17 February 2017

COLLEGE PRINCIPAL’S COLUMN

Dear Parents and Friends,

What a fabulous start to 2017. Things are going very well in all the classes that I have been visiting and it is fabulous to see students so involved in their learning from early in the year. This says a lot about all the programs that we have developed and are steadily implementing. I think the work that our students are being engaged with is of the highest quality.

Our day 8 enrolment figures for this year are very encouraging. Our numbers are about 120 higher for the whole college than they were 12 months ago. This is very good support for our college and all that we are trying to do in providing the best education possible for our students.

I believe the wider community has recognised this and the proof is in the growth in numbers. The increases are being seen right across all year levels P-12.

For those who worry about these things, we are well below capacity in the current enrolment numbers, but in a few years’ time it will be very interesting to see what the trends are like for us.

I really like the appearance of our new uniform. I think the colours and the design are second to none and our students look very sharp in the uniform. The uniform provides excellent linkages across all year levels and that bonding is very important in all that we do in our college. We do have the phasing in period for the uniform but I can hardly wait for the time when all students are dressed in our new uniform whether it is the formal or casual uniform.

I am looking for our students to continually improve in their performance. It was excellent at the end of 2016 to see that result in the senior campus were the best the school and college had ever seen. That is good but I know we can see even better results. That will come through a big effort from all concerned. I recently spoke with students who will sit the QCS tests in year 12 this year and I could see a lot of keenness to get very good results. I made a few suggestions about that and students were very attentive. One of the things that I recommended was that students participate in the after school tutorial sessions in the library on Tuesday and Thursday afternoons 3-5pm with afternoon tea provided. These have proven to be an excellent benefit for all students over the last two years and that should continue in 2017.

Our focus this year is to effectively implement all we started in 2017. This in turn will ensure our college is performing at the very highest level.

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

College Principal Dr Wayne Troyahn

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’.

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.

Student Absentee Line: Report all absentees to:
Senior Campus 5450 4160
Junior Campus 5459 0366

Congratulations to the 2017 School Captains:
Hamilton Kay-Butterworth, Samantha Dunham, Jorja Toumolupe and Jake Gibbs.

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Dear students, parents and friends

Week 4 is over - not too far from halfway through the term. Time is passing quickly!

Our senior and junior swimming carnivals have both been held and we highly successful. Great participation, competition and heaps of fun were evident. My sincere thanks to Mr Chandler and all involved for their superb working in making it all happen.

Our Student Investiture is occurring on Friday 24 February. This is the very important occasion in which we recognise and induce our Student Leaders for 2017.

Some exciting initiatives are starting this year as part of our 2020 Vision Infrastructure Plan. The school and P&C are working together to raise the funds to have the libraries on both the junior and senior campuses air-conditioned and teams of staff and students are developing a plan to progressively re-develop our college grounds to make our environment more pleasant and conducive to learning. This will include such things as the removal of bitumen areas and installation of grassed areas, gardens etc. Work has also commenced on plans for the re-development of the senior campus resource centre to make it a 21st Century Learning Hub. It is all very exciting!

Attendance

The Senior Campus attendance for this Semester currently stands at 92.3%, with Year 12 way out ahead!

- Year 7 92.8%
- Year 8 90.8%
- Year 9 88.3%
- Year 10 91.7%
- Year 11 93.9%
- Year 12 96.0%

How can I help my child succeed at school?

Often the secret to achieving well at school is not doing ridiculous amounts of work, but instead being organised in what we do. Having a clear study and assignment plan in place so that we are progressively working on their assignments so that we produce quality work, meet key deadlines and avoid unnecessary stress is vital. This plan could include a wall planner on which due dates and draft dates are recorded, along with a plan of work for each assignment that allows for ongoing, steady development of assignments.

Parents can support students by encouraging them to have such a plan in place, and to then stick to the plan.

Thought of the week

I avoid looking forward or backward, and try to keep looking upward.

Charlotte Brontë

Sean Maher
Principal - Secondary Campus
Nambour State College

FROM THE PRINCIPAL (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 2017 school year a great success. We now have over 375 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.

2017 Focus

This year we will once again be focussing our professional learning and classroom practice in the teaching area of reading. With last year being so successful in terms of developing policy
and pedagogy in this area we will be ensuring that this work is embedded in all classrooms across the school.

