Thank you to all the parents and carers who attended the Year 10 into 11 Subject Selection Evening. It was heartening to see so many of you at the evening and I am sure that the information you received will help in the important decisions around subject selections and career planning for the future.

Assessment Focus
With just two weeks of term remaining, we now start to focus on mid-semester assessments. Of course, the biggest of these is the QCS test for Year 12 students. The test occurred this week over two days and consisted of four papers; a writing task; two multiple choice papers and a short response test. All students will receive a report of how they performed using an A to E rating. I have a strong belief that all students can improve their results and at Mitchelton State High we certainly have “High Expectations” that by the end of the year all students would have moved forward in terms of their subject results. That means moving from a “D” to a “C”, “C” to “C+”, “C+” to “B”, “B” to “B+” and “B+” into the “A” band.

Band Tour and recital Evening
Congratulations to Ms Penny Hall and all our band students for a wonderful performance last week at the recital evening held at the school.

Calendar Update
There are a number of important events occurring this term and in Term 4. These include:

- September 12/13: High School Experience Days for students from Mitchelton and Grovely State Schools
- October 17: Bunya Lions Public Speaking Competition
- November 2: P&C Bingo and Big Raffle Fundraiser Night
- November 5-9: Year 12 Block Exams
- November 14: Awards Night
- November 16: Year 12 Graduation and Senior Formal

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

August Student Of The Month Awards
Congratulations to the following students: S Asano, S Beaton x 2, D Bell, E Carmock, T Chippendale, M Doss, M Feeney, A Holmes, L Jalil, H McClennan, L Morris, S Pace, K Ronnfeldt, K Silvester, B Treadwell, S Woo.

Homework Club
Homework club runs every Tuesday from 2.45pm to 4pm for all students in all subject areas. Afternoon tea is provided and tutors and teachers are available to assist students completing homework and assignments. Please encourage your students to attend.

Best wishes,
John Searle—Principal
Email: jsear13@eq.edu.au
**The Responsible Thinking Process**

Negotiating is the most important part of the Responsible Thinking Process. Negotiating is critical to building student/teacher relationships. This is a time when students approach a teacher with their plan to negotiate their way back to class – the class that they had disrupted. Rather than the student explaining that they are going “to be good” from now on, the student might negotiate by asking if they can sit in a specific seat so they are not tempted to speak to another student and disrupt the class. Negotiating is also an opportunity for the student to discuss learning difficulties and for the teacher to offer support and learning strategies. It is also a time for the teacher to see if the student is seriously working towards an achievable educational goal.

Students in the RTC are encouraged to do a plan promptly and to negotiate promptly so that they do NOT miss valuable learning time. As part of the process RTC Managers send a notice home to inform parents if a student has missed 3 lessons of class time.

The RTC provides reflection time to do a plan but not negotiating is not an option. Parents and caregivers are asked to support this process by encouraging their students to negotiate.

Students need to take responsibility for their actions and they need to be prepared to solve problems. Through the negotiating process the students are learning how to deal with problems on their own – learning appropriate social skills, evaluating problems, setting achievable goals and finding solutions - all vital, lifelong skills.

> From Responsible Thinking Classroom
Carmen Olivero—RTP Administrator
Mrs Barbara Ferguson /Ms Mara Stewart—(RTC) Managers

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**Healthy School**

**Mitchie High School Mates Program**

Looking After Your Well Being.

The Student Support Services Team exists to look after the well being of our students. All support staff are interested in and committed to helping our students to get the most out of school. We are concerned about how students are going, both in their studies and personal lives, whether they are looking after themselves and their mates, students being kind and nurturing to themselves and for each student to be the best they can be and to get the most out of their time at school.

Members of the Student Support Services Team are:
- Peta Matthewman the Guidance Officer
- Jimmy Dodsworth the Chaplain
- Melanie Hilder the School Based Youth Health Nurse
- Belinda Wicks the Defence Transition Mentor
- Merle Cashman the Aboriginal and Torres Strait Islander Support Worker
- Sam Choveaux and Lariissa Van Beurden our Youth Support Coordinators

Often people can’t tell if a student is ok just by looking at them. If you are troubled or worried, please don’t hesitate to come and see one of the support team. Sometimes it is hard to ask for help but it is ok to ask for help. Students also do not have to seek help on their own—friends and family members can make seeking help easier.

The MSHS Mates Program is made up of lots of different support programs, such as the Welcome to Mitchie Team, the young women’s groups, Rock and Water for the guys, peer skills training, the Girls Yarning Group, the breakfast club, the Year 8 group work, self esteem courses and mentor programs and we look forward to the new programs that will begin in the coming weeks.

Living a healthy life consists of things like getting enough sleep, fuelling your body with good foods and regular meal times, keeping active, engaging and participating fully in the school community, family and friendship group. Combining these elements will help students to be strong and resilient towards life’s challenges. If these areas are not in balance, it is a fair indication that something might be going wrong. Make sure you have someone that you feel comfortable talking to.

Mitchie is the place where students can enjoy and take hold of their future, get involved and look out for their mates. Bullying is not acceptable at Mitchie and our students are supported and encouraged to change this culture. To continue this, we need students to get involved, to challenge themselves to not just be witnesses to bullying but to stand by other students and stamp out bullying here at Mitchie.

