



# Wynnum Wire



Tradition | Community | Excellence—Proudly Building Futures Together

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## From the Principal's Desk

This is the time of year when we celebrate the wonderful achievements of the students at Wynnum State High School.

We join together every week between now and December to acknowledge the incredible work done by students and teachers with the support of parents during 2015.

Academic, Sporting, Cultural and Citizenship achievements are far too many to list but we will work tirelessly over the next month to acknowledge the Determination of our achievers.

It is a PROUD time to be the Principal of Wynnum High when I sign so many awards, shake so many hands and greet so many PROUD parents.

We're Wynnum, We're PROUD.

Phil

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### Sports Awards 2015

Last night, Thursday 22 October, our annual Sports Awards evening was held. It was a great night celebrating with students and their families as well as many members of our Wynnum High community. Our special guest for the evening was Darren Albert. Darren is a former professional NRL player, playing for teams such as Newcastle Knights, Cronulla Sharks and St Helens. Darren also played in two Country Origins and represented NSW in the 1999 State of Origin. His professional NRL career spanned 11 years and 230 professional games.

Our Sportsperson of the Year was Adam Guthrie. Adam has been involved in aspects of the sporting arena and his achievements include:

- Runners-Up Age Champion - Swimming 15 Years
- Runners-Up Age Champion - Track and Field 15 Years
- Age Champion - Cross Country 15 Years
- Senior Champion Carnival Athlete
- Bayside District Representative - U15 Track and Field - 3000 m
- Bayside District Representative - U15 Cross Country
- Metropolitan East Representative - Triathlon



We thank our Sponsors



The Service to School Sport award was presented to Holly Jensen for her commitment to school sport over her five years here at Wynnum High. The Sports Excellence Award was presented to Natiana Winikerei for his achievements in Rugby League.

Congratulations must also go to all who received awards. You should all be extremely PROUD!



Special guest Darren Albert with our Sports Excellence winner Natiana, Service to School Sport winner Holly and Sportsperson of the Year Adam



Pierre de Coubertin awardee, Ashley



Presentation of Inter-house awards

## HELPING YOUNG PEOPLE BUILD HEALTHY RELATIONSHIPS

National Association for Prevention of Child Abuse  
and Neglect



Domestic violence prevention is on the national, state and community agenda. Young people learn about relationships in a variety of ways. Some influences can normalise unhealthy and damaging relationship behaviours that can impact on their life and wellbeing in significant and lifelong ways.

On October 8, 9 and 10, our Year 10 students participated in a full-day program that explored with students the qualities of a safe, respectful and healthy relationship. Other related issues discussed included: domestic violence and its impact on victims and families, sexual assault prevention, the law, intervening safely and supporting friends in helpful ways, and how to find support services in their community.

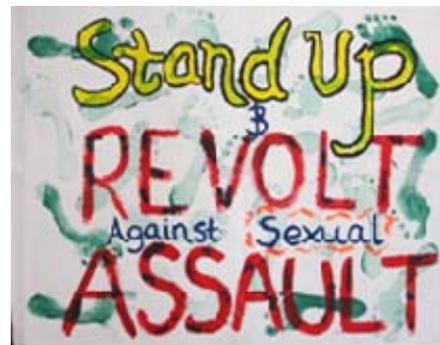
The Love Bites program is jointly facilitated by NAPCAN, the School Based Youth Health program, Children's Health Queensland, Youth Support Coordinator, Department of Training and Education, Queensland Police Service and supported by Wynnum State High School.

A highlight of the day was the art and hip hop workshops held in the afternoon sessions. Students used the messages they felt were most important from the workshop to create posters and lyrics to communicate the key messages around consent and respect in relationships to their peers. The strength of the lyrics and content of the posters demonstrated the young people's understanding of the program content. A number the posters and lyrics to hip hop songs are included below.

Gabrielle Nolan - Youth Health Nurse  
Karen Bowen - Youth Support Coordinator

**"If you're drunk on love feeling used and confused  
Wonder to yourself why you're being abused  
Help is always there for when you're in need  
You always have the right to be respected and  
free."**

WSHS Lyric 2015



**"In a healthy relationship  
It's important to have patience with  
A comfortable pace and not hurt each other  
Give each other space, enough to not smother."**

WSHS Lyric 2015



**"Without consent we tend to resent  
Without consent don't even attempt  
It's not about lust  
It's all about trust."**

WSHS Lyric 2015

## CREATIVE ARTS – OCTOBER 2015

The Halloween Street Party is on again this year on Saturday 31 October, with the Symphonic Band playing at the Stratton Terrace Stage from 7:30 pm – 8:30 pm. Come along and support the band in their final performance for 2015.

