Dear Parents and Friends,

Things have been progressing really well since the start of the year. It has been wonderful for me to be in the P-6 classrooms and to see the focus of students and teachers in those classrooms. I have enjoyed helping with maths and supporting reading as starters and I am learning the new ways of working. I am continually amazed to see the potential for great things in all year levels in our college and we can build on that very well to become the true success that we all want to be for our young people and their future.

This week has been a really exciting time as well with a photograph organised of all college students on the senior campus oval. The photograph was taken by a pilot in a plane flying over the oval and it was a wonderful way to celebrate the start of our new college. Students were on the oval with P-6 students forming the letter N, Year 7-9 students forming the letter S and Year 10-12 students forming the letter C. Teachers and other staff members also were in the photograph. The weather was very kind in not being too hot and sunny like it was last week and thus all went very well.

All treated things with a lot of respect as was desired. It was very impressive to see, and something that we will be able to treasure for years to come.

Everywhere I go people comment to me on the great success our college saw last year and talk about what the future may hold for us. I hope everybody realises that we have been steadily improving in many areas for the last four to five years and we will continue to do so as Nambour State College.

We are striving to achieve the best for all students and that will remain our focus. I would ask families at all stages to support us by encouraging full attendance by their students. This is the best way that I can see we have a chance for great success.

These are incredibly exciting times as we move forward as a college and it is my desire that our whole community becomes involved for our continued success. This was discussed at the School Council meeting this last week as a key focus.

If you have any questions at any time please feel free to call me on 5450 4122 or email me on wtroy1@eq.edu.au.

Wayne Troyahn

Previous issues of the school Newsletter can be found on the school website - go to www.namboursc.eq.edu.au and go the ‘Newsletter’ link under ‘Calendar and News’.

If you no longer wish to receive this Newsletter - your child may have left the school - simply click on the ‘unsubscribe’ link on the cover email.

IMPORTANT NOTICE TO ALL PARENTS, CARERS AND VISITORS TO THE SCHOOL

All parents, carers and visitors to the school must report firstly to the school Administration to sign in and to make an appointment to see the person they need to see.

Please do not go directly to staff rooms or class rooms under any circumstances.

These processes are in place to help protect students and ensure that the school remains a safe and secure environment.
Congratulations to the 2016 School Captains:
Keira Bloomfield, Jacob Claffey, Emilie Orrell and Bonnie Searle

Previous issues of the school Newsletter can be found on the school website - go to www.nambourshs.eq.edu.au and go the ‘Newsletter’ link under ‘Calendar and News’.

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Student Absentee Line: Report all absentees to 5450 4160

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WELCOME TO NAMBOUR STATE COLLEGE INTERIM P&C UPDATE 2016

Next Meeting: Wednesday 16th March 2016 AGM
Where: Senior Campus Library
Time: 6pm for Nibbles, cuppa & a chat 6:30pm start - finish 8pm

In my role as the Nambour State College Interim P&C President I look forward to an exciting year ahead with our school community encompassing Prep to Year 12. We have many projects to work on this year with a focus on bringing our junior & senior campuses together as one family.

Our committee, made up of parents (current & past), community members, teaching staff, P&C staff & past students play an important role providing assistance to our school community.

The P&C run the uniform shop, tuckshops, contribute to facilities upgrades, signage, PB Program and many other activities to support our students & school community.

We invite interested parents, staff and community members to come along to our next meeting on Wednesday 16th March. This meeting will be our AGM so all positions will be up for nominations. Becoming a member is easy. There are many great projects you can contribute to across the school community or just come along to our meetings, held on the third Wednesday of each month in the senior school library.

Please feel free to contact Shelley in our P&C Office if you have any questions.

We look forward to seeing you there.

Sue Walsh
Interim P&C President Nambour State College

FROM THE HEAD OF JUNIOR CAMPUS

I would like to take this opportunity to acknowledge and thank the members of the Nambour State College community for making the beginning of the 2016 school year a great success. We now have over 346 students on our Junior Campus which is an absolute testament to the great school that Nambour is. We look forward to forging even stronger partnerships with each of you over the coming months and years. To all the new families to our College, Welcome! As educators we are in a very privileged position to be a part of your child’s life and we thank you for entrusting your child with us. Rest assured that you have made the very best decision for the education of your son and/or daughter. We look forward to the journey ahead and sharing many special memories.

Year 5/6 Electives

Electives are being introduced to students in Year 5 and Year 6 commencing this week. Students have the opportunity to select from 8 electives covering a range of KLA’s including – Musical, Journalism, Rugby League/Touch, Circus Artistry, Stephanie Alexander Kitchen Garden, Makerspace (video gaming and coding), Lawn Bowls and Visual Arts and Design. Staff from across the college are assisting in offering these electives. Electives will be held every Friday from midday through to 1:20pm. It is anticipated a wider range of electives will be available next term.

Late Arrivals

Late arrivals will be marked as “unexplained” unless parents give a reason. Education Queensland does not accept “late” as an acceptable reason. We appreciate your support in ensuring your children are at school no later than 8:35am.
Class Teachers Parent Information Afternoons and Newsletters

I hope you have all had a chance to meet your child’s teachers and start to build this special bond. When teachers and parents are on the same page working closely together the outcomes for children are palpable.

