12 June 2015

PRINCIPAL’S REPORT

Students and staff are preparing for the final Semester 1 assessments and it is vital that each student maximises the time to ensure their best effort is made. Drafts are very important to be submitted on time, to allow teachers to provide feedback towards further improvements to the assignments. Taking the extra time to review class learning, attending tutorials available on Mondays and Wednesdays after school and seeking assistance from your teacher to practise skills are important in preparation for final exams. Year 11/12 students will receive their Exam Block details in the next few weeks.

On Monday 15th June commencing at 5:30pm, our Senior Schooling Forum will be held for Parents and their students in Year 10, preparing to move into their final two years of Secondary Education. Key topics will include choosing the correct Pathway, information on University, TAFE, Trade and further training, new curriculum options for 2016, OP and QCE and Work Experience. The supervisor from Mackay Engineering College will speak and support school staff speakers to present the opportunities available as well as the key factors required to successfully complete your student’s Secondary years. I encourage all parents of Year 10 students to attend this important evening.

On Sunday, a group of 20 students from Mackay State High School volunteered to support the RSL Memorial service at Bakers Creek remembering the 40 American soldiers who sadly lost their lives in a plane crash in World War 2. The students carried the Home State flags of the lost US soldiers in the march and ceremony. Sincere thanks to these students for giving up your time to make this event more special.

Congratulations to Sam Johnstone who was selected in the Queensland Schoolboys Rugby League team to compete in the National trials during the September vacation. He was a part of the Capricornia Team, which were successful in winning the State Championships in Brisbane, an outstanding achievement for the players and coaching staff. I also acknowledge the outstanding performances of Sarah and Kimberly Glover, who have earned a place in the Final of School State Women’s Table tennis Championships, being played in Mackay in August.

Several of our Instrumental Music students were involved at the Greenmount Heritage day playing with the Mackay City Band. Alex Cairns, Nicole Frew, Maiah McKeen-Stevens, Lewis Cullen, Angela Skinner as well as Mrs Pauline Place and Nicole DeBrueys played in the band supporting Graeme Connors.

In recent weeks several of our staff have taken on additional support roles, as mentors for a large number of our Year 12 students. Our aim is to further extend the performance of these students, through regular brief meetings, providing feedback on their progress and advice on strategies that they might employ to work more effectively to maximise their achievements. I sincerely thank these staff for offering to pick up this extra responsibility over the next couple of terms.
As we move into the cooler months, our Mackay State High School Cattle Show Team are setting up for the upcoming Shows. This year our students will be involved with the cattle showing and judging, with our own stock supplemented with kind support from Mr Tony Brown from Pioneer Park. This year our school will also be showing several breeds of poultry as well, so look out for the team at Pioneer Valley, Mackay and Proserpine Shows.

Mr Steve Paulger
Principal

JUNIOR SECONDARY NEWS

Leadership
An often used word, often misused. We think of leadership as being some magical property that only certain people can display. Many of us think you need to invent something not previously seen to be able to show leadership. To others, leadership is being the one who goes first. Often we see it as coming from someone who inspires.

Obviously leadership means many things to many people, and often draws criticism from those expecting to be led. Whatever the case, it isn’t an easy skill to develop, and I don’t like the term, "natural born leader". Leadership takes many, many forms and is something we all practice and develop in various ways all our life. One thing is for sure though, it is important, even if it is only about leading ourselves in the right direction.

Recently we inducted our Junior Secondary Leaders to the school at a special ceremony. These students have been working for some time, but this ceremony was a formal recognition of their role. This year, we have 14 Junior Secondary leaders drawn from Years 7 - 9. Their aim is to develop their own leadership qualities and use this experience to help promote a richly positive culture at Mackay High. The training and experiences they receive will hopefully bolster the leadership base in Senior over the coming years.

Sam Neill (Yr 7 Coor), Simon West (Yr 9 Coor), Amanda Dick (Yr 7 Coor), Mr Frank Brunetto(Yr 7 & 8 Deputy Principal), Kate Leon-Mason (Yr 8 Coor), and Mr Matt Skinner (Jnr Sec Head of Department)absent Ms Tania Cheers (Yr 9 &10 Deputy Principal)

At the same time our Junior Leaders were given a badge of office, we also recognised at the same ceremony, our Senior Buddies - a group of over 50 students who work every week to support our Year 7 and 8 students at school. They do a terrific job.

