

"ALL POLISHED UP" THANKS TO THE BEACON FOUNDATION

On 27th July, a group of year 10 students was selected to participate in the Beacon Foundation "Polish Program." The event was presented by the Beacon Foundation in conjunction with StudioE, a Melbourne based company, excelling in personal development.

The project was a dynamic, highly interactive program designed to build confidence and encourage positive communication in young people. Important presentation, grooming and personal advice, based on standards demanded by employers, were demonstrated and discussed throughout the day.

Students spent the day fine-tuning their public speaking, dining, grooming, and interview skills. Presenters, Principals and guests from the business sector, were invited to join students and enjoy a business luncheon where students were able to meet, greet and entertain the invited guests, practising skills learnt throughout the day.

Public speaking was also a focus of the day, with many students excelling. Team building was evident, with confident students encouraging those who found the task difficult.

Congratulations to all participants, and thank you to the Hospitality students and staff who presented a delicious two course meal for the event.

Desley Ferrando **VET COORDINATOR**



YEAR 7'S "EXPERIENCE HIGH SCHOOL" AT WOREE

From the start of term a number of year 7 students from Whiterock State School and Woree Primary have been coming to Woree High every Wednesday and Thursday as part of their "Experience High School" program.



Over the last few weeks *names suppressed for the web* have been interviewing some of these Year 7 students to inquire of their experiences so far.

Names suppressed for the web (from Whiterock State School) expressed that they found the high school routine interesting, but were shy at first while still getting to know the school. When asked what they found difficult about high school, both said it was hard to find the different classrooms and to remember all the different teachers' names. Despite big differences to their primary school, they found high school life was all that they hoped it would be. Both *names suppressed for the web* agreed the "Experience High School" program should continue next year so that their younger school mates could experience what it's like in high school.

Lochlan Wheeler and Crystal Stephens
YEAR 11 INDIGENOUS LEADERS

A TRIP TO TATERINE



During an Art class in March 2008, SEU student, *name suppressed for the web* drew a picture of himself on a planet he called Taterine. This planet had floating boots, scary creatures, friendly guides, an ipod, sharks, boats and basketball. This was a place that he could be himself without everyday restrictions and worries. His work inspired the initial proposal to the Cairns Regional Gallery to bring Taterine to life by creating an interactive installation with life size sculptures and multi-media projections.

Liz Dunn (artist) and I were successful in our submission which is now nearing completion and installation. Over the last year, he has collaborated with us, spending time both in school and in the studio painting and also filming out at JCU.

This exhibition is about *name suppressed for the web*. It represents that part of all of us which imagines living a life where we are happy and free to be ourselves.

'A Trip to Taterine' opens September 5th at the Cairns Regional Gallery.

Kylie Burke
ART TEACHER



MARCHING BAND HITS THE RIGHT NOTE AT THE CAIRNS SHOW

The school Marching Band performed for Cairns Show audiences each and every day of this year's show. Our music students were the perfect ambassadors for Woree State High School as they entertained onlookers with a 15-minute marching routine.

Twirls, spirals, boxes and counter-marches were just a few of the march routines carried out by the students as they continued to perform their way through a popular repertoire including 'Wipe Out', 'Gonna Fly' (Rocky Theme), 'Hot Hot Hot' and old favourite 'Midnight Hour'.

The Band marched in the main show arena for four performances and, on each occasion, was well received by grandstand audiences. Members of the Cairns Show association have expressed their gratitude for our contribution towards the success of Queensland's largest regional show. General public also made calls to the School to pass on their congratulations to our hard working students. Big thanks to all the parents who supported us through this busy time with pick-ups and drop-offs.

Thanks to our students, including guest return student *Name suppressed* from UQ, our Bass Drum player and associate director Mr Steve Hannah and, of course, our instrumental instructor and Band director Mr Eddie Zahner.



Robert Crookes
HOD ARTS

WINTER WARMERS SOUPS

During Term Two the Year 9 Home Economics classes studied a unit entitled Winter Warmers. The main assessment task associated with this unit was a soup assignment. The students had to work either individually or in groups to research, analyse, prepare and taste test a variety of soups suitable for families. Their brief was to choose a soup that contained a minimum of three vegetables, one cereal product (ie rice, pasta, barley, soup mix etc), be quick and easy to prepare and appeal to families with teenagers. The students researched the recipes on the internet and then analysed their choices using the Australian Guide to Healthy Eating and the Australian Dietary Guidelines. Next was the taste test. All chosen soups were prepared and tasted by a variety of students and teachers of Year 9. The soups were evaluated and given a rating from 1 to 5. The class teachers then collated all the information and chose one group from each class, whose soup best matched the given brief. The winning recipes for each class have been published for your enjoyment.

