27 May 2014

Principals Report

The Great Bremer Canoe Race - 31 May 2014

It’s on! Come and join us as our canoe teams navigate the mighty Bremer (Brisbane River actually) at Kookaburra Park, Karana Downs on Saturday 31 May between 11am and 2pm. May the best (Principal’s) team win.

FASE Day – 30 May 2014

Our student leaders have coordinated

- Food
- Academic
- Sport
- Entertainment

in the lead –up to the Great Bremer Canoe Race. FASE day will happen on Friday, 30 May and involves all 4 student committees running activities for students in the second half of the day and also involves preparation by the canoe teams for their race the next day. A great new initiative by the students for the students and hopefully to become an annual event.

DOSAS to Dean of Students

With Bremer’s student population growing into 2015 due to the inclusion of a new and full Year 7 cohort, we have created two new positions called Dean of Students. The Dean of Students position will supersede the DOSA position so you should look out for the name change in our future publications. There will be a Dean of Students position for each Year level from Semester 2, 2014 and for 2015 so that each year level will have a Dean responsible for that cohort. The Dean will also hold a school performance – enhancement portfolio. These positions will be advertised shortly.

Ipswich Region Trade Training Centre (IRTTC)

Based on the grounds of Ipswich SHS is a $5 million Trade Training Centre. The students of the five schools involved – Bremer SHS, Ipswich SHS, Lowood SHS, Rosewood SHS and Bundamba SSC - will have access to it. The intent is to provide students with recognised qualifications to enable them to transition to apprenticeships or the workforce. This is based on partnerships with industry representatives and Registered Training Organisations to deliver qualifications through to employment pathways. The IRTTC will open its door to our students in 2015. More details will be available at Senior Education & Training Plan (SETP) interviews for Year 10 students later in the year and via our Dean of Students (VET), Mr Ben Ward, to Year 11 & 12 students later in Semester 2 when more connections have been concretely identified up. This is a great opportunity to create future employment for our students in growth industry areas in the Ipswich region.

If you are involved in a business and interested in offering a service or wish to know more, please contact the school via phone or email and we will put you in contact with the right person.

With PRIDE

Mr Paul Robertson
Principal

Year 11 Legal Studies Conference

On the 2nd of May Year 11 Legal Studies students attended the annual Legal Studies Conference at Springfield USQ. Many other schools in the district were also in attendance. Students had the opportunity to listen to lectures and seminars on topics such as: young people and law (weapons and gangs), forensics, identity theft and even got the chance to discuss future career pathways in law with prominent lawyers. Our students did us proud during the hypothetical session where they had the floor to contribute their opinions on sentencing options on cases presented. Their responses were very insightful. All students thoroughly enjoyed the day and are already looking forward to next year’s conference.

Sarah Goldthorpe B.Ed
Humanities Teacher / Legal Studies Panel Chair

Free Workshop for Parents and Guardians

We are excited to announce that Bremer State High School is offering a free workshop for Parents/ Guardians who are interested in exploring the developing mind of teenagers and providing tools for learning how to relate better and have more of an influence through your communication with teenagers. The student support staff at Bremer State High School will be
present for this. There will be two interactive workshop sessions that will explore some of the following topics;

1. Avoid putting fuel on the fire:
   De-escalation and escalation
   Teen brain developmental and how this impacts on perception, self-esteem, parent-child relationships, peer relationships etc.

2. Get your centre:
   Developing healthy relationships and healthy parenting styles
   Where you can get help?

3. Connect:
   Defining quality relationships and how this looks with parents and teenagers
   Boundaries and expectations

4. Fulfilling teen needs
   What do teenagers need from you?
   What are the main developmental tasks of teenagers and how can you meet these needs?
   What does it mean when my teenager doesn’t want to grow up?

5. When problems occur
   How do you get out of bad habits in relationships or life?
   How can you address bullying, fear, anxiety, depression, peer relationship problems, sexuality issues etc?
   How can you address sibling conflict?

If you are interested in attending the workshops please register your interest with our school-based Youth Support Coordinator via telephone; (07) 3810 9333 or via email on: kcorn40@eq.edu.au. Further details will be made available after your interest is registered.

### Home Economics

**REMINDERS….**

A number of students in our junior classes have failed to submit drafts or a completed assessment task on the due date. As a consequence they are jeopardising their end of semester results when they receive a grade below a ‘C’ standard. We would like to remind students of the importance of submitting drafts. This is an opportunity to receive useful feedback from your teacher that will assist you with submitting a final assessment task. This will give you the best opportunity to achieve a passing grade for the task. Not submitting assessment items will impact on a student’s overall grade. The procedure is that the task is then done in class on the due date (or the next lesson attended).

