As part of our 50th Year Anniversary Celebrations, we will feature some interesting articles from old editions of the school magazine: Karinya.

**Principal’s reflections (from the 1976 Karinya)**

It does not seem like twelve years ago that twenty teachers and three hundred and sixty-six pupils gathered under the oak tree at Wellington Square and Prospect High School was born. Of that pioneering group, only Mrs McLennan, Mr Murray and Mr Simpson are now still at the school.

We moved to the present site in 1966, seriously short of equipment in an unfinished school, with acres of red clay, scarcely a green tree, and not a blade of grass to beautify the area. It was really starting “from scratch”.

But they were an enthusiastic group – both students and staff – and our traditions soon began to emerge. We first put our name really on the map when we won the Junior Shield at the Inter-High Athletic Carnival in 1968 – the first year it was competed for. In the following years we have always been a force to contend with, in spite of being the smallest school in the area. This year we won eight of the ten finals we contested.

However, Prospect High stands for more than success in the sports field, but perhaps it would be quite proper for me to go through the successes we have had in other areas. But nevertheless I am personally very proud of our school. I have thoroughly enjoyed my twelve years here, and am confident it will go from strength to strength.

I know my successor, Mr BJ Brown will have the full support of staff, students and parents, and I wish you all a Happy Christmas, a prosperous New Year, and every success in the future.

Mr Stan Morris
Principal
1965 - 1976

**Dates**

**Uniform Shop** 3.15pm - 3.45pm
Thursdays: 18 June; 2 July
Parents can arrange to purchase uniform at other times by phoning the school in advance.

**Inter-high Cross Country**
Tuesday, 16 June

**Big Chair Challenge**
Friday, 19 June

**Grade 7 Immunisations**
30 June, 19 October

**School Association Meeting**
- D Block Meeting Room
Wednesday, 24 June, 5pm

**Newstead College Orientation Day**
Tuesday, 30 June

**Launceston College Orientation Day**
Thursday, 2 July

**MDT Redevelopment Opening**
Friday, 3 July

**50th Anniversary Celebrations**
Bookings essential.
Friday, September 19
School tours, lunchtime BBQ and special Anniversary Assembly.
Saturday, September 19
School tours.
Celebration evening at the school.

**2016, 2017 and 2018 School Dates:**

**2015 School Dates**

**Term 2**
Monday, 20 April - Friday, 3 July

**Term 3**
Monday, 20 July - Friday, 25 September

**Term 4**
Monday, 12 October - Thursday, 17 December (students finish)
(Friday 23 October is a Student Free Day)
Friday, 18 December (teachers finish)
I hope that everyone had a relaxing and enjoyable long weekend and are feeling a little bit more refreshed and motivated for the second half of this term. Congratulations to one of our office administration team members, Michelle Wells who has won the position of HR Co-ordinator in the Eastern network of Learning Services Northern Region. This is a fixed term position for at least the remainder of the year. Michelle will be taking up this role immediately. This is a great opportunity for Michelle and we wish her well.

Recently, Prospect High School was selected as one of four schools across Tasmania to participate in Ready, Set, Job. This program is being delivered by Impact Communities in conjunction with the My Education team and the Professional Learning Institute, which is part of the Department of Education. Commencing next week, this program will be delivered across three sessions to two groups of Grade 10 students. Students will be involved in pre and post evaluation, teachers will review the sessions and train the trainer materials will be delivered to build capacity in schools. If the program is useful and successful it may be expanded through My Education. This is an exciting initiative to be a part of and complements the work we have already undertaken this year in partnership with Beacon Foundation. Thank you to Mark Nutting for managing the program within our school and thanks to teachers, Mr Scott Brewer and Mrs Sonya Matthews for their willingness to be involved.

At regular intervals, there is often debate in the media both for and against homework. I believe that homework is important but does need to be kept in perspective and managed sensibly and realistically. Homework can support higher levels of student achievement by extending the time available for students to consolidate skills and concepts learned at school. It also extends the time available for the exploration of new ideas and new situations. Homework can also extend the time available for the teacher to monitor student progress. Similarly, as students progress through education it is important that they become more independent and responsible learners.

Well known educational researcher, John Hattie (2008) argues that homework is more effective for students in secondary schooling, as compared to students in primary school. He also suggests that short and frequent homework is more effective than lengthy homework and the effectiveness of homework is increased when homework is monitored and feedback regarding homework is provided by the teacher to the student.

