High Notes



Newsletter 0624 - 18 April 2024

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Candice Luff Head of Department - HPE

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Sports Coordinator Giaan Cherry

Beauaraba House Coordinator

Condamine House Coordinator

Candice Luff Yandilla House Coordinator

Adam Cronin Year 7 Wellbeing & Engagement Coordinator

Nick Thom Year 8 & 9 Wellbeing & Engagement Coordinator

Jannelle McCullough Year 10 Wellbeing & Engagement Coordinator

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From the Principal

Welcome back to Term Two. I hope that everyone had a restful break over the Easter period and are feeling refreshed, ready to take on the upcoming term.

I was advised at the end of the holiday period

that I have been extended as Principal at PSHS through until the end of this term. I am very much looking forward to continuing to work with the whole school community throughout this time. During Term 2 we will continue to work towards achieving our Annual Improvement Plan goals which sit within three areas of 'Positive School Culture', 'Expert Teaching Team' and 'Curriculum Development and Delivery'.

I had the pleasure of visiting our Year 7 students at camp on Tuesday at Tallebudgera, on the Gold Coast. It was pleasing to see all students actively giving the program their best efforts, challenging themselves and building long lasting memories. A huge thankyou must go to all the staff who attended camp, without their support the camp would not have been possible.

As you would all be aware, this term PSHS will present 'Grease' the musical. I would like to acknowledge the hard work of all

students and staff involved and encourage as many students, parents, carers and community members to attend what I am sure will be a fantastic performance.

The annual Cross Country and Colour Run will be held on Friday of Week 2. I'm looking forward to seeing strong student participation in this event after it was postponed from Term 1.

Student reports will be sent out to families early next week. All parents and carers are encouraged to take the time to discuss their child's report with them. I look forward to talking with students and parents at the upcoming Parent Teacher Interviews on Tuesday, 14 May.

With winter fast approaching, it would be beneficial for families to check on winter uniforms to ensure that students are ready with school jumpers etc when the weather takes a colder turn.

Can I please remind all that should students be feeling unwell during the school day, they come to the office so we can ensure they are ok and then make contact with parents from there.

The next P&C meeting is on Tuesday 23 April, starting at 6.30 in the hall. I look forward to seeing as many parents as possible at this meeting.

> Yours sincerely, Dan



From the Deputy's Desk: Junior Secondary



Welcome back

Welcome back to all Junior Secondary students. Term 2 has certainly begun quickly and will fly even quicker with a number of public holidays in the first month of school. I encourage all students to have a 'strong start' and get straight into learning. I have very high expectations of our students in terms of their effort and

behaviour and seeing how this translates into their academic achievements. This begins with the simple act of turning up to all classes on time with all required materials. I commend the large number of students who demonstrate this every day.

Term 1 Report Cards

Term 1 Report Cards are not far away. The Wellbeing and Engagement Coordinators and I cannot wait to read through these reports. We will also begin meeting with students who require some assistance in the areas of effort, behaviour and attendance. I encourage you to sit with your child and review the report card to set some goals for Term 2.

Year 7 Camp



Our Year 7 students have had a wonderful start to the term. Ms Bradfield, Ms Cherry, Mr Cronin, Mr Thom and Ms Waters accompanied our Year 7 students to the Gold Coast for a three day camp. Mr Norris and I were fortunate to be able to attend on the Tuesday. Our students experienced a range of activities including beach games, an incredible high ropes course and ball games. Stay tuned for a more detailed report in the coming weeks. Thank you to our staff who spent a considerable amount of time away from their families to make this a great experience for our students.

Kind regards, Trent

From the Deputy's Desk: Senior Secondary

Term 1 Reporting

Our first reporting period of the year is upon us and this carries particular significance for students in Year 11 and 12.

For our Year 11 students this is the first key indicator as to how they are progressing in their chosen subject for Unit 1. This can also provide an indication as to whether students are on track

to receive their first QCE points (one point per subject passed by the end of Semester 1).

Four our Year 12 students, we see the result from their first of three (general and essential subjects) or four (all other applied subjects) school administered assessments. A reminder that in Year 12, students receive either three points or no points - there is no middle ground. The year as a whole needs to be passed for students to obtain their two remaining QCE points for their school subjects. For students doing General Subjects in Year 12, this will include their external exams in Term 4. I would encourage students to take the time to set up a revision program where they revisit work from Term 1 at various times throughout this term to ensure the information remains fresh in their minds for when exams come around.

