Principals Report

Students at Mackay High have been having a positive influence at Optiminds since it started in Mackay for more than 20 years. This year Erin & Jai Gardner, Tiarni Patterson, Allysha Grant, Jasmine Sandes with Mrs Ruth Lyons were selected to represent in the Social Science field at State judging in Brisbane in October. Our Junior team of Chloe Healion, Mia McKeen-Stevens, Angela Skinner, Lachlan Ironside, Haard Shah with Mrs Roxanne Aprile did an outstanding job for the Junior group. This will be excellent for future years. To assist with fundraising to get the team to compete in October, this Friday our school is hosting a special Big Pants Day, with students to wear uniform shirt and acceptable shoes, but wear some uniquely shaped, coloured or sized shorts with a gold coin donation.

This week those Year 12 students seeking to follow a pathway towards a University career, sat the QCS test on Tuesday and Wednesday. Mrs Atkins assisted by a few students and staff, provided our students with a freshly prepared and cooked breakfast on both mornings and the students were well fed and well prepared to give their best efforts. Commencing on Tuesday to Friday next week will be the Year 11/12 Exam Block. Students have been provided with a timetable and are required on time with all assessments or provide a Doctor’s Certificate for any absence.

Students currently in Year 8, 9 and 10 were invited to attend the Subject Information evening where 2014 Subject Selection Forms were distributed. Quite a number of staff were also available to advise parents and students on good choices appropriate to their interests and abilities. Forms must be signed off by the Heads of Departments for their faculty, which will only occur if all student charges are fully paid. Forms are required to be submitted by Fri 20th Sept, where final decisions will be made around class offerings.

The Year 11 Hospitality students hosted a Mad Hatter luncheon enjoyed by over 50 invited parents, friends and staff. The culinary delights were only outdone by the outstanding head-wear adorning some of the guests. Thank you to Year 11 Hospitality and Ms Crundwell for a lovely function.

With the Term closing quickly, our League Academy students heading to England for the bi-annual experience are soon to depart. Students with their supervisors will fly out on Monday 16th and return in the 2nd week of the vacation. Hopefully the weather will remain dry and warm as they move to their northern Autumn. Thank you to the many supporters of their fundraisers over the past twelve days.

On Friday we celebrate Teacher Aides Day. The important role that these people play in the education of all of our students needs to be highly commended and sincere thanks go to the Aide Team in our school every day.

Mr Steve Paulger
Principal
On Wednesday morning, a group of vivacious and intelligent young women from Year 11 and 12 who have displayed an aptitude or passion for science attended a Zonta Women in Science breakfast function at Whitsunday Anglican School. Talks from QUT representatives, a CQU University science graduate and Professor Adele Green - a renowned scientist whose contributions to her field are widely known not only in Australia, but worldwide. Their passion for science coupled with funny stories, tertiary study information and tips and tricks for balancing life as a woman with a strong career in science inspired many of us to pursue our own scientific careers. While there, we participated in a Zonta campaign rejecting violence against women. Thanks go to the Mackay Zonta Club, Whitsunday Anglican School and the sponsor of the event, and also to Miss Tittor who dutifully organised Mackay State High School's participation in this wonderful opportunity. Finally, to complete the morning, a small group of us applied our practical knowledge as women of science to jump-start one of the students' cars - embarrassing but we succeeded in the end.

By Chloe Bradford

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On Sunday 25th August the Mackay Regional Opti-Minds challenge was held at Whitsunday Anglican School. It was a huge event with 49 teams competing from all the region's primary and secondary schools.

Teams of up to seven students prepared for six weeks to solve a problem in the Science/Engineering, Social Science or Language Literature areas.

Our 2 teams competed well on the day with one successful team being invited to the University of Queensland in October for the State finals. This is the second year in succession that Mrs Lyons and her five Year 10 students have competed in the State finals. A wonderful effort. They are presently busy fundraising for the event.

