I am very excited to be back “home” at Mitchelton State High School.

Since August 2010 I have acted as Principal at Craigslea State High School, Mt Crosby State School and Woodcrest Middle School and will use what I have learnt in a variety of schools to add to the leadership of Mitchelton State High School.

Although there has been a change in the Administration at Mitchelton, the message for students, staff and parents is still the same – “This is an excellent school for students to learn, grow and achieve.” The School Values of Participation, Respect and Accountability still form the framework for the school.

The priorities that I have presented to the students when I have spoken to them as a group have reinforced the message that Participation is both an individual and group responsibility. I ask that families support students to be “At school, in class, on time, with the required equipment” every lesson, every day. This gives all students the best chance to be fully involved in learning programs which will improve student achievement.

I have also spoken to the students about Respect for themselves and other people. The way we dress, conduct ourselves and speak are clear indicators of our respect for all members of the school community. I congratulate the hundreds of students (and their families) on the presentation of uniforms.

Generally our students look respectable in their uniforms and should continue to keep this simple aspect of school life in good order. Further information regarding uniform expectations can be found in the “Student Dress Code” document on the school website. I have also asked that our students are mindful of where they are and what they say, in order to maintain a respectful presence in and around Mitchelton State High School.

As a learning institution we are charged with the great responsibility to provide a conducive learning environment. To this end I will continue to remind students of their Accountability regarding, attendance, work completion and achievement. As students get older they start to have part-time jobs, sporting and social commitments that can sometimes be a distraction from the main job, STUDENT “one who studies”.

Ongoing staff development is aimed at improving our understanding of teaching and learning and will allow the school to combine experience and expertise to work towards improving student learning and achievement. I look forward to a busy and rewarding year ahead.

Regards,

Phil Campbell—Principal
Email: pcamp6@eq.edu.au
Dear Students, Parents and Caregivers,

By now, everyone will be aware that I have left Mitchie. I was offered the position of Principal, Kowanyama State School on the last Thursday afternoon of school in 2011. The opportunity to work in a remote school in Far North Queensland was something I had often thought of but never (until now) actually done.

Kowanyama is a National Partnership School – a combined partnership between the State and Federal Governments. Kowanyama is an isolated community directly west of Cooktown on the Gulf of Carpentaria. During the wet season, the only way in or out is by light plane. Because of this, transporting goods and equipment has to be very well timed. The community has been very welcoming and friendly and I certainly look forward to working with them in the years ahead.

Although I am very happy to be at Kowanyama, I will always fondly remember my time at Mitchie. As I have said on many occasions, Mitchie has so much to be proud of. We need to be sure that this is always celebrated and promoted in the wider community. Our students can achieve outstanding results - and we have seen this on many occasions in the past.

Our OP results for example are often equal to or better than many other schools. With our tremendous efforts in literacy and numeracy over the years, our results have also shown a significant improvement. Although our school has so many positive characteristics, we need to constantly look for ways in which we can continue to improve, change and work smarter. A smaller school can offer so much to many students who may sometimes feel lost in a larger school. The pastoral care and support available to our students at Mitchie is second to none. Because of its size, almost everyone knows each other and in turn, takes the time to look out for each other. With the wide range of support available to them, our students will always have the capacity to achieve their best, providing they are willing to accept the challenge and make the most of the many opportunities available to them. Our shared commitment to Respect, Participation and Accountability will always make us Proud to be Mitchie.

Best wishes to everyone for a successful future. I look forward to hearing your many stories of success in the years ahead and I wish Mr Campbell well as he prepares to guide this school community forward.

Ross McHutcheon

---------------

KEEP YOUR RECEIPTS TO BENEFIT FROM THE EDUCATION TAX REFUND

Member for Lilley Wayne Swan is reminding parents of school children to keep their receipts for education expenses. Mr Swan is urging local parents to make the most of the benefits available under the Australian Government’s Education Tax Refund.

This refund provides parents with much-needed help for education expenses, with refunds of up to $409 per primary school student and $818 per secondary school student available at tax time in 2012 if they are eligible for Family Tax Benefit Part A.

