10 August 2015

PRINCIPAL’S REPORT

This week our students in Year 7 and Year 9 received their NAPLAN reports to take home to parents. We are very pleased with the overall performance with our students in both year levels in the top couple of schools across Mackay for “students attaining the National Minimum Standard”. Our best performed areas were Reading and Numeracy in both groups at 98 & 94% and 99 & 99% respectively. I will give a more detailed report on the overall performance in subsequent newsletters, but students and staff are to be congratulated.

Assessment Planners were distributed to all students for Semester 2 and these should be discussed with your student(s), to ensure that they are given the importance they require. Students have lots of activities that impact on the time that they can put into their school work, but if they use the information in the planner, they can identify the very busy times and prepare accordingly. These Assessment planners can be accessed by students and parents on One School.

A very important mission in recent times is the visits being made to our local Primary Schools and presenting to the Year 6 students the opportunities and challenges that will present themselves when they move to Secondary School in 2016. As well as key staff, we have taken a couple of current Year 7 students from these schools, who can then share some of their experiences and assist in answering questions, from a student perspective. These sessions have seen information on the broad Curriculum Offerings, specialist programs including Academic Excellence Academy, Instrumental Music, Sporting Academies and the Agricultural Show Team. Some of the Year 5 & 6 students from our local schools will be invited to attend some part day sessions in the preparation for the Excellence Academy as Cadets. Information Evening is being held on Wed 12th August and parents will be able to make interview bookings for the following week for Enrolment. The successful Scholarship winners are announced at these visits and there were over 50 applications this year. Our P&C Association are to be congratulated for providing these eight scholarships each worth $500.

Our Year 11 students were out for the day with the RYDA program at PCYC. The Rotary Youth Driver Awareness Program is a quality presentation organised with input from Emergency Services, local Businesses and specialists that Rotary engage to work with these students, soon to apply for L Plates. The feedback from students is always very interesting as they take important messages from the various activity stations.

Mr Steve Paulger
Principal

JUNIOR SECONDARY NEWS

General News

What’s the difference between half a line of cocaine and an hour playing a video game?

Nothing, as far as your brain is concerned. What can you do to be effective at multi-tasking?

Nothing, as far as your brain is concerned. What do digital devices in the classroom contribute to focus and concentration? Nothing, as far as your brain is concerned.

Your smartphone, tablet and computer can be powerful tools to help you...or not. The choice is yours.

This is the message Year 7 and 8 students received from world renowned present, Brad Huddleston recently at school. Brad has many high level Information Technology communications
and works extensively with I.T., but lectures around the world on the dangers of overuse and inappropriate use of technology. Brad was accompanied by the ever enthusiastic Sergeant Nigel Dalton of the Mackay Crime Prevention Unit, who reminded students again of the dangers of misuse of social media, and the dangers of sharing personal information and photos online.

Some simple message students received:

- Technology is NOT bad. Misuse is. Use it as a tool.
- Watching a movie on a computer is not bad for you, playing games (over the long term) is.
- DO NOT keep ANY form of technology in your bedroom. This is a place for the brain to be removed from digital stimulation. Even replace your mobile for a proper alarm clock.
- Playing games regularly forms and addiction, with the resultant use (even half an hour) having the same effect as taking cocaine.

Dopamine released changes your brain chemistry in exactly the same way as cocaine, with a cumulative effect causing permanent damage. The addiction can result in sleep deprivation and eventually depression, and the inability to form proper interpersonal relationships with the people around you. (Have you ever seen people sitting down together and not talking, just playing on their phones??)

Brad presented research evidence to show this, and explained how, in countries such as Korea (the home of Samsung and LG) where digital usage is the highest in the world, many young people are developing disturbing brain damage, even forgetting their own phone numbers. They even have government sponsored detoxification and rehabilitation centres.

Year 7 also recently examined some aspects of keeping a healthy mind, and what to do if you are overwhelmed or thinking negatively about different things.

Just a couple of tips we looked at:

- Strength comes from within
- Develop some good friends, not lots of shallow friends.
- Talk About Your Feelings
- Eat Well
- Take a Break e.g. enjoy a hobby
- Accept Who You Are
- Keep Active and Exercise
- Ask for Help
- Get enough sleep
- Do Something You’re Good At
- Care for Others / Do things that positively impact others
- Make leisure time a priority (but keep up the time management skills)
- Set realistic goals
- Practice self-discipline

What's On Soon
After a hectic start to the term, dodgeball will be restarting for Years 7-9. We will also be introducing some new activities, with the aid of our fantastic senior buddies.

