From Friday 6 March to Sunday 8 March 2015, Year 10 student Kacee Bromham could be heard singing at the North Queensland State Honours Ensemble Program held in Cairns. Kacee was nominated and accepted into the elite program, along with 170 of North Queensland’s finest High School musicians. The intensive program was presented by the Queensland Conservatorium Griffith University, with students working under the direction of three of Australia’s leading conductors, including Dr Rob McWilliams - winds, Mr Stephen Chin - strings, and Mr Tim Sherlock - choral, under whom Kacee worked. The program concluded with a grand finale concert, showcasing the obvious talent of the young musicians, and the hard work all students demonstrated over the three days. Kacee enjoyed the challenge the program provided, gaining new vocal skills and techniques. Congratulations Kacee on this very high achievement, and thank you to Mr and Mrs Bromham for your time and support over the three day program. The next SHEP program will be held from 1 - 4 October 2015 in Brisbane. All Ayr State High School students are encouraged to get involved with the schools extra-curricular music program, and should see Miss Lauren Stephens or Mr Luke Jones for more information about choir or instrumental.

Kacee Among Finest Musicians in NQ

by Miss Lauren Stephens, Music Teacher

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From the Principal
by Mr Craig Whittred, Principal
Editorial - Newsletter No. 4 27/03/15

This week we had our Parent/Teacher evening which saw many of our parents engaging with staff to talk about their child’s progress so far and what their child can do to improve across their subjects. Parents who were unable to make the evening and would like to talk with their child’s teachers should contact the office.

Next week we will be sharing with the Year 12 students an update on their progress towards achieving a QCE. We actively track every student’s progress over Year 11 and 12 in an attempt to be able to provide support where needed to ensure every student is able to achieve a QCE. Students who are not on track are not able to “flex off” on Wednesday afternoons. These students are provided with support to help complete outstanding tasks or tutoring in literacy and numeracy. Parents of students who are at-risk of not attaining a QCE will be sent a letter outlining our concerns. Developing a three-way partnership between the school, the student and the parent is really important in achieving a positive outcome.

ANZAC Day this year commemorates the 100th anniversary of the Gallipoli landing and falls at the end of week one next term. The school will pay tribute on Friday 24 April with our whole school ANZAC ceremony. As well as this the school will join in the public parade down Queen Street and attend the Ayr ANZAC Ceremony. I will be encouraging as many students as possible to participate in this parade as a sign of respect for this very solemn occasion. It would be very impressive to see a large contingent from Ayr State High School represented in this important community event. More information will be on hand at the beginning of next term.

Next week we have the Year 7 and 8 activities days down at Alva Beach. This is a great celebration of the students’ transition into secondary schooling. In most cases the new Year 7 and 8 students have transitioned very positively into our school and are feeling confident about their schooling and future. We will continue to work with the students next term to ensure all students understand and are meeting the Ayr State High Learner Code of SAFE, RESPECT and PERSONAL BEST in every aspect of their schooling.

Yours in education
Craig Whittred
Principal

Concerns Over Teens And Energy Drinks
by Cassandra, School Nurse

The large quantities of caffeine in energy drinks often causes a number of unwanted side effects. These side effects include heart palpitations, anxiety, nervousness, headaches, difficulty concentrating, difficulty sleeping, upset stomach, jitters and frequent urination (Sara, Seifert and Colleagues, 2011). The ingredients in energy drinks can also interact with certain medications and cause even more serious side effects in teenagers with diabetes, attention deficit hyperactivity disorder, cardiac abnormalities, mood disorders and behavioural disorders. A study published in the Australian Medical Journal in January 2012, found that there were 297 calls to a poisons hotline between 2004 and 2010 related to energy drinks. The study revealed that 128 people had to attend an emergency department for treatment with symptoms like stomach upsets and, in a small number, signs of hallucinations, seizures and cardiac problems.

According to an article by Whyte (2013), one in three teenagers may be consuming the equivalent of 10 instant coffees a day in energy drinks. A daily dose of caffeine should not exceed 200 to 300 milligrams, yet a 500 millilitre serving of Mother, Monster or Red Bull energy drink contains 160 milligrams of caffeine, and some teens drink 3 per day.

While energy drinks may give you a rush of energy when you first drink them, in the long run, they usually end up making you more tired, and left with unwanted side effects. The best way to avoid this is to skip energy drinks altogether. Ayr State High School has taken a stand against energy drinks and students are no longer permitted to drink them whilst on the school grounds. As parents, be aware of the harmful effects of energy drinks and strive to eliminate them completely from your teenager’s diet. Stay Healthy.
ASHS Volleyball Champs!
by Miss Courtney Carrigan, Sports Co-ordinator

Congratulations to both Ayr High’s U14 and Open mixed volleyball teams who won their respective divisions in the recent Interschool competition against BCHS and HHSHS. Each division played four games in total. The U14 team was undefeated and the open team needed a win in their final game against BCHS to win overall. They rallied and fought hard to win. The Burdekin Volleyball Association (who convened the competition) chose a Most Valuable Player (MVP) and a Most Improved for each division. Joel Horan was chosen as the MVP in the U14 competition and Natalie Holt was deemed the Most Improved in the open division. Well done to all involved.

