15 May 2015

PRINCIPAL’S REPORT

Hon. Kate Jones Minister of Education & Tourism, addressed our Yr 11/12 Tourism students at the Marina, during her recent visit to Mackay. She was impressed with the questions and suggestions from the students, while sharing her insights in the local tourism industry and goals. While speaking to her, I presented an invitation to be the special guest speaker at our Annual Awards Night in November 2015, and I await her response.

The Induction for our newly announced Junior Secondary Leaders will be held later next week. At the same time our 2016 Buddies will also receive the recognition for the important roles that they have played since November 2014, with the transition of our Yr 7 & 8 cohorts into High School. Our 2015 JS Leaders are

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<thead>
<tr>
<th>Year 7</th>
<th>Year 8</th>
<th>Year 9</th>
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<tr>
<td>Thanh Huynh</td>
<td>Gabrielle</td>
<td>Chami Bloxom</td>
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<tr>
<td>Ashleigh Cairns</td>
<td>Wotherspoon</td>
<td>Hannah Walz</td>
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<td>Sean Bower</td>
<td>Blaize Grant</td>
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<td>Kaileigh Teale</td>
<td>Nicole Frew</td>
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<td>Emily</td>
<td>Destine Whisky</td>
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<td>Lauren Anderson</td>
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<td>Alec Scott</td>
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I am very confident that these young leaders selected from over 35 nominees, will carry out their responsibilities driven by our Core Values of Respect, Consideration, Dedication and Pride.

Staff in recent weeks are preparing the curriculum offerings for 2016 for Year 7 to 11 for Subject Selection in late Term 3. I thank all families, who have already completed payment of their child’s contributions. I recommend that all other families complete this payment promptly, or arrange a regular payment plan to pay off by instalments. Give your child the full selection of subjects in 2016.

Scholarships for 2016 Year 7 students will have application forms available this week for our new students in 2016. A copy of these packs will be available in our partner schools in South Mackay and Walkerston, while also being available on our website. Completed forms must be submitted to students’ current Principal on or before Mon 22nd June 2015. Any enquires can be directed to Mr Brunetto or Mr Paulger.

Students at Mackay Engineering College recently were exposed to trade opportunities that exist in our Armed Services. Trades in the Defence Forces gave several students a new pathway option for their future. Brody Dimond, Alex Brown, Chief Petty Officer Jarrod Murfett (Specialist Recruitment – Technical Trades) Navy, Warrant Officer Ted Grygorciewicz (Specialist Recruitment – Technical Trades) Air Force and Jay Fauchon.

Mr Steve Paulger
Principal

TOURISM EXCURSION

http://vimeo.com/127886847
LEAD BY EXAMPLE

Parents/ Care Givers Leading by Example in School Grounds

- Respect for others is one of the most important lessons that we want to teach our students at Mackay State High School. To learn respect children need to be able to see the adults in their lives show respect to each other. It is important that parents/caregivers, as well as school staff, show respect when dealing with each other. It is a way that we create a safe school environment for staff, volunteers, students, parents/caregivers and visitors.

- People who enter the school grounds and are hostile or aggressive, this includes using abusive or profane language and threats to school staff or volunteers, students or other parents/caregivers, will not be tolerated.

- It is an offence under the Education Act for one adult to insult another adult at a school in the presence or hearing of a student. It is also an offence for a parent to approach and admonish or question the child of another family.

- The Education Act provides the Principal with the authority to provide a written direction requiring a person to immediately leave the school premises and not re-enter for a period of time. Conditions may also be placed on a person’s entry to the school premises.

- If a member of the school community has an issue or concern the appropriate protocol is to make an appointment with the staff member, outside of student learning times, to discuss the matter in a calm manner. If the matter cannot be resolved the matter should be referred to the principal in the first instance.

- All members of the school community are asked to abide by these protocols so that schools can maintain a safe supportive environment for our students to learn.

Students in Year 7 and 9 have now completed the Australia-wide Literacy and Numeracy testing. Thank you to the students for being so positive and providing their best efforts on the three mornings. I also thank parents for your support of your child. I thank the teachers, aides and admin team for the coordination of this activity over the past month. Having the large Year 7 cohort in addition to the Year 9 group has made this a huge task. We look forward now to the student results later this term.

SMS MESSAGING

This week we commenced SMS messaging for student absences and lates. The feedback from parents has been overwhelmingly positive.

Parents/guardians will receive a text message between 10.30am – 11.00 am each day if their child has been marked absent or has arrived late without a note.

