Principal’s News

It has only been a brief time that I have been part of the Lowood community but it has been an incredible time. However, unfortunately my time as acting Principal of LSHS is drawing to a close and Mrs Anne McLauchlan will be returning soon from her leave. With this in mind, I wanted to thank everyone, students, parents, and staff for embracing me as part of their community and providing me such great support and spirit.

The hard work, commitment and passion that Lowood demonstrates on a daily basis will truly allow the belief of ‘Brain changers are game changers’ to be enacted for all stakeholders. The experience has been extremely positive and developmental for me and the learning that I am taking away from this time is priceless. I wish everyone at LSHS continued success in the future.

Growth Mindset

A growth mindset approach is based around the belief that every single person has the capacity to grow and learn and that intelligence and talents are not fixed. Here a Lowood State High School we realise that growth mindsets are not only important to students but they are crucial for educators trying to make change. Our teachers this year have embraced the growth mindset approach and understand the importance of modelling this practice in the classroom. We as teachers are committed to instilling a growth mindset in students through creating a conducive growth mindset learning environment for all students to learn and succeed in.

Outside of teachers, parents and carers play the largest role in influencing student’s outcomes. The attitude and mindset that parents/carers can and does make a different to your child. For a parent view on growth mindset check out the following link: https://www.mindsetkit.org/growth-mindset-parents

School Opinion Survey

The suite of School Opinion Surveys are undertaken each year by the Department of Education and Training to obtain opinion information from parents/caregivers, students and school staff. The surveys are designed to help schools identify what they do well and how they can improve. Responses are confidential. Opinions on the school, student learning and student well-being are sought from a parent/caregiver in all families and a sample of students from each state school. Opinions on the school as a workplace are sought from all state school staff and principals. Additional questions are included for teaching staff on their confidence to teach and improve student outcomes, while principals are also asked their confidence to lead the school, including improvements in student outcomes.

The opinion surveys will be undertaken at Lowood between July 11 and 29. Parent survey information will be distributed to the eldest sibling of each family Tuesday 19 July. Random sampled student surveys will be conducted with myself during identified class times. At Lowood we believe that feedback is a gift and look forward to receiving your feedback via the survey.
Kokoda Challenge

Congratulations to the students, staff and parents involved in the Kokoda Challenge on the weekend. We had a strong team of 5 (1 teacher & 4 students) who competed in the 48km Jim Stillman Cup on the Gold Coast. The event provided an outstanding example of our school values in action, with the team having had to work hard to be ready physically and mentally for the event. The team displayed true Kokoda spirit and were matched only by the pride and passion of the teams support crew. Well done everyone involved!

Learning Development Centre – Student & Parent Information Expo

Last week, the LDC’s hosted the Parent & Student Information Expo event in our school Hall. The expo was a huge success with 20 stall holders from a multitude of support services for our LDC community. All our students had the opportunity to engage in the event with 69% of our senior student parents and 62% of all students’ parents taking advantage of attending the expo. Stall holders commented on how great the turnout was and were extremely grateful for being able to participate in the expo. Congratulations to our HOSES Sheree Soanes and the LDC team for organising and hosting such an important event for our community.

Jackson representing Lowood SHS

During the holidays, HOSES Sheree Soanes and Jackson attended the 2016 National 2 day Summit on Student Engagement, Learning and Behaviour. Sheree and Jackson were part of a workshop which discussed innovative ideas implemented by schools in the Metropolitan Region. Sheree’s presentation focussed on the benefits of having a therapy dog and Jackson’s role within a school, his training and his future at Lowood State High School. He was a huge star and he absolutely loved all the attention. Congratulations to Sheree and Jackson on their work as the feedback received from other school personnel was overwhelming positive and around wanting to know how to go about getting a dog for their school students.

Deputy Principal News

Pathways to Success Night & SET Plans

Over the coming month there are some significant events happening for students in year 10, 2016 Pathways to Success and the 2016 Senior Education & Training Plan Interviews. These events are crucial to the senior years for students in year 10, I encourage you to ensure you are up to date with all the events and how you can assist you child through this period.

