four steps so you can have a conversation that could change a life. The Junior Student Council with the Proserpine State High School's Support Services Team will be running activities in breaks and Care Groups to remind everyone about the importance of checking on your mates.



- Read a book, escape from reality
- Vent your feelings - talk
- Scream at the beach

Information source: You Won't Die Laughing. By Patricia Cameron-Hill & Dr Shayne Yates

Believe in yourself, because if you don't you can't expect anyone else to.

(Poppy King - Australian Business Woman)



KAREN
Mrs Karen Dachs
 School Based Youth Health Nurse
 Monday, Tuesday and alternating
 Wednesday from 8am to 4pm
kdach1@eq.edu.au

Yarning Circle

Deadly Choices Community Day

For more information, call the MHHS Deadly Choices team on (07) 4885 6022 or 0409 569 810.

See yah when I'm looking at yah.



Arthur
Mr Arthur Gabey
 Community Education Councillor
agabe6@eq.edu.au

Managing Stress

https://proserpineshs.schoolzineplus.com/_file/media/1233/stress.pdf

Senior Options Bulletin

Go to the 'Senior Info' for Career Options 14 on the side panel to the left of the newsletter for information pertaining to careers, university updates, scholarships, plus much more.



Stan
Mr Stan Larkin
 Guidance Officer
slark13@eq.edu.au

Health Matters

Ways To Stress Less

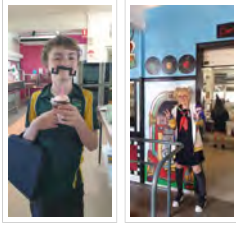
- Laugh - tell a joke
- Take a break and exercise
- Do deep breathing - do a relaxation session
- Go for a walk in the garden
- Swim at the beach
- Use paint or pencils and draw
- Have a good cry
- Sing
- Listen to music
- Twirl on the spot
- Use aromatherapy oils
- Get a hug
- Have a massage
- Pamper yourself

Canteen

It has been lots of fun in the canteen lately with many unusually dressed visitors!!

Athletics Day was a very busy day, followed by Book Week and Pink Ribbon Day.

Thanks to all the students who bought pink muffins and mousse on the day we were able to donate \$110 to student council's fundraiser.



See you in the canteen!

Lids 4 Kids

Collecting bottle caps gives children an amazing future!!

Plastic bottle caps don't need to go into landfill!!!!

Turn them into brightly coloured plastic limbs for child amputees!!!!

From Bottle Tops To Prosthetic Hands

Bring your plastic lids into school and place them in the bucket on the counter in the canteen **NOW!!**

Thanks to Luv A Coffee Airline Beach for their donation of lids as shown in the photo below.

Any children/people within Australia who you believe would benefit from the support of one of our mobility aids please contact customer.service@benvisionemployment.com.au

Cheers from the canteen ladies...

General Information

ID Cards

If you're planning to travel during the school holidays or go to the movies in the big city, you will need to produce a school ID to obtain the student discount. IDs can be collected from the school office as they are a part of the Resource Hire Scheme at no cost to you! Replacement ID Cards will cost \$5 each.

Lost Property

Students, if you are missing anything at all, please check the lost property at the office or outside N Block Staffroom as both stands are overflowing with items (jumpers, lunchboxes, sports shirts, etc.) found lying around the school. Hurry and collect it/ them as all items will be donated to charity before the holidays.

Keep A Watch On Our School These Holidays

Parents and students can help take care of our school by reporting any suspicious after-hours activity to School Watch on 13 17 88. By keeping an eye out we can work together to create a safer school community and help to reduce vandalism, theft and arson in our school.

If you see something suspicious, please don't intervene. Call the School Watch number and let the local police or State Government Protective Security Service deal with the matter.

Community News

Youth Space

YOUTH SPACE
Youth Development Facility

Open from 12.30 to 5.30pm
Tuesday - Friday
12-21 Yrs

TUES 3 rd SEP	WED 4 th SEP	THUR 5 th SEP	FRI 6 th SEP
Cuppa/milo and a Chat	Members Choice: Pool Ping-Pong	Resume Writing	Cooking Pancakes Chess Club with Richard
TUE 10 th SEP	WED 11 th SEP	THUR 12 th SEP	FRI 13 th SEP
Play a game of UNO	R U OK Day	Coping Box Activity through Writing	Cooking on a Budget Chess Club with Richard

Youth Space also offers:

- Confidential Support
- Flexible Case Management aimed at the individual
- Information Sharing with other organisations with consent
 - Counselling
- Opportunities for cultural and community connections

Shop 4/56 Main Street, Proserpine
Entry Via Dobbins Lane
Phone: 07 4945 5130

Cannonvale Cannons Swimming Club

COME & TRY! FIRST NIGHT FREE!