Thank you to parents who have responded immediately to clarify these absences.

There is a dedicated phone line for these text messages. The current processes for letting the school know about absences still operates. SMS messaging is an additional service.

If you have any questions please direct them to our Absentee Officer.

Donna Drinkwater
Deputy Principal

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

QParents is coming

Great news! Mackay State High School is proud to be one of the first schools in Queensland to offer QParents, as part of a pilot program in the first half of 2015.

The QParents web and mobile application provides a more convenient, easier way for parents and legal guardians of Secondary school students to interact with their child’s school. Parents will have access, online access to their child’s student information, anytime, anywhere, through a smartphone, tablet or computer.

QParents allows parents to connect instantly with their child’s school to access and manage their child’s student information, including:
- Attendance and absence details, as well as the ability to notify the school of an absence
- Academic report cards
- Class enrolments (next few weeks)
- View/pull student’s personal student detail, payment history, and making payments online
- Viewing and updating personal student details, including medical conditions and allergies
- Invoicing details

QParents will assist both staff and parents in sharing and responding to information in an efficient and effective way.

We will shortly be sending out invitations for parents to register for QParents in the near future.

QParents isn’t just a replacement for the traditional ways you communicate with our school but it will provide another way to communicate with us.

More information about QParents can be found at https://qparents.qld.edu.au/school

We will keep you updated on the roll out of this great initiative.

Lachlan Ironside
Year 12

RECREATIONAL STUDIES

Year 12

This term the year 12 Recreation Studies class are trying their hand at golf. While most of the students are hitting well above par (blame the clubs) they are having a great time playing at Harrup Park. Just a reminder to any students who are driving or getting a lift down they must have a permission note. A few happy snaps of the students in action.

GEOGRAPHY

On the 1st of May the Year 12 Geography class explored a number of diverse living conditions around the Mackay Region. This trip allowed us an insight into the different living areas which meant we were able to witness firsthand the different conditions of each area and how well they were looked after by the local government.

The suburbs visited were, Bakers Creek, Blacks Beach and Dolphin Heads, where we spoke to locals whom had lived in the area for a while. They gave us information of their general knowledge to assist in the research being done towards our assignment. They also presented their personal opinions to us telling us how safe they felt and what they liked and disliked about their living area.

On behalf of the Year 12 Geography class, we would like to personally thank all who was involved with the preparation and planning of this excursion and to the residents Karl, David and Liz who gave their time and knowledge on the three areas we visited.

SPORTS WRAP

Hello again everyone and welcome to another edition of the Sports Wrap! From everyone in the HPE Department we hope you had a safe and enjoyable Easter break. It has been an unbelievably busy start to the term with a number of inter-school competitions and Representative carnivals getting underway.

The Mackay Schools Netball Competition is well and truly underway with 9 teams taking the court each week representing Mackay State High School. It has been a successful start to the season with a number of teams well in contention to make the Semi-Finals. The most pleasing thing to see is all girls working together on the court and enjoying themselves.

The Mackay & District Division 2 Rugby League Schoolboys competition is underway with a mixed bag of results for the 5 Mackay State High School teams. Congratulations to our Under 13 teams who have just recently taken the field for the first time in a Mackay State High School jersey. Every student who has taken the field so far this season have done a tremendous effort in representing the school. A full list of results will be published in upcoming newsletters.

Last week the Under 18 Netball and Under 15 Rugby League State Titles were held in Kingaroy and Roma. Mackay State High School had 2 representatives in the Capricornia Under 18
Netball team. Congratulations to Laura Bugeja (Year 12) and Kylie Watts (Year 11) who travelled to Kingaroy, along with our own Netball Academy staff member Mrs Courtney Maskell who managed the side. The side finished 4th in the state, which is an excellent achievement!

In the Under 15 Capricornia Rugby League side Mackay State High School and 5 members of the Rugby League Academy and 2 staff represent the school. Congratulations to Mason Thorpe, Garrett Smith, Thomas Irelanies, Hayden Swain and Thomas Dearden on being selected to represent Capricornia and to Andrew Gercken (Manager) and Craig Monaghan (Assistant Coach) for all your hard work preparing the boys for the carnival. The Capricornia side played outstanding Rugby League and made it to the State Final where they unfortunately went down to a strong South Coast team. In the lead up games Capricornia defeated Metropolitan East 28-10, Metropolitan West 50-6 (who were the defending champions) and Metropolitan North 30-18. From this carnival, two Queensland sides were selected to participate in the National Championships in June. Congratulations to Mason Thorpe and Garrett Smith, who were selected in the Qld Maroon side and Thomas Irelanies who was selected in the Qld White side. These boys performed extremely well throughout the carnival and worked extremely hard to get to this point. From everyone in the HPE Department, we wish you the best of luck for the upcoming National Championships.