Often students say to me that they have not read their report cards or have not seen their results. Can I please ask you to make the time to go through your child's report card with them, once you receive the email, and discuss the information contained within. Not just the achievement results but also the Behaviour and Effort marks.

> Kind regards, Scott

RIL 18 - PSHS High Notes, Musical full dress photo shoot,

TERM 2 2024

- Musical Movie Night Grease 19 - Toowoomba Show Holiday
- **23-24** CBSQ Opens
 - 23 P&C Meeting
 - 24 PSHS Anzac Day ceremony
 - 25 Anzac Day
 - 26 Cross Country and Colour Run
 - **29** The Arts International Dance Day
 - **30** UniSQ Experience Day

MAY

APRIL

- 1 Headspace presentation
- 2 Mayoral School Leaders Morning Tea
- **3** CGen Senior Visual Art Exhibition,
- Year 11 Hospitality Coffee Workshop 6 - Labour Day holiday
- 11 Cool Nights Big Band performance
- 14 Parent/Teacher Interviews
- 15 Religious Education
- 16 Year 12 Biology Excursion (Duggan Park)
- 17 Instrumental Fanfare, Singfest 2024

CHADDY space



Welcome back! Didn't those holidays go quickly?! It's great to be back for Term 2, with lots of exciting events happening, make sure you don't miss out.

Breakfast Club

Breakfast Club will commence next Tuesday, near the Tuckshop. Rosters have gone out for the term, with helpers as follows -

Tuesday 23rd April: Jilli and Cooper Tuesday 30th April: Jilli and Cooper Thursday 2nd May: Nathaniel, Lacey, Cam P Tuesday 7th May: Anastazia, Adian, Cadence Thursday 9th May: Scarlet, Tzeitel, Era, Joann

If you would like to make a donation towards Breakfast Club, it could be milk, jam, Vegemite, sliced cheese or butter all can be left at the Office for collection.

Second Hand Uniforms

Urgently needed: *** black leather shoes - we have none at this time. ***

Fundraiser Battery Drive

The Pittsworth Local Chaplaincy Committee are running a Battery Drive.

Do you have an old car or truck battery you would like to recycle? Let us take care of it for you, we will be collecting batteries up until 31st July. Phone Karen 0429 151 222 or Dawn 0427 915 992 for more information or to arrange collection

Thought: "The best view comes after the hardest climb".





All proceeds will go to the Pittsworth District LCC.





Cool Nights Big Band

Tickets are now available for the "Cool Nights Big Band" combined PSS and PSHS P&C fundraiser that will be held on Saturday 11th May at the new PSHS hall.

You can secure tickets by using the link to making your booking https:// www.trybooking.com/events/ landing/1201597

This is a family friendly, relaxed social occasion, where you can talk, mingle, mix with family and friends whilst listening to great, upbeat, jazzy professional musicians. Our wonderful PSHS students have also been invited to play with the band - a great opportunity for our talented players!

Pittsworth SHS students will also be assisting with catering, bar service and more.

There will be a licenced bar at the event with chips and snacks available for purchase. Cheese platters and sweets boxes are also available to order online.

The PSHS and PSS P&C Associations look forward to seeing you at this fantastic event!



GRITS (Gratitude, Resilience, Integrity, Thoughtful, Sisterhood) is a program for adolescent girls focusing on developing a sense of identity, purpose and belonging.

This initiative will be delivered across the course of the school term covering topics such as:

- Who are we? We are all unique
- We are worth taking care of (what is self-care)
- Healthy Living (nutrition, exercise, body image)
- Respect & Influence & a balanced me (healthy relationships, friendships, confidence, managing our emotions)
- Dreaming Big and finding compassion for others

All Year 7 girls will participate in this program over the course of 2024 as part of emotional/social capability requirements within the HPE curriculum. The aim of this program is to build young women's strengths, self-value and confidence.

When: The first course of GRITS will be held at PSHS on Mondays during Period 1, commencing Week 3.

Facilitators: Kerri (Youth Support Co-ordinator) and Fiona (Youth Health Nurse) at PSHS

Details: Program will run for 7 weeks, 1 lesson per week across the school term.

For further information, you can contact: Fiona or Kerri at Pittsworth SHS on 4619 8111.

Chappy Ros



Welcome back, everyone!

Term 2 is here, so let's dive into the new term with positivity and a renewed passion for learning.

As most of you already know, next Thursday is ANZAC day. We, along with Kiera and Liam, will be attending local ANZAC day services. It is a great honour to be able to do this and we would appreciate it if you could come along a pay your respects to the ANZACs alongside the Pittsworth community.

