

Mitchie Moments

Edition 17

October 22 2009

“Believe in yourself!

Have faith in your abilities!

Without a humble but reasonable confidence in your own powers, you cannot be successful or happy .”

Dr Norman Vincent Peale

Dr Norman Vincent Peale (1898 - 1993) was a preacher, author and was one of the originators of "positive thinking".

If you would like your copy of *Mitchie Moments* emailed to you, have any feedback on the newsletter, or would like to contribute an article please contact Kim Grant on 3550 1111 or by emailing marketing@mitcheltonshs.eq.edu.au.

Important October Dates

FRI 23	Dance Excursion to QDSE	11.30am - 2.45pm
MON 26	Year 11 Hospitality Coffee Shop	2.45pm - 4.30pm
WED 28	Year 12 Drama Night	6.30pm - 9.30pm
THUR 29	Year 11 Lions Club Public Speaking Competition	6.30pm - 8.00pm

Important November Dates

TUE 03	Mitchie High Fashion Parade at Arana Leagues Club	12.30pm - 1.30pm
Mon 09	Year 12 Block Exams Start	ALL DAY

From the Principal

Promethean Interactive Whiteboards

As many families would have recently read in the Courier Mail, we were very grateful to receive two interactive whiteboards from a UK based company (Promethean) last week. These boards are state of the art technology and have advantages that many students and staff would not have had access to before. These boards were donated to our school - thanks to representations on our behalf by the Federal Member for Brisbane Arch Bevis. On behalf of the school community, I would like to thank Arch for his continued advocacy of our school. As a result, our students now have access to interactive whiteboards that are at the very forefront of world technology.

Seniors' Breakfast

Year 12 students are reminded that a Seniors' Breakfast is being organised for Thursday 19 November at Arana Leagues Club. Cost for this activity will be \$14.95 for participating students and staff. At this stage, even though only a small number of students have indicated that they will be attending, I am still hopeful that we will have a good representation there on the day. This will be an opportunity for our Year 12 students to meet as a group in a relaxed atmosphere, before participating in their rehearsal for the major events taking place on the following days.

Pizza Fund Raiser – School of St Judes

Leaderbody and the P&C will soon be organising a Pizza Day to raise funds for both our school and the School of St Judes in Tanzania. As the

pizzas we intend purchasing fit in the amber foods category, they are permitted under the Healthy Foods strategy. Pizza quarters will be sold for \$3.00 and will generally only be available on pre-order. More information will be distributed shortly, however I am hoping to run this event next Thursday.

AusFest

Some of our students will have the opportunity to participate at AusFest (Kev McKell Oval, Arana Hills) on Saturday 31 October from 3.00—3.30pm. At this event, they'll be able to showcase their skills and talent in the music and dance arena. This 30 minute presentation will certainly prove to be another positive image for our school in the wider community. Interested students will need to see me as soon as possible in order to finalise the necessary details.

Year 9 Mentoring Program

We continue to be grateful to DLA Phillips Fox for their continued support of the school in sponsoring the Year 9 Mentoring Program. This program assists many of our students to make appropriate and informed choices whenever necessary. Thank you to Ms Olivero, Ms Wicks and the parents of the students involved for their continued support and promotion of this worthwhile activity.

Regards

Ross McHutcheon

Principal

Email: rmchu6@eq.edu.au

Green Team News



A tsunami, caused by a massive earthquake, measuring 8.3 on the Richter scale hit the coast off Samoa and has devastated villages along the southern Samoan coast, the northern islands of Tonga and the southern coast of American Samoa. To help the people in these areas, *The Green Team* are currently running an appeal to aid the victims. If you have any unwanted clothes and shoes (any size), blankets or sheets, could you please drop them off to E Block staffroom over the next week.

Jo Smith - Green Team Coordinator

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Mitchelton State High School

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Web: www.mitcheltonshs.eq.edu.au

The Workings of the Responsible Thinking Process

THE RTC IS ***NOT*** A PUNISHMENT ROOM

The Responsible Thinking Process (RTP) is a non-punitive process. It does not use rewards or punishment. It is based on a series of questions to help students explore better ways to behave, to think and to act responsibly.

The RTC itself is a place where students are individually helped to think about their behaviour and work on strategies

to help them succeed. The students are reminded about class rules and expectations.

The RTC managers offer guidance to assist students to write a plan. This plan is then negotiated with the teacher with the aim of the student returning to class to learn without further disruption. Students are encouraged by the RTC managers to negotiate promptly so that they miss minimal class time.

Graduation—Year 9 Mentoring Program 2009

On Tuesday evening (13/10/09) Mitchelton State High School, in conjunction with DLA Phillips Fox, hosted the graduation event for the Year 9 students participating in the mentoring program this year. Parents/caregivers and family members joined the celebrations.

Students Ammanuel, Molly, Jody, Brendon, Joseph, Ryan, Miguel, Reanna, Brenton, Hayden, Sharon and Kira-Lee graduated from the program. They received certificates and gift vouchers from their mentors. In turn the Year 9 students wrote thank you notes and Molly, Kira-Lee and Reanna moved a vote of thanks on behalf of the student group.

We are most grateful to DLA Phillips Fox and the volunteer mentors from this law firm for supporting our school and these students. Our special thanks to Sophie Devitt from DLA



Phillips Fox who was the chief organiser of the program. Students really enjoyed the fortnightly lunch meetings at Waterfront Place in the city. We certainly hope to continue the program with the Year 9 group of 2010.