As the end of the term approaches we would like to remind and encourage all of the students in our subjects – it is not too early to start revising for end of semester exams.

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

**WOW!! What a Day**

Tuesday the 6th May was a massive day for our Year 12 Hospitality students as they embarked on their journey to complete their final year of study in Hospitality. The day started at 9.00am and they worked steadily towards the goal of preparing meals for the staff of Bremer SHS on the night of parent teacher interviews, finishing at 6.30pm. The experience was designed to provide the students with a real life activity that would allow them to apply the skills and knowledge they have learned and developed up to this point in time. Apart from the obvious food preparation skills that they have become very proficient at, they also continued to enhance their skills in communication, leadership and teamwork. This was of particular significance when it came to serving staff the meals. Students from both classes worked side by side during the meal service. Well done to all the students and staff involved it was a huge success with many compliments about the high quality of the service and food on the evening. We look forward to your next event.

In addition to preparing the meal for staff we surprised students from Mrs Campbell’s Year 12 class, asking them to be mentors for a day, assisting Mrs Ace’s Year 9 Food Studies class with their gluten free cooking task. Senior students were invited to work alongside a junior student in the class and assist them with skills and knowledge they have acquired during the course of their study. This activity was embraced with enthusiasm by the seniors one of whom was able to assist two students from the SEU. As staff, we were impressed with the maturity shown not only by the seniors but also the junior students. The positive interactions and communication between all of the students was impressive and we look forward to providing more of these leadership opportunities in the future.

The focus area for June is “communication”.

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

### SUMMER SPORT SEASON RESULTS

- **Open Boys Touch** – 5th
- **Year 9 Boys Touch** – 2nd
- **Year 8 Boys Touch** – 2nd
- **Open Girls Touch** – 3rd
- **Year 9 Girls Touch** – 3rd
- **Year 8 Girls Touch** – 1st
- **Open Boys Futsal** – 2nd
- **Year 9/10 Boys Futsal** – 4th in both pools
- **Year 7/8 Boys Futsal** – 2nd
Open Girls Futsal – 3rd
Year 9/10 Girls Futsal – 6th
Year 7/8 Girls Futsal – 5th
Year 9 Boys Basketball – 1st
Year 8 Boys Basketball – 3rd
Year 9 Girls Basketball – 2nd
Year 8 Girls Basketball – 4th and 5th
Open Boys Squash - 1st
Junior Boys Squash – 2nd
Open Girls squash – 2nd
Junior Girls Squash – 2nd

Closing The Gap with our Indigenous Homework Club

This term has seen the introduction of the Bremer Indigenous Homework club on Thursday afternoons between 3-4pm. Students are encouraged to bring their homework or assignments, to be worked on with guidance and help from a combination of teachers, teacher aides, student teachers, university volunteers and even senior students. Recipients of the QATSIF scholarship are attending to help junior students achieve as well as they have.

Last Thursday was our first session, and it was so encouraging to see a large turnout of students take up the opportunity to engage with Bremer PRIDE and demonstrate Excellence through Engagement. They were especially excited to have afternoon tea of savoury muffins prepared by Miss Ruben.

If you would like to attend, please collect a permission note from U Block staffroom and return to Sandra CEC or Mrs Leabeater.

Indigenous Homework Club

Chaplaincy

Since the beginning of this year I have begun to prepare for programmes and regularly meeting with the support staff on a weekly basis to collectively plan the best way to support the students of Bremer SHS. This has greatly helped me to assist Bremer SHS in the areas most needed and for support staff to provide input into the programmes which I am associated with. I will endeavour to continue to provide support to parents, students and staff of Bremer SHS.

So what does a Chaplain do?

A school Chaplain supports students, parents/caregivers and staff. This happens in numerous ways, from being available for pastoral care to talk to people, working with other support staff, organising programmes and activities for students, offering religious instruction and guidance, through to simply building positive relationships and a community spirit. While Chaplaincy at Bremer High operates from Christian principles and values, we are available to everyone regardless of their spiritual beliefs.

Programmes

This term I have assisted the Youth Support Coordinator and Aeron Jones in a boy’s resilience programme for Year 8. This programme is aimed to assist these young boys in achieving personal goals and to help support these boys in the classrooms. This term we have had new students participate in this programme and we continue to see these boys grow in personal realisations and goals.

