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INTERMEDIATE MUSIC CAMP
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REGULAR SCHOOL ATTENDANCE
Why is regular school attendance important?
Regular school attendance will mean that your child has a better chance in life. Your child will achieve better when they go to school all day, every school day. They learn better, they make friends, they are happier, they have a brighter future. Under QLD law, you must make sure your child attends school all day, every school day unless they have an acceptable reason. Illness, doing work experience or competing in a school sporting event are acceptable reasons from being absent from school. Avoid keeping your child away from school for birthdays, shopping, visiting family and friends, if they sleep in, looking after other children, minor checkups or care such as haircuts. Routine medical or other health appointments should be made either before or after school or during the school holidays.

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VISIT FROM THE PREMIER
Premier Campbell Newman will visit the school on Friday 31st August to meet me and briefly walk around the school.

STUDENT OF THE MONTH AWARDS—JULY
Congratulations to the following award winners—we are very impressed with your hard work: B Angel, E Bennett, J Bogara, J Burow, K Childs-Ferrari x 2, J Cottrell, N Harvey, M Holloway, N Josic, L Murrell, A Pace x 2, E Pabi x 2, L Ponzetti x 2, B Reid, H Stacey x 3, C Warner, R Woodrow.

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 admin@mitcheltonshs.eq.edu.au

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Habit of Mind
A wise man will make more opportunities than he finds.
Francis Bacon

> From the Principal

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Best wishes,
John Searle—Principal
Email: jsear13@eq.edu.au

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On Tuesday the 7 August the school community held a sausage sizzle to raise money and awareness for the upcoming 40 Hour Famine which is on the 17-19 of August. A big thank you to Keperra Meats for their donation and Coles at Arana Hills for donating sausages and extras to make the BBQ a success. In these tough economic times, we are extremely appreciative of local business supporting our fundraising efforts. We were also very grateful to James and his team from Coles who gave up their time to assist with the BBQ.

On the day we raised a fantastic $260. The success of the day also goes to all the wonderful students and staff who gave up their time to assist on the day. Special mention to Nick and Ms Hall who chopped up all the onions!

Jo Smith
Green Team Coordinator
Email: jsmit134@eq.edu.au

> Year 9 & 10 Art Excursion
... to QUT and the Creative Industries Precinct.

Last week, both Year 9 and 10 Art classes attended an all day excursion to the Queensland University of Technology and the Creative Industries precinct to participate in a digital art lab. Students travelled on a luxury bus provided by the university to engage in the creation of Pop Art inspired digital narratives in the form of a comic strip. Students were instructed on the use of the “Comic Life” program, which is available for a free 30 day trial at home.

Lead up activities included group and individual ideation of their narratives – which for Year 9 students centred on a sense of place or environment. Year 10 students however extended their studies into design, graphic communication and advertising. Using photography as a means to tell a story, students prepared ‘digital narratives’ to apply in the making of their comics. Utilising the computer lab at the Creative Industries Precinct, Kelvin Grove, students were given tutorials in filter application, effective editing of shots and creative use of text and additional graphics. Whilst at the Queensland University of Technology Art Museum, Gardens Point Campus, students had the wonderful opportunity to see the Roy Lichtenstein “Pop Remix” exhibition currently on show. Roy Lichtenstein is a famous artist from the Pop Art movement, and his works are seen as icons of American art in the 60s and 70s - along with the work of Andy Warhol and many others. The artist’s use of comic strips and benday dots, collectively have become well known pop art graphic aesthetics.

The exhibition is drawn exclusively from the National Gallery of Australia's Kenneth Tyler Print Collection and includes rare and valuable prints (worth in the millions!) and digital media that gave insight (along with the guided tour) into the artist’s working methods in the creation of his artworks.

A brilliant time was had by all!

