6 March 2015

PRINCIPAL’S REPORT

Currently over 70 of our Year 8 cohort are at Lake Fairbairn involved in a range of team building and leadership activities. This activity takes the students into situations that challenge their skills and generally will develop their capabilities to face these challenges as they arrive. They learn to work together, understand and accept the different needs and capacities of their fellow students, while enjoying some outdoor pursuits. I thank the 9 staff who have travelled with the students, to work and support their growth. There will certainly be some photos of their experiences on our school Facebook site.

Key to the achievement of High Performance within our students, is the quality teaching and effective relationships between staff and students. On Tuesday afternoon from 4pm to 6pm, teachers from nearly all of the Secondary schools, both State and Private, gathered in clusters to share resources, teaching ideas and strategies. In most cases local teachers were the presenters, but a few had also invited key presenters from industry and subject organisations. This professional sharing is coordinated through the Mackay District Secondary Principals Association, and we thank all presenters for their contribution to the growth of all teachers.

Last week all Principals of State Primary, Special and Secondary schools gathered in Brisbane for two days. The speakers included our new Education Minister Ms Kate Jones MP, who spoke passionately of her commitment to State Education being of the highest quality. Jim Watterson our Director General spoke on the future settling of the key initiatives now in place as well as some new opportunities to grow the skills of teachers in our schools. Several world acclaimed presenters including Prof. Geoff Masters, Jim Spillane from North West University in USA and Dr Yong Zhao from Oregon University shared their vast experience in education.

All schools have regular Audits of their procedures and account practices. Over 4 days our school was put under the microscope and our report came through very comfortably as SOUND. It highlighted the accountable processes in place and made some suggestions in some areas to improve. Congratulations to Marg Brown, the Office staff and all members of our staff, who ensure that our school performs at the high level expected.

In recent weeks several groups of our Year 10 – 12 students have been engaged in Industry link programs coordinated through our school. These include 7 students at Construction Skills Qld Try a Trade day, while 6 Year 11/12 students commenced a Certificate II in Electrotechnology at CQ Uni, which will continue through the year, one day a week and later in the week 4 girls attended a Tool Kit for Girls day at Mackay Engineering College. The opportunities for students are so varied in these times.

JUNIOR SECONDARY NEWS

One of the topics being discussed this last fortnight in Junior Secondary focusses on self-esteem and self-confidence.

Self-esteem is a person’s view of or confidence in their worth or abilities. It is also (very simplistically) a measure of confidence itself. There is a natural range for people, but we get concerned when self-esteem falls too low and affects a person’s ability to function well in a range of situations. Developing confidence and esteem in ourselves can take work. This allows us to cope with a variety of situations, especially the more difficult and negative ones.

Great state. Great opportunity.
Everyone lacks confidence in many areas, especially if you have no experience. Confidence comes from DOING and experiencing. So have a go at something new. If it doesn’t work, try again. Practice makes perfect and builds general confidence and therefore self-esteem.

What can we do to improve our self-esteem and self-confidence? Some simple things to try:

- Positive affirmations
- Pick the goods things that happen and focus on these
- Pretend you are an actor and act out a situation you are uncomfortable with e.g. public speaking - this practices confidence
- Pick a close circle of friends and work on the positive views of yourself
- Use positive words and compliment people
- Keep negativity to yourself.
- Don’t gossip
- Respect others
- Use positive peer pressure

Remember, we are all important and we all count. It is not about being like everyone else. After all, if we were all the same, the world would be a boring place!

Remember:

| Strength and Courage Succeed |

Mr Skinner
HOD Junior Secondary

**SPORTS UPDATE**

Well done to all the netball and cross country runners who come in Tuesday and or Thursday to improve their cardiovascular fitness. Students have been excellent in terms of their behaviour and supportive of all in the group. It is great to see students cheering for finishers and running with those who need a little more support. Some students even managing to achieve 10.5 on the beep test AFTER the outdoor run, a wonderful start to the morning. Look forward to seeing all your smiling faces in the weeks to come. Miss Dick, Mrs Dell, Mrs Maskell, Miss Pavitt

**ENGLISH**

**Tutoring**

Every Monday 3- 4pm in A08

Students can get help with assignments, exam preparation, oral presentations etc.

**THE ENGLISH DEPARTMENTS 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 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

**BLUE CARD WINNERS!**
Last week saw the beginning of the blue card draw in which students who are seen demonstrating positive behaviours are given the chance to win tuckshop vouchers.