Mackay State High's successful Opti-Minds Team is:

**Facilitator:** Mrs Lyons  
**Team:** Erin Gardiner, Jai Gardiner, Allysha Grant, Tiarni Patterson, Jasmine Sandes
CONFIDENCE

How Confidence Develops

For most children school means spending more time on learning and less on ‘play’. It also means more expectations of them – from parents, carers, teaching staff and also of themselves. Children typically start out with high expectations. When they see how well they do things compared to others, their view of their own abilities often changes. They learn that they are good at some things and not so good at others. They also see how others respond to what they do. These things influence their confidence in their abilities, and influence how willing they are to have a go in situations where they feel unsure.

How Parents and Carers Can Help

Confidence improves through building on small successes. Parents, carers (and teaching staff) can help by:

- explaining that skills develop with practice
- encouraging persistence when outcomes aren’t achieved straight away
- praising effort, persistence and improvement
- making sure that goals are achievable by breaking down large tasks or responsibilities into small steps
- being ready to help when necessary, without taking over
- encouraging children to have a go and valuing individual improvement

Confident Thinking

Self-esteem is an important part of confidence. Having good self-esteem means accepting and feeling positive about yourself. Confidence is not just feeling good but also knowing you are good at something. Remember: How I think affects how I feel

Particular ways of thinking are very important for building confidence. Helpful ways of thinking include:

- believing that, if you try, you can succeed
- finding positive ways to cope with failure and being prepared to give it another go
- enjoying learning for its own sake by competing with your own performance rather than that of others.

Dealing with Disappointment

Everybody fails to achieve their goals sometimes. Parents and carers (and teaching staff) can help by:

- Acknowledging feelings, and respond sympathetically and with encouragement e.g. “You sound disappointed, but at least you had a go.”
- Helping kids focus on what they can change to make things better, rather than thinking that the situation is unchangeable or that there is something wrong with them, e.g., “What can you try that might make that work better next time?”
- Challenging words like ‘I can’t’ or ‘I’m a failure’, and letting them know that ‘giving up’ may not help them reach their goal.

Let them know you believe in them and remind them of what they have achieved.

Adapted from: www.kidsmatter.edu.au

PAVE THE WAY

A free 1 day workshop for families of people with disabilities.

Pave the Way offers an opportunity to explore a range of practical strategies to assist families to safeguard their family member in the short & long terms. The workshop includes reflective and interactive exercises that families can apply to their particular situations.

Bookings essential, for more information or RVSP - Pave the Way - 07 32915800 or free call 1300 554 402

Email: pavetheway@pavetheway.org.au

Date and Time: Wednesday 11 September 2013 9.30 - 2.30pm

MRAEL Training, 5-7 Tennyson Street, Mackay

Morning tea and Lunch provided
Maths – Year 8

With some of the year 8 math classes students have been working in computer labs to learn about excel – a program that you put data into so you can create many sorts of graph… bar graph, line graph, area graph (which grade 8’s haven’t learnt about yet) or even a pie graph. You will also learn how to easily find maximum, minimum, mean, median, mode and range with a huge amount of data, for example, discussing how many types of cars are made in a year.

Maths – Year 9

Are boys taller than girls? Am I above or below the mean or median heights? Are my feet normal? Are my classmates “skewed” compared to other Australian students or are we “typical”? These are just some of the many questions year 9’s have investigated – measured, calculated, graphed, described, analysed, concluded - as part of their last unit of work in Year 9 maths.

![Mixed gender concentration exercise performance](image)

Chinese – Year 8

For all of the classes studying Chinese, this week should have been studying for the listening and writing test. This test won’t be put onto your report card… it is a practice test. However, all of the school leaders and all the teachers would still like to see people studying for practice exams so that when the teacher does mark it they can see that you have been listening, working hard, and respecting your class.