Attendance will also be an area of focus for 2017. Last year saw some improvements in our attendance rates with the school finishing the year with 89% attendance rate. This year will be about improving this rate to maximise learning outcomes for our students. Parents are asked to inform the school if they are experiencing difficulties in getting their child to school regularly as we are here to help families who may be experiencing difficulties in this area.

Extension programs within our classrooms and across the whole school will also be a focus for this year. Our STEM program for high performing students in Year 5 and Year 6 has kicked off this week and has been very well received by the students involved. The program is coordinated by Ms Mel Radke and facilitated by Mr Mark McMullan on the Senior Campus in the INTAD workshops.

Our Levelled Literacy Intervention program has also commenced under the leadership of our Master Teacher, Ms Debra Bristow. Following the success of this program last year in Year 1 and Year 2, we have now expanded the program to cater for identified students in Years 1 through to Year 6 to further support their literacy skills.

I am also pleased to inform parents that we will be further enhancing our digital technologies and coding programs through the Makerspace program being coordinated by Mr Scott Millman and operating out of the senior campus Makerspace. Involvement will be determined by the context of the curriculum units being covered in each year level.

**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 child/ren are at school by 8:30am. Morning rolls are marked first up in the morning.

**Parking in the bus zone**

Parents/carers parking in the bus zone continues to be a problem. Please observe the Bus Zone area in Coronation Avenue, directly out the front of the school. Police have been notified that drivers are frequently parking in the Bus Zone, preventing the bus from safely picking up students. Please, always drive with great care around the school.

**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.

**The importance of reading every day**

The positive effects of regular reading practice are 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.

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!

**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!

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**Bec Hutton**

Principal (Junior Campus)
WE ARE EXCITED! OUR TUCKSHOPS ARE NOW ONLINE

Both our Tuckshop are NOW ONLINE with the SchoolShopOnline!

So jump on today register your child so they can FastTrack the Lunchtime process.


S.H.A.R.P. STUDENT HEALTH & RESILIENCE PROGRAM NEWS!

This term the SHARP program focuses on ‘RESILIENCE’.

Resilience is the ability to ‘bounce back’ from life’s difficulties. For many young people it is vital to help them develop resilience strategies that promote well-being and develop coping mechanisms. Many resilient teenagers are seen as resourceful and are emotionally and mentally balanced.

Andrew Fuller, an esteemed Australian, adolescent psychologist, describes resilience as “the happy knack of being able to bungy jump through the pitfalls of life – to rise above adversity and obstacles.”

To promote these skills at NSC the SHARP program aims to show students that they have a lot of skills already and that they can each develop a ‘toolkit’ of resources to help them ‘jump the bumps’ of life.

Each year level attends two sessions over the term: -

Year 7s focus on staying well at High School and learn about the health issues around bullying.

Year 8s and 9s will run through the evidence based ”MINDSTAR” program that uses both mindfulness and ‘brain training’ to stay on top of stress learning simple strategies to offer effective tools to help deal with times of stress or worry.

http://www.mindstar.com.au

Year 10s and 11s run through the helpful thinking portion of the Youth Beyond Blue “SENSABILITY” program that aims to equip students with the ability to deal with adverse events through the teaching of ‘life skills’ within a supportive and safe school environment.

Year 12s are offered a ‘surviving year 12’ program that incorporates work/life balance and holistic health planning for those students at this challenging phase of their schooling.

Any queries or comments please contact Ms Julie Cook (senior health teacher) or Carol Hegerty (school nurse).

NEWS FROM OUR TRAINEESHIP AND JOB PLACEMENT OFFICER

Congratulations to the following students for enrolling in a school based Apprenticeship / Traineeship

- Ben Borthwick – Certificate III Sports & Recreation, - NRL
- Jayde Turner - Certificate III Business, ECOllaboration
- Kristen Webb – Certificate III Hospitality, Domino’s Pizza
- Sebastian Miller - Certificate II Production Engineering, GR Fleet
- Tomas Kruger - Certificate II Production Engineering, St Clair’s Sheet Metal
- Hannah Proffitt-Whyte – Certificate III Hospitality, Taj Dhaba Indian Restaurant
- Amber Meyer – Certificate III Hospitality, Invigor8

Casual work – Nambour RSL

Gardener - 8-12 hours a week. Be available for at least 2 days a week between 7.30am-1.00pm (flex day, weekend day and after school)

Experience with a mowing, wiper snipper, hedge trimming and bus washing preferred.