The first winners of the term were for the Junior years, Jack Howland and Laura Bugera for the Senior draw.

Congratulations to both students and keep up the good work!

Pictured is Miss Puckridge (Teacher), Jack Howland, Laura Bugera and Mr Paulger (Principal)

NEW STAFF

Majella Hoffmann

I started teaching: 1995 – Moranbah State High School – Art Teacher

Why I became a teacher: I was very inspired by my Art teacher and wanted to be just like her!

What year levels and subjects are you teaching at Mackay SHS: Yr8/9 English and History (learning support) Year 7 Literacy

My favourite TV show: “The Vampire Diaries”

My most memorable trip is: Taking my boys to the Australian Titles for Boxing in Tasmania, and winning GOLD!

My Rugby League team or favourite sporting team is: Not into sport that much, however I have very sporty kids!

The craziest food I have tried: Crunchy insects, Yuck!

My most embarrassing moment at school was: A bird pooping on my head on playground duty!

The most memorable moment I have had as a teacher: Working on Collaborative Art Projects with students in the community, creating partnership relations

My favourite holiday destination: Monte’s

My favourite Movie: Romancing the Stone/Indiana Jones movies

What would you do if you won lotto: I would take all my family on one HUGE holiday all around the world!

Chris Milne

My name is Chris Milne and I am an English/ SOSE teacher. I have moved from Brisbane and the school Ferny Grove State High I am very excited to be at Mackay State High School as I know that the school has a strong team of supportive staff and the students are respectful and responsible. Don’t be a stranger!

Nicole Saunders

I completed the Diploma of Learning and Teaching last year through CQ University via distance education. My previous degree was a Bachelor of Built Environment (Interior Design).

I became a teacher as it was the only profession that allowed me to work and manage my family at the same time. My teaching areas at Mackay SHS are year 8 & 9 Industrial Design and Technology, year 10 Graphics and year 11 Certificate 2 in Workplace Practices.

My favourite holiday destination: Anywhere with good shops and restaurants.

My most memorable road trip is: I have four kids. Enough said!

My favourite movie: The Blind Side

My favourite desert: Fried Ice-cream with caramel sauce…YUM!

The craziest food I’ve eaten: Crumbed sheep’s brain….totally gross! Never listening to my mother- in- law again!

What would I do if I won the lotto: Give, Travel and Invest.

Fondest memory at school: Seeing my sister with her skirt caught up in her undies and stocking with toilet paper trailing off while walking passed me and my friends during lunch! So not cool sister!!!

FROM THE GUIDANCE OFFICER

PARENTS HAVE NEEDS TOO

As parents, a great focus of our time and energies is spent on ensuring that our children’s needs are met. We do this out of love for our children. Sometimes though, it is easy to forget our own needs. When this happens it usually leads to a feeling of discontent which certainly impacts on all members of the family.

Many parents have common needs that, if fulfilled, will help greatly in the enjoyment of family life. Here are some suggestions:

• Take time away from the kids – Having time with your spouse or partner without the kids in your ear is very beneficial for your relationship. So too is personal time for yourself. We all have a need for privacy.

• Enjoy your job – As employment caters to financial security it is important it is something you enjoy. If you don’t then this will impact on not only your own health and well-being but your families as well.

• Be healthy – Look after your health through good eating habits as well as exercise. When you look
good you feel good. As one needs to be a parent for a very long time (at least 18 years), being healthy makes the job easier. Exercise also helps the mental health – you can work through a lot of problems when you are on the go

- Take time to relax – take holidays when they are due (what really is the point of saving them if it eventually leads to stress from overwork). Use weekends well – they too are a time to relax and unwind. A relaxed parent is better able to enjoy the family.
- Pursue an interest – whether it be a leisure interest, friendship group or community involvement. Find time to do the things you enjoy.
- Let others support you when you’re down – It’s often said you need a community to raise a child, but it is also true that the community can help you in this sometimes difficult task
- Educate yourself on being a better parent – often our only model of parenting may have been what our parents did. It is worthwhile attending parent classes, seeking advice, talking to other parents to ensure you are well equipped for the challenges that children provide.

Remember: We are all important. No one is more important than the next person. Just as children require their needs to be met so do parents. So, factor in time each day to meet your needs – Happy parents can only benefit the entire family.