This term we have begun a new programme which is called the Shine Programme. This programme aims to assist Year 9 girls to build their self-confidence and self-esteem. Part of this programme also teaches these young girls beauty techniques and natural ointments. The students have really enjoyed the programme and I would like to thank Centro Church for running this programme.

This year I have taken on the responsibility of coaching the Open Girls Softball team. The team played their district game on the 5th May. The team opposed St Mary’s and won 9 – 1. This sent the team to the Metropolitan Tournament. The team played their first round against Kenmore SHS. The girls played a great game and won their first round. The girls play their second round very shortly. Congratulations to the Open Softball team on their wins.

Bremer SHS has seen a massive growth over the past few years and this will continue due to the professionalism and standards the staff display and the opportunities the students have to reach their potential. For 2014 I wish to increase my employment from 4 days a week to 5 days. For this to happen I need to support of the community to help raise this money. If you wish to help there are a few ways you can assist this support network. If you have a mobile plan through Network Communications (Optus), you can support Chaplaincy by asking to donate part of your monthly payments to Bremer SHS. This comes to no extra cost to you. Another way that won’t add anymore cost to you is placing your CTP Insurance with OBE. You can do this by visiting www.partnerprogramme.com.au and stating you wish to support Bremer SHS. You can also donate monthly which is tax deductable, for more information please visit www.suqld.org.au. If you wish to donate monthly please place Bremer SHS as the school.

I would lastly like to thank everyone who has shown support for myself personally and for the Chaplaincy service. If you would like more information about Chaplaincy at Bremer State High School, please contact me on 3810 9333 or email me on ahess21@eq.edu.au (Mon-Wed & Fri)

Adam Hess
Chaplain
Geography ROCKS!!!

This year has been an exciting one so far for Geography at Bremer – with studies concentrating on both aspects of Geography – Physical and Human.

Years 9 and 10 have been studying Coasts and Mountains – getting the background information on how our Earth works. An excursion was held to Palm Beach on the Gold Coast. We had perfect weather and the students were able to take data on the different Coastal Processes. We were amazed at the difference between the natural sand dunes that hadn’t been affected by humans – and the ones where big highrises were impacting the coastline.

Year 12’s travelled in to Brisbane to observe some wonderful examples of TOD’s – or Transit Oriented Developments. We saw Roma Street Parklands, Toowong Village, Kelvin Grove Urban Village and The Milton – a brand new development where we were able to check out the designs for the new apartments. We then took all of these ideas, and made our own designs for a block near the train station at Booval. We loved the creativity of this assignment and came up with some awesome plans for our city.

This week – The Courier Mail has featured a section on Geography. They’ve said “Geography is what helps us make sense of our world by showing the connections between people and places.” and “Without Geography, our young people are not ready to face the challenges of the increasingly interconnected and competitive world of the 21st century.” They’ve also said that Geographic skills are used in making decisions important to everyday life: where to buy or rent a home; where to get a job; how to get to work or to a friend’s house; and where to shop, vacation or go to school. All of these decisions involve the ability to acquire, arrange and use geographic information. Daily decisions and community activities are linked to thinking systematically and spatially about environmental and societal issues.

And The Top 10 Reasons to Study Geography:

1. To understand basic physical systems that affect everyday life (eg: earth-sun relationships, water cycles, wind and ocean current).
2. To learn the location of places and the physical and cultural characteristics of those places in order to function more effectively in our increasingly interdependent world.
3. To understand the geography of past times and how geography has played important roles in the evolution of people, their ideas, places and environments.
4. To develop a mental map of your community, province or territory, country and the world so that you can understand the “where” of places and events.
5. To explain how the processes of human and physical systems have arranged and sometimes changed the surface of the Earth.
6. To understand the spatial organisation of society and see order in what often appears to be random scattering of people and places.
7. To recognise spatial distributions at all scales – local and worldwide – in order to understand the complex connectivity of people and places.
8. To be able to make sensibly judgements about matters involving relationships between the physical environment and society.
9. To appreciate Earth as the homeland of humankind and provide insight for wise management decisions about how the planet’s resources should be used.
10. To understand global interdependence and to become a better global citizen.

Oh and Number 11…… Because it’s FUN!!!! And… it can lead to awesome jobs – such as Wildlife carer, Real Estate Agent, Cruise Ships, Travel agents, GIS and spatial Apps and computer systems, Google Earth…. The list goes on!

At Bremer in Years 11 and 12 – we study a mix of topics such as Climate Change, Natural Disasters, Rivers and Catchments, Town Planning, Environmental Design, Highways and Railways, Feeding the World’s Hungry People, Famine and Disease.