Must be healthy and have a good fitness level.

Please see Andrea if you are wishing to apply.

Casual Work – ITShop.

We are currently seeking a young technically minded individual from the Nambour Area that would like to come on board with us to gain experience in the IT field. This casual position would include either after school or weekend work. We would provide all the training necessary for them to work with us. This would include, computer repairs, phone repairs, general retail and sales skills.

For anyone that is interested, please forward them to our website to fill out their details or see Andrea.


AVAILABLE APPRENTICESHIP’S for YEAR’S 10, 11 & 12 students

- Certificate III Landscaping Construction - Amber Leaf Landscaping, Palmwoods
- Apprenticeship Certificate III Solid Plasterer (Renderer) – Nambour
- Certificate III Hairdressing – Brooke Morgan Hair, Maroochydore
- Apprenticeship Certificate III Painter & Decorator – Rosernoun
- Certificate III Hairdressing, Tewantin

TRAINEESHIP’S

- Certificate III Business Administration - beauty salon, Mooloolah
NEW AND EXISTING COURSES – Senior Students

Certificate II Automotive (Under body)

NEW Certificate II Health

NEW Certificate II Salon Assistant & Retail Cosmetics

If you are interested in completing one of these courses, please see myself or Miss Haig in A Block ASAP

Congratulations to Sebastian Miller and Tomas Kruger in gaining Certificate II Production Engineering Traineeships from their Year 10 Work Experience Placements last year.

To make an appointment to see me please call on 5450 4116 or call reception on 5450 4120 to make an appointment to discuss your students Traineeship / Apprenticeship options.

Kindest Regards

Andrea Peacock – Traineeship & Job Placement Officer

A WONDERFUL ADDITION TO OUR COLLEGE FARM.

A beautiful black and white calf was born Thursday 9th February at our College farm, our little calf badly needs a name!

We would love to hear from you with a new name for her.

LIBRARY NEWS

Roald Dahl was an amazing person and author. He was fascinated to learn that the eighteenth century classical composer Wolfgang Amadeus Mozart was already composing music when he was only five years’ old

This was one of the things that made him realise that adults often underestimate children. So he created the brilliant Matilda, who taught herself to read when she was just three years old.

These words were on display at the play Matilda in Brisbane recently.

We encourage you to read, read, read, no matter what age you are!

Regards

Ruth Sweeney
Teacher Librarian – Senior Campus
Nambour State College

NAMBOUR STATE COLLEGE AFTER SCHOOL LIBRARY PROGRAM

Students are welcome to attend the Library after school on Tuesdays and Thursdays from 3pm—5pm. The Library can be used to complete assignments, use computers, complete homework and receive tutoring (organised through individual teachers if available)

Student Expectations

- The Library is to be used for educational purposes only.
- Students must sign in and out of the Library
- Students and parents are responsible for the students’ transport home, no later than 5pm.
- Students must remain in the Library. They are not permitted to come and go during that time.

NAMBOUR STATE COLLEGE BYO LAP TOP PROGRAM

Nambour State College has been developing a 2020 vision that includes the following expectations:

- “Students have 24/7 digital access to learning materials so that they can learn where and when they want” (every subject has an online “virtual classroom”)
- “Every students has access to an individual learning device that connects them these learning materials” (School and student owned devices)
- “College is a learning hub that provides students with open connections to other educational providers” (College is a learning hub)

In 2017 Nambour State College will offer 3 options for access to computers in the senior campus (7-12):

1. Option 1 – Bring Your Own Laptop (Windows or Apple Mac) - $60 per year (includes secure connection to college wireless network, limited ICT support, Adobe software e.g. Photoshop, Flash, Premiere Pro etc.)
2. **Option 2 – Take Home Laptop (ACER tablet or laptop)** – ONLY IF ALREADY IN THE PROGRAM – NO NEW SIGN UPS - $120 per year (includes secure connection to college wireless network, ICT support, Adobe software e.g. Photoshop, Flash, Premiere Pro etc.)

3. **Option 3 – College based laptops or desktops** – available in classrooms or library.

“Bring Your Own Laptop” is optional in 2017 but the college plans to phase in for all students in years 7-12 by 2020.