If you have any questions about the events please feel free to contact Ms Stacey Mallett, Senior Schooling Head of Department or myself through the office on 07 5427 8333.

Academic Coaching

During this term every year 11 student will be assigned an Academic Coach to monitor and support their academic progress through the remainder of their senior years. The goals of Academic Coaching include:

- Ensuring students are on the right academic pathway
- Building student confidence and positive attitude towards learning and learning goals
- Monitoring and supporting student progress
- Providing information data to assist them in achieving their academic goals
- Working closely with students, keeping academic achievement in perspective and assisting them,
where, necessary, to discover different solutions to achieving their desired academic goals

- Motivating and engaging students in a process that maximises their potential so they can achieve the best possible academic outcomes
- Guaranteeing that each student transitions into a successful and relevant pathway after school

I know that Academic Coaching helps students chart a path to attain their goal and learn how to follow through and get results. This model is a proactive and a systematic approach to supporting each student to be their best. It is designed to assist students in identifying and achieving their academic goals and to motivate them to achieve and strive for excellence.

**How it works?**

The Academic Coach will be one of the members of the senior leadership team; Principal, Deputy Principals or Heads of Departments.

Each coach will work one on one with each student providing individualised feedback sessions that will build on each student’s personal strengths and areas for improvement whilst at the same time providing a realistic picture of how each student is tracking at that point in time. This instils confidence, encourages interest, creates urgency (if needed) in learning and ultimately maximises student achievement. From experience, I know that this makes a difference to students.

If your child has not had their academic coaching by the end of August please get in touch with me through the front office.

**Sleep – Why is it important?**

Consistent good sleeping patterns can improve one’s quality of life through boosting wellbeing, concentration, energy levels, memory and positive thinking. Everyone knows what it feels like to be tired and it’s much harder to be happy and get things done when you have been up all night.

It is important that we encourage students to practice good sleeping habits. There are many techniques that can be used to improve sleep including relaxation, aromatherapy, meditation, exercise and avoiding stimulus like TV, phone use and video games before bed. Talk about the importance of sleep with students and encourage them to look at ways they can improve their sleep habits.

It is also important that teachers and parents keep an eye out for students who appear tired of a regular basis. Falling asleep in class, being unenthusiastic or moving slowly could be a sign a student is not getting enough sleep.

**A normal amount of sleep can feel like:**

- Being well rested when you wake up
- Not being tired during the day
- Having enough energy and an ability focus

**What’s the right amount of sleep?**

Getting the ‘right’ amount of sleep is really important to our physical health and emotional well-being, as it restores energy to our body and our brain. In the longer term, not getting enough sleep can increase our risk of developing high blood pressure or diabetes and can reduce mood.

So what’s a normal amount of sleep then? After a lot of research, experts have developed guidelines around how much sleep people should get at night. These are:

- Adults should get 7-8 hours per night
- Up until someone reaches full maturity (around 22 or 23 years of age) they need more sleep than adults do; about 9 hours of sleep per night

Our teenage years are a period where there is a lot of rapid growth going on in the body, including in the brain. These extra hours of sleep each night allow the body to work on the final development of the brain and other parts of the body.

However, keep in mind that everyone is different. Some people will find the recommended amount of sleep isn’t enough to keep them from becoming drowsy and losing focus during the day. While others will find they need fewer hours sleep than the recommended amount every night and can function perfectly well. As a general rule, however, it’s a good idea to try to get as close as possible to the recommended 9 hours.

**Signs you’re getting enough good sleep**

- You fall asleep within 20 minutes of lying down
- You don’t usually wake up more than twice a night (which you may not even remember)
- You don’t feel tired during the day
- You’re able to focus on what you’re doing
- You have enough energy throughout the day

When you’re not getting enough sleep, or you’re sleeping badly

There are some tell-tale signs that you’re not getting enough sleep. Interestingly, most people nowadays are actually sleep deprived to some degree.