Alison Rose
Senior Art Teacher
Email: arose25@eq.edu.au

> Hospitality Tuckshop Project

Students in the Year 10 Hospitality class have been very busy this term, helping the tuckshop provide healthy, tasty and affordable food for students and staff. The collaborative project supports Education Queensland’s Smart Food and Drink Strategy which aims to improve the health of Mitchie High students. The first delivery of food was on Wednesday 8 August. The students made a healthy version of Pizza Pinwheels, hot, fresh and straight out of the oven. Customers had the choice of 2 filling types – ham & cheese or roast pumpkin, feta and spinach at bargain prices. We are hoping to make these sessions a regular fortnightly activity.

The class really took ownership of the project, enjoyed it immensely and did a great job. They will gradually become more involved in all aspects of the planning including costing, shopping lists and organization as they become more confident and informed. An added bonus is the environmentally sustainable focus of reduced packaging, lower food miles and use of fresh herbs and wholesome ingredients for flavour.

Feedback from students and staff has been very positive and encouraging. Students have been asking ‘when can we do the next delivery and can we do it every week.’

Karen Fenoglio
Hospitality/Home Economics Teacher
Email: kfeno1@eq.edu.au
Congratulations to the enthusiastic team of Year 10 maths students who competed in the Kaleidoscope Puzzle Championships at Everton Park State High on Fri 3 Aug. Mitchie had two teams in a very competitive field of teams from Brisbane and Gold Coast secondary schools.

Our congratulations go to the winning team from St Peter’s. The day consisted of a series of challenges involving puzzle pieces that had to be arranged into certain patterns in a limited time. This required skill, concentration, determination and the ability to change strategy quickly. The students all displayed these qualities and represented the school in a manner that is a credit to them. Well done to all!

Vicki Hamilton
Maths Teacher
Email: vhami4@eq.edu.au

Nominations are Now Open for the ADF Long Tan Leadership + Teamwork Awards

Mitchelton State High School Year 10, 11 and 12 students have the opportunity to be nominated to receive one of these awards. The winning students will be selected by our school Principal Mr John Searle based on the selection criteria along with a copy of the Awards’ guidelines. They can be downloaded from: http://www.defence.gov.au/longtanawards/download_forms.html

The students chosen to receive the ADF Long Tan Leadership + Teamwork Award will receive a certificate and a financial reward - $100 for a Year 10 student, $250 for a Year 11 student and $500 for a Year 12 student. If you know a student you think should be nominated to receive this award, currently in Year 10, 11 or 12 at Mitchelton State High School, (who is an Australian citizen or a permanent resident of Australia) and who displays the qualities outlined in the selection criteria sheet, please come forward with their name and a short description of how and why you believe they display these qualities. Please forward all nominations to Belinda Wicks via email by 20 August.

Belinda Wicks
Defence Transition Mentor
Email: bwick22@eq.edu.au

Dear Mr Searle and Mitchelton State High School,

My name is Kazuo Sone. I am Principal of Nanryo High School, your sister school in Japan. I thank you very much for kindly accepting our delegation from 24 to 27 July. I heard from Mr Takahashi and Ms Nagai who led the delegation that all our students spent fruitful days with various programs which your teaching staff and students prepared for them. They will make a presentation about what they experienced in Australia to all our students at the beginning day of second term in September.

We thank all your staff and students, especially the buddies, who helped our students during their stay in Mitchelton.

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

Ordering Group Photos

SPORTS & SPECIAL GROUP PHOTOS

Order Forms Online
Order forms will be available to download from our website approximately one week after the groups have been photographed.

Username: Groups Password: 285023

If you have any questions about the photography of sports and special groups please call Silver Rose on (07) 3262 5788
Bravo and congratulations to our students who performed very well last week at our district music camp which included special guests from the Australian Army Band and Angel Strings. Our fantastic students who took part in the camp were A Rogers, J McClennan and A Puncken. A special thank you to all parents and friends who supported the concert on Thursday.

Band Tour - 30 August
My combined schools band will be on tour on Thursday 30 August. We are performing at Mitchelton State School, Grovely State School, Kindy Patch Childcare Centre and our school. Our evening performance at our school will be held at J3 at 6.00 pm, Performing Arts Complex (Turnbull Street is the best entry). All welcome!

