PRINCIPAL'S REPORT

Students, their families and our school staff celebrated the outstanding achievements of those in Mackay State High School in 2012. Those who attended received an excellent presentation from Mr Lyall Ford who was a student here at Mackay State High in the late 1950s. Lyall was awarded the School Dux in his Senior Year in 1961, before he headed off to the new University complex in Townsville attached to University of Queensland, doing a degree in Engineering. He talked about the many personal achievements, often understating the significance of these. I am sure that the students took some very worthwhile messages from his address. Congratulations to the many award winners, especially the announcing of the 2012 School Dux – Blessing Chabata. During the evening we were entertained by our Instrumental Music and Choral students.

This week our Year 12 students are completing their final exams as they move toward their next phase whether at University, TAFE, apprenticeships or placed in full-time work. Next week as well as getting back their results, students will be required to complete a short course CPR for Life. Some students may need to resit some assessments to make some improvement to attain some target. References are also being prepared for those Year 12 students who have requested these.

Thirty of our Year 10 cohort will have the opportunity to participate with Year 10 students from local secondary students in a diverse but very targeted activities to promote the students’ team building skills and also problem solving of social issues in groups. The yLead group who hold Student Leadership Conferences targeted at Year 12 students, take this program to Year 10’s around the State - this year in Mackay. The cost is only a gold coin donation through the sponsorship of QR National.

Remembrance Day will be recognised this Sunday at 10.40 at Jubilee Park. Students who are interested in participating, should come in uniform to the Park.

Digital communication devices are becoming a serious problem in many classes, distracting students from their learning and often the teachers spend significant time in the removal of the iPod or phone from the student. From the commencement of 2013 school year, a new eDevices Policy will be implemented in our school. Each family will be sent a copy of the Policy via post before the end of this year. From 28th January 2013, this policy will be implemented.

As the Year 11 students prepare for their part of the end of Semester exams and assignments (Exam Block 19 – 22nd Nov), several students have accepted the opportunity to nominate for Prefects for 2013. Students prepared to nominate and make a presentation before staff meeting, can nominate for one of the Prefect roles. On the 26th November, those Year 11’s who have paid to attend will be a part of the Student Leadership Camp on Magnetic Island. All other Year 11’s will have normal lessons to finalise their year.
Chaplaincy Spotlight
Chaplain Phillip Hall

A Big Thank-You from the Breakfast Club!!

A big thank you goes out to all those who have responded to our November Appeal for donations to the MSHS Breakfast Club.

They include:

- The Fijian Methodist Church Mackay have started regular financial support
- The SEU students and staff who have a collection box

Various parents, students and staff popping in with items from home

A big thank you also goes out to the P&C, Tuckshop, Brumbies Bread (City), Staff who pick up bread, and all the regular staff and volunteers who supervise the running of the Breakfast Club 4 days a week.

The Breakfast Club Program is currently asking for donations of food items for the month of November. We are in need of grocery items such as: Vegemite, Peanut Butter, Margarine, Pancake Mix, and Bananas on Thursdays.

Your support would be much appreciated.

Items can be dropped off at the Office during Nov.

Enquiries Chappy Phil

BREAKFAST CLUB
Location “The Hall” Canteen
Time: 8.00am—8.45am
Menu:
Monday: Toast and spreads
Tuesday: Cooking omelettes, French Toast etc.)
Wednesday: Pancakes and syrup
Thursday: Fruit smoothies

Any parents wishing to volunteer their time or donate spreads & supplies, please contact Phil’s Office 49579107.

THANKS TO BRUMBYS SYDNEY STREET FOR THEIR SUPPORT OF MACKAY STATE HIGH SCHOOL BREKKY CLUB

Newsletters by email
Our fortnightly Newsletters will be emailed to you personally if you send your email address to the school office requesting to be included in the “silent” mail list for Newsletters. Email to admin@mackayshs.eq.edu.au to receive the newsletters. Alternatively, simply logon to our school website and review the collection of Newsletters.
The English Department has a significant number of novels and textbooks that are outstanding, not only from 2012 but years past. Students are encouraged to have a look at home and bring back any English Department books they may have. Examples of these texts include ‘Holes’ by Louis Sacher, ‘Brave New World’ by Aldous Huxley, ‘Kite Runner’ by Khaled Hosseini etc.

Individual students in Years 11 and 12, with outstanding books, have already been identified and have the opportunity to return these books by the end of the week before they are billed for the cost of the novel/s. This process will also occur with students in Years 8, 9 and 10 over the ensuing weeks.

If you have any queries or concerns please contact me.

