Principals Report

Mackay State High produces some outstanding young people, through their efforts in their learning and their contribution to our community. On Saturday evening about 45 students and 8 staff were a part of Relay for Life, walking the oval and raising funds towards Cancer research. These students, many of them having been a part of this event for 4 years and thanks go to Mrs Camilleri for her coordination of this activity again this year.

Chappy Week is a special event at our school combining with the birthday celebration of Brekky Club, a key contribution of our Chaplain Phil Hall. Phil works with the other members of the Student Services Team, Delma Spindler and Lindsay Hains, as well as staff and some community volunteers to provide a breakfast, for sometimes up to 100 students prior to school. This is an opportunity for students experiencing issues at school or in their family life, to have a chat with Chappy Phil in this informal context. He also supports students through programs like STRENGTH, for small groups of teenage students and plays an important role in supporting staff at times as well.

I am pleased to report that I have received over 40 applications for our 2014 Student Scholarships for Year 7 students commencing Year 8 at Mackay State High. I am also impressed that we have received applications from Mackay West, Victoria Park, Mackay Central, Walkerston, Chelona, Homebush and Glenella State Schools. The process of evaluating these submissions has commenced to award the 8 Scholarship recipients for $500 each, provided by our Parents & Citizens Assoc each year. All applicants will receive a personal letter recognising their efforts in recent years.

A couple of recent successes in less traditional sports for Mackay High. Tom McFarlane and Thomas Bugeja won the Mackay district Lawn Bowls challenge in 2013. They will travel to Brisbane in September to compete in the State Championship. This week our Senior Volleyball eliminated a Whitsunday Anglican School team to make the final for Interschool Volleyball, their coach Ms Cotter was very proud of their efforts. Last weekend the State Secondary Netball trials were played at the Mackay Netball Association Courts over 4 days. Laura Bugeja and Sophie Arnold and coach Ms Caryyne Robinson were directly involved in a successful carnival. Our Netball Academy girls assisted with scoring and relaying scores to officials during the 4 days and their efforts were well appreciated and recognised in final summations of the successful event. Well done ladies.

In July we have a number of League teams from England as well as three female student Soccer players coming to Australia. They are doing some travelling about to play other schools, but we are seeking a number of billets for a few days. If you can assist with the billets (possibly even a couple of students) then please contact Nathan Doyle at 49579019. Thank you for assistance offered.

Students in Year 11 & 12 received a copy of their Exam Block timetable this week for the week 11-14th June.
UniFY—University For You is now in CQ schools.

Central Queensland Region has committed funding to deliver three unique programs in 2013, to engage like-minded, high achieving and talented students from across the region. Over the course of the year, 500 students with a strong interest or ability in project topics will have the opportunity to connect in on-line higher order thinking challenges via the Brisbane School of Distance Education.

Project 1: Power Up has involved 72 students from 29 schools studying energy production issues and designing solutions through 3D virtual worlds.

Feedback has been very positive from both students and teachers.

Student comment: “The project explains things in much more detail than I would get in class; it’s very interesting and you learn a variety of different things on many topics.”

Teacher comment: “I’m supervising three very bright students who are being challenged to try things they haven’t seen before. All are thoroughly engaged. The challenge is great and they are enjoying it even though it takes them out of their ‘comfort zone’.”

Other 2013 projects include: Project 2 (May – Aug) Design 3.0 and Project 3 (Sep-Dec) - Creative Writing

Nominations for Project 2 are now invited. Projects are open to students in Years 5-9 who have been identified as Gifted or who show talent in the project areas. If you would be interested in your child’s school participating in UniFY, please contact your principal.

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### UP COMING EVENTS

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>5th June</td>
<td>Year 10 Needles</td>
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<tr>
<td>10th June</td>
<td>Queens Birthday Holiday</td>
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<tr>
<td>20th June</td>
<td>Show Holiday</td>
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<td>21th June</td>
<td>End of Term</td>
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School Bus Assistance for Lower Income Families

Who May be Eligible?

To be eligible for assistance under the Safety Net Scheme, students must be in one of the following categories:

- Students of families eligible for a Health Care Card
- Students eligible for a Health Care Card
- Students of families eligible for a Pensioner Concession Card
- Students of families receiving Veterans Affairs Pension or
- Students placed under a Care and Protection Order.

Application forms with further details are available by calling into the Translink Division of the Department of Transport and Main Roads in Industrial Street, Mackay or by phoning 49518313.

