Open Day Success
by Mrs Saskia Vollema-Creek, coordinator Ayr State High School Open Day

It is the past students and teachers’ memories that make up the history of a school. Many of these were shared last Saturday when several hundred past students and teachers visited Ayr High on Saturday 5 May, to celebrate its 75th Jubilee. Displays were looked at, entertainment enjoyed, food eaten and decade trees planted. A cake was cut, the raffle was drawn (won by Ms S Bunnett), the time capsule was buried and the people involved in making the day a success were thanked.

75 years of teaching and learning at Ayr High was celebrated at the Open Day, which took many months to plan. Each Department constructed a display which celebrated the past and showcased the future of education at Ayr High. Entertainment by Sam Row and Adam Dudley as well as students singing to Eagle Rock, one of the songs from this year’s musical, was enjoyed by all who ventured down to the MPS.

The photo displays in the Resource Centre were a big hit as past students sought to find themselves in either the photos or the enrolment records (thanks to Ms Victoria Augostis for printing and binding these). The wall cabinets newly completed in the SMC foyer by Mr Peter Jensen and his construction students contained items of interest including a girls’ uniform donated by Esther Palombi. Many people contributed to a successful tour down memory lane:- Tea, coffee, sandwiches, slices and biscuits were prepared by Mrs Alison Robertson, Mrs Judy Kierle’s Year 9 Food Studies students and various staff members; Rotary organised hot food and soft drinks; the Interact club organised the sale of memorabilia with the assistance of Mrs Vicki Toohey; Ms Heather Scott (an ex school captain and newly appointed teacher) assisted invaluably across many areas; Mr Allan Henaway took great pride in the excellent state of the grounds on the day; Mrs Sue Perry organised the tree planting; Ms Luisa Scodellaro (Library Teacher Aide) sourced much historical memorabilia; the 2012 student executive and numerous other student helpers.

A large number of past students thoroughly enjoyed visiting the past while discovering a taste of the future as Ayr State High School celebrated 75 amazing years.

It was a great pleasure to be involved in such a significant historical event.
Past weekend Ayr State High School celebrated its 75th Jubilee with celebrations organised by both the school and community members. The school-based celebration on Saturday was an outstanding success with hundreds of people taking the opportunity to visit the school and reminisce about the days at school and to see what is happening in education today.

There were displays set up celebrating the history and past and present student work right across the school in areas such as drama, Home Economics, Science, Art, Manual Arts and Business Studies just to name a few.

I spoke with many visitors on the day, many of whom have moved on from the community and had quite distinguished careers in their chosen fields, all commented on what a terrific day it was and how impressed they were with the students and staff who were working on the day.

To all the staff who were involved on the day or in the preparations for the day I say thank you for your commitment to the school. And to the students, stretching from Year 8s to our Student Executive, I would also like to say thank you and again reiterate what the visitors said, “you really did do yourselves, your families and the school proud.”

The day would not have been the great success it was without the commitment and drive of its organiser Mrs Vollema-Creek. She did an outstanding job in preparing the numerous parts of the day from organising dates, sourcing the time capsule, rocks, plaques and trees to ordering memorabilia and providing the organisation of the day. Mrs Vollema-Creek made the 75th Jubilee celebrations a success and I on behalf of the Ayr State High’s community would like to thank her for her efforts.

Celebrations were also held in the community in concert with the school based event. These events were led by a team of wonderful ladies and past students headed by Mrs Helen Lingard and Mrs Carol Porter. The ladies with the support of the Ayr State High School Parents and Citizens Association were able to hold two functions on the Friday night a Meet and Greet at the Burdekin Theatre and on the Saturday the Gala Dinner at the Burdekin Memorial Hall in Home Hill.

Both events were a great success and a credit to Helen and Carol. On behalf of the Ayr State High School community I would like to thank and congratulate Helen, Carol and their team for their efforts in supporting Ayr State High’s 75th Jubilee celebrations.

Yours in education

Craig Whittred
Principal

Queensland Theatre Company Workshop

by Miss Maree Longworth, Drama Teacher

On Friday 4 May, 30 excited Drama students participated in a Queensland Theatre Company Workshop. QTC is directed by Indigenous writer and Actor Mr Wesley Enoch and aims to provide professional theatre to the state of Queensland.

The students from Year 9 - 12 Drama were able to participate in practical workshops based on creating characters for Gothic and Children’s Theatre. The group was then taken through a series of activities based on the work of Bertolt Brecht, which the seniors are currently studying.

Travis, the workshop provider, commented that he has never seen so much talent from a large group of students. He also commented he found Ayr High Drama students to be the most receptive and creative group he has worked with!

Thank you to the students who participated on the day. The students demonstrated their talent and passion for Drama!
Interschool Cross Country

by Ms Courtney Carrigan, Sports Co-ordinator

On Wednesday 2 May, 33 students represented Ayr High at the Interschool Cross Country, which was held on our (ASHS) course. The senior boys led the way out of the school grounds, down the golf course and out into town, with the junior boys and all girls following respectively. There were a number of outstanding performances with 13 students finishing in the top four of their age group. This qualifies them for the Burdekin Cross Country Squad. These students were:

Under 13 – Shannah King (2nd), Liam Vitale (2nd) and Joel Mason (4th)
Under 14 – Kyla Pringle (1st), Keely Great (2nd), Tayla Heuir (4th), René Le Feuvre (2nd), Jordan Zabel (3rd) and Josiah Ballin (4th)
Under 15 – Zoie Borellini (4th)
Under 16 – Hollie Grant (2nd) and Chantal Mohle (3rd)
Open – Daniel McConnachie (1st)

These students are now invited to attend the North Queensland Cross Country Trials on Tuesday 22 May in Townsville. All students are to be congratulated on their performances and enthusiastic participation.

