Recognising Student Achievement
As the new Principal of Mitchelton State High School, I am keen to develop an “unrelenting focus of academic improvement” in the school. To this end, on the last two assemblies we have acknowledged those students who have improved their subject results from Term 1 to Term 2 in at least one of their subjects into the “A” rating, as reflected in the end of Semester 1 reports. I am pleased to report that we saw improvement into the “A” rating bands on 79 occasions from Term 1 to Term 2 this year. Congratulations to all the students who have received these results and demonstrated strong improvement in their subjects. I have also sent letters of congratulation out to the families of all these students further recognising their fine achievements.

It is also pleasing to report that in keeping with the “High Expectations and Raising the Bar” vision that I have for the school, 31 students have achieved consistently high results (better than a B average) across ALL their subjects. A big congratulations goes out to the following students:

Building relationships with our Primary Schools
I have made contact with the Principals of Mitchelton State School, Grovely State School and Everton Park State School. We have organised for Heather Blake (Deputy Principal), Elizabeth Cameron (Middle Schooling Head of Department) and myself along with some of our students to visit those schools on Friday 20th July to present information about the exciting things happening at Mitchelton High and give out our enrolment packs.

I am also exploring ways in which Mitchelton High can work with the surrounding primary schools on projects together that can add value to the learning needs of the students in our community. Already, Ms Shelly Bampton has started working with teachers and students at Mitchelton State School on a number of art projects including extension work for Year 7 students in the high school setting and the” Lions Peace Poster Project”.

We are currently investigating ways to engage primary school students in Science, Literacy and high school experience programs. I will keep the school community informed as these initiatives are rolled out with the aim of building closer ties with students from our local primary schools.

Opportunities to meet the new Principal
I am looking forward to meeting as many parents and community members as possible at the “Meet and Greet” next Tuesday (24th July) from 6pm onwards. I’m sure we will also have a strong contingent of staff present for you to catch-up with as well. Following the “Meet and Greet”, you are also welcome to join us for our regular monthly P&C meeting at 7pm.
Schools are very busy places and next week is a good example of that with the two events as mentioned above along with the NANRYO high school visit from Japan and Year 11 Leadership Camp.

Best wishes,
John Searle
Principal
Email: jsear13@eq.edu.au
Scorpius with 3089 points dominated in this year’s carnival. Pegasus (2926) and Centaurus (2380) followed. The day was full of colour with many students dressed in costumes in house colours. The students also enjoyed beautiful, warm winter weather and great music.

Two records were established at this year’s carnival. Josh Scott equalled the 17 year’s 100 m record with an 11.45 and Michelle Mendes (S) beat the old 16 year’s 1500 m record by 4 seconds with a 5:54.00 effort.

Josh Scott and Erika Sanderson were named as the athletics captains for this year of the team which will contest the district athletics carnival in August at UQ.

A summary of the top three performers in each age group is tabled below:

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<th>Age</th>
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Influenza is known as the “flu” and is different to the common cold. It is a highly contagious disease and can be spread through people talking, coughing and sneezing. Symptoms can include sudden fever, dry cough, muscle aches and pains, fatigue, headaches, sore throat and stuffy or runny nose.

The annual vaccination is the single most effective measure to prevent influenza. In healthy people aged under 65yrs, the vaccine is 70 to 90% effective in preventing the flu.

If you do get influenza though:
• Stay at home
• Rest and keep warm
• Consume plenty of fluids, such as water
• Wash hands regularly
• Cover nose and mouth when coughing or sneezing
• Avoid mixing with other people

This information is from the QLD Health website. For more information contact Melanie, Youth Health Nurse.

Robert Grayson
Teacher
Email: rgray8@eq.edu.au

Melanie Hilder
School Based Youth Health Nurse
Available Monday, Thursday and alternate Wednesdays
Phone: 3950 1141
ONLY 2 WORKING WEEKS TO GO
UNTIL OUR PERFORMANCE!!

It’s a scary thought with so
much still to do, that in
two week’s time we will
be performing on the
Brisbane Entertainment
Centre stage! In saying
this though, we are on
track and almost ready –
thanks to the help of lots
of committed students, teachers, parents and
whoever else we could con into helping us!