On top of the regular items, such as computers, home internet connections, textbooks and stationery, new changes mean that parents can now also be able to claim school-approved uniforms, including hats, footwear and sports uniforms purchased.

To find out how to claim the Education Tax Refund and what expenses are eligible visit www.educationtaxrefund.gov.au.

---------------

Tuck Shop Manager Convenor – Position Available

Mitchellton State High School P & C Association is seeking applications for the position of a Manager Convenor. We invite any person with the necessary qualifications to apply. The position will start during Term 1 2012. Please request an application pack for a position description, selection criteria and application form by email to: pandcpresident@mitcheltonshs.eq.edu.au.

Application packs will also be available from the Mitchellton State High School office. The closing date for receiving applications will be 4.00pm 10 February 2012.
The Role of the School Based Youth Health Nurse

I am the Youth Health Nurse for Mitchelton High School. I work Monday, Thursday and alternate Wednesdays within the school.

The role of the Youth Health Nurse includes working within the school community on issues that may affect the health and wellbeing of young people. I provide information through whole of school health promotion, classroom education and young women’s groups for Year 8 to 10 girls. The majority of my work is consultations with students on various issues they may be having.

Student consultations are confidential except in circumstances where the student’s safety is at risk. Parents can also contact me if concerned about their child and I can make community referrals for parents if required.

Some health related areas I can discuss with students or parents are:

- Eating and body image issues
- Behavioural changes that can affect one’s learning capacity ie. Sleep disturbances, risk taking behaviours
- Stress
- Self esteem
- Friendships at school, bullying, non compliance with attending school
- Personal and family problems
- Growth and development
- Sexual health
- Alcohol and drug awareness
- Referrals or information in regards to community agencies

The role of the Youth Health Nurse does not include treatment such as medications, injections, first aid, physical examinations or long term counselling for psychological problems. I can be a support person though for students with a medical condition.

Students can make an appointment with me directly. My room is located in E block on the lower level, below the chaplain and Defence Transition Mentor’s room. Parents can contact me on 35501141 (Monday, Thursday and alternate Wednesdays).

Melanie Hilder
School Based Youth Health Nurse
Available Monday, Thursday and alternate Wednesdays
Phone: 3550 1141

For some people including children these words will bring an element of joy and gratitude that the earth is being revitalised, and water, our precious resource will be in abundant supply in our dams, but for others, the memory of the 2011 flood may be revisited and cause anxiety and fear. Children and young people can be particularly vulnerable and may need strategies to cope with their emotions and fears.

Here are some tips to help your child cope:

- The more you as a parent cope and remain calm the more your child will cope and manage their feelings.
- Talk about their feelings and ensure their understanding of what is happening is accurate – children can tend to over dramatise situations, which then leads to unnecessary anxiety and fears.
- Limit the amount of TV and radio coverage about disasters (the media loves to focus on past and present catastrophes). Children need to talk about it but too much watching of disasters can contribute to strong reactions/emotions.
- Encourage your child to plan and participate in positive, meaningful activities to help improve their mood and regain a sense of control and normalcy eg. exercise will help improve sleep, school will be familiar and routine, playing board games rather than technology.
- Although these weather situations are extreme, normalize them, with your child (ie tell them that floods have happened before as have cyclones and people have survived, and already plans are in place to rebuild and help people).
- Teach calming skills (relaxation, breathing techniques), and show them ways to put thoughts and feelings into words/drawings.
- Help your child understand how thoughts influence their emotions, and how to replace their unhelpful thoughts with more helpful thoughts.

**Thoughts → feelings → actions**

- Don’t dwell on negatives – but acknowledge the sadness, loss etc.
- Do things that make you happy - laugh – we all enjoy a good laugh, especially children and youth, and it improves moods and health.
- Talk about positive things that have emerged – government support, volunteer workers, food providers, people giving money and goods.