- **2018** - all students in years 7 & 10 will be required to bring their own laptop for use in class. The BYO program may also be available to students in P-6 using iPads or laptops in the future.
- **2019** – all students in 7, 8, 10 & 11
- **2020** – all students in years 7-12

Please contact me if you require further information,

**Mark Piper**  
**Head of Department – eLearning**  
**Nambour State College**

### DATES – UPCOMING EVENTS: FEBRUARY 2017

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<tr>
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<tr>
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<td>Catch Up School Photos</td>
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### NEWS FROM HOME ECONOMICS

**Early Childhood Studies**

Early Childhood Studies are looking for a donation of 3 baby capsules to support learning in infant care. If you have an old capsule at home and would like to donate it, we would be very grateful. Please leave it at the office for collection.

**Hospitality**

Year 11 and 12 students completing their RSA certificates on March 1 need to have their permission notes, payment and enrolment forms returned as soon as possible.

Regards

**Kerrie Long**  
**Home Economics/Hospitality Co-ordinator**  
**Nambour State College**

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### P & C, TUCKSHOP AND UNIFORM SHOP

#### P & C

**NEXT MEETING:**

The next P&C meeting will be held on Wednesday 15th March 2017. This will be our AGM.

The meeting will be held in the senior campus library at 6.00pm for a 6.30pm start.

Please pop in at 6.00pm to catch up, have a chat and a cuppa before proceedings.

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 these last 12 months and we look forward to another interesting year.

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@namboursc.eq.edu.au

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

### WHATS HAPPENING WITH OUR P&C?

#### UNIFORM SHOP NEWS

The start of 2017 has gone above all expectations with a wonderful response to our new NSC uniform.

The uniform looks fantastic on all the students and we have had an extremely positive response to it as well. The transition over the next 3 years will fase the new uniform in and the NSH and NSS legacy uniforms out in line with the College 2020 vision.

We are however short on some styles and sizes but have more orders due throughout February. Thank you to all the parents and students that have been understanding and supportive through this process.

We have had a wonderful time seeing the little Preppies and Junior campus students get all excited about wearing their new uniforms.

Here are some of our very cute junior campus students who were very excited and proud to wear their new uniforms, they were very happy along with their parents to show off how wonderful they look. Thank you students.
UNIFORM SHOP HOURS
All the College uniforms from P-12 are now sold out of the Senior Campus Uniform shop.
Monday – Thursday
8am – 11am
Re-open
2.00pm to 3.15pm
We are closed on Fridays.
Any queries please contact our P&C Office on 54504121.

Tuck Shop News
This term we have introduced our Online Ordering Service. We are extremely excited about the system which will help our busy parents giving them the option of ordering from the comfort of their own home.

On the Junior Campus the orders will still go in the class basket system picked up by monitors and delivered to the Hall for distribution. All orders will be sealed and handed out by the teachers on duty.

On the Senior Campus if you order on line you can go to the Fast Track lane next to the coffee machine and avoid the queues, just tell the staff your name and class.

We have new Menus’ this term which we are trialling, but as per usual we would love your feedback. Please contact our Senior Tuckshop Convenor Tracey for any requests or suggestions. We look forward to seeing any new and keen parents that would like to Volunteer in either of our Tuckshops. These are our biggest fundraisers for the College so all the help you can give will be greatly appreciated.

Welcome Back to Term 1 2017
Welcome to one of our fabulous new volunteers Martha, Martha is one of quite a few ladies that have volunteered their time in our Tuckshop this year. There is always room for more.

CHECK OUT OUR FACEBOOK PAGE:

DISCIPLINE VS. PUNISHMENT
Discipline is different from punishment. Discipline teaches children to learn from their mistakes rather than making them suffer for them. In fact, imposing suffering actually shifts the focus from the lesson that needs to be learned to who is in control. As a result, punishment focuses on the adult caretaker being responsible for controlling a child’s behaviour, rather than the child controlling their own behaviour.

In Positive Discipline, Jane Nelsen offers guidelines for using consequences, which she calls the Four R’s of consequences. These four R’s actually apply to all discipline techniques, not just natural and logical consequences. Whatever discipline technique you choose, make sure it meets the following four criteria:

• Whenever possible, REVEAL the consequences of misbehaviour ahead of time so children will know what to expect the next time they choose to misbehave.

