27 July 2015

PRINCIPAL’S REPORT

Welcome to the second semester, and all students have received their Semester 1 Reports and had the opportunity for parents to discuss their progress with teachers. The overall school achievement is moving close to our target of 85% achieving C ratings or better (78.5%) and with usual improved performance for Sem 2, will achieve this across the school. Well done to Year 7, 8 and 12 who were over 83%. With the increased focus on student attendance, this improved markedly to be at 89.8% for Semester 1, up from 83.9% last year. I have included the overall achievement graphs for Semester 1, which has Effort and Behaviour also.

With the increase in enrolments for our school, I have been required to submit documentation for an Enrolment Management Plan. We currently have over 80% students in our school from our catchment area and this will not impact on any students and families with students already enrolled at Mackay State High. If the EMP is gazetted for 2016, students from outside our catchment, seeking to enrol to participate in our Excellence programs, including Music, Sport Academies, Academic Excellence Academy or Agriculture, can still be considered upon application.

During our first week, our school celebrated NAIDOC with a special assembly on Wednesday, where students and staff were informed of the significance of the culture of our Indigenous cultures, with Greg Sutherland addressing the assembly about some of the more recent contributions. In addition our school hosted a mini-Careers market for students and in the afternoon had a range of traditional foods prepared by volunteers that were enjoyed by students and staff. Gordon Quakawoott did an outstanding job to coordinate the event and arrange for the Torres Strait Islander Dancers from schools in Mackay, as well as our own dancers.

The Rugby League Academy welcomed 7 students from Castleford Academy, who will be staying at our school for the first 5 weeks of this term. In addition a team of students from Outwood Grange Academy in Wakefield also visited Mackay as a part of their tour from England to Australia, playing games against our students. These links are highly valued as our Academy students play and stay with their schools later this year in our Bi-annual tour to England. Very special thanks to the families which have accepted billets for these students during their stay. Some of the links that are forged with these stays remain forever and visits are made when families travel overseas later.

We welcome some new staff this term. Rob Tuppack is appointed as Deputy Principal, while Ms Drinkwater is Acting Principal at Dysart SHS for Semester 2 of 2015. Ms Christoffel, Mrs Lategan Ms DiFillipo and Mr Berrigan also join our staff team, during this term.

A further reminder to families, still to pay the 2015 school contribution scheme funds, that these are required urgently. Payment plans can be set up to pay by regular instalments, by contacting the office staff for arrangements. Students from Year 7-10 will be selecting subjects for 2016 courses later this term, and if fees are not paid or in a plan, some subjects will not be available to them.

School Opinion Surveys have been distributed to students in Year 8 & 11, staff and to a sample of parents. We ask that these be completed promptly as this information assists with our planning for our school. Thank you and if any difficulties, please contact our office.

Our students in Year 10-12 were fortunate to be addressed by two key speakers at the start of this term. Glen Gerreyn and Greer Dokmanovic spoke to the senior students about looking at life positively, managing stress and making the most of life’s opportunities. I thank Dan Morton from Downunder Mine Maintenance, who in conjunction with Suicide Awareness
Mackay, arranged for the speakers to speak to student groups in a number of schools across Mackay.

Mr Steve PauIger
Principal

SEMESTER 1 REPORT

ACTING DEPUTY PRINCIPAL

My name is Robert Tuppack. I am from the Sunshine Coast. Prior to teaching I worked in Hospitality, Tourism and Retail industries from customer service to management in national and international companies. I started teaching in 2002, at Coolum State High School teaching Business and Information Technology moved to Kawana Waters State College as HOD of Business, Computing, VET and Health Pathways in 2007.

I am married with a son 25 and a daughter 14. Both are heavily involved in the performing arts. Thank you for the warm welcome and I am enjoying my time here in Mackay.

JUNIOR SECONDARY NEWS

General News

Welcome back to term 3. Students should be in full swing by now, eager to attend school each day and do their best. Year 7 - 9 were reminded about wearing the correct school uniform in winter - especially the correct jumper - maroon or dark blue - no hoodies, no writing on them. My expectation of students in years 7-9 is that they can lead the rest of the school in a show of positive attitude with everything they do.