*Variety Night* is on Thursday 5 November in the Star Theatre starting at 6 pm. This year we have an exciting line up of talent on display. This a major fund raising event for the Student Council so we would love you all to come along and support the students as they show us what remarkable talents they have.

From Saturday 31 October Wynnum SHS Visual Arts students' work will be displayed at the Wynnum Library as part of the *SCIP Renewal Program* run by the Brisbane City Council. The students created artists' books and they will be on show at the *Wynnum Shines!* Art exhibition. The students' creative ideas were used as inspiration by artists to create a sculpture that will be erected on the corner of Florence Street and Bay Terrace in 2016. Go along to see the inspirational work these students have been doing over the past year.

Senior Showcase (Years 10 – 12) is on Thursday 12 November from 6:00 pm – 8:00 pm. Senior students will be presenting their work across all the arts areas: Visual Art, Drama, Music and Film, Television and New Media. We hope you can come along and support these students, some of them in their final presentation for their schooling years.

### Date Claimers:

#### **Thursday 5 November**

Stage Band and Concert Band will be performing as part of Variety Night this year.

#### **Thursday 12 November**

Senior Showcase from 6:00 pm – 8:00 pm under F Block

#### **Tuesday 24 November**

IMPS Christmas break-up dinner at the Wynnum Manly Workers Sports Club, 35 Bognor Street, Tingalpa starting at 6 pm.

#### **Tuesday 24 November**

Junior Showcase from 5:00 pm – 7:00 pm in the Star Theatre

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## Science News End of Term Three 2015

### **The End of Term Interclass Challenges**

#### **Year 8 Science**

This term, the Year 8 Science classes participated in an **Interclass Mouse Trap Racer Challenge**, using only the energy capable of being stored in a mousetrap to propel it.

The aim was to design and build a lightweight mousetrap distance racer which would cover the greatest forward distance, using the energy stored in the spring of a single mousetrap.

The winning team this term came from 8A and was comprised of Tanara Forrester and Joyce Tupou. Their Mousetrap Racer travelled 7.8 metres on Race Day.

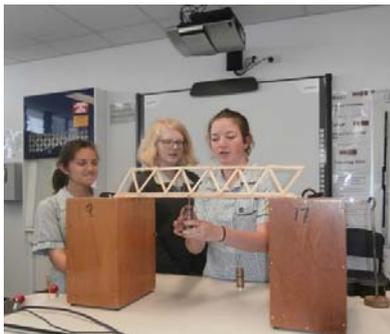




### Year 9 Science

This term the Year 9 Science classes participated in an **Interclass Paddle Pop Stick Bridge Building Challenge**, where each group was given 100 paddle pop sticks and 100 ml of PVA glue. They were then asked to design and build a bridge at least 600 mm long, 100 mm wide and able to hold the most weight.

A number of great designs were built and put forward from the students but the winning team came from 9B, comprising Aoife Brose and Talita Jackson who built a bridge able to hold over 14 kilograms without failing. Well done to all and we look forward to this term's challenge.



### Year 10 Science

The Year 10 Science classes also had the opportunity to participate in a challenge, **The Egg Drop Challenge**, this challenge required them to design and build a device to safely allow a raw egg to be dropped from the top of G Block and land unbroken.

The problem became apparent very quickly that there were so many great devices built that most eggs were landing unbroken. This activity was used to re-inforce Term Three's studies on Forces and Motion. Well done to the Year 10 Science classes.

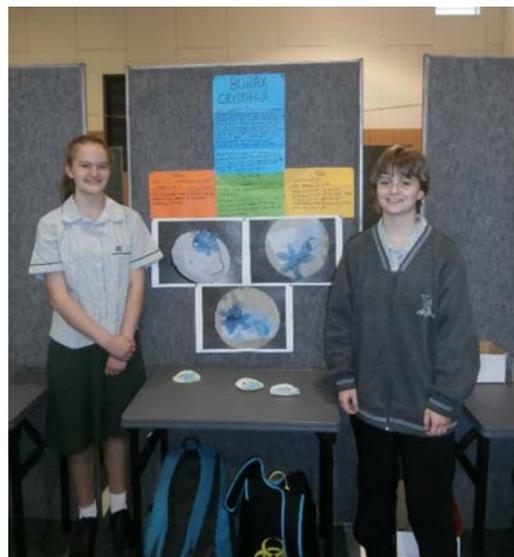


## UQ STEM Project 2015

On the afternoon of Thursday 17 September, four Year 9 students accompanied by Mr Amarandos, visited the Queensland Academy of Science, Mathematics and Technology at Toowong to present their STEM projects.

