**PRINCIPAL’S REPORT**

Term 3 has flown by, especially the last 3 weeks, of which I’ve had the privilege of being Principal of our fine school. I would like to thank our amazing staff, not only for their support during my time as Principal but also, how committed, passionate and dedicated they are to the achievement and well-being of all students.

During the last week of term, with the finishing of exams and final assessment items, many students often take off the last day of school. It is imperative that all students remain at school up until the last day, as all staff continue to provide excellent learning opportunities for all students. For more information on the importance of regular attendance please visit www.education.qld.gov.au/everydaycounts. If your child is unable to attend school, please ensure that the school is informed and that your child catches up on any missed work.

Over the coming weeks we continue to extend our students and their extra-curricular experiences. Some of our Rugby League students flew to England on the 13th September, to represent Mackay SHS to the best of their abilities; I wish them well in their endeavours and hope that the experience will be one to be remembered. Secondly, our band members leave for Brisbane on the 16th September for their Crescendo Band Tour. Good luck to you all and I hope the experience continues to ignite the fire, passion and enjoyment that you have for music.

As we finish off the term, let us finish strong so that we may enjoy the well-earned break and recommence our teaching and learning for Term 4 on Tuesday 6th October.

Have a safe and enjoyable holiday.

*Mr Frank Brunetto*

*Acting Principal*

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**ACADEMIC EXCELLENCE CADETS**

The first Academic Excellence cadet visit from our primary schools year 5 and 6.

I am pleased to advise you that the students who participated in Mackay State High School’s first Academic Excellence Cadet Program Day were enthusiastic and well behaved. Staff working with the students were very pleased by the engagement levels and knowledge that the students brought with them. The students were involved in learning about Aquaponics. The students studied from a booklet to gain a theoretical understanding of the process, had a light lunch and then made their way over to our agricultural farm to take water samples and investigate the plants and fish that we have in our Aquaponics system.

I would like to offer my thanks to the Principals and the school staff and students for enabling this Academic Cadets program to be a success. I will be looking forward to the next Cadet Day which is Thursday 12 – 3pm on the 22nd of October.

**Year 8 Unify Science Project**

14 Year 8 selected students are participating in this program over the next 12 weeks. The Green Zone Virtual Project will provide students with the opportunity to become a ‘Champion of the Reef’. Students will adopt the role of a scientist and evaluate the marine biodiversity of the Great Barrier Reef. Students will have the opportunity to review the impacts of human habitation, the effects of climate change and the impact of industry on the reef. The project provides a great opportunity for your child to extend their practical scientific skills and experience online learning. It includes the chance to connect and collaborate with like-minded students from other schools, an online teacher from BSDE and staff from the Faculty of Science at the University of Queensland.
Uniform

The Administration, Year Coordinators and Staff at Mackay State High School are committed to ensuring that students wear their uniform properly and with pride. This not only helps promote a positive school image within the community but also teaches students that being able to comply with a uniform code that forms part of a workplace health and safety standard is a valuable attribute to possess.

Any student arriving to school without the correct school uniform is required to see their relevant year coordinator before form to discuss the situation and to get issued with a uniform pass for the day. These students will then be issued with a 30 minute lunchtime detention.

We ask that parents support us by ensuring their student is wearing correct school uniform each day. The correct uniform policy can be found in the student Diary. Of particular focus are shoes, socks and shorts. Socks must be white MSHS socks or plain white, unbranded, ankle length socks. Black socks are not acceptable. Shoes must have solid soles, enclosed upper preferably leather or leather like, predominantly white (with white laces) or predominantly black (with black laces). Canvas shoes, mesh shoes, grey shoes or shoes with bright colours or coloured laces are not acceptable. Shorts must be MSHS navy blue shorts or plain, unbranded, navy blue shorts with elastic waistband. Capricornia sports shorts or navy shorts with brand names are not acceptable.

Thank you to all the parents who consistently ensure their student is wearing the correct uniform each day. If you have any questions regarding the uniform please don’t hesitate to contact the relevant year coordinator. We also ask that if you are purchasing new shoes for your student that you follow the guideline attached to the end of this newsletter.

