



HAWK CHAT

HARRISTOWN STATE HIGH SCHOOL



Edition No. 23

4 September 2009

FROM THE PRINCIPAL

Dear Families

During times of heavy assessment, I believe it is important that students get enough sleep. Recently I have read an article that gives some tips. Here are a few:

1. **Explain to your children the need for enough sleep.** Lack of sleep can make children irritable and anxious.
2. **Establish routines and stick to them.** Begin early by ensuring school-age children have regular bedtimes which gradually get later as they grow older.
3. **Create the right conditions for sleep.** Help the teenager wind down before bedtime with quiet activities like reading. make sure TV and computers are turned off an hour before bedtime to help the brain relax.
4. **Keep bedroom for sleeping.** Computers and TVs are best kept in the living room. Teenagers are less likely to stay up late if they don't have a TV, games console or computer in their bedroom.
5. **Reduce drinking in the evening and cut out all caffeine drinks by around 5pm.** This includes sodas, energy drinks, tea and coffee. Avoiding stimulants (including nicotine and alcohol) helps to promote better sleep.

Acknowledgements: "The Harvard Medical School Guide to a Good Night's Sleep" & Principals' Digests, Volume 15 Number 38, 2009.

I encourage you to talk these through with your sons and daughters.

Until next week

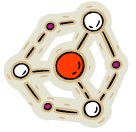
Regan Neumann

CALENDAR OF EVENTS

SEPTEMBER	
Tuesday 1	P & C Meeting
Tuesday 1	Year 12 QCS Test
Wednesday 2	Year 12 QCS Test
Monday 7 - Friday 11	Year 11 & 12 Exam Block
Friday 18	The Arts Day - Last Day Term 3
OCTOBER	
Monday 5	School resumes for Term 4

SCIENCE SNIPPET (contributed by Mr Below)

A scientific curiosity is the fact that the Australian aboriginal never adopted or employed the bow and arrow. Why is this so?



In one of my favourite books "The Red Chief", by ION IORIESS, lie some clues. It's the story of the tribes of the Gunnedah region of NSW, just before white-man's arrival. It is based on fact, the story handed down to us by the last of the Gunnedah tribe. In the story are the details of the weapons carried by a warrior of the time. A warrior carried three spears, one fighting boomerang, one short-handled nulla (club) tucked into the small of the back in a belt of twisted human hair and a wooden shield.

You can't carry any more than three spears easily (try carrying an armload of javelins on sports day). If you are still in the thick-of-battle after three spears, pick up one of your enemies that missed it's target and throw it back at him! So why no bow and arrow? I believe that they were simply so good with the spear that archery was never required. Modern bow hunters attempt to stalk within 20 metres of prey, but the Gunnedah warrior could put a spear through your chest at 30 metres easily, and a woomera (throwing stick) could extend a spear's range to over 100 metres, eclipsing today's javelin record.

Torres Strait Islanders employ a black-palm bow, with a split-bamboo bowstring for which they even invented their own unique knot! The mainland aborigines must have seen it but never adopted it. With the spear - throwing skills they possessed they just did not need it.

Until next time, Mr Below.

QUICK QWIZ (contributed by Mr Below)

Q1. If it takes 6 men 4 hours to dig a hole, how long will it take 6 men to dig half a hole?



Q2. How much dirt is in a hole 2 metres wide, 2 metres long and 2 metres deep?

Answers on next page.

QUOTE OF THE WEEK (contributed by Ms Jones)

"Whatever you want in life, other people are going to want it too. Believe in yourself enough to accept the idea that you have an equal right to it".

Diane Sawyer

NATIONAL LITERACY AND NUMERACY WEEK



The Australian Association of Mathematics Teachers has been conducting *Reach for the Stars* as part of National Literacy and Numeracy Week since 2003. Previous investigations have explored our height and the size of our feet (2003 and 2007), how we travel to school (2004), the features of "Money Trails" and the minting dates of circulating Australian coins (2005), a series of balloon relays (2006) and a national coin-throwing experiment with more than half a million recorded throws (2008)! The common theme is one of classes collecting data locally, submitting their results to a national data collection via the Internet, and exploring their own findings as well as a summary of the data collected by participants from across Australia. The activities have involved more than 50 000 students each year. In 2008, data was reported by 125 647 participants in 848 schools.

In 2009, students are collaborating to share and explore data about their first names. For example, how likely is it that a student's first name will fit on a pencil case with slots for the letters of their name? Harristown Year 8 mathematics students have been collecting their data this week as part of National Literacy and Numeracy Week 2009.

For more information contact; Jane Livingstone HOD; Mathematics

HAWKS IN SPORT

Weightlifting



Jake Ratcliffe recently competed in a state Weightlifting competition in Brisbane. Jake lifted personal bests in both Snatch and Clean and Jerk, with a total of 125kg, receiving 2 Gold medals. From this Jake has now been selected to represent Queensland in the upcoming National Youth Competition in Launceston.

Bianca Shepherd also competed well in the Brisbane competition and has also been selected to represent Qld in Launceston.

Congratulations guys and all the best for the up coming National Youth Competition.

Rugby League



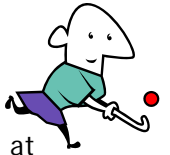
The under 14's boys Michael Hancock competition came to an end at the hands of Coombabah SHS on Tuesday suffering a 32-16 defeat in the State semi-final. The boys started well going into half time 12 points all but had scored 3 tries to 2 in the first half.