Don’t forget the upcoming information evening (August 12) and enrolment interviews (August 17-20) if you have family members joining our school for Year 7 in 2016.

Good News Stories
Classes continue to share good news stories at Year 7 parades, with Year 8 form teachers also hosting some of the year 8 parades.

Thoughts of the Newsletter
THERE IS NOTHING so elastic as the mind. Like imprisoned steam, the more it is pressed the more it rises to resist the pressure. The more we are obliged to do, the more we are able to accomplish. —Tyron Edwards (1809– 1894), American theologian

THE ONLY PRISON we need to escape from is the prison of our own minds. —Anonymous

THINK WRONGLY, if you please, but in all cases think for yourself. —Gotthold E. Lessing (1729– 1781), German writer

ANY MAN can make mistakes, but only an idiot persists in his error. —Marcus Tullius Cicero (106– 43 B.C.), Roman statesman (How true!!)

Always remember:

Mr Matt Skinner
Junior Secondary HOD

YEAR 7 SELF AWARENESS DAY

The year 7 Program focuses on ‘self’ assessment as the first step of career development. In this program, students will articulate their dreams; discover their passions and strengths, explore their values; build their resilience; identify mentors; and plan goals.

The key messages of the Year 7 Program are:

- I can identify my personal values and I understand that healthy values are important to living a satisfying life
- I am optimistic about my life and my future

It is a very worthwhile program for the development of our students. The program will be presented at MSHS, in students
form classes. Students will remain in this class all day, completing activities set for each module of the program.

When: Thursday August 13th

**WIDENING PARTICIPATION**

**Year 7 – Self Awareness**

The Year 7 Program focuses on self-assessment as the first step in career development. In this program, students will articulate their dreams, discover their passions and strengths, explore their values, build their resilience, identify mentors, and plan goals.

<table>
<thead>
<tr>
<th>Components of the Year 7 Program</th>
<th>Location, Length, Timing</th>
<th>Sessions, Activities</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Simplicity</td>
<td>At the school, 45mins</td>
<td>Pre-program survey, Exploration of program (see below), Scambling and interactive learning activities</td>
</tr>
<tr>
<td>2. Passions and Strengths</td>
<td>At the school, 60mins</td>
<td>Investigation of mindfulness, self-belief, self-motivation, and passions, Scrambling and interactive learning activities</td>
</tr>
<tr>
<td>3. Values</td>
<td>At the school, 60mins</td>
<td>Exploration of cultural, family, personal, and school values, Scrambling and interactive learning activities</td>
</tr>
<tr>
<td>4. Resilience and Positivity</td>
<td>At the school, 60mins</td>
<td>Planning for obstacles and challenges, Scrambling and interactive learning activities</td>
</tr>
<tr>
<td>5. Taxes, Planning and Investment</td>
<td>At the school, 60mins</td>
<td>Final program survey, Reflections, Key messages of program reviewed (see below), Structure of student work</td>
</tr>
</tbody>
</table>

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1. I can identify my personal values and I understand that healthy values are important to living a satisfying life.
2. I am optimistic about my life and my future.

**SOCIAL SCIENCE DEPARTMENT**

**Year Seven Geography Field Trip**

A compulsory component of studies in Geography is field work. An enjoyable and educational excursion is planned for students on Tuesday 18th August and Wednesday 19th August.

Half of the Year Seven cohorts are out on each day. Attendance at this excursion is essential because it forms part of the Year Seven Geography assessment.

The excursion titled Environmental Issues and Water in Mackay” involves visits to three field sites namely:

- **Dumbleton Weir**
- **North Mackay Gooseponds**
- **Mackay Botanical Gardens**

**SCIENCE**

Last term 61 of our students sat the ICAS Science test, 20 of our students were awarded with certificates.

The International Competitions and Assessments for Schools - Science Competition held in June resulted in the following achievements from Year 10.

Merits (top 45% of entrants): Mitchell Barnard, Liam Blines, Kathryn Brown, Lauren Morgan, Logan Robinson, Tahlear Templeton, Michael White

Credits (top 35% of entrants): Cassidy Bates, Fritz Bulaong, Taj Dearman, Margaret Dewar, Ramjay Galvan, Joshua Hansen, Tahlia Inksom, Anden Lindenberg, Michaela Nicolson, Haard Shah, Shayla Walker, Patrick Wicks
Please ensure your child returns their consent form to their teacher and pay the bus money to the office by Friday August 7th. Students will receive their permission forms in class, please be aware that these forms will be coming home soon.

