

29 April 2014

Principals Report

ANZAC Day

I have just come from a very moving Bremer SHS ANZAC Day Commemorative Service. Dylan, one of our students, personalised for us what it means to be the child of a father serving in the armed forces overseas. His admiration and respect for both of his parents, mother and father, is to be commended and we share this respect with him. SQN Leader Brett Green, a parent and serviceman, spoke of the relevancy and recency of loss to him in Afghanistan and who he will especially remember on ANZAC Day. Our school chaplain, Mr Adam Hess, led a prayer where he also recounted the innocence of youth lost from the experiences of war. Brenton Herbst, alumni, returned to Bremer to perform the 'Last Post and Rouse' and 6ESR (Army) kindly provided the Catafalque party. We recognised our indigenous servicemen and women through Zeke; heard a stirring rendition of "And the band played Waltzing Matilda" from Mr Hann; and our school captains, Emily, Zane, Jessica and Tyler provided addresses that commemorated the ANZACs and their spirit.



I would like to thank Ms Melissa Winks (Deputy Principal) and Mrs Belinda Grey-McCreath (Defence Mentor) for the coordination of a respectful and moving event. Also, thanks to the members of the Eastern Suburbs ANZAC Ceremony Committee and parents for their support and attendance. But most importantly, I would like to pay my respects to the wonderful students of Bremer SHS. It was with admiration that I observed the way that the 1700 students in attendance respectfully and solemnly behaved throughout the service. They are a true credit to our parents, our staff and themselves and made me extremely proud and honoured to be their Principal.

On Friday 25th April, as is tradition, many of our community will join with Silkstone State School at Cameron Park to commemorate ANZAC Day with the Eastern Suburbs ANZAC Ceremony Committee.

Discipline Audit

Every school in Queensland undertakes a "Discipline Audit". Experienced and trained Principals come into a school as auditors and interview staff, students, parents and the P &

C as well as visiting classes, reviewing data and looking at documents. On 5 areas, each school has highlighted aspects where the auditors can demonstrate evidence of consistency, on a four-point scale with "Outstanding" rarely achieved by schools. As well as this each school is provided with an executive summary outlining commendations, affirmations and recommendations. I am proud to say that Bremer SHS's report is rated very highly with many of the recommendations already being attended to. The audit findings are available on our website under <http://tinyurl.com/BSHS-Discipline> A highlight for me was when the auditors said that of the 150 schools they have collectively audited, Bremer is the first school where the records of positive student behaviour outnumber the negative behaviours, and that our students rated our staff as the "best thing" about the school which, for our auditors, is a rarity.

DOSA Day

The last day of last term was DOSA Day, where students who had received Level 1 PRIDE status (or above) were rewarded with a day at the movies in the city of Ipswich. We received three messages from members of the public who took the time to let us know how impressed they were with the behaviour, courtesy and manners of our students on display. Once again, I commend the staff and students for their display of BREMER PRIDE. Thanks also to the Directors of Student Achievement and Support (DOSAS) for the coordination of the positive rewards system and organisation of the day.

Dress Code

Bremer SHS, like almost every place of work, has a dress code. Every student and family commits to abide by this code each and every day when enrolling at this school. The dress code is collaboratively developed with our P & C and is endorsed by them. It is each student's responsibility to adhere to this policy each day and, where possible, we offer assistance. Students who make choices that fail to comply with these guidelines, in line with our policies, receive consequences. With winter quickly approaching, please ensure that your child has the appropriate warm clothing uniform items that meet our dress code. I thank parents for your support in ensuring that your child attends each day in our uniform. **This is located in the left-hand sidebar of the Newsletter under Forms and Documents.**

Great Bremer SHS Canoe Race

The day is fast approaching where we don our life vests and pit canoe against canoe and team vs team.

Date claimer: May 31st, 2014



Parent-Teacher Interviews

You should have received an emailed interim report and/or mailed report for your child by now. Following on from this is an opportunity to meet with his/her teachers on Tuesday, May 6th between 3.10pm and 7.30pm. Online bookings are available from April 29th at 9am and close on May 5th at 1pm (see details in this newsletter).

**With PRIDE,
Mr Paul Robertson
Principal.**

Parent Teacher Interviews

Interviews will be held on Tuesday, 6 May, between 3:10 and 7:30pm. **Bookings open Tuesday 29 April at 9:00am and close on Monday, 5 May at 1:00 pm.**

The Defence Transition Mentor, Belinda Grey-McCreath, will be available for interviews with families currently serving in the Australian Defence Forces.

1. Book School Interviews Online. Parents can book interviews online. Go to www.schoolinterviews.com.au and enter the event code J9ALZ and press "Go". You will be asked to enter your details, choose your student's teachers and choose the times for the interviews.

