Principal’s News

Dear Parents and Friends

Once again Lowood SHS has been a busy and happening place with many wonderful, creative and academic pursuits occurring over the last month. The Arts Showcase led by our Arts Head of Department, Ms Doyle and her amazing Arts team was a night to remember. Be sure to check out the photos and story in this edition of the newsletter. The other standout was our first Annual Business Soiree event organised and implemented by the school's Diploma of Business students under the encouraging eye of Ms Bailie. I can say that these students exceeded my expectations in every way in their planning and delivery of this event. The purpose of the event was to show our gratitude to all the businesses in Lowood and the surrounding district that support our school and students in numerous ways.

8 September 2016

Planning for 2017 is Underway

Already the executive leadership team and senior leadership team have started making plans for next year. Our 2017 year 7 enrolments are well underway with a predicted enrolment for next year of 174 students. This will be our largest cohort of students in the school. I strongly encourage any current year 6 families to make an appointment for an enrolment interview for this year, to ensure you have a one on one experience with a member of the school leadership team. By conducting enrolment interviews this year, it ensures that we have the correct number of staff ready for day one of next year. Any enrolment bookings left until next year will be conducted in a group setting by the school enrolment officer and puts planning and staffing in a more difficult position.

As our school enrolment continues to grow each year our school enrolment capacity has now been capped according to a School Enrolment Management Plan. This means we have to abide by much stricter rules when enrolling students outside the school’s catchment.

Please give Nicky a call on 5427 8333 to make an enrolment interview time or find out more about Enrolment Management and Catchment guidelines and maps.

Kokoda Challenge 2017

On Sunday I had the joy of spending some time with the students, staff and parents involved in the Brisbane 30 km Kokoda Challenge at Brookfield. As always this is an amazing opportunity and event for our young people to test their resilience and perseverance to keep going even when the going gets tough. It never ceases to amaze me how the Kokoda values of Courage, Mateship, Endurance and Sacrifice always come through on the day and I am proud to say that all the team members; students and staff made it to the finish line, once again!
Growth Mindset and Learning Mindsets

Source: https://www.mindsetkit.org/about

What exactly is a “learning mindset?”

Learning mindsets are a set of beliefs that are linked to increased academic performance in students. There are three main learning mindsets we commonly reference: growth mindset, belonging, and purpose & relevance. Each has its own unique characteristics and is based on years of research.

In order to realise our school mantras; every child matters every day and all students can be high achievers, all staff at the school are working to understand how we can truly develop learning mindsets with all students. Our Heads of Student Wellbeing lead the CSI program for all year levels that supports students creating and being part of a belonging mindset. Our curriculum heads of department are doing some explicit and focussed work on ensuring that all student work has an obvious purpose and relevance to our young people.

2016 QCS Test

Another year of QCS has been and gone. The QCS test days are numbered with the new ATAR system for Queensland being designed by the QCAA. Currently there are 35 Senior Syllabus documents being reviewed at a second draft phase. Early next term school leadership together with a parent will attend an information session run by the Queensland Curriculum and Assessment Authority (QCAA) to discuss the Government’s final position on the new systems of senior assessment and tertiary entrance and provide an update on the transition process.

Got Any Questions?

After that forum we will have more information to share with our school community. If you have any burning questions that you would like addressed at the forum please send your questions to the following email: principal@lowoodshs.eq.edu.au.

2016 Presentation Night Date Claimer

Put the following date on your calendar for this year’s Presentation Night where we celebrate and acknowledge our students for a range of achievements.

Wednesday, 26 October, 7pm, School Hall

I look forward to seeing numerous parents, carers and families supporting their student/s on the night.

Feedback

Parent voice, student voice and community voice are very important to our school and our school improvement agenda. If you have any, positive, negative or otherwise, please send it our way. We treat all feedback as a gift and yours will be valued.

Regards
Anne McLauchlan
Principal

Deputy Principal News

Year 10 Semi-Formal

This year the school will be holding a Semi-Formal for year 10 students. This event has been driven by a group of year 10 girls who are keen to ensure the event runs. They have been instrumental in the planning process and have recently surveyed students to aid in the direction of their planning of the event. Students would have received notes this week advising them of the event details. Key things to note are highlighted below:

- The event is being held at the end of week 1, term 4 on Friday 7th October, 2016 and will be held in the school hall.
- The event will run from 6pm – 9pm.
- Parents will be able to be present for the first 30 mins to obtain pictures of their son/daughter
- The cost has been kept down to $20 per person
- Students will need to be in full attendance at school on Friday 7th October, 2016 to be able to gain entrance to the event, even if a ticket had been purchased.
- The event has been labelled “Fancy” Dress.
  - The purpose of this event is for students to have a great experience with minimal cost, the “Fancy” Dress theme is set to enable students to not focus on attire.
- Students would need to meet the “School Representation Policy”
Details of the representation policy can be found in the attachment below and on the school website. However in summary students need to:

- Achieve A, B, C’s for Effort & Behaviour
- Meet expectation of the School’s Responsible Behaviour Plan for Students
- Minimum 90% attendance
- All assessment completed by due dates
- All assessment completed to an adequate standard
- Maintain high personal standards of presentation at all times
- Wear the uniform correctly every day
- Turn up to all classes when at school

It is important to remember that school representation can be reviewed for individual students through the special consideration process, as outlined in the policy.

**School Representation Policy**

Each term I am asked how can a student be removed from the list of students who don’t meet the minimum standards to represent the school. I would like to highlight a part of the “School Representation Policy” that enables this to happen, “Application for Case Review”:

**Application for Case Review:** (Available on the school website)

This Application can be made from week four onwards during each term. If a student has been working hard to meet the expected benchmarks to represent Lowood SHS they have the opportunity to apply for case review. It is the student’s responsibility to meet with their relevant Deputy Principal to collect a Case Review Application Form.

As part of their application for Case Review the student will be required to gather information from the following staff:

- home group teacher
- every subject teacher
- and collect attendance data from the rolls room

Students will remain on the list if there is insufficient evidence of improvement in the area/s identified above

Please find a copy of the Application for Case Review below, it can also be found on our school website. This is to be submitted to the students relevant Deputy Principal for review.

**Year 12 Formal & Year 12 Graduation**

- The 2016 year 12 formal will be held on Wednesday 16th November, 2016 at the Metro Hotel Ipswich International.
- There will be a pre-formal event held at the school hall prior to the formal event.
- The year 12 Graduation will be held on Friday 18th November, 2016 in the school hall.

I would like to take this opportunity to remind the school community that the year 12 Formal is an extra-curricular event and as such students are required to meet the school representation policy to be able to be invited to attend the event. Details of the representation policy can be found in the attachment below and on the school website. However in summary students need to:

- Achieve A, B, Cs for Effort & Behaviour
- Meet expectation of the School’s Responsible Behaviour Plan for Students
- Minimum 90% attendance
- All assessment completed by due dates
- All assessment completed to an adequate standard
- Maintain high personal standards of presentation at all times
- Wear the uniform correctly every day
- Turn up to all classes when at school

The year 12 Graduation event is a privilege to attend and participate in. It is a good time of year to remind the school community that students need to be in complete formal school uniform to attend and participate in this event. The school uniform policy is to be adhered to including, but not limited to **appropriate hair colours**. Students in “Senior” jerseys or sports uniform will not be allowed to participate in the event.

**Mr Daniel Johnson**  
**Deputy Principal – Senior School**

**Deputy Principal News**

**Immunisations**

Our years 7 and 8 students have their third and final round of immunisations in week 2 of term 4.

**Teacup Tuesday**

Thank you to parents of Junior Secondary students who attended our last Teacup Tuesday for this term on 6th September. We appreciate your feedback around lunchtime activities and engagement for students.

**Learning at Lowood**

As students work towards the end of term, they are working on completing their assessment for term 3 reporting grades. Our leadership team here at Lowood have been working on explicitly assessing the achievement standards in the national curriculum. Assessment items are continuously being reflected upon, refined and redone to help ensure that all students are given the best opportunity to demonstrate their learning.

Research shows that teaching students to think about their thinking is an effective strategy to understand and apply their knowledge. These are some of the examples being used;
Please encourage your child to continue trying to the best of their ability, not giving up and demonstrating a growth mindset.

If you have any concerns or questions about your child’s learning, please contact me on csmit88@eq.edu.au or make an appointment at the office to discuss in person.

Thank you

Cherie Smith
Deputy Principal – Junior Secondary

Guidance Officer

Last week saw Lowood High Students participate in the HAPPINESS CHALLENGE. The HAPPINESS CHALLENGE is a week-long set of daily activities, drawn from the field of Positive Psychology. Each daily activity has been proven to improve happiness, health and wellbeing.

Monday, Day 1, started with the HAPPINESS SURVEY. For this challenge I created a survey that students could complete that would give them a measure of their current level of happiness. The survey was based on the Oxford Happiness Survey that is used in psychological research on wellbeing. You can’t manage what you don’t measure – so the purpose of the first challenge was to help students measure this precious commodity called HAPPINESS, and to focus on how they could actively improve their happiness. The response was excellent. The results of the survey revealed that most of our students are “pretty happy”. Good news!