On another note, a number of students have been hard at work to bring you a night full of entertainment in the shape of the school musical, GREASE! There are many well deserved shout outs with that project as the cast, crew and others within faculty and the student body put in extra hours across the holiday break to deliver the best show possible. So, make sure when the tickets come out that you're ready to purchase, because they won't last long. We will definitely be there.

SRC representatives, Lilly and Courtney have so many exciting things planned so stay tuned.

From exciting challenges to memorable experiences, let's make this term one to remember.

- Tyesha and Jess



Welcome back, everyone!

Term 2 is here and the SRC is buzzing with excitement! Get ready for an epic line up of events designed just for you. From dress-up days to cozy movie nights under the stars, we're bringing the fun straight to you. Mark your calendars and join us for unforgettable moments filled with laughter, friendship and a whole lot of fun. Let's make this term one for the books!

To have your say on what events happen don't forget to join us at our meetings every second week.

> Thanks, Lilly and Courtney



Welcome back Dragons! As we begin Term 2, our calendars are already filling up super-fast. Cross Country and the Colour Run is fast approaching, taking place on Friday next week. Don't forget to dust off the dragon suits for Cross Country! Get in and have a red hot go to grab us some house points! Get training Condamine and Yandilla because us dragons are ready to roar! We hope you are keen for Yandilla's house competition coming up this term. C'mon Beauaraba...it's our turn to carry all those points on our backs!



Welcome back Condamine Crocs to yet another fun filled term. We hope you all had a great holiday, relaxing and spending time with family and friends.

With another hectic term ahead of us, we hope you are ready with loads of house spirit on board. Although we missed out on having the Cross Country and Colour Run at the end of last term, we are looking forward to it happening next Friday. You may not be a runner, but we encourage each and every one of you to give these events a shot, as your participation is what could pull us over the line at the end of the day – and year! Make sure you wear as much blue as possible and bring the house spirit.

Yandilla are in charge of running the house events that are planned for this term, you won't want to miss them!

We look forward to another successful term with you all! We can't wait for the sea of blue at Cross Country next week. GOOO CROCS !!!

Caitlin and Nicole



Welcome back to school mighty Yandilla Gorillas. During Term 2, us senior leaders (Mitch and Sam) will be running two house events. The first will be a trivia competition, followed by an Oz-tag competition later on in the term. Another exciting event happening soon is the Cross Country and Colour Run on Friday of Week 2. We would love to see as much yellow as possible out there getting involved and having fun. Whether you walk, jog, run, sprint or crawl... it doesn't matter as long as you are showing up and giving it a 'yellow' hot go! GO THE MIGHTY YANDILLA GORILLAS!

Sam and Mitch



#saysomething

Wellbeing & Engagement Coordinator

Year 12



Welcome back to Term 2! It almost feels like the holidays were a figment of our imaginations as we bust into the routine of lessons, assessments, sporting and the upcoming musical. I was so thrilled to see so many of our Year 12 singers/ performers/props team turning up to school during the holidays to meet the rigorous commitment of the rehearsal timetable. With just

over a month to go, I am confident that this is going to be a performance not to be missed. No regrets people...book your tickets to ensure you are guaranteed a seat at this year's musical, Grease.

I met with Year 12 yesterday, welcomed back their fresh faces and challenged them to create a countdown to the end of their schooling. No one has given me an update yet so I am going to take that as denial...they are simply not ready to comprehend leaving school yet! Watch this space.

During the meeting, I reminded the seniors of their uniform expectations. Please support our uniform policy by encouraging your child to wear the appropriate uniform including black leathers with formal uniform and joggers with sports uniform... no street shoes such as Vans, Converse etc. Additionally, I am going to assume that the kids loved being able to wear their jewellery again throughout the holidays and have forgotten to remove it all before coming back to school, a gentle reminder to check their jewellery was also given. Our uniform looks so neat and tidy when worn properly and the community recognises the efforts our 12s are going to in ensuring they are adhering to the expectations of being in uniform, thank you for supporting your child to make mature and responsible choices.

Next Wednesday, our senior leaders will lead the Anzac Service being held in the new hall. More information regarding this event will be sent in due course. Following this on Thursday, I am looking forward to marching with as many Year 12 students as possible at the annual Anzac March in the main street of Pittsworth. Anzac Day in Pittsworth is like no other service I have ever been to. Pittsworth certainly puts on a beautiful memorial and it is a privilege to attend and pay our respects at such a well-run event. I will be in attendance at the Dawn Service, commencing at 4:28am if you would like to join me. I will also be making my way to admire the work of our cadets at the cemetery service as they lay the poppies at 9:30am, followed by the Town March starting at 10:30am. Anyone wishing to participate in the march is asked to meet us in full school formal uniform at Lindenberg's corner from 9:45am.