**Signs you’re not getting enough sleep include:**

- Having trouble paying attention a lot of the time
- Having trouble concentrating on mental tasks
- Have a reduced memory
- Being more grumpy or moody
- Having slower reactions to things than what is normal
- Feeling consistently drowsy throughout the day

**What is Stymie?**

- Stymie allows bystanders to send anonymous notifications to Your School, about someone who they believe is being bullied or harmed.
- The notification interface allows bystanders to upload evidence like screen shots of FB discussions, Snapchats, text messages or instant message conversations and an outline of the incident(s). Your School receives the Stymie Notifications in the form of an email alert. You may choose which members of staff receive these emails.
Who is a Bystander?

- Bystanders are the largest group in the cycle of bullying. They are either witness to, encourage, take an active part in, or instigate bullying behaviours.
- Most bystanders passively accept bullying because: they are scared, they don’t feel as though it is their business, they don’t like the person being bullied, they feel peer-pressured to participate or they think that notifying someone may make things worse.
- Bystanders behave the ways in which they do because they are fearful and do not have the experience or skill, to deal with serious incidents.
- Bystanders often feel guilty.
- Stymie promotes the pro-social responsibilities of bystanders and outlines their responsibilities in the cycle of bullying. We are empowering your students to stand up for each other without fear.

Please feel free to use stymie.com.au to report any forms of bullying you may see or be experiencing. There will be a parent information session in early December look out for further details in the next newsletter.

Behaviour on buses

Code of conduct for school students travelling on buses

Unfortunately we have had some recent reports of poor behaviour by Lowood State High School Students travelling on buses. The Code of Conduct is a set of behavioural guidelines for students to follow when travelling on school buses.

It was developed by the department in consultation with the Education Queensland, the Queensland Police Service, bus industry groups, parent groups, principals’ associations, unions and non-state school authorities.

A copy of the Code of Conduct for School Students Travelling on Buses is available from the link below.


There is also a brochure outlining the expectations of students travelling on the buses. Please see below for a link to this brochure.

We congratulate the students who consistently apply themselves, ask for feedback, strive towards continuous improvement, demonstrate a growth mindset and engage in their learning. For some of those outstanding achievers we will celebrate their success at our Principal’s High Achievers breakfast, this Thursday 21st July.

Our major celebration of student’s academic, sporting, cultural and citizenship achievements are recognised at our Presentation Night on Wednesday 28th October, one of the major highlights of our school year. We look forward to seeing many parents and students there at this outstanding evening.

Although, these are great results, there is work to do for some year levels around improving their behaviour and effort. We recognise that unacceptable behaviour is a barrier to learning and as a junior secondary team we are working consistently to address this by holding year level parades regularly throughout the week. A letter was sent home last week advising what the focus of these assemblies are with a copy of our coloured behaviour chart used in classrooms. Please discuss this with your child and support them to make the right choices or commend them for already making these choices.
Faculty Highlights

Senior Schooling

Year 10

Term three for year 10 students is very busy as they are planning for their future pathways and specifically their year 11 and 12 subjects. There are two events coming up that are vital and therefore compulsory for all students and their parent/caregiver to participate in.

Pathways to Success - 27 July 2016, 5:30pm
Lowood High Hall

This evening outlines the purpose of years 11 and 12 and the pathway options available to students. Students will be able to collect their Senior Pathways Guide outlining students’ subject selection options. There will also be a wide range of university, apprenticeship centres and providers of vocational education available to speak with regarding their opportunities and entry requirements.

SET Plan Interviews- 2 and 3 August 2016, 7:00am- 7:00pm Lowood High Library (45min interviews)

The SET Plan interview is where all year 10 students, with their parents, undertake a coaching session and by its conclusion will identify the subjects they wish to undertake in years 11 and 12. At Lowood State High School we value this process because we believe it is what aids students in making the best choices for their senior schooling. It also limits subject changes and disruption to their senior schooling and gives students the best opportunity to achieve their Queensland Certificate of Education. Once students have chosen the subjects they are interested in, we endeavour to timetable around their choices so that as many students as possible can undertake their chosen subjects. This is why it is vital that students complete their SET plans on the allocated days or their choices may become limited.

