Leadership
The Mitchelton State High School Leaderbody has started the year exceptionally well. They have been living examples of the school values of Participation, Accountability and Respect. Always well prepared and on time, the school leaders have organised the BBQ to feed students and teachers at the school swimming carnival, sung ballads and sold roses on Valentine’s Day and hosted school assemblies.

Erika and Michael spoke with a strong sense of social justice and respect for other people at the Lions Youth of the Year competition and have worked hard to support other leaders in our school.

Christine and Zane are key members of the Leaderbody group of students who meet weekly with the Principal to discuss issues affecting students and staff and plan many ways to improve life at Mitchelton State High School. I value the contribution of each member of the Leaderbody.

Accountability
Research clearly shows that student attendance and involvement in activities in class has a strong influence on student performance and achievement. Whether aiming for University study or joining the workforce from school, students need to have a report that indicates a willingness and commitment to getting to school and working consistently to complete assessment to the best of their ability.

Our responsibility as the adults is to continue to insist that students are at school unless genuinely unwell and to complete all class activities and assessment by the due date. The message is simple; At School, In Class - On time, with Correct Books and equipment, complete all Assessment.

Respect
Over the Christmas holidays over $100,000 was spent refurbishing all student toilets and change rooms. Concern for student welfare and respect for them was a key motivator for this huge financial commitment. Unfortunately there have been several incidents of vandalism through graffiti and other damage which is not only disappointing for all students but time wasting for school facilities staff who then have to clean up the mess. I ask that parents check that students DO NOT bring permanent markers to school for any reason. Any learning activity where such items are required will be supplied by the school.

I look forward to meeting parents and students at Clean Up Australia Day at the Admin building at 7.30 am Sunday March 4.

Regards,

Phil Campbell—Principal
Email: pcamp6@eq.edu.au

Habit of Mind
If your actions inspire others to dream more, learn more, do more and become more, you are a leader.

John Quincy Adams

John Quincy Adams (1767—1848) was the sixth President of the United States.
The P & C AGM and first 2012 General Meeting were held on 21 February in the MSHS Library with 25 members in attendance. The newly elected officers include Marie Weatherford as President, John Creagh and Kristina Craig as Vice Presidents, Tabitha Egan as Secretary and Sharon Costello as Treasurer. Kay Roe was elected as the Queensland Council of Parents and Citizens’ Associations Representative. Welcome to the new executives. Our gratitude goes out to the 2011 executive team for their dedication and hard work.

The highlight of the evening was the awarding of Lifetime Membership to Rodney Barker. Rodney served as P&C Treasurer for more than four years. Rodney’s book keeping has been commended as of the highest quality. Rodney spent numerous hours in the Uniform and Tuckshop assisting staff with improving processes, completing stock take, customer service, and other activities. Rodney’s input and advice will be missed on the P&C executive but he promises to continue to support MSHS events.

Assistance is needed for planning the Open Day Markets. We would like to build on last year’s successes including the craft stalls and rides. The Open Day provides an excellent opportunity for the community to get to know the school. Please email if you would like to join the planning group.

The Tuckshop working party will commence work again soon. The group has been reviewing recommendations from our consultant identifying the best ways to implement changes. If you are interested in being a part of this group please email.

Please consider supporting the Family Contribution and Chaplaincy Program with a donation of $80. Donations can be made by completing the payment form. Send the payment slip in an envelope marked “P&C Family and Chaplaincy Contribution”.

Mark your calendars for the next P&C Meeting to be held on 20 March 2012 at 7:00PM in MSHS Library.

Marie Weatherford
President P&C Association
pandcpresident@mitcheltonshs.eq.edu.au

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**MSHS P & C Family Contribution and Chaplaincy Program**

- 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

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> **On A High Note**

A special mention of Andrew Rogers who sang very well as part of the senior induction program two weeks ago. It has been a great start with our combined schools band this year. We are looking forward to performing at our school Anzac Day assembly on Tuesday 24 April at 8.45 am. All parents and friends are most welcome to attend. Following this performance we will be performing at Grovely State School and Everton Park State High School. Combined schools band rehearses every Thursday morning at 7.30 in J3, J block, Turnbull street entry.