THANKS TO BRUMBYS SYDNEY STREET FOR THEIR SUPPORT OF MACKAY STATE HIGH SCHOOL BREKKY CLUB

Thank You!

Cole’s Transport Pty Ltd for sponsoring Mackay State High School U15 girls Hockey Team.
Over the last few weekends, we are disappointed to report that the school has experienced a couple of break-ins. The Police have been involved and there are some positive leads being followed. If anyone has information please contact the school or Police.

If you see people in the school grounds outside school hours, always report this to Police or School Watch 131788.

The School Dental Clinic is now offering services to students enrolled in Year 8, 9 & 10. This service is provided at the Victoria Park Primary School Dental Clinic. To access the school dental service please phone the clinic on 49514 745 to arrange an appointment by 14 June 2013.

Winter Uniform
The cooler weather will soon be upon us. Students are required to wear the correct winter uniform as set out in the prospectus.

Winter Wear
The school tracksuit or a plain navy or maroon tracksuit may be worn over the school uniform during winter. A maroon, lined taslon jacket (with school emblem) is available through the uniform stockists. Year 11 & 12 students only may wear the nominated senior jersey. Hooded sweat shirts are NOT ACCEPTABLE.

Students are able to wear their Capricornia Sports Jacket if they have made Capricornia Selection.

Jeans, designer tracksuits and jackets, hoodies, flannel shirts and non-uniform jackets are not acceptable.

We would ask for your assistance to ensure that your child has the correct uniform before it becomes cold.

Please contact the school if you have any questions.

Mackay State High School invites Offers for the sale of a Mower

Mower is offered on an ‘as is’ basis; no warranties implied or given; and the condition of the mower as known is as follows:

Model: Dixon Kodiak (purchased from JG Mowers in 2008)

- Engine in fair working order
- Body and tyres in fair condition

Has recorded 714 hours of use

Inspections may be arranged by calling the Business Services Manager of Mackay State High School office on 4957 9179.

Delivery and/or removal charges to be borne by buyer.

Department of Education, Training and Employment reserves the right not to accept the tender; and requires tendered submissions to disclose any interests or links with departmental employees.

Offers must be submitted in writing in an envelope marked:

‘CONFIDENTIAL – OFFER FOR ADVERTISED ITEM’.

Closing date and time is 4.00pm Monday 03 June 2013. The successful offerer will be notified by Friday 7 June and the mower will need to be removed from the school prior to Friday 21 June 2013.

Thanks for your interest
Marg Brown
Business Services Manager
SCHOOL BASED APPRENTICESHIPS/TRAINEESHIPS AVAILABLE

♦ City Beach at Canelands Shopping Centre has a school based traineeship available Certificate II in Retail. This traineeship is available for students in years 10 and 11.

♦ Hospitality Traineeships available: Harrup Park Country Club, South Leagues Club, The Coffee Club and Magpies Sporting Club are a few of the local businesses looking to employ school based hospitality traineeships. These traineeships include front of house service and kitchen operations.

♦ Attention all current year 10 indigenous students: The ANZ Bank in Mackay is looking to employ in 2014 a year 11 indigenous student as a school based trainee. The qualification will be a Certificate II in Business Administration. If you would like information regarding this traineeship or help with your Resume please see Mrs Dearden.

WORK EXPERIENCE

♦ Mackay Base Hospital annual work experience program is being held from the 24th June – 28th June 2013. Any students interested in work experience within the medical field please see Mrs Dearden or Mrs Barnard for an application pack.

Mrs Andrea Dearden’s office is in P09
4957 9152
adear20@eq.edu.au
Vocational Education Training Co-ordinator

Mrs Sharon Barnard’s office is in P08
4957 9134
sbar53@eq.edu.au
HOD Senior Schooling

‘Excitement’ is the word for the MSHS Cattle Show Team members as the time of year is near to exhibit the ‘fruits’ of their labour. Yes, the show is coming to town and our members will be showing off the cattle we have been working with over the past year.

The up and coming show dates are:
Pioneer Valley Show (Finch Hatton) – Sunday 16 June
Mackay Show – Tuesday 18 June – Thursday 20 June
Proserpine Show – Friday 21 June – Saturday 22 June
If you are at any of the above shows, come along and meet our cattle and watch the showing!