If you need to speak with your child’s teachers please don’t hesitate to email them for an appointment or contact the school office.

Lunch Activities

During Morning Tea play time and Lunch play time, we have a great number of amazing activities on offer including swimming, netball, gardening, board games, Good Choices, Jazzercise, Marimbas, Choir and much more. Ask your child what activities they have been part of this week!

National Ride2School Day Friday 4 March

Nambour State College will be celebrating National Ride2School Day on Friday 4 March. We encourage students and their families to leave the car at home on this day and get a taste of the benefits, ease and fun of wheeling and walking to school.

Students within the Sunshine Coast Council region should register here before Friday 4 March 2016 to enter the draw for great prizes, including a $500 bike shop voucher.

http://events.r20.constantcontact.com/register/event?oeidk=a07ec2zrk1u2e201e78&llr=447vrupab

The importance of reading every day

The positive effects of regular reading practice is well researched and well documented. Reading really is absolutely fundamental – children need to be able to read well in order to learn and navigate life. Reading also has a surprising number of other benefits:

- Children who read are better at maths
- Reading provides stress relief and boosts analytical thinking
- Reading fiction helps children develop empathy towards others
- Reading boosts self-esteem and communication skills, and
- Reading changes the structure of the brain.

The cumulative effects of children skipping their reading practice or choosing not to read for pleasure cannot be underestimated.

Why can’t I skip my 20 minutes of reading tonight?

<table>
<thead>
<tr>
<th>Student A</th>
<th>Student B</th>
<th>Student C</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reads 20 minutes each day</td>
<td>Reads 5 minutes each day</td>
<td>Reads 1 minute each day</td>
</tr>
<tr>
<td>3600 minutes in a school year</td>
<td>900 minutes in a school year</td>
<td>180 minutes in a school year</td>
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</tbody>
</table>

By the end Year 6 Student A will have read the equivalent of 60 whole school days. Student B will have read only 12 school days.

Which student would you expect to have a better vocabulary? Which student would you expect to be more successful in school...and in life?

(Nagy and Herman, 1987)

So how do parents develop a daily habit of reading?

- Start with a mini habit – two or three minutes at a time and steadily increasing by a minute
- Add variety to reading – use magazines, newspapers, graphic novels, recipes, instructions for equipment
- Share your own love of reading – talk about your favourite books, read out loud funny passages, and talk about the benefits of reading
- Read aloud books children can’t read for themselves at the moment
- Encourage siblings to read to each other

Morning Tea and Lunch

The food children eat is the fuel they need to run their little bodies. Better food equals better fuel and better fuel means a healthier body. Explain which foods are best -- fruits, vegetables, whole grains and things that aren’t deep fried or full of sugar. Let children have input into their morning teas and lunches by all means, but in the end the decision is yours!

Make every day count in 2016

Make 2016 the year when your child doesn’t miss a day of school. Research shows that students who have good patterns of attendance are more likely to achieve at school both academically and socially. If students aren’t at school or arrive late or don’t stay the whole day, they are missing valuable lessons. Check out the Every Day Counts videos live on DETE TV

https://www.youtube.com/user/DETQueensland

If your child is going to be away from school please notify the school office on 5459 0333. Longer periods of absence must be discussed with your child’s teacher and the school office.
Student Celebrations

We have amazing children in our school achieving in their chosen interests at high levels. If your child has achieved something wonderful outside school please let us know either through the office, your child’s teacher or email info@namboursc.eq.edu.au
We love to hear about what our children are doing!

Bec Hutton
Head of School (Junior)

HEAD OF SENIOR SCHOOL

Parents, students, staff and friends of Nambour State College
The first few weeks are now behind us, students are well settled into their studies and exciting things are happening in classrooms. I have taken the opportunity, on a number of occasions, to visit classes in the College across all year levels. I am impressed by the high standard of teaching occurring in the College, with students being challenged through a wide variety of learning experiences across a wide range of subjects. I am impressed by the great work of our students as they engage in their own learning and seek to achieve their very best. It has been a great start to the year!

A huge 'Well Done' to Lydeka King and Erin Bailey who have achieved something truly remarkable, making the Australian Volleyball team to go to Thailand for some championships at the end of April. Fantastic effort girls - we are all very proud of you!!

Another huge 'Well Done' to Grant Chandler and his team for conducting two sensational swimming carnivals, providing our students with the opportunity to display their swimming expertise. Thank you everyone!

As parents we are always very keen to support our children in their learning, but sometimes it can be difficult to work out how to best do this. For this reason, I will be adding in a little bit in each of my newsletter aimed at helping parents to support their children in the studies and complement the great work our teachers are doing. The first instalment of this is as follows:

How can I help my child succeed at school?

Reading is a fundamental skill for everyone in our modern world. Reading is a bit like learning a sport - the more we do, the better we become, and this applies at any age from Prep to Year 12. Encouraging students to read regularly at home can make a big difference in enhancing the literacy skills of our children. Encouraging them to discuss the meaning of words with you when they don’t understand can help even further.

Reading is also heaps of fun!!

Have a great fortnight!!