Year Coordinators

Year 7 – Sam Neil/Amanda Dick
Year 8 – Kate Leon-Mason
Year 9 – Simon West
Year 10 – Andrew Gercken
Year 11 – Miles Jackson
Year 12 – Liz Atkins/Joseph Markham

RUGBY LEAGUE TOUR TO UK

25 extremely excited yet nerve-wracked Year 10 and 11 Mackay State High School Rugby League Academy students will depart Mackay for the shores of England on what can only be described as the greatest school trip they will ever go on. Tour Coordinator Nathan Doyle, along with the school’s Rugby League Coordinator Andrew Gercken, and Rugby League staff Sharon Barnard and Kevin Blakey, will accompany the students throughout their 3 week tour of England.

This is the fifth instalment of the Mackay State High School England Tour, with the first trip taking place back in 2007. “The England Tour occurs every 2 years and is open to our Year 10 and 11 Rugby League Academy students” Doyle said. “The tour is designed to allow these young men to experience international travel with their close friends and play Rugby League against some of the top schools across England. On past tours we have seen a definite change in the boys after they return from the tour, they start the tour as boys and return as men”.

The tour also consists of a number of sightseeing and tourist activities including some of the UK’s top destinations. The boys will see sights such as the London Eye, The London Dungeons, London Bridge, Madame Tussauds and will experience a West End Show. After a few nights in London to start the trip the group then heads north to a number of destinations such as Hull, Castleford and Wakefield. From there the students will spend time with their host family to fully submerge themselves in the local culture.

Mackay State High School is fortunate enough to have some excellent relationships with a number of schools in England as each year an exchange program operates where students from the UK spend 6 weeks as a student within the Mackay SHS
Rugby League Academy. “The schools that our students are billeting with were in Australia recently and our touring students hosted them. It’s great to see a familiar face when you are so far from home and this has made the boys feel more at ease, especially during those first few nights” Doyle said.

The England Tour has been privileged to receive numerous sponsors to help reduce the cost of the tour for the students. The major sponsor for the 2015 tour is Gemini Accident Repair Centre. To assist students with the financial burden of this trip, Gemini’s General Manager, Mick Hall, offered two bursaries along with other funding which were presented to Bryce Ingledew and Blake Paskins. “It is important for local businesses to support endeavours like this to give the opportunity for these young men to have a once in a lifetime opportunity. If in some small way I can make this happen, then it is money well spent” Hall said.

“When in England, the touring party will visit Gemini Global to present their Managing Director, Tim Hopkins with a replica of their playing kit. “The tour is a great experience for these boys but it does come at a cost. For close to 24 months the travelling students and their families have been involved in countless fundraising events to minimise the cost. They have been selling tickets at the gate of every Mackay Cutters game, running chocolate drives, holding trivia nights just to name a few. The time and effort of the parents and staff, as well as the students is all about to be worth it the second we touch down in London” Doyle said.

Well done to the whole class for entering the competition and special congratulations to the winning boys and a big thank you from the Ag Department.

**GEOGRAPHY**

Congratulations to Mackay State High School Year 10 Geography students for winning 1st and 2nd prize in the Mackay Regional Council, Waste Services, 2015 Art Competition.

The 1st prize entry was submitted by Dylan Perry and the prize includes a $100 gift voucher for the school and an individual $50 gift voucher for Dylan. Dylan chose a JB Hi Fi Voucher.

The 2nd prize entry was submitted by Art Clemente and the prize includes a $60 gift voucher for the school and an individual $30 gift voucher for Art. Art chose an EB Games voucher.

The boys decided to donate the $160 to the Agriculture Department in the form of a Bunnings voucher. Ms Nicole Fitzpatrick was extremely pleased to accept the voucher and will let the boys know how the voucher will be used within the department.

**NZ SKI TRIP**

What an action packed month!

**ARTS UNDER THE STARS: adrift**

**RE•vise ART PRIZE**

A number of students continued painting at Arts Under the Stars, including in the inaugural RE•vise Art Prize. This competition was judged by Dave and won by Year 12 student, Hayley Sumpter, with her re-contextualisation of Van Gogh’s famous painting, Sunflowers. Congratulations Hayley! Highly Commended artists were Charlene Booysen, Emmah Hobdell and Lucas Warde.
CREATIVE GENERATION EXCELLENCE AWARDS IN VISUAL ART

Téa Vella, Damian Gutteridge, Kate Regala and Nerezalyn Lopez from Year 12 Visual Art have their artworks on display at Artspace Mackay in the Creative Generation Excellence Awards in Visual Art. All four works are of an outstanding standard and are testimony to the talents of our art students.

