26 June 2015

PRINCIPAL’S REPORT

June is Show time in our region and our Show Team students and staff have already had some very successful events at Pioneer Valley and Proserpine Shows. Ruby and Mica have been starring taking Champion ribbons at both shows and our students have performed very capably as well. One of the Chief Cattle Judge at Proserpine Show spoke to Eric Haughton and told him “You should be very proud of your students from Mackay State High. They conducted themselves very well and are a credit to your school.” These same students and staff will be performing at the Mackay Show this week and we all look forward to the positive results with the cattle, poultry and Junior Judging.

Journey into the Arts is one of the subjects in our Year 7 Curriculum offerings and last week the 5 Tribes (classes) performed their finale for the subject in our school hall, for parents, family and staff. Mrs Hobdell and her team have done an outstanding job with these students to develop their art & drama skills, while also growing the important social skills of team work and working together. I am sure that the other Year 7s are looking forward to their learnings in this subject next semester.

Mackay State High School is a strong and developing school with over 1150 students and 120 staff, and last week I was advised that this had been recognised by Education Queensland. We are now the second Band 11 High School in the Central Queensland Region, recognising the size, complexity and performance of our school. This is great achievement for our growing school and I am very proud of the performance of the students and staff in the wide range of academic, cultural, sporting, community service and extra-curricular activities, in which they excel. They represent their families, our school and the community of Mackay very proudly.

Do you have some time during the day, and an interest in volunteering some help? Our school tuckshop provides an excellent service to our students and staff, but is seeking a few extra helpers. If you can spare some time between 9am and 2pm on school days, then give Judy or Sharon a call on 49579127 next term, to see how you might be able to assist. Thank you in anticipation that you might join this happy team, who are very important to our school.

Students have finished the term with several sporting finals for Inter-school Netball, Soccer and Rugby League (Div 2) and the Interhouse Athletics with students performing very well. I thank them and the staff who spend many hours coaching and supervising the teams. Academic Reports for Semester 1 have been prepared after final assessments and these will be distributed on Wednesday 15th July. Parent-Teacher interviews will be held on Tuesday 21st July.

I wish everyone a safe and relaxing vacation and look forward to Term 3 which commences on Monday 13th July for all students.

Mr Steve Paulger
Principal

GEOGRAPHY

All of our Year 9’s have had many wonderful opportunities to reflect on the 100 years of ANZAC and diggers’ experiences in World War 1. Notably this year all Year 9’s study World War 1 as part of the National Curriculum and we have been lucky enough to have them visit the 100 Years of ANZAC display at the showgrounds in the lead up to ANZAC Day. Last Friday all year 9’s were captivated by local ABC radio announcer Meecham Philipott. Meech told the kids about his recent trip to ANZAC Cove to restore headstones before the ANZAC celebrations. He began by engaging them in some of the propaganda of the time, and asked them if they would be interested in volunteering for the same ‘overseas adventure’ that had been offered to the thousands of young Australian men before WW1. Whilst the prospect of overseas travel was enticing, students began to opt out, once he highlighted the terrible conditions our soldiers faced. Meech really did enlighten the students about the spirit of ANZAC and they do understand how that is such a big part of the Australian identity today. The part that really hit home for the kids was when he paced out the very short distance between the Allied and Turkish trenches.
which made them think about the humanity of war and how futile the violence was. Meech, thanks so much for taking your time to connect with our students and helping to make history come alive. Thanks also to Mrs Paula Smith for organising this for our kids.

Comments by students at the presentation:

Kymberely Barba – “I liked all the Year 9’s being together. Meecham was entertaining! He told us about his journey to Gallipoli and the plaques he and the other men fixed up.”

Keenean Greskie – “I enjoyed the talk from the guest speaker, Meecham. He spoke about the ANZACS and the poor conditions they endured, the food, space and lack of cleanliness.”

Zachary Rowan – “It was informative about World War 1. I learnt many new things and I liked how he put humour into it.”

Leon Vella – “I enjoyed the talk because it was interesting.”

ART NEWS

Term 3 has been a busy and rewarding one for the Arts Department. Here is a snapshot into the past weeks.

SYMBOLIC JOURNEY TRIBAL BATTLE

On Friday 19 June, 5 excited Year 7 ‘tribes’, Air, Earth, Fire, Space and Water, gathered in the Assembly Hall to perform in their long awaited tribal battle. Their dedicated arts teachers, other staff, parents and grandparents accompanied the colourful groups.

