Term 2 Teaching and Learning Priorities

In my staff address at the beginning of this Term, I outlined our strategic priorities aligned to our Explicit Improvement Agenda. We are implementing a sharp and focused approach to reading by pre and post testing Year 8 and 9 students on the ‘Think and Search’ skills for making inference from the text. Teachers will concentrate their teaching on specific ‘Think and Search’ skills embedded in their everyday teaching and learning programs over the next six weeks to build the capacity of students to help them further understand what they are reading. Following the ‘Think and Search’ skill development, teachers will then concentrate on enhancing the ‘Author and Me’ skill set to increase student’s reading skills and applications.

Our second focus area for the Term will be around teachers working together to extend their quality teaching. Founded on John Hattie’s research that effective feedback on a teacher’s classroom performance increases a teacher’s ability to deliver quality teaching and learning programs, Pimlico staff will work with their peers to gain quality feedback through classroom observations. Classroom walkthroughs by Deputy Principals, myself and Heads of Department will also provide teachers with the ability to gain feedback on how to further enhance their teaching skill base. A coaching program will be developed towards the end of the Term to compliment the program.

ANZAC Service

On Thursday 24 April, Pimlico State High School commemorated the 99th landing of the ANZACs at Gallipoli in a service in the forecourt area of the Administration Building. For the 14th consecutive year, Dutchie Heaslip, who the next day led the ANZAC Day march at The Strand, presented the ANZAC Day address to the 1600+ students and staff. He spoke of the tragedy of war and the need for resilience and understanding if we are to live in peace. I was also very impressed by the calibre of our Student Council throughout the service, and the role they assumed in leading the school.

I was moved by the service and proud of our students with their behaviour and the respect that they showed towards the occasion. I have spoken on assemblies all last week congratulating the students and highlighting the importance ANZAC Day has in our culture and, more importantly, the role it has in our Townsville community.

School Council Parent Vote

Our next P&C meeting scheduled for the Tuesday 13 May is a very important one and I invite as many parents to attend as possible. We will start the meeting by conducting a ballot for the parent representative for the School Council, and we have invited local MP Mr John Hathaway to attend the meeting to discuss our concerns regarding traffic flow around the school and the safety of our students. The P&C has discussed some possible solutions to present Mr Hathaway, however, we would encourage parents to attend to discuss the proposals.

Maintaining our Standards

Following the return to school for Term 2, I feel it necessary to remind students and parents of our high standards and expectations across the school, and specifically in regard to our school uniform. In accordance with our dress code which is endorsed by the P&C Association, students are reminded that hair colour must be of a natural colour and worn in a style that meets the school and community standards. Jewellery is limited to a pair of small sleeper/stud earrings. Other facial or body piercings are not permitted. I encourage parents to ensure that their children meets the school policy.

Scott Stewart
A/Principal

P&C Meeting

Tuesday 13 May
@ 7:30pm
In A Block Conference Room

Our school is seeking Homestay families to join our successful International Program

REQUIREMENTS:

- Supportive family environment
- Caring English speaking family
- Individual furnished bedroom
- All meals for student
- Access to internet
- Easy access to Pimlico State High School
- Willingness to show the student a variety of Townsville sights
- One school term (ten weeks) minimum commitment
- Eligibility for Blue Suitability Card from Commission of Children and Young People

Homestay families receive the benefit of learning about another culture in the comfort of your own home as well as fortnightly tax free payments of $212 per week.

For further information, please contact:
Liz O’Brien
International Homestay Co-ordinator
4759 3444 (school hours) 0429045297 (mobile)
lobri78@eq.edu.au

Angela Marsden
International Student Co-ordinator
4759 3444 (school hours)
amars71@eq.edu.au

CRICOS Provider 00608A
PHONE MESSAGES FOR STUDENTS
Parents are advised that phone messages for students will be delivered only if they of an urgent nature. The school does not have an inter-com system, and any such messages must be delivered by General Office staff. We appreciate that urgent appointments may need to be made and we will continue to deliver these messages. Thank you for your assistance in this matter.

STUDENTS LEAVING THE SCHOOL GROUNDS
When a student becomes ill during the school day and needs to go home, he/she must report to the General Office so that contact may be made with the authorised parent/guardian. Problems have arisen when a student has contacted someone on their mobile phone during school time without authorisation, and the child has left the school grounds without the knowledge of the Administration. To ensure that the interests of the students are attended to, and that all absences are accounted for, students must follow the advertised procedure of going to the General Office when they need to go home.

HOMEWORK
HOMEWORK PROGRAM –
Thursday afternoons in the Library
Thanks to many of our committed teachers, the Pimlico SHS Homework Program is up and running. At this stage, we are offering the program on Thursday afternoons from 3:15pm to 4:30pm in the Library. All students are welcome to attend. The aim of the program is to provide curriculum support for students as they complete assessments or homework. Our thanks go to the teachers who have volunteered their time and Mrs Aldridge, our Community Education Counsellor, who has been the driving force behind the program.

UNIFORM SHOP
Please note the uniform shop will be closed for stocktake from Wednesday 25 June – Friday 27 June. Will re-open on Monday 14 July.

Thank you

STUDENT RESOURCE SCHEME PAYMENTS
Payments for the Student Resource Scheme are now overdue (unless you have a payment plan in place). If you are experiencing difficulty in paying this charge please contact the school to complete a payment plan. If you don’t wish to participate in the scheme please return the form indicating this and you will then be invoiced separately for all relevant subject charges and associated costs and are required to source and purchase the textbooks that are required.

If you have made a payment and not returned the form can you please return this form to the General Office or via email to accounts@pimlicoshs.eq.edu.au. Forms are available on the school website.

NAPLAN
National Assessment Program
Literacy and Numeracy
The 2014 NAPLAN tests will take place on 13-15 May. All Year 9 students will be participating in the tests on each of these days.

The tests are scheduled as follows:
- Tues 13 May Language Conventions- (spelling, grammar, punctuation) Writing
- Wed 14 May Reading
- Thu 15 May Numeracy (calculator)
  Numeracy (non-calculator)

If a student is absent, they will be expected to catch up on the missed test(s) on the next day. All tests must be completed by Friday afternoon 16 May.

Teachers will be providing information to students to ensure they are familiar with the test formats and the organisation on each of the days.

NAPLAN tests provide parents and students an understanding of how individual students are performing. They help schools to identify strengths and weaknesses in teaching programs and to better identify students who required greater challenges or additional support. NAPLAN tests are one aspect of student assessment and do not replace the on-going assessments made by teachers throughout the year across all subjects.

The best way to help your child prepare for NAPLAN is to reassure your child that NAPLAN tests are just one part of the school assessment program and urge them simply to do the best they can on the day.

NAPLAN reports for each student are provided to parents later in the year. The school usually receives these in September.
The main item coming from the last P&C meeting was traffic management for the school and the safety of all the students travelling to and going home from school. Due to the number of cars, which will probably increase once Year 7 start studying at the school too, the best way seems to be to dissipate the issue by providing alternative drop-off and pick-up points. More students cycling or walking would also help the issue.

We have been very fortunate and appreciate receiving such a great new Year 7 building and precinct, and the refurbishment of existing classrooms as part of the Flying Start Project. However, despite the increase in student numbers, there is no provision for extra traffic or parking infrastructure.

We have been told that there is no money available for 40km/h speed limit signs (these would have to be the flashing very expensive ones due to the nature of Hugh Street and Fulham Road), so we have to explore options where other parties, apart from just the school, also benefit from the measures.