Thank you  
Roxanne Aprile  
HOD Social Science

ARTS UNDER THE STARS

The Bridge Award is an exciting youth development program that is now offered by Mackay State High School. By doing the Bridge Award, young people get active, make new friends, help others and learn new skills.

The Award is for young people aged from 11 and a half and comprises of two levels. Each level involves participating in a Skill, Adventurous Journey, Physical Recreation and Community Service element. Young people choose their own activities and set their own goals.

The Bridge Award provides participants with an opportunity to get involved in something different and to challenge themselves. It is also a great introduction for the many young people who progress on to the Bronze Level of The Duke of Edinburgh’s International Award (from 14 years).

It’s easy to get started as a participant. Drop by and see Miss Wood who is the Award Leader at Mackay State High School. Further information is also available at www.dukesaward.qld.gov.au.

MATHS

FREE - FREE - FREE - FREE - FREE - FREE!!!

MATHS TUTORING

E BLOCK

Students from all year levels are encouraged to attend Maths Tutoring from 3-4 pm each Wednesday.

Seniors E03
Juniors E01

ENGLISH

Tutoring

Every Monday 3-4 pm in A08  
Students can get help with assignments, exam preparation, oral presentations etc.

ESL

ARE YOU AN E.S.L. (English as a Second, or third or fourth Language) STUDENT WHO NEEDS SOME EXTRA HELP WITH ASSIGNMENTS? You are eligible for:

What: Extra FREE tutoring for ESL students
WHEN: Every Wednesday 3pm to 4pm
WHERE: D05 classroom
WHO with: Mrs McGuire and Mrs Baxter

Bring along your assignments or homework for help with grammar and vocabulary; or to understand the task requirements.

OFFICE NEWS

Parents will notice a change to the way they can pay school invoices. The new payment method of BPoint is now available as an online payment system.

BPoint can be accessed via ANY Computer or Smart Phone. Payments accepted via MasterCard or VISA, and is a secured payment method.

Parents can log into: www.bpoint.com.au/payments/dete. Once you have logged in you will need the information from the school invoice to complete the BPOINT payment page.

Please refer to the attached instructions.
ANNUAL AWARDS NIGHT

On the 4th of November 2015, Mackay State High School will hold its annual awards evening at the Mackay Entertainment and Convention Centre. It’s an opportunity to recognise the hard work undertaken by our students throughout the year in all areas of their schooling life.

This year students will have the opportunity to undertake a self-nomination process for the following school participation awards: Leadership, Cultural and Citizenship. Over the past week, this new process has been explained to all students on their allocated Year Level Parades, in relation to the eligibility and verification of the self-nomination process. Students wishing to nominate for each of these awards have already been provided a nomination form, if any students require a form or need extra forms please see Mr Brunetto. The closing date for the nomination process is 4th September 2015. All nominations are to be handed to Mr Brunetto by this date for consideration. If any further information is required in relation to this process please do not hesitate to contact either Deputy Principal Mr Brunetto or the HOD of Junior Secondary Mr Matthew Skinner.

Donations

Each year Mackay State High School acknowledges, celebrates and rewards the many successes of our students, across all areas – academic, cultural, sporting and service, at our Annual Awards Night. This year the school is seeking support in the way of donations to be awarded to students on the night. If you have a business or company and would be willing to show your support in this way, we should really like to hear from you.

Donors are acknowledged in the Award Night program, as well as in the school newsletter. As we draw a significant number of families from the local community this is an excellent opportunity to provide exposure for your business or company, while also showing support for our school and its students.

For further details or to discuss your donation please feel free to contact Ms Mel Davidson during school hours. Your support of our students will be very much appreciated.

Q PARENT

Access your child’s student information online and stay connected to your school.

Anywhere, anytime:
- report cards and assessment
- timetables and class times
- attendance records
- invoice and payment details
- online payments and much more

Visit qparents.qld.edu.au
Register online for QParents then scan to download the free iPhone app

SCHOOL LEAVE SURVEY

The Queensland Government is conducting its annual statewide survey of students who left school in Years 10, 11 and prior to completing Year 12 during 2016. The Early School Leavers survey is a short, confidential survey that collects information about what young people are doing the year after leaving school. The information from the survey helps our schools to understand the pathways young people follow after leaving school and to plan services to support transitions into study or employment for our students.

Between July and August, our students who left school in Years 10, 11 and prior to completing Year 12 last year can expect to receive an invitation to complete a web-based survey or a telephone call from the Queensland Government’s Office of Educational Research. Please encourage your school leavers to take part.