Year 11 & 12

Academic coaching will be occurring for all year 11 and 12 students in the early part of this term. This process is where students meet one on one with members of staff who can discuss with them their academic progress. It also helps aid them in setting goals to improve their levels of achievement and discuss strategies to help them achieve their goals. If your child has not been interviewed by the end of week 2 for year 12 students and the end of week 4 for year 11 students please contact me: Stacey Mallett- HOD Senior Schooling, small17@eq.edu.au or call the school.

The Arts

ARTS SHOWCASE SAVE THE DATE!

On Friday 26th August Lowood State High School will display the amazing work of their VPM Arts students at our annual ARTS SHOWCASE evening. On the night a gallery of work will be set up displaying the work that students have completed throughout the year in Manual Arts, Graphics and Visual Art. A dynamic display of performances will then take place demonstrating work from students in Dance, Drama, Music and Instrumental Music. The night will also feature highlights from extra-curricular activities such as ‘Annie The Musical’ and our school band.

Over the next few weeks students and teachers will begin preparing for this spectacular display of student work. In the meantime students can start thinking about work they would like to display on the evening and let their teachers know that they are interested. Students who are no longer studying an Arts elective in year 7, 8 or 9 will still have the opportunity to show off their skills. They will need to ensure they listen to notices for important meetings or go and express their interest to Ms Doyle or Mrs Hopkins (Miss Drury) in M block staffroom.

Please ensure you put this date on your calendar, as it is an event not to be missed!

SINGING IN THE RAIN

Lowood High is offering all students the opportunity to attend an amazing performance of ‘SINGIN’ IN THE RAIN’. This musical is one of the most spectacular shows to hit our stages and is an amazing experience where it literally rains on stage.

The performance is not until term 4, (12th October), however we need to secure tickets as soon as possible. At this stage there are only 40 tickets available and payment will need to be made by the 26th August. The approximate cost for the excursion will be $60-$65 and therefore I am giving lots of notice to allow people to acquire adequate funds. This is an
evening event where students will leave school at approximately 5pm and not return until around 11pm.

Permission notes detailing more information will be available from M Block staffroom during week 2. Students should stay tuned to notices for more information.

**Musical Wrap Up!**

Our school musical ‘Annie’ was held at the school last term, and proved to be a magical production. On Thursday 2nd June we had over 300 primary school students attend our matinee performance and our cast were truly professional when performing for the enthusiastic audience. The primary school students were amazed by the show and were particularly excited to meet and greet ‘Annie’ and the talented dog, Dusty. The students could not wipe the smiles off of their faces and thoroughly enjoyed the entertainment that our students provided. The excitement and success of the matinee motivated the cast and crew to make the night shows even more incredible.

On Friday and Saturday night our students were very excited to perform to over 200 people each night. Many staff, students and members of the community commented on the professionalism of the performance and the overall joy that the cast delivered. I must congratulate the cast and crew of ‘Annie’ for all their hard work and dedication. They were a lovely group of students to work with and have truly shown their wonderful talents. All of their hard work paid off and they have made us all very proud. They have shown our school in a positive light within our community.

A massive thank you goes out to the production team Ms Doyle, Mrs O’Dea, Mrs Chambers, Miss Postle and Mr Wilson for all of their hard work. You have made this experience enjoyable and the students will always remember the time and effort that you have each put in. A big thank you must also go to Mrs Benjamin, Mrs McNichol, Miss Boundy, Mr Ness, Mr Jenner, Miss Georgeson, Mrs Parkinson, Mrs Hordern, Mrs Everding, Mr Paul and Mr McRae for all of their assistance with sets, props, costumes, backdrops, setting up the hall, marketing, and taking photos and filming. Lastly it was excellent to see so many teachers and staff willing to give up their time to help on the night and their support and help was greatly appreciated by all of us involved.

Thank you again to the cast and crew for another successful Lowood SHS school musical.