The dodgeball competition in year 7 is continuing and is proving to be very popular and competitive. We are on our round 2 games. The winning team will be invited to challenge the teachers to a game. Year 8 start their Paper Airplane challenge this week as well.

Junior Secondary thought of the newsletter.

We need emotion with devotion not the commotion of emotion.

Mr Matt Skinner
HOD Junior Secondary

WORK EXPERIENCE - SEU
A huge thank-you to all the businesses in the Mackay region that accept our students from the SEU for Work Experience placements.

At the beginning of each semester students in Year 10, 11 and 12 have the opportunity to attend Work Experience one day every week.

This is a great opportunity and allows the students to find out what is involved in a variety of work places and to also develop new skills and knowledge.

SCHOOL CLEAN UP
MSHS knows the importance of providing balanced education through opportunities for students to develop academically, socially and personally. This past week our 7A Maths students decided to enthusiastically clear up an area of the school that needed some pruning and clearing. This act of kindness helps our students develop an awareness of the needs in our community, as well as opportunities to respond personally to these needs.

A huge skip bin was ordered and our students filled it with branches and rubbish. The cleared area still needs more work, but eventually we will spread mulch so that our students have a beautiful environment in which to enjoy their breaks. Congratulations to our parents who have clearly taught their children the importance of community service. It was evident in their positive attitudes!
NETBALL

Netball Sullivans Carnival Rockhampton

Well done to Skye Bettridge, Holly Beveridge, Kelisha day, Tahlia Inksion, Elly McCubbin, Sophie Gagai, Rhiannan Kennell, Shauna Windsor, Charni Bloxsom and Georgia Sharp who participated in a 2 day carnival on the 30th and 31st May.

The girls represented Mackay State High School with pride. The girls won one, drew one and loss 5. Although the competition was tough the girls made individual goals to better themselves each game and they did just that. Well done girls you are an asset to our Netball Academy.

SPORTS WRAP

We are rapidly approaching Half Time in the school year and the sporting calendar is as busy as ever! In the past few weeks we have had a number of staff and students represent Capricornia as officials and players. Congratulations to all players who have represented Capricornia in their chosen sport. A special mention must go to Brendan White, Connor Hunt, Jayden Vea, Jacob Schiff and Sam Johnstone on their performance at the recent Under 18 Rugby League State Championships. The boys were part of a victorious Capricornia team who defeated Metropolitan North in an extra-time nail-biter to claim the title. From these championships, Sam Johnstone was selected in the Queensland Schoolboys side to play at the National Championships later this year, congratulations Sam!

In other Rugby League news, our Open Rugby League team travelled to Townsville last week to participate in the 2nd Round of the Aaron Payne Cup Schoolboys competition. The predominately Under 16 side were extremely brave in their 2 games against much bigger and stronger opposition. Age and experience got the better of them on Day 1, going down 28-12 to Abergowrie College. Day 2 saw us take on an extremely physical and professional outfit in Kirwan State High School, going down 62-0. The Kirwan team featured mostly 18 year old boys and with only 14 fit Mackay SHS students, the boys showed tremendous courage throughout the entire game.

The semi-finals of our local Division 2 competition is underway this week and Mackay SHS have 2 teams represented. Good Luck to Mr Doyle’s Under 15 (2) team when they take on Mercy College, and to Mr Gerckens’s Open team, who take on Sarina SHS. Results of these games will be published in the next edition of Sports Wrap!

The local netball competition has also reached finals time with a number of teams making the Semi-Finals. Good luck girls and we will feature all results in the next edition of Sports Wrap!

The Mackay SHS Athletics Carnival is fast approaching and there are a number of Pre-Carnival events being run during lunch times leading up to the event. Be sure to check the HPE noticeboard for these events. The carnival is being held on Tuesday and Wednesday 23rd and 24th June on the School oval.

BEYOND BLUE

At Mackay State High School we like to get behind Community awareness, our PE Department did just that in raising awareness and money for Beyond Blue with a sausage sizzle and Academy boys wearing blue socks and Netball girls wearing blue ribbons for a good cause. Well done to all involved!!