We have invited John Hathaway MP and Councillor Ray Gartrell to come along to our next meeting where we will present them with some of our ideas for making the school safer.

Thank you to everyone for coming to the P&C AGM and the last two P&C meetings. We have had a lot of people at the meetings which is great. Thank you to all the subcommittees and the Canteen for your reports and hard work, and to Councillor Ray Gartrell for coming to the AGM.

A new executive team was elected by the members at the AGM. Apart from myself, as President once more, the 2013 executive team is -

Al Forde – Vice President
John de Rooy – Secretary
John Murray – Treasurer
and Greg Exelby has been appointed as auditor for next year.

I have to say a big thank you to the executive for their outstanding work last year and I look forward to working together with the new executive team and all P&C members. Canteen profits were up which means more money for the school. Thanks to everyone for that.

Joining the P&C Association is a great way to contribute to the quality education of your children, to gain a clear understanding of how the school operates and to make new friends. Your contribution can be as large or as small as you like.

The P&C is open to all parents, carers, citizens – that means all of you – it’s your voice in the school. The school want to hear what you have to say and the P&C is the vehicle for that voice. The Principal comes to us as the school community representative body for our opinions, that means your opinions, and to endorse school policy.

The P&C works with the Principal and the school community in a productive partnership to achieve the best possible outcomes for students. This is a great opportunity to share in the schools decision making process and shape the future.

At the last two P&C meetings we have also discussed -

♦ The School’s Annual Implementation Plan
♦ The Rotary Community Chest Art Union – thanks to all involved for organising this
♦ Extra funding to be used for a literacy coach
♦ The role of the Independent Schools Council in the IPS
♦ Major assignment hand-ins and completion rules
♦ Traffic safety – main ideas presented and discussed
♦ Storage space for the school rowing boats and equipment
♦ Pimlico Team Sailing – Team A came second in the NQ schools championship – well done!
♦ The Principal’s report – how IPAs’ schools will be funded
♦ The laptop program and its future
♦ The wearing of hats around the school. The School Council to be asked about a new school hat design
♦ The jubilee gates are going ahead and the project will start before June.

The next P&C meeting will be held on Tuesday 13 May at 7.30pm in the Conference Room upstairs in A Block. This is the room opposite the counter of the General office.

If you didn’t know already, Pimlico SHS is now an Independent Public School. The first item of the next P&C meeting will be the election of a parent member for the Independent Schools Council for which the candidates are: Susan Currin, Maria James & John de Rooy. Please come along and support your school community.

May I extend a general invitation to all parents, carers and ex-Pimlico students to please come along and bring a friend too. We look forward to seeing you. A light supper is also served. Please contact our secretary John de Rooy with any suggestions for the agenda – pandc@pimlicoshs.eq.edu.au.

Wishing you all success,
Neil Carter
P&C President
0420 720 197
pandcpresident@pimlicoshs.eq.edu.au

**ROTARY COMMUNITY CHEST ART UNION**

The P&C is participating in the Rotary Raffle as an additional fund raiser this year. The major prize is a new car. Stephen Smith is coordinating this activity and you can obtain books of tickets from him. His email is tazitaff@gmail.com you can arrange to collect tickets of have books dropped to you at work or home.

Each book contains 10 tickets which cost $2 each and the P&C will keep $1.80 from each ticket sold. The music support, our sailing team and teachers are supporting this project please help us raise funds for the school by joining this activity and selling as many tickets as you can.
PIMLICO STATE HIGH SCHOOL’S ANZAC DAY
COMMENORATIVE CEREMONY

The Pimlico State High School community commemorated Anzac Day on the 24 April in a moving, traditional ceremony which was conducted by our Senior Student Councillors whose professional and respectful manner was a credit to them. All our students and staff valued the opportunity which the ceremony provided to acknowledge those who have served our country, some of whom gave their lives to ensure our freedom and way of life. Mr Ray Gartrell, Townsville City Councillor and Mr Dutchy Heaslip, a Trustee of the Townsville RSL were invited to join with us on this ceremonial occasion. Mr Heaslip delivered the Anzac Day address and we gratefully acknowledge his long involvement (14 years) with our school’s ceremony.

Our special thanks to James who played the lament and to Sea for playing The Last Post and Rouse. The National Anthem was played beautifully by the Pimlico State High School Wind Symphony, conducted by Mrs Darrigan and our Army Cadets formed the Catafalque and Banner parties.
World’s Greatest Shave

On 15 March the Student Council helped support the World’s Greatest Shave fundraiser in the MPS. Over 100 students had their hair coloured for a donation of $2 and we would like to congratulate the 7 brave people who made the courageous decision to have their hair shaved - Cathy, Eliza, Liam, Tom, Justin, Liam and Alexander. All in all, a grand total of $1319.20 was raised in donations for the Leukaemia Foundation.

The Student Council would also like to thank the TAFE hairdressers for giving up their time and assisting us with their expertise. Lastly a big thank you to our wonderful sponsors Big W Castletown and Price Attack Stockland for their donations of coloured hair spray.

Harmony Day

Harmony Day was held on 21 March where the Student Council celebrated by making a world map mural to promote multiculturalism.

They encouraged the students of Pimlico State High School to come to the MPS during both morning tea and lunch, and place a dot on the map to identify their place of birth. It was a great opportunity for students to talk about their diverse cultural backgrounds. A great day was had by all. We would like to thank everyone for their support and involvement.

In 2013, the Junior School Council asked the students of Pimlico SHS to collect Woolworths earn and learn stickers so that we can buy resources for our school community. Together, our school collected around 12,000 stickers which allowed us to purchase many different items for our school. With the 12,000 stickers, we purchased shot puts, measuring tapes and discus discs for the HPE Department. We also purchased a variety of paint brushes and paint pallets for the Art Department and small musical instruments for the Music Department.

The Junior School Council would like to thank everyone who participated in helping get new resources for our school community.

Sarah
Community Captain 2013

The school office hours are 8:00am to 4:00pm. If you wish to report your child being absent for the day please ring between these hours. Any notes regarding absences please write in the students blue book which the student shows to their care teacher.
Out and about in the Community

In Week 10 of Term 1, a group of over 30 Year 10 students attended the Villa Vincent Aged Care Facility where they staged a Variety Concert to celebrate Easter with the residents. The talented students sang, danced, played instruments and acted, showcasing the outstanding talent that our Pimlico students have to offer. This was a great opportunity for students to become involved in our local community and to connect with the residents. The visit concluded with the students personally interacting with the residents, sharing stories and having a laugh. We thank the staff at Villa Vincent for allowing us to share their morning with them.

Year 10 Sporting Competition

Over Term 1, Year 10 students have been facing off against each other in their house groups to compete for the title of “Best Sporting House.” Brad (centre) was named Player of the Match for OZ-TAG whilst Alec and Cody received Players of the Match for Basketball. This Term, students will have the opportunity to participate in European handball and Netball.
As we enter Term 2, it is great to see the Year 8s are settling in well to the school environment. I know many of them are immersing themselves into all that Pimlico has to offer including various Music programs, One Act Play festival, Scrabble and other clubs run at lunchtimes. We had a fantastic turn out for the lunchtime sport competition and it was great to see so many students there to participate and support their houses.

Another highlight for our year level was the awesome display of models produced for their Social Science Assessment on Medieval Europe. It was a hit not only with parents but also students. There were photos being taken by parents throughout the Parent/Teacher nights.

