Get Ready to Learn
Mitchelton High School students should always come to school ready to learn and be prepared work at their learning for the entire school day. Coming ready to learn includes all students having the right equipment with them as directed by their subject teachers e.g. pencils, biros, erasers, rulers, textbooks, notebooks, practical equipment, completed homework/assignments and student diary.

To have the right resources at each of their four daily lessons requires forward planning at home the night before a school day. Also required is ongoing communication between students and their parents/caregivers about needing specific subject resources e.g. cooking ingredients for food studies classes and the replacement of basic resources such as exercise books and pens. Some students will require ongoing support from their parents /caregivers to master these organisational skills. No student should be arriving at school without appropriate equipment and teachers will be notifying parents and caregivers if an individual student continues to arrive unprepared to learn and achieve at their best.

Another important part of being ready to learn is for students to have a healthy breakfast before they arrive at school and also bring healthy food with them from home to consume. Some students will bring money to buy food at our tuckshop at break times. Students are not permitted to leave school grounds to buy food.

Students need a good night's sleep before each school day. My general recommendation is that all students should have technology (computers, ipods, tvs etc) switched off by 9.30pm and in bed by 10.00pm. A well rested, well fed student has the best chance for a successful day of learning.

All students have been issued a Student Diary for 2012. This diary is for the specific purpose of assisting students to organise their learning program of homework, assignment due dates and assessment preparation. Following are some tried and proven “musts” for efficient diary usage:

• Students must have their diary at school at all times.
• In every class, all work set and the date that it is due should be recorded accurately.
• Students should also record assignment due dates one week from the due date to ensure progress is “on track” for completion prior to due date.
• If Students have not received a great deal of homework to do on a particular night, they should look ahead for what is coming up and make an early start on assignments.

Adopt – A – Cop
It was with great pleasure we formally “adopted” Constable Paul Bagnall from Ferny Grove Police on school assembly on Wednesday 15 February. Constable Paul will regularly visit the school to assist students to build a positive relationship with Queensland Police and to support students as they grow to become more active participants in the community. We welcome Constable Bagnall and look forward to working together.

Regards,

Phil Campbell—Principal
Email: pcamp6@eq.edu.au
Yet again the Mitchie students put in a great effort at our swimming carnival. We had lots of colour, awesome costumes, a tasty lunch (provided by the Leaderbody), cool refreshing iceblocks (thanks to the Green Team), loud & proud war cries and most importantly lots of fun.

House pride and the competitive spirit certainly prevailed, with the overall lead changing numerous times throughout the day. By the end of the day Scorpius emerged victors, with Pegasus a very close 2nd, and Centaurus 3rd. **Well done Scorpius.**

The Age Champions were:

13yr Girls       Mykayla C (Scorpius)
13yr Boys       Jackson H (Scorpius)
14yr Girls       Crystal C (Scorpius)
14yr Boys        Zac G (Centaurus)
15yr Girls       Amber D (Pegasus)
15yr Boys        Ethan S (Scorpius)
16yr Girls       Ruby D (Pegasus)
16yr Boys        Andrew R (Centaurus)
17+yr Girls      Kyleesha F (Scorpius)
17+yr Boys       Luke B (Scorpius)

A huge thankyou goes out to all the staff, whose help and effort made the day a great success.

The next stage for our school swimming will be the North West District trials, held on Thursday 16th February. Our school team, comprised of the 1st & 2nd placegetters at our school carnival (including 3rd/4th in freestyle), will compete to gain a position to swim at the regional trials on the 1st March. Good luck team! Once again, thankyou to all for a great day.

Alana Torisi
Teacher
Email: atorr20@eq.edu.au

> What Is The Responsible Thinking Process (RTP) About?

It is a school-wide system of discipline that involves a questioning process, goal writing and negotiation by misbehaving students.

It involves teaching children to respect the rights of others through responsible thinking. Teachers have the right to teach and students have the right to learn without being disrupted by others.

More information can be obtained on the RTP website (www.responsiblethinking.com). The school library also has RTP resources (books and DVDs):


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

> Welcome to the Year of the Dragon

China, South Korea and Vietnam have celebrated New Year.

The dragon is a very important symbol for both China and South Korea. It represents power, strength, wealth and honour. Unlike the representation of dragons in western culture, the dragon, in Eastern culture is quite different. The dragons have different personalities, magical powers and they are wise and caring. New Year is called Tet in Vietnam and Seollal in South Korea. All three share the tradition of giving money to the children. Therefore, this year we also handed out lucky envelopes to our students with chocolate money inside!