NQ School Futsal Titles
by Miss Courtney Carrigan, Sports Co-ordinator

Futsal continues to flourish at Ayr State High School with five boys teams and 1 girls team competing at the North Queensland School Titles this year. The Futsal Titles were held in Townsville in week 8 from Monday 16 - Wednesday 18 April. All divisions this year had increased numbers of teams competing which made progressing to finals much more difficult. The U13 boys team were successful in making the semi-final but with only five players could not continue their winning ways. The U14 boys could not continue their good fortunes from 2014 and had a disappointing day in the round robin stages. The U15 boys team improve to form winning two games and drawing one, their most successful year since they started playing in 2013. The U16 girls made it to the semi-finals with a new look team but were beaten 0-1, finishing 3rd overall. The U16 and open boys competed together in a combined 16/19’s competition, competing in two pools. The U16’s ended up playing in the U16 final losing 0-4 to Ryan. The U19 boys competed extremely well with tough competition to make the semi-final but went down 1-3. All students played incredibly well in hot and tiring conditions and should be proud of their efforts. Lastly, thank you to the staff and parent drivers, without whom we could not participate in this event.

Sport Scores

Interschool Netball 17/03/15
U15 Girls: vs BCHS Loss 20 - 22
Open Girls: vs BCHS Loss 16 - 21

Interschool Rugby League 17/03/15
No games due to referee shortage

Interschool Netball 24/03/15
U15 Girls: vs HHSHS Loss 16 - 33
Open Girls: vs HHSHS Loss 29 - 33

Interschool Rugby League 24/03/15
U15 Boys: vs HHSHS Win 38 - 4
Open Boys: vs HHSHS Win 26 - 18

Northern (NQ) Selections
by Miss Courtney Carrigan, Sports Co-ordinator

Congratulations to Natalie Holt (Year 12) and Jordan Zabel (Year 12) who were selected in Northern U19 Schoolgirls/boys football squads recently. Both Nat and Jordan will travel to Maroochydore on the Sunshine Coast to participate in the Queensland Championships in May. Special mentions to Abigail Evetts (Year 9) who was selected as a shadow player in the girls’ squad, and to Ryan Taylor (Year 12) and Jaidyn Lambie-Fabbro (Year 12) who performed admirably to make the possibilities/probable match.

adidas School Fun Run
by Miss Courtney Carrigan, Sports Co-ordinator

We will be holding an adidas School Fun-Run as a major fundraising event this year. The event will be held on Wednesday 29 April (week 2, Term 2) in conjunction with the Interhouse Cross Country. The adidas School Fun-Run is a healthy, fun and active fundraiser that ensures we send the right message to our students about getting active, having fun and maintaining a healthy lifestyle. The main focus of this event is on participation. Family support is most appreciated as we encourage all students to get involved.

On Thursday (26 March), during an extended Form, all students received details about the cross country and fun run events, a Parent Letter and a Sponsorship Form to help collect sponsorship on behalf of the school. The funds raised could be used to purchase sport uniforms and sporting equipment.

We ask all parents to read the Sponsorship Form and sign the front page to grant permission for their child to fundraise and participate in this event. Students who raise just $10 or more will receive a reward for effort. In the Sponsorship Form you will also find many other benefits like the chance to win a family holiday to Disneyland! Thank you, good luck and happy fundraising!

Cross Country & Fun Run
Wednesday 29 April 2015
1.30 pm - Cross Country
2.10 pm - Fun Run

Cross Country

Congratulations to the Rugby League boys who were undefeated in the U13 round robin Interschool Competition last Wednesday 18 March. Well done boys!!
Bullying: No Way! Writing Competition
by Mrs Linda Attard, A/HOD - English, The Arts

In conjunction with the National Day of Action against Bullying and Violence last Friday, and to help spread the message that bullying is not ok, a competition was held during the week, where all students were invited to submit a short story, a poem, a song or a persuasive exposition, basically ANYTHING that supports a Bullying: No Way! stance.

After much deliberation, runner up was awarded to Ashley Green with first prize awarded to Sarah McDonnell, both Year 7 students. Both winners depicted the attitude that Ayr State High School upholds against bullying, an attitude that does not ignore or tolerate bullying of any kind.

Choir and Band Uniforms

Please remember to return your choir and band uniforms to the school office. Uniforms were due back at the end of last year, however a number are still outstanding. Your assistance would be appreciated.

The Music Department.

Australian Air Force Cadets

AFC is a community based youth development organisation operating within a military environment. We offer training and practical experiences in fieldcraft, navigation, survival and aviation plus give cadets the opportunity to learn and develop leadership and instructional skills. Cadets also enjoy hands-on flying experiences.

We are currently recruiting for 2015. Positions are available for males and females aged between 13 and 16 years.

For information on what AAFC can offer you (or your child), Phone 0438 107 059 or call to Tsimba Ridge Training Depot, Friday nights at 7pm (except during school holidays). Recruiting closes 30 April. Be quick.