The TIP Disco was held on 7 May, with the theme being NEON. It received a great response from both the Year 8s and 12s alike. Stay tuned for some photos in the next newsletter.

Ms Sabrina Cramb
Yr 8 Coordinator

PARENT RESOURCES

As a key education partner of the Australian Communications and Media Authority's (ACMA) Cybersmart program, we would like to update you on our new initiative to support parents in their journey to help children stay safe online.

Cybersmart has developed Chatterbox, an online platform that allows parents to ‘tune’ in to a series of short videos and conversations by Cybersmart experts on a wide variety of cybersafety topics and to ask questions.

Each video and conversation, released monthly, addresses the specific issues, behaviours and safety essentials to help parents make sense of what’s happening in their child’s online world.

CHATTERBOX

The informal and interactive nature of Chatterbox provides parents a fresh, new and jargon-free perspective on cybersafety issues. The Chatterbox conversations can be accessed at home, on a mobile device or on-the-go. Parents are encouraged to submit questions and share stories on the Facebook page.

Episode 1 – Selfies & Someone Elsies
The first episode explores some of the risky behaviours young people can engage in online. This episode provides tips on how to manage some of the most common parenting challenges in the online world.

Episode 2 – Tots, Teens & In-betweens
Has the digital world changes childhood forever or will kids always be kids regardless of changing environments? This episode ponders where technology fits with the trials and tribulations of growing up.

Episode 3 – Trolls, Tagging & Bagging
Your child communicates with various people in various ways every day. Online communication through picture posting, status updates, texting and instant messaging is an integral part of life, with many benefits for self-expression. However, young people need to be aware that many of the rules, manners and etiquette principles that apply to face-to-face interactions also apply to digital interactions. Episode three explores the potential for harm that can sometimes occur when social media is misused.

Chatterbox can be accessed via the following link:

You can also ‘like’ Cybersmart ACMA on Facebook
DEFENCE FORCE RECRUITING

The Australian Defence Force is continually looking for well educated, motivated, and healthy Australians to fill vacancies in the tri-services. Positions range from non-technical trades to technical trades and officer training through the Australian Defence Force Academy (ADFA) and Direct Entry Officer Schemes.

The University College of ADFA is part of the University of New South Wales and offers degrees to successful applicants in Engineering, Science, Technology (Aeronautical) and Arts in addition to the professional officer training provided by the Military Wing.

Although the Forces welcome a life time commitment, they also recognise that in today’s economic environment, employees will experience a number of career shifts in their working life. The understanding of employment in the forces is that there can be a range of exit points. The Forces make a point of drawing to student’s attention the portability of their training in the civilian setting.

Students interested in the wide range of careers offered through the Army, Navy or Airforce are encouraged to make contact with the Defence Force Recruiting office on the corner of Stanley and Walker Streets in the city so that they can become more familiar with options and requirements.

UNDERGRADUATE MEDICINE AND HEALTH SCIENCES ADMISSION TEST (UMAT)

The UMAT is a 3 hour multiple-choice test developed and used specially to assist with the selection of students into medicine and health science degree programs at undergraduate level.

You will need a UMAT score for applications to the following courses:

* The University of Queensland – Medicine (provisional entry), Dental Science
* The University of Adelaide – Medicine, Dental Surgery
* Flinders University – Clinical Sciences, Medicine, Vision Science
* Charles Darwin University – Clinical Sciences
* Bond University – Medicine
* Monash University – Medicine
* La Trobe University – Health Sciences (Dentistry), Oral Health Science
* The University of Newcastle/University of New England – Joint Medical Program
* The University of New South Wales – Medicine, Optometry
* University of Western Sydney - Medicine
* University of Tasmania – Medicine
* The University of Western Australia – Medicine & Dental Medicine (assured entry)
* The University of Auckland, New Zealand - Medicine
* University of Otago, New Zealand – Medicine, Dental Surgery, Medical Laboratory Science.

Registration close AEST 5pm 6 June 2014 with the Test date on Wednesday, 30 July 2014. For information visit university faculty websites or phone UMAT office at ACER on 03 85087643.

Register online at http://umat.acer.edu.au

Please ensure you carefully read the UMAT2014 Information Booklet, which will only be available online from the same UMAT website. UMAT Practice Test 1 and 2 are electronic books (e-books) currently available for sale at the UMAT website.

School Chaplain

Programs

In Term 1 the Chaplaincy Service has conducted two Life Skills Programs – Girls With A Purpose and Strength. These programs cover life skills topics such as communication, resilience and self-worth. Student feedback has been very positive. The programs were facilitated by qualified personnel and Community Volunteers from LIFEchurch Townsville.

Dynamite

Dynamite is a student-led Christian Discussion Group which meets in the Library every Monday at 11am. This group is proactive in organising activities around the school to benefit our school community. In the last week of Term 1, the group had an Easter egg hunt for the whole school.

NOAH Film Fundraiser

On 27 March, a Film Fundraiser was held for the school’s Chaplaincy Program at Event Cinemas. It was encouraging to see such great support for the school Chaplaincy Program.

Shrove Thursday

On Thursday 6 March, we celebrated Shrove Tuesday by providing free pancakes to students in the school. Volunteers from Calvary’s Youth Ministry, ELEVATE provided the batter and the volunteers to cook the pancakes on the day. The event was suggested by the students from Dynamite who helped in setting up the BBQ and tables. Everyone was very appreciative of the pancakes.

Chappy Josh
Recently Pimlico Japanese students welcomed guest speaker Savannah Sense who talked about her experiences as an exchange student in Japan.

With the Grade 8 students, she entertained students with stories, pictures and artefacts from her high school life in Imabari (on the island of Shikoku) and university life in Hakodate (on the island of Hokkaido). Students were encouraged to take up the opportunity to continue their language studies and immerse themselves in another culture either as an exchange student or holiday traveller. Judging by students’ responses and enthusiasm, many students seem destined to head to Japan in the future!

Savannah spoke to the Year 9 & 10 students about her exposure to and participation in Japanese culture and festivals. Students explored the unique Japanese mix of contemporary and traditional trends and how that spills into areas such as J (and K) pop, dancing and even fashion trends.

Savannah Sense discussing how to fit into Japanese school life.

Grades 9 & 10 Japanese students celebrating the end of their “Youth Trends & Popular Japanese Culture” unit by lunching on the national dish - curry rice!

Japanese and German language students being inspired to explore the world!

Quiz answers: 1.b / 2.b / 3.c / 4.c

What’s on in May

French students will be taking part in the annual Alliance Française de Townsville Schools Competition during the second week in May. Bonne chance!

French, German and Japanese students will be logging on to take part in the Language Perfect World Championships from 19 May to 29 May. Viel Spaß und viel Glück! Bonne chance!
GERMAN

Our Year 9 and 10 German classes recently had the chance to do an interview with Berlin based filmmaker Kasimir Zierl who had his short film “Echo” screened at the last Film Festival in Cannes, France.

Testing their skills in this real live setting, the students asked him some very funny questions and there were surprises for both sides as the interview on Skype unfolded. My German students eventually worked out that Kasimir was not just randomly picked from a long list of film makers, but that some 5 years ago he had sat in the same class rooms as them. Kasimir is an ex-Pimlico High student, who used to live on Magnetic Island. He speaks excellent English, yet all the while the Year 9 and Year 10s had tried their hardest to use their best German! He also told us that he got fabulous guidance and inspiration to enter this highly competitive industry from his former Pimlico drama teacher, Mrs Vane.

