Within the Lockyer Valley, the support for cancer foundations has always been of importance to the community members. This year, to show our continual support for the Leukaemia foundation, we designed a fundraiser to raise money for this most deserving charity.

I, along with several male teachers, designed a competition where students were able to voluntarily donate money to the nominee who they mostly wanted to see bald.

As the competition progressed, Mr Staples and I were the obvious leaders; having received donations of over $150 each.

On the day of the shave we managed to raise more than $100 in donations simply while people were watching us shave our heads. This was a great achievement. This brought the total money raised to over $460.

Even though the day was full of fun and laughs it was a serious reminder of the pain cancer sufferers’ go through every day. I am sure the money we raised as a school will assist the Leukaemia foundation.

A special thank you to Frau Habermann and Mr Markham for helping me organise the event, to Mr Abraham and Mr Staples who participated and shaved their heads even though they did not win, and finally to Nicholas Berlin, who was the highest donator and privileged enough to shave off Mr Staples hair. I would finally like to thank everyone who donated their money and who came to watch.

Daniel Orman
School Captain

School Supports Charities

Lockyer District High School turned purple on Friday 22nd March in support of two worthy causes. Students were decked out in purple to show their support for Relay for Life and Epilepsy Queensland. Donations smashed the $1000 mark with students raising a total of $1246, which was split between the two charities. Thank you to all who participated in the free dress day or bought a purple ribbon!

It might be an opportunity to get to know new people and have a social morning.

Coming Events

MAY

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<tr>
<th>Date</th>
<th>Event Description</th>
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<td>Barista Training</td>
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<td>Tuesday</td>
<td>12 Hospitality Restaurant 1</td>
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<td>12 Hospitality Restaurant 2</td>
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<td>Year 9 Naplan Test</td>
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<td>Thursday</td>
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<td>17 - 19</td>
<td>Brookfield Show (Ag Science)</td>
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<td>20 - 24</td>
<td>Restaurant Course</td>
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<td>20 - 24</td>
<td>Australia’s Biggest Morning Tea</td>
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<td>Friday 24</td>
<td>Science &amp; Engineering Challenge</td>
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<td>Esk Show (Ag Science)</td>
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<td>Tuesday 28</td>
<td>Darling Downs Cross Country</td>
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<td>Wednesday</td>
<td>Year 8 &amp; 10 Immunisation Clinic</td>
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Tuckshop Volunteers Required

If you have spare time and would like to assist in the preparation or serving of food at the tuckshop please contact Shirley or Kaylene on 5466 2314.
Welcome to the April edition of Lockyerlife. Thank you for taking the time to read this edition, as we believe that our newsletter forms an important part of home school communication.

Lockyer District High School is a significant hub in the Gatton community. We clearly recognise our role in generating community spirit amongst young people. Recently our students and staff participated in Relay for Life, a passionate and passionate participation in community events make for a significant contribution to an impassioned participation in community events make for community minded people, a rich schooling experience, a caring and compassionate community. Well done to all students who took part and to staff who organised the schools participation.

Year 8 camp is a highlight of the Year 8 calendar. Our students travelled to Petrie, north of Brisbane to be part of the annual event. The camp gives Year 8 students who come to us from as many as 21 primary partner schools the chance to come together and gel as a group. Many will be together for the next 5 years so developing good partnerships will create effective learning groups and build group capacity. Thanks to the students who participated, the teachers who leave their families for 3 days to attend the camp and the Year 8 co-ordinators, Sarah Ryan and Jason Croft for organising the camp.

NAPLAN testing is only weeks away (14,15 and 16 May 2013). Students participate in these literacy and numeracy tests whilst in Years 3, 5, 7 and 9. NAPLAN is important as the results inform the student and parents about the progress of their students against national standards. The tests also inform schools about how they can modify their programs to meet student’s needs. I am encouraging parents to discuss the NAPLAN tests with their students to ensure that they participate fully and to the best of their ability as they are very important tests.

We have been making some communication changes including a new website. Still at the same address, lockdistshs.eq.edu.au the website has a new format and updated information. It should be easy to navigate and use. Similarly, our change to the way parents can book Parent/teacher interviews on-line seems to have been successful, and the evening was well subscribed. Finally, our periodic SMS texting to inform parents of student unexplained absences has contributed to an improvement in student attendance from 85.8% to 89% over the same time last year. Parents, please ensure that all student absences are explained by contacting the school administration.

I remain very proud of the students and staff at Lockyer. Together, we have a good school. Let’s all work together to continue to improve in everything we do.