What's On Soon

Does someone in your house attend a local Primary School? By the time you read our next newsletter, we will have visited nearly all our local Primary Partner schools as part of our annual "Roadshow", explaining to current Year 6 students what is available for them when they enrol at Mackay’s best high school.

Year 7 is currently finishing their Dodgeball competition, with year 9 starting very soon. It seems we never tire of throwing things at each other.

Thought of the Newsletter

In Year 7 this week, students will be looking at a topic many of us face each week - even us adults - Putting off those things we least like to do. Procrastination is perhaps our favourite past-time - especially at the end of a long day, when the weather is bad, or when we simply don’t enjoy doing something we know we have to do. It might be housework chores, homework, or exercise.

Hopefully, we can identify the things we avoid the most, some strategies and time management tips to help, and come up with some of our own sayings.

Some you may be familiar with:

- Don’t put off until tomorrow what you can do today.
- The road to hell is paved with good intentions.
- No pain, no gain.

Or for some more deep and meaningful quotes:

LAZINESS grows on people. It begins in cobwebs and ends in iron chains. The more a man has to do, the more he is able to accomplish; for he learns to make the best use of his time.

—Matthew Hale (1609– 1676), English jurist

- EVEN IF you’re on the right track, you’ll get run over if you just sit there. —Will Rogers (1879– 1935), American humourist
- Diamonds are pieces of coal that stuck to their job. - Anon.

Always Remember:

Mr Matt Skinner
Junior Secondary HOD

YEAR 7 SELF AWARENESS DAY

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

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

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

When: Thursday August 13th

WIDENING PARTICIPATION
Year 7 – Self Awareness

Good Shepherd Lodge Community Visit

Welcome to our Junior Secondary Community Leaders.

Our Junior Secondary Leaders are: Year 7 - Kimberly Glover, Aleisha Wright, Kaileigh Teale, Year 8 - Rebecca Kucks, Taila Gilchrist, Year 9 - Annalese Jacobson, Keenan Grieske.

On Friday the 17th of July, we started our Junior Secondary community project and walked to the Good Shepherd Lodge to visit the elderly.

Students visit the Lodge once a week, alternating between a Monday and Friday. The aim of the project is to uphold our school values of respect, dedication, consideration and pride while greeting and communicating with the elderly at Good Shepherd Lodge.

We will build relationships within our community, bridge the gap between young and old generations by sharing stories from both sides, allowing relationships to build and putting aside any misjudgements the other has. The students entertain various elderly members through activities, music, reading and conversations.

Friday the students joined the Dementia unit where they were introduced to the residents. The students joined the “Chook” or “Turkey” team for a game of Boche, where laughter was heard from both parties. Well done “Turkey’s” for winning hands down. The students shared morning tea with the residents, serving them, then sitting and chatting about life. Once morning tea was over the students were given a tour around the immaculate and attractive facilities. Thank you to Sharon Drew and the residents at Good Shepherd for inviting us into their home and sharing their life.

Monday the students returned to the Lodge where they were divided into three groups. One group shared their time making jewellery, others weaved baskets, instructed a resident on iPad usage, while the other student’s played word bingo with the residents. The students shared many jokes and stories helping one another where needed.

SOCIAL SCIENCE DEPARTMENT

Year Seven Geography Field Trip

A compulsory component of studies in Geography is field work. An enjoyable and educational excursion is planned for students on Tuesday 18th August and Wednesday 19th August.
Half of the Year Seven cohort are out on each day. Attendance at this excursion is essential because it forms part of the Year Seven Geography assessment.

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

**Dumbleton Weir**

**North Mackay Gooseponds**

**Mackay Botanical Gardens**

Please ensure your child returns their consent form to their teacher and pay the bus money to the office by Friday August 7th. Students will receive their permission forms in class, please be aware that these forms will be coming home soon.