Asked about how much German you need to get around Berlin, his advice was clear: The more you know the better, as hands and feet only get you so far. After struggling initially, he has no trouble with the language anymore and even dreams in German. He thanks Mrs Adam for the preparation he received and sends lots of “Grüße” to her. Unknowingly, Kasimir has also contributed to the education of many classes of German students as he came up with a grammar song to the sound of the Big Ben clock in London which Mrs Adam has passed on, and, to his surprise, is now being used as a fixed feature in our teaching. Fancy listening to students still singing your song a few years after you came up with the idea!

We were lucky to be able to speak to him as he was on his way to the US. We finally said good-night to a very tired, but entertaining Kasimir at 1:40am Berlin time (9:40am here).

Thanks Kasimir, and hopefully, some more readers will stay in touch with their school later on in life to share their knowledge and experience.

JAPANESE INTERSCHOOL ANIME EVENING

Years 9-12 Japanese students from Pimlico, Town High, and the Cathedral School came together for an evening of Japanese food, a cultural quiz, and anime. They watched the movie 2012 anime, Ookami Kodomo (Wolf Children), directed by Mamoru Hosoda, whose other credits include parts of “Digimon Adventures”, “One Piece”, and “The Girl Who Fell Through Time”. The students had a great night and some of the quiz questions included:

1. What is Japan’s national flower?
   a. Cherry blossom
   b. Chrysanthemum
   c. Geisha flower

2. What is Japan’s national colour?
   a. Red
   b. White
   c. Blue

3. What is Japan’s national flower?
   a. Cherry blossom
   b. Chrysanthemum
   c. Geisha flower

4. What does the kanji for Mt Fuji 富士 mean?
   a. Happiness Hill
   b. Wealthy Samurai
   c. Prominent Sunshine

(answers on previous page)
Year 8 ITD
Check out your son/daughter’s Microsoft Word or Publisher skills. This Term, students will be developing a ‘Do It Yourself’ Leaflet. The leaflet is designed to explain the manufacturing process for their Convenient Cube that they are producing in the workshop.

Year 9
Watch the websites and catalogues for the latest in wooden toys. Students have had a taste of Autocad and SolidWorks and are creating logo stickers, pictorials and working drawings for their child’s toy. Their creations are ‘striking, stimulating and safe’!

Year 10
Ever looked closely at the intricacies of workshop tools? Ever drawn a marking gauge, jack plane or wood lathe assembly? Students have been developing a context based folio of these items utilizing 2D & 3D modeling software, replicating all the detail.

Year 11
These students have continued to thrive in our computer room using CADD software, building on their existing knowledge from their junior years. Last term students were focusing on an Industrial Design Unit for the manufacture of a study desk with relevant 2D & 3D drawings such as pictorial & exploded views, working drawings and a material list for a cabinetmaker being produced.

Year 12
A new breed of draftsperson/architect is in the making! Our talented Year 12’s are in the process of developing a residential dwelling portfolio (corporate identity- logo & uniform, site plan, street elevation and floor plan, kitchen interior and promotional information) for a construction or realty company. Their ‘house of choice’ is on a current lot in a Townsville subdivision.

Debating News
Round one of debating for 2014 proved to be an exciting, intelligent battle of words. The outcome of the first round means five of our eight teams will progress to the next competitive round.

Congratulations must go to our senior teams:
Pimlico 1: Mary, Karminee, Abbie, Brendan and Courteney, who beat IPC on 5 March at Townsville State High School.
Pimlico 4: Patricia, Maribel, Shivangi, Dennae and Angela, who move on automatically due to a forfeit from the opposing team.

Our Year 9/10 teams:
Pimlico 1: Mark, Alec and Cody, who also move on automatically due to a forfeit (obviously other schools fear going up against a Pimlico team).
Pimlico 2: Brodie, Jessa, Olivia, Tala and Mikaela who beat Townsville High on 12 March at Kirwan State High School.
And our Year 8 team: Charlee, Dawn, Genevieve and Joshua, who beat Townsville Grammar on 19 March at Townsville Grammar.

Good work to the rest of our teams, who although doing their best and putting up some great points did not make it through to the next competitive round.

With round one done and dusted, it is now time for our Pimlico teams to start preparing for round two. They will be creating a case as a team and arguing one of the following topics, all of which I’m sure will provoke intelligent debates.

Senior Topics:
- That as society progresses in technology, it regresses in morality.
- That the private lives of public figures should be open to press scrutiny.

Year 9/10 Topics:
- That parents should be responsible for the crimes of their children.
- That young people should be subjected to night time curfews as a way to reduce crime.

Year 8 Topic:
- That the car is a luxury we can do without.

I can’t wait to see what this round has in store. All the best to the teams! Catherine Lilly-Howe, Debating Coordinator
Rostrum Voice of Youth

We have two entrants in the heats of Rostrum Voice of Youth. Zoe is our junior entrant and Sarah our senior entrant. The ladies will present their prepared speeches on Wednesday 7 May. Zoe chose the topic “Climb Every Mountain” and Sarah “Less is More”. We wish these ladies well.

Business Department

We are back to business after a relaxing Easter break which was much needed by both staff and students after a busy first Term. This year we have a number of new staff in the Business Department. Lynette Clout has joined us from St Joseph’s Catholic College in Katherine, Matt Douglas is teaching Junior business and Avril Johnstone has returned from maternity leave. We also have a prac teacher, Donna Burns, who will be in the Business Department observing and teaching classes for 6 weeks.

All students are busy completing their first units for Term 2. Year 12 Accounting students are working on the unit accrual accounting where they are looking at adjustments, discrepancies and end of year reports. Year 12 VBN students are learning how to layout and design documents such as memos, reports, flyers, tables and letters in Microsoft Word.

BCT students in Year 11 are learning about business and work environments and Year 12 students are working on the unit managing people. Both topics will be assessed in the exam block later this Term.

Did you know that 6% of the working population work from home? The Federal Government aims to have 12 per cent of public servants working from home by 2020.

Year 11 students ran a formal meeting in class to understand meeting processes and documentation:

Year 11 Accounting students are working on the unit Internal Controls. They will be looking at different types of internal controls to prevent and detect errors, prevent theft and fraud from occurring and increase efficiency.

Year 10 Business students are completing an introduction to Business Accountability. They will soon be able to put their manual bookkeeping skills to the test when they learn to use the computerised accounting package MYOB.

Year 9 Business students are learning about Personal Finance and have been introduced to the fictional character Donald Dollarwise and his adventures in the world of finance and banking.

Did you know that Australians were charged $11.4 billion in bank fees last year? Over $1.2 billion of these fees were avoidable.
Future Leaders Attend United Nations Youth Forum

The United Nations Youth Forum is a youth leadership conference held every year at James Cook University. This year four future leaders: Mary, Karminee, Brendan and Abbie attended the two day conference in March, and experienced workshops, discussions and debates on worldly topical issues. The conference culminated in a United Nations style day of diplomacy where students in teams of two represented a nation on the United Nations Security Council. Mary and Karminee were diplomats from Chad, while Brendan and Abbie’s diplomatic mission was the USA. During the sitting of the U.N. Security Council the delegates negotiated deals with others whilst also standing their ground on their country’s best interests. The team of Mary and Karminee was successful in winning the Townsville round of the Evatt Trophy and will now travel to the state finals in Brisbane.

Legal Studies Tour to Canberra

Students from our school recently travelled to Canberra to take part in a Legal Studies Tour of the national capital. Students were given the opportunity to participate in a variety of educational programs with a focus on Australia’s legal history, culture, heritage and democracy.