Download the free QSchool App to stay connected to news and events.
Pink Stumps Day
Bowls Over Ayr High

On Wednesday 25 March Ayr State High School held “Pink Stumps Day” in support of the McGrath Foundation for breast cancer. The Year 12’s took on the challenge of hosting the day which saw many students and staff dressing in vibrant pink colours and donating funds to support the foundation. A cricket game was played at both lunch breaks, with the Years 12’s taking on the rest of the school (Year 7-11’s). There were spectacular catches and brilliant batting efforts with many prizes on offer. Pink icy cups were also sold and went quickly in the hot conditions. A ‘pink’ raffle (which included a pink stumps day hat, water bottle, handball, sunnies and wristbands) was held to raise more funds and was won by Josh Magatelli (Year 9). Students and staff donated generously, and as we still have a donation box at the Tuckshop at time of print we will reveal our total fundraising effort in the next Ayring. Thanks to all who made Pink Stumps Day a success.

Support the Year 11s with their 2015 charity
Cooking up a BBQ storm to help people in rural communities

The Great Outback BBQ

GOLD COIN DONATION FOR SAUSAGE SIZZLE
Support us with our BBQs being cooked throughout March and April:
Parent/Guardian Community
P/T Interviews, Monday 23 March 2015
Burdekin Community
Woolworth’s BBQ Saturday, 11 April 2015
School Community
Wednesday, 22 April 2015

2015 P&C Membership Forms

If you haven’t already received one of these yellow forms you may collect one from the school office or have one emailed to you. It is essential for Insurance purposes that you are registered every year should you be involved with P&C activities; eg Canteen, Music Support (Bingo), manning stalls at festivals, working bees.

To make things simpler for those who registered for 2014 - all that you are required to do on the 2015 form is enter any detail change along with your name and signature. Canteen and Bingo helpers still required. Newcomers are welcome to attend P&C meetings. asockhill@live.com, Ph: 0400 536 113

U13 Interschool Netball

On Wednesday 18 March, the girls represented Ayr State High in the round robin U13 Interschool Netball Competition. Having never played together before the girls took a little while to gel, but once they got going they worked tremendously as a team. We are very proud of their efforts and are looking forward to seeing their continued commitment to the Ayr High Spirit for years to come! Well done girls!!!

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Issue No 4 - 2015 Ayring - keeping you informed

It’s not OK to be away

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On Tuesday 10 March, the Year 12’s set off for the Kinchant Outdoor Education Centre for our senior camp. After the four hour long bus trip, we embarked on the challenge of a lifetime - four days of numerous leadership and team-building activities coordinated by the teachers and the KOEC staff.

Upon arrival at the campsites, we were divided into six groups: Kit Kats, Milky Ways, Freddos, Maltesers, Mars Bars and Flakes. Throughout the camp, these groups worked together on various activities to further develop their communication and leadership skills. These activities were aimed at pushing the Year 12’s to their limits and breaking through their own personal comfort zones. With the encouragement of fellow team mates, we were able to conquer the High Ropes course, G-Swing, Flying Fox and the rain, all in one piece.

Throughout the camp, we were also split into our House teams and worked together to complete the Iron Man Challenge and the Survivor Challenge. These challenges saw us taking on the Kinchant Dam’s weedy waters and battling the weather on the hills, as we fought it out to determine the camp House Champions. Cook won the Iron Man challenge which saw teams take to the water with a ‘Rescue the Victim’ swim, board and paddle race. Cook, therefore, had a head start in the Survivor Challenge, where teams were greeted by the Chief of Kinchant (Mr Ballin). With his blessing, we competed against each other to complete numerous team building activities and build a House totem which gave us access to the final leg of the challenge. And that’s when the heavens really began to open up. Banks, Cook, Macquarie and Phillip took on the slippery terrain in a maze of muddy goat tracks to first build a raft and then find and rescue their respective missing team member. After a little over two hours, Banks came running across the finish line to take out the Survivors Challenge with their missing member Ms Ruge. Shortly after, Phillip returned with Chappy Scott, following Macquarie with Mr Vacher and Cook with Ms Scott. The teams worked extremely well together navigating the muddy hills in the drenching rain. The display of mateship, encouragement and support from each member of all teams was absolutely incredible.

After the four long and wet days at Kinchant, the Year 12’s have grown stronger together as a cohort and have further developed leadership, teamwork and interpersonal skills. The fun filled tests and challenges we faced on camp and the successes and new friendships we shared, will last a lifetime. We would like to thank the support staff and teachers, School Nurse Cassandra, Chappy Scott, Mrs Cecily Cotter, Mr Ballin, Ms Ruge, Mr Vacher, Ms Carrigan and Ms Scott. The teachers and support staff assisted with the camp and provided support and encouragement to the students, as did the KOEC staff who facilitated many of the activities. It was a truly remarkable experience with memories that will stay with us forever.

Camp Kinchant 2015
by Tayla Heiur, Year 12 Student & School Captain