If your child is attending the band tour all medical forms need to be returned to me or our school office by Friday 24 August. If your child is interested in learning a musical instrument please contact me via email. Viva la musical!

Penny Hall
Instrumental Music Teacher
Email: phall35@eq.edu.au

Mitchelton Olympics
Alas the summer Olympics, for all its hype and splendour, has drawn to a close. But not before the Mitchie Olympics gave them a run for their money where it counts – TEAM PRIDE. Yes it was class against class, mate vs. mate, all for the honour of being the best Care Class in Centaurus and Pegasus.

With such events to choose from as Javelin (post toss), Discus (Frisbee throw), Shot Put (medicine ball push), Archery (vortex throw), Target Shooting (with a Nerf gun), Hurdles (sack race), Fencing (with foam swords) and the Triathlon (swim leg– tarp crawl, cycle leg – scooter board course and run leg – sack race), ending in the 4 X 50m Freestyle Relay, it was very difficult to determine who the overall victors would be.

Centaurus
GOLD – C1 (46 points), SILVER – C7 (39), BRONZE – C3 & C4 (38), 4th – C2(37), 5th – C6 & C9(33), 6th – C5 (31), 7th – C10 (27), 8th – C8 (22)

Pegasus
GOLD - P3 (55 points), SILVER - P2 (49), BRONZE - P8 (48 ½), 4th - P1 (48), 5th - P10 (36), 6th - P4 (35), 7th - P7 (29), 8th - P6 (27 ½), 9th - P9 & P5 (22)

All points awarded go towards “Care Class of the Year”. Congratulations to all of our “Olympians” – awesome effort. Also a huge thank you to our fantastic “event officials” (Care class teachers & Mrs Olivera). Without your help and support such an event would not be possible.

Scorpius – Your Mitchie Olympics will be during Week 10’s Care activity.

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

NOT GETTING ENOUGH SLEEP?
Problems with sleeping (insomnia), is very common with teenagers. Sleep deprivation can cause irritability, moodiness and difficulty learning and concentrating, which can affect a teenager’s performance at school. Insomnia can be caused by stress whether it is at school, like peer pressure, or any other stress in their life. Worrying about not being able to sleep can worsen insomnia.

Ways of managing insomnia:
- Simple measures may help ie. A warm milk drink or warm bath just before bed
- Avoid caffeine in the evenings ie. Coke, coffee. Some people cannot have caffeine after lunch as it affects them.
- Do not use your bedroom for watching television, reading etc..
- Read out in the lounge room to make yourself tired
- Use relaxation exercises prior to bed
- If you cannot fall asleep within 30 minutes, get up out of bed and try again later when sleepy
- Sleep restriction – spend less time in bed instead of lying awake for extended periods
- Daytime exercise may help you sleep regularly, but evening exercise may contribute to insomnia
- Have a good sleeping environment- quiet, dark and comfortable room. Also you can purchase foam ear plugs or eyeshades if noise and light are a problem
- Try to have a regular routine of going to bed and getting up
- Remove or put out of reach your mobile phones/ watches/clocks. This is so you are not tempted to keep looking at the time, as this stress can make insomnia worse
- If worried about things that are for the following day, make a list before going to bed to eliminate your anxiety for the moment

If these suggestions do not help, contact your local GP for advice.

www.betterhealth.vic.gov.au
www.emedicinehealth.com

Melanie Hilder
School Based Youth Health Nurse
Available Monday, Thursday and alternate Wednesdays
Phone: 3550 1141
On Tuesday a group of Year 10 female students were invited to attend a Power of Engineering day. Power of Engineering is about encouraging girls to look at engineering as a future career. There were a range of guest speakers talking about how and why they became engineers and what they are using their skills for, as well as some of the struggles and successes they had while working in a fairly traditional male job.