The event was the culmination of a semester’s work for the five classes where they experienced a taste of the four Arts areas that we offer at Mackay High – Visual Art, Media, Drama and Music. Symbolic representation formed the basis of their investigations:

- In Art they designed symbols to depict their tribal names, created fabrics using an African resist dying technique and learned to ‘read’ indigenous Australian painting; these were all brought together in their battle dress with bright combinations of makeup and costume
- In Drama they collaboratively choreographed symbolic movement pieces to represent their tribal element.
- In Media, students learned how to construct an deconstruct a still image, using digital cameras to create a dynamic shot
- In Music, aleuronic sound formed the basis for an exploration of rhythmic percussion compositions

Underlying the Symbolic Journey course are values of tolerance, responsibility and collaboration. The Arts protocols (see image) complement MSHS values of pride, respect, dedication and consideration.

Students reflected after the event:

“I learned that you can do anything in the Arts... if you get involved you will surprise yourself.” Brioney-Lee Guligo

“This was an awesome journey and battle. I contributed to my group’s performance by joining in and doing my best. My advice to future Symbolic Journey students is to act like a team or you will have a hard time having fun. I have learned courage and teamwork and surprised myself!” Katrina Douglas

The fantastic outcomes of Battle Day are a significant testimony to the power of the Arts. Congratulations to Ms Hodby’s Water tribe, the victors on the day. Well done to all Year 7 Arts students.

PRIMARY BAND TOUR

http://vimeo.com/131718767

On Friday 21 May, our Instrumental Music Groups treated the students and staff from Central State School and Victoria Park State School to a series of engaging performances.

The Mackay SHS Stage Bands, Concert Bands and String Ensembles kept the students on the edge of their seats, especially when the Senior Concert Band accompanied by Mr J performed “Frozen”.

This taste of the Instrumental Music program at our school is a great way to share the benefits of continuing to study an instrument after leaving primary school. The next tour will be in Term 4 when bands will travel to West and Walkerston State Schools.

Well done to Mr Johnston, Ms Boyd and their groups.
ART ON SHOW

BY Skye Bettridge (10 Media Studies)

Nine students from Mackay State High School are proudly showcasing their artworks at the 2015 Mackay Show. Participants from Year 12 Art are Tea Vella and Nerezalyn Lopez with their works, “Fragile” and “Kapayapan”. Others exhibiting are Nena Van Zuilen, Shaina Agustin, Jarienne Eugenio, Rhianna Windsor, Joshua Costello, Kelsey Beckmann, Ruby Watts and Salome Maulaulau.

The event is held at the show grounds in Pavilion 500 with a large crowd attending opening night. The exhibition contains paintings, fashion illustration, mixed media photographic work and artist books. It is exciting that Mackay State High School will be showcasing their talented work and hopefully many will get to see their fantastic outcomes at the Show this year.

A GRICULTURAL NEWS

Show time is almost over for what has been another great year for the team. The students this year have worked well together and have been fantastic ambassadors for the school.

Cattle Showing

The students have achieved placements in Judging and Handlers at both Pioneer Valley and Proserpine shows, not to mention the great experience they have had representing the school.

Our own stud cattle achieved:-

Champion Cow – ‘Ruby’ at both shows Proserpine & Pioneer Valley
Reserve Champion Calf – ‘Mackay High Mica’ at both shows Proserpine & Pioneer Valley
Our steers achieved places at Proserpine Show with a first and second.

Poultry Showing

Our team have achieved success at Mackay Show with two of our show roosters achieving a Champion & first and a second. One of our hens was awarded second place. Great results with a big thanks to the team and their teachers Mrs Hardy, Miss Puckeridge and Ms Stevenson.

Although Mackay Show has not yet finished, congratulations to our teams and a huge thanks to staff who have supported the team – Mr Christie, Mr Markham, Ms Wooding, Miss Puckeridge, Mr West. A special thanks to Eric Haughton, our Agriculture Assistant, for the huge preparation for the shows. Thanks also to Jayne Glendinning, Taylor Matthews, Ashley Vella and the Ward & Perry families for your valued support and assistance.

WELL DONE MACKAY HIGH!

NETBALL

Inter School Netball Finals

Well done to our Year 9 team the Cassowaries for winning gold in the Inter School Netball Competition, the team was undefeated throughout the entire 12 weeks.

Well done to our Open A team the Lorikeets who won silver and our Year 7 A the Peewee’s who also won silver.
A huge well done to all 96 girls who represented Mackay State High School in the 2015 Interschool competition.
Please make sure all uniforms are returned to receive your $35.00.