Sean Maher
Head of School (Senior)

WHOLE COLLEGE AERIAL PHOTO

On Thursday 11th Feb, the whole college assembled on the senior campus oval to mark the beginning of our new college and a new era of education in Nambour. The students and staff spelled out ‘NSC’ as a plane flew over to capture the moment. It was great to see all the members of our college together. The photos will remind us of this significant time in our community. Further photos will be displayed in the college and published in the local media.

Jeff Tennant
Deputy Principal – Senior Campus

WHAT’S HAPPENING IN MUSIC

MUSICAL UPDATE: Nambour State College does "The Addams Family"

Please enjoy these few photos taken during our extensive auditions process over the last few weeks. The NSC Performing Arts Department were thrilled to see the over eighty students try out for acting, singing, dancing and band roles.

Our seasoned senior students once again impressed the teachers with their talents, but of particular note was the high level of skill evident in the junior school.

We are incredibly excited for what the future holds in the Performing Arts Department.

Thank you to the parents/caregivers who supported the teachers and students over the long audition afternoons.

"The Addams Family" will be performed during the last week of May. Please ask a drama, music or dance teacher for the musical rehearsal schedule.

Stay tuned for more updates....
Hi Instrumental String students!

It has been wonderful to see quite a few of the junior school students sign up to learn an instrument now that it is being offered this year! This is very promising in building up the College’s string program, in particular, for the senior school. Having a junior and senior ensemble for the first time is very exciting and I look forward to the year ahead!

Just a reminder that string lessons are held every Monday throughout the day.

Xandria Davern
Instrumental Strings

MUSIC STAR GETS A CALLBACK!

Our own, Malia Stirling, has achieved a call back for a lead vocalist in the next Creative Generation production. CGen is Queensland’s largest youth performing arts event, taking place in July every year at the Brisbane Convention and Exhibition Centre.

Students are chosen from across Queensland to represent their state school. It’s an amazing opportunity to work with and learn from professional performers.

A call back is an incredible achievement in itself, meaning she has already beaten thousands of other hopefuls.

Malia now enters the next round of auditions.

Break a leg, Malia!

The Design Lounge and Makerspace are for students across the College. In the next few weeks:

- Students in Years 5 and 6 will start designing and building their own computer game with MIT Scratch on Friday afternoons
- Students from local primary schools will be completing a design challenge to build a comfortable armchair that holds up a person, while being made only of cardboard
- Senior-campus students will be using the Design Lounge as a computer lab and chill-out space during lunch breaks
- Our Makerspace student leaders from Years 10, 11 and 12 will start assembling and trialling the new laser cutter
- We’ll be looking for some bright sparks who are 6 to 9 years old to join our First Lego League Jr teams

The Makerspace will have its grand opening in April, but you can see we already have a busy roster of activities. Keep reading your newsletter for updates. For further information, contact Scott Millman at smill113@eq.edu.au or on 5450 4191.

Yours
Scott

Scott Millman
Head of Department

INSTRUMENTAL STRING NEWS

Two classrooms in V Block (on the senior campus) are steadily being converted into our Design Lounge and Makerspace. These rooms will encourage students to shape their world through building, tinkering, designing, redesigning and hacking.

The cupboards and shelves are getting stocked with an amazing array of resources:

- An Oculus Rift headset and Leap Motion hands-free mouse for students to play and build virtual-reality games and experiences
- A Darkly Labs Emblaser laser cutter that lets students cut and engrave computer-aided designs on materials like wood, leather, vinyl and cardboard
- A 3D printer for students to design and print a limitless range of 3D objects
- A huge range of robotics for all ages, including Bee-Bots, Ozobot, We Do 2.0, Lego Mindstorms EV3, Hummingbird Duo, plus a programmable Star Wars BB-8 droid
- Creative construction materials like Lego Soft, Lego, Meccano, K’NEX, GoldieBlox and Makedo
- Computer micro controllers like Intel Galileo, Genuino 101 and Adafruit Gemma for students to build advanced programmable projects
- Tools to build electronics like Makey Makeys, LittleBits, Lilypads and squishy circuits
SENIOR CAMPUS CHECK-IN SYSTEM

This year students on the senior campus will be welcomed into their new Check-In groups each day from Monday to Thursday (Assembly is held on Friday). Form class has been discontinued due to feedback from students and staff. Check-in happens after Morning Tea and consists of approximately 18 students across Years 7-12 in House groups. Siblings are in the same Check-in group where possible.

The purpose of Check-in:

- Create sense of belonging for students
- Build individual relationships with students
- Provide holistic support for each student
- Provide opportunities for students to build relationships with students of all ages
- This system is based on research and will help a large school feel small.

