FROM THE PRINCIPAL
EVERY STUDENT in EVERY CLASS (and activity)
EVERY DAY of the school year.
CONGRATULATIONS: To Mrs Chrissie Coogan who has just been appointed to a permanent deputy principal position here at the school. Also Mrs Angela Spina has been appointed to the Business Services Manager position. We congratulate both of them.

WEEK AHEAD: Year 11 camp and work experience will take place next week. These are enormous organisational activities and I thank all the staff engaged in them for their efforts. We hope students take advantage and enjoy the experiences that are provided.

Independent Public School
At the recent P&C meeting the committee decided to endorse the direction that the school wishes to take to become an IPS school or not. The most recent advice from the Queensland Teachers Union is that they will also endorse the desire of the school community to go forward in either direction. Material on the topic is available on the Education Queensland website but we will also add a link from our school website. Best wishes to the school community for a restful break. On return next term Mrs Hall will be acting Principal.

Myron McCormick

COMING EVENTS

<table>
<thead>
<tr>
<th>JUNE</th>
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<tr>
<td>23-27</td>
<td>Yr 11 Camp</td>
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<td>Yr 10 Work Experience</td>
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<tr>
<td>24</td>
<td>KIMS Meeting (I Block 7pm)</td>
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<tr>
<td>23-24</td>
<td>Yr 12 Full QCS trial</td>
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WINTER VACATION
SATURDAY 28 JUNE TO SUNDAY 13 JULY 2014

JULY - 14 – SEMESTER 2 COMMENCES

| 15         | P & C Meeting 7pm,                                              |
|            | Junior Interschool Sport Round 5                                |
| 16         | Senior Interschool Sport Round 5                                |
| 17         | Vocal Showcase (6.00 pm)                                        |
| 21         | Semester Reports issued                                        |
| 21-25      | KEDRON WEEK                                                    |

STATEMENT OF FEES
A statement of fees owing for your child was sent home recently. It would be greatly appreciated if all amounts, including those owing from previous Terms could now be paid.

If you have difficulty meeting these payments please contact Angela Spina, Business Services Manager, to discuss a Part Payment Agreement. Unfortunately, we are still required to pay invoices for all excursions including admissions fees, accommodation, food, buses etc. If you already have a Part Payment Agreement with the school, this statement is to inform you of the balance still owing.

Payment Method
Money is processed daily and receipts are issued at time of payment. Payment may be made by internet, credit card, cash or cheque (payable to Kedron State High School. BPay is also available but please be aware when payment is made using this method, the oldest invoice is automatically paid.

If completing the statement with credit card details please ensure you return the statement in full so that we are able to easily identify who the payment is for.

If paying via Internet it is very important that you include the family’s Debtor ID number which is found near the top right hand corner of each statement. As it is anticipated that the statements will be paid in full no further instruction is required at this time.

Friendly Reminder: Year 12 students may not be able to attend the Year 12 Formal if there are outstanding fees on the account.

2014 EARLY SCHOOL LEAVERS SURVEY
The Queensland Government is conducting its annual statewide survey of students who left school in Years 10, 11 and prior to completing Year 12 in 2013. The Early School Leavers survey is a brief, confidential survey that provides a picture of the employment, study and life choices made by Queensland school leavers in the year after they left school to understand why young people leave school early and to help early school leavers make positive career choices.

Between July and August, our students who left school in Years 10, 11 and prior to completing Year 12 last year can expect to receive instructions to complete a web-based survey or a telephone call from the Queensland Government Statistician’s Office to complete the survey. Please encourage them to take part. If their contact details have changed, please assist the interviewer with their updated details or forward the survey to their new address so they can participate. Thank you for your support of the Early School Leavers survey in 2014. For more information visit www.education.qld.gov.au/nextstep/ or telephone toll free on 1800 068 587.
QSA - VACANCY
The Queensland Studies Authority (QSA) has a permanent part-time District Assistant vacancy at their Brisbane South District Office based at Stones Corner. For further details, please see the position description. Please email hr@qsa.qld.edu.au or sally.dwyer@qsa.qld.edu.au to obtain a position description and information on how to apply. Applications close on Monday 7 July 2014.