**Mrs Samantha Hopkins (Drury)**
**Arts Coordinator**

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**Junior Secondary Wellbeing**

There is a behaviour competition between the year levels in Junior Secondary this term. At this stage the year 8 students are leading with the least number of behaviour incidents logged at 5, the year 9’s are second with 12 behaviour incidents and the year 7’s are trailing with 18 negative incidents logged in the system. Well done year 8 students on the great start that you have had so far this term! Our goal is for there to be zero incidents in week 2.

To assist in reminding students about the expectations regarding behaviour, students are attending regular year level parades throughout the week. Feel free to check with them as to what these expectations are.

It has also been fantastic to see very few students completing a detention for not following the uniform process correctly. To assist your child, please ensure that if they are not wearing the correct uniform, they visit the Head of Wellbeing before school begins with a signed note. Remember that the Lowood SHS P&C has considered the advantages of wearing a school uniform and endorsed the wearing of a uniform for a number of reasons that include:

- develop a sense of pride in and identification within our school.
- provide durable clothing that is cost effective and practical for our school community.
- enhance student safety by ready identification.
- promotes a supportive environment by fostering a sense of belonging.
- maintain and enhance the positive image of the school in the community.
- foster mutual respect by minimising visible evidence of economic, class or social difference.
- develop self-discipline, and the need to realise that standards of dress apply to most occupations and social activities.

**What and how to report problems at school?**

Sometimes students are unsure as to what they should report as a wellbeing issue. Here are some guidelines that you can discuss at home.

1. Has the incident occurred at school?
2. Is someone hurt?
3. Is someone going to get hurt?
4. Have you spoken to the people involved in a friendly manner?
5. Have you tried to resolve the problem yourself?
6. Have you addressed the people involved in a firm voice, stating what is necessary to stop?
7. If you have attempted all of the above steps, then REPORT it through an incident report form.
Also remember to use the high 5 hand if there is a problem.

Mathematics

Mathematics Report

I wish Mr Shannon all the best in his new role as deputy principal at Emerald SHS. I have accepted the position of Mathematics HOD for the remainder of 2016.

Term 3 is a big term for year 10’s as they have to make their subject selections for year 11 in 2017. Year 10 students have a choice of 4 mathematics subjects to choose from.

- Prevocational Mathematics
- Mathematics A
- Mathematics B
- And for those wanting to go onto the areas of Aviation, Engineering or Medicine, the companion subject of mathematics B, mathematics C.

Students in year 10 are encouraged to talk to their maths teacher if they are uncertain of which one they should choose.

This term we will also see years 7A and 8A travelling to Ipswich for the Western STEM Experience Day at USQ Ipswich on Friday 29th July. There they will participate in hands on workshops and be given the opportunity to participate in the Western STEM Challenge.

Mathematics tutoring is available every Tuesday and Thursday at first break in L03. Please encourage your student to attend if they need extra help or just want to catch up on work missed.

Science

Crystal Growing Competition

Crystals are everywhere! Sugar, salt, diamonds and emeralds are crystals and LCD computer and television screens work because of the many tiny crystals inside. LSHS scientists Zayne McAlpine (8G), Kayla Wilson (10C), Kyle Meehan (8G), Brock Hibbard (8G) and Wade Reid (10C) used simple chemistry techniques to grow two fantastic looking crystals which have now been entered into the Royal Australian Chemical Institutes 2016 Queensland Crystal Growing Competition. The crystals were grown over a 9 week period with the students giving up many lunch times to tend to their growth requirements. The crystals will be judged on their size shape and clarity. The students are congratulated for their enthusiasm, commitment and excellent results!! We are eagerly awaiting the results which will be released by the end of term 3.