School Youth Health Nurse with Trixie Mills

There have been some recent cases of head lice within the school community. I would like to recommend that parents check student’s hair regularly. You may see the actual head lice which usually move around the scalp or hair. You may also see the small eggs (known as nits) these will be on the shaft of individual hairs and can be difficult to see. Students may complain that their head is itchy or might scratch their head frequently.

Head lice are contagious and spread quickly from one person to another. Once they are discovered on one child it is recommended that the entire family be treated with specialised shampoo from the chemist. It is also important to wash towels, clothes and bed linen just in case any lice are on these items. The hair should be combed daily with a fine tooth nit comb from the chemist to remove the eggs from the hair. Even after treatment some eggs may remain alive and therefore hatch to breed another infestation. The key is to remain vigilant and check your child’s hair frequently.

I would just like to remind parents that Year 8 and 10 students need to return vaccination consent forms to school as soon as possible whether their child is being vaccinated or not. If you have any questions about vaccinations please give me a call.

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.

2015 NEXT STEP SURVEY

SCHOOLS UPDATE

QSchools app

The QSchools app will provide up-to-date information about our school. Visit the department’s apps page for more information and all the features: http://qta.qld.gov.au/about/app/

The QSchools app is available for free download through iTunes, Google Play and the Window’s store.

UNIFORM SHOP NEWS

Great News, Stocks are starting to arrive.

Now in stock all Short sizes, Bucket Hats and larger Junior School Shirts. Medium size Shirts delivery is due in at the start of March.

If you have placed any uniform orders please pick them up as soon as possible.

Uniform Shop Hours

Monday, Wednesday and Friday 8am to 10am
### MACKAY DISTRICT SPORTS TRIALS

<table>
<thead>
<tr>
<th>Date &amp; Event</th>
<th>District Trials Venue</th>
<th>Capricornia Trials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed 29 Jan</td>
<td>Meeting</td>
<td>Mackay SHS - 6:00pm</td>
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<tr>
<td>Mon 2 Feb</td>
<td>1st Field</td>
<td>Trial Day 1</td>
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<tr>
<td>Mon 2 Feb</td>
<td>Tennis</td>
<td>Mackay SHS - 6:00pm</td>
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<tr>
<td>Mon 2 Feb</td>
<td>Softball</td>
<td>Mackay SHS - 6:00pm</td>
</tr>
<tr>
<td>Mon 2 Feb</td>
<td>Cricket</td>
<td>Mackay SHS - 6:00pm</td>
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<tr>
<td>Cap-In-Service 2nd Feb</td>
<td>Magazine</td>
<td>April</td>
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<tr>
<td>Tue 3 Feb</td>
<td>2nd Field</td>
<td>Trial Day 2</td>
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<tr>
<td>Wed 4 Feb</td>
<td>Trial Day 3</td>
<td>Capricornia Trials</td>
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<tr>
<td>Wed 4 Feb</td>
<td>Volleyball</td>
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<tr>
<td>Wed 4 Feb</td>
<td>Handball</td>
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<tr>
<td>Wed 4 Feb</td>
<td>Rugby League</td>
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<td>Wed 4 Feb</td>
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<td>Wed 4 Feb</td>
<td>Netball</td>
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<tr>
<td>Wed 4 Feb</td>
<td>Basketball</td>
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<td>Wed 4 Feb</td>
<td>Football</td>
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<td>Wed 4 Feb</td>
<td>Swimming</td>
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<td>Triathlon</td>
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<td>Wed 4 Feb</td>
<td>Surfing</td>
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<tr>
<td>Wed 4 Feb</td>
<td>Offshore</td>
<td>Mackay SHS - 6:00pm</td>
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### COMMUNITY NOTICES

**2015 SKILLS TRAINING MACKAY SCHOOLGIRLS RUGBY LEAGUE COMPETITION**

6 week competition Commencing Friday Afternoons 1st May 2015

**EXPRESSION OF INTEREST FORM**

**COMPETITION:** $20 per player

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<thead>
<tr>
<th>AGE GROUP</th>
<th>NUMBER OF TEAMS</th>
<th>INDIVIDUAL PLAYERS</th>
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<tbody>
<tr>
<td>Grade 7 &amp; 8</td>
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<tr>
<td>Grade 9 &amp; 10</td>
<td>4</td>
<td>4</td>
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</tbody>
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School & name of Team Coordinator: ____________________________

Email: ____________________________

Name: ____________________________

For further information phone 0417 668 132 or email: ____________

### STUDENT TAX FILE NUMBER

**Starting your first job or university?**

Australia Post now offers an easy and simple way to get your tax file number.