If our school can assist you in any way, please contact us. You can follow me on twitter @Principal_LDHS or copy the link https://twitter.com/#!/Principal_LDHS

Until next time

Darren

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**SCHOOL NURSE**

**COLD AND FLU SEASON**

Winter can be a trying time both mentally and physically. The days are darker, colder and shorter and our bodies become more susceptible to all kinds of winter nasties like cold and flu. While it sounds tempting just to stay inside and hide from it all, being proactive about your health and wellbeing will help ensure that you make it through the cooler months cold and flu-free, and in tip-top shape to enjoy the summer. Here are tips for supercharging your winter wellness. The following information was taken from body+soul website, www.bodyandsoul.com.au/

1. **Wash hands**
   Sounds simple but it’s the number one way to stop the spread of germs. Experts recommend washing hands every few hours and in particular after using the toilet and before meals. Give them a wash after touching someone else’s phone or keyboard at work.

2. **Get vaccinated**
   The seasonal flu jab provides 12 months of cover against the major strains of flu including the 2009 pandemic swine flu. If you’re considered at risk (for example over 65, pregnant, or have a chronic illness), the government picks up the tab.

3. **Keep exercising**
   It’s hard to get motivated when it’s cold and dark, but your body has to work overtime to get warm, so you can burn more kilojoules on that early morning walk or run. Find an exercise partner to keep you motivated and if it’s too cold outside, go to the gym or do laps at an indoor pool.

4. **Eat well**
   Keep your immune system in shape by making sure you’re eating a healthy diet. For your body to be able to respond to infection, it needs to have enough protein, so enjoy lean meat, fish and poultry.

5. **Dose up on vitamins and minerals**
   Iron, zinc and vitamin C are also key to a healthy immune system. But before popping supplements, boost your dietary intake of these substances. Look for dark, leafy greens and red and yellow vegetables, which are all high in antioxidants.

6. **Stay hydrated**
   Drink at least eight glasses of water each day. If cold water is unappealing when the mercury dips, try boiled water with a slice of lemon. The moisture will also help make mucous membranes, including those in your sinuses, more resistant to bacteria.

7. **Rest up**
   Regular sleep is vital to staying healthy. Don’t let yourself get run down. Those who aren’t well rested are more likely to get sick.

8. **Quit smoking**
   Smokers are far more susceptible to upper respiratory infections, which tend to strike in winter. Even if you’re a social smoker, now’s a good time to quit and clear your airways.

9. **Clean up winter mould**
   Mould can trigger nasal congestion, sneezing, coughing, wheezing, respiratory infections and worsen asthma and allergic conditions. So move your spring clean forward to autumn.

10. **Save your skin**
    Cold air, wind and heating will dry out your skin, so keep your face and body well moisturised.

Take care and stay warm this winter

Your School Based Youth Health Nurse
Justine Coulson
COMMENCING AT 2PM ON THE 20TH OF APRIL, AROUND 40 STUDENTS, AS WELL AS MISS HABERMANN, MISS ANDERSON AND MS ROSIER, ASSEMBLED AT THE GATTON SHOWGROUNDS WITH THEIR ENTHUSIASTIC SPIRITS READY TO PARTICIPATE IN THE 2013 RELAY FOR LIFE. THE THEME FOR THIS YEAR’S RELAY FOR LIFE WAS ‘TO SEARCH FOR’. THE STUDENTS DECIDED TO CONTINUE FROM LAST YEAR’S DECISIONS, WHILE ADDING A FEW QUIRKY TWISTS THIS YEAR, AND DRESSED UP AS SUPER HEROES, NINJAS OR PIRATES.

ON BEHALF OF ALL THE STUDENTS AND TEACHERS FROM LOCKYER DISTRICT HIGH SCHOOL, DURING THE CEREMONY, WE ALONG WITH MANY OTHERS FROM THE COMMUNITY, LIT A CANDLE INSIDE A BAG AND PLACED IT ON THE INNER RING OF THE TRACK WHICH WE WALKED AROUND ALL NIGHT. THE MEANING OF THIS GESTURE WAS TO REMIND EVERYONE THAT WHILE CANCER DOES AFFECT SO MANY IN OUR LIVES, WE WILL NEVER LOSE HOPE.