The Australian Government recognises the importance of all young Australians being able to visit the national capital as part of their Legal Studies education. To assist families in meeting the cost of the excursion, the Australian Government contributes funding of $120 per student under the Parliament and Civics Education Rebate program towards those costs. The rebate is paid directly to the school upon completion of the tour. Students paid a reduced fee to incorporate this rebate.

Look out in the next newsletter for photographs and stories about the trip.
Premier’s ANZAC Prize Winner Commemorates a Forgotten Soldier

Pimlico State High School student, Pyu San of Year 11, marked Anzac Day at Gallipoli before travelling to the First World War battlefields of Turkey, France and Belgium. Pyu San was one of five students selected from across the state for the 2014 Premier’s ANZAC Prize.

Premier Campbell Newman announced that the “five students selected for the 2014 trip will have the opportunity to immerse themselves in the spirit of Anzac and see first-hand the places where the sacrifice of so many young Australians forged a formidable and enduring character for our nation.”

As part of her entry, Pyu San was asked to show the ANZAC spirit from Australia’s involvement in wars and conflicts from Gallipoli through to the present day, and to relate those experiences to positive values and activities in everyday life.

On this tour Pyu San has also been given the task of commemorating a very special soldier.

A Queen’s medal belonging to Sergeant Alexander Douglas Nicholson came into the school’s possession. Sgt Nicholson came from the NSW country town of Dungog and was awarded the Queen’s medal for his service in the Boer War.

Pyu San and the school undertook research on Sgt Nicholson and discovered that he had served in the South African Light Horse before returning to Australia in 1901. He then enlisted in the Australian Commonwealth Horse (NSW) in 1902 and re-joined the Boer War.

In July 1915 Alexander Nicholson returned to active service at the age of 32 in the 5th Battalion of the Australian Commonwealth Horse. He was posted to Egypt but arrived just as the Gallipoli Campaign ended. He was then sent to France and the Western Front where he was killed in action on 11 August 1916 at the Battle of Mouquet Farm. The Battle of Mouquet Farm was the last of the battles in Pozieres. Alexander Nicholson’s body was never recovered and he is now commemorated at Villers-Bretonneux Memorial in France.

As part of her research the school contacted the Dungog Historical Society in the hope of reuniting Nicholson’s medal with his family. The Society had no information on Nicholson and the only record of his service was his name on the honour board in the Dungog RSL. Alexander Nicholson’s story had been forgotten.

Further research showed that there were no living relatives of Sgt Nicholson. He did have two brothers and three sisters who between them had two children but who died at the age of two and seven. Nicholson’s last living relative, his sister Flora, passed away in 1957.

Pyu San took Nicholson’s medal with her to the Western Front. At Villers Bretonneux she shared his story with her fellow Premier’s ANZAC Prize winners.

In June 2014 Pimlico State High School will undertake a Study Tour to South Africa to commemorate the Boer War. Each year Pimlico State High visits countries where Australians have fought and died with the purpose of honouring our fallen.

Once again, a student from Pimlico will carry the medal of Sgt Nicholson and tell his story.

On return to Australia, the medal will be presented to the people of Dungog and placed on display in the Dungog Museum. It will be part of a new display being created to commemorate the 100th anniversary of the start of WWI.

Pimlico State High School Acting Principal, Mr Scott Stewart is proud of the work done in researching Sgt Nicholson. He said “Pyu San is to be congratulated on her efforts. She was a fine ambassador for her school, for Townsville and the people of Queensland”.

The story of Sergeant Alexander Nicholson has now been brought back to life through the work of Pyu San and the Dungog Historical Society. Sergeant Nicholson is now more than just a name on an honour board.
UPDATE: South Africa and Swaziland Study Tour 2014

We have fifteen eager students counting down the days to our departure for South Africa on the 27 June.

Our parents and students have been busy fundraising for the tour through our ANZAC Day BBQ on The Strand. We would like to thank all of our parents and students for their efforts and to all our supporters and members of the public who purchased from our stand.

As part of the BBQ this year we gave all Pimlico students who marched in the ANZAC parade a free drink and sandwich.

We would also like to acknowledge A E Smith Townsville for providing us with a free cool room and the continued support of the Townsville Boat Club for the use of their facilities.

A portion of all funds raised from the 2014 Study Tour will go towards a number of organisations. On each Study Tour we like to visit and support schools and charities which assist the children of the countries we visit. On this tour we will visit:

1. Soweto Kliptown Youth (SKY) Foundation: Founded in 1987 by then sixteen-year-old Bob Nameng, Soweto Kliptown Youth (SKY) provides services to some of the most neglected children in South Africa through formal and informal programs to support children and teens. As a non-profit organization and one of the oldest surviving youth centres in Soweto, SKY aims to serve the mental and physical needs of the youth of Kliptown, a suburb of the former black township of Soweto.

2. The Elton John Masibambisane Centre (Centre for Orphaned and Vulnerable Children)
The centre runs life skills projects for orphaned, abused and neglected children. The Elton John Masibambisane Centre provides aftercare facilities as well as running various programmes during school holidays and on weekends. The centre focuses on keeping children in their community of origin and providing them with basic needs, psychosocial support and education.

In addition we will continue our support of the Nui Dat Primary School in Vietnam and the Sandakan Memorial Trust Fund.

We will keep you updated on our Study Tour progress and provide information on future tours.
Congratulations to Lachlan (one of our Year 12 students in 2013) who was awarded The JCU Faculty of Science & Engineering scholarship which is worth $2,000. Lachlan has enrolled in a Bachelor of Engineering at JCU this year.

Towards the end of last Term we had a number of guest speakers in our science classrooms.

Dr Peter Ridd from JCU spoke to our Year 12 Physics classes about the history of electromagnetism.
Dr Liz Parker from JCU spoke to our Year 12 Biology students about Epidemiology.
Mr Michael Ellison, who is a PhD student at JCU, did an introductory talk for our Year 11 Biology students about animal physiology.

We would like to once again thank all of them for helping to extend our students science knowledge as well as making them aware of the variety of opportunities available in science careers.

Competitions and Programs

Science Engineering Challenge

A team of 32 Year 10 students recently attended this competition which is run by the University of Newcastle. The students worked in small teams to solve problems. The Pimlico team came second on the day. Congratulations to all of the students who were involved: Olivia, Scott, Ellen, William, Tinisha, Cameron, Jennifer, Alex, Desiree, Reuben, Liam, Dana, Carly, Nithya, Jessa, Tala, Jalen, Brodie, Jonathan, Cougar, Kate, Maddison, Alec, Shani, Mitchell, Holly, Emma, Hanah, Maggie and Rebecca.
We have received information about quite a few upcoming programs recently. Below is a summary of activities that students can be involved in:

**SPARQ-Ed**

SPARQ-ed is a medical research immersion program which is run by the Diamantina Institute in Brisbane. The institute is a collaboration between the Princess Alexandra Hospital and the University of Queensland. It is a hands-on program in which participants undertake a week long scientific project devised in partnership with one of the Diamantina Institute’s research groups and deals with important biomedical issues facing society today such as cancer and diabetes. The students perform research experiments to answer a question which is connected to the work of actual research scientists at the institute. Students complete their research in industry standard biomedical labs using advanced cell and molecular biology techniques such as DNA sequencing, polymerase chain reaction and genetic recombination that we are unable to offer in the school environment. The students work with medical research scientists from the Diamantina Institute based at the Princess Alexandra Hospital.