Ms Fitzpatrick – Agriculture Coordinator

Agriculture News - Cattle Show Team

PRINCIPAL
Mr Steve Paulger

DEPUTY PRINCIPAL
Ms Donna Drinkwater

ACTING DEPUTY PRINCIPAL
Mr Jim Wilson

BUSINESS SERVICES MANAGER
Mrs Marg Brown

GUIDANCE OFFICER
Mr Lindsay Hains

SCHOOL NURSE
Ms Delma Spindler

CHAPLAIN
Mr Phil Hall

COMMUNITY EDUCATION COUNSELLOR
Gordon Quakawoot

SCHOOL CAPTAINS
Sophie Arnold
Zach Schill

SCHOOL VICE CAPTAINS
Hannah Bratkovic
Tom McFarlane
Kick Start Your Career!

Come along to our region's biggest recruitment drive for school based hospitality!

We are looking for motivated students to work & train in hospitality

REGISTER YOUR INTEREST TODAY!

1. Upload your resume to: www.clubtraining.com.au/hireme or email to: Heather@clubtraining.com.au

2. Attend Speed Recruitment Souths Mackay Leagues @ 6.30pm May 30th Bring your resume, parent and dress to impress!

3. Attend Sign up & Employment Induction: Souths Mackay Leagues @ 8.00am to 5.00pm June 6th

Positions Available:
Certificate III Hospitality Certificate II Kitchen Operations

- Get a Nationally Recognised Traineeship
- Get paid to work in the exciting hospitality industry
- 1 day off from school per week to work/train
- Train with the leading hospitality industry experts
- Possibility to go on to part time or full time work

Nationally Accredited Hospitality Traineeships!
Are you a Year 9 or 10 student interested in science, engineering or technology?

Then this is YOUR INVITATION to The ConocoPhillips Science Experience!

This 3 or 4 day program conducted across 35 Australian universities and tertiary campuses will offer you hands-on laboratory activities, interactive lectures and information on future study and possible careers while meeting current University students.

The Townsville Experience is being held 2-4 October 2013.

ALL STUDENTS are welcome to attend!

The full cost for a student to participate in the Science Experience 3 day program is $115 and the 4 day program is $150. The ConocoPhillips Science Experience is a Rotary supported project, and local Rotary clubs are often willing to sponsor students.

If you are interested please see Miss Fox in G8 Science Staffroom to collect a brochure!

For more information please visit www.scienceexperience.com.au

The year’s Annual Whitsunday Voice Youth Literature Festival is being held from Weds 17th to Sat 20th July and a couple of competitions are held in conjunction with the Festival. The Short Story Competition is divided into the following categories:

- Years 7 and 8: 400 – 600 words – 1st Prize - $100.00, 2nd Prize - $50.00 book voucher
- Years 9 and 10: 600 – 800 words – 1st Prize - $150.00, 2nd Prize - $70.00 book voucher
- Years 11 and 12: 800 –1200 words – 1st Prize - $200.00, 2nd Prize - $100.00 book voucher

The closing date for the competition is 3pm on Tuesday 11th June and the winners will be announced at the Festival Launch on Wednesday 17th July, 2013.

The other competition is the LITVIDS Book Trailer Competition. Book Trailer ?????? ........... a book trailer is the same thing as a movie trailer, but they just get people interested in reading a book rather than watching a movie. So they are a short piece of multimedia which brings a book to life – on screen!

If you are between 12 and 19 years of age, are interested in film-making or animation, or multimedia in general and would like to go in the running to win some cash then LITVIDS could be for you. Tristan Bancks is coming to Mackay to conduct two workshops on Wednesday, May 15. 5.00pm - 7.30pm) and on Saturday, May 18. 10.00am - 3.00pm. Bookings essential!

Grandfather sat contemplating.  
‘What’s wrong?’ asked the grandson  
‘Grandson I have 2 wolves fighting inside me. One is anger. One is peace.’  
The grandson asked ‘Grandfather, which one will win?’  
In his wisdom, the old man replied,  
‘The one I feed?’  
American Indian Proverb

We all have anger. It’s a normal human emotion. At times it is useful to express strong feelings as it helps us deal with situations that trigger those strong feelings. However management is the key. If anger is expressed in harmful ways then it can lead to problems in relationships and affect the overall quality of one’s life. 

**Recognising Anger**

Our bodies are great indicators of anger. When you get angry, your heart rate and blood pressure rise and stress hormones are released. This can cause you to shake, become hot and sweaty and feel out of control. You may then yell, throw things, criticise, ignore, storm out, and sometimes withdraw and do nothing. Take note of your body as it can help you control the extent of your anger.