The Creative Generation Excellence Awards in Visual Art recognise and promote excellence in senior visual art education and student achievement in visual art throughout Queensland’s state and non-state schools. All are welcome to see the Central Queensland entries during September and into October. See the invitation below.

CQU JAZZ FESTIVAL

Congratulations to our Instrumental students and conductor, Mr Matt Johnston for their outstanding success at the CQU Jazz Festival last night. Recognised for their talents and hard work were:

Stage Band – Silver Award – Most Outstanding Rhythm Section – Most Outstanding Trombone Section

Well done and thank you also to Mrs de Brueys for her support.

MACKAY ORCHESTRA & BANDS

On Saturday 22 and Sunday 23 August, 80 Instrumental Music students competed in the annual Mackay Orchestras and Bands Competition. It was a very successful weekend with great results.

Percussion Ensemble conducted by Mrs Yvonne Bell received a Silver Award. String Ensemble conducted by Mrs Kristen Boyd received a Gold Award and the Middle School Concert Band and Senior School Concert Band conducted by Mr Matthew Johnston both received Gold Awards.

Congratulations to all of our Instrumental teachers and students on their fantastic work.

CRESCENDO BAND TOUR

With only a couple of weeks until 41 of our Instrumental Music students head off to Brisbane for the Crescendo Band Tour, final preparations are well under way.

Music teachers, Mrs de Brueys, Ms Boyd and Mr Johnston, together with ex QACI Theatre technician, Mr Hobdell and Head of the Arts, Mrs Hobdell, will accompany the excited students. They are looking forward to an action-packed week of workshops with industry professionals at the Queensland Academy for Creative Industries, and catching a show, Strictly Ballroom, at QPAC. They will also have a day of exploring the Conservatorium of Music, QAGoMA, the Science Centre and the Museum at South Bank, rounding the journey up with a day trip to Movieworld.
Fundraising involving the students and their parents has contributed substantially to the cost of the trip. Associated raffles have now been finalized, with the following results:

**Chocolate Raffle**

1st PRIZE  
5kg Box of Favourites Chocolates  
Mrs Roxanne Aprile

2nd PRIZE  
4.5kg Toblerone  
Penny Milner Year 7

**Strings Raffle**

1st PRIZE  
Yamaha Acoustic Guitar  
Charlene Booysen

2nd PRIZE  
Kohala Ukulele  
Mr Rob Tupperack

Congratulations to our winners and thank you to all who bought tickets.

We are still selling tickets in the Griffin Money Wheel… stay tuned!

## SWIMMING CARNIVAL

**Friday Week 1 - 9th October**

- Swimming Carnival will be held this Friday at the Memorial Pool.
- Students will need to arrive at the Memorial Pool by 8:30-8:45am ready for a 9am start.
- A pool entry fee of $2 per student will need to be paid to the Year Coordinators on entrance to the pool.
- The swimming carnival will conclude at approximately 2:30pm. Students can be collected from either the Memorial Pool or from Mackay State High School as per normal. Once students have arrived to participate at the swimming carnival they will not be permitted to leave until 2:30pm – no leave passes or early exits.

**PARTICIPATION and NOVELTY EVENTS**

- This is a whole school and whole day event, where all students are encouraged to attend and participate in what will be a fantastic day for all involved. The swimming carnival is about more than just winning races. It is about student participation and enjoyment, building relationships, as well as developing school and house spirit. There will also be plenty of novelty races where students can earn participation points for their house.
- Students are encouraged to wear their sporting house colours and be sunsafe by wearing a hat, sunscreen and a sleeved shirt when not competing.

**Sporting House Colours:**  
Denniss – Green, Mackay - Blue, Forgan – Red and Chattaway – Yellow.

- There will be plenty of novelty events and some novelty events specifically aimed at the students who are unable to swim.
- Clothing and costumes need to be appropriate for a school event, as per normal free dress rules.
- The Memorial Pool Canteen will be open on this day for students to purchase lunch or they may bring their own lunch from home. The Senior School will also be holding a sausage sizzle at the event. Please support our seniors.
- Please note that normal school rules and behaviour expectations apply on this day.
- Do not bring any e-devices or valuables. Phones will be confiscated if they are seen for any reason including taking photos and listening to music. Teachers will be taking photos which you will be later able to access on the common drive.

## DRAMA

Our students visited the MECC thanks to the BMC Pathways to Performance Program.  
Thank you BHP Billiton and the MECC!