Finally, a massive shout out to all of the Year 12 students who have filled the Tuckshop roster already. Kirsty loves your support and I am proud to see so many of you stepping up to volunteer, thank you.

Until the next newsletter, enjoy the next few short weeks and don't forget to pop on to Qkr! to book your musical tickets.

Senior Hospitality News

Year 10 Hospitality

At the end of last term, the Year 10 Hospitality class completed a cooking test which saw them produce dishes suitable for service in a Coffee Shop. As you can see the results were varied and quite impressive. They move on to a sewing unit this term to construct a hooded jumper. Stay tuned for pictures later in the term.



Certificate II

Year 11 are continuing with 'Simple Dishes' and are focusing on plating and garnishing of dishes. They move on to Barista skills this term - so bring on the coffee.



MasterChef

MasterChef has commenced for the Year 12 students. I am looking forward to sharing with you all their work as we progress through the term.

Pam Tandy



5

Jaime Fing

Brainy Breakfasts

It's the most important meal of the day, yet one in three teens skip breakfast.

Why we shouldn't skip breakfast?

- Not eating breakfast is directly linked to poorer levels of concentration, alertness, memory and learning.
- Research indicates that missing breakfast can lead to an increased incidence of attention problems, poor behaviour, emotional struggles and academic difficulties
- Skipping breakfast has been linked to excess weight gain
- Not eating breakfast means you are more likely to be very hungry by mid-morning, which can lead to snacking on sugary, unhealthy foods.

A nutritious breakfast doesn't have to take a long time to prepare or eat. Breakfast is the meal that supplies our brain and body with much needed nutrients to function well for the day. A healthy breakfast has fruit/vegetables, a protein source and some slow-release carbohydrate.

Some simple ideas:

- Wholegrain toast with a thin spread of jam, honey or vegemite
- Toasted raisin bread or fruit loaf
- Wholegrain cereal with milk and chopped fruit such as banana, berries or canned fruit
- Hot porridge with milk and some fruit
- Yoghurt topped with a muesli style cereal and chopped fruit
- Baked beans with wholegrain toast
- Scrambled or poached eggs with toast and a glass of milk



Semester 2 is a great opportunity for Year 10 and 11 students to accrue QCE points*, potentially boost their ATAR and build practical skills in an adult learning environment, with a TAFE at School course through TAFE Queensland as part of their high school studies.

Unfortunately Year 12 students are unable to apply as they will not complete the course in time for the QCE cut off in October 2024

Course Details	Campus	Delivery	Duration	Dates	Cost	ATAR	QCE
10971NAT Certificate IV in Justice Studies	Springfield	Face-to-face, 1 day a week, Wednesday	4 Terms	17 Jul 2024 - 25 Jun 2025	\$3,050	Yes	Up to 8
10971NAT Certificate IV in Justice Studies	Toowoomba	Face-to-face, 1 day a week, Wednesday	4 Terms	17 Jul 2024 - 25 Jun 2025	\$3,050	Yes	Up to 8
CPC10120 Certificate I in Construction	Warwick	Face-to-face, 1 day a week, Wednesday	4 Terms	17 Jul 2024 - 25 Jun 2025	VETIS	No	Up to 3
HLT23221 Certificate II in Health Support Services	Toowoomba	Face-to-face, 1 day a week, Tuesday	4 Terms	16 Jul 2024 - 24 Jun 2025	VETIS	No	Up to 4
HLT23221 Certificate II in Health Support Services	Springfield	Face-to-face, 1 day a week, Wednesday	4 Terms	17 Jul 2024 - 25 Jun 2025	VETIS	No	Up to 4
MSL20122 Certificate II in Sampling and Measurement	Toowoomba	Face-to-face, 1 day a week, Wednesday	2 Terms	17 Jul 2024 - 27 Nov 2024	VETIS	No	Up to 4
SHB20216 Certificate II in Salon Assistant	lpswich	Face-to-face, 1 day a week, Monday	4 Terms	15 Jul 2024 - 23 Jun 2025	VETIS	No	Up to 4
SIT20122 Certificate II in Tourism	lpswich	Face-to-face, 1 day a week, Wednesday	4 Terms	17 Jul 2024 - 25 Jun 2025	VETIS	No	Up to 4
SIT20322 Certificate II in Hospitality	lpswich	Face-to-face, 1 day a week, Wednesday	4 Terms	17 Jul 2024 - 25 Jun 2025	VETIS	No	Up to 4
SIT20322 Certificate II in Hospitality	Toowoomba	Face-to-face, 1 day a week, Wednesday	4 Terms	17 Jul 2024 - 25 Jun 2025	VETIS	No	Up to 4