LAPTOP UPDATE – ALL STUDENTS
Please read the Bring Your Own Device (BYOD) article presented in this newsletter. It contains valuable information regarding the attitude of Kedron State High School Administration and Staff regarding the current laptop program and its potential future pathway.

Until a BYOD program is in place across the entire school, the current laptop program will continue to operate. Under this program, students are issued with a Business-standard laptop and carry case and have access to standard software and virus protection that would cost hundreds of dollars to purchase outside of the education system. Students also have access to filtered internet and to network services at the school, as well as the privilege of taking the laptop home for school and personal use. Many subjects have their textbook available electronically which saves the weight of carrying textbooks, or forgetting to bring them and in some subjects, the electronic version has extra activities or privileges. The laptops are covered by warranty and also have Accidental Damage protection. The vast majority of laptops have given and continue to give great service to the students.

For this benefit, parents are charged $60 per term for the life of the program. This equates to about $1 per day for 24/7 access to an internet-enabled laptop for the student’s school and personal use, which the school believes is good value for money. Before commencing the program, parents were invited to an information evening where these details were presented. Parents and students were also asked to sign a charter agreement regarding use of the laptop and these charges were once again made clear. Each laptop is expected to last four years under this system.

We value your continued support of this program and the benefits it provides to your student.

BRING YOUR OWN DEVICE UPDATE
Kedron High School has had a large degree of success with the laptop program implemented since 2010. The use of laptops has increased student engagement and transformed the teaching and learning that takes place in the school. Unfortunately, the NSSCF project that helped to supply laptops and infrastructure has completed and there is no program to replace it. As a laptop school, we support the idea of a 1 to 1 program for students. We currently have laptops used in Years 9 to 12 as well as having a number of computer laboratories available. The school will examine whether a laptop model is appropriate for Years 7 and 8.

The Department of Education, Training and Employment (DETE) is studying the requirements that schools will need to undertake to support a Bring Your Own Device (BYOD) model for student laptops. This is an ongoing study which hopes to have a model in place for implementation during 2015.

There are issues around the school’s network and Internet capacity as well as support and licencing of laptops and software. The school has already started to receive enquiries from parents regarding what should be purchased that would be suitable for school use, so the following points may assist parents:

- The school will be using a Windows environment for the foreseeable future. This means that we will not be able to support the use of Apple products such as Apple laptops or iPads.
- Parents and students need to consider the possible subject choices before deciding on a computer. If your student is contemplating Art or Graphics, then any laptop will need to be powerful enough to support the required software with ease. A minimum of 4 GB RAM would be essential, preferably 8GB RAM or better.
- Core i5 processor as a minimum.
- Wireless connectivity, preferably dual band is required.
- A device with a keyboard is essential.
- A screen of suitable size is also highly recommended. Obviously, there is a trade-off between size and weight.
- The school has subscribed to the Adobe Suite and this can be made available on student laptops.
- Student laptops will be required to connect to the school’s filtered internet link. Policies and procedures are being written to address issues such as this.
- Laptops would need to have licences for anti-virus and other malware. There may be options to purchase this for school use.
- Microsoft Office will be required. Purchasing options for reducing the cost are being investigated.
- Consider a laptop with a higher capacity battery, or with spare battery options as the laptop will need to be used throughout the school day.
- Consider purchasing a sturdy carry case for physical protection.
- Remember that an inexpensive device may need to be replaced every year, but a more robust business model may have a longer warranty and be more economical long-term.

At this stage, we are recommending that parents defer any purchase until more information is available. However, if you MUST purchase a device sooner rather than later, then hopefully the information provided can help you to consider the type of device that will be required. The following website may be useful:
ISIS I LOVE ME MENTOR AND LEADERSHIP PROGRAM


The program was sponsored by Dovetail, as part of the Mental Health Promotion in Schools project. Funded by Metro North Brisbane Medicare Local the program is designed to increase the mental health and wellbeing of high school students and to encourage help seeking when issues arise.

Our student ambassadors participated in the two day program, reflecting on challenges teenagers face associated with their body image; self-esteem, diversity and how to value ‘being themselves’ (just as they are), how the media influences young people and how to support others who may think and feel unhappy, as a result of pressure to be a certain way/look.