These programs are on offer throughout the year and dates can be found on the SPARQ-ed website. This year there is a $500 scholarship that students can apply for to help cover costs of attending this activity.

**National Youth Science Forum (NYSF)** is open to Year 11 students interested in science. This is a 2 week camp that occurs in January 2015. Applications must be submitted through a Rotary club before 31 May 2014.

**Australian Youth Aerospace Forum (AYAF)** which is open to Year 11 and 12 students interested in careers in aerospace engineering, aviation and avionics. This 5 day forum will be held at the University of Queensland from the 30 June – 4 July.

**Engineering Links Program** is open to Year 11 and 12 students with an interest in studying engineering at university. This 3 day course is held at JCU from 21-23 July. The cost is $101 covers meals and all activities for the 3 days.

**The Science Experience** is designed for Year 9 and 10 students with an interest in Science. It is a 3 day course which is held at JCU from the 1-3 October and costs $115. Applications close 19 September.

More information about any of these activities can be accessed on the relevant websites. Interested students who wish to participate in any of these should visit the Science staffroom in H block or talk to their Science teacher.

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**Make the Call**

May is Domestic Violence Awareness Month

Domestic and family violence occurs when one person in a relationship uses violence or abuse to maintain power and control over the other person. Abuse is not always physical—it can be emotional, verbal, sexual, financial, or other controlling behaviours that cause the person being abused to live in fear.

Domestic and family violence occurs among people of all ages, education, cultural and racial groups, sexuality and socioeconomic status. It can occur between people in spousal, intimate personal, family or informal care relationships.

While men can be victims of domestic and family violence, the majority of people who experience this kind of violence are women.

Every year people die from domestic and family violence — even when there has been no history of physical violence. All forms of violence and controlling and obsessive behaviours should be taken seriously.

Domestic and family violence harms children. Children are more aware of violence in their home than the parents may want to admit. Even if the children don’t see the violence, they live with the consequences.

**DVConnect Womensline** - 1800 811 811 (Qld) 24 hours, 7 days a week

**DVConnect Mensline** - 1800 600 636 (Qld) 9am – 12midnight, 7 days a week

In an emergency call the police on 000 (triple zero)

1800 RESPECT - 1800 737 732 (Australia) 24 hours, 7 days a week

Kids help line - 1800 551 800 (Australia) 24 hours, 7 days a week

Elder Abuse Helpline 9am–5pm, Monday to Friday 1300 651 192 (Queensland only) 07 3867 2525 (rest of Australia) more information please go to: http://www.communities.qld.gov.au/communityservices/violence-prevention/make-the-call/domestic-and-family-violence
Does your Year 9, 10 or 11 son or daughter participate in the Take Home Laptop Program?

A reminder that the following warranty conditions apply when repairs need to be completed on your son or daughter’s laptop:

Under the Acer Education Qld warranty process, claims are accessed under three categories:

a) Warranty: This is used when clearly the product has failed due to a manufacturing defect.

   No parent recovery costs are required in this category.

b) Accidental Damage: This is where the cause of the fault would not qualify as a manufacturing defect but is a result of a non-deliberate accident (eg. accidentally dropping the laptop).

   The following parent recovery costs are required to be paid in this category:

<table>
<thead>
<tr>
<th>Type Of Damage</th>
<th>Occurrence</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Accidental</td>
<td>1st</td>
<td>$ 50.00</td>
</tr>
<tr>
<td>Accidental</td>
<td>2nd</td>
<td>$100.00</td>
</tr>
<tr>
<td>Accidental</td>
<td>3rd</td>
<td>$150.00</td>
</tr>
<tr>
<td>Accidental</td>
<td>All subsequent incidents</td>
<td>$150.00</td>
</tr>
</tbody>
</table>

c) Non-warranty: This is where the incident was caused by neither a manufacturing defect or a non-deliberate accident, but as a result of intentional actions and/or carelessness.

   Examples of such non-accidental events would include:
   - Any keys being removed from the laptop’s keyboard
   - Leaving objects (such as pens) on the keyboard when closing the laptop lid, and as a result the LCD display is damaged
   - Leaving the notebook unattended and as a result it was damaged by someone or something else other than the user or assigned owner
   - No explanation whatsoever can be provided for how the resulting damage occurred
   - Repeating cases for the same laptop which may have previously been termed accidents.

   Incidents in this category CANNOT be covered under the Acer Education Qld warranty, under any circumstance.

   For those students with an Acer 1830T laptop, the following parent recovery costs are required to be paid in this category:

<table>
<thead>
<tr>
<th>Type Of Damage</th>
<th>Occurrence/Description</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Non-warranty</td>
<td>Repair, excluding repair or replacement of LCD screen</td>
<td>$161.70</td>
</tr>
<tr>
<td>Non-warranty</td>
<td>Repair, including repair or replacement of LCD screen</td>
<td>$282.70</td>
</tr>
</tbody>
</table>

   For those students with an Acer 701 tablet, the following parent recovery costs are required to be paid in this category:

<table>
<thead>
<tr>
<th>Type of Repair</th>
<th>Occurrence/Description</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Minor</td>
<td>Includes any one (1) component, excluding repair or replacement of LCD screen or motherboard.</td>
<td>$161.70</td>
</tr>
<tr>
<td>Minor</td>
<td>Includes two (2) or more components requiring replacement. This would be deemed ‘Major’ repair.</td>
<td>$438.90</td>
</tr>
<tr>
<td>Major</td>
<td>Includes repair or replacement of LCD screen or motherboard.</td>
<td>$438.90</td>
</tr>
<tr>
<td>Major</td>
<td>If both LCD screen and mainboard need to be replaced, then the unit is deemed ‘Beyond Economical Repair’</td>
<td>The school would contact NSSCF to discuss payment required to be made.</td>
</tr>
</tbody>
</table>
The Cowboys Learn Earn Legend (LEL) Program aims to provide Indigenous students enrolled in years 11 and 12 with the support they need to complete their secondary education and move into further study, training or employment. The program works to increase employment rates and prospects of Indigenous Australians involved in the program, as well as contribute to the commitment of the Australian Government to halve the gap between the employment of Indigenous and non-Indigenous Australians within the decade.

This community program will strive to strengthen Indigenous youth through education and the development of working partnerships across our community and family support networks. Funded by the Australian Government and supported by the National Rugby League, the North Queensland Toyota Cowboys will use their expansive corporate network and education partners to assist students to establish their career pathways, become work ready and improve the school-to-work transition.

At Pimlico, we currently have twelve Year 12 Indigenous students enrolled in the Cowboys LEL Program. Pamela Santo-Appleby, who is the Learn Earn Legend Program coordinator, visits students on a monthly basis to deliver the program. Students are also given program incentives such as Cowboys home game tickets which are in a reserved section of the stands for LEL secondary school students. Pimlico LEL students were fortunate to be asked to be the flag bearers at the Cowboys versus Eels ANZAC Day game. The students enjoyed the experience of being down in the tunnel with all the players, the mascots, the cheerleaders and the support staff and walking out onto the Cowboys home ground. Another highlight for the students was being able to march with their flags, representing themselves, their families and culture and also their school. Students were also fortunate to have Mr Sam Savage (Bindal Traditional Owner) and Mrs Linda Saltner (Wulgurukaba Traditional Owner) in their presence.