Regards
Jeff Tennant
Deputy Principal – Senior Campus

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DATES – UPCOMING EVENTS: FEBRUARY 2016

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Details</th>
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<tbody>
<tr>
<td>Monday 22nd</td>
<td>School Photos catch up day 7.00am - 12pm Auditorium</td>
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<tr>
<td>February</td>
<td></td>
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<tr>
<td>Tuesday 23rd</td>
<td>Regional Trial day 2 (nominated students) – all day</td>
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<tr>
<td>February</td>
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<tr>
<td>Thursday 25th</td>
<td>Year 9 Sport – Round 3 at home- 12pm to 3pm</td>
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<tr>
<td>February</td>
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<tr>
<td>Thursday 25th</td>
<td>Twilight 1 from 3.15pm to 5.15pm</td>
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<tr>
<td>February</td>
<td></td>
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<tr>
<td>Thursday 3rd</td>
<td>Regional Swimming (selected students)</td>
</tr>
<tr>
<td>March</td>
<td></td>
</tr>
<tr>
<td>Friday 4th</td>
<td>Tertiary Showcase in Hungerford hall 1.30 to 3.00pm</td>
</tr>
<tr>
<td>March</td>
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P & C, TUCKSHOP AND UNIFORM SHOP

Next Meeting: Wednesday 18th March 2016
Senior Campus School Library – 6.00pm for a 6.30 start
The AGM for Nambour State College P & C will be held Wednesday 16 March 2016. Election of office bearers will be held at this meeting for the new Nambour State College P & C Association.

We welcome all parents, carers and community members – old and new, and invite you to come along to one – or all – of our P & C meetings. Our meetings are relatively casual and give you the opportunity to speak with like-minded parents and to be involved with the direction that the P & C and the school takes into the coming year and beyond.

Thanks to those parents and interested community members who continue to take the time to attend our meetings. Without you, we would not be able to operate. Thanks to our committee who have worked so well together to accomplish what we have this last 12 months and we look forward to another interesting year.

Interim Nambour State College Committee for 2015-2016
President – Sue Walsh
Vice President – Sandi Smith
Vice President – Gabrielle Catalini
Secretary – Annette Reinhartd

Treasurer – Margaret Bradburn
P & Cs Qld rep – Margaret Bradburn

Our P & C continues to contribute to the school by way of operating the junior and senior school tuckshops and the uniform shops, and in providing funds to assist finance many of the projects that continue around the school. This year, the P & C will again provide the funding towards the school chaplaincy program, the PB (Personal Best) program, our school scholarship program and major awards for our Academic Awards Night. There are also major projects where the P & C will assist financially.

There are always important events happening in the school and the P & C are working with school administration staff to bring about the best outcomes for all involved.

We look forward to another successful year and the challenges that it will no doubt bring. The P & C continues to have a very good and healthy working relationship with the school, and it is through this partnership that we will continue to provide better resources and facilities for all our students.

The P & C welcomes all parents and carers to come along to our meetings. It is a good source of information, and new people and new ideas are always welcome.

Our meetings are held usually on the third Wednesday of each month in the school Library, commencing now at 6.30pm. We encourage getting together at 6.00pm for a cuppa and a chat before the start of our meetings.

If you would like any information regarding the school P & C, please call the P & C office on 5450 4121 or email on pandc@nambourshs.eq.edu.au

Please get involved with your child’s schooling and come along to a P & C meeting.

Tuckshop: Great healthy food – every day.

The Tuckshops provides healthy and economical meals to all students every school day. All the Tuckshop food meets the Smart Choices guidelines, guaranteeing healthy eating. There is an extensive range of foods available.

We are inclined, at times, to underestimate the extensive range of fresh and healthy food on offer at the tuckshop. Our school Tuckshop menu is as good as any. Curries, pasta, hot fried rice and savoury mince are available daily, with sushi rolls available weekly. Fresh yoghurt and fruit boxes continue to be very popular, along with the regular range of sandwiches, rolls, wraps and the ever popular chicken and beef burgers and salad.

A recent audit report from QAST (Queensland Association of School Tuckshops) indicated that our tuckshop offered a well-balanced menu, of which we are justifiably proud. The Tuckshop remains committed to providing a variety of fresh and healthy meals every day.

Our Tuckshops are always looking for volunteers, please feel free to pop in and meet our lovely ladies.

Uniform Shop

The Junior Campus Uniform Shop is open Wednesday and Fridays 8.15 to 2.00pm
The Senior Uniform Shop is available Monday to Thursday – 8.00 am to 3.15 pm.

If the Uniform Shop appears closed please go to A13.

Cash and EFTPOS are the only methods of payment.

Cheques will no longer be accepted as a payment method for school uniforms.

THE SENIOR CAMPUS UNIFORM SHOP IS CLOSED ON FRIDAYS.

WHAT’S HAPPENING ON THE JUNIOR CAMPUS

Mrs Wright and her weekly positive behaviour for learning assembly.

Monday morning perceptual motor program with the preps.

Year 5s and 6s in their PE swim lessons

Junior Campus Swim Team training for upcoming district carnival.

2016 QCS DATES

Year 12 QCS Students

March 8
Hungerford Hall
Workshop with Mighty Minds

March 24
Hungerford Hall
Practice 1

May 17
Hungerford Hall
Practice 2

July 11
Hungerford Hall
Workshop Mighty Minds

July 12
Hungerford Hall
Practice 3

August 30 & 31
QCS Test Days
Hungerford Hall

Year 12 QCS Equipment List Requirements 2016

- Pens (black ink only)
- 2B Pencils
- Pencil sharpener
- Eraser – white gum only
- Ruler
- Approved calculator
- Protractor
- Drawing compass
- Coloured pencils
- Correcting fluid/tape
- Highlighter
- Transparent container to carry equipment

This equipment is required for all workshop and practice days.
NEW ONLINE STUDENT REWARD SYSTEM – VIVO

Students on the senior campus and selected classes on the junior campus can now be rewarded electronically. The senior campus has updated their Personal Best reward system to a more interactive version.