YEAR COORDINATORS

Wanted: School Shorts

Any spare shorts that are no longer used would be greatly appreciated as a donation to the school for replacement. Students sometimes have accidents or forgetful memories and need to borrow a pair of shorts. The current short stock is empty, any help is appreciated.

Thankyou

Mackay SHS Year Coordinators

UNIFORM

Winter Uniform

As the weather starts to turn a little colder we ask that you ensure your student has the correct winter wear. Tracksuits may be purchased from the Uniform Shop.

Full tracksuit: $ 105.00
Tracksuit Jacket: $ 65.00
Tracksuit Pants: $ 45.00

Winter Wear The school tracksuit or a plain navy or maroon tracksuit or jacket may be worn with the uniform.

Year 11 & 12 students only may wear the nominated senior jersey.

Hooded sweatshirts, flannel shirts and beanies are not acceptable.

Girls may wear plain flesh coloured stockings only.
**Q PARENTS**

**ENGLISH**

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

**Book Hire Scheme**
The English Departments Book hire scheme has commenced. This scheme gives students access to a wide range of novels that are used within the classroom. Each English class is given a specific novel to read and study.

This is how the system works:

1. Each student has their own copy of the book loaned electronically to their loan account.
2. Students are required to bring their book to every English class.
3. We do not recommend that students leave the book in their English classroom, as it can be easily misplaced or taken.
4. The book is the student’s responsibility at all times while on loan.
5. When the class is finished using the novel, the books MUST be returned promptly to their teacher OR the English Staff Room (A6).
6. Verbal reminders will be given to students during their English class, asking for the return of novels.
7. Failing the return of books, written reminders will be sent to the student’s home.
8. If a student still fails to return their copy of the novel, they will be invoiced and charged for the replacement of the book.

Unreturned books are a great expense to the English Department and that is why we have a very strict policy in place. We appreciate your assistance with our book hire scheme and look forward to enriching your child’s learning experience.

“**The more that you read, the more things you will know. The more you learn, the more places you’ll go!”** Dr Seuss

**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.

**MIGRANT VOICE**
The link below will take you to Migrant Voice, the publication for migrants to Mackay and also for those who want to connect with multicultural events promoted by the Council.

**P & C**
The P&C meet the 4th Monday of the month.
All Parents and Citizens invited to be involved.

**NEXT MEETING**
Date: Monday 22nd June.
Time: 6pm in the Administration building (A change to the meeting start time)
Focus: Strategic Planning MSHS P&C

We would like to thank Lea Arnold and Sandra Sinnott for taking on the P&C Secretary role. The P&C now have a full Executive team. We had 16 people attend the May meeting. It must be the 6pm start! The discussion around the P&C budget was informative. Members had the chance to add their thoughts about P&C involvement in improving facilities, providing extra resources and offering services at MSHS. Hope you can join us for the next one.

**Uniform Shop**
Jacket Update #2
Andrea has continued to communicate with the supplier of our school jackets. We are hopeful the stock will arrive by the 19th June. There is stock of XS, S, M, L right up to 4XL. The delayed delivery is only on smaller sizes 10, 12 and 14’s.

Keep up to date by checking the school Facebook page, newsletter, website and QSchools (App). School uniform policy outlines that ‘the school tracksuit or a plain navy or maroon
tracksuit may be worn with the school uniform during winter’. https://mackayshs.eq.edu.au/

We are very excited about our Formal Skirts and ties arriving into stock. MSHS uniforms are only available from the Uniform Shop. By having the business run by the P&C Association any profit is returned back to the school community. Please support us and support your school.

Tuckshop
We need you! Our amazing Tuckshop staff welcome you to join them once a month. (more if you can?). The P&C employee 6 staff to run the Tuckshop, however with the student numbers over 1150 the staff would appreciate more volunteers. Parents, Grandparents and Carers are encouraged to volunteer just 3 hours from 9am until 12. You are welcome to stay all day 9 - 2pm. The Tuckshop staff coordinate a roster system so let them know what dates you are available. pandc@mackayshs.eq.edu.au or call 4957 9159.

Representation Funding Access
At our May meeting the P&C has again committed to providing funds (upon application) to students representing the school in Academic, Cultural and Sporting achievements. The funds are paid retrospectively. The Financial Assistance Application Form for Representation - Academic, Cultural and Sporting Achievement is available from the office.