Thank you to all parents for organising their children to get to the game and a big thank you to our senior students who represented Pimlico State High School proudly.
Three of our Indigenous Hospitality students had the opportunity to attend a tour of Jupiter’s Casino as part of our Transition to Work Program. The students observed the restaurant, both front and back of house as well as all other operations of the hotel. The tour took students from the loading dock into the Executive Suites of the hotel, to the behind the scenes of Aqua Restaurant and into the laundry department. This initiative was organised and coordinated by Zara Doherty from Max Employment and Nick Doherty from Jupiter's Casino. Thank you to both Zara and Nick for providing this valuable opportunity for our students.

If I am able to assist any students and parents, I can be contacted directly on 4759 3435 or via email caldr17@eq.edu.au

Thank you

Mrs Caroline Aldridge
Community Education Counsellor
Fanfare Regional Festival —Tuesday 6 May

The ‘Regional Festival’ is the first stage of this state wide festival for bands and orchestras. Each region showcases the instrumental music talent in state schools. In the Northern Region there are over 37 ensembles participating including groups from Townsville, Thuringowa, Charters Towers and Bowen. Throughout the next few weeks Fanfare will see over 23 700 students and over 680 ensembles perform across the state and North Queensland should be proud of their extremely high achievements in this prestigious event. Pimlico SHS has been honoured to represent the region in Brisbane on several occasions, making their way to the grand finals, and in 2010 bringing home the Erica Brindley Memorial Trophy for the most outstanding performance at the Fanfare Grand Final Concert.

Eight of our instrumental ensembles are performing in the Regional festival on 6 May. The ensembles performing throughout the day from Pimlico State High School are the Junior Concert Band, Pimlico String Orchestra, Kingfisher Ensemble, Stage Band, Pelorus Chamber Strings, Orpheus Chamber Strings, Wind Symphony and Pimlico Symphony Orchestra. We wish them all the best for their performances and look forward to hearing the feedback from the adjudicator.

Concert at St. James Cathedral

The Pimlico Symphony Orchestra, Pelorus Chamber Strings and Orpheus Chamber Strings presented a beautiful concert at St. James Cathedral on Friday 4 April. They raised over $660 for charity.

Symphony Camp

Students in the Pimlico Symphony Orchestra have returned from a fabulous four day camp on Long Island in the Whitsunday Islands. We look forward to hearing your hard work at Fanfare and at the upcoming music concert.

Instrumental Music and Choir Photos - Wednesday 21 May

Notes are now available for collection in the Music Block. Can all students please ensure they have their music uniform and instrument for the photo. Money is paid directly to the photographer on the day. All instrumental and vocal students are still required to be present even if they are not going to purchase a photo.

Music Concerts – Friday 30 May and Sunday 1 June

There are two music concerts on the last weekend of May. By now students should have received a note specifying which concert their ensemble is performing in. Please check the school website if you are unsure.

JUNIOR FILM CLUB!

Junior Film Club has been operating to great success since Term 1! If you are a film buff or would like a relaxed club to join and make some friends come and join the junior film club in Term 2.

Last Term we explored the wonderful world of Anime and this Term, we are looking at some classic fairytales including films such as Frozen, Tim Burton’s Charlie and Chocolate Factory and The Princess Bride.

Come in and have your vote as to what we should watch next and discuss some great movies with your classmates. We meet every Wednesday for screenings at second break.

See Miss Bugden in the L block staffroom for more information.
### BMX National Champion

Congratulations to Celeste in Year 9 for her recent win at the BMX National Championships at Shepparton Victoria. She is now the 2014, 14 year girls National BMX Champion. A fantastic achievement.

### Pimlico students doing well

#### NATIONAL TRACK AND FIELD

Last Term, Pimlico students participated in the National Track and Field Titles held in Sydney. David (Year 12) achieved 2 personal bests: 100m in 11.58 seconds and 200m in 23.16 seconds. Kimberley (Year 11) won the gold medal in the u17 high jump, jumping an amazing 1.73m. Well done Pimlico students!

### Term 2 Block Sport

Pimlico have entered the following teams into Term 2 block sport competition. A huge thank you to staff members who are taking time out to coach these teams:

<table>
<thead>
<tr>
<th>Sport</th>
<th>Playing Day</th>
<th>Venue</th>
<th>Teacher</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boys Open Hockey</td>
<td>Tuesday</td>
<td>Murray</td>
<td>MRS GALLETLY</td>
</tr>
<tr>
<td>Boys U15 Football</td>
<td>Wednesday</td>
<td>Home/Away</td>
<td>MR MILNE</td>
</tr>
<tr>
<td>Boys U15 Basketball</td>
<td>Tuesday</td>
<td>Home/Away</td>
<td>MR FROST</td>
</tr>
<tr>
<td>Girls Open Netball</td>
<td>Tuesday</td>
<td>Murray</td>
<td>MRS FALL</td>
</tr>
<tr>
<td>Girls Year 8 Netball</td>
<td>Wednesday</td>
<td>Home/Away</td>
<td>MISS DREWITT</td>
</tr>
</tbody>
</table>
This month I thought I would share some information from a flyer we received this week. The title is “Jamie’s Food Revolution Day” and informs about another one of his brilliant ideas. I love the passion this man has for developing an appreciation for the goodness of nutritional food in general but especially fresh food.

The flyer informs of a single day in May (Friday 16 May) when he wants as many people as possible to get excited about ‘cooking from scratch’. The aim of the day is to get kids making delicious, healthy wraps. He suggests starting with home-made guacamole, cooking off some chicken or beef strips, prepping some salad ingredients such as carrots, lettuce, cucumber, tomato, capsicum and assembling this on a wholemeal flatbread.

This might be a great challenge to set your students for Friday night dinner. These things are all easily done under general supervision, depending on their age. When children take ownership of a task, the value of the learning experience is multiplied many fold.

I would love to hear any feedback about this challenge.

Julie Wager (jwage6@eq.edu.au)
Home Economics Co-Ordinator

**Homemade Guacamole**

**Ingredients:**
- 1/2 small handful of mixed-colour cherry tomatoes
- 1/4-1 fresh red chilli
- 1-2 sprigs of fresh coriander
- 1 ripe avocado
- 1 lime

**Method:**
To make the guacamole, squeeze the tomatoes onto a large chopping board. Finely chop the flesh of the red chilli, then finely chop the coriander leaves, including the top part of the stalks. Halve and stone the avocado, then squeeze it over the board so the flesh comes out of the skin. Discard the skin. Squeeze over the lime juice and chop everything together until fine. Taste and adjust the flavours with more lime juice, if needed. Serve in a bowl with baked tortilla chips on the side, if you like.

**Equipment:**
- Large chopping board
- Knife
- Bowl

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“A WORD FROM JAMIE

“Every child should understand where food comes from, how to cook it, and how it affects their bodies. Food Revolution Day is about getting kids excited about food, helping them get food smart and setting them up for a long, healthy life.”