Next Week is the Mackay District Cross Country which is being held in Sarina. Good luck to all students who have been training for this carnival. We will publish all results in the next edition of Sports Wrap.

SAVE THE DATE!! – Mackay SHS Athletics Carnival is being held on the 23rd and 24th of June.

Have a great week!

From the HPE Staff – Nathan Doyle, Andrew Gercken, Craig Monaghan, Jody Dell, Amanda Dick, Kellie Biddle and Courtney Maskell.

This is how the system works:

- Each student has their own copy of the book loaned electronically to their loan account.
- Students are required to bring their book to every English class.
- We do not recommend that students leave the book in their English classroom, as it can be easily misplaced or taken.
- The book is the student’s responsibility at all times while on loan.
- When the class is finished using the novel, the books MUST be returned promptly to their teacher OR the English Staffroom (A6).
- Verbal reminders will be given to students during their English class, asking for the return of novels.
- Failing the return of books, written reminders will be sent to the student’s home.
- 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.

HOME ECONOMICS

Young Chefs Competition 2015

On the 28th of April 2015, 8 Juniors and 8 Seniors took part in the Young Chefs competition trials for Mackay State High School. The young chef participants had to demonstrate their cooking, coping, organisational, planning and teamwork skills.

The participants all prepared and presented enjoyable main meals of a very high standard. Greg Benjamin from Rotary Club was the guest judge and was really impressed with the high
standard of skills and teamwork shown by Mackay State High students.

Two senior teams (Melisha Johnson & Holly Polley) and (Angela Skinner & Lachlan Ironside) both won the Senior Young Chefs title. Brianna Skinner and Mariah Anderson won the Junior Young Chef’s title. Congratulations to these three teams who had done an outstanding job.

These teams will be competing at the TAFE College Mackay Campus on the 23rd May 2015 competing against winners from other regional schools. The teams have to prepare a main meal as well as a desert for this very challenging competition. We wish them all the best for this event.

**BLUE CARD WINNERS**

The students who are the lucky recipients of a $10 tuckshop voucher from the blue card draws this term so far are:

Week 2: Ethan Atkinson and Sophia Talocod

Week 3: Kayla Doherty and Rhett Stockden

Congratulations to these students and great work to all the students receiving blue cards for demonstrating positive behaviours around the school. Keep up the good work!

**POULTRY SHOW TEAM**

On Saturday the 2nd of May the Mackay SHS poultry show team participated in the Mackay Poultry and Pigeon Club Show at the Mackay Show grounds. The competition was intense with over 140 entrants in total. Our poultry did quite well on the day with us receiving the following:

Champion in the Black Red Partridge Hen category, 1st and 2nd in the Silver Duckwing category and 1st and 2nd in the Golden Duckwing Cockerel category.

Overall the day was exciting for all the students and staff who attended and we look forwards to the next competition at the Mackay Show.

**Mrs Chambers**
**Home Economics Department, MS HS**

**AUSTRALIAN BRAIN BEE CHALLENGE**

The results are in for the year 10 extension science students who competed in the brain bee challenge round one in class at the end of term 1. A big congratulations to the students; Haard Shah, Fritz Bulaong and Portia Dryden who have made it through to the state finals that are held at the Queensland Brain Institute located at the University of Queensland in Brisbane.

Congratulations and great work to all the students who participated.

**EARLY CHILHOD NEWS**

The Year 11 Early Childhood Studies class is looking for 3 – 5 year old children to participate in their end of Term Class Project (assessment). This Project is an Activity Centre where children will be able to partake in a range of play-based learning activities developed by the Year 11 students. The Activity Centre will be held on **Friday 12th June** between **12:15pm – 1:15pm** in the Hall. Parents / guardians are requested to stay with their child for the duration. If you are interested in attending could you please RSVP to Mrs Place by phone (07) 4957 9126 or email pplac1@eq.edu.au by Tuesday 9th June 2015. Please state your name, your child’s name and their age.