"If you want to ride your bike, you need to stay on the bike track or I’ll know you’ve decided to put it in the garage.”
Notice how the responsibility for the behaviour and its effect are on the child rather than the parent. Can you tell how different this sounds than if the parent said, “Don’t go in the street or I’ll take your bike away.” First of all, this wording gives the child the idea to go in the street (See “Don’t say Don’t!” July 1993 T.I.P.S.). Secondly it challenges the child to test the rule by wording it like a power threat.
The discipline should be logically RELATED to the misbehaviour. Sending a child to bed or restricting a child from TV has nothing to do with riding a bike in the street.

- Present your comments in a RESPECTFUL manner that lets children know they have a choice about how they behave.

"When I see you riding your bike in the street, I know you’re not ready to ride it safely and need to put the bike away."

Notice how different this sounds than,

"That’s it, get out of the street! I’m taking your bike away for the rest of the day! You could get killed out there!"

When we speak to children in disrespectful ways, they respect us less and tend to talk back at us disrespectfully more often. We earn others’ respect by showing respect to them first.

- Provide a REASONABLE solution that will allow children an opportunity to correct the behaviour while the lesson is fresh in their minds.

"You can try to ride your bike again on the sidewalk after lunch."

Notice that the time limit was a matter of hours, rather than days. Always make the time limit as minimal as possible, but long enough to emphasize the lesson. Also, notice that the correct behaviour was presented as a choice. The parent is respectfully revealing the discipline again before giving the child another chance.

Each time the child violates the rule, increase the time limit gradually. If you restrict children from a bike for a week the first time, they’ll spend more time dwelling on their resentment than thinking about the lesson. If they make the same mistake again, they’re likely to lose the bike for a month! Children need practice at being good -- and we need to be honest with ourselves and decide whether our goal is to teach positive behaviour, to show who is in power, or to get revenge.

If any one of the Four R’s is missing from the discipline, it turns the technique into punishment, which also has Four (new) R’s: Resentment, Rebellion, Revenge, and Retreat (lying, learning to not get caught, running away). If your child reacts in any of these ways, review how you presented your discipline. Chances are, one of the Four R’s of Discipline was missing. But don’t worry, children always give us another chance to learn from our mistakes!


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### 2017 QCS DATES

#### Year 12 QCS Students

**March 8 - Wednesday**  
Workshop with Mighty Minds  
Hungerford Hall

**March 31 - Friday**  
Practice 1  
Hungerford Hall

**May 17 - Wednesday**  
Practice 2  
Hungerford Hall

**July 11 - Tuesday**  
Workshop Mighty Minds  
Hungerford Hall

**July 12 - Wednesday**  
Practice 3  
Hungerford Hall

**August 29 – Tuesday & 30 – Wednesday**  
QCS Test Days  
Hungerford Hall

#### Year 11 QCS Students

**September 11 – Monday**  
QCS Practice  
Hungerford Hall

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### 2017 NSC YEAR 7 SCHOOL IMMUNISATION PROGRAM

Immunisation program comes to school!

In 2017, Oz Care via Queensland Health is providing free vaccinations for all year 7 students. All year 7 students are being offered free vaccinations as recommended on the National Immunisation Program to protect against Human Papillomavirus (HPV) and Diphtheria/Tetanus/Pertussis “Whooping Cough”.

The vaccinations are conducted by a team of authorised registered nurses at school on the following dates.

- Round 1 – April 21 2017
- Round 2 – July 13th 2017
- Round 3 – 17th November 2017

A consent pack with information and dates has been given to your student this week. Please read the information booklet carefully, sign and return the consent card to school as soon as possible or by 10/2/17 at the latest.

Parents are encouraged to ensure their student has breakfast on the day of vaccination.
For more information about diseases, vaccines or School Immunisation Program visit the following link or call 13HEALTH (13 43 25 84) or consult your family doctor.


**SENIOR LEADERS FUNDRAISERS**

On March 17th 2017, Emelie Orrell and Bonnie Searle School Captains of 2016 will be participating in World’s Greatest Shave. The funds they raise from their Shave will directly go to a local 4-year-old girl by the name of Elki Guymer. Elki was diagnosed with Acute Lymphoblastic Leukaemia on New Year’s Eve 2015.

Throughout the next month, a range of events to raise fund for the girls will be occurring as a lead up to their Shave - that will be happening on the senior campus. Radio station Hot91.1 will be broadcasting from the school on March 17. And the senior leaders running a sausage sizzle and hair colouring station.

Keep an eye out for up and coming events - and we hope to see you on the day!

Please jump on board and support his wonderful cause, there are tins at both Office’s for any donations.