For more information, visit www.education.qld.gov.au/research or telephone toll free on 1800 666 647.
YOUNG ATHLETES TRAVEL SUBSIDY

Young Athletes Travel Subsidy

Fact sheet

What is the Young Athletes Travel Subsidy?
The Young Athletes Travel Subsidy financially assists to take the development of young athletes and support elite athletes pathways.

The travel subsidy replaces the Young Athletes Assistance Program (YAAP). The principles of the programs are the same, but the new travel subsidy provides substantial financial assistance through 3 award tiers.

The program supports attendance at specific events held at a state, national and international level that support elite athlete pathways.

Who is eligible to apply?

Applicants eligible for support are those whose:
- contact their school to make arrangements;
- are eligible as a result of the travel subsidy.

Requirements:
- Complete the application forms,
- Personal statement
- Evidence of travel

For more information, please contact the YAP program coordinator on 0448 870 482.

Visit website:

Don’t forget Students Services are available at the school for students wishing to discuss any relationship issues they may be experiencing.

BREAKFAST CLUB

VENUE - At the Hall Canteen
TIME - 8.00am – 8.45am (Monday – Thursday)

MENU –
Monday - Toast and spreads with Milo on Mondays
Tuesday - Scrambled egg, toast, cereal on Tuesdays
Wednesday - Pancakes, toast, cereal on Wednesdays
Thursday - Fruit Smoothies, toast, cereal on Thursdays

Everyone is welcome to come along for a bite to eat and a friendly chat to start the day. Eating breakfast gives us more energy to get through the day and it’s a good way to make friends at the school. We look forward to seeing new and familiar faces.

A special thanks to Sydney Street Brumbies Bakery who have supported Breakfast Club every day for 7 years with their delicious Bread.

P & C NEWS

Assistant Treasurer Position (Volunteer)
The Mackay SHS P&C are an active and positive group of parents supporting the great learning at MSHS. We are looking for someone to extend their book-keeping knowledge and come onboard in an assistant capacity. We use CashFlow Gold as our accounting program and our accounts, banking and payroll are done electronically. If you are interested in finding out how you can share your bookkeeping/ accounting knowledge please email Tanya Williams (P&C President) at pandc@mackayshs.eq.edu.au for more information.

AUGUST - WHAT’S ON

The Creative Month

August is a special month for student designers and artists to display their talents in several regional events that offer great creative opportunities and interesting prizes. Motivated students of all ages have been working hard on their entries and are looking forward to showcasing their work at one or all of these events. Audiences are encouraged to attend these events and 2015 non-entrants of all ages will find them as a great inspiration to start working on their entries for 2016.

2015 entry form deadlines and event details are available on the event websites. Alternately to directly receive more detailed information, entry forms, entry extension approval and contact details for all of these exciting events, email pample@hotmail.com or text 0448 870 482.

Student entries are already down at Gladstone for the 2015 Calliope Catwalk Fashion Design Awards ready for the gala event on Saturday 1 August. Primary and secondary students
and adults can enter this annual event, detailed on www.calliopecatwalk.com and entries have been received from all over Queensland.

The Wilmar Wearable Art Awards event on Saturday 8 August at the family-friendly Whitsunday Reef Festival www.whitsundayreeffestival.com.au promises to be another colourful, fun event with opportunities for primary and secondary students and adults to enter. This annual event attracts many interesting entries vying for the sponsored cash prizes and provides a great outdoor event for the large audiences that are fascinated by this innovative art form.

Students from a number of Central Queensland regional secondary schools will showcase their artistic, design and sewing talents on stage at the MECC on Saturday 22 August. The Mackay Festival of Fashion at www.studentfestivaloffashion.com.au has fashion illustration, wearable art and fashion categories and has been an annual favourite event for students and audiences alike. Prizes include attractive cash prizes and one particular highlight of this event will be the three scholarships offered as prizes by the Whitehouse Institute of Design at their Sydney or Melbourne Campus, giving the winners a unique opportunity to further their fashion illustration and design skills.

The Apex Australia Teenage Fashion Awards (AATFA) www.aatfa.org.au are coming to Mackay on Saturday 29 August to top off a month of interesting opportunities for our regional students. The Mackay event will be held at the Mackay PCYC and it will give students yet another chance in August to display their exceptional work in fashion and wearable art categories. Finalists at AAFTA Mackay will be eligible to go on to the State Finals in Brisbane in September and state winners will compete at the National Finals in Melbourne in October. Our region has produced two AAFTA National Award winners and this is a great chance for our students to display their talents Australia wide.

The by-line for AAFTA is ‘Youth Potential Unleashed’ and all of these August events give students unique opportunities within our region to explore their creativity and to recognise their potential. Don’t let these opportunities go by!!!