Interschool Sport...Term 2

by Ms Courtney Carrigan, Sports Co-ordinator

Term 2 Interschool sport commenced with the Interschool Cross Country on Wednesday 2 May (week 3) and will be followed by Rugby Union on Thursday 17 May (week 5) and Football (soccer) on Monday 21 May (week 6). Basketball has been postponed until Term 3.

The following North Queensland trials are scheduled for Term 2:
22/5 - Cross Country
Cluster 4 (5/6) – U15 Basketball, U15 Football, U15 Rugby Union

Students should keep an eye on the notices for further information closer to the trial dates or alternatively contact Ms Courtney Carrigan.

May is all about Heart Health

by Cassandra, School Based Youth Health Nurse

Cardiovascular disease remains one of the number one killers amongst Australian men and women. In 2009, Heart Disease was responsible for 46,106 deaths, representing 32.8% of all deaths in that year (Heart Foundation, 2011). Risk Factors for heart disease include: physical inactivity, poor nutrition, high cholesterol and blood pressure.

Healthy Heart – Does your oil need changing? An oil change made easy!
Just as the oil in your car gets dirty, so does your blood with cholesterol. You can change the oil in your car, but not the blood in your body. So we need to clean it!

What Makes Our Blood Dirty?
Cholesterol is a waxy substance that our liver produces and puts into our blood. When our blood gets too dirty it deposits the cholesterol into our arteries just like the pipes in our car. This can cause a blockage or heart attack. Triglycerides are a type of fat that can also make our blood thick and sticky and clot more easily.

Five things I can add to clean my blood:
- 2 serves of fruit every day
- 5 serves of vegies every day
- baked beans or high fibre cereal at breakfast. Multigrain bread, porridge, All Bran, or Sultana Bran
- fish 2 – 3 times per week, this includes tinned or fresh fish.
- activity most days of the week.

Five things I can reduce:
- the fat and skin on meat and poultry – it really isn’t the best bit
- battered, crumbed and fried foods
- fatty meats – like sausages and salami
- fast foods – say no to mass produced burgers, chicken and deep fried takeaway
- full cream dairy – try low fat milk and dairy instead.

Keep your heart healthy.
Year 11s go to court and then prison!

by Breanna Ritchie, Kerri-Ann Camilotto and Katrelle Granshaw

On Tuesday, 13 March Year 11 Legal Studies Students crammed into two cars to visit the Magistrate’s Court in Townsville. We walked through security screening under the watchful eyes of many defendants and solicitors. After an enlightening talk with the Magistrate Ross Mack, we were now fully briefed on the Court System. It wasn’t long after that we found ourselves walking into the Magistrate Court room and bowing our head to the Coat of Arms. We soon found out how quickly each case rolls over. However, when we were left alone in the Court room, we were asked to rise by the Magistrate. Embarrassed and awkward we were just left standing until two minutes later a kind lawyer told us that we were allowed to sit down.

Following Court it was off to Stuart Prison. This was by far the most entertaining experience of the day. Excited, we all followed the Warden along the outside of the Men’s Prison. The rolls of razor wire were a sight to be seen! We couldn’t imagine anyone trying to escape through that! Free education, food, TV and AIR-CON, life seems good inside! Except you couldn’t leave the place!

Next we were privileged enough to see the drug detection dogs in action. Hercules flaunted his ability to sniff out any hidden drugs. We were then able to pat and cuddle him as much as our hearts desired. This marked the end of our day, but not before a sneak peak of the prisoners at work.

We would like to give a big thank you to Mrs Vollema-Creek and Mrs Granshaw for this exciting and beneficial experience, as without them it would not be possible.

Become A Volunteer Host Family

World Education Program (WEP) is inviting you to experience another culture in your own home by becoming a volunteer host family to an international student arriving in July 2012. Students from Italy, Belgium and The Netherlands are looking forward to experiencing life in Australia, making new friends and becoming a member of an Australian family.

Find out more!

Don’t miss out on this wonderful opportunity and contact WEP today to receive a full information pack for your family.

Contact Chantel Woods, Inbound Exchange Administrator for further information.

Phone: 1300 884 733
Email: wep@wep.org.au
Online: www.wep.org.au

Wanted
For School Musical
70’s or 80’s model
Ford XA - XD or Holden HQ - HX Sedan or Ute.
Any condition.
Please phone 4790 4333.

English Tutoring
Senior English
Wednesday at 8 am in B5

Junior English
Wednesday at 3.15 - 4.15 in B5

Ayr State High School Music Support Group

Bingo
Saturday 2.00 pm
Anglican Church Hall
Jackpots $400, $300, $200

Upcoming Events

14 May P&C Meeting (7.30 pm, Resource Centre)
15 May Parent Information Evening-OCE & SET Plan (5.30 pm, Smart Media Centre)
15-17 May Yr 9 Naplan Test (morning)
17 May Yr 8 Naplan Practice Test (afternoon)
17 May Interschool Rugby Union (3.30 pm)
21 May Interschool Disco (7 - 10 pm, Showgrounds Hall)
24 May Yr 11 Biology Camp
25 May Yr 11 Biology Camp
26 May Grad Trivia Night (7.30 pm, I Block)
28 May Music Support Meeting (7.30 pm, A12)

Interschool Football (3.30 pm)

Betts Electrical
YOUR DISCOUNT ELECTRICAL STORE
SALES - SERVICE - SPARE PARTS
EVERYTHING ELECTRICAL from AIRCONDITIONERS and COMPUTERS to VIDEOS and WASHING MACHINES

Delta Electrix
Phone 4783 1566 Fax 4783 4219
East End Centre, Ayr