**GUIDANCE COUNSELLORS – SENIOR CAMPUS**

**Jana Morrisova (Mon-Fri) Ben de Jong (Mon-Wed)**

Our Nambour State College senior campus Guidance Counsellors are experienced teachers with post-graduate Masters studies in Career Guidance, Psychology, Counselling, Assessment etc. They offer a private, confidential service to students, families and to staff.

Senior campus Guidance Counsellors, Jana Morrisova and Ben de Jong can assist students and families with:

- Accelerated secondary and tertiary programs
- Advocacy, Assessment, Placement and Programs for students with exceptional circumstances
- Anger Management - alternatives to aggression
- Anxiety, Loneliness, Sadness, Relationships issues
- Assertiveness Training
- Career Guidance - research, decision-making and goal-setting including career profiles; Work-Life plans
- Effective Personal/Pro-social Behaviour program facilitation, including Excellence, Stop-Think-Do, Rock & Water, Drum Beat
- Financial / Accommodation / Homelessness support
- Grief & Loss Counselling / Trauma response
- Interstate, international and special education Enrolments
- Job-hunting skills, including resumes, applications, interview skilling
- Liaison / Links / Referrals to and from external agencies / support services
- Motivation, Time Management, Study Skills, Exam Strategies
- Mediation & Conflict Resolution
- Mental health assessments, referrals
- Mindfulness and stress management
- Overseas Exchange Programs
- Personal and Family Counselling
- Personal Safety Issues including Self-Harm, Other Harm, Suicide Ideation Risk assessment
- Special Considerations - advocacy & applications
- Staff Wellbeing / Rehabilitation
- Student Protection
- Stress Management & Healthy Lifestyle Programs
- Subject decision-making – abilities/ambition/ experiences/interests /strengths; subject changes
- Tertiary applications, information, programs & scholarships
- Trauma/Critical Incident Response Team
- Vocational Education and Training options
- Whole Brain Effective Learning

**How to link with Jana and Ben**

Students and parents can contact the senior campus office on 54504111. Students will be issued with an appointment slip which is to be signed by their class teacher prior to their appointment. In urgent circumstances, Jana can be contacted directly on

**CAREER GUIDANCE COUNSELLOR NEWS**

**Tertiary Open Days:**

Each year universities, TAFEs and private colleges hold Open Day and Careers Expos. These are a great way to explore your future study options.

At an Open Day, you’ll be able to find the courses and qualifications on offer, talk to staff and students, and check out the campus and facilities to see if they’re right for you.

Many education providers also hold campus tours and information sessions throughout the year.

**Want more info?**

- See the attached QNAPSA 2017 calendar
- Search for open days’ details on my future website
Careers Expos:
At a careers expo, you can talk to representatives from education providers, student support services, employers and industry groups about careers, courses, and training and employment opportunities of interest to you.

Visit the QCAA stand at careers expos for information on the QCE, QCS Test, OPs, FPs and more!

Jana Morrisova
Guidance Counsellor

WHATS HAPPENING AT OUR JUNIOR CAMPUS

PARENT PARKING

The Nambour Uniting Church has assisted our College for many years by allowing parents to park on the Church premises when dropping off and collecting children from school. However, to ensure the safety of all children and to avoid clashes with activities occurring in the Church parents are asked to park only on the grassed area (off Donaldson Road) and to drive in and leave via Donaldson Road.

Parking in the area around the Church building and driving out onto Coronation Avenue creates unacceptable dangers when dropping off or collecting children.

Please also assist our community in keeping the area clean and litter free.

Wayne Troyahn

Saints Netball Club Sign-On

Saints Netball Club – Net Set GO for children aged 8 to 10.
Saints Netball Club - Junior Competition for children aged 11 to 17NDNA will be holding a ‘Come and Try’ session 9.00am – 10.00am prior to Sign On for those new players 7 -10 years
wondering what it's all about. Have some fun and learn some netball skills.

https://netball.resultsvault.com/common/pages/noauth/oiregstart.aspx?type=6&miso=OiBRZ%2F1CF9WPHBjs1A5XX9L40cy0KsB7Wt%2FV8pbUq8%3D&entityid=50741&fl=1&id=31185

https://netball.resultsvault.com/common/pages/noauth/oiregstart.aspx?misc=OiBRZ%2FLCF9Xq4LWGlMJc7fR7Wt%2FV8pbUq8%3D&entityid=50741&fl=1&id=25618