Senior Drama students attended Bell Shakespeare’s performance of Hamlet on Monday the 7th at the Mackay Entertainment and Convention Centre. The students and I thoroughly enjoyed the performance and it was exciting for me as an Educator to see them unpacking the performance and being so passionate about the theatre. The stage design and vision of the performance had the class really appreciating the perennial appeal and contemporary appropriation of the performance and the overall work that Bell Shakespeare do. A fantastic night at the theatre and our students represented Mackay High very well.

## LIBRARY NEWS

Last Thursday Mr Brunetto inducted two new students into the Accelerated Reader Millionaire’s Club. Bianca Little and Moshe Baloyi have joined Jasper Rogers- Homoki and Mitchel Mitting as students who have read over a million words this year. How many words have you read this year?
MACKAY ENGINEERING COLLEGE 2016

2016 intake of Students for Mackay Engineering College

Would you like to be part of Mackay Engineering College? If you do and you would like to submit an application of enrollment simply go to www.mackay.qld.edu.au Under Quicklinks click on 2016 Application Form – complete the Application Form for Mackay Engineering College online and submit it. You will be contacted by the College and they will be able to issue you with an Enrolment Application Form which you must submit by the 12th November 2016. Only 18 applicants will be chosen from each school so get your application in now.

What makes the MEC Stand Out?

- Industry standard work shop, machinery and training rooms
- Industry current trainers
- Preparing students to be work ready
- Strong focus on safety
- Strong links with the local industry and business
- Structured work placement

What does Mackay Engineering College offer?

- Certificate II in Engineering Pathways - MEP32013
- Work Ready program
- Introduction to Mechanical & Fabrication Trades
- Work Placement for students
- Skill Development for Employment Program
- Queensland Government based Apprenticeships & Traineeships (QGATs)
- Try Trades Program for Yr 11s

Mackay Engineering College is an industry standard facility developed in conjunction with the Cin Education Queensland High schools in the Mackay Region. In partnership with Registered Training Organisations (RTOs), Universities and Industry Partners to provide entry level career pathways into the manufacturing and engineering industry. Students attend one day per week in conjunction with their standard studies.

If you require any further information about Mackay Engineering College please contact Paul Ollerhead (Head of Mackay Engineering College) on 07 4946 9833 or Space Williams (Principal) on 07 4946 9800. Alternatively email Paul at pollerhead@mackay.qld.edu.au or Space at space.williams@det.qld.gov.au or you can contact the Mackay State High School for Mackay State High School.

COMMUNITY SERVICE

Robyn West

Mackay State High School would like to thank Robyn West for his talent and work. Our school prides itself on role models who dedicate their lives to our community, leading the way for our students. Robyn incorporates our core values of dedication, respect, consideration and pride in the work he does.

On our visit to Good Shepherd Lodge we were entertained by Robyn West, an 87 year old gentleman who has been attending retirement villages in our local community for 22 years, entertaining with his guitar and using his angelic voice singing classic tunes. He plays non-stop for over two hours and can sometimes sing up to 100 songs. Robyn plays for enjoyment but also uses his music to show his love for his wife Gloria, who is deceased, showing the community his love for her. The various retirement hostels he plays in are Homefield, Northview, Resthaven, Senior Citizens Golden Years, St Francis and many more.
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.

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.

SHINE PROGRAM

The Shine Program is a personal development program for girls. It is important for girls to have an understanding of their self-worth and value as it impacts every area of life. The program aims for participants to develop an understanding of their own personal worth, strength and purpose and to realise their potential.

Congratulations to Josephine Moon, Tyler Gunston, Dakoda White, Jayalla McNeven, Sophie Grendon, and Abbey Blaik for completing the program this term.

Trixie Mills (School Based Youth Health Nurse)

SCHOOL BASED YOUTH HEALTH NURSE

Winter has gone and the UV level is creeping up. Time to be extra vigilant about protecting our skin from the sun. Australia is the skin cancer capital of the world with 11,500 people diagnosed with melanoma each year. Don’t become a statistic.

Skin cancer is preventable so remember to remind students to:

• SLIP on sun protective clothing (long sleeves)
• SLOP on water resistant sun screen (1 teaspoon per limb)
• SLAP on a hat
• SEEK shade
• SLIDE on sunglasses

If the UV level is 3 or above skin protection is necessary with a level of 12 being extreme and avoidance of the sun advisable. The Bureau of Meteorology website gives daily UV levels for most places in Australia and worth taking a look at if outdoor activity is planned.