**Mrs Pauline Place**
**Early Childhood Teacher**

**SCIENCE**

Our senior Physics students went to Sarina Show Grounds to participate in ‘Physics in Motion’ activities. The focus was on the motion in cars. The students used Newton’s Laws on motion to interpret and predict motion in real time situation. Our senior students undertaking courses in Marine studies went to the lake at Kinhaut Dam to undertake their canoeing assessment.
On the Saturday the 23rd of May Mackay students will be participating in the Eco-barge activity to clean up Town (Iluka) Beach from 9:30 to 11:30 (meeting near the swings). Our students on the environmental committee are exploring ways to increase the amount of recycling occurring in the school. James Cook University is offering interested students in Years 9 and 10 to participate in the ‘ConocoPhillips Science Experience’ at the Townsville Campus. The course aims to stimulate and heighten interest in a wide range of science disciplines. The course runs from 30th of September to the 2nd of October at accost of $120. Please encourage interested students to see a science teacher for enrolment information.

Most students in senior science are still undertaking extended response task which require a reasonable amount of research. Students in year 10 will start one of the terms main assessment tasks an experimental investigation into chemical reactions. The year 8s and year 9s will be having midterm tests. The 7 students will be undertaking an experimental investigation into car motion as their main assessment task this term.

At the recent Mackay Poultry Show our school chickens picked a number of ribbons and a best at show prize. Our cattle show team is slowly but surely putting our cattle through their paces in preparation for the upcoming district shows.

The aquaponics equipment is undergoing tests in preparation for our Sooty Grunder growing activities in cooperation with the Fish Stocking Association. These fish will be released into local catchments towards the end of the year.

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**Does your son or daughter:**

- seem particularly fussy about keeping their hands clean?
- find themselves checking, touching or counting things even though they know they don’t really have to?
- have trouble finishing school work or chores because they have to do something over and over again?
- worry a lot if something isn’t done exactly the way they like?

**Does your son or daughter have difficulty stopping these habits, and do they seem to interfere with their lives?**

These symptoms may be signs of Obsessive-Compulsive Disorder (OCD).

The University of Queensland is offering a free OCD treatment program for teenagers aged 12-17 for a short-time only. The 12 week internet-based program is supported by a clinical psychologist who is a specialist in treating teen OCD. Parents can also access an on-line program and specialist support.

Please contact Dr Cynthia Turner at cynthia.turner@uq.edu.au to discuss your child’s suitability for this free program or visit our website at https://exp.psy.uq.edu.au/ocd for more information.

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**HEALTH NURSE**

**Sleep**

Sleep is not optional it is important for good health just like eating healthy food, keeping physically active, and quitting smoking. Sleep is important for cleaning up the brain, helping the immune system, improving energy levels, concentration, learning and maintaining a healthy body. Lack of sleep effects behaviour, mood, performance at school and can even result in depression, raised blood pressure and obesity.

Teenagers (14-17yrs) need 8-10 hours of sleep out of a 24 hour day according to the latest government guidelines. When children reach puberty a shift in circadian rhythm makes it harder for them to fall asleep which can make it difficult to get enough sleep and get up in time for school.

Parents can help by looking at their child’s daytime behaviour. Teenagers just like younger children need to eat regular healthy meals, get regular physical activity and enjoy positive social relationships.

- Encourage your child to go to bed and get up around the same time every day. No more than a two hour
difference even during the weekends. This gets the body clock in a regular rhythm.

- Allow wind-down time 40 minutes before bed. Listening to music, reading, warm milk drinks or a warm shower.
- Turn off electronic stimulation in your child’s bedroom before they go to bed. This includes, TV, phone, and computer.
- If necessary change the sleep space to one that is darker, quiet and private.
- Talk with your child about the importance of sleep and what can effect it.
- Make sure your child is exposed to natural light during the day especially in the morning. It is important for them to be physically active during the day but not too late in the evening.
- Ensure dinner is nutritious and not too late in the evening. Avoid caffeine in energy drinks, coffee, tea, chocolate and coke.
- If your child can’t get to sleep allow them to get up and do something quiet and relaxing such as reading under a dim light.
- Most important is to set a good example by trying to adopt the above measures yourself.

Trixie Mills
School Based Youth Health Nurse

GUIDANCE OFFICER

Dealing with Harassment and Bullying

Harassment and Bullying occurs in every school (and in most workplaces) so it is important that students, parents and schools have strategies to deal with and manage it. Research indicates that Likely Victims of bullying are:

1. New to the School
2. Look or behave differently
3. React in an entertaining way
4. Are anxious or nervous
5. Have low self-esteem

Generally, what is needed is an approach to address these areas and to build up a student’s self-confidence and resilience which will not only help them with this issues but many other aspects of life.