Claire Blessas
Head of Department
English

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Mental Health and our work / workplace

Whether we work at home or in another place, our work role provides us with our identity, and is a place where we spend a large part of our lives. This workplace has a significant impact on our mental wellbeing or our sense of accomplishment and may provide us with opportunities to have contact with others and to form friendships.

Mental health is a state of coping, feeling good and being in control of our life. Mental health is linked to physical wellness and our quality of life. 1 in every 5 people will experience some form of mental health concern each year.

Tips on promoting wellbeing and good mental health:
- Understand that we all handle stress and pressure differently
- Participate in a healthy lifestyle – maintain or slowly improve physical health
- Work on maintaining friendships or relationships
- Enjoy some leisure time – balance work and play
- Monitor yourself for irritability or low frustration levels, a sure sign of stress
- If needed try to de-stress or seek support of friends or your GP

Information resources
Beyond Blue: www.beyondblue.org.au
SANE Australia: www.sane.org
Reach Out: www.reachout.com.au
SCHOOL BASED TRAINEESHIPS AVAILABLE

♦ Mackay Hospital & Health Service Schools Program provides students who have a keen interest in pursuing a career in the Health or Aged Care Industry with the option to complete a Cert III Health Services Assistance or Allied Health Assistance during their Senior Years. The program incorporates studies with CQ TAFE and placement at Mackay Base Hospital. Please call to Mrs Dearden in P09 for an information sheet.

♦ School Based Business Administration / School Based Accounting / School Based IT Positions available for students currently in year 10 or 11.

♦ Certificate 3 in Business or Business Administration – 1 position. Construction Company (Yatla). Open to students in Years 11-12 in 2013. Please direct any queries regarding this vacancy to our MEGT consultant: cherie.thompson@megt.com.au

♦ POSTIONS AVAILABLE FOR SCHOOL LEAVERS

♦ Traineeship available - Certificate III in Business: Active Physiotherapy Mackay would like to appoint a trainee to commence on a full time basis in December 2012. Applications close Friday 16th November, please forward your application and resume to lindy@activephysiomackay.com.au

♦ Several local Accounting firms are looking to employ Accounting Cadets/Trainees and Business Administration Trainees to commence in 2013.

♦ The MRAEL Group is seeking dedicated applicants for the following full time apprenticeships:
  <> Glazier
  <> Cabinet Maker
  <> Roof Plumber

♦ Apprenticeship opportunities for Doorways to Construction and Trade Start Participants:
  <> Bricklaying
  <> Domestic Carpenter

♦ The Reject Shop in Mackay is looking to employ students to work on a casual bases over the Christmas Holidays. Duties will include customer service and merchandise display, see Mrs Dearden in P09 on how to apply.

If you are interested in applying for these positions or would like more information see Mrs Dearden in P09 or call 4957 9152.
Raymont Lodge Residential College provides fully furnished accommodation for students who live 100kms from Brisbane and who wish to undertake tertiary study in Brisbane within a supportive Christian environment. The College is centrally located, just 4km from the heart of Brisbane and in close proximity to the University of Queensland and the Queensland University of Technology and other places of study close to the city. All public transport is within easy access to the College.

Raymont Lodge provides modern and comfortable single room accommodation for up to 120 students in a safe and friendly atmosphere. All meals are provided as well as a number of other services including:

- internet access and individual telephones
- common room
- music practice rooms
- free onsite car parking
- study rooms
- pastoral care
- swimming pool

More information is available online at www.raymont.com.au or by contacting the College 07 3377 9903. Tours can be arranged by appointment.

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**CQ TAFE BIO DIESEL PROJECT**

Mackay CQ TAFE engineering students are gaining hands on experience in constructing a bio diesel plant. Paul Kelly the metal fabrication teacher at CQ TAFE said “The project is instrumental in providing skills and confidence to students which will prepare them for their future careers” The students who attend this course from Mackay State High School are learning how to read engineered plans and gaining skills in measuring, welding and team work.

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**Mackay State High School Awards Night**

Congratulations to Fraser Aprile for being named School Based Apprentice of the Year and Melissa Pershouse for being named School Based Trainee of the Year at our annual awards night. These two awards were proudly sponsored by Coates Hire Mackay.

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**2013 Brisbane Tertiary Student Accommodation**

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- swimming pool

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Banking Traineeships

Westpac are seeking applications from current Year 12 students interested in a career in banking and customer service.

- Full-time traineeships commencing in 2013.
- Complete a Nationally recognised Certificate III in Financial Services.
- Customer service and retail focus.
- Current year 12 and Aboriginal & Torres Strait Islander students encouraged to apply.