The students participated in an activity of designing a water filtration system using very basic materials that some countries had to use to clean contaminated dirty water. One of our groups of students won the cleanest water from the filtration system. The girls were also given a tour around the Science and Engineering facilities looking at the state of the art equipment including engines, materials, medical and design.

After lunch we then had a tour of the restoration work around City Hall. We were the only school to be given this opportunity which is rare for anyone in Brisbane let alone a group of students. The girls had a great time dressing up in hardhats, reflector shirts, goggles and steel cap boots. We visited the council chambers, the Lord Mayor’s office, a large number of function rooms and learnt a great deal about the history of the building and restoration.

We also learnt that there was a time capsule from 1980 and the intention of making another one being made from the people of Brisbane to be completed with the re-opening in April 2013. Anyone can contribute to the time capsule by going to visit http://www.brisbane.qld.gov.au/facilities-recreation/parks-and-venues/city-hall/brisbane-2012-time-capsule/index.htm.

Some of the comments from the students included:
- Engineering change the world – Dan
- Engineering is very broad, unlike what I thought, it also includes things like medical, civil, mechanical etc. – Edelyn
- There are many different fields and are all interesting in their own way – Angela
- Engineering has more range and opportunities that I thought – Olivia
- Engineering sounds fun but it needs more girls – Faith

It was a valuable day for the girls to get a real understanding of what is needed if they wish to follow this career as well as advice for the important subject selection process that will be happening soon.

Elizabeth Cameron
HOD Middle Phase, PE
Email: ecame10@eq.edu.au

> Guidance Officer News

Worries and Anxieties: Helping Children to Cope
Children, like adults, have all sorts of strong feelings about what is happening to them. At times, the world can seem frightening or uncertain, which may create fearfulness, worry or anxiety.

Different Types of Anxiety
Fears and Phobias
Very young children often develop fears and phobias. These can be triggered by changes (going to childcare, separating from a parent), or particular things (spiders, snakes, monsters etc). Fears like these are common but with encouragement and support most children learn to overcome their anxiety.

General Anxiety
Some youngsters feel anxious most of the time for no apparent reason – it may be their temperament or may be a pattern of behaviour that is shared by other members of the family.

School-Related Anxiety
School refusal can be caused by anxiety – separating from parents, fear of bullying, problems with friendships, trouble with school work or teachers are worth investigating

Home Related Anxiety
Family problems (money issues, squabbling, separation/divorce), death of a family member or friend, harsh discipline or a traumatic experience eg burglary can be a cause of anxiety (as well as depression).

What are the Signs
- Feeling sick – stomach aches, headaches. Not being able to stomach food
- Feeling tense, fidgety, needing to go to the toilet often
- Feeling fearful or panicky, breathless, sweaty
- Being irritable, tearful, clingy or having sleeping difficulties
- Withdrawing from social contact

Anxiety can limit a person’s experiences in life. It
can contribute to lack of confidence, loneliness, health problems and learning difficulties. The emotional effects, if not remedied can, be long lasting.

**What to do**

- Talk to your child – show your child that you care and want to understand the reason for their anxiety.
- Give comfort, reassurance and practical help with how to cope eg. encourage helpful thoughts rather than focussing on unhelpful thoughts. (There are children’s books to help children cope with divorce, death, anxieties.)
- Prepare your child for changes. If possible give sufficient warning – talk to them about what might happen and why, as well as ways to manage the changes.
- For children with school/ separation anxiety, regular routines and consistency around sleep, and getting ready for school, having breakfast etc will generally improve the outcome.
- Be aware of school or family situations that may be creating worries for your child.
- Be aware of your own anxiety and protect your child from taking on your woes.
- Use relaxation techniques eg controlling your breathing, listening to peaceful music, doing something you enjoy.
- Encourage daily exercise, healthy eating, drinking plenty of water, and most importantly getting enough sleep – children need at least 8 to 9 hours – A healthy body helps keep us on top of difficult situations.

If your child is so anxious that they can’t cope, more **specialist help** may be needed. Have a chat with your Guidance Officer, and/ or see your doctor.

