A word from the Principal

Mr Joshua Duff

This week is an important one for all education sectors across the nation with Friday being the National Day of Action Against Bullying and Violence. Read more below about how Moura SHS is involved. Also this week, we congratulate our Year 7 students, a tennis star and continue to work through assessment.

Say NO WAY to Bullying

Friday March 16 has become one of the most important days on the annual school calendar. It is a day for young people and educators to speak out against bullying in violence in schools and in the general community. We are incredibly lucky to work and study at what is a great little school, but there is always room to improve. Therefore, this Friday our school is participating in the National Day of Action Against Bullying and Violence.

As a part of our actions, students will engage with a lesson on bullying during care on Friday morning. It is important for students to understand what is and isn’t bullying, how to deal with bullying as a victim or a bystander and to understand, most importantly of all, that bullying is never ok in any shape or form. Our school stands by this statement and continues to do all it can to ensure Moura High is a safe and supportive environment in which to work and study. Also, staff members have been encouraged to wear orange on Friday to support this cause.

Thank you to our two school captains, Rylee and Max, for their words during Monday’s parade about bullying and its potential impacts. When taking action against bullying, it is great to see our student leadership team leading the way in developing a positive culture for learning in our school.

Year 7 ‘Day Out’

Last Friday was our inaugural Year 7 Day Out. The purpose of this event is to build strong relationships between Year 7 peers, build strong relationships between Year 10 Peer Mentors and Year 7 students and to also continue to strengthen relationships between staff and Year 7 students. The day was very enjoyable for all students, staff and parents, and all reports are that the Year 7 students did a fantastic job in being involved, enthusiastic and considerate. A thank you to Vicki Bradshaw and Kellie Cutting who both attended on the day to help Mr Reardon and his crew – we always appreciate parent support.

Finally, a big thank you to Mr Reardon and his team; Mr Vaughan, Miss Muller, Miss Kevill-Davies and Chappy Karen, for putting together what was an incredibly successful day with lots of great outcomes for students.

Explicit Improvement Agenda - Wellbeing

One of Moura High’s three key areas for improvement in 2018 is student wellbeing. Throughout this year, a number of actions are, and have been, addressing the improvement of student wellbeing, including:

- Redevelopment of the school’s Responsible Behaviour Plan for Students
- Development and implementation of a Wellbeing Program for all students (particularly Junior Secondary)
- Re-engagement with the senior school Right on Track policy
- School participation in events such as Shave for a Cure and National Day of Action Against Bullying

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Throughout Term 1, we have been working with students, staff, parents and the community on developing our school’s vision and values for the future. This work lays the foundation for the development of our Responsible Behaviour Plan which will be updated in Term 2. Ensuring positive wellbeing for students starts with a strong, shared and agreed upon vision and values for our school community and then clear and positive behaviour support for staff and students. Keep an eye out in the next week for a survey which will allow our school community a final chance to have their say in our school’s vision.

**School Sporting Success**

In the past weeks, a number of students have participated in high levels of sporting representation. Congratulations to the following students who have represented our school, the Rockhampton District or the Capricornia Region in a range of sports;

**Moura SHS Representatives**
- **Volleyball** – Paige Mallet, Teliah Thyssen, Jarod van Tilburg, Rylee Muller, Lachlan Schofield, Jacob Evans
- **Basketball** – Lachlan Schofield
- **Squash** – Daley Mallet, Jarod Marendaz, Croydon Sutton
- **Rugby League** – Dawson Foden
- **Soccer** - Jarod van Tilburg
- **Tennis** – Ameliija Swaffer-Selff

**Rockhampton District School Sport Representatives**
- **Volleyball** – Jacob Evans
- **Squash** – Daley Mallet, Jarod Marendaz, Croydon Sutton, Paige Mallet
- **Soccer** - Jarod van Tilburg
- **Tennis** – Ameliija Swaffer-Selff

**Queensland School Sport**

Congratulations to Ameliija Swaffer-Selff who last weekend competed in the Queensland School Sport Tennis State Championships. Representing the Capricornia Region, Ameliija made it through to the quarter finals of the singles draw and, through play-offs for the Queensland team, won both her matches in straight sets to be selected for the Queensland team. Ameliija will now represent Queensland at the National Titles at the University of Queensland in April and May.

**Thought of the Week – ‘Kindness’ (Dalia Lama)**

This Friday, as mentioned before, is the National Day of Action Against Bullying and Violence. Speaking at the Junior School Parade on Wednesday morning, I asked students to think about the issue of bullying from another perspective and rather than thinking of bullying, thinking about how you can be kind. Essentially, if we were all kind to each other, bullying would simply not happen. I love, that the thought of being kind can change the mind-set of a kid and frame human interactions in a more positive way. In the kind of world we live in, we can certainly do with a more positive mind-set.