At Mackay State High School we have a couple of Tip Sheets (main one is below) that we use to help students deal with it and to help parent support it but there are many organisations that have some very useful resources available on the internet. The following link has some very useful resources.

CHAPLAIN

Chappy Week — 17 - 24 May

Chappy Week is an annual event run by SU QLD to raise awareness of the value of school chaplains... and to raise funds to support school chaplains. Schools and communities get on board, hosting special events and taking to the streets for their “chappy”. SU QLD is officially endorsed by Education Queensland as an accredited employing authority for school chaplains.

Who are chappies?

SU QLD Chaplains provide spiritual, emotional and practical support to school communities. They are in the prevention and support business; helping students find a better way to deal with issues ranging from family breakdown and loneliness to drug abuse, stress and anxiety. They provide a listening ear and a caring presence for kids in crisis, and those who just need a friend. They are also on-hand to provide support for staff and parents in school communities.


You can financially support Chappy Phil by putting a small donation in the collection tins at the Tuckshop, which will go towards his wages.

Or you can contact Chappy Phil direct on 49579107 for a chat and to receive a Money Tin to place at home or business.

Chappy Phil would like to thank the MSHS community for your continued support over the past 16 years.

Strength Work Program for Boys

Strength for boys is a program run once a week for boys identified by the school that need extra support for whatever reason. Chaplain Phil, the Grounds man and volunteers deliver the seven week program using fitness and practical work around the school.

Strength has three underpinning values of Significance, Strength and Purpose. The program covers issues such as Teamwork, Friendship, Resilience, Work, Manhood, Relationships, Respect and Party Safe.

For enquiries about Strength contact: Chaplain Phil Hall 49579107

Secondary Camp Eagle

Camp Eagle is a community run camp program available to all students through Chaplaincy. The next camp is Secondary Camp Eagle 28th - 31st May. Cost is $40.

Registration Forms available at ES Student Services Foyer.

For enquiries about Camp Eagle and registrations contact...

Chaplain Phil Hall
49579107.
BREAKFAST CLUB

Breakfast Club is having a Birthday celebration for all Staff and Students on 19 May from 8am to 8.45am, this is also an activity to coincide with Chaplaincy week.

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 UPDATE

Uniform Shop news

Jacket Update

Unfortunately the suppliers of our school jackets have been unable to send our order as planned. The P&C apologize for any inconvenience this may have created. The delay only relates to the smaller sizes 10, 12 and 14s. The delivery of these is expected in the next 5 weeks.

Andrea (Uniform Shop) has stock of XS, S, M, L right up to 4XL. The Canterbury jackets are $65. The P&C run Uniform shop is open 8 - 10am Monday, Wednesday and Friday.

We shall keep you updated about the availability of size 10, 12 and 14 jackets as information comes to us. Please check 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/

P&C 2015

The Annual General Meeting was finalised 27th April with most Executive positions being filled. The secretary role is yet to be filled, anyone interested in taking minutes at the monthly meetings please email pandc@mackaySHS.eq.edu.au or join us as the May meeting 6pm on the 25th.

President - Tanya Williams
Vice- President - Arthur Dick
Secretary - Vacant
Treasurer - Cheryl Gilbert

The P&C meet the last Monday of the month. All Parents and Citizens are invited to be involved.

Next meeting: Monday 25th May
Time: 6pm in the Administration building (A change to the meeting start time)
Focus: P&C Budget

COMMUNITY NOTICES

RioTinto

Local partnership to boost Mackay’s skill base

A new partnership between Rio Tinto’s Hall Creek Mine and the Mackay Engineering College will look to boost the local trade skills base in the Mackay region. Representatives from each party gathered at the Mackay Engineering College campus yesterday to sign a historic Memorandum of Understanding and celebrate the partnership.

Hall Creek Mine general manager operations Krista Marois said “it is with great pleasure that Hall Creek Mine has formalised its long-standing relationship with this Mackay Engineering College”.

“The Memorandum of understanding builds on the success of several programmes Hall Creek Mine has with the Mackay Engineering College, now aligned under one robust partnership. We look forward to seeing how learning opportunities presented to students from today will evolve into a stronger local skill base for Mackay in the future.”