Adapted from Mental Health and Growing Up, 3rd Edition – Factsheets [http://www.rcpsych.ac.uk/info/mhgu/index.htm][1]

Peta Matthewman
Guidance Counsellor
Email: pmatf5@eq.edu.au

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### Mitchie Brings Home Gold!

... In The Rock Eisteddfod Challenge!

Last Friday night, at the Boondall Entertainment Centre, Mitchelton SHS were thrilled to be awarded 1st place in the Queensland, Rock Eisteddfod Challenge – Raw Division.

It was a very cold Friday morning that saw 55 shivering Mitchie students, all rugged up in uggies and blankets and still half asleep, waiting at the school gates to begin their fight in the Rock Eisteddfod Challenge.

The bus trip was certainly quiet but the energy peaked at 8am, when after racing to our 4 dressing rooms, and quickly getting into costume we all hustled to the stage as the first school to practise. We had 3 rehearsals on stage – Mr Hunter was busy explaining our vision to the Lighting Director, I was backstage briefing the camera guys, Mr Fallon was taking pictures and Ms Ikonomou and Ms Scholtz were making sure the performers knew what they were doing.

The performance could not have gone better!!!! The judge thought our entry was “surprising” and he had lots of good things to say. “I am at peace” said Ms Ikonomou as she announced that the students had done all she had asked for. It was time to wait for the results. We had a lot of fun while the judges deliberated. Mr Fallon was so excited that he successfully initiated a whole stadium Mexican-wave. Our school and Craigielea had great fun sending war cries back and forth. We even heard the dulcet strains of Mitchie’s school song, sung with pride in the audience.

Finally the results were announced. 3rd place,
Well, the air was electrified with screams of sheer excitement. Ms Ikonomou was running up and down the stairs doing her own happy dance. Mr Fallon and Mr Hunter were high-fiving all the students, Ms Scholtz had tears in her eyes and I was fist pumping the air with the best of them!!! The students spontaneously formed a guard of honour for all the teachers and then performers.

We hugged and cheered and congratulated Craigslea on their win in the Open Division. Ruby Doggett turned to me and asked, “What are we going to do next year? We have to do this again!” We sang and danced all the way to the dressing rooms, packed our gear and continued to scream all the way home on the bus. I am sure the students were still buzzing all weekend and I heard that the news quickly spread via Facebook. Monday saw ‘congratulations’ cake for the students, provided by Admin, who were just as excited as the students and Wednesday saw a special behind-the-scenes look at the day (thanks Mr Fallon) and the teachers were all touched by the gift and recognition awarded to them by the Admin team.

This was a once in a lifetime experience and many happy memories have been made, as evidenced by the student quotes to follow. So congratulations all students and staff who helped make this happen, Go Mitchie! Go Mitchie!

So, where to from here? Stay tuned for dates in November of when we will appear on the Go channel as we compete via video for the National title; Go Qld! Go Qld!

Student comments:
“It was really fun. I had a great time and made lots of new friends,” S Jalil, Year 8

“Amazing. Never will experience something like that ever again,” M Puncken, Year 9

“Best thing I have done in 14 years of my life!” J Kim, Year 9

“Rock Eisteddfod was one of the best things I have done. It’s really a pulchritudinous experience and it’s definitely something I won’t ever forget,” M Holloway, Year 9

“Everyone did so well and they all looked incredible on stage. They should all be very proud of themselves,” J Knight, Year 12, Co-host.

“It was great to do something like this in my last year of school. I will never forget it,” A Jones, Year 12

“The Rock Eisteddfod was an experience I will never forget. I am so grateful that I had the opportunity to be a part of something special. All the hard work really paid off. Love you all,” N Wheatley, Year 11

“One of the best nights of my life. Truly a night I will never forget. Thanks everyone for working as a team,” M Jimenez, Year 12

Tracey AhBoo
Drama Co-ordinator
Email: tahbo1@eq.edu.au

Brisbane North West Trade Training Centre

Certificate II Courses in

- Electrotechnology
- Renewable Energy
- Engineering

Brisbane North West Trade Training Centre provides students with the opportunity to complete Certificate II level courses in the above industry areas at this purpose built facility located within the grounds of Mitchelton State High School.