OR

2. Book Interviews by Telephone if you do not have internet access. When you ring please have the following information ready to give to the operator:

Student's name and Year level
Teachers' names as per the school report
Times when you are available for an interview

Telephone the school on 3810 9379 between 9:00am to 2:00pm, or 3810 9333 during school hours.

OR

3. If you are unable to book online or by telephone please complete the form on the letter and return to the Student Resource Room (N1).

These sessions are limited to 10 minutes per teacher. Should you require a more in-depth discussion, you can then schedule a follow up interview for a later date directly with the teacher concerned.

Immunisation

The next visit for student immunisation will be held on, Wednesday, May 28.

Year 8 Students (all) will receive the second dose of HPV and Chicken Pox vaccine.

Year 10 Students (male) will receive the second dose of HPV.

Home Economics

Our students have started the year with a great deal of enthusiasm and excitement as they commence their learning experiences in the kitchens. At this time the Home Economics staff would like to take the opportunity to reinforce some of the procedures that are vital for the efficient running of the department and the students achieving success in their cooking.

REMINDERS....

- Utensils lists must be completed for homework.
- Tea towels are to be brought from home for students in all year levels.
- Ingredients are to be placed in the kitchens promptly between 8.30 – 8.40am. Staff will not be available after this time due to other school commitments.
- Food prepared in class is to be collected at 2.50pm due to food health & safety.
- Finally our aim is to have all students achieving success, the most effective way to do this is to ensure you child participates in practical classes for all scheduled sessions. This way the students are better prepared for their practical assessments. If you know ahead that your child is unable to participate please contact the school as early as possible so alternate arrangements may be made.

We appreciate your support in assisting the students on their learning journey.

AROUND THE ROOMS SNAPSHOT.....an insight into our classes

As the first trimester of 2014 draws to an end, I asked my Year 7 Home Economics (Textile Unit) students to write a sentence reflecting on their time experiencing a different subject. The students approached this with great enthusiasm most of the students opting to write a paragraph rather than a sentence, while others wrote a sentence or used words or drew pictures to describe a positive experience. The Home Economics teachers have decided to share some of these with you.

Debbie Campbell: HEC071B

- What I am enjoying about Home Economics is doing new things.
- I am excited about weaving because it is fun but its only once a week
- I found weaving for the first time enjoyable
- One thing I didn't expect to learn in Home Economics was about textiles.
- I would recommend Home Economics to other students because it is a lot of fun.
- The most enjoyable thing about weaving is creating your own pattern.
- As a year seven student Home Economics is my favourite subject, I get to experience a wonderful hands on experience so for this term my wonderful teacher has taught over 20 students in our class how

to weave it has been difficult to do but Mrs Campbell helped us through it step by step.

- What I enjoy about Home Economics is getting away from the Year 7 area and not doing Math, English and History. My first weaving experience was different because I got to be in control of what colours I want and the way we did the weaving it was a learning and fun experience.
- I love Home Economics because it is awesome.
- My first weaving experience was amazingly fun.
- What I am enjoying about Home Economics is weaving
- What I am enjoying about Home Economics is that weaving goes under, over, under and over. It was difficult at first.
- My first weaving experience was good because I took my time and knew what to do.
- What I am enjoying about Home Economics is Mrs Campbell. My first weaving experience was fun because it was easy. I am happy about weaving because it is fun. I found working in the Home economics class for the first time great. One thing I didn't expect to learn about in Home Economics was how to sew. I would recommend other students to study Home Economics because it is helpful. The two things I enjoy most about Home Economics are it is fun and helpful.
- What I like about Home Economics is weaving because it is fun and relaxing.
- I enjoy Home Economics, weaving is a good way to express your creativity. You can create patterns, pictures and pencil cases. You can create anything with wool. You can manipulate it to make anything you could imagine. The only limit is your imagination.
- Home Economics is the best subject. What I enjoy about Home Economics is the great teacher and the activities that we do. Home Economics rocks. Home Economics rules.
- What I enjoy about Home Economics is weaving; my first experience was doing the cardboard loom, because weaving is so awesome. I am excited about weaving, because weaving makes me not angry.
- What I am enjoying about Home Economics is the weaving, that I did choose all different colours.

We are so pleased that these students obviously love Home Economics as much as we do.

The focus area for April - May is ' TEAMWORK '.

“Home Economics.....Everyday skills for everyday life.”