Trixie Mills
(School Based Youth Health Nurse)

Q PARENT

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Trixie Mills
(School Based Youth Health Nurse)

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

Your child’s educational journey in your hands.

Visit qparents.qld.edu.au

Register on line for QParents free app to download the free iPhone app.

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**ANXIETY**

‘a feeling of worry, nervousness, or unease about something with an uncertain outcome’.

With a definition like this who doesn’t get anxious

Did you know…..

Sometimes is can be helpful to have some level of anxiety. It helps us get ready for exams, and motivates us to perform. It helps us avoid dangerous situations or reminds us to prepare for new situations. It helps us to be prepared and often to do our best.

If you are feeling anxiety you might feel uncomfortable, physically unwell (butterflies in your stomach, heart racing, wanting to vomit or go to the toilet). You might feel overwhelmed, frightened or even a sense of panic (this can be very useful if that assignment is due tomorrow).

All these feelings are normal and most of us experience them at some time in our lives. Don’t panic if your child is demonstrating these symptoms especially at the end of term, while having to speak in public or when awaiting his report card.

When does anxiety go beyond the norm??

If you are seeing anxiety that is ‘excessive or unreasonable, marked and persistent’ and interfering significantly with one’s normal routine’, then it is time to consider whether the anxiety has reached the level of a disorder.

When feelings and thoughts become: more intense and overwhelming; thoughts are unhelpful or irrational and unable to be controlled; and the person is unable to do what they need to do; and these thoughts and feelings are interfering with relationships, then anxiety becomes a disorder, and it is time to seek help.

Anxiety is a part of life but it should not become your life. There are many causes to anxiety of which familial history of anxiety is often a common element, but anxiety can occur for lots of reasons. One in six people experience anxiety so it is a common issue.

There are 5 types of anxiety disorders:

- Generalised Anxiety Disorder (GAD) – excessive worrying about many aspects of one’s life
- Obsessive Compulsive Disorder (OCD) – Thoughts and fears are obsessive and rituals are performed in order to cope eg. continually checking if the iron is off; excessive hand washing
- Panic Disorder – panic attacks are periods of intense fear or anxiety even when there is no good reason. Symptoms may include sweating, breathing difficulties, loss of control
- PTSD – Post traumatic stress disorder – A disturbing event may trigger this and the person may have flashbacks, disturbed dreams and mood changes. Many soldiers or refugees experience this, but a single incident can trigger this for anyone
- Social Phobia – fear of being humiliated, embarrassed or criticized and may affect one’s ability to speak or eat in public, being assertive and sticking up for oneself
- Specific Phobias eg intense fear of spiders, the dark, injections. One or more can occur at the same time

If you believe that the feelings of anxiety are ongoing, and affecting day to day living, and are unable to be controlled, then you or your love one needs to seek help.

Tips to help along the way

- Talk to someone eg the Guidance Officer, the doctor, a friend or family member
- Stay physically healthy – eat healthy food, drink water, exercise daily
- Work out ways to minimize the stresses in your life without having to avoid them
- Have a massage, yoga, facial or other treats

Who better to look after you than yourself but be open to help if you need it. Often others see our needs before we do!

Contacts:

- beyondblue 1300 22 4636
- Lifeline 13 11 14
- Kids Helpline 1800 55 1800.

http://beyondblue.com/

https://www.youthbeyondblue.com/

understand-what’s-going-on/anxiety/types-of-anxiety

Adapted from Beyondblue

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**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.
COMMUNITY NOTICES

**Mackay State High School Chaplaincy Fundraising Team**

**GIANT AUCTION**

Saturday, 7th November  
On our oval  
8.30 am start—1pm

We need what you no longer need!  
Please donate: lounges, table, bikes, jars, a holiday at your  
accommodation, choocks, bottles of wine, Christmas gifts you never  
asked for, your junk, left over building materials, used toys, your no  
longer wanted treasures!  

**Please SUPPORT OUR CHAPPHY PHI!**

Please donate your goods in October.  
Phone for collection / drop off: (07) 49579107

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**PIONEER SWIM CLUB**

Are holding a FREE ‘Come and Try’ evening  
on Thursday 1st October 2015.  
If you’re thinking of joining a  
family friendly swim club for  
fun and competition, why not  
give it a go and try us out!  

5.00pm BBQ then Swimming at 6.00pm

**Venue:** Pioneer Swimming Centre,  
Malcomson St, North Mackay  
See our website for more details  
www.pioneer.swimming.org.au