Our graduating students from 2011 have all done well and will be starting their tertiary courses not only in Australia but also in Canada and the USA. Congratulations to them all and we wish them well on the next part of their educational journey. Swimming carnival was a great day and the students were in good voice for the war cry! Congratulations to Evan and Hikaru who swam well and earned points for their house - Centaurus. Thank you to Jiawan and Hikaru who helped with the shirt relay and Felix, Zac, Yuxing and Nanami who assisted with the place getters.

Our senior students received their senior badge at the Senior Induction ceremony. Congratulations to Jiawan, Alejandra, Yuko, Felix, Rick, Kun and Jeff.

Congratulations to Evan also, as he has been inducted as a prefect in the 2012 Leaderbody. All the best to our Year 12’s for a successful year ahead.

Birthdays in January and February have been celebrated with a birthday lunch. Happy birthday, Sho, Yuko T and Jianfei - another year older.

Judy Martin
Teacher/International Student Coordinator
Email: jmart295@eq.edu.au
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 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.

DEFENCE TECHNICAL SCHOLARSHIPS

The Defence Technical Scholarship (DTS) has been designed to encourage students to stay at school and complete Years 11 and 12 whilst studying Mathematics and technical trade subjects. This Scholarship focuses on students undertaking a technical trade pathway, not a tertiary pathway. There is no commitment for DTS recipients to join the Australian Defence Force; however students should demonstrate an interest in ADF Technical Trades to complete the application process.

The Scholarship provides $2000 for Year 11 and $3000 for Year 12 students and is paid in one cheque at the start of Term 2. The Application period commences on 1 February and closes on 9 March. Application packages are available from Mrs Wainwright-Smith.

Students must be undertaking one of these pre-requisite subjects, as well as Mathematics to be eligible to apply:

- Construction
- Engineering
- Electrotechnology
- Or other technical subjects being offered through Skills Tech/TAFE.

CASUAL POSITION AVAILABLE

Casual positions are available for evening and weekend work at The Cheesecake Shop Mitchelton, 640 Samford Road Mitchelton. Extra work will be available during school holidays. Applicants must have a cheerful and outgoing manner and must be capable of completing sales and handling money. Shifts will be structured to fit in with school commitments. Interested persons may contact Bernadette Robinson – 0408 068 361 or drop resumes into the shop.

Joanne Wainwright-Smith
HOD Senior Schooling/Student Welfare/Manual Arts
Email: jwain2@eq.edu.au

> Preventing a Heat Related Illness

During the hot weather, it is important to prevent heat-related illnesses. Heat related illnesses happen when the body is unable to cool itself in order to maintain a healthy temperature. These conditions can range from muscle cramps, headaches, nausea, dizziness, weakness, fainting or pale complexion, through to heat stroke where one can collapse and become unconscious.

To prevent this happening in hot weather:

1. Drink plenty of fluids, mainly water. Don’t wait until you’re thirsty, drink at regular intervals through out the day.
2. Avoid soft drinks and caffeine as these can dehydrate you.
3. Try not to do too much physical activity outdoors in the middle of the day. Stay indoors, or in the shade if possible.
4. If doing exercise you will need to drink more fluids than normal. You may need electrolyte drinks if doing a large amount of physical activity.
5. Wear light-weight, loose fitting clothes and a hat.
6. Keep up your energy levels, by eating small, but regular meals

For more information go to www.betterhealth.vic.gov.au – under fact sheets.

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

> Clean Up Australia Day

Mitchelton State High School has registered for this year’s Clean Up Australia Day. Some schools participate in a clean up during school hours, but for the past few years we have invited everyone to come along on the official day, which is always a Sunday.

Date: Sunday 4th March
Time: 7:30am start, (meet outside Admin, sign on, collect a rubbish bag, clean up our school grounds) 8:30am finish.

We look forward to seeing you on the day!

Jo Smith
Green Team Coordinator
Email: jsmit134@eq.edu.au
Mitchelton State High School P & C Association,

I want to share an update of our exciting – and urgent – news with you.

As you may be aware, the Federal Government has approved funding for an additional 1,000 chaplains across Australia in 2012. And we expect up to 150 of those chaplains could find homes in Queensland schools.

But this means SU QLD faces a $570,000 funding gap to pay for the recruitment, training and resourcing of these new chaplains.