This partnership is just one way Hall Creek Mine continues to invest in building capacity and creating a sustainable employment future for the Mackay region. RioTinto Mackay Engineering College director Debbie Smith said “the Mackay Engineering College and Hall Creek Mine partnership is a great development for the Mackay region. The partnership will provide more opportunities for students to show initiative, develop technical and leadership skills and adapt to a maturity workforce involved through access to a “real-life” work environment and industry personnel at Hall Creek Mine”.

We are proud to continue to create and sustain partnerships across the community to develop work-ready students and provide pathways for students into manufacturing and engineering careers.

Mackay Engineering College

Mackay Engineering College partners with prominent local businesses to give you insight into what a career in the Manufacturing and Engineering Industry would be like.

The Checklist

☐ Are you in Year 10?
☐ Do you attend Mackay North, Barina, Mackay, Whitsunday, Northern Beaches or Aitken Shire?
☐ Are you interested in trying boatmaking, diesel fitting, auto electrics, fitting or turning or electrical (did it at home a few years ago)?

If you ticked all 3 boxes, you should consider applying for the Try Trades program with the Mackay Engineering College. It’s held in term 3 during which you’ll try a range of trade experiences associated with the Manufacturing and Engineering Industry such as:

☐ Field trips and industry tours
☐ Mentoring by tradespeople in their workplace
☐ Completing welding projects
☐ Tour Rio Tinto Hall Creek Mine
☐ Tour BMA Hay Point Coal Terminal
☐ Underground mine simulator (MineDot)
☐ Electrical seminar at CQU
☐ Activities at the Mackay Engineering College

Chat to your UPS teacher today about how to apply or simply download an application pack from www.mackay.shs.edu.au

Applications to be handed to your IT & P Teacher by Friday, 22nd May!!!
Breakfast Club Birthday
Also celebrating Chaplaincy Week
@ The Breakfast Club
Serving 8:00am - 8:45am
Next Tuesday 19th May
All Students & Staff
WELCOME

Menu

Month Made Birthday Cake
Pancakes & Syrup
Fresh Fruit Kebabs
Iced Chocolate Smoothies

Kids don’t have to put up with OCD!
A free OCD treatment program is available for 12-17 year olds for a short time only

Does your son or daughter:
• seem particularly fussy about keeping their hands clean?
• find themselves checking, touching or counting things even though they know they don’t really have to?
• have trouble finishing school work or chores because they have to do something over and over again?
• worry a lot if something isn’t done exactly the way they like?

Does your son or daughter have difficulty stopping these habits, and do they seem to interfere with their lives?

These symptoms may be signs of Obsessive Compulsive Disorder (OCD).

The University of Queensland is offering a FREE OCD TREATMENT PROGRAM for teenagers aged 12-17 for a short-time only.

The 12 week internet-based program is supported by a clinical psychologist who is a specialist in treating teen OCD. Parents can also access an online program and specialist support.

Please contact Dr Cynthia Turner at cynthia.turner@uq.edu.au to discuss your child’s suitability for this free program or find out more about the program at:

[Image: Behaviour and Social Sciences Ethical Review Committee, University of Queensland]

YOU’RE INVITED TO OUR FREE INFORMANT NIGHT

WHEN: Monday 13 June 2016
6.30pm - 8.30pm
WHERE: Main Hall, South Bank, University of Queensland

FREE light refreshments and raffles

Log Book Servicing
• Tyres and Wheels
• Wheel Alignments
• Mechanical Repairs & Upgrades
• Obligation Free Quotes

DO YOU KNOW A FATHER
WHOSE SACRIFICES GO UNNOTICED?
YOU CAN HONOUR HIM TODAY!

Nominate a deserving dad or father-figure today for the 2015 Queensland Father of the Year award!

NOMINATIONS CLOSE 17TH JULY 2015 AT qldfatheroftheyear.org.au

He could win a five night family holiday at Sea World Resort & Water Park and the Gold Coast’s Favourite Theme Parks!

*Price is for 2 adults and 5 children and includes: five nights’ accommodation in a Deluxe View room or interconnecting room if more than 2 children; full buffet breakfast, and unlimited entry to Sea World, Warner Bros. Movie World and Wet’n’Wild Gold Coast until 30 June 2016.

There has got to be more than this!

Encounter Night
Youth Event
Live Band
14 Victoria St
7:00PM - 9:30PM
https://www.facebook.com/EncounterNight

Encounter Night
Youth Event
Live Band
14 Victoria St
7:00PM - 9:30PM
https://www.facebook.com/EncounterNight