Teachers can award points (Vivos) to students for showing responsibility, respect, safe choices or good learning. These points can be redeemed in the online Vivo shop and products are delivered to school.

Parents can access Vivo to see their child’s point’s balance and even enter their own incentives.

Look out for further correspondence.

Regards
Jeff Tennant
Deputy Principal – Senior Campus

SCHOOL UNIFORMS - NSC - 2016 AND BEYOND

A reminder to all parents and care givers that Nambour State College is a ‘uniform school’ and as such, all students are expected to wear the school uniform each day in the manner it is intended.

The current uniform will continue unchanged for the start of 2016.

Our Uniform Committee – which is a joint committee of NSS and NSHS parents, teaching staff and administrative staff – is working towards a new uniform for the amalgamated Nambour State College including a Years P-6 uniform for the junior school campus and a Years 7-9 and a Years 10–12 uniform for the senior campus.

The new uniform will be introduced for all new Year 7 students in the senior campus from 2017. The existing uniform will be worn by current students with a final phase out by January 2020 – by which stage, many students will have passed through the school ie all current Years 8, 9, 10, 11 and 12 will have graduated by the end of 2019. Other students, current Year 7 students, will have needed to move to the Years 10 – 12 uniform for 2018, by which stage this will be the new uniform. By this stage also, most would have grown out of their initial uniforms.

There will be no need for parents/care givers, therefore, to purchase new uniforms in 2016.

We thank all parents and carers for assisting the school by ensuring that students are properly attired each school day. The 2016 introduction as Nambour State College is an exciting progression for both our schools and we look towards continuing the great reputation that our schools have enjoyed for many years.

WHAT IS HAPPENING IN MATHS

We are excited to announce that our college is currently using Mangahigh as an online mathematics program from Prep to Year 9. Mangahigh helps children consolidate what has been learnt in class in a fun and rewarding online environment.

As students will have access to this program both at school and at home, we encourage parents to support their children by understanding how they can log in from home and where to find activities to complete. Instructions are below;

1. Go to www.mangahigh.com
2. Click on “Login”
3. Enter login details attached to this parent letter

Students will have a number of lists available to them on the left hand side of their account once logged in.

1. Assigned – Contains activities that have been set by your child’s teacher that will need to be completed. It is important that students consider re-attempting each activity a number of times to ensure they have

NEWS FROM OUR CHAPLAINS

SENIOR CAMPUS

Hey there team, and welcome to a new year with new beginnings.

My name is Ryan Lowes and I’m one of the chaplains here at Nambour State College. As a new college, we have 2 chaplains who parents, students and staff are able to access. Firstly, there is Kelly Murphy who is the chaplain in the junior campus of the college, and then there is me, Ryan, in the senior campus of the college. Between us, we have been at both campuses for about 11yrs. The days we work are:

   Kelly: Monday, Thursday and Friday
   Ryan: Monday, Tuesday, Thursday and Friday

Feel free to contact either campus and the staff will put you through to us.

We look forward to meeting you at some stage throughout this year.

God Bless.
Chappy Ryan

CHAPPY CHAT

JUNIOR CAMPUS

Hi to all those in the senior campus. My name is Kelly Murphy alias ‘chappy kel’ and I have been working in the junior campus for 3 years as school chaplain. I am married and have 2 beautiful kids.

You may see me from time to time in the senior campus, I’m always up for a chat so please say ‘Hi’.

Am looking forward to getting to know and work with the staff and students in our senior campus.

Kel:-)
understood the concept well and improve their final score.

2. **Recommended** – Contains activities that the program recommends the student works on once all assigned activities are complete.

3. **Browse** – Contains all activities available through the Mangahigh program for students who wish to choose an activity for themselves once assigned activities have been completed.

4. **Games** – A number of challenging math games are available in this list.

If there are any questions, please feel free to contact your child’s classroom teacher.

**Kind Regards,**

Stephen McHugh

**Head of Department Mathematics**

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**HEALTH NEWS: ADDRESSING PEER PRESSURE – ENCOURAGING LEADERSHIP IN YOUNG PEOPLE.**

**From Carol the school nurse.**

With the senior leadership camp upon us it’s a great time to think about why some young people rise to the challenge of leadership while others shy away. Adolescence is a time of confusion and contradictions for teens and parents alike. We all talk about that most common and worrying thing “peer pressure” – but why is it that some kids are less likely to succumb to peer pressure than others? Perhaps because they are leaders in their group, they feel confident and they know how to stand up for what they believe in.

At some point you may ask your teen one of parenting’s biggest clichés: **“If your friends were jumping off a bridge, would you?”** For good reason: teens listen to (and behave like) their friends because they want to be accepted and feel like they truly belong to a group, but parents want their kids to make good choices. It takes a teen with an exceptionally strong personality – a leader – to oppose a peer group and have faith in his or her ideas and values. But it’s not something they’re just born with.

Leadership is learned behaviour - it is developed through experience. The most effective way of learning leadership is through doing.