VETIS Funding Eligibility

Students in Years 10,11 and 12 who are Australian or New Zasland citizens, permanent residents, or temporary residents with the necessary visa can utilise VETIS funding. Students in Years 10,11 and 12 who are Australian or New Zasland citizens, permanent residents, or temporary residents with the necessary visa can utilise VETIS funding. Students in Years 10,11 and 12 who are Australian or New Zasland citizens, permanent residents are eligible to use VETIS funding to complete one program only. For eligibility, to to desch citigo auxilianting harming careers (harden the with the temporary residents) and the second seco

Prices are correct at the time of publication, March 2024 and are subject to change at any time without notice. For current price information, please visit t

Image: Apply NOW Image: Ap



- Wholegrain muffins with a slice of cheese and tomato and a piece of fruit
- Sliced banana and a small tub of yoghurt
- Fresh fruit and yoghurt
- Fruit smoothies made on fresh or canned fruit

Many studies have shown that having breakfast before school improves the ability of concentration, reaction time, learning ability, test grades, school attendance, mood and memory. The brain's only source of energy is glucose, so if you don't eat anything for breakfast, your brain is less likely to function efficiently.

Fiona School Youth Health Nurse





Marshmallow Challenge

Monday morning was very exciting as the Year 7 'at school' camp class lined up for their first activity with Mrs Davies. After some initial quiz style games to break the ice, students were given team building challenges using jumbo marshmallows. They had to create the structure that was shared on the challenge card within a set time frame. These structures were then judged and Pittsworthy points were awarded.

The students then moved onto the next challenge, creating structures as tall as backpacks, a structure representing the theme of love and a structure beginning with the letter H, amongst others. Mrs Davies and Mrs Sacagio were blown away with the creativity, awesome ideas, positivity and great attitudes shown by all in what was a very enjoyable session!







Pittsworth

State High School





PERMANENT FULL-TIME SCHOOL OFFICER, GROUNDS

38 hours (5 days) per week

Fortnightly salary \$2223.70 to \$2591.50

If you require further information on the position please email Heather Whittaker, Business Manager hwhit1@eq.edu.au or 4619 8111

Applications close: Wednesday 1 May 2024

Link to apply online at smartjobs https://smartjobs.qld.gov.au/jobs/QLD-DSR558701-24P

Pittsworth Lions Market

The next Lions Market will be at the Pioneer Village on Sun. April 28th., starting at 8.00am. It coincides with the Showcasing Pittsworth weekend so is a great time to visit the town.

Stalls will include cooking, preserves, crafts, garden decorations, vegetables, plants, jewellery, art work, and honey as well as our huge Trash and Treasure stall. You can have a Sunday breakfast BBQ, coffee, morning tea and soft drinks. 'Polly' Pollard will be there from Bunnings with activities for the children and Doug Hendry will entertain with his music.

Entry and parking are free. The site and all facilities are wheelchair accessible. The village provides a lovely setting for the market and it's a very pleasant way to spend Sunday morning.

For more information or to ask about having a stall, please contact Wilma Proudlock via phone 0438 933 308 or email wproudlock@bigpond.com

2024 COLOUR RUN AND CROSS COUNTRY Friday 26th April 2024

PERIOD 1 AND 2 - CROSS COUNTRY -<u>COMPETITIVE RUNNERS ONLY</u> PERIOD 3 AND PERIOD 4 - COLOUR RUN

GREASE! Rehearsals

While others were enjoying relaxing holidays before the commencement of Term 2, the Grease cast and crew were hard at work behind the scenes bringing together a fantastic show!

Tickets for the May 24th and 25th performances will be on sale early next week. Make sure you get in early and grab your tickets so you don't miss out!



FREE

1 day per fortnight	20 days per year	4 weeks per year	Nearly 1.5 years	Others You Equivalent to finishing Year 11
1 day per week	40 days per year	8 weeks per year	Over 2.5 years	Others You Equivalent to finishing Year 10
2 days per week	80 days per year	16 weeks per year	Over 5 years	Others You Equivalent to finishing Year 7
3 days per week	120 days per year	24 weeks per year	Over 8 years	Others You Equivalent to finishing Year 4