Over 300 students from other schools were also in attendance to present their work, with some of it being of a very high standard. Our students displayed their work and although they didn't receive any prizes, they had the opportunity to see what students at other schools were doing.

Congratulations to Liam Edwards, Kelsey Nicol, Erin Genrich and Talita Jackson. Great work and well done!



## 2015 National Chemistry Quiz

Earlier this year, 33 of our students in Years 10 to 12 participated in the National Chemistry Quiz conducted by the Royal Australian Chemistry Institute.

One third of our students received awards for their achievements, with five Credit Awards, four Distinction Awards and two High Distinction Awards.

To obtain a High Distinction Award, you must have achieved in the top 10% of all students; a truly remarkable effort.

Congratulations to Johnny Ng and Tim Biddle, both of Year 11 for achieving High Distinctions. To all the participants this year, "Well Done!" and we look forward to participating again in 2016.



## **Life Saving Excursion Alexandra Headlands Surf Lifesaving Club**

On Friday 16 October the Year 11 and 12 Life Saving and Physical Education classes attended a full day excursion to Alexandra Headland Surf Life Saving Club to participate in a surf safety and awareness program. The program was conducted by Alexandra Headlands SLSC Community Education Officers with the help of teachers Peter Bekiros, Dominic Aguiar and Chaplain Greg.

Visiting the beach is an Australian tradition so developing beach safety skill and knowledge is essential for our young men and woman of Wynnum State High School. A safety briefing from the chief lifeguard was delivered, sun safety was addressed and groups were assigned in readiness for one and a half hours of fun-filled aquatic activity.

Activities included reading rips, water entries, surf swimming, boogie boarding, beach fitness and surfing. Lunch followed with the Big Kahuna Burger, fruit smoothies and fish and chips being the popular menu favourites. After lunch the traditional huge game of beach touch entertained all the public. The Cowboys won again when "The Cracken" Nathan Bell beat Semi and Noxy to score in the corner. A quick dip followed to wash of all the sand and then it was back to Wynnum SHS.

The day was a huge success with all students conducting themselves in an exemplary fashion and the Kelly Slater Award (best surfer) going to Ruben Clelland. Once again you made me PROUD.

Peter Bekiros  
Life Saving Co-Ordinator



## Careers News

### Job hunting myths busted

Dr Jim Bright, one of the authors of *How to Write a Brilliant CV*, and his post-graduate students set out to test job hunting myths. The following is a selection of their findings.

**Myth: Use coloured paper or text to make your resume stand out from the crowd** - The recruiters hated the coloured resume and thought it contained less information (because they didn't bother to read it). Don't use colour as a gimmick.

**Myth: The interview is more important than the resume** - Resumes rated just as strongly as interviews in predicting who would be short-listed. Both are important, but the resume is the only chance the applicant has to completely control what is presented.

**Myth: Setting career goals and sticking to them is the best way of having a successful career** - Being flexible, open to opportunity, persistent and optimistic are probably more important qualities. Goals can be useful, but mostly in the short-term.

**Myth: An online vocational interests test will reveal what my ideal career should be** - Research shows that interests account for less than 4 % of influences on career choice. Personal circumstances, ability, attitude, serendipity and many other factors also need to be considered.

**Myth: There is one ideal occupation for me** - Unlikely. This assumes you or your circumstances will never change and you will not develop new skills and interests. It also assumes occupations will never change. It would be a bit sad if your ideal career was typewriter repairer.

### Receiving your Year 12 results

Year 12 students will receive their Senior Education Profile (SEP) from the Queensland Curriculum and Assessment Authority (QCAA) in the mail from Friday 18 December 2015. The Senior Education Profile will be made up of one or more of the following documents (depending on your eligibility).

- Queensland Certificate of Education
- Tertiary Entrance Statement (OP and FPs)
- Senior Statement
- Queensland Certificate of Individual Achievement

All results contributing to the Queensland Certificate of Education and OPs and FPs will be available in your Learning Account on the Student Connect website at <https://studentconnect.qsa.qld.edu.au> from 9 am on Saturday 19 December 2015. You need your Learner Unique Identifier (LUI) and password (initially the day and month of birth) to log in and check your results. You will be able to access your results more quickly if you have previously accessed your Learning Account. Find out more about the SEP at <https://studentconnect.qcaa.qld.edu.au/12615.html>

### Fee-free vocational training for Year 12 graduates

This program supports Queensland Year 12 graduates to transition to employment by providing fee-free training for a Certificate III qualifications in high priority vocational areas. Visit <http://training.qld.gov.au/training-organisations/funded-programs/fee-free.html> for eligibility criteria, a list of high priority qualifications and FAQs about the program.