After losing Matt Joseph to a broken collar bone early in the first half the junior Hawks quest was not helped

after having a tried disallowed early in the second half and losing Keith Gadd, Gerald Ledger and Ashley Taylor all to injury in the second half.

The boys can hold their heads high and be very proud of their efforts in this competition and know that Bracky and Floyd could not be more proud of your efforts.

Hockey



The senior girls rolled on into the state finals after downing Ferny Grove SHS 3-2 in triple extra time in oppressive heat at Chermerside last week. The girls played a much bigger and more experienced team however stuck to their guns, played for each other and came away with the result.

The Hawks opened the scoring early in the second half with a goal to Danarra Bishop, before Ferny Grove hit back scoring 2 quick goals to take the lead deep into the second half. With only minutes left on the clock captain Bree Edwards stepped up to the plate making an incisive run through the middle of the field before passing to Lize' Behrens to score the equalizer to force the game into extra time.

Extra time was played in 5 min thirds where each team was required to take 2 players off at the end on each 5 minute period. After 12 mins of extra time the two teams only had 4 players and their goal keeper on the field. The hawks survived a close call at one end of the field before streaking away on a 3 on 1 attacking raid where Amber Suey dribbled around the goal keeper to seal the deal for the Hawks and ensure they progress through the final round of the competition.

Well done girls on a top shelf effort, and the school would like to wish you all the best for the upcoming finals on October 16th - 18th.

Up coming events

Athletics - Darling Downs Trials - Thursday 3rd & Friday 4th September

Soccer - Girls Bill Turner National Semi-Final - Monday 7th - Thursday 10th September

Netball - Junior Vicki Wilson Cup - Sunday 6th September

Until next week

Ian Brackstone
Sports Co-ordinator

QUIK QWIZ ANSWERS

Q1 - There is no such thing as half-a-hole!

Q2 - There is no dirt in a hole!



SPEECH NIGHT

Speech Night will be held at the Empire Theatre on Tuesday 27 October 2009 at 7pm. Parents and community members are invited to attend. Tickets are free but prior booking is essential. A request for the issue of tickets may be obtained from the P & C Shop from Monday 7 September.

During the evening commendations and awards will be presented in a variety of areas including academic, sporting, extra-curricula and service.

As you can appreciate there are many costs involved in the presentation of this evening. If any parent, business or community group wishes to give a donation toward defraying these costs, any such donation would be greatly appreciated. Specifically donations are sought for the Year 12 Subject Medallions (\$15), and the year 12 Subject Prizes. Anyone wishing to make a donation should contact the School (P&C Shop 46368700). All donations received before Wednesday 16 September will be acknowledged in the Speech Night Programme.

We look forward to your support.

Christine Apsey (Speech Night Coordinator)

HOSPITALITY NEWS

Year 12 Hospitality students are nearing the end of their hospitality studies. These students have developed employability skills which will enable them to work in any of the hospitality sectors, should they wish to pursue a career in hospitality.



At this stage students are working independently of their teacher and can design and produce products of industry standard. Their recent task was to design and make a picnic hamper for four. This was not to be a basic picnic hamper but a 'gourmet picnic hamper'. The requirements were a beverage, nibblies, a main dish and sweets. All items were to be of industry standard and the packaging original and appropriate for a picnic.

Students are using the skills taught in the Picnic Hamper Venture in their next function. Year 12 students will be working on "Cows Create Careers" luncheon for 200 guests on the 8 October. The luncheon box must be suitable for Year 5 students to adults and must use dairy products. Students plan, prepare, package and serve at this function.

Year 11 Asian Stir Fry Take Away Venture:

Feedback from staff on this venture was very positive. Clients who purchased the spicy chicken and coconut were very impressed with this dish. As one client quoted, 'just right in terms of zing in the sauce'.

The following is the recipe for this dish for you to try at home:

2 tablespoons peanut oil
660g chicken thigh fillet, chopped coarsely
2 medium white onions (300g), sliced thickly
1 large red capsicum (350g), chopped coarsely
400ml coconut milk
¼ cup (75g) red curry paste
1 tablespoon fish sauce
¼ cup shredded fresh basil leaves

Heat 2 teaspoons of oil in wok or large frying pan. Stir fry chicken, in batches, until browned, remove from wok.

Heat remaining oil in wok; stir fry onion and capsicum until onion is just soft.

Return chicken to wok with coconut milk, paste and sauce; stir until mixture boils; stir in basil.

COMMUNITY NOTICES

SOFTBALL:

USQ Firebirds Softball Club are inviting all past, present, and new members to sign up for the 2009/2010 softball season.

Membership is available to the *general community* as well as *staff* and *students* of the University and their *families*.

The season will begin on 17th October 2009 and finish around April 2010. Male and female players are wanted for all grades - Junior and Senior.

Training starts 15th September 2009, so if you are interested come along and meet some of the team members or contact us before hand with any questions.

For more information, please contact Christie White (President) on 0417 705 979 or Terri Miller (Treasurer/Registrar) 0419 748 308

Or email: firebirds@aapt.net.au Website: www.usqfirebirds.softball.org.au