Here are three ways to help your young person become a leader:

**Let them do for themselves**

Give your kids a chance to actually practice taking the lead: Stop doing everything for them. Let them make their dental appointments or figure out how to balance busy days – when age appropriate, of course.

Leadership is about self-confidence – knowing you can make decisions and knowing you can take responsibility.

---

**Seek leadership roles**

There are many – in school and the community (for example: team captain, peer leader, senior leadership roles, Scout/Girl Guides leader, chaplaincy support, Leos club through Lions). Extracurricular activities are ideal places for teens to explore and practise what it means to be a group leader. It can help teens learn their style and strengths.

**Give real praise**

Offer it – often – but not the empty sort. Frequent but unsubstantiated compliments just make kids not believe you when you point out the true things they should be proud of.

Learn to praise your teen in a way that encourages them to acknowledge their own strengths. This all helps teens develop invaluable life skills and learn to believe in themselves.


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**NEWS FROM OUR TRAINEESHIP AND WORK PLACEMENT OFFICER**

**Apprenticeships & Traineeships**

Congratulations to the following students for enrolling in a school based Apprenticeship/Traineeship at Nambour State College in

- Jak Taylor-MacFarlane – Certificate III Hospitality – The Chopping Block
- Kirrily Spratt – Certificate III Business – Bedazzled Events
- Brendan Foster – Certificate III Sports & Recreation – I & K Cowan
- Jaime-Lee Lindfield – Certificate III Commercial Cookery – Pitchfork Restaurant

Available/Upcoming Apprenticeships/Traineeships Opportunities

- Certificate III Hairdressing - Palmwoods
- Certificate III Hospitality (Year 11) Wednesdays – Cafe in Buderim
- Certificate II Production Engineering – Boiler making (Year 11) - Yandina
- Certificate III Sports & Recreation – (Year 11) Wednesday - NRL
- Certificate III Business – Year 10 or 11 – IT interest is preferred – Kunda Park
- Certificate III Solid Plasterer - Nambour
- Certificate III Hospitality – Bellingham Maze – Tanawha
- Certificate II Horticulture – Bellingham Maze – Tanawha

Please check your school emails on a regular basis and the notice board outside of my office in A Block if you are looking for a Traineeship or Apprenticeship.
WE HAVE MORE PLACES AVAILABLE IN OUR CERT II AUTOMOTIVE AND ELECTROTECHNOLOGY COURSES.

Parents and students Years 10, 11 and 12 - Please be advised my days of employment for Term 1 are Tuesdays, Wednesdays and Thursdays.

Please call myself (5450 41160) or Pat in Reception to make an appointment to discuss your student’s Traineeship / Apprenticeship / Certificate II Automotive or Electro technology options and further information.

Sunshine Coast Aero Club (SCAC) hosts Women of Aviation Week 2016 March 7-13 2016 in conjunction with Institute for Women Of Aviation Worldwide. The SCAC is hosting the ‘Fly it Forward’ initiative on Saturday 12th March 2016 commencing at 8am. The ‘Fly it Forward’ concept is simple: SCAC is giving women (14 years and over) the opportunity to actually fly the aircraft themselves under the expert guidance of a fully qualified flight instructor. Our goal is to give more than 100 women this experience at the 12th March event. SCAC is providing the flight for free of charge and in turn raising funds for CareFlight Sunshine Coast with a $10 flight registration fee being donated to Care Flight. To register or for further information: www.sunshinecoastaeroclub.com.au

Kind regards,
Andrea Peacock
Traineeship and Job Placement Officer
Nambour State College

NAMBOUR STATE COLLEGE LIBRARY-
JUNIOR CAMPUS

Please take the time to drop into our inviting and spacious Resource Centre. It is a multi-function centre for use by students and staff with a variety of areas: Junior Fiction, Non Fiction, Fiction and Senior Fiction shelves, Interactive White Board area, Computer Lab, Green Room, games areas, courtyard and deck.

Teacher Reference, reading resources, and work rooms are available for staff.

There are various types of seating and tables to suit individuals, small groups, or whole classes. Furniture can be easily moved to provide spaces for events and activities. A disabled toilet is available.

Classes may book in for lesson, borrowing and computer times. The space is also used regularly for meetings of various staff and parent groups. The centre is popular at break times for borrowing, Chess Club, Computer Club and other activities. OPAC computers are available for students to access the catalogue.

Events, such as Children’s Book Week and National Simultaneous Storytime are supported in the Resource Centre. Scholastic Book Club is available throughout the year.

Book Club will be issued twice a term and the first one has been given to the students.

Library Centre staff include an acting Teacher- Librarian, Mrs Jessica Bishop and a Teacher-Aide, Mrs Heather Grieger.

The colourful outside themes of dragonflies and smiley faces have been carried into the library and along with the bright furnishings, provide an open and inviting environment.

Our library is open from 8am each morning and is the only supervised area for students. Please remind your child if they are at school prior to 8:30am that they must go directly to the library to ensure their safety.

STEPHANIE ALEXANDER KITCHEN GARDEN

This year the Stephanie Alexander Kitchen Garden Program will run on Thursdays for students in Years 3 and 4.

For this semester, Year 4 students will be participating in a cooking only program and Year 3 students will be involved in gardening. Next semester, the year levels will swap with Year 3 students doing cooking and Year 4 students gardening.