It is important that teachers, students and parents all manage homework appropriately. The Department of Education recommends that Grades 7 and 8 students have no more than 3 to 4 hours per week whereas the recommended maximum for Grades 9 and 10 students is 5 to 6 hours per week. Similarly, the amount and time allocated to homework should be balanced across all learning areas to allow sufficient time for family, recreation and community and cultural activities. Students should not be disadvantaged by a lack of access to resources such as computers and the Internet outside of the school.

Regards,

Cary Stocks
Principal

Prospect High School are looking for Host Families! From August 7-17 a group of students from our sister school in Japan will be visiting Tasmania. For the duration of their stay they would like to be billeted with a Tasmanian family. We are seeking families who would like to open their home to a Japanese student for this time. This is an excellent opportunity and cultural experience for your family. For more information please contact Miss Burnett.

With Winter well and truly here, it’s a good idea for students to be prepared with a pack of tissues in their locker and a couple in their pocket. Along with all your stationery needs, the Student Office sells small packs of tissues for 20c and 50c for those “runny nose days”.

If your child is suffering an illness that is infectious or contagious you should keep them home until they are better. It is in the best interests of your child (and everyone) if sick people stay at home. If your child is sick and needs to stay at home, please contact the school to let us know!

Need to pay your levies, but don’t have time to get to the school?
Did you know that you have the option of paying by BPAY or at a Service Tasmania shop?
Details are on the reverse of your invoice.
Contact the school office if you require any assistance or would like to discuss your statement.

The Student Representative Council are selling a Commemorative Penny for $10.00 to celebrate Prospect High School 50th Anniversary 1965 - 2015 in conjunction with World War One commemorations 1914 – 1918.
Order and pay now at the Administration Office or call 6344 4744.
Funds will support Soldier On and help our current service men and women to overcome the many physical and emotional challenges that war delivers.
www.soldieron.org.au or www.australiagreatwar.com.au
Support PHS School Association: Fundraising supports students.

For more information about the Entertainment Book’s deals in Launceston and surrounds, go to: http://www.entertainmentbook.com.au/about/Tell-me-More/Launceston
**Community News, Information and Events**

**THE RAY WILLIS MEMORIAL AWARD**

This award is jointly awarded by the YMCA and the Riverside Lions Club, two organisations for whom Ray Willis worked tirelessly over many years. Ray took over the leadership of the YMCA in Launceston in 1980 and turned around the fortunes of the organisation by greatly improving the facilities both at Kings Meadows and at Badger Head, along with its finances. Ray was also a member of the Riverside Lions Club, almost from it’s inception. He was President in 1973-74 and continued to work tirelessly on many activities until shortly before his passing in 2013.

This award is for a young person between 14 and 25 years of age, living in the greater Launceston area, who can demonstrate the need for assistance to help them realise their ambitions, whether it be educational, artistic, sporting or vocational.

The award will be for $1,000 each organisation contributing $500 every year. The successful applicant will be able to use the money to pay for sporting, artistic, educational or vocational/career courses or programs. Each applicant will need to submit a written application (see application form) and nominate one adult referee. Collect more information and an application form from the Student Office.

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**New research shows need to challenge violence supportive attitudes among youth**

One in four young men believe that controlling and violent behaviours are signs of male strength. One third of these are categorised as being on the trajectory towards potential perpetration of violence against women and girls, the remainder are comfortable with coercive and disrespectful behaviour.

These are some of the results from a survey of over 3000 young men and women commissioned by Our Watch, the national foundation to prevent violence against women and their children. Undertaken by Hall and Partners Open Mind, the research reveals that young people are struggling to work out what healthy, respectful relationships look like.

The survey indicates that one in six 12-24 year olds believes ‘women should know their place’, and one in three believes ‘exerting control over someone is not a form of violence’. Also, more than a quarter of young people believe ‘male verbal harassment’ and ‘pressure for sex toward females’ are ‘normal’ practices.

Our Watch Chair, Natasha Stott Despoja AM said that the report reveals parents aren’t talking to their children about relationships and sex. It shows that, beyond basic anatomy and talk of STI’s – relationship education is not covered adequately through the education system.

“Today, Our Watch launches The Line (theline.org.au). Through online articles, resources and a social media campaign The Line will challenge rigid gender roles, gender inequality, and sexism and encourage young people to break the cycle of violence. Our Watch is also launching Policy Brief 5 - Working with children and young people as a guide for preventing violence against women and their children.