**Anger is a problem when:**

- It involves verbal, emotional, physical or psychological abuse.  
- You feel angry a lot of the time.  
- People close to you are worried about your anger.  
- Anger is leading to problems with personal relationships and work.  
- You think you have to get angry to get what you want.  
- Anger seems to get bigger than the event that set it off.  
- Anger lasts for a long time, and well after the triggering event has passed.  
- Anger affects other situations not related to the original event.  
- You are becoming anxious or depressed about your anger.  
- You are using alcohol or other drugs to try to manage your anger.

You are getting angry with the people who are closest to you, or with people who are less powerful than you, rather than dealing with the situation that sparked off your anger in the first place. Anger can often lead to violence if not properly controlled and some people use anger as an excuse for being abusive towards others. Violence and abusive behaviour gives someone power and control over another person, usually through creating fear.

**Tips to Manage Anger**

- **Make a list** of the things that often set off your anger eg running late, your children not cleaning up after themselves, or a co-worker blaming you for something you didn’t do. If you know ahead of time what makes you angry, you may be able to avoid these things or do something different when they happen eg. for lateness set your clocks ahead of schedule.  
- **Use strategies** to calm yourself – deep breath, count to ten, punch a pillow, walk away, put your anger into getting a job completed, talk to a friend (but when calm).  
- **What you think affects how you feel** so CONTROL YOUR THINKING - self-talk yourself into rational thinking. Know you are in charge of you. Choose to act and think calmly. It will win more friends and achieve better outcomes.  
- **Be assertive** - Being assertive means being clear with others about what your needs and wants are, feeling okay about asking for them, but respecting the other person’s needs and concerns as well and being prepared to negotiate. Avoid using words like ‘never’ or ‘always’ or ‘should’ (for example, ‘You’re always late!’ , ‘you should do this’), as these statements are usually inaccurate, make you feel as though your anger is justified, and don’t leave much possibility for the problem to be solved.  

**Seek professional help** if your strategies aren’t working

Remember – how we respond to anger will set the example for our children to follow.

Our behaviour is a choice. When dealing with anger which wolf do you want to feed?????  

Adapted from Anger Management : http://www.psychology.org.au/publications/tip_sheets/anger/#s5
MODELCOMP 2013

Scale model display and competition, Queen’s Birthday weekend, Sat. 8 and Sun. 9 June. St. Paul’s Uniting Church Hall, Macalister Street. Entries accepted from 8am to noon on Saturday, $2 per entry. Public welcome from 11am to 6pm Saturday and 9am to 3pm on Sunday. $2 per child, $3 per adult, $6 per family. Awards ceremony from 3pm on Sunday, raffles drawn, prizes and trophies presented. For more info, call Greg Martin on 0427 423815 or email: gmart364@bigpond.com

Car Maintenance 101

The workshop for every driver

New Drivers The Whole Family The experienced Driver Students

You’re invited to “Car Maintenance 101 - the workshop for Every Driver!

Car Maintenance 101 is a workshop designed to teach basic vehicle maintenance to any driver wishing to learn. It’s a free community event implemented by North Jackalina, a local car dealer in Mackay for 50 years.

There are no silly questions and all mechanical jargon, which can often be confusing, is banned. Numbers are limited and booking essential. Please call us on 49 632 200.

The next Car Maintenance 101 workshop is on Tuesday 4th June, from 5:30pm-7:30pm.

What’s Covered:

Guest Speaker: Wayne, a retired police officer and defensive driving instructor at Mackay Driving School gives us his top tips for safe driving.

“Under the bonnet” - whilst looking at an engine, participants are shown some of the main parts and learn their names & functions. We also teach on what an engine needs to run and the process of combustion & compression.

The Monthly Vehicle Health Check - what is safe to check and what is not, how to perform the checks. We discuss fluid levels, tire care and participants are encouraged to practice performing the checks on our vehicles.

The top 3 breakdown scenarios – what to do when you have a flat battery, engine overheats & if you get a flat tire. Participants will get an opportunity to practice jump starting a vehicle & changing a tire themselves.

Accredited Chainsaw Training

We have positions available for our next course which will be held in June school holidays, any persons interested please contact Phillip Morris Senior Instructor

Australian Agricultural College Corporation (AACC)

Phone: 07 49 531 653 Mobile: 0438 718 589 Fax: 49 442 611

Email: Phillip.Morris@aacc.edu.au Website: www.aacc.edu.au

120 Wood Street, PO Box 117 Mackay, Qld, 4740

FREE CALL 1800 888 710

Your First Choice in Rural Training

Remember to keep collecting your earn and learn stickers so that we can redeem some awesome educational resources, you can either bring your completed sheet to the office or drop in the collections box outside Woolworths (Canelands)