Home Economics – Year 8

All of the home economic classes have been cooking because they are learning about Cultural Foods – they will be cooking Damper, Sop Sop and a lot more tasty foods to prepare and taste. “The best thing about doing cooking in home economics is eating the finished product that we have just made – while it is warm,” is what I hear a lot from the students studying home economics. “That looks so good, I wish I chose home economics now,” that is what is heard from many students not studying home economics.

ICT – Year 9

Who remembers Chicken Run, Wallace and Gromit, Fantastic Mr Fox? These movies were all created using an animation technique call “stop motion animation”. The use of clay for characters also gives the technique another name – Claymation.

Year 9 ICT classes have been working on this during the term with some very slick productions being created. Here are a couple of photos of one of our classes at work.
SCHOOL BASED APPRENTICESHIPS/TRAINEESHIPS AVAILABLE

- **City Beach** at the Canelands Store has a NEW Retail School Based Traineeship vacancy available – **Certificate II in Retail** available to grade 10 and 11 students.

- Brodon Mye from **Novaskill** would like to meet with indigenous students in Year 10 who are interested in doing a School Based Traineeship in **Certificate III in Media** at MY 105. Brodon can be contacted on 0423 375 257 or see Mrs Dearden in P09 for more information.

CASUAL POSITION AVAILABLE (AFTER SCHOOL HOURS)

- **Prouds the Jewellers** in Canelands is looking to employ **Christmas Casuals**. Employment will commence in September/October. To apply pop into the store with your Resume and ask for Tracey Hassan.

- **Souths Suburban Bowls Club** is looking to employ wait staff for some evening and weekend work. See Mrs Dearden in P09 for details on how to apply.

FULL TIME POSITIONS AVAILABLE FOR SCHOOL LEAVERS

- **Aim Aluminium** is looking to employ at the end of this school year an apprentice interested in a career in the fabrication trade. Please drop your Resume to Andrea Dearden in P09, work experience will be organised as a trial for interested applicants.

- **Michael DePinto Air Conditioning & Refrigeration** requires the services of a **Junior Office Administrator** with previous office experience or willing to undertake a Traineeship in **Certificate III – Business Administration**. A flyer is available to view on the notice board at P09. Please drop your Resume to Andrea Dearden in P09, the successful applicant will be signed into a school based traineeship and rolled into full time at the completion of Year 12.

- A local **Painter** is looking for a **full time apprentice**. He may consider commencing with a school based and rolling into full time at the completion of the school year.

- A local employer has a position available for a full time apprentice **Tiler**.

- A local **Brick/block Layer** is looking to take on a school leaver for a full-time apprenticeship. The applicant needs to be someone who is keen and looking to enter the building & construction industry and is willing to commit to an apprenticeship.

2014 CQ TAFE SCHOOLS PROGRAM

Students in Year 10 who are interested in attending TAFE one day per week in 2014 as part of the school program. A copy of the Schools Program Guide listing the courses being offered in 2014 is available, please see Mrs Dearden in P09.

MACKAY ENGINEERING COLLEGE 2014

Students in Year 10 who are interested in being involved in the MEC program in 2014 can now apply. Applications are available online at [www.mec.eq.edu.au](http://www.mec.eq.edu.au) please complete the forms and return to Mr Puddicombe in H Block staffroom.

Upcoming Events

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<th>Date</th>
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<tr>
<td>10 - 13 September</td>
<td>Year 11 &amp; 12 Block Exams</td>
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<td>18 - 19 September</td>
<td>Year 8 Sports Day</td>
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<td>07 October</td>
<td>Labour Day Holiday</td>
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<td>21 October</td>
<td>Pupil Free Day</td>
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<td>16 September</td>
<td>Year 11 Art Excursion</td>
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<td>20 September</td>
<td>End of Term 3</td>
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<td>08 October</td>
<td>Start of Term 4</td>
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Mrs Andrea Dearden’s office is in P09
4957 9152
adear20@eq.edu.au
Vocational Education Training Co-ordinator

Mrs Sharon Barnard’s office is in P08
4957 9134
sbar53@eq.edu.au
HOD Senior Schooling
**Top Job**

A group of hard working students who attend Mackay Engineering College hand over a trailer to Neighbourhood Watch, which they made with the help of their teachers.