Belinda Wicks
Defence Transition Mentor
Student Support Services Team
Email: bwick22@eq.edu.au

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**English News**

Middle School students are currently studying a range of texts. Year 8’s are investigating Anne Frank’s diary; Year 9’s have been examining immigrant stories and opinion pieces about asylum seekers and have just completed the QCAT. Year 10’s have been engrossed in the world of Romeo & Juliet and are now starting to write a feature article about a film interpretation of Shakespeare’s tragedy.

Congratulations to Optiminds students: K Walsh, E Brett, A Blystra, J Bogara, M Beard, H Daly and J Ryan for their efforts in last Sunday’s competition. Although we didn’t come away with a prize, the students all had a great time in creating an imaginative performance based on myths about the Aurora Borealis. Thank you students for your hard work in this competition!

Mick Leigh—Acting HOD English & The Arts
Email: mleig4@eq.edu.au

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> Youth Support Coordinators
Belinda Wicks
Defence Transition Mentor
Student Support Services Team
Email: bwick22@eq.edu.au

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BEING A FRIEND VERSUS BEING A PARENT

It’s interesting the number of people both children and adults alike who believe that a Mum or Dad should be a friend in preference to being a parent. The job of being a parent is so much more than being a friend and holds a great deal of responsibility. This is worth some discussion.

What does being a parent mean:

• Being there for your child – to talk with them, take them places, stay up late waiting for them to come home to know they are safe, helping them with homework that sometimes is beyond your own knowledge, having school meetings with teachers, preparing lunches for years on end (this alone would test any friendship).

• Being with them to celebrate the good times but also to help them through the difficult times (and at times the difficult times out way the good times).

• Even when they say ‘I hate you’ you give them unconditional love by answering ‘I love you,’ (not many friends would last the distance if they felt unloved).

• Using tough love when needed (letting them know when they have done the wrong thing; getting them to take responsibility for their actions; setting limits).

• Letting them know what they are doing well but also letting them know what they may need to improve on (which they may not want to hear).

• Being honest but not harsh eg. if an outfit is inappropriate who better to tell them than a parent (a friend most probably wouldn’t).

• Being the shoulder to cry on but eager to talk through the issue causing the problem.

• Modelling good behaviour and educating your child with skills needed for them to be ready for living in the community

In drastic times - dropping everything and coming to their aid – at these times putting their needs before your own. It takes more than a friend to be a parent.

If any parent would like to be sent a fortnightly Careers Newsletter please email me at: pmatt5@eq.edu.au

The Newsletter has a wide variety of information that will help to inform your student on matters relating to TAFE, University, apprenticeships, study skills, etc.

TEEN TRIPLE ‘P’

If any parent would like to attend a Teen Triple P Program in fourth term, would you please contact me on the email above. It is planned to have the meetings over the first four weeks of term on a Wednesday night starting at 7.00pm.

Cost will be $20.00 per the course which includes a Parent handbook. Some of the Teenage Competencies promoted throughout the program are: Social and Language Skills, Emotional Self-Regulation Skills, Independence Skills and Problem Solving Skills.

STRATEGIES TO PREVENT ADOLESCENT ALCOHOL-RELATED HARM

FREE Session with UQ psychologists doing research in this area.

The University of Queensland’s Centre for Youth Substance Abuse Research offers parents a FREE individualised session with a registered psychologist to discuss practical strategies to prevent adolescent alcohol-related harm, tailored to meet their family’s needs. This session is valued at over $200 (according to Australian Psychology Society’s recommended rates), but is provided FREE as part of the Project SHIELD research program.

This is a great opportunity for parents of 13-17 year-olds, as the session can occur over the phone or at home, at a time convenient for you. Research indicates that most teenagers will be exposed to risky situations involving alcohol consumption at some point, regardless of whether they choose to drink or not.

Many parents feel that they have no control over whether their adolescent drinks, but recent research suggests that parents have more influence than they might expect. Project SHIELD is a prevention/early intervention strategy, so teenagers do not need to have experimented with alcohol for parents to benefit from the program.

Project SHIELD is funded by the National Health and Medical Research Council and has clearance from the UQ Research Ethics Committee.

If you would like more information, please contact Dayna Smith by phone: 1800 302 234 or email: projectshield@uq.edu.au

Peta Matthewman
Guidance Counsellor
Email: pmatt5@eq.edu.au
Parents of Year 12 Students

Please encourage your student to make an appointment with the Guidance Counsellor to discuss post school options. Also, on-time applications to QTAC close on 28 September. After this date the cost of applying rises considerably. Students should make their application before the end of Term 3.

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

HILLS DISTRICT PCYC
21st CELEBRATION!

Saturday 15 September—2pm—7.30pm
135 Olearia Street West, Everton Hills

Displays will include:
- Aikido
- Basketball after dark
- Grovely State School Choir
- Life Fit Class
- Young Guns Fitness
- much more

- Badminton
- Judo
- Jujitsu
- Muay Thai
- Table Tennis

FREE entry—FREE sausage sizzle
Face Painting, entertainment, food, official cake cutting
FIREWORKS COMMENCING AT 7PM!