Lea Biddle and Chantal Bennett **HOME ECONOMICS TEACHERS**



BROKEN PASTA SOUP

Ingredients (serves 4)

- 2 teaspoons olive oil
- 2 garlic cloves, crushed
- 1 medium zucchini, chopped
- 1 large brown onion, chopped
- 2 medium carrots, peeled, chopped
- 4 celery stalks, chopped
- 1 litre chicken stock
- basil pesto, to serve
- 2 x 400g cans Val Verde diced Italian tomatoes
- 50g dried thin spaghetti, broken into 6cm lengths
- 2 tablespoons chopped fresh flat-leaf parsley leaves



Soup recipe winner:

Names Suppressed
for the web

Method

1. Heat oil in a large saucepan over medium-high heat. Add onion and garlic. Cook, stirring for 3 minutes or until onion has softened. Add carrot, zucchini and celery. Cook, stirring occasionally, for 5 minutes.
2. Add tomato and stock. Cover. Bring to the boil. Reduce heat to low. Simmer, stirring occasionally, for 30 minutes or until vegetables are just tender. Remove lid. Season with pepper. Add spaghetti. Simmer, uncovered, for 15 minutes or until spaghetti is just tender. Stir in parsley. Serve soup topped with pesto.



BEEF PHO SOUP

Ingredients

- 1.5L (6 cups) beef consomme or beef stock
- 4 green onions, ends trimmed, thinly sliced diagonally
- 200g bean sprouts
- 2-4 small fresh red chillies (or to taste), thinly sliced
- 1/4 cup (60ml) lime juice
- 650g beef fillet, excess fat trimmed
- 1 cup Thai basil leaves
- 2 tbs fish sauce
- 375g pkt rice noodles



Soup recipe:
(From Left to Right)

Names Suppressed
for the web

Method

1. Combine beef consomme or stock in a medium saucepan over high heat. Bring to the boil. Reduce heat to medium and simmer for 5 minutes or until aromatic. Stir in lime juice and fish sauce.
2. Cook rice noodles in a large pan of boiling water until just tender. Drain well.
3. Slice beef into 5mm-thick slices. Add 1/3 of the beef and cook for 1 minute each side for rare or until cooked to your liking. Transfer to a plate. Repeat with remaining beef. Divide noodles among serving bowls. Top with bean sprouts, green onion, chilli, basil and beef. Pour over hot stock and serve with extra lime, chilli and fish sauce.



ITALIAN MEATBALL SOUP

Ingredients (serves 4)

- 500g lean beef mince
- 1/2 cup fresh white breadcrumbs
- 1/3 cup grated parmesan cheese
- 2 zucchini, diced
- 2 3/4 cups) tomato pasta sauce with basil
- 1 small red onion, grated
- 1/3 cup basil leaves, finely chopped
- 4 cups chicken stock
- 150g green beans, trimmed, cut into thirds
- 2 garlic cloves, crushed
- 1 egg, lightly beaten
- 1/2 cup risoni pasta
- 1/3 cup grated parmesan cheese and crusty Italian bread, to serve



Soup recipe:

(From Left to Right)

Names Suppressed
for the web

Method

1. Combine mince, onion, garlic, breadcrumbs, basil, parmesan and egg in a large bowl. Season with salt and pepper. Mix well. Roll tablespoonfuls of mixture into balls. Place on a large plate.
2. Pour tomato sauce, stock and 2 cups water into a large, deep saucepan. Cover. Bring to the boil over high heat. Skim froth from surface. Add meatballs. Return to a gentle boil.
3. Reduce heat to medium-low and simmer, uncovered, for 10 minutes. Add risoni and cook for a further 5 minutes. Add zucchini and beans. Cook for 5 minutes or until risoni and vegetables are tender.
4. Ladle soup into serving bowls. Sprinkle with parmesan and serve with crusty Italian bread.