Jamie Oliver

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Get children to read the labels on a range of snack foods and to investigate what ingredients they contain. Ask children to think about how they can make their own favourite snacks at home. Tell them that it’s easy to do and means that they have control over what ingredients they put into them. Compare the ingredients in a shop-bought guacamole with a recipe for homemade guacamole - print the worksheet and get children to make their own from scratch.
**Canteen Roster**

**May**
- Mon 12/5: Carol Johnson
- Tue 13/5: Shelley Murray
- Wed 14/5: Leslie R
- Thu 15/5: Sue Carruthers
- Fri 16/5: Sue Collins, Rose Anderson
- Mon 19/5: Meriam Bowler
- Tue 20/5: Trisha Jankovic
- Wed 21/5: Fiona Strehlau, Jenni Cook
- Thu 22/5: Anne Flood
- Fri 23/5: Michelle Murphy, Rose Anderson
- Mon 26/5: Carol Johnson, Andrew Lyon
- Tue 27/5: Shelley Murray
- Wed 28/5: Leslie R
- Thu 29/5: Sue Carruthers
- Fri 30/5: Tony Sutton, Val Walsh

**June**
- Mon 2/6: June Bobin, Meriam Bowler
- Tue 3/6: HELP NEEDED
- Wed 4/6: Fiona Strehlau
- Thu 5/6: Anne Flood
- Fri 6/6: Rose Anderson

Thanks once again to all our volunteers for giving up your precious time to help out the Canteen. Without your help the Canteen’s profits would not be as much as they are, in turn, the P&C would not be able to give as much to the school as they do. We are still paying for tennis and multi-purpose courts. We have lost a couple of our volunteers this year to full time work, so there are a couple of spots to fill. If you think you can spare some time to give a hand, we would love to hear from you. You can ring 4759 3432 between 7:30am and 3pm or send in the willing to help form below.

Thanks,
Bev
Canteen Convenor

The day I prefer is: ___________________________
Name: _____________________________________
Phone: ____________________________________
Mobile: ____________________________________
Signature: _________________________________
Date: _____________________________________

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**Lunchtime**

**Winter Vacation**
Although Heart Week was May 4 – 10, making changes anytime of the year can improve our heart health. The following information is from the Heart Foundation website.

**Positive steps to a healthy heart**

Your heart is a vital organ it needs care for life. Everyone can do something to have a healthier heart. Even people who already have coronary heart disease or other heart problems can take positive steps to improve their heart health and reduce their risk of further heart problems.

The best ways to reduce your risk of developing heart disease, and to help prevent it getting worse if you already have it, are to:

- reduce or remove the modifiable risk factors (see below)
- take your medicines as prescribed by your doctor.

**Be smoke-free**

Smoking is a major risk factor for heart disease. Smoking affects the arteries that supply blood to your heart and other parts of your body. It reduces the amount of oxygen in your blood and damages artery walls. Smoking increases your risk of heart attack, stroke and peripheral arterial disease (which can lead to gangrene and limb amputation).

**Tips for quitting**

Quitting smoking can be hard at first but, like learning to ride a bike or drive a car, you can do it with planning, practice and help.

**Planning**

Set a date for quitting.

Begin to change your habits.

Learn how to handle stress and your urges to smoke.

Think about who and what can help you through the tough times.

**Don’t give up**

Some people slip up after they have quit and start smoking again. Don’t see this as a failure. Think about what made you smoke again. How will you deal with this situation next time? What worked and what didn’t work? Learn from this and try quitting again.

**Seek help**

Talk to your doctor or pharmacist about quitting smoking. They can tell you about the options available to help you to quit, and can help to check your progress.

Consider nicotine replacement products (nicotine gums, patches or lozenges), or bupropion tablets.

Talk to family members or friends and ask them for support and encouragement.

Read self-help materials and attend quit smoking courses.

Call the Quitline on 13 QUIT for information and advice about quitting smoking.

**Enjoy healthy eating**

Healthy eating and drinking is an important part of looking after your heart.

Eat a variety of foods.

Include vegetables, wholegrains, fruit, nuts and seeds every day.

Choose healthier fats, lean meat, poultry and oily fish.

Try to limit sugary, fatty and salty take-away meals and snacks.

Drink mainly water.

Not all fat is bad. It’s actually good for you to eat a certain amount of fat.

Choose healthier unsaturated fats instead of saturated and trans fats to reduce your risk of heart disease.

The following foods contain saturated and trans fat and should be limited: fatty and processed meats, full cream dairy products, butter, two vegetable oils (coconut and palm oils), most fried take-away foods and commercially baked biscuits, cakes and pastries.

Use spreads and margarines made from canola, sunflower or olive oil, and dairy blends that have earned the Heart Foundation Tick, instead of butter.

Choose reduced fat or no fat dairy products, and always trim the fat from meat before cooking.

**Be physically active**

The body is designed to move. Regular, moderate-intensity physical activity is good for your heart and is a great way to have fun. Being active can also help to control other risk factors, such as having high blood pressure and being overweight. The Heart Foundation recommends that you include at least 30 minutes or more of moderate intensity physical activity (such as brisk walking) on most, if not all, days of the week. The amount of activity can be accumulated in shorter bouts, such as three 10-minute walks. People with heart disease get the same benefits from regular moderate-intensity physical activity as others do. If you have had a heart attack or stroke, or have been diagnosed with a heart problem, regular moderate-intensity physical activity is a vital part of your return to normal life.
Control your blood pressure and cholesterol

Blood pressure
High blood pressure can strain your heart and speed up the process of coronary heart disease. See your doctor regularly to have your blood pressure checked. To help to lower your blood pressure, it is important to reduce your excess body weight, be physically active, limit your alcohol intake and adopt a low salt eating pattern. Ask your doctor for advice. Long-term medicine may be required to manage high blood pressure.

Blood cholesterol
There are two types of blood cholesterol.

Low density lipoprotein (LDL) is also known as bad cholesterol because it can add to the build-up of plaque in your arteries and increase your risk of getting coronary heart disease.

High density lipoprotein (HDL) is also known as good cholesterol because it helps to protect you against coronary heart disease.

It’s best to aim for a low LDL cholesterol level and a higher HDL cholesterol level. Sometimes having a low HDL cholesterol level can also increase your risk of getting coronary heart disease. To control your blood cholesterol levels you need to enjoy healthy eating (including eating foods low in saturated fats). You might also need to take medicine to help to control your levels.

If you have any questions about your blood cholesterol levels, talk to your doctor.

Achieve and maintain a healthy body weight

The keys to achieving and maintaining a healthy weight are to enjoy healthy eating and regular physical activity.

To achieve a healthy body weight, balance the energy (kilojoules) coming into your body through food and drinks with the energy (kilojoules) being used up by your body through regular physical activity.

For weight loss to occur, you need to use up more energy (kilojoules) through physical activity and consume less energy (kilojoules) from food and drinks.

Maintain your psychological and social health

Studies have shown that some people who have depression, are socially isolated, or do not have quality social support are at greater risk of developing coronary heart disease.*

Depression can be treated with medical and non-medical therapies. If you think that you have depression, talking to your health professional is the best first step.


Learn more about heart health

If you’d like to know more about improving your heart health, call our Heart Health Information Service on 1300 36 27 87 (for the cost of a local call) or email heartline@heartfoundation.org.au.

Yours in Health
Hannele
School Based Youth Health Nurse

Eliminate Dengue – Our Challenge

The Eliminate Dengue research program is developing a natural and safe way to reduce the spread of dengue fever. Our approach will introduce naturally occurring bacteria into the *Aedes aegypti* mosquito population. These bacteria limit the mosquito’s ability to transmit dengue between people.

Townsville is the location of our first large-scale field trial, including the area around Pimlico State High School. The early stages of our research in Townsville will involve monitoring the local mosquito population and engaging with the local community. We hope to start releasing *Wolbachia* mosquitoes later this year, with the support of local communities and government approval.

If you want more information, please call 1800 005 622, email townsville@eliminatedengue.com or visit www.eliminatedengue.com.

Kate Retzki
Community Liaison Officer, Eliminate Dengue