**Band Bonanza Day - Wed 21 March 9.00 am - 4.00 pm.**

Children from our combined schools band which has children from Grovely SS, Mitchelton SS and Mitchelton SHS will be participating in a free band bonanza day on Wednesday 21 March at MSHS school hall. The day will also include children from Mitchelton SHS, Stafford Heights SS, Stafford SS, Kelvin Grove SC and Newmarket SS. This day is for all children who have been learning an instrument for at least 12 months. There will be a free concert at 3.30pm in MSHS hall—all welcome.

Viva la musical!

Penny Hall

For all band queries (woodwind, brass and percussion) contact Penny Hall - phall35@eq.edu.au

For all string queries (violin, viola and cello) contact Terri Giesen - tgies1@eq.edu.au

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> **P&C News**

The P & C News is available on the school intranet and on our website. For further information, please contact Marie Weatherford - pandcpresident@mitcheltonshs.eq.edu.au
The Australian Defence Force (ADF) Gap Year program provides an opportunity for young Australians, who have finished Year 12 (or equivalent) within the previous two years, to experience continuous military training and lifestyle before going on to study or a selected career. It provides a once in a lifetime ‘one year work experience’ program in the Navy or Army rather than a ‘career’ for life. The Air Force Gap Year is currently not available.

The life skills and job training that you will acquire during your Gap Year experience will be valuable regardless of what career you ultimately undertake. You could earn more than $50,000 over the 12 month period for your Gap Year. There is a competitive selection process for Gap Year and a limited number of placements available each year. Due to the popularity of Gap Year, applicants will be required to complete a full application online. Navy and Army candidates will be considered for General Entry roles only.

For more information, please go to: http://www.defencejobs.gov.au/education/gapyear/

WORLD’S GREATEST SHAVE
Albany Creek Leukaemia Group will hold its annual Shave on 17 March, 10am-2pm, at Woolworths Shopping Centre. ‘Be brave and shave’ (or colour!). Register at http://www.worldsgreatestshave.com/

Local enquiries - Kaye 3264 3050
How to DESTRESS Your Life

In today’s economic climate, there are an ever increasing amount of responsibilities and social pressures which can often lead to feelings of stress. To help manage these situations below is a quick DESTRESS strategy for you:

D - Do the ‘Urgent AND Important’ things first
Prioritise those things that are not just urgent, but also important. Things that seem ‘urgent’ but really won’t impact your day are often the things that keep you ‘busy’ rather than ‘productive’.

E - Exercise every day
The body can deal with stress effectively as long as it is dealt with quickly. How? By exercising! Aim for at least 15 minutes every day.

S - Stop and think about your health
During stressful times our health often falls by the wayside, so ask yourself every day ‘Am I eating healthy foods that give me energy and am I looking after my body?’

T - Take 5 minutes out for you
Sit somewhere quiet where you won’t be disturbed for 5 minutes and just relax; there are few things in life that are so urgent they can’t wait 5 minutes, but spending 5 minutes a day to yourself could increase the quality of your life!

R - Remember to breathe
If you’re busy rushing around, stop and focus on taking a few deep breaths.

E - Eat Well
Eat small healthy meals regularly throughout the day, about every 3 hours. This will help to stabilise your blood sugar levels and fight off cravings that often result from stress.

S - Supplement
Taking a good Multivitamin can help to maintain good health.

S - Sleep well
Getting 7-8 hours of sleep helps your body deal with stress.

By following this DESTRESS plan you will be able to keep your work, life and health in balance so that you feel unstoppable, re-energised and ready to take on the world!

Sonja Bella
Sonja is an International Wellness Expert and Body Transformation Specialist. She is the author of two bestselling books ‘The Real Body Plan’ and ‘The Real Body, Real Food Plan’, both of which are easy to read and filled with proven simple steps to improve your health and wellbeing. To find out more about how Sonja can help you to reduce stress and improve your overall health and wellbeing, visit www.SonjaBella.com

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