Congratulations to the following students who now have the opportunity to use the knowledge and experience from this program to help promote positive body image within the student community and are more able to identify relevant supports available: Sie Mu Baw, Hasina Begum, Ronalyn Cabanez, Ella Cedeno, Un De, Gay Htoo Gay Htoo, Gay Ble Moo Kaw, Ojow Obang, Sarah Paech, Maboo Rashidi, Paw Site Sa, Win Ber Say Tin, Shee Wah Tin, Tar na Korn Wah and Kyo Myo Shwe Win Baw.

Thank you for your valuable contribution and your energy and sensitivity throughout the program. The facilitators were incredibly impressed with the level of respect and the maturity that the group showed. I felt privileged to be part of the group work and, once again, was proud to belong to our Kedron community.

Ms F. Lyon - Guidance Officer.

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North side NAIDOC 2014

Community fun day

www.facebook.com/northsidenaidoc

National Theme: Serving Country: Centenary & Beyond

ENTERTAINMENT/ACTIVITIES

Lucky door prizes, traditional dance performance, live band (Streetmen band), camping stalls, bouncy bouncy, animal petting pen, information stalls, food, arts and crafts – ALL WELCOME

Gold coin donations:

When: Thursday 10th July 2014 from 10am – 3:00pm
Where: Kookaburra Kindergarten, 61 Bessum Road TAROOM

For more information please contact event coordinator Julian Hunt on 3885 4044

Proudly sponsored by

**Skip the Line on International Food Day**

This could be YOU!!!!

Enter the

**POSITIVE POSTCARD COMPETITION**

Make a postcard with your favorite photo/photos that you think represent Kedron Heart

You can win a voucher to the front of the line on International Food Day!!!!

• One winner each grade

• Entries due JUNE 26th

• Grab an entry form at the Office or see Kirsty Williams or Miss Webb for more details
ENERGY DRINKS- Do they really give you wings?

The value of discouraging young people from consuming them...from the Guidance Officer.

There has been a significant increase in the consumption of energy drinks in the past decade, particularly by young people who are low on energy, cramming for exams, attempting to elevate their mood and just 'having a good time'. There has also been considerable debate about the contents of energy drinks and whether consumption of them is safe.

What are energy drinks?
Energy drinks are beverages that contain varying amounts of caffeine, taurine, guarana, amino acids, vitamins and sugar. Energy drinks are promoted as being beneficial in increasing stamina, and improving physical performance, endurance and concentration.

What are the ingredients of energy drinks?
Energy drinks typically contain a mixture of:

- caffeine—a stimulant that acts on the central nervous system to speed up the messages to and from the brain. Caffeine is the main active ingredient in energy drinks
- guarana—an extract from a plant that contains about twice the amount of caffeine as coffee beans
- theobromine—from the cacao plant. It has a similar effect to caffeine and is found in chocolate and many other foods
- theophylline—a drug used for the treatment of respiratory diseases and asthma, marketed under a variety of brand names. It is structurally similar to caffeine. It is also naturally found in tea at very small levels
- taurine—occurs naturally in food, especially in seafood and meat, and is necessary for normal skeletal muscle functioning
- ginseng—a substance that comes from a variety of plants and is believed to have medicinal properties, but has been found to interact with a number of prescription and herbal drugs.


<table>
<thead>
<tr>
<th>Drink/product</th>
<th>Size/amount</th>
<th>Caffeine content</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mother energy drink</td>
<td>500 ml can</td>
<td>160 mg</td>
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<tr>
<td>Red Bull</td>
<td>250 ml can</td>
<td>80 mg</td>
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<tr>
<td>V energy drink</td>
<td>250 ml can</td>
<td>50 mg</td>
</tr>
<tr>
<td>Pulse: Vodka, soda &amp; guarana(alcoholic)</td>
<td>300 ml can</td>
<td>21 mg</td>
</tr>
<tr>
<td>Cola soft drink</td>
<td>375 ml can</td>
<td>40–50 mg</td>
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<tr>
<td>Diet cola soft drink</td>
<td>375 ml can</td>
<td>48 m</td>
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</tbody>
</table>

Caffeine content of some popular energy drinks and soft drinks

Effects of energy drinks:
Short-term effects
- feeling more alert and active
- need to urinate more frequently
- rise in body temperature
- increased heart rate
- stimulation of the brain and nervous system.