The rain will stop and the floods will subside. Emotions will settle and life will generally regain a level of normality. If though symptoms of anxiety and fear persist, then see your doctor, or your child you can seek support through your Guidance Officer.

Peta Matthewman
Guidance Counsellor
Email: pmatt15@eq.edu.au

The Role of the School Based Youth Health Nurse
Welcome to the new families joining the Mitchelton State High School community and welcome back to families continuing with us. The Tuckshop will see new faces this year and we always welcome new volunteers. Many hands make light work and there is always something to do. The Tuckshop is a great place to contribute to your student’s school and observe the goings on. It is a place where new friendships are forged.

Welcome back to our Tuckshop Convenors Anne Jones and Uniform Shop Convenor Sandra Kroger. Both ladies have been working very hard in the last fortnight to ensure the back to school demands ran smoothly. Thank you to the many volunteers on the first Tuesday and during the first week.

2011 saw the P & C Association review the business operations and from that review have started implementing some changes. The P & C voted in favour of employing a Manager Convenor and an Assistant Convenor. We invite any person with the necessary qualifications to apply for the position of Manager Convenor. The position will start during Term 1 2012. Please request an application pack for a position description, selection criteria and application form by email to: pandcpresident@mitcheltonshs.eq.edu.au Application packs will also be available from the school office. The closing date for receiving applications will be 4.00pm 10 February 2012.

The P & C Association requests that families support the Family and Chaplaincy Contribution Scheme with a contribution of $80. Funding from the P & C impacts the services that Jimmy the Chaplain provides to students and families. Jimmy is part of the extensive student support team available at the school. Donations can be made by filling in the payment form attached to page 5 of the newsletter. Please send the payment slip in an envelope marked “P & C Family and Chaplaincy Contribution” to the school Tuckshop. A receipt will be forwarded to you.

The Annual General Meeting will be held 7.00pm 21 February 2012 in the school Library. All positions are declared vacant and nominations for the positions will be voted on. Everyone is welcomed to attend and participate in the P & C. The general meeting will follow afterwards.

Helen Blakely-Hall
President P & C Association
pandcpresident@mitcheltonshs.eq.edu.au

Always wanted to become a hairdresser?
Study your Certificate II in Hairdressing while you’re in school and save 40% off the cost of the standard fee for service price.
• Payment plans available
• Additional 5% discount when paid upfront
Book now by calling The Queensland Hairdressing Academy on 3847 3874 to start studying in Semester 1 2012.

Gympie State High Centenary
Gympie State High, Queensland’s oldest high school, will celebrate its centenary from Friday to Sunday March 9 – 11, 2012. Friday’s events include a special concert, an art exhibition, tours of the school (at work), interschool Cooper Cup football, social golf and bowls, and a trip on the old Mary Valley Rattler through the Mary Valley to Imbil and back.
Saturday is the main day and will begin with registration at 9am. Morning tea and lunch will give the chance for long lost friends to revisit the days of their youth and yarn. Saturday night will be a highlight of the celebrations with a reunion dinner at the pavilion, at the Gympie Show Grounds. Sunday will be given to centenary worship at 10am at the school’s Hamilton Hall and informal get-togethers.

The planning committee wish to contact as many as possible of the thousands of students and hundreds of teachers who have passed through Gympie State High over 100 years.

Please contact us on :
info@gympieshs.eq.edu.au
Lee Francis (07) 54828530.
Gympie State High School P&C., PO Box 22, Gympie, Qld 4570.
Or register online registration at www.gympieshs.eq.edu.au

Registration deadline for several events is February 24, 2012. An information pack covering aspects celebrations will be sent on request.
Welcome Year 8’s!

☐ VISA  ☐ MASTERCARD  ☐ CASH  ☐ CHEQUE

AMOUNT: $__________

As donation to Mitchelton State High School P & C Family Contribution and Chaplaincy Program.

CARDHOLDERS NAME: ______________________________ SIGNATURE: ______________________________

ADDRESS (for a receipt): ______________________________ P/CODE ____________________________
Be part of one of the State’s biggest and best Youth Conferences!