We had our first full rehearsal last Sunday and things
are progressing well. It was great to see almost 100%'
commitment – Congratulations cast! Students now
have their rehearsal T-Shirts, costumes are almost
ready, choreography has been taught / learnt,
positions have been given, props are being painted
and finalised, buses for transport have been booked
and the soundtrack has been recorded. Thankyou to
all concerned; it’s a massive job and we couldn’t
have done it without you.

THANKYOU!
A massive thanks needs to be given to our major
sponsors, who without – Rock Eisteddfod 2012 would
not have been possible. A big thankyou needs to go
to Sean Kays from one of our local businesses -
Archive Security who donated a large sum of money
as well as organising our bus travel for the day.

Another big thankyou needs to go to Jimmy
Dodsworth – our school chaplain who has organised
several local church donations through the Scripture
Union QLD team.

It is because of these generous donations that the
costs to our students has been able to be kept
reasonable and affordable, and meant many
students have been able to participate. Both of
these generous people have participated in past
Rock Eisteddfod Challenges and know first hand how
amazing and rewarding this experience is for
students.

REHEARSALS
While our rehearsals are going well, now is the time
that we need that extra surge of commitment,
energy and enthusiasm from our students. It is
essential that we have 100% attendance at our final
rehearsals – both Sundays and Wednesdays. I have
provided a reminder below of what rehearsals are
remaining so please ensure that your son/daughter is
present at each of these for the entire time. If for
some medical/family emergency reasons your child
cannot attend, please contact the school on the
number below, or provide a written note before the
time so that arrangements can be made. If you
have a Year 11 student who is NOT attending the
school camp, they MUST attend the Wednesday
rehearsal of that week.

DATE / DAY       TIME
Wednesday 18th
July          Actors and Soldiers:  
1:30pm – 4:30pm   All Cast and Crew:  
3pm – 4:30pm
Sunday 22nd July  All Cast and Crew:  
9am – 1pm
Wednesday 25th
July          Soldiers: 1:30pm – 4:30pm   All Cast and Crew:  
3pm – 4:30pm
Sunday 29th July  All Cast and Crew:  
9am – 1pm
Wednesday 1st
August         Performing on assembly –  
10am – 11.45am   Soldiers: 1:30pm – 4:30pm   All Cast and Crew:  
3pm – 6pm   **Parent Performance 6pm – 7pm **
[To be confirmed]
Thursday 2nd August All Cast and Crew:  
Rehearsal / Final preparation:  
TBA (during school day)
Friday 1st August   SHOW DAY!!  
(LETTERS TO FOLLOW) Students will need to arrive
by 6:30am at MSHS and will
returning to school at
11:30pm.

TICKETS
We would love it if you were able to come and
support us on the night! Tickets are on sale and can
be purchased directly from Ticketek – Rock
Eisteddfod Challenge; Boondall Entertainment
Centre; Friday 3rd August. Tickets are a flat fee of $40
each. We would like to order these in one large
group so that all Mitchelton families and friends are
seated together. (This will also save you the
transaction fee, the Credit Card fee and the venue
collection fee). If you would like us to purchase your
tickets, payment will have to be made to the office
by Monday 23rd July by 10am so that the group
purchase can be confirmed. Please note that once
we have made the group booking on your behalf,
Ticketek will not refund the money if you are unable
to attend.

A letter will be sent home in the next few days
regarding the possible Parent Performance, the
Show Day schedule and other information needed
about the day.

Thanks once again to all involved – GO MITCHIE!! GO
MITCHIE!!

Sally Scholtz
Dance Teacher
Email: sscho39@eq.edu.au
Ph: 3550 1138

ARCHIVE
SECURITY
GETTING YOUR RECORDS RIGHT NOW

SU QLD
As most of our fellow peers were sleeping in on their first day of holidays, we were up before the crack of dawn preparing for our journey to the snow. All huddled up in a corner of the Brisbane Airport were the twenty of us students accompanied by Mrs Blake, Mr Roberts, Jimmy and our suitcases some that were heavier than what we weighed. Anxious as we all were, we boarded the plane and took to our seats. We got off the plane in Sydney and piled into a bus and began our travels towards Canberra.