Thank you

*Roxanne Aprile
HOD Social Science

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**CSIRO INDIGENOUS STEM PILOT PROGRAM**

Our school will be participating in Inquiry for Indigenous Science Students (I²S²) program run by the CSIRO in Term 3 this year. The I²S² program is one of six elements of the Indigenous STEM Education project which aims to increase the participation and achievement of Indigenous students in science, technology, engineering and mathematics (STEM). The project is managed by CSIRO and funded by the BHP Billiton Foundation. For a more detailed overview of the entire project, visit

http://www.csiro.au/erv/Education/Programs/Indigenous-STEM

Mr Jackson’s Year 8 Science class will be piloting the program for our school this term.

I²S² is a new Indigenous education program run by CSIRO. It will target Indigenous middle-school students (Years 5 to 9) in metropolitan and regional schools in a mainstream context, working with the whole class cohort to improve science educational outcomes for Indigenous students. The program will provide professional development for teachers, inquiry-based student materials linked to the curriculum and a professional learning community for teachers that is based on a cluster model.

It is underpinned by the recognition of the fundamental importance of culture and identity in improving educational outcomes for Indigenous students. At its core, the I²S² program will consist of Aboriginal and Torres Strait Islander-themed hands-on, inquiry-based activities that provide students the opportunity to conduct open-ended science investigative projects.

The projects will be suitable for all students and are developed with clear links to the Australian Curriculum. Running I²S² in a mainstream context is important in avoiding “othering” of Indigenous students. This program will be beneficial to all students and will provide a great opportunity to develop their science understanding and inquiry skills in a highly engaging way while incorporating the general capability of Intercultural understanding and the cross-curriculum priority of Aboriginal and Torres Strait Islander histories and cultures. I²S² has the aspirational goal to increase Indigenous student selection of senior science subjects.

Upon successful completion of the 2015 pilot CSIRO is planning to cover all middle school years by Term 2 2017. In 2016 the I²S²program will be expanded to include Western Australia, South Australia and the Northern Territory.
ART NEWS

Mackay SHS Arts students are continuing to shine as Term 3 progresses.

CONGRATULATIONS to the following students:

Kelsey Beckmann and Ruby Watts from Year 10 Multi-Arts on their first place entries in the Mackay Fashion On Show Awards. The judge, acclaimed Mackay fashion designer, Jason Chetcuti, commented that both Kelsey and Ruby’s works were standouts in the well-supported Fashion Illustration category.

Chloe Healion for her invited cello performances at the 2015 Creative Generation State Schools Onstage at the Brisbane Convention Centre this week. The prestigious, annual entertainment event, staged by the Queensland Department of Education and Training (DET), showcases the outstanding talent across Queensland’s state schools. The event will be aired on television in early December.

The awards offer the only collective exhibition of senior student work from each region of the state. It is an initiative that has led to widespread recognition of the excellent work senior art students are producing. It also allows students and teachers to share and appreciate the diversity of artwork being produced in Queensland secondary schools.

Congratulations and good luck to these talented students.

Téa Vella, Damien Gutteridge, Kate Regala and Nerezalyn Lopez from Year 12 Visual Art for their selection as Mackay SHS entrants in the Creative Generation Excellence Awards in Visual Art. All four works are of an outstanding standard and have an excellent chance of receiving one of the prestigious awards.

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.

Since 1990, the program has helped raise community awareness of the degree of sophistication in concepts, diversity of technical competence, and the high standard of visual art education in Queensland secondary schools.

The awards focus on the outstanding achievements of senior visual art students.

Selected student works demonstrate:

1. highly developed imagery and or iconography with effective and deliberate communication of meaning
2. expressive and or innovative aesthetic choices through the control of visual language
3. purposeful and considered manipulation and exploitation of media, techniques and processes
4. application of knowledge and critical understanding of media, techniques and processes that allows a thorough degree of visual and expressive resolution
5. sustained engagement, which invites further inquiry from the onlooker.

THE TERM AHEAD

This will be our busiest term of the year with the following events either recently completed or coming up.