If successful, you will be working as part of a team to meet the daily needs of Westpac customers. This may include greeting and welcoming customers, serving customers face to face, selling to meet customer needs, assisting with day to day banking needs and other general queries.

Locations: Mackay & Emerald

Please send a copy of your resume and cover letter to:
Jarrod Atkinson-Walker
jarrod.atkinson-walker@maxima.com.au
Or call (07) 3960 1358.

“A career you can bank on.”

“Get Job Ready - A Teen’s Guide to Getting Their First Job”

Lisa-Marie Kerr
Author: Educator & TV Parenting Expert

Lisa-Marie Kerr is a self-published Author. If you would like to order “Get Job Ready - A Teen’s Guide to getting their first job” please contact her direct on 0420 638 009 or email lisa@getjobready.com

Book RRP $24.95

www.getjobready.com

Open doors to your future...

From Friday 9th to Thursday 22nd of November Mackay Regional Council will be advertising the following traineeships and apprenticeships for an early 2013 start:

- 12 Business Traineeships
- 1 Civil Construction Traineeships (4 at Paget, 1 at Callio)
- 2 Conservation & Land Management Traineeships
- 2 Live Production, Theatre and Events Traineeships
- 1 Horticulture Traineeship
- 1 Information Technology Traineeship
- 1 Local Government – Environment & Health Traineeship
- 1 Library and Information Services Traineeship
- 1 Plumbing Apprenticeship
- 1 Arboriculture Apprenticeship

For further information and to apply:
Phone Cloe Schultz on 4961 9607 or visit www.mackay.qld.gov.au
NOW HIRING!

STORE ASSOCIATE OPPORTUNITIES!

With Christmas approaching, exciting opportunities exist for a variety of Full Time, Part Time & Temporary Store Associates!

As a key member of our team, you will be responsible for providing an exceptional customer experience to each guest every time and demonstrate a passion for delivering results. In return you will be given the opportunity to work for a leading global retailer with a culture that is serious about fun!

To register your interest and attend our Job Fair go to www.toysrus.com.au

toysrus.com.au

LIFEGUARD TRAINING COURSE

Mackay
26th Nov-30th Nov 2012
8:30am-4:30pm

This course will include:
- Bronze Medalist
- Advanced Resuscitation Techniques
- CPR and First Aid Assessment
- Apply First Aid

To be eligible you must be:
- 17 years of age or older
- Able to swim 400m in under 8 minutes
- Interested in working as a casual lifeguard with SLQ

Limited Positions Available. Apply Now!

Another perfect day...
for a paid lifeguard

MACS

YOUNG SHARKIES DAY
2012

Come and Try Rugby League
All primary school students invited
Rugby League skills & development for kids

Saturday 10th November 2pm – 7pm
(includes Family BBQ)

Souths Juniors - “Abbott Park”
(near MJRL Grounds)

Cost $50
Cost includes Lunch, Afternoon Tea,
T-shirt, Football and Water Bottle

Enquiries: Doug Knight - 0407 159 114
For a Registration Form please email:
southsrl@bigpond.com

Mackay Basketball is seeking any girls born in 1996 or 1997 who are interested in playing representative Basketball in 2012 – 13 for the Mackay Meteorettes to please contact MBI Director of Coaching Greg Vanderjagt on 0421 631 587 for more information.

Mackay Basketball rep teams allow players to improve not only their on court skills but be involved in a great team, family environment to promote social development.

Call today to get involved!
Invite a little bit of Italy into your home!

Become second parents to an exchange student as they adapt themselves to the Aussie way of life and share their cuisine, history and culture with you. Volunteer host families come from all walks of life and communities: rural, suburban and urban. Contact WEP for more information: 1300 884 733 or wep.org.au

Costanza participated in a semester-long student exchange program with World Education Program (WEP) Australia. At the end of her program, Costi shared the following:

Thank You! Two words that I probably didn’t have the chance to say properly so far. Thank you to the coolest host mum, to the nicest host dad and to the funniest host sisters ever! Thank you for making every day of my stay so wonderful and keeping away that homesickness that could have shown up without you. Thank you for all the little moments we shared together: Riley’s birthday, the pizza night and all our ‘Australian’s Next Top Model’ nights. Thank you for having been there for me even in the worst moments. Of course it hasn’t been always smooth and soft, no one is perfect, and you got to know me and eventually accept me even when I make mistakes.

This is what I thank you for, for letting me into your family and say one more time: Thank you! You’ve been the most wonderful host family that I could possibly have!