### SAE Qantm Info Night

SAE Qantm offers tertiary level courses in Audio, Film, Interactive Technologies, Sound Production, Animation, Design, Screen and Media and Games Development. HELP loans are available for eligible students. The college will hold an information night at its Brisbane campus from 6 – 8 pm on Thursday 19 November 2015. For details about the evening, visit <http://sae.edu.au/news-and-events/events/>.

### Australian College of Applied Psychology (ACAP) information evening

ACAP provides accredited diploma and degree courses in counselling, psychology, case management, coaching, social work, youth work and social science. ACAP's Brisbane campus will hold an information session at 6 pm on Wednesday 18 November 2015. Visit <http://www.acap.edu.au/> for details.

## QTAC offer rounds November 2015 – February 2016

QTAC offers places in courses on specific dates. These are called 'Offer rounds'. The offer round dates between November 2015 and February 2016 are:

### **26 November 2015**

Early offer round – offers may be made for some courses that have their major offer round on 14 January 2016. The offers will be made to applicants who have met the entry requirements (e.g. subject prerequisites) and already have a qualification (e.g. AMEB seventh or eighth grade; Diploma)

### **17 December 2015**

Major offer round for many Semester 1 2016 creative and performing arts courses. See page 6 of the *QTAC Guide* for a list of courses offered at this time

### **14 January 2016**

Major offer round for most Semester 1 2016 courses

### **4 February 2016**

Subsequent offer round for most Semester 1 2016 courses

### **11 – 25 February 2016**

Top-up offers for any remaining vacancies for Semester 1 2016

It is a good idea to monitor your emails on the dates of the offer rounds, as QTAC will notify you by email if you have received an offer. Log into Application Services (in your QTAC account) for details of your offers. Once you have received an offer you must respond to QTAC (usually within seven days). Failure to do this could mean you forfeit your offer and that your application becomes inactive.

## Keeping your cool: How to get into the right mindset for Year 12 final exams

The following information is from the 'What degree? Which university?' website at <http://www.whatdegreewhichuniversity.com/Survival-Guide/Surviving-Highschool/Keeping-your-cool-how-to-get-in-the-right-mindset.aspx>. This website is developed by students for students.

**Exercise** - Exercise is anxiety's kryptonite. There's no better way to keep your stress levels down in the lead-up to exams than by taking the time to exercise every day. It can be as simple as going for a walk in your neighbourhood, and just half an hour will do the trick. Not only that, but it's been shown that there is a link between memory and kinetic movement. In the final days before exams, it's easy to feel like all your time is better spent at your desk – but the truth is, getting your blood flowing will actually supplement your study time by helping you retain what you've learnt!

**Sleep** - We've said it before but we'll say it again: sleep is your best study partner! Sleep is essential to effective memory. Do you ever have that feeling when you wake up, where something you've struggled to get your head around the night before, suddenly seems clear and straightforward? Well, while you're asleep, your brain is actually hard at work, sorting through and reinforcing all the things you've learnt in a day. Don't believe us? Listen to an interview with American neuroscientist Penelope Lewis (<http://www.npr.org/2013/08/15/212276021/of-neurons-and-memories-inside-the-secret-world-of-sleep>) as she explains just how good sleep is for your brain.

**Perspective** - Repeat after me: Year 12 is just one year of my life – a life that will be filled with lots and lots of other exciting work and opportunities. Keeping things in perspective is crucial to maintaining your cool. And it's not just a nice message to tell yourself to try to feel better while secretly, a little voice in your head is screaming, "Lies, it's all lies! This is the biggest thing you will ever do!" as the other side of your brain tries really hard to ignore it. There is an abundance of other paths that lead to what you love, or think you love, both at uni and in the working world beyond. The irony is that once you've realised that Year 12 exams aren't the most important thing in the world, is usually when you do your best. When you are feeling relaxed, your thoughts flow more clearly, you show more creativity and you can tackle any exam question that's thrown at you with your mind at its sharpest.

## school-based youth health nurse



### **Your Teenager and Mental Health**

A teenage mental health assessment is when a health professional tries to understand how your child's mental health is affecting his/her quality of life. If you think your child has mental health issues, assessment is one step towards getting help and treatment if needed.