After a stop at Questacon, we finally arrived at Cottonwood Lodge that would become our home for the next few days. After a good night’s sleep, we were up and about, dressed in our snow gear ready for our first day at the snow. Upon our arrival at the snow, we were all amazed by the beautiful snow that surrounded us. It then came time for us to put on our skis and head over to what was for most of us our first ever skiing experience. Our ski instructor, Joe, tried to teach us how to ski, but for most of us we just seemed to fall over and needed assistance trying to get up off the ground. After skiing for the rest of the day, it was time to go back to our accommodation and straight to the bed in preparation for our next skiing adventure.

Struggling we all got out of our warm and toasty bed, had breakfast and then were on our way once again to the snow. Greeted by the freezing cold weather we put on our skis and were right back out on the snow, making our way down the mountains, some faster than others. After numerous falls, most of us were finally picking up the skill of skiing and were joining the more experienced skiers down the larger mountains. For our final two days at the snow, our routine was much the same, although, on the last day we were all a bit more adventurous and were trying slopes that tested our physical ability.

When it came time on the Wednesday for us to leave the snow, all of us were pretty gutted. We had learnt lots of valuable skills that would not only stay with us at the present time but in the future. As per our usual daily routine, the bus ride back to CottonWood after our day at the snow was always ended with a stop at Nuggets shopping centre. While some students preferred to spend their money on chocolate, the senior students would always go and have a hot cup of coffee or hot chocolate at Gloria Jeans and discussed how we had improved our skiing abilities and the fun adventures or incidents that had occurred during that day.

As well as visiting the ski slopes and being involved in physical activity, we also participated in a variety of educational program. Whilst in Canberra, we learnt about Australia’s history, culture, heritage and democracy. On the Thursday we visited the Australian War Memorial. For majority of us, it was our first time there. We learnt about history from all of the different wars and held our own moments silence in the Tomb of the Unknown Soldier.

Later in the afternoon, we visited Old and New Parliament House. We even got the opportunity to go inside Bob Hawke’s (the last Prime Minister of Australia who was in Old Parliament House) office. When at New Parliament House, we witnessed our local member, Jane Prentice give her view on what the Carbon Tax means for senior citizens living in Australia. Whilst at New Parliament House, the bells rang, symbolising that a vote was about to be taken. We quickly raced to the chamber and witnessed a vote taking place.

After Parliament House, we arrived at our accommodation for our final night in Canberra. Later that night; we hopped back on the bus and made our way to the Australian Institute of Sport. We went on a guided tour of the complex and were able to see where some of our gold medal hopefuls for the London Olympics had been training in preparation. We then went back to our accommodation, and, after a good night’s rest, departed for the airport the next morning.

With the bus fully loaded, we were on our way to Canberra Airport. On our arrival we checked in and made our way to the terminal waiting for our plane to depart. After waiting for almost an hour we began to become suspicious as to why we had not boarded the plane yet. We were then notified that our aircraft had technical difficulties and had to wait for a new plane to arrive. After sleeping on the ground just like you see on those Airport Security programs on the television, we had a lunch that was provided for us for the inconvenience caused. Whilst at the airport, Wayne Swan and Kevin Rudd were also there waiting to catch a plane as well. All the students and staff were intrigued to see the pair of them and had our photograph taken with Kevin Rudd. We then boarded our plane and embarked on our journey back to Queensland.

I think that I speak on behalf of everyone who went on the ski trip in saying that it was a very rewarding experience and we had one of the best weeks and will not be forgetting it anytime soon nor the friendships that we made. On behalf of the students, I would like to thank Mrs Blake for organising the trip and Mr Roberts and Jimmy for their assistance throughout the week. I would also like to thank the Australian Government and the Gaythorne RSL for supporting our ski trip to Canberra.

by Erika Sanderson.

The Australian Government recognises the importance of all young Australians being able to visit their National Capital as part of their civics and citizenship education. To assist our families in meeting the cost of the excursion the Australian Government is contributing $60 to each student under the Parliament and Civics Education Rebate (PACER) program toward the travel expenses incurred. On behalf of the school and students we would like to thank the Australian Government for their support.

Heather Blake - Deputy Principal
Email: hblak2@eq.edu.au
ATSI Staff at MSHS
Merle Cashman will be available for support on Mondays (8.00am-3.30pm), Tuesdays (Tues 8.00am-3.30pm) and Wednesdays (8.00am-2.00pm). Renee Parter (a Community Education Counsellor) will also be available on Thursdays (8.00am-4pm).