Partners Achieving School Success (PASS)

Parents/Guardians of our current Year 8 students,

We are trying to gauge an interest from parents for a potential programme that 'The Smith Family' are willing to commence at Bremer State High School for students in Year 8. This programme is called PASS (Partners Achieving School Success) and the rationale behind the programme is to provide students with useful skills and techniques to manage their homework tasks, by developing the student's ability and enthusiasm for both individual and group study tasks, by providing tools to improve organisational and time management skills. This programme is aimed at students transitioning from primary school to secondary school, but can be considered useful for all students who would benefit from managing their homework better. Parents are also encouraged to participate in as many sessions as they are able to attend. This will enhance parents' understanding of what their child is learning, and support their child in developing their newfound study skills. The programme will run for eight weeks and will occur one afternoon a week from 3pm until 4pm at the school. This programme does not involve any cost. There are only twelve spots available so please register your interest by contacting

the Youth Support Coordinator Kim Cornish on (07) 3810 9333 or via email on kcorn40@eq.edu.au

Harmony Day

March 21, 2014



From the Defence Transition Mentor

Welcome and welcome back to all of our Defence students and their families. My hope is that your time at Bremer will be a time of community, pride and momentous memories! Following an extremely busy Term 1, it may be timely to share the following information giving tips for building resilience kindly adapted from information supplied by Young Diggers. There is also a notice regarding National Families week, specifically for Defence families and their dependants.

10 tips to build resilience

We can all build and improve on our ability to be resilient when faced with stressful and difficult situations. Listed below are some helpful tips that you can use to build your resilience.

Have the courage to be imperfect

Continually striving for perfection in everything you do can lead to stress. Try to aim for 'not bad at all' or 'really quite good' instead of 'perfect'.

Take time for yourself

Do you have little or no time left over at the end of the day for yourself? Are you all things to all people? Allow yourself time to do things that you particularly enjoy. If you create boundaries around your time, and stick to them, others will respect them.

Sign up for that course, join that club

Getting involved in community activities can help develop your connections with others, create skills and boost your physical and mental wellbeing: all things that improve your resilience.

Be active every day in as many ways as you can

Being physically healthy is an important foundation for your resilience. The National Physical Activity Guidelines recommend 30 minutes of moderate intensity physical activity a day.

Spend time with people who make you feel good

Nurturing a positive view of oneself is important for resilience. Spend time with people who help build your confidence and belief in yourself.

Laugh out loud each day

Laughing out loud can be a helpful way to reduce stress levels, so look for opportunities to introduce some humour into your day. Life can be truly absurd sometimes, so don't forget to laugh at it and look for the lighter side of frustrating situations.

Invite a friend for dinner, a catch up or a sleepover

Research shows that relationships are one of the cornerstones of wellbeing. Close relationships and broad social networks are both important. There are simple ways to strengthen these ties, such as inviting a friend for dinner, a catch up or a sleepover.

Do one thing now you've been putting off

Procrastination can be a major barrier to wellbeing, leading to stress and preventing us from doing the things that are important to us and good for us. Ask your friends for their best strategies for getting motivated.

Remember, this too shall pass

One way to build resilience is to keep things in perspective. If you can; avoid being overly negative about things that may be happening in your life. Even during the toughest times, try to keep an eye to the future and the likelihood that circumstances will change for the better.

Focus more on things you can control

There are many things in your life that you have no direct control over. Resilience involves being able to adapt to change with a minimum amount of stress. Instead of resisting or trying to manipulate things beyond your control, look at them as opportunities to learn and grow. Focus your attention on areas where you can make a difference.

Defence Community Organisation Amberley celebrates



at the Queensland Pioneer Steam Railway

Enjoy a ride on a vintage steam train in one of the heritage coaches between Swanbank and Bundamba Racecourse stations. Then have a BYO picnic lunch or BBQ at Swanbank Park. Partake of a coffee, hot chocolate or milkshake from the Coffee Van using your free ticket or enjoy watching the children have their face painted. It will be a fun family day out!

WHERE Swanbank Station, Swanbank Coal Rd, Swanbank

WHEN Sat 24 May 14

TIME From 10.30 am

BYO Lunch, chairs, blanket and sunscreen

RSVP by COB Fri 16 May 14 to

dco.amberley@defence.gov.au or Defence Family Helpline Tel: 1800624 608

Bookings are essential, as there are a limited number of available places. Places are only available for Defence members and their recognised dependants. Toilets, BBQ and wheelchair access available.

Belinda Grey-McCreath
bgrey14@eq.edu.au

Community Notice

Are you interested in Drama or Dance, or are you involved in music?

The Ipswich City Council is offering a bursary for Master Classes in Dance, Drama, Instrument and Voice offer Ipswich

performing arts students. The opportunity provides for FREE TUITION with nationally recognised tutors in each discipline.

NOMINATIONS for a FREE Cultural Bursary will open in March 2014 and close on Wednesday 14 May 2014.

Master Classes for 2014

Friday 1 & Saturday 2 August 2014: Drama

Friday 8 & Saturday 9 August 2014: Dance, Instrument, Voice

Information and forms are available at

http://www.ipswich.qld.gov.au/community/youth/master_classes/