Carmen Olivero
Deputy Principal
Email: coliv7@eq.edu.au

Habits of Mind

REMAINING OPEN TO CONTINUOUS LEARNING

As we move into Term 4, seniors are preparing themselves for the formal and graduation and thinking about what lies ahead for them. Year 11 students are reflecting on the choices they have made throughout the year, Year 10 students are making decisions about their senior course of study and our junior students are choosing subjects they think will prepare them for Year 10 and beyond.

While our senior students are winding down for the year, our junior students still have many productive weeks ahead them.

Whether they are preparing to move on beyond school or knuckling down for end of year assessment, it is important for our students to remain open to continuous learning—being willing to learn from mistakes and experiences and avoiding complacency.

This term we will feature quotes about “remaining open to continuous learning”.

THIS WEEKS QUOTE:

“To learn is to change.”

Careers in Film and Television

Free Information Seminar

Interested students are invited to attend a free information seminar to find out more about careers in Film and Television. The seminar will be held at

11am, Saturday 7 November 2009

Qld School of Film and Television

**Corner of Tennyson Memorial Ave & Varley St,
Yeerongpilly (entry via 35 Ethel Street)**

The seminar will include talks by lecturers and industry professionals along with a brief tour of the school’s facilities. Registrations are essential on 3392 7788 or info@qsft.qld.edu.au.

For senior students, the QSFT offers:

- Certificate II in Creative Industries (Media) and Certificate III in Media. This course runs on a Wednesday afternoon from 1:30pm – 4pm.

For school leavers the QSFT offers:

- Diploma of Screen and Media and Certificate III in Media.

Jo Wainwright-Smith
Head of Department Senior Schooling
Email: jwain2@eq.edu.au

Child Safety week :6-12 September 2009

Now is an opportunity for parents and teachers to reinforce key messages to children about protective behaviours (feeling, acting and being safe) and a prime time to address these issues at home. Key messages worth discussing with your children are:

- We all have the right to feel safe all the time
- Nothing is so awful that you can't talk with someone about it

Although many parents alert children to 'stranger danger' the reality is that children are more likely to experience abuse from a person who is known to them (a relative, friend or family acquaintance).

Things you can do to help protect your child

- Talk to your child – keep the communication open at every age.
- Discuss issues about the body with your children – their public and private parts and the proper names for these parts.
- Teach them how to recognise if they are feeling unsafe (e.g. feeling tense in their body, sweating, stomach pains, feeling sick).
- Use the words 'safe or unsafe' when possible to give them clearer understanding of what these words mean and how they feel.
- Talk to your child about ways they can be safe e.g. going straight home after school, walk in a group, avoid isolated areas, communicate to the parent / teacher/ responsible adult when they have uncomfortable feelings.
- Avoid being an alarmist but have an action plan for those 'just in case' situations. This plan should include: people they can talk to at home or school about this; things to do if they are approached e.g. walk/ run away, scream



etc; identify safe places to go to at home or on the way home; what to do if their friend tells them they are feeling unsafe.

- Talk to your child about the dangers of 'secrets' that make them or others feel uncomfortable.
- Help your child identify who they feel comfortable to talk with. Get them to identify 5 adults from home/ school/ family/family friends.

As a parent it is up to you to put in place everything possible to ensure your child's safety. If you feel uncertain or uncomfortable about a situation then do what is needed to put your mind at ease even though your child might feel you are over-reacting. It's more important to have no regrets. Talk to your guidance officer if you need help.

Some other helpful contacts include:

- Parent Line: 1300 30 1300
- Department of Communities (Child Safety Services): 1800 811 810
- Lifeline: 13 11 14 (24 hour crisis counselling line)
- Family Planning Queensland: www.fpq.com.au for ideas and resources

*Peta Matthewman
Guidance Counsellor
Email: pmatt5@eq.edu.au*

Melbourne Cup Fashion Parade



The P&C needs 2 "real sized" women to model clothes for the Melbourne Cup Fashion Parade at Arana Leagues Club.

The clothes are from Myer and include brands such as Esprit, Jag and Basque. A clothes fitting is planned for Sunday afternoon (25/10/2009). Please phone or email me ASAP if you are able to participate.

*Kay Roe
P&C President
Phone: 0434 834 433
Email: pandcpresident@mitcheltonshs.eq.edu.au*

Science Faction

These items of information have been provided for your entertainment and edification by Georgia, 2009 University of Queensland Science Ambassador.



DID YOU KNOW...?


- An ostrich's eye is bigger than its brain.
- Hummingbirds are the only animals able to fly backwards.
- A mosquito has 47 teeth.
- Although the Stegosaurus dinosaur was over 9 metres long, its brain was only the size of a walnut.

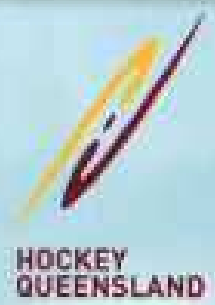
HAVE A GO! FUN DAY



**LESLIE PATRICK PARK,
OLEARIA STREET WEST, EVERTON HILLS**
SUNDAY 25 OCTOBER | 10AM - 12PM



- TRY PLAYING SOFTBALL AND HOCKEY
 - FUN GAMES!
 - SIGN UP TO PLAY FOR LOCAL SPORTING CLUBS!
- 
- FREE SAUSAGE SIZZLE
 - JUMPING CASTLE
 - FACE PAINTING
- EVERYONE WELCOME!**



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