Upcoming Events
Girls Yarning
A program, run for Aboriginal & Torres Strait Islander girls in Years 8, 9 and 10 which encourages young ATSI women to be comfortable in their own bodies.
Session 2: 24/7 Lesson 2 (10.35am-11.45am)
Session 3: 30/7 Lesson 3 (11.55am-1.05pm)
Session 4: 7/8 Lesson 1 (8.45am-10.00am)
Session 5: 14/8 Lesson 2 (10.35am-11.45am)
Session 6: 28/8 Lesson 3 (11.55am-1.05pm)

North West Urban Participation Reference Group Meeting
To be held at MSHS in N block on Tue 24 July from 10.30am – 1pm. Lunch will be supplied and all parents of Aboriginal & Torres Strait Islander students and community members are encouraged to attend to help support the ATSI people in our community.

Bronco’s Mentoring Program
Continuing this term, the next mentoring session will be on Tue 7 August at 10.35am N block for Year 12 ATSI students.

Homework Club
The program is run by Renee Parter and is held every Thursday from 2.45pm – 4pm in the Noonga Room. If you require any more information, please contact Merle or Renee.

NAIDOC
Mitchelton State High School celebrated NAIDOC day on the last day of Term 2. After an inspirational Welcome to Country by Aunty Valda Coolwell, we enjoyed speeches by the Hon. Campbell Newman MP, Barry Beetsen, Joshua Creamer and cultural performances by Malu-Kiai Mura Buai and the Torres Strait Islander Dance Company. All invited guests and our Aboriginal & Torres Strait Islander students enjoyed a lovely morning tea together and the whole school participated in traditional games on the oval run by PASS Australia and the Institute for Urban Indigenous Health.

A great day was had by all and a special thanks to Debbie Lang who helped organise the day and to Picabeen, NWAICA & Brisbane Broncos for sponsoring the day.

Broncos Mentoring
The mentoring program, run by the Broncos, will continue this term. We thank them for being willing to support our Year 12 Aboriginal & Torres Strait Islander students in finding their career pathway. The Broncos have been helping students progress into further studies or into apprenticeships or traineeships. We encourage parents of ATSI students to attend and participate in the remaining two sessions.

Noonga Room Opening times
The Noonga room will be open at the following times:
Monday - Thursday
8.00am-8.30am (breakfast), 10.05am-10.35am (Morning Tea) and 1.05pm-1.30pm (Lunch)

The Noonga room is open to ATSI students during class times (by appointment and permission by your subject teacher) for assistance with assignments. This is made possible by the volunteer tutor and Merle.

Merle Cashman
ATSI Student Support Officer
Email: mcash23@eq.edu.au

> Nanryo Visits MSHS
Next week we will have visitors in our school from the Saitama Prefectural Nanryo Upper Secondary School, in Japan. Nanryo High School and Mitchelton State High School have been Sister Schools since 1990. An impressive 22 years! A Sister School relationship helps both schools to deepen the mutual understanding of each other and fosters lasting friendly relations for the years ahead.

The students from Nanryo are here to experience school life in a Queensland Government school. When you see the students or teachers from Nanryo in your classes or anywhere in the school, please introduce yourselves and make our visitors feel welcome. Thank you

Lyn Johnson
International Homestay Coordinator
Email: ljohn166@eq.edu.au

> Did You Know?
Did you know hydrogen gas is the least dense substance in the world?

Ashlee Finnigan
Grade 11
UQ Science Ambassador 2012
LAUGHTER THE BEST MEDICINE
How is it that the sound of laughter is far more contagious than any cough, snuffle, or yawn.

While humour and laughter can cause a domino effect of joy and amusement for anyone in range, it is well researched that this activity can make us healthier. Though it can be difficult to define exactly what makes humour funny, laughter has long been considered helpful to the healing process. Substantial research indicates that humour and laughter play a health role. Did you know that laughing:

- **exercises the internal organs** (great for the stomach muscles and the cardiovascular system),
- **with all that mouth opening and deep breathing, laughing gets more oxygen to the brain** (to enhance alertness and thinking),
- **boosts endorphins** (natural mood-elevating and pain-killing chemicals),
- **strengthens the immune system** (to help fight off disease.)