Students are just now returning to school and are looking for the light and hope that a chappy can shine into their lives. This year, we have an incredible opportunity to:

**Equip More Hands to Offer More Hope!**

Today, I would ask that you give an [online gift](#) to help SU QLD provide up to 150 trained and qualified chaplains to young people like 15-year-old Hannah Robinson. Hannah battled against life-threatening depression and anxiety for two years until she met her chappy, Lisa.

"Sharing my story with Lisa wasn’t so much a therapy session but more like catching up with a friend. My days of darkness and pain were replaced with positivity and happiness.

"For the first time in almost two years, I felt free and began to realise how much I had achieved."

Thank you for giving a generous [online gift](#) today to help us hit our $570,000 target and support new chappies who have the amazing potential to reach an additional 100,000 students like Hannah in the coming year.

I’ll be so grateful for your help to [Equip More Hands to Offer More Hope!](#)

Warm regards,

Tim Mander
SU QLD, CEO

To be removed from the SU QLD mailing list, please [unsubscribe here](#).

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SU QLD - PO Box 1167, Eagle Farm QLD 4009 - Phone 1300 478 753

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$4

Grade 5 to grade 9
Students
(10—15 years of age)
Are welcome to attend.

Date: 18/02/2012
Time: 6:00-8:00 pm

Youth Management
Team, Hills P.C.Y.C

Come and Join the YMT at the Hills P.C.Y.C to celebrate our first Blue light disco in 5 years.

This Blue light won’t just be the celebration of the YMT’s first event but we are also making this an appeal dance to raise money to help a young girl from Albany Creek fight her battle with cancer.

50% of the door Entry fees will be donated to help pay for her treatment.

A Barbeque dinner and canteen will be running through out the night.

Doors open at 6:00pm and Close again at 6:30pm.

At 8:00pm the doors will be reopened, parents must collect children from door.

Bags are not permitted although if needed they will be left in a secure room.

Students in grade 9 must bring their student ID cards.

Hope to see you all there.
Making the Most of 2012

New Year’s resolutions are only achieved by 6% of those who make them (perhaps because they are often alcohol fuelled). Having good intentions is a good start but it simply isn’t enough. It’s ultimately your behavior that counts! This year I’m encouraging you to focus on two behaviours – MORE of one… and LESS of another.

There is no doubt, working in schools can be stressful. Jobs that involve working with people are inherently stressful. Schools by their very nature are ‘people places’. However jobs working with people are also more potentially satisfying. It’s a yin and yang situation!

One of the reasons why working with people can be stressful is that we can’t control other people’s behavior, only our own. This restricts our power and sense of control. It is helpful to monitor our own reactions to situations and learn to only worry about the things that we can control. According to Stephen Covey we judge ourselves according to our intentions because we know what our intentions are. However we judge other people by their behaviors and PRESUME what their intentions are. Our perception of other people’s intent has a huge impact on how we view them.

If we are quick to judge and presume that others have negative or selfish intentions, then we immediately ‘label’ them. This can then become a filter through which we view that person. This almost invariably becomes a self-fulfilling prophecy. We are more likely to notice behaviors that are consistent with the opinion that we have formed of that person and less likely to notice other behaviors.

Have you noticed that when you buy a new car, almost every second car you see is the same as yours? The cars were there before you bought your car, you just didn’t notice them. Your filters have changed and now you notice them.

It’s the same with behavior. Once we make a judgement about somebody, we are more likely to notice behaviors that are consistent with that judgement. We start to look for behaviours to match our expectations.

Further adding to this complexity is the fact that we never REALLY know what is going on in the lives of other people. Rather than judging people too quickly and presuming their intentions are not good, we should try to be more understanding. An upset parent at your door may be dealing with a whole raft of issues in their home life. The school issue that they have come to you about might just be the tip of their iceberg. Resist the urge to jump to the conclusion that they are irrational and ‘out to get you’. Instead focus on problem solving.

Apart from needing to ‘pay our bills’, there are a number of other reasons why people work. Most people want to feel that their work is important and that they make a difference. We want a sense of satisfaction, a feeling that our efforts are having an impact and are worthwhile.

However this takes patience when working in schools. I often feel it would be more rewarding to be a landscaper, a builder or even a painter… at least at the end of the day you could see what you had achieved.

Working in schools we need to be more patient than a painter. Our work is important and it does make a difference. However the difference we make takes longer to appear.

In 2012 by focusing on being MORE patient and LESS judgemental we can decrease our stress and increase our sense of satisfaction. Have a great year!

Steve Francis MSoM, 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.

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