Kyle, Kayla, Brock and Zayne with their competition crystals

Sports Update

CISSSA Winter Wrap Up

The winter CISSSA competitions continue for few more weeks. We have teams competing in netball (year 8, year 10 & Open), Soccer (year 8 girls & boys, year 10) and Rugby League (Open). This is a significant commitment from the students, their coaches and parents who provide transport. I thank you as they are all doing your school proud! Results will be published next newsletter however, draws and results can now be accessed via the Ipswich School Sport website which has now been redirected to the met-west school sport website. Parents can see these results and also what met-west sports are coming up and other relevant sport in the area.

http://www.ipswichschoolsport.eq.edu.au/

School Athletics Carnival

Congratulations to all students who braved the weather and attended the Athletics carnival on the last day of last term. Participation was terrific and the behaviour and cooperation of all students was fantastic. It was wonderful to see the comradery and sportsmanship being displayed by so many students. I particularly would like to thank the parents who
came along to support their children on the day and encourage all parents to come along to future carnivals. Some children may ‘pretend’ that they’d prefer you not attend but deep down they really appreciate it.

**Individual Age Champions on the day were:**

| 12 years | 1. Abby Thomsen  | 2. Chelsea Beier  | 3. Kaci Wieland / Brooke Swan van Til |
| 16 years | 1. Irma-Jean Nel | 2. Louise Jones  | 3. Alesha Fitzpatrick                 |
| 17+ years | 1. Charlanne Jarvis | 2. Sharni Greenaway | 3. Talita Cutting                  |

House point results were:

- **Oxley** – 2330
- **Lockyer** – 2449
- **Cunningham** – 2643
- **Logan** – 2675

Next step for most students is the district carnival at Rosewood on 1st August (Monday, Week 4). The exception is the 12 years age division who compete in the primary schools carnival on the 29th July (Fri, Week 3). Students will be notified of their eligibility in the coming days.

**Somerset Schools Sports Cup**

On the 10th June, 58 students and 3 teachers took the long journey to Toogoolawah State High School to participate in the first ever Somerset Schools Cup. There were 3 schools involved in this new competition run and sponsored by the Somerset Regional Council and they were Toogoolawah, Kilcoy & Lowwood. There were 3 sports on offer; Netball, Soccer & Touch and we had to enter mixed junior and senior teams in all sports. Well done to all the students who attended the day. There has only been positive praise from the attending council members and staff from the other schools on our behaviour and attitude at the competition. We should be proud of the effort we put in and the positive representation we set for our school.

A special mention goes out to our Youth Support Coordinator, Sarah Kendall, who represented Lowood in the showcase teacher verse police touch football game! At the end of the day, we came away with the win for senior soccer, senior netball and junior soccer. We were very close to winning the junior netball and we need to do some solid training to step up to the high touch football standards of both Kilcoy and Toogoolawah. Overall, we tied for the Somerset School Cup with Kilcoy, so we will share the trophy for half a year until we win outright next year!

**Vicky Wilson Cup**

The Open Girls Netball team attended the Vicky Wilson Cup on Monday 18th July. Special mention to Ms Boothby who coaches this team. We look forward to announcing their performance next newsletter.

Finally, I would like to publicly acknowledge Mrs Miller for her wonderful contribution as Sports Master for the last year. She has committed to the role with passion and enthusiasm, whilst delivering an efficient and professional service to our students and community. A massive THANKYOU from all of us who uphold sport dearly!

If you have any questions regarding sport, please contact Mr Williams.

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**Community Announcements**

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**Lowood cooking classes**

Parents and primary care givers are invited to come along to cooking classes at Lowood State School, led by the School Principal, Mr Butler. Mr Butler was an experienced chef before beginning his career in education and has plenty of tips and tricks to share. The participants will be provided with a meal plan and all ingredients to make a meal for a family. Children will be provided. Spaces are limited to 10 participants per session.

To register call Angicare on 1300 114 387.
WALKATHON & AUCTION
SUNDAY 7TH AUGUST
Lowood Showgrounds

This is a sponsored walk with prizes for the most sponsorship money raised in each distance.
1st Prize $100 and Second Prize $50.
- Distance categories are 3km, 7km and 32 km.
- All sponsored walkers receive a ‘thankyou’ bag of goodies.

PRIZES for the BEST PINK OUTFITS adult and child (up to 12 years) so DRESS UP and have some fun!!!

Please come and support this very worthy cause. If you can’t walk - come for lunch and the Auction.

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