Can you exercise your way to happiness? The answer could be YES and there seems to be at least four good reasons why: 1) Exercise stimulates the production of antibodies that fight illness and disease so you don’t get sick; 2) Exercise can produce the release of endorphins, which are the feel-good chemicals in your body; 3) Exercise reduces stress; and 4) 30 minutes of moderate exercise can reduce depression and anger. Tuesday’s Day 2 challenge had students engaging in exercise to boost their HAPPINESS.

Day 3 challenged students to commit a RANDOM ACT OF KINDNESS. Researchers have found that if you do a kind act for someone, it not only helps them but also helps you - by improving your happiness. Acts of kindness were defined as actions that benefit others or make others happy, typically at some cost to themselves (e.g., cook a meal for someone, help someone with yard work or offering your seat to an elderly person). What’s more amazing is that these tiny acts of kindness had larger consequences, proving that generosity is contagious. The research has shown that one single act of kindness can spread through a social network generating a dozen similar kindness events. On Wednesday I gave my Heroes of Happiness – Dean McKillop-Fraud, Shakira Wilson – a bunch of flowers each so they could commit their random act of kindness and pass it forward to students and teachers.

Day 4 used a paper plane competition to teach the importance of FOCUS, SETTING TARGETS and having FUN. They learnt that our FOCUS determines our reality. What we FOCUS on we tend to get more of. Whatever is wrong is always present, so is what is RIGHT. Whichever one you FOCUS on is your choice. Our brains are made for survival not happiness, so if we want to be fulfilled we must learn to direct our FOCUS and remind ourselves of all the things that are going right. For instance, did you know that even people who are experiencing poverty in Australia are still in the richest 13% of people on the planet? A planet where the median income is $1630 a YEAR. Sort of puts it into perspective doesn’t it?

On Day 5 I taught students the importance of GRATITUDE and a technique that has become known as “BEAUTIFUL STATE”. The technique saw students place their hands on their hearts and breathe. While breathing they became aware of their heart beating in their chest and feeling the gratitude for this heart that beats without you having to tell it too. While they continued to breathe and relax they brought to mind three things, people or events in their life that they were truly grateful for. Research has shown that at this point of the technique, a person’s brain waves and heart waves will shift from being jagged to rounded and they will literally start syncing with each other, producing a BEAUTIFUL STATE, as yours will have too, if you do this now. Each day gave students the chance to complete the challenge and to collect points for their house. Who won? You’ll have to wait until the next issue to find out the answer.

Until then – STAY HAPPY.

Mr Jordan – Guidance Officer
Faculty Highlights

Senior Schooling Wellbeing

There is nothing more inspiring than seeing a school community participating in events which they themselves get up and running for other students. How lucky we are to have so many students wanting to step up and lead the way. We have a generation of young people that are going to change the world and make it a better place. And it starts here and now.

Students and staff enjoy Fun Friday Walk For Fun lunches to get sports house points. It is a great way to get the brain juices going for classes and most students can’t stop laughing from the antics they get up to while walking, jogging, dancing and skipping with good old fashion skipping ropes, around the oval. It is a hilarious time for students to just have fun and enjoy each other’s company. And for those who choose to chat and walk, it’s a great time to enjoy the fresh Lowood farming air.

Our school captains have been running 3rd Space which has been a place for students to get together for some quiet time or who may be finding it hard to make friends. They come along and before they know it, have made some new friends. 3rd Space also provided a space for students to form their own study groups.

Seniors have stepped up to the Leadership ‘16 challenge, in meeting high expectations and have done this with pride.

It’s been an exciting term for students with excursions to UQ Universities at Gatton and St Lucia and running different activities during lunches.

Our lunch sessions are a great time for students to catch up and do some extra problem solving activities or learn more about planting native plants and how to ensure the soil is in the right conditions for the plants.

Students enjoyed some landscaping and tree planting lessons with our groundsman who was really impressed with the student level of participation for National Tree Planting Day.

Thanks to all our seniors for leading the way this term.

Junior Secondary

JCE – Student Parent Conferences

The purpose of the Junior Certificate of Education (JCE) is to ensure students focus on their learning and develop a work habit that leads to the desire to succeed. Following a review of students’ semester 1 reports, a number of support structures have been put in place to ensure that each student can be a high achiever, including the allocation of a case manager. The role of the case manager is to meet with parents and students, where together they create goals and commit to strategies of support for students. JCE conferences have already begun for this semester. Members of the JCE team would like to thank those parents who have already participated in this process and look forward to meeting with further parents/caregivers.