We love helpers in our Kitchen Garden Programs and would strongly encourage any enthusiastic member of our school community to volunteer their time. It does not matter if you have a child currently participating in the course. Our students thoroughly enjoy the contact they have and relationships they develop with our helpers. Please contact me if you are interested. No experience necessary and all on the job training provided. Unfortunately due to safety considerations we cannot have younger siblings join us for these classes.

The timetable for Semester 1 is as follows:

YEAR 4 Semester 1: Cooking

Kitchen Session 1: 4A 8.45-10.00
Kitchen Session 2: 4B 10.00-11.15

Students are requested to bring an item or ingredient for the class in lieu of a fee. Notes identifying requirements will be handed out on Fridays.
YEAR 3 Semester 1: Gardening

Garden Session 1: 3A 12.35 – 1.20
Garden Session 2: 3B 1.45 - 2.30

Students will require a hat, water bottle, and gardening gloves each lesson.

Students have commenced the course with an introduction to the Kitchen and Garden work spaces. All students have investigated the difficulty of removing germs and the importance of handwashing in both learning environments.

Last week Year 4 students reviewed measuring techniques from last year and developed some flavoured muffins. Interestingly the feedback was that they were too sweet! Meanwhile, Year 3 students toured the garden, learnt the correct names of common garden equipment, discovered our wicking beds, identified some of our produce and began the never ending task of weeding.

Students in Year 5 and 6 will also have the opportunity to choose cooking as an elective this year for the first time, commencing this Friday. Students will work on a project called “Mind Your Own Biscuit”. Students will follow a Project Based Learning Task to develop the ultimate biscuit. This program will be jointly delivered by Mrs Mary-Anne Cahill and Mrs Maree Pepper.

Please direct any enquiries to Mrs Maree Pepper. We look forward to the wonderful SAKG opportunities in 2016.

NAMBOUR STATE COLLEGE NETBALL – THUNDERBIRDS FLY!

Nambour State College has entered an Intermediate team in this year’s Sunshine Coast Netball Schools Competition.

This week saw the girls soar through all their grading games with the flying colours of our school gold and blue! The team is made up of mostly Year 10 girls with a couple of Grade 8 & 9 girls joining the flock.

The competition will run for Terms 1 and 2 and will hopefully see the girls - at least - repeat their awesome result from last year, of making the semi-finals!

We will be training once a week on a time and venue yet to be decided. If you are a keen netballer in Grade 8 or 9 we would love to have a couple more younger players. Next year our talented Year 10’s will move up to the Senior Division so we need to be preparing and developing some key younger players for our future Intermediate and Senior Teams.

This year’s Intermediate Team below:

Back Row: Jade Turner (10), Haylee Pacey (10) Tash Bailey (9), Annette Kachel (Coach) and Luka Mijnarends (10)
Front Row: Sierra Speckman (8), Tiana Barnett (10), Tiana Lucas (10) and Lilli Fox (10).

Absent: Portia Williams

ENGLISH AS AN ADDITIONAL LANGUAGE

The Intensive Unit at Nambour State College is achieving great results for English as an Additional Language (EAL) students who attend our school. As we are the only centre on the coast to provide explicit support to beginner learners of English through to advanced learners, students travel from all over the coast to access specialist EAL teaching.

There was great success for the Unit last year with 3 EAL students achieving an OP1 and all OP eligible students in the 1-5 range. Remember that these students have only been in Australia between 3 and 4 years. Numbers of EAL students achieving TAFE certificates have also increased.

Each year the primary class in the junior campus attracts a growing number of students, who are beginning learners of English. Already this year it is close to full capacity. The class operates Monday to Wednesday with the rest of the week spent in mainstream classrooms socialising with peers.

The Unit continues to grow as word gets around of the outstanding results that students can attain with the right kind of support.

Because of the Unit, Nambour State College now has an amazing range of cultures; Thai, Japanese, Filipino, Korean, French, Omani, Indian, Sri Lankan, Chinese, Turkish, Iranian, Indonesian, Malaysian, Vietnamese, Russian, Burundi, Kenyan and Nepali. This mix can only add to our college vision.
The students are part of a special family here at the Unit and show incredible resilience to navigate their way around, not only a new language, but also new curricula and teaching methods while often adjusting to new family arrangements as well. It must be very challenging to leave all your friends and many of your family behind to settle in a new country where everything must seem strange and perplexing. These students’ successes are made even more remarkable considering these challenges.

GREETINGS FROM THE YOUTH HEALTH NURSE

Senior Campus

Dear Parents, Caregivers, Staff and Students.

Welcome back to the commencement of a new year at the very new and exciting Nambour State College. For new members of the school community, this is an introduction to the School Based Youth Health Nurse program (SBYHN). The school based youth health nurse works to aid the promotion of health within the school community. The role of “Youth Health Nurse” is specialised and different from the historical role of the ‘school or child health nurse’. These nurses are adolescent health specialists and do not screen for vision or hearing problems or provide general first-aid or treatments as a rule; instead the focus is on supporting the school to address the health needs of young people aged 12 to 18, their families and the school community as a whole. The role of SBYHN is therefore specific to students within the secondary campus however, on occasion & in liaison with the College Principal and Head of Dept, support health promotion within the junior campus or provide referral/service information to staff and families.