For further details please contact the centre on Ph: 3513 9333

Turnbull Street, Mitchelton QLD 4053
www.bnwttc.com.au Ph 3513 9333
QUT ‘Student with Potential Awards’
On Wednesday morning at assembly fifteen students across Year 10 to 12 were awarded a QUT ‘Student with Potential Awards’.

These awards aim to:
- encourage interest in tertiary study - especially amongst students whose aspiration for post-school study needs fostering;
- provide encouragement, confidence and inspiration to students regarding their capabilities and post-school options.

The ‘Student with Potential’ Award includes a certificate and a $100 gift voucher, provided by QUT to students selected by the school. Each recipient will receive the award annually for the remainder of their high school education, provided they remain enrolled at school.

Students’ receiving awards were:

Year 10 into 11 Subject Selection Evening
You are invited to attend the Year 10 into 11 Subject Selection Information Evening.

When: Monday 27 August, 2012
Time: 6.30pm
Venue: School Assembly Hall & then Library

Information will be given on:
- The importance of returning to undertake the Senior Phase of Learning
- Queensland Certificate of Education
- Senior Education & Training (SET) Plans
- Senior offerings for 2013
- Variety of options available to students in the Senior School
- TAFE Programs and University

Students/Parents will also have an opportunity to find out more about our senior subject offerings at the “Subject Expo Display” starting at 6.30pm in the Library, staff will be on hand to answer questions relating to subject offerings. The subject Selection Handbook and Subject Selection Form will be available on the evening.

At 7:15pm there will be short presentations in the Hall for all Year 10 Students and Parents/Caregivers.

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

Appreciation for MSHS students
I would like to thank you for releasing a number of students to assist with our National Aboriginal and Islander Children’s Day celebrations on 03 August. The assistance provided and conduct of these students was exemplary. Please pass on our appreciation to:

Year 12  T McKenzie, A Johns
Year 10  M Chapman
Year 9   Z Mace, M Kerr, J Mosby
Year 8   S Alexander, L Morris, D Bell

I would also like to express my appreciation for the invaluable assistance of Merle Cashman in assisting in making contact with various community organisations and her help on the day. We look forward to building a strong working partnership with Merle and the school in the future.

Kylie Sheehan
Deputy Principal
Mitchelton State School

Did You Know?
Did you know the most dangerous animal/insect in the world is the common housefly? Because of their habits of visiting animal waste, they transmit more disease than any other animal.

Ashlee Finnigan
Grade 11 QU Science Ambassador 2012

Ferny Fireballs
Junior Cricket Sign-On
Ages 5-16
10am-2pm, 26 August
Tramway Street, Ferny Grove
(next to Ferny Grove Jnr AFL)
To sign up online, or for more details, go to www.fernyfireballs.org.au
ASPERGER CENTRE

Family Fun Open Day

We would like to welcome families and friends

Enjoy the day with
Live Music
(CWA) Sandwiches $2.00 each
Drinks $2.00 each
Sausage sizzle $2.00 each
(CWA) Afternoon Tea $2.00 each
Lucky Door Prize and Raffles

Entertainment for the children
Face painting (Gold Coin)
Balloon twisting (Gold Coin)
Baby Animal Farm (Gold Coin)
Ginger Sports Demonstration
Celebratory Cake cutting

Open Day Activities
Sample Bag
Foundation Wall (Pledge your donation)
Tours of the Centre
Resources at Hand – Book Sale

BYO blanket or chairs to sit on the grass

Saturday 1st September 2012
11.00 am to 3.00 pm
Asperger Centre
Unit 1, 16 Yarraman Place
Virginia

Official Opening 1.00 pm
Professor Tony Attwood
Jason Woodforth MP

RSVP your attendance for catering purposes by
Wednesday 29 August
Thank you

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