P&C Contributions to our school
Did you know that over the past year MSHS P&C Association has contributed approximately $70,000 towards resources in the school community. These resources include $10,000 worth of scientific calculators, $17,000 towards the laser cutter, $15,000 towards Arts under the Stars program, $8000 for sanding/polishing the hall floors, $2000 gazebos, $1000 toward the Bluey Program and 8 x $500 scholarships. MSHS P&C enhancing the learning of our students.

Any communication for the Parents and Citizens Association can be directed to pandc@mackayshs.eq.edu.au

GUIDANCE OFFICER

Building Self Esteem
Self-esteem is feeling good about yourself, liking yourself, feeling that you are a worthwhile person. For almost all parents there are times when you worry about your child’s self-esteem. Self-esteem enables them to try new things without too much fear of failing, to reach out and make friends, and to manage problems they are likely to meet along the way. Good self-esteem builds a solid foundation for life.

An important part of self-esteem is feeling that you have a place in the world where you belong – that you are part of a family where you matter.

What parents can do to help build self esteem

- Tell your child often that you love them and you are glad they are who they are

- Show you love them by spending time, listening to their point of view, being willing to help them achieve their goals eg. Drive them to sport, watch the game

- Support their learning – take an interest without taking over. Be involved in the school

- Encourage friendships and make their friends welcome, and get to know them

- Encourage hobbies or interests – a busy child is less likely to get into trouble

- Let your child assist you with something eg. Cooking, fixing the video

- Keep and cherish mementos of their success eg. Ribbons, trophies

- Help them to solve their problems themselves by talking through the issue, offering ideas or alternatives and helping them follow through.

All children need love and support. You are the most influential person in their life. How you support your child and the skills you teach them will affect them for the rest of their life. Parenting is not easy but it can be a most rewarding job when you see that the child you have reared is a happy, capable and caring person.

(Adapted from the Parent Easy Guide “Self-Esteem”)

School Based Youth Health Nurse

Head lice are still a problem within the school community, especially Year 7. I would recommend that parents continue to check their child’s hair daily for both lice and eggs. If either lice or eggs are spotted it is best to treat with a medicated shampoo, then apply conditioner and wet comb the hair to remove eggs. Combing should be done every day and the shampoo repeated a week later. It is also a good idea to keep hair short or tie up long hair. If lice infestation is occurring regularly I would suggest changing the brand of medicated shampoo as the lice can become immune to the shampoo. If you are having problems with treatment please give me a call. I am at the school every Monday and Tuesday and available on extension 9132.

Bowel Cancer

Wednesday 17th June is Bowel Cancer awareness day. 15,000 Australians are diagnosed with bowel cancer each year including 1,000 under the age of 50. Changing your diet to include more high-fibre foods such as vegetables, fruit, whole grain cereals, nuts and legumes is a good way to reduce the risk of bowel cancer. Quitting smoking, and reducing alcohol consumption to no more than two standard drinks a day along with at least 30 minutes of moderate physical activity are other changes to lifestyle which will reduce the risk. Free screening from the age of 50 is available but prevention is the key so include a piece of fruit in your child’s lunch box, set a good example by eating a healthy diet, and being more active. Heart Foundation walking groups are free and available in Mackay. To find out more about the walking groups search:
SCHOOL CHAPLAIN

Secondary Camp Eagle

The recent Secondary Camp Eagle in May was a great success, with the older youth helping out in Crew Leadership roles to help serve the 50 campers. With 20 Leaders and helpers the camp included, Survivor Day, Laser Tag, Team Building, Flour Bomb War, Small Groups, Tribal Shelters, Fire Activities, Camping out, Zumba, Hiking up the Gorge, Pamper Sessions and much, much more.

The girls camped out under the stars on their Survivor Day, while the boys toughed it out in the bush with their activities. One of the highlights of camp was the swim at the “Wheel of fire” up in Finch Hatton Gorge and seeing all the campers mixing well with students from other schools.

Thanks and well done to all involved, you all earned your dog tags which were awarded at the close of camp. All the campers were well behaved and there was a real spirit of love and care for one another. Well done guys!

Next Camps:

Primary Camp Eagle Sept 11, 12, 13 Cost $40 (Year 6 students only)

Leadership Camp Eagle Nov 27, 28, 29th Cost $40 (High School students only)

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.