Laughter has also been shown to **improve pain tolerance, reduce stress, lower blood pressure, and protect the heart**. The social effects too are many. They include:

- **improving a person's optimism and outlook on life**
- **connecting** you to others – others will want to spend time with you
- **fostering instant relaxation**
- **and most importantly** **IT MAKES YOU FEEL GOOD**

Unlike more invasive therapies, laughter therapy is cheap and has no harmful side effects - not bad for such an enjoyable activity. The great Groucho Marx who spent his movie life clowning around stated: **A clown is like an aspirin, only he works twice as fast.**

But humour must be used with care. Children should not be exposed to inappropriate adult humour. Never use humour to offend or blame another person. It’s not about laughing at another person but ensuring everyone enjoys the joke. If you feel a need to laugh at someone make sure that that someone is you. Laughter is a natural part of life. The part of the brain that connects to and facilitates laughter is among the first parts of the nervous system to come on line after birth. Infants begin smiling during the first weeks of life and laugh out loud within months of being born. Even if you did not grow up in a household where laughter was a common sound, you can learn to laugh at any stage of life. Now is the time. Try these activities. They will benefit your child and you:

- Watch comedy DVD’s and TV shows
- Visit the circus – do some clowning around yourself
- Listen to comedy while driving – the news these days is very depressing

- **Read comic authors/ tell jokes.**
- **Seek out funny people - spend less time with overly serious people.**
- **Bring humour into conversations. Tell and invite funny stories**
- **Just practise smiling and laughing. If you have to - fake it till you make it**

Let’s see more people laughing, and smiling. Our communities, including schools and workplaces, can only benefit.


**JULY OPEN DAYS & INFO NIGHTS**

**21-22 SAT SUN** Tertiary Studies Expo (TSXPO) at RNA Showgrounds, Exhibition Building, Brisbane, 10am - 4pm  
www.tsxpo.org – Free Admission

**22 SUN** CQ University Open Day - Gold Coast Campus, 11am – 2 pm.  
http://www.cqu.edu.au/study/key-dates

**25 WED** Australian Catholic University Open Night, Brisbane Campus, 5.30pm - 8.30pm  
www.acu.edu.au/apply_and_enrol/useful_links/events/open_day/programs_and_dates/

**25 WED** UMAT Test Date  
umat.acer.edu.au/

**29 SUN** Queensland University of Technology  
Open Day at Kelvin Grove Campus, 9am-3pm  
www.openday.qut.edu.au/study/events/qut-open-day

If parents or caregivers would like to receive a more extensive career newsletter fortnightly via email, please email the Guidance Counsellor.  
*Peta Matthewman - Guidance Counsellor Email: pmatt5@eq.edu.au*

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**Senior Schooling – What’s next?**

An information evening for parents of senior high-school students

**Time:** 6:30 – 8:00pm

**Date:** Wednesday, 22 August 2012

**Venue:** The Community Centre, Kedron Wavell Services Club, 375 Hamilton Road, Chermside

**Information will be provided on:**

- How parents can help young people make career decisions
- Where the jobs will be and skills shortages in the near future
- Alternate entry into tertiary education

**RSVP:** 15 August 2012

Heidi Newton 07 3267 2201 or Heidi.Newton@smithfamily.com.au

This is a free event — please register for catering purposes.
Year 11 and 12 Legal Studies students were treated to an excursion, led by Mr Smith and Mrs Williams, to the Brisbane Law Courts on Tuesday, 15 May. The day kicked off with a tour of the Legal Library, full of thousands of large, leather-bound books where judges, lawyers and law students do their research. An enthusiastic law student and library employee gave the students a thorough presentation on performing web-based research on legal matter. Then the real action began: we split into three groups and started to observe real cases from the public gallery. The Courts kindly gave us a list of proceedings for the District and Supreme Courts, which involved cases from People Smuggling, Grievous Bodily Harm (GBH), Murder, and Court of Appeal matters.

In the afternoon the Year 11 students attended a Legal Week panel discussion on domestic violence in the Banco Court, a large, ceremonial court where judges and barristers are sworn in. The Year 12 students spent another session in the Legal Library where they learned more about researching cases and legislation for their Legal Studies assignments. It was an interesting and productive day and provided the students with a real-world context for their studies. Note to Year 10 students: to find out more about studying Legal Studies next year please speak to Mr Smith or Mrs Williams.

Karen Smith
HOD Humanities/Business/IT/Languages
Email: ksmith@eq.edu.au