Brainways – 4th October

After the success of our term 2 Day of Excellence, Lowood SHS will be hosting another Brainways day in term 4 on October 4th. This program provides opportunities for gifted and talented primary students from our cluster and Lowood SHS student’s to be challenged and excel beyond their expectations. Shortly, students in 7A, 8A and 9A will receive an invitation to the term 4 Day of Excellence. It is a fantastic opportunity for students to be highly engaged and challenged in curriculum areas that support the classroom learnings. To be involved, return payment of $39
and enrolment forms to student reception. Places are limited so ensure that payment and forms are returned ASAP.

**Term 4 topics**

**Years 4-6 - Bringing Higher Order Thinking in Hands on Science**

Higher Order Thinking is the key to learning and academic success. Research shows that information learned and processed through higher order thinking is remembered longer and more clearly than information learned through lower order, rote memorization. Moreover, students who use complex, higher order processes in their learning are better able to apply the knowledge gained to new situations. Based on the studies indicating that higher order thinking training is essential for the full development of a gifted learner, this workshop has been designed to add higher order thinking training to the fun of hands on science. Join us for the exploration which promises to give meaning to your science learning.

**Years 7-9 - Making a Living**

Investing and securing a financially stable future is the goal of many. With so many different types of investments, short and long term, it is difficult to decide which would be the most beneficial. From term deposits in a financial institution to property investment and development, students will investigate the mathematics of best choices involved in creating a wealthy future.

**The Arts**

**Arts Showcase**

Lowood State High School held their annual Arts Showcase on Friday 26th August.

This night showcased curriculum work from the Arts subjects of Art, Manual Arts, Graphics, Music, Dance and Drama. The night included a gallery displaying work from Art, Manual Art and Graphics and over 30 performances showcased the subjects of Music, Dance, Drama and extra-curricular activities.

The night drew a crowd of over 300 people, who came to appreciate the wonderful talent of our highest achieving students.

Ms Doyle explained, “Students are selected for the night to display work and assessment pieces that they have worked on throughout the year in the Arts subjects. These students are usually our highest achieving students. The night allows parents, friends and community members to see what is happening in these subject areas and understand the importance of the Arts and the joy they bring to our students.”

The night was very entertaining and students performed exceptionally well. Performances went for over 2 hours and included dance performances, instrumental pieces, vocal acts and also drama scenes.

Over 100 students performed on the night and nearly 100 students displayed work in the gallery.

**Mathematics**

The 7A and 8A classes are currently working on their Innovation Projects to present to the judges of the Western STEM Challenge. An invitation will be sent home later this week to parents for the awards evening at Ipswich State High School on the 14th of October.

Year 11 and 12 Maths A and B students should be preparing for their exams coming up in week 9 during exam block. Please encourage your child to attend maths tutoring on Tuesdays and Thursdays in L3 if they need extra assistance.

**QCS**

On Tuesday 30 and Wednesday 31 of August, I had the privilege of being the Chief Supervisor of the 2016 Queensland Core Skills Test. Thirty of our year 12 students sat the four tests over the two days. The students were provided a hearty breakfast prior to starting the Testing each day and gave their best in completing this important contributor to their OP or Ranking.

Well done to the QCS students for your effort and exemplary conduct!

**Breaking News!**

While I was the HOD of Science in semester 1, two teams of Students under the guidance of Ms Benjamin and Ms Boothby competed in the RACI Crystal Growing Competition. They had 6 weeks in which to grow a crystal and submit it for judging. The team consisting of Kayla Wilson, Wade Reid and Kyle Meehan have taken out second place Alum Division in the year 9/10 category in Queensland and their crystal has now been sent on to the Australian finals. Well Done Kayla, Wade and Kyle!

**Science**

**National Science Week**

National Science week was celebrated in week 6 of this term and the theme this year was Drones, Droids and Robots. In keeping with the theme Mr. Lind held a Lego robotics session where students programmed robots to navigate an obstacle course. Ms. Benjamin and Ms. Boothby created psychedelic patterns using milk and food colouring and Mr. Thompson managed to keep his eyebrows when demonstrating the different colours produced by burning metals.
Expressions of Interest- Ski Trip 2017

Attention to all snow lovers!