#### **What is a teenage mental health assessment?**

'Assessment' is just another word for an **appointment, consultation or interview** – or series of appointments – with a health professional such as a doctor, psychologist or counsellor. A teenage mental health assessment is about your child and the health professional developing a good relationship, and the professional getting a good understanding of how your child sees the world and the problems he's having.

#### **Why your child might need a teenage mental health assessment**

It's not always easy to tell the difference between normal teenage worry or moodiness and more serious mental health issues. Most normal teenage irritability, arguing and moodiness come and go quickly. But when they persist for 2-3 weeks or are very intense for even shorter periods, it can be a sign that it's more than just worry or feeling down.

**If your child doesn't want to see friends**, or is spending most of the time by herself, it's a sign that you need to take action. Also if your child stops doing things he usually enjoys, isn't doing so well at school or is taking more risks than usual, this could be a sign that he's feeling very anxious, depressed or stressed and might be helped by having a mental health assessment.

The **best place to start is your GP**, who will either be able to help you directly or refer your child to another professional.

#### **Seeing your child alone**

The professional will usually want to speak with your child alone, for all or part of the mental health assessment. Being alone with the professional can help your child talk openly about his worries. If you're there, he might feel embarrassed about speaking openly, or might not want to talk about sensitive or private issues.

#### **Teenage mental health issues**

A teenage mental health assessment will start with the least sensitive issues – for example, home, school, interests and friendships. Then it will move on to more sensitive areas, such as sexuality and drug use. It will also cover more serious mental health issues like anxiety, depression and self-harm.

#### **After a teenage mental health assessment**

At the end of a teenage mental health assessment, **the professional will give you an opinion about what the issues and problems are** and suggest a treatment plan. The professional will also say if your child has an emergency that needs immediate action.

Although you might want to know what has happened and what was said at the mental health assessment, your child might need some time before he talks about things with you. He might decide not to share what happens at his mental health appointments. This can be hard, but it's your child's right.

#### **Children 12 years and older**

From the age of 12 years, children think more deeply about things and begin to question authority. Your child makes up his own mind about issues. At 12-15 years, he/she can understand consequences better, thinks about right and wrong, starts to develop his/her own identity and thinks about what he/she wants from life. He/she thinks about other people's points of view, but is still strongly influenced by peers.

So when you talk about the appointment, you could:

- reassure your child that there's nothing wrong with visiting a mental health professional
- talk about what he can expect to get out of going
- talk about confidentiality and privacy
- visit websites together to read other young people's stories – try Reach Out <http://au.reachout.com/> and Headspace <http://headspace.org.au/about-us/>
- talk or give him information about different kinds of services – such as counselling, seeing a psychologist or going to his GP – and explain briefly what the different health professionals do
- let him know that you'll go by yourself even if he doesn't want to, because you think it's important for your family to get some help
- tell him you're happy to go with him and that you'll also respect his privacy.

If you approach teenage mental health issues with kindness, openness, hopefulness, tolerance, confidentiality and encouragement, it helps your child to accept help.

#### REFERENCE

Read this article in full at the link below

[http://raisingchildren.net.au/articles/teenage\\_mental\\_health\\_assessment.html](http://raisingchildren.net.au/articles/teenage_mental_health_assessment.html)

You or your child may also choose to discuss concerns about mental health with the Guidance Officer or Youth Health Nurse.

Gabrielle Nolan, Youth Health Nurse

### **Coming Events for Term Four of 2015**

Date	Event	Contact
Thurs 29 Oct	7.30 pm Awards Night Imperial Playhouse	School Office 3906 7333
Fri 6 Nov	Variety Night 6.30 pm	School Office 3906 7333
Wed 11 Nov	Sports Development Day - incoming Year 7 students	Cory Thompson 3906 7339
Thurs 12 Nov	Senior Arts Celebration Night	Anne Roylance 3906 7372
	P&C Meeting 6.30 pm School Library	School Office 3906 7333
Mon 16 Nov	IMPS Meeting 6.30 pm School Library	Anne Roylance 3906 7372
Tues 17 Nov	Year 12 Formal	Elizabeth Forster 3906 7345
Tues 17 - Fri 20 Nov	Year 11 Block Exam	
Fri 20 Nov	Year 12 students last day	School office 3906 7333
Wed 25 - Fri 27 Nov	Year 11 Camp	Tenielle Lumsdale 3906 7345
Thurs 26 Nov	Junior Secondary Showcase	Anne Roylance 3906 7372
	Year 10 Dinner Dance	Mark Tickner 3906 7338