Club Night every Wednesday night.

Warm up at 5:00pm with racing commencing from 6:00pm

For anyone wanting to try out and see what swim club is all about please contact our Club Registrar Giselle Burton on 0418 196 846 or email cannonstreasurer1@gmail.com

Like us on Facebook <https://www.facebook.com/CannonvaleCannons/>
Like us on Instagram <https://www.instagram.com/cannonvalecannonsswimclub>

Cannonvale Cannons are FairPlay voucher approved.
See if you are eligible for voucher valued up to \$150 visit:
<https://www.qld.gov.au/recreation/sports/funding/getinthegame/getstarted/apply>

12 Heart Hotel
Carpark
SEP
10am-12pm

LiveLife
PHARMACY

RUOK?TM

MENTAL HEALTH SUPPORT
INFO AVAILABLE AT EVENT

A LIFE COULD CHANGE A LIFE
A CONVERSATION COULD CHANGE A LIFE
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POLICE | FIRE BRIGADE | AMBULANCE
JUMPING CASTLE | RAFFLES | SAUSAGE SIZZLE | STAR FM LIVE

*RUOK? merchandise ON SALE
Funds raised go to RUOK? for the prevention of suicide*



SECONDARY SCHOOL SURF LEAGUE

**MACKAY REGION – 12TH SEPTEMBER 2019 @ EIMEO BEACH
TOWNSVILLE REGION – 19TH SEPTEMBER @ THE STRAND**

The Secondary School Surf League Program has been created to introduce students to surf life saving skills and competition, whether they are a lifesaver or not. The format of the league will certainly challenge students and will enable students to test their abilities against themselves, the environment and students from other schools across Queensland. The Secondary School Surf League will encompass activities relating to surf swimming, beach sprints and flags, board paddling and rescue disciplines.

If you are interested in participating please contact your PE department or SLSQ on (07) 4766 2212 for more information.



QUEENSLAND

Paul Bowman Challenge
 Queensland's Premier Junior Rugby League
 Carnival - Proserpine 21 and 22 Sept 2019



Footy Family Friends

Proserpine will come alive with 80 teams from all over Queensland joining in on the Paul Bowman Challenge weekend. Being an under 9's carnival the focus is on the kids having fun. We welcome all to come and enjoy the vibe of this magnificent event.

E: pb9@bigpond.com
 Proserpine Whitsunday Junior Rugby League 



**Junior Cricket
 Sign On Now**

Season Starts 11th October 2019

Runs for 18 weeks (Term 4 & Term 1)

Proserpine Junior Cricket Grounds

For Boys and Girls Aged 5-16

PROGRAMS INCLUDE

- Junior Blaster (5-8yrs) \$125 includes pack with personalized playing shirt, hat, bat and ball. *Fridays 4-5pm*
- Master Blaster (8-11yrs) \$130 Blaster cap, club shirt, water bottle, sticker. *Fridays 4-5.30pm*
- U13 & U16 \$130 Club shirt for new registrations, water bottle and sticker. *Fridays 4-6pm*

- ★ **Local fixtures Friday Afternoons** ★ **Mackay Comp Saturday**
- ★ **Sunday Mornings Inter-town games**

Register at www.playcricket.com.au

Contact Us:

Email: proserpinejca@yahoo.com
 Facebook: www.facebook.com/proserpinejca
 Phone: Mel Dwyer 0424 599 722



Quota International Whitsunday

QUOTA INTERNATIONAL WHITSUNDAY

CLIMATE CLASSIC CLOTHING

&

CORAL'S CITY 2 COAST

INVITE YOU TO JOIN US
FOR AN AFTERNOON TEA AND
FASHION PARADE

SUNDAY 13TH OCTOBER

MANTRA CLUB CROC

2.00 PM TILL 5.00 PM

FASHION PARADES, MAJOR RAFFLES, ENTERTAINMENT

TICKETS : \$50.00

AVAILABLE FROM : C.E. SMITH & CO or CLIMATE CLASSICS CLOTHING , PROSERPINE.
CORAL'S CITY 2 COUNTRY, BOWEN. ENQUIRIES PHONE MARY 0416126980



SPECIAL THANKS TO OUR SPONSORS



ALL PROCEEDS TO SUPPORT THE COMMUNITY