Queensland State Summit is a 3 day residential conference for students in years 10-12, with a focus on foreign affairs, youth issues, leadership, and social and political issues. The theme of this year’s conference is “citizens of the globe.” Each year around 100 students attend Summit.

When
Summit starts at 9am on Friday 23rd March and runs until 5pm Sunday 25th March.

Where
The first day of Summit will be held at St. Lawrence’s College in South Brisbane. Students will then travel by chartered bus to QCC at Mapleton. You will then taken back to Brisbane by bus on Sunday afternoon.

Cost
The cost of Summit is $190.00 which can be paid by you or by your school. This cost includes all food, transport, accommodation, and materials.

How to register
Registration is online, and can be found at http://qld.unyouth.org.au/queensland-state-summit-2012/

Get ready for:

Guest speakers
Speakers can be professionals, university lecturers, researchers, or experts in various fields. Past speakers include Supreme Court judges, the Queensland Information Commissioner and the Ambassador for Papua New Guinea.

Discussion groups
Share your opinions on everything from foreign aid to provisional driver restrictions!

Workshops
We run fun workshops on a heap of different issues! Learn about disaster relief, poverty, cyber warfare, refugees and much more.

Model UN debating
Represent a country on a mock UN council (e.g. the security council) and debate and negotiate on resolutions. Past resolutions have been on topics like a UN standing army, North Korea or the Arab/Israeli conflict!

Joint Cabinet Crisis
Two teams represent a country’s cabinet of ministers during a crisis situation. Make decisions, and see what happens! You can negotiate with the other team, send spies, use military force, try to get the international community involved and do almost anything else you can think of. It is just like a “choose your own adventure”

Fun and Games!
Summit involves a heap of other fun activities and games! You’ll have to come along to see what 2012 Summit has in store!

qld.unyouth.org.au
YOU Choose YOUR Attitude

The single most important factor in our stress level is OUR attitude. The attitude we bring to a situation has a huge impact on how we see and react to each of the situations we face. This has a direct impact on our stress level. The attitude that we bring to the situation is evident in our self-talk, that little voice, whispering inside our head!

Our attitude acts like a lens through which we ‘see’ situations. I am sure that you will have heard the classic story where two people witnessing the same car accident, see different things. Your attitude acts as a filter and therefore has a huge impact on how we ‘see’ events.

Most of us believe our attitude is caused directly by outside influences like unpleasant experiences or negative people. Many people see their attitude as a direct result or consequence of what happens to us. They see it as a simple cause and effect relationship. They ride a roller-coaster of emotions every day! When good things happen they feel great, when bad things happen they feel terrible. For example,

They start the day feeling tired because they didn’t sleep well.

They grumble at their partner, who grumbles back!

They can’t find their car keys.

Someone says ‘They’re just doing it to upset me!’

Someone’s parked in their usual spot.

A colleague makes a nice comment on their haircut.

The boss reminds them of the form that’s overdue.

We need to be careful NOT to allow our attitude to be totally dependent on the events that happen to us. While external pressures may trigger our feelings, we are the ones who then reflect the impact of those events in our attitude. We can either be subservient to the external events, few of which we have any control over, or we can take charge of our attitude and our response to the situations we face.

“Choosing your attitude” means monitoring your self-talk, being aware of your attitude and making your own choice about how much impact situations have on your attitude. Once you accept that you have some choice in your attitude at this moment, you can decide whether to keep it or shape it into an attitude that brings you more satisfaction.

It doesn’t mean that you always have to put on a happy face. Sometimes angry or sad are what’s called for. Be aware of what your attitude is, and that it does affect you and others.

You control your attitude, not the other way around.

Based on Fish! Philosophy by Stephen Lundin

Steve Francis MSocM, BEd, DipT
Steve Francis is an expert in work-life satisfaction and is the author of three books, ‘Time Management For Teachers’, ‘A Gr8 Life...Live it now!’ and ‘First Semester Can Make or Break You!’ He was a Principal for 20 years. Steve lives in Brisbane with his wife and two school aged children.