QCS COMPLETE FOR ANOTHER YEAR!

On Tuesday 30 and Wednesday 31 August, 48 OP eligible students participated in the Queensland Core Skills (QCS) Test. There has been a highly anticipated wait and build-up for the set of exams, with students preparing each week on a number of skills, including: short response, multiple choice and extended written response.

Throughout the two days, students were very lucky to be provided with pancakes for breakfast (cooked by our school Chaplain Jono, Groundsman Mr Graham Hartwig and Facilities Officer Mr Denver Kanowski) and a BBQ lunch, prepared by non-QCS students. Everyone is hopeful that this supplied the students with the stamina and brain power needed to successfully complete the test.

It is safe to say that upon the completion of QCS the students are feeling relieved and can now set their sights on the finish line ahead.

Miss Kellie Radunz  
Year 12 Coordinator
Olympics Under the Spotlight

Term 3 has seen students in E-Block keeping very busy, studying the Rio Olympics. During this unit, students learnt about the opening ceremony, mascots, different competing countries, the history of the games, as well as the many sporting events.

Students watched the different events online and then had the opportunity to participate in their own events set up in the classroom or on the oval, wherever possible. One of the favourite sports was sailing. Students watched Australia win a gold medal and decided that they also wanted to have a sailing competition. Unfortunately, the school did not have any sailing boats laying around to use. Instead students got creative and made their own boats out of modelling dough. Then some PVC pipe filled with water and wind power was used to see whose boat moved most efficiently through the water. Mr Buchanan took out gold in this particular event.

For track and field, Cody aced the shot put and Jovee walked away with gold in the javelin competition. Kyrell won the soccer competition and Esther joined in with some gymnastics.

Student Assessment Focus

With the end of term approaching, it is really important that all students are focusing on achieving their very best in all of their subjects. I encourage all parents and families to stay connected with the assessment schedules of their children. This assists parents to ensure that students are being accountable for their learning and is a great way for parents to monitor stress levels in our young people. Please contact the school if you would like some more information around the assessment schedule for your children.

Year 12 Queensland Core Skills Tests

Last Tuesday and Wednesday, 48 of our Year 12 students completed the QCS tests and we commend them for approaching the tests in a very positive manner. We look forward to receiving the results for our school cohort at the end of the year. Thank you to Mrs Amanda Cooper, Mrs Trish Henningsen and Mr Brian Steele for their leadership and supervision of the students through this important process.

South West Athletics Carnival

Thank you to the parents who were able to attend the South West Athletics Carnival hosted by our school last Thursday and Friday. It was excellent to see so many visitors in Chinchilla to attend this important event on the regional sports calendar. Mr Lachlan McKensey and Mr Chris McEvoy did a great job as Carnival Convenors and they were well supported by our staff and students and officials from other districts. Hosting such events is great for our students, town and the development of our staff. Thank you to everyone who contributed to the success of the carnival.

2016 Attendance Target for Each Student – 92% and Above

I will continue to seek the support of our local community to ensure that students attending school every day is an absolute priority. If students are unable to attend due to being very unwell or unavoidable family matters, I ask that you inform the Office Staff on the day of absence.

A very sincere thank you to all of our hard-working parents, students and staff who continue to positively contribute to our school culture through promoting and modelling our ‘TEAM’ Core Values:

Togetherness – Empowering our community
Excellence – Being the best you can be
Acceptance – Embracing diversity
Motivation – Striving for success

Core Values:
‘TEAM’

A very positive way for parents to monitor stress levels in our young people. Please contact the school if you would like some more information around the assessment schedule for your children.

Kind regards,
Scott Rowan

Mrs Elissa Lean
Teacher
Suicide prevention is an enormously complex and sensitive challenge the world over. Gavin Larkin, the founder of R U OK? Day, chose to take action in order to protect other families from the pain he endured when losing his father in 2009. R U OK?’s vision is a world where we’re all connected and are protected from suicide, to reduce the stigma around mental illness and increase the likelihood that people will access professional support as soon as it’s needed. Their mission is to inspire and empower everyone to meaningfully connect with people around them and support those who are having challenges.

You don’t have to be an expert or trained person to ask a simple question like, “Are you OK?” Simply ask the question, listen without judgment, encourage action and make sure you check back in again soon.

1. Ask R U OK? Be relaxed, help them open up with questions like, “How you going?” or, “What’s been happening?” Mention specific things that have made you concerned for them, like, “You seem less chatty than usual. How are you going?”

2. Listen without judgement. Take what they say seriously. Don’t interrupt or rush the conversation and if they need time to think, try and sit patiently with the silence. Encourage them to explain. Ask, “How are you feeling about that?” or, “How long have you felt that way?”

3. Encourage action. Help them think about one or two things that can be done to better manage the situation. It might be they take some time out for themselves or do something that’s fun or relaxing. Ask, “What can I do to help you get through this?” or, “How would you like me to support you?” If you’ve found a particular strategy or health service useful, share it with them. You could say, “It might be useful to link in with someone who can support you. I’m happy to assist you to find right person to talk to.” Be positive about the role of professionals in getting through tough times, but understand that it may take a bit of time to find the right one. You can find all sorts of help here: www.ruok.org.au/findhelp

4. Check in. Say something like, “I’ve been thinking of you and wanted to know how you’ve been going since we last chatted.” Ask if they’ve found a better way to manage the situation. If they haven’t done anything, don’t judge them. They might just need someone to listen to them for the moment. Stay in touch and be there for them. Genuine care and concern can make a real difference.
**Food for Thought**

In recent weeks I have been amazed at the generosity of both individuals and organisations in our region who have come together to assist and support people not only in our community, but in communities all over the world.

Can you imagine how great it would be to live in this area if we were all looking out for people’s needs at all times, not just in times of turmoil? Today, try opening your eyes to the needs of others around you and whenever you can, offer to help. You will discover that there is a real feeling of fulfilment and satisfaction that comes from knowing that you have made a positive difference to someone’s day.

Consider the idea that – the more you care for others, the more they care for you.

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**What’s Happening...**

**September**

- 9: Yearbook Orders Due
- 12: P&C Meeting
- 13: Dyslexia Matters Workshop
- 14: Music Extension Concert
- 16: Last Day Term 3

**October**

- 3: Queen’s Birthday Holiday
- 4: Term 4 Starts
- 5: Year 7 and 8 Immunisations
- 7: Neon Night

**Year 7 Enrolment Dates:**

- **Enrolment Information Evening:** Tuesday 18 October 6.00pm, K Block
  - Enrolment packs will be distributed at this night
- **Enrolment Meetings start:** Monday 7 November
  - Submit completed Enrolment pack
- **Year 6 Orientation Day:** Tuesday 29 November

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**Vicki Wilson Competition**

Sunday 4 September brought windy and slightly cool weather conditions as ten excited and nervous Chinchilla State High School girls travelled to Toowoomba to compete in the annual Junior Vicki Wilson Competition. We knew that the Chinchilla team was again strong this year and had nominated in Division 1.

With games starting at 8:30am, the girls played every 25mins until 3:30pm. The team played high quality Netball, only losing twice during the nine round games to Fairholme and Goondiwindi. We then played a hard fought final against Fairholme College, with a few of our girls playing through significant injuries.

Unfortunately, the girls went down 17-3, however; what an achievement to be placed second in our region against some very tough competition! Overall it was a fantastic carnival of which the girls should be more than proud. Well done Arlie, Olivia, Macy, Bridget, Christina, Georgie, Brenna, Taylor, Elly and Jane.

Mrs Meghan Clarke
HPE Teacher