You never know – you could be the one to discover an Early Warning System for a Tsunami – or a cure for AIDS. Talk to Mrs Leabeater or Mr Pym for more details.

P&C Association

Uniform Shop

Opening hours have changed and are now:

- Monday and Wednesday—2:00pm to 3:00pm
- Tuesday and Thursday—8:15am to 9:15am
- Friday—Closed

Proof of Enrolment is required, we accept Student ID cards, Student Timetables or Proof of Enrolment forms (available from Administration).

Canteen

Don’t forget to check out the $5.00 Meal Deals every Tuesday and the new $5.00 Breakfast Deals available on Tuesday and Thursday morning.

If you have a few hours to spare and you would like to volunteer in the Canteen please contact the Canteen Manager on 3810 9385.

Tourism – Semester 1, 2014

Year 11&12 Tourism Excursions

In 2014, Bremer SHS Tourism subject area (part of the Social Science faculty) has been undertaking some great things, including an awesome day trip to Dreamworld and a walking tour to Queen’s Park.
On May 14th, 2014, Year 11 Tourism students set off on a walking tour to Queen’s Park, the Nature Centre, Environmental Education Centre and Nerima Gardens. Our first stop was to meet Victoria Nugent, the manager of the Ipswich Visitor Information Centre, who spoke with Year 11 Tourism students about Selling the Local Area. Students were thrilled to receive an informative and helpful talk about how our local area is sold to visitors. We were very grateful to be guests of the centre. Our excursion also included a lunch stop at the delicious Queen’s Park Café. It was a beautiful sunny day in Ipswich and a great time was had by all.

Year 12 Tourism, after enjoying a trip to Dreamworld in Term 1, are yet to set off on a walking tour of Ipswich, with students and teachers keen to check out the numerous hotels we have on offer in the area. This group of students have been invited to explore behind the scenes of three Ipswich hotels, including seeing different room types as well as their function rooms and common areas. This should be a great experience for students. Tourism students have gained first-hand information about various aspects of the Tourism industry and there is plenty more to come in Semester 2!

Partners Achieving School Success (PASS)

We have a programme commencing 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. Further details will be decided when the twelve spots have been secured.

WE GOT THE BEAT

On Tuesday afternoon the Year 7, 8 and 9 Music students were treated to an amazing African Drumming workshop. Exploring rhythm and many different African drums, students and teachers alike had a great time drumming, dancing, singing and learning about the African culture.

Freedom of Entry to the City of Ipswich Saturday May 31st

Up to 1500 RAAF Base Amberley personnel will exercise their right to Freedom of Entry to the City of Ipswich with a march through the streets on Saturday 31st May and a spectacular fly past.

Commencing at 10.30am, the march is a significant event for the community and Defence Force families.

“The granting and exercising of Freedom of Entry to a city was originally an English tradition and which is now upheld by the Australian Defence Force. Freedom of entry was when permission was granted by the city for a military formation to enter the city walls with swords drawn, bayonets fixed, drums beating, bands playing and colours flying. It was how an army would march into battle, so granting such permission was rare and showed the city trusted the visiting military.

Today Freedom of Entry is less about granting friendly armies entry to a city and more about an honourable distinction a city may bestow on a contingent of the Australian Defence Force.”

Originally granted in June 1970, RAAF personnel at Amberley have exercised their right to Freedom of Entry on four other occasions since.
As one of Ipswich’s long-standing establishments, RAAF Base Amberley is Australia’s largest operational base, employing more than 5400 people and contributing significantly to the Ipswich economy.

Located on Ipswich’s outskirts, the base commenced operations on June 17, 1940. During World War II, Amberley housed training and maintenance units in addition to a large number of US Army Air Force units. The name Amberley was given to the area by farmer James Edwin Collet who arrived from Sussex in England in the 1850’s to settle on a property at Three Mile Creek west of Ipswich. He called the property Amberley after his home town which is a small village on the River Arun in East Sussex.

Vantage points are available along the route, and the Challenge will occur near the old Commonwealth Bank on the Ipswich City Mall.

School Based Traineeship Vacancies

The following are a selection of School Based Traineeships currently being advertised. These positions are a great opportunity for students to undertake paid training that provides them with a nationally recognised qualification. If you have any questions, please contact Ben Ward at bward11@eq.edu.au

Influenza vaccinations 2014

The Influenza Vaccination....What is your responsibility?