- Instrumental Music Lunchbox Concert (Week 1)
• Creative Generation Excellence in Visual Art Awards entries due (Week 2)
• Student Festival of Fashion entries due (Week 3)
• CQU Jazz Festival (Week 3)
• Year 12 Drama Excursion – Bell Shakespeare’s Hamlet & Workshops – The MECC (Week 4)
• Band Tour Masterclass (Week 5)
• Arts Masterclasses (Week 6)
• “Arts Under the Stars: adrift” (Week 6)
• Creative Generation Excellence in Visual Art Awards regional exhibition – Mackay Artspace (Week 8)
• Mackay Orchestra & Bands (Week 9)
• Crescendo Band Tour – Brisbane (Week 10)

ARTS UNDER THE STARS: adrift

Final planning is well under way for our annual arts festival, Arts Under the Stars. The showcase event is not to be missed and will welcome the school community through the gates on Friday, 21 August from 6pm.

This year has a water theme with Arts classes addressing this concept throughout the year. The festival will again showcase the fantastic outcomes of our Arts curriculum, celebrating the excellent teaching and learning that has occurred. A highlight of this year’s event will be the presentation of work achieved by our extension students in the areas of Visual Art, Film, Drama and Music. Selected senior students from each of these areas will participate in Master Classes on Thursday, 20 August presented by four guest artists. The visiting creative professionals will offer workshops in areas of Emotive Markmaking, Adobe After Effects Animation, Non-realist Theatre and Vocal Performance.

Congratulations to Year 11 Visual Art Studies student, Kimberley Lange, for the selection of her quirky logo design, adapted to become the 2015 face of the festival. T-shirts, badges and other souvenirs will again be on sale prior to the evening and on the night.

LUNCHBOX CONCERT

The String Ensemble travelled to Caneland on Wednesday 15 July as part of the annual Festival of Arts celebrations in Mackay. This was the first time that the Instrumental Music vests were showcased to a crowd appreciative of the talents and image of our music students.

Senior student Marcus Dhu confidently performed a trombone solo of Jumbuck Jive and A Wily Bossa by Kerin Bailey. Strings conductor, Kristen Boyd, reflected that the performance gives people who don’t understand what we’re about the opportunity to see how hard we work these kids and how enjoyable it is for them.”

The String Ensemble performed a range of bush dance, Latin dance and reggae music.

Mrs Glenda Hobdell
The Arts HOD

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:

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 look forward to experiencing the wonderful work of our hard working Arts staff and students. Watch the school website for publication of the extensive program of events soon.
• 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.

WHITSUNDAY VOICES

On Thursday 16th July it was my and Ms Gibson’s pleasure to accompany 22 students to the annual Whitsunday Voices Youth Literature Festival at the Whitsunday Anglican school. We all had a wonderful time attending sessions by Christine Bongers, Danny Katz, Tristan Bancks and Lucas Proudfoot. As you would expect all the authors talked about how reading changed their lives, but they also emphasised that if you want to be a good writer you need to READ, READ, READ, it’s that simple.

Written by: Julia Dator, Isabella Walz and edited by Shay Rollino

ANNUAL AWARDS NIGHT

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

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

Donations

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

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

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

SCHOOL OPINION SURVEY

Reminder- Parents/Guardians should have received information by letter on the Parent School Opinion Survey. This information will provide you with how to complete this survey.

Parent School Opinion Survey is your opportunity to inform us on what we are doing well and how we could improve. Please complete the survey ONLINE by the 31st July.

Q PARENT

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

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

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

GUIDANCE OFFICER

Managing Difficult Moments

Praise and other kinds of acknowledgement are motivating, and are often needed to help children (and adults) change their behaviour. Psychological research has shown that following up on a person’s good behaviour with something positive makes it more likely that the behaviour will happen again, but is this enough?
The following suggestions will also contribute to a calmer household:

**Pick the battles**
- Especially as children get older the battlefield can, if not monitored, become ‘out of control’ – As children grow and assert their independence they, at times, push the boundaries. Friends and technology become a focus rather than family; safety can be ignored; messiness and mood changes can create disharmony in the family. Picking and choosing which battle to tackle is an art to acquire. Here is a tip - Focus on the most important issue at any one time rather than a plethora of problems. If children / adolescents perceive that nothing they do is right then often they give up listening.
  **Remember: Safety is a priority not to be negotiated.**

**Be clear in your expectations**
- Is what you have asked your child/adolescent to do clear enough? Saying ‘I want you to pick up the clothes off the floor in your room’, is clearer and achievable than ‘your mess is annoying me’.