**School Magazine**

Have you paid your school fees, deadline is looming for the magazine. Don’t miss this opportunity to own your copy and treasure the memories of your time at Mackay State High School.

**Raymont Lodge Residential College**

Raymont Lodge is currently offering accommodation options for tertiary students for 2014.

The college provides comfortable & safe services within a supportive Christian environment.

Raymont Lodge is centrally located in Auchenflower just 4kms from the heart of Brisbane City.

More information is available at www.raymont.com.au or call 07 33779903

**THANKS TO BRUMBYS SYDNEY STREET FOR THEIR SUPPORT OF MACKAY STATE HIGH SCHOOL BREKKY CLUB**
Mackay State High School
Junior Secondary
Bringing Year 7 on board

Mackay SHS offers students a dynamic and exciting learning program, provides a safe, supportive and happy environment and a responsive transition program for students and families. Recent student outcomes include OP 1s, Australian Sporting selections, Gold Awards for Bands and outstanding results for Cattle Show team.

Mackay State High offers a safe and supportive school

We make you welcome with:
- Year Coordinators and Form Teachers providing daily personal support
- Senior buddies who visit Year 7 & 8 classes weekly and act as mentors and older friends
- Guidance Officer, Chaplain and School-based Health Nurse
- Head of Department for Junior Secondary
- Junior Secondary Leaders who play a vital role in communication with our younger classes
- Junior Secondary teachers
- Junior Secondary Deputy Principal
- High behaviour expectations including promotion of positive behaviours and student leadership
- Valuing a wide diversity of cultures

An engaging and comprehensive curriculum

Our staff team focus on high expectations, applying our quality teaching model, with strong relationships with students.
- A strong core curriculum in English, Math, Science and History
- Modern resources
- Great team of friendly and dedicated teachers
- Scholarship program from our P&C
- Large range of electives for all interests e.g. Agriculture, Manual Arts, Arts, Technology, Home Economics and programs to support those with Special Needs
- We cater for students of all abilities and individual needs, and promote “Pride in doing your best”

A fantastic range of extra-curricular opportunities

There is something for everyone!
- High quality Instrumental music programs
- Sporting Academies
- Cattle Show teams
- Year 7 and Year 8 Leadership camps
- Competitions such as Optiminds, Rock Pop Minsa, Debating, ICAS, Estaddicids
- Community engagement

It starts at Primary School

Our transition program starts with visits and talks to State Schools, making close links with your child’s teachers to share feedback on progress, strengths and needs. Our staff host an Information Evening, Open Day and, along with junior and senior students, actually visit schools and work with students and teachers in their classrooms.

Mackay SHS has a strong reputation for high academic standards and support of the wider community. We hope you will be part of this. Come along and enjoy our school!

mackayshs.eq.edu.au
Child and Adolescent Oral Health Services Mackay

(School Dental Service)

Victoria Park School Dental Clinic (Goldsmith St) is still offering dental services to students enrolled in year 8, 9 and 10, who have not yet been treated this year.

Parents can contact the clinic on 49514745 to arrange an appointment.

If the phone is unattended please leave details including your students name, DOB, and contact number.

For further information on this service, refer to website:

MESSAGES: Parents are reminded that arrangements for social, work commitments or travel home from school should be made with your student before they leave home in the morning. We are a very large school and delivering non-urgent messages disrupts the smooth running of our school and the learning of students. If a more pressing situation arises in the school office your message may be delayed.

A reminder that students mobile phones are not to be used during School hours, it has become apparent that students are contacting parents this is not acceptable and not in accordance with our eDevice policy and could result in confiscation.