FOR 18 HOURS, WE SUCCESSFULLY CONTINUED TO, IN SMALL GROUPS, TAKE SHIFTS OF DOING LAPS AROUND THE OVAL. OUR BATTELET WHICH WE HAD TO CARRY WITH US AS WE WALKED WAS NOT A BATTELET THIS YEAR; INSTEAD IT WAS AN EXTREMELY LARGE TIE WITH A PICTURE OF BATMAN ON IT WHICH WE HAD TO WEAR WHILE IT WAS OUR SHIFT.

AS NIGHT TIME SOON APPROACHED; THE FEELING IN ALL OUR TOES SOON BEGAN TO FADE AWAY. WITH THE TEMPERATURE DROPPING TO BELOW 9°, WE ALL KEPT OURSELVES WARM BY HUDDLING INTO ONE BIG GROUP; SURROUNDED AND COVERED HEAD TO TOE IN SLEEPING BAGS AND BLANKETS.

WITH HAPPY FACES ON ALL STUDENTS, CONTINUAL LAUGHS AND BEING ABLE TO SHARE A BIRTHDAY CAKE FOR ONE OF THE STUDENTS, EVEN DESPITE THE FREEZING WEATHER, IT WAS A GREAT NIGHT ENJOYED BY ALL.

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**TECHNOLOGY**

**Scratching IT**

WITH OUR IMAGE EDITING FROM LAST TERM’S WEDNESDAY SPORT FINISHED, WITH GREAT PROGRESS SHOWN BY ALL PARTICIPANTS, WE ARE MOVING ON TO SOMETHING SLIGHTLY MORE TECHNICAL THIS TERM WITH SCRATCH.

Scratch is a programming language designed by MIT to enable students as young as Year 3 to get an introduction to programming. Using graphical programming blocks that closely emulate traditional programming syntax we will be taking, what will be for most of the 35 students involved, the first steps into computer programming and syntax.

Currently we are planning to work towards making a small game but scratch is also widely used for animations and other interactive projects. Check it out at scratch.mit.edu/

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**PINK FOR COBIE**

ON THE 21ST OF MARCH GATTON WENT PINK FOR COBIE. COBIE TAYLOR, A PAST STUDENT OF LOCKYER DISTRICT HIGH SCHOOL, WAS DIAGNOSED WITH CANCEROUS BRAIN TUMOURS. IN ORDER TO RECEIVE SPECIALIST TREATMENT SHE HAD TO TRAVEL TO GERMANY. THIS TREATMENT COMES AT A HIGH COST - APPROXIMATELY $40 000 PLUS OTHER ASSOCIATED TRAVEL COSTS. TO DO OUR BIT, PINK RIBBONS WERE MADE AND SOLD DURING THE WEEK LEADING UP TO THE EVENT. WE WERE SO OVERWHELMED WITH SALES BY THE SCHOOL COMMUNITY THAT THE RIBBONS SOLD OUT BUT DONATIONS WERE HUMBLY WELcomed. OVER THE WEEK PERIOD APPROXIMATELY $460 WAS RAISED AND WAS BANKED DIRECTLY INTO THE COBIE TAYLOR FUNDRAISING ACCOUNT. THANK YOU AGAIN TO ALL WHO DONATED AND SUPPORTED SUCH A WORTHY CAUSE.
Annual Cross Country Championships

1st: KENNY 1007
2nd: CUNNINGHAM 846
3rd: GRIFITH 835
4th: MANNING 780

The annual cross country championships were held on the last Wednesday of Term 1. A fantastic turn out of students with our strongest participation rates in the championship courses. This is a result of the high numbers of students who turned up to training each Tuesday and Thursday. Students who didn’t want to push themselves were able to complete the Social course. Alas, there were quite a few of our “sportspeople” who opted to walk the social course instead of running the 6km championship course.

Congratulations to our Age Champions.

Again, 1 point was allocated for every student who wore a hat during the event. Congratulations to 16 year girls who were the best age group, closely followed by 13 year girls.

Training for Cross country will continue Tuesday and Thursday mornings in preparation for the DD Championships. These will be held on Tuesday 28th May, and information can be collected from the PE staff.

### Competition Sport Term 2

This has not been a great year for comp sport due to the weather and now the road works. LDHS has withdrawn from the Term 2 Wednesday comp due to the possible (probable) delays on any Wednesday afternoon. This term we are holding inter-house competitions to replace competition sport.

### Darling Downs Reps:

Congratulations to Casey Grosskopf and Maree Mitchell who both gained selection in the DD Open Girls Basketball team. Well done also to Jarrod Groves for making the DD Baseball side.

### QLD Rep:

Sarah Hoger has continued her sparkling softball form and this has been recognised by gaining selection in the Open Softball team. Fantastic effort Sarah!