“It outlines prevention initiatives to shape positive and equitable attitudes and behaviours at an early stage of life. It also forms the basis of our strategy of youth engagement through The Line,” said Ms Stott Despoja.

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**Winter fire Saturday 27 June**

Rug up warmly for an evening of fire, fun, food and fireworks to be held at the Deloraine Showground. There will be 12 fire pots around which different activities will take place such as storytelling, poetry reading, music, fire twirling, toasting of marshmallows and of course catching up with friends. Inside the Furnace building will be food and a performance by Circle Dance Band and dancers. A fireworks display at 6.30pm will light up the sky and be followed by a large bonfire. Gates open at 5.00pm, bring a torch. Entry is $10 per adult and children are free. This event is presented by Arts Deloraine and sponsored by the Rotary Club of Deloraine with the support of other community groups.

**Help stop family violence**

The Salvation Army is working with the University of Tasmania to raise men’s awareness of the harms that exposure to family violence can cause children. They would like to hear your views on what you think might help and are hosting a ‘World Café’ in Launceston on 9 July 2015 at 3:00pm to share ideas.

If you would like to take part please contact Dr Peter Lucas on (03) 6226 4795 or by email at p.lucas@utas.edu.au
Working Wonders

This student deserves our recognition for his application to his studies and concern for other students. He is prepared to help his teachers and classmates. He is an excellent role model to others and is always respectful in his relationships. Thank you.

Grade 9

This student has been really engaged in her Child Studies class. She is always well organised and prepared for each lesson. This student has been helping the Grade 10 girls prepare the simulated babies for home visits. This student is learning the routines really well and her leadership and assistance is very much appreciated.

All the Grade 9 students who participated in the Your Future Tasmania event at the University of Tasmania last Wednesday. Our students were impeccably behaved, asked lots of questions and represented our school with pride. Congratulations everyone and thank you to two students for their brief summary of the day in our Grade assembly this week.

Doctors warn that a steady onslaught of loud noise, particularly through ear buds, is damaging the hearing of a generation wired for sound — although they may not realize it for years.

Earlier this year the World Health Organization warned that 1.1 billion young people are at risk of hearing loss because of personal audio devices, and damaging levels of sound at entertainment venues, where noise levels can top 120 decibels for hours.

It is estimated that hearing loss among today’s teens is about 30 percent higher than in the 1980s and 1990s.

Repeated exposure to sound over 85 decibels can cause hearing loss. Permanent damage can happen in minutes, experts say, and when the damage is done, it’s irreversible.

A study published in 2014 revealed that nerve synapses can be more vulnerable to damage than hair cells in the inner ear: When young animals were exposed to loud noise, even just once, they had accelerated hearing loss later in life.

How can we protect our hearing?

Experts say the best way to protect young ears is to apply the “60/60” rule: Keep the volume on the MP3 player under 60 percent and only listen for a maximum of 60 minutes a day. Also, using over the ear headphones is a safer option than earbuds which place the sound closer to the ear drum, enhancing volume by as much as 9 decibels.

When using headphones in a noisy place like a school bus, the tendency is the turn the volume up, so use headphones that cover up outside noise. At loud events, wear ear protection. And to protect your kids, use Apple’s parental control setting to set lower sound levels on iPhones and iPads, locked in place with a password.

Protect Your Hearing

First Aid Course - FREE!

FREE (fully accredited)
First-aid Course
Three Days 9.30 a.m. – 2.30 p.m.
Thursday 25 June, Wednesday 1 July, Thursday 2 July
For information or to enrol please ring Julie 6777 2611

Food and Mood

What you eat can greatly affect your health and wellbeing. Scientific studies have found that food can impact how you feel. Research from two different studies suggest that the food you eat can affect your mood and influence your emotional wellbeing.

A quantitative University study found an association between consuming fruit and vegetables one day and being in a positive mood the next day. The study also found consuming a diet high in calories, saturated fats and sodium was associated with increased negative mood two days later.

Similarly, another quantitative study found a strong association between fruit and vegetable intake and positive mood measured by standardised questionnaires over a 21 day period.

It seems there is growing evidence that eating a healthy balanced diet in the right quantity for your needs may improve your mood and mental wellbeing. It is difficult to separate which nutrients are the most beneficial, so we should aim to eat a large variety of foods including plenty of vegetables, fruit and wholegrain cereals, together with some protein foods and unsaturated fats. Try to limit processed and more refined foods, which are likely to be higher in calories, saturated fat and sodium without providing as many essential nutrients.

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