As of the beginning of this month, already 4880 reports of influenza in Australia have been reported (IGS, 2014)

It’s that time of the year again - the flu is back and it’s time to make sure you’re vaccinated! The flu is a highly contagious disease caused by infection of the airways and lungs, as well as other parts of the body. Without a flu vaccination, the influenza can cause serious health problems, including pneumonia and bacterial infections (SBS, 2014). Some symptoms of the flu may be sore throats, high fevers, headaches, muscle/joint pain, mucous and weakness, specifically fatigue and tiredness. (BHC, Flu (influenza), 2014). Although the flu is at a current low peak, predicted trends indicate there will be a staggering increase over the period of the upcoming months (Health Department, 2014). Last year approximately 2000 deaths in Australia were caused from chronic health issues, simply because people weren’t protected against the flu (SBS, 2014).

The flu vaccine changes every year, so it’s important to make sure you get vaccinated each flu season. A vaccine is needed every flu season as the body’s immune system from previous vaccination declines over time (thus, a vaccine every year provides optimal protection). The flu viruses are also constantly changing, meaning the formula for the vaccine needs to be altered every year (CDC, 2014).

The flu vaccine has very minimal side effects. Like any immunisation, the flu vaccine contains inactivated elements of the flu virus. As people react differently to the vaccination, it’s normal to experience mild flu-like symptoms for the first 48 hours after being vaccinated. As well as this, swelling, soreness, tiredness and aching muscles are harmless side effects that may occur around the area that was immunised (CDC, 2014)

Flu vaccinations work on a very simple basis: the vaccine causes antibodies to develop in the body approximately two weeks after vaccination. The antibodies then provide prime protection against infection with the viruses that are in the vaccine (CDC, 2014).

Who can get the vaccine?

Anybody is able to get immunised during Flu season, including teenagers, adults over 65, pregnant women, Aboriginal and Torres Strait islanders and people with asthma and/or other chronic conditions (BHC, Flu (influenza) - immunisations, 2014)

What are the benefits?

Many benefits come along with getting immunised. The vaccine is scientifically formulated to prevent illness and infection, which is why it is important for pregnant women, children and the elderly, should consider getting immunised (Department of Health, 2014). Through getting vaccinated, your vulnerability of receiving the flu is dramatically decreased, and your immune system strengthens against the virus. Furthermore, the chronic health concerns associated with the influenza virus are significantly minimised as the vaccine will assist in protecting you against the flu virus that causes chronic health concerns (CDC, 2014).

Why is the flu vaccination important in relation to the Bremer community?

It is highly recommended that all students are vaccinated for the coming flu season. As the flu is a highly contagious virus, the sickness is likely to quickly travel from family members which will then be further passed onto those in the Bremer community. By ensuring that all families are vaccinated against the flu, a spread in the Bremer community is less likely to occur. Not only will a flu vaccination be beneficial to the Bremer community, but also for the greater Ipswich area.
Fatality Free Friday

Fatality Free Friday National wide campaign that promotes to drivers the importance of actively concentrating on their road safety and safe driving for just one day in the year, subsequently it is envisaged that drivers will drive safer the following days and, over time, change their outlook completely by making a conscious effort to think about safety, each and every time they get behind the wheel.

Ipswich City Council, the Queensland Police Service, Ipswich PCYC – Braking the Cycle, along with the Department of Transport and Main Roads are working in partnership to support and campaign this road safety initiative by holding an event to encourage all drivers and users of the road, to think about road safety.

The event will have 16 static displays, some interactive, along with a sausage sizzle, and a jumping castle for the children. There will be a fly over by pterodactyl helicopters that will take a snap shot of the display of shoes along with the Fatality Free Friday logo in the centre of the oval representing those people who have lost their lives on our roads to date.

The Ipswich Mayor Paul Pisasale along with dignitaries and the CEO of Australian Road Safety Foundation and Fatality Free Friday Mr Russell White will also be in attendance.

Ipswich Queensland Day 2014

The event will be held at Limestone Park Griffith Road Ipswich on Sunday 1 June 2014 from 10.00am to 2.00pm.

The Main Event is an obstacle course (18+) team challenge, organised by the RAAF defence force.

There are many events on the day such as:

• Showcasing of Sporting Associations
• Mini games
• Entertainment
• Activities for children
• Information stalls
• Food Stalls

Come dressed in maroon and show your Queenslander Spirit.

This event is in partnership with Qld Government, Ipswich PCYC, Ipswich Sports House, Queensland Police Service (celebrating 150 years of Policing) and the Ipswich City Council.