**Ensure the expected behaviour is realistic and achievable**
- Sometimes we ask children to do things that are too difficult for them to do without help eg. expecting a child to be in charge of young siblings is not realistic nor safe

**Monitor your own behavior**
- Are you managing your own emotions when you are requesting your child to do the same (yelling at a child because of their angry outburst is actually reinforcing that yelling and loss of control is ok)
- Do you say one thing and do another (eg. getting annoyed about mess when you are messy)

**Catch Your Child/ Adolescents Being Good**
- Keep a record of the behaviours you are pleased with and share the positive observations with your child

**Have reward strategies up your sleeve for those ‘hard to change’ behaviours:**
- Ask your child about what they like. If they suggest the reward, it will be more motivating.
- Make sure the reward is realistic for you to give (and preferably not costing money)
- If the child becomes bored by use of the same reward, use a menu of items to create variety. When your child meets his/her behaviour expectation, he/she selects one reward from the menu.
- A mystery reward is also very motivating for most children.
- If a child wants to earn a big reward (e.g. computer game, movie, etc.), you could use a token system. Each day he/she could earn tokens that can be exchanged later for a bigger reward.

- Emphasise social rewards and privileges over material rewards. Material rewards (e.g. toys, money, etc.) are expensive and often don’t work. Many children enjoy having time to spend with their parents or carers. Rewards involving time and activities with parents or carers (no matter what age), can be reinforcing and promote good relationships at the same time

**Follow through with consequence**
- Is it fair and related to the misdemeanor
- Does your child understand why they are given the consequence
- Will there be opportunity for your child to learn from their mistakes eg. parent/child discussion about the problem at hand, problem solving with your child around better choices, and if necessary, role playing of appropriate behaviour

**Homework for the week ahead:**
Double the amount of praise you give your child for his/her good efforts in the coming week, and monitor its success. Keep a track of negative responses you use in conversations with your child.
(You may need to expand your own vocabulary so you have a variety of positive comments ready to encourage your child)
If you have reached this line, then, **well done for taking such an interest in reading these strategies.** Good luck with your implementation.

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**School Based Youth Health Nurse**

July 12-18 was Diabetes Awareness Week. The following are some very scary statistics about diabetes. Diabetes is an epidemic in the 21st century. 1.7 million Australians have diabetes. 280 Australians develop diabetes every day which is 1 person every 5 minutes. 2 million Australians are at high risk of type 2 diabetes. Type 2 diabetes accounts for 85% of all diabetes cases. The cost to Australia is $14.6 billion annually.

There are two types of diabetes: type 1 and type 2. Type 1 is a condition where the body attacks the cells that produce insulin in the pancreas so it stops making insulin altogether. It is not caused by lifestyle factors. Type 2 diabetes is a condition where the body still produces insulin but it is not working as well as it should. 85% of people diagnosed with type 2 diabetes are overweight or obese.

There are some things that you can do to reduce your risk of developing type 2 diabetes and these are:
- Eating more healthily and reducing alcohol intake
- Being more active and sitting less
- Not smoking
- Losing weight around the stomach if you are overweight
• Lowering your cholesterol and blood pressure

It is important to set a good example for young people in relation to eating habits, smoking and activity. Many of us believe it won’t happen to us and that we only get diabetes when we get older. Sadly more and more young people are developing type 2 diabetes which is associated with the lifestyle they lead. Diabetes is a serious health condition which can result in kidney failure, damage to eye sight, loss of limbs etc. Once you have type two diabetes there is no turning back the clock so make some simple changes today and avoid becoming a statistic.

To check your risk of developing type 2 diabetes go to the Diabetes Australia website: checkmyrisk.org.au or phone 1300 136 588. Students can also check out the Diabetes information display in the school library.

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.