This week’s quote from the Dalia Lama states “be kind whenever possible, it is always possible” and the truth is, it is always possible but we just aren’t kind often enough. As a Principal, I am quickly learning that there are many hard decisions to make, many hard conversations to have and many complex issues to deal with. Regardless of all of this, it is essential in my work that I find time to be kind to our staff, our parents, our community and, most importantly, our students. So even when that student is in my office after making a mistake, even then it is possible to be kind. Take on the challenge this week and make a point of being kind. You never know where it will lead!
Improvise, Adapt and Overcome!

These were the three words that were instilled into our year 7 students minds before embarking upon a day filled with gruelling team building activities! Starting slowly, students had to embark on a small but familiar hike to the rec grounds where the first part of the school based adventure was to unfold. Here students were faced with walking across a landmine field BLINDFOLDED, twisting their way through a PINK spider web, having a BASH on the cricket field and figuring out ways to avoid team CAPTURE in a game of Space Invaders! Students were forced to come up with ideas that challenged their way of thinking to overcome a variety of obstacles that were often quite literally, thrown at them!

Following this, another small but familiar hike was embarked upon, to reach the Moura Swimming Pool. Thanks to the incredible barbequing skills of the parents, students were able to feast upon some hearty snacks before facing a myriad of challenges - further ejecting the students from their comfort zones.

After a quick dip to cool off in the pool, students were to face the most formidable challenge yet! To our utmost enjoyment, the students were to become inherently marooned on an island, with zero chance of rescue. They were given the insurmountable task of escaping this isolated environment. On this island, fortunately enough, there happened to be some incredibly unique raft building materials. Four buoyant drums, some lengths of rope and a couple of pool noodles were all the students had at their disposal to build a raft that would be their ticket to survival! After some quick words amongst themselves teams quickly set to the task of building something that eventually could have been considered to have resembled some kind of raft.

After escaping their islands, the students were instilled with a fresh state of superiority. Marching their way back to Moura State High School’s grounds they were filled with a new found spark of confidence that could be seen, heard and felt by all of those who were involved. Not only had they made it through the day, this bunch of students had found new ways of dealing with their peers and building communication skills that will last a life time. Even though Mr Vaughan didn’t manage to float on one of the makeshift rafts, looking around it could invariably be seen that the students had indeed OVERCOME all odds and built positive and powerful relationships with both the staff and their peers.

Mr Vaughan
On a musical note

Last Week Friday, I travelled to Rockhampton to attend the S.H.E.P music program, State Honours Ensemble Program for singing. SHEP is a program for students who have enjoy playing instruments and singing. The SHEP program is run by the Griffith University, in hopes to assist students to continue being involved in the Music Industry. Throughout the weekend I was placed into a choir, combined with many other students from around the region. I was a soprano singer in the choir consisting of 24 students. On the first day we had to sing from 4-8pm, the Saturday began with classes beginning from 8:45-4pm which was quiet strenuous and exhausting but was still full of fun. Sunday was our showcase day, where all of the parents and guardians were invited to watch the students perform. We had 3 main groups in this SHEP program, the first group was the String Academy, then the Vocal Choir and then Brass and Wind Academy.

Najwa Adams

In the Classrooms

The year 9 and 10 art students cordially invite you to their debut ART exhibition:

‘DOWN THE RABBIT HOLE’

Bring your flamingo, friends and family

Wednesday 21st March, from 1:30 pm @ the Moura SLS Library.

RSVP: gekev@eq.edu.au by Monday, 19th March.

Congratulations Najwa who was recently selected to attend the State Honours Ensemble Program (SHEP) Capricornia 2018.

Presented by Queensland Conservatorium’s “Open Conservatorium,” these programs give secondary school students the opportunity to participate in two and a half days of intensive music-making, culminating with a Finale concert last Sunday. SHEP Capricornia (years 7 to 12), from Friday 9 to Sunday 11 March, involves 150 secondary school students from 29 schools; conducted by Mr Brad Ruben (Wind Ensemble), Ms Alice Buckingham (String Ensemble) and Dr Anthony Young (Vocal Ensemble). Under this expert tuition, students intensively rehearsed, while working with some of the best musicians in the region.
What a day we had on Saturday with 6 teams nominating to fight for the ‘Winners’ title and of course bragging rights. With the sun staying behind the clouds most of the day and the breeze that kept blowing until dusk, it made for a very enjoyable family fun day of cricket. We have to thank all the businesses who made the day possible, Cutting Edge Graders, Spotless, Chicken Treat, IGA Moura, Coal & Cattle Hotel Motel and Moura Rangers Soccer Club for the use of their fields. Also a huge thanks goes out to the band of merry helpers who worked tirelessly on the day and the days leading up to it.

Congratulations to the Winners of the day “The Bogan Ball Bashers” with the Runner’s up being “Mr Reardon’s Cricket Coaching Clinic”. Can’t wait to see you all again next year!

Kristee Sutton

**Proudly Supported by**

- Cutting Edge Graders
- Spotless
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