- 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.


BLUE CARD WINNERS

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

Week 4: Connor Carige and Jayden Vea Vea
Week 5: Aira Gatchalian and Stephanie Lawton-Silveira
Week 6: Ryan Marcum and Laura Bugeja
Week 7: Christopher Elliott and Justin Delmo
Week 8: Tayla Langley and Coby Underhill

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!

P & C

WANTED:

Enthusiastic Mums, Dads, Grandmas, Grandads, Aunts or Uncles to volunteer at our tuckshop. You don’t have to come every day or every week (although that would be great). Please get in touch with
the lovely ladies in the canteen who will be only too happy to add you to our team of merry helpers!

GOOD NEWS:
Our small winter jackets arrive soon and will be available at the start of Term 3. The Uniform Shop is open every Monday, Wednesday and Friday from 8.00 am until 10.00 am. Phone 49579181.

DON’T FORGET:
Our next P & C Meeting will be held on Monday, 27th July in the staffroom at our new early starting time of 6pm. Everyone is welcome!

GUIDANCE OFFICER

Worries and Anxieties: Helping Children to Cope

Children, like adults, have all sorts of strong feelings about what is happening to them. At times, the world can seem frightening or uncertain, which may create fearfulness, worry or anxiety.

Different Types of Anxiety

Fears and Phobias

Very young children often develop fears and phobias. These can be triggered by changes (going to childcare, separating from a parent), or particular things (spiders, snakes, monsters etc.). Fears like these are common but with encouragement and support most children learn to overcome their anxiety.

General Anxiety

Some youngsters feel anxious most of the time for no apparent reason – it may be their temperament or may be a pattern of behaviour that is shared by other members of the family.

School-Related Anxiety

School refusal can be caused by anxiety – separating from parents, fear of bullying, problems with friendships, trouble with school work or teachers are worth investigating.

Home Related Anxiety

Family problems (money issues, squabbling, separation/divorce), death of a family member or friend, harsh discipline or a traumatic experience eg burglary can be a cause of anxiety (as well as depression).

What are the Signs

- Feeling sick – stomach aches, headaches. Not being able to stomach food.
- Feeling tense, fidgety, needing to go to the toilet often
- Feeling fearful or panicky, breathless, sweaty
- Being irritable, tearful, clingy or having sleeping difficulties

- Withdrawing from social contact

Anxiety can limit a person’s experiences in life. It can contribute to lack of confidence, loneliness, health problems and learning difficulties. The emotional effects if not remedied can be long lasting.

What to do

- Talk to your child – show your child that you care and want to understand the reasons for their anxiety
- Give comfort, reassurance and practical help with how to cope eg. Encourage helpful thoughts rather than focusing on unhelpful thoughts. (There are children’s books to help children cope with divorce, death, anxieties.
- Prepare your child for changes. If possible give sufficient warning – talk to them about what might happen and why, as well as ways to manage the changes
- For children with school/ separation anxiety, regular routines and consistency around sleep, and getting ready for school, having breakfast etc will generally improve the outcome
- Be aware of school or family situations that may be creating worries for your child
- Be aware of your own anxiety and protect your child from taking on your woes
- Use relaxation techniques eg controlling your breathing, listening to peaceful music, doing something you enjoy
- Encourage daily exercise, healthy eating, drinking plenty of water, and most importantly getting enough sleep – children need at least 8 to 9 hours – Healthy body helps keep us on top of difficult situations

If your child is so anxious that they can’t cope, more specialist help may be needed. Have a chat with your guidance officer, and/or see your doctor.

Adapted from Mental Health and Growing Up, 3rd Edition – Factsheets

School Based Youth Health Nurse

The Shine Program for girls is a personal development program which runs each term at Mackay State High School. The aim of the program is for participants to improve their understanding of their own personal worth, strength and purpose. To be the best they can be and take ownership of their choices and actions.

Participating girls gain confidence, improve self-esteem, build resilience, improve communication skills, develop social networks, and learn skills to live a healthy life style.

Congratulations to the following girls for their commitment and completing the program this term: Candice Blake, Kaitlin Bycroft, Skye Chambers, Amber Edwards, Courtney Jones and Jessie-Mae Modra.
Self-esteem is contagious – if one person has it, the people around them are more likely to feel better about themselves. Parents can help their children to have good self-esteem by conveying caring, optimism and encouragement. Building your own self-esteem will have a ripple effect into your children’s lives.

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.