We are searching for current year 10 and 11 students who are interested in attending our 2017 ski trip. Lowood State High School runs a biennial ski trip to Perisher, which happens in the second week of the June/July holidays. Students will have the fantastic opportunity of jumping on a bus with a group of their friends, other senior students and Lowood SHS teachers, and heading for five days of skiing or snowboarding on the runs of Perisher Valley, Blue Cow and Smiggins Hole!

In 2017, we are hoping to take 60 students from year 11 and 12 (current year 10 and 11 cohort) to stay in Jindabyne at Vikas Ski Lodge and learn to ‘shred’ the slopes. The cost of the trip will be approximately $1450, with additional payment required for students who wish to snowboard.

This is a fantastic opportunity, as students will have five two-hour lessons with qualified ski or snowboard instructors and then hours to perfect their skills in the afternoons. Along with snow sports, students will also be able to check out the amazing views the mountains have to offer, spend time with friends visiting Nugget’s Crossing and maybe even a visit to Canberra on the way home to check out the shops.

The following is included in the trip cost:

- Return coach travel to and from Lowood State High School and daily transfers to Perisher Valley on a luxury coach equipped with seatbelts, toilet, TV and video
- Kosciusko National Park Entry
- 5 nights accommodation
- Meals while at the accommodation
- Ski hire including skis, stocks, boots, parka and pants
- 5 day lift pass
- 5 x 2 hour ski lessons
- 5 days helmet hire
- Ski Trip hoodie/jacket- for safety and warmth!
- Student Safety Card- carried at all time!

If you would like any more information about the trip please don’t hesitate to contact me at school on (07) 5427 8333 or through email on ehaye40@eq.edu.au.

Emma Hayes
Ski Trip Co-ordinator

Kokoda Challenge

The Kokoda Challenge was held in the Gold Coast Hinterland over two days on the 16th and 17th of July. This year, unlike other years, the participants had to endure muddy tracks and cold soaking rain. The event is not just a walk in the park; it is a test of both physical and mental endurance. Kokoda encompasses mateship, endurance, courage and sacrifice. When your body aches and you’re feeling pain throughout it is your mind that has to be strong enough to keep you going. Throughout this event participants have only 2 assisted checkpoints where they can get hot drinks, food and a change of clothes, shoes and socks. At these checkpoints, teams are encouraged to get in and out as quick as they can to keep moving.

This year we had a team of 4 students including Jack Kitching, Brooke Shannon, Cameron and Michael O’Donohue enter the 48km Jim Stillman Cup led by Mr Davison. 48km may not sound very far to some people, but to put it into perspective it is equivalent to walking from Lowood State High to Mt Ommaney Shopping Centre. This team showed great strength in pushing through to finish the challenge in (insert time here). Jack Kitching has previously completed the 96km twice and said that the rain added a new challenge to the event. This was Michael O’Donohue’s second time completing the 48km challenge and he hopes to do the 96km next year. Cameron was the youngest student to complete the 48km challenge with Lowood SHS since we joined the event in 2014. Cameron has previously completed the 30km event in Brisbane and also hopes to complete the 96km challenge. This was Brooke Shannon’s first attempt at the Kokoda Challenge and she showed great strength and determination to push through the pain she was feeling at the 30km mark.

The support crew play an important role in making sure all the hikers are fed, have enough water and food to get them to their next checkpoint and have fresh pair of socks and shoes. This year’s support crew included Mrs Kitching, Mr & Mrs Everding, Miss Tobin, Miss Smith, Kerry O’Donohue and Danielle Shannon.

On the 4th of September we had 2 teams entering the 30km Clarrie Meredith Cup. This event took participants through steep hills, sharp descents and through the infamous creek crossing of ‘Hellhole’ in the D’Aguilar State Forest. This event has no assisted check points and everyone must carry everything they need for the 30km hike including food, water and fresh socks. In the lead up to the event, training continued to make sure everyone was up to the challenge.

All the staff and parents involved are extremely proud of the achievement these students have and are going to accomplish.
In the words of Mrs Everding, “It is a lot of fun and you gain a lot out of the experience. It is really difficult to explain just how great this challenge is - it’s something that needs to be experienced”.

**KOKODA CHALLENGE ELEVATION PROFILE OVERVIEW**

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**Community Announcements**

See the flier below for FREE cooking classes @ Lowood State School.

5pm first Wednesday of every month:

- 7 September 2016
- 5 October 2016
- 2 November 2016
- 7 December 2016

Families are able to take the meals home, and keep leftover ingredients.

Free child minding on site.

Everyone is welcome... please phone Anglicare to register on 1300 114 397.

Somerset Regional Council’s Active and Healthy School Holiday program for ages 5 to 17.