Higher doses
Serious injury or death from caffeine overdose can occur. The Australian Medical Journal has reported an increase in energy drink related reports to the Poisons Information Service in NSW, and they assume that this increase would be reflected in national statistics. Some of the adverse health effects associated with excessive energy drink consumption are:

- insomnia
- nervousness
- headaches
- nausea
- vomiting
- rapid heart rate
- heart-palpitations.
In small children, caffeine poisoning can occur through much smaller doses—up to 1 gram of caffeine (equal to around 12 energy drinks). Find more information on caffeine and its effects.

Who should avoid energy drinks?

Children and young people
There is no reported evidence that energy drinks are of any nutritional value. Research has found that children and young people who consume energy drinks may suffer sleep problems, bed-wetting and anxiety.

Pregnant or breastfeeding women
Women who are pregnant or breastfeeding are advised to avoid energy drinks, as high amounts of caffeine can increase the risk of miscarriage, difficult birth and delivery of low-weight babies. Caffeine crosses the placenta, so breastfeeding mothers are also advised to avoid energy drinks.

Sportsmen and women
People who play sport are advised to avoid caffeinated energy drinks as caffeine can cause dehydration. The combination of dehydration and exercise can be dangerous.

Caffeine sensitive people
Some people are more sensitive to caffeine than others. If you are susceptible to the effects of caffeine, just small amounts—even one energy drink—may prompt unwanted effects, such as restlessness and sleep problems.

Combining energy drinks with alcohol
Health professionals have expressed concern about the consumption of energy drinks containing alcohol and the combining of energy drinks with ‘shots’ of alcohol. Drinking energy drinks with alcohol places the body under great stress and can mask some of the effects of the alcohol. For example, if a person combines energy drinks with alcohol they will still be affected by the alcohol but may not feel as relaxed or sleepy. They may feel more confident, take more risks and increase the chances of experiencing alcohol-related harm such as drinking too much or being injured in a fight or accident. It is therefore recommended that the consumption of alcoholic energy drinks be avoided.

Preventing and reducing harm
It has been suggested that the actual caffeine content of energy drinks is under-reported, meaning a person may be drinking more caffeine than the label on the drink states. Energy drinks should be avoided by anyone who feels negative effects after consuming them.

The consumption of energy drinks by young people, pregnant and breastfeeding women as well as people with ‘caffeine sensitivity’ should be avoided.

Mixing energy drinks with alcohol should be avoided due to the masking effects of the caffeine, meaning the person doesn’t feel as drunk as they actually are and so there is more risk of alcohol-related harm.

What’s the solution?
I would proffer the better option is to promote a healthy lifestyle: That includes getting 7-10 hours sleep /night (and removing the temptation of electronics/screens from bedrooms), exercise regularly in the sunshine, eat a balanced diet and consuming 1-2 litres of water every day. Laughter, of course, is also considered ‘good medicine’ too. Perhaps consider this as a goal over this winter holidays?

More information
For more information on alcohol and other drugs, and drug prevention, contact DrugInfo.


For a video that speaks for itself about the dangers of energy drinks, click on:
https://www.youtube.com/watch?v=7QjXTuYXEx4&feature=youtube_gdata_player&noredirect=1
**KEDRON WEEK** is a celebration of the amazing talent and rich cultural diversity that is our school. We begin each day with an extended assembly, showcasing the skills and activities of our many musical and culturally diverse students. Parents are welcome to attend. The festivities continue through the day with activities planned for each break. The tentative program below lists these. We’re looking forward to a great 2014 Kedron Week. If you’d like to get involved, see Mrs Hall.

<table>
<thead>
<tr>
<th>Year 11 – Australasia</th>
<th>Year 10 – Africa</th>
<th>Year 9 – Americas</th>
<th>Year 8 – Europe</th>
<th>Year 12 – Asia</th>
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<tr>
<td><strong>All Week:</strong></td>
<td><strong>Can Food Collection</strong></td>
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### ASSEMBLY

**Salutations**

- (OPENING) Acknowledgement of traditional owners of the land
  - *Samoan*
  - *Maori*
- *Australasian Salutation*
- *Samoan Salutation*
- *Fijian Salutation*
- *Brazilian Salutation*
- *Cuban Salutation*
- *French Salutation*
- *Spanish Salutation*
- *Hungarian Salutation*
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