As young people face the challenges of adolescence, there are also many health issues that may arise such as: puberty, self-image, the establishment of intimate relationships, exposure to/experimentation with tobacco, alcohol and sometimes other drugs and general risk-taking behaviours. It is important that, at this crucial time, young people have access to accurate health information and advice combined with support, and when needed, referral to other services.

Please feel free to contact me if you require more information on the role or wish to book an appointment. The service operates at Nambour State College on Wednesdays, Thursdays and Fridays or leave a message with the office and I will return your call as soon as possible.

Yours in health,

Carol Hegerty, RN
Youth Health Nurse.

AGRICULTURE NEWS

Our Year 11 students studying Certificate II in Rural Operations started to learn soldering and wiring skills as they repair the electronic stock scales on our Agriculture Farm.

The Year 9 Agricultural students learned how to use a handheld GPS to calculate paddock perimeters, areas and map a suitable irrigation system for our farm.

YEAR 11 HEALTHY RELATIONSHIP EDUCATION SESSIONS

This year within the Senior Access program (early class Fridays) each Yr 11 class will have three lessons discussing Healthy Relationship and general sexual health information including contraception issues and sexually transmitted infections. These lessons will be provided by the school nurse, Carol Hegerty and the Head of Senior Schooling Ms Robyn Haig.

Part of growing up is building a healthy positive identity that ensures our young people think about their rights and responsibilities in relationships, by receiving accurate information and having discussion around these issues. Lesson one focuses on values and personal beliefs, giving students a chance to consider how external influences such as media, internet and peers may affect their own decisions in the future. Lesson two asks the students to recognise the signs of healthy and unhealthy relationships – with a combined goal of increasing self-esteem in future relationships and improving community understanding of the issues that could lead to domestic violence. Lesson 3 revolves around the information necessary to maintain lifelong sexual health – including contraception information, safer sex and sexually transmitted infections.
infection, also the need for health surveillance such as pap smears, breast and testicular self-examination.

This year will provide a great opportunity for you and your student to have a chat about your family values and expectations, perhaps sharing your own experiences of growing up – what was great for you AND what was challenging. As well, it is timely to discuss the newer challenges of the digital age – particularly social media.

For further information or support – the school nurse is available on Wed, Thurs and Fridays.
For online information –
http://www.true.org.au/
http://kidshealth.org/parent/emotions/feelings/questions_sex.html
http://istaysafe.com/
http://au.reachout.com/

**HIP HOP**

Nambour State College (NSC) is really excited to announce the commencement of our latest Ovation (Dance extension) course, a weekly hip-hop dance class for our students in middle and senior school.

Riley Smith, a year 12 student, will be teaching the class with Mrs Perry, Dance Co-ordinator, as supervisor. Riley is a highly experienced dancer who has travelled internationally and nationally with her talents and is ready to share her knowledge with our students here at Nambour.

Last year, Riley taught a similar Hip Hop program that was so successful that we have decided to expand the program this year.

Classes officially commence on **Wednesday 17th February**. Timetable as follows:

**WEDNESDAY Afternoons**

**JUNIORS** (grades 7-9) – 3:15 – 4:00pm (45 mins)
**SENIORS** (grades 10-12) – 4:00 – 5:00pm (1 hr)

Classes will be held in Hungerford Hall.

* Junior students must wait at the back of Hungerford Hall after class until their transport has arrived.

Fees do apply.

For more information please contact:

**Kate Perry**
Dance Coordinator

**SENIOR TUCKSHOP NEWS**

A very hot start to the year kept us busy filling our cold cabinet with delicious salads, sandwiches, fruit cups and yoghurts along with cold drinks this kept us hopping.

Please come down and check out our new “Specials” board at the front of the Tuckshop. We change this daily with new and exciting meals.

Volunteers are always welcome and we encourage you to come and help out in our wonderful College Senior Tuckshop.

We would also love to thank North Freeze Refrigeration for donating the fantastic double door stainless steel freezer at the beginning of the year. It has been a god send.

We look forward to seeing all your children and wonderful teachers throughout the year.

**Deb, Cheryl, Sue and Alison.**

**SCHOOL PHOTOS**

If you missed the school photos on Tuesday 8th February please attend a catch-up photo shoot on Monday 22nd February in the Conference Room in A Block between 8.30 and 10.30am.

**Students please wear Formal Uniform.**

**Jeff Tennent**
Deputy Principal – Senior Campus

**COMMUNITY ANNOUNCEMENTS**

**SCOUTS NAMBOUR**

Today’s Scouts can take part in an extraordinary variety of outdoor activities, from ‘traditional scouting skills’ such as camping and bushcraft, through to more extreme challenges such as abseiling, overnight hiking, rafting, canoeing, rock climbing and sailing. Scouts are open to boys and girls between the ages of 6 and 26 and there are many adult roles also.
2nd Nambour Scout Group will be holding an open day on Saturday 27th February between 8 and 11am at 40 Brooke Street, Nambour. For more information you can contact Steve on 0408 070 392 or 2ndnambour@gmail.com

Thank you for your assistance.

Regards
Steve "Red" Fitzpatrick
Group Leader