Habit of Mind

Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time.

Thomas A. Edison

Important February Dates

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Time</th>
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<tbody>
<tr>
<td>THUR 14</td>
<td>Valentines Day Activities</td>
<td>ALL DAY</td>
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<tr>
<td>THUR 14</td>
<td>School Photo Day</td>
<td>9AM—12PM</td>
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<tr>
<td>FRI 15</td>
<td>Year 12 Accounting Forum</td>
<td>11AM—12PM</td>
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<tr>
<td>MON 18</td>
<td>School Photo Catch-Up Day</td>
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<tr>
<td>TUE 19</td>
<td>P&amp;C AGM - Library</td>
<td>7PM—8.30PM</td>
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<td>WED 20</td>
<td>Senior Leaders Induction Ceremony</td>
<td>9AM—10AM</td>
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<tr>
<td>WED 20</td>
<td>Year 8 Graffiti Awareness Presentation</td>
<td>1.30PM—3PM</td>
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<tr>
<td>THUR 21</td>
<td>Regional Swimming Carnival</td>
<td>8AM—3PM</td>
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<tr>
<td>THUR 21</td>
<td>Constitutional Convention - Parliament House</td>
<td>8AM—3PM</td>
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<tr>
<td>THUR 21</td>
<td>Year 11 &amp; 12 Cert III Visual Art Excursion</td>
<td>8AM—1PM</td>
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<tr>
<td>THUR 21</td>
<td>Ozcare Mens Homeless Hostel</td>
<td>4PM—7.30PM</td>
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<tr>
<td>TUE 26</td>
<td>HPV1/Hep B 1 Vaccinations</td>
<td>ALL DAY</td>
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2013 Enrolments are strong!

I am pleased to report that we have seen a **20% increase in Year 8 enrolments** from 2012. Overall, student enrolments are steady and just below 400 students. As a result, the school is still able to offer the continuing wide range of educational programs and subjects. I would like to thank the school community for continuing to support your local high school and the “school of first choice” with the education of the young people of this area.

Staffing Update

As a result of our good student enrolment numbers, we have been able to maintain and increase the staffing levels from the start of the year. We have employed Jacqui Van Alphen on contract as a full-time teacher in Mathematics, English and History and increased the teaching loads of Alison Rose (Art and English) and Anne Jones (Japanese).

Year 7 is coming! - Junior Secondary Update

I am pleased to report the necessary classroom refurbishments have been completed for our “Junior Secondary Centre” in A Block for current students in Years 8 and 9. This centre will be expanded to include Year 7 students from 2015. From 2015, Year 7 will be established as the first year of high school in all Queensland state and non-state schools. As part of these reforms, from 2013 Queensland state schools will recognise Years 8 and 9 as Junior Secondary, with Year 7 to be included when it joins high school in 2015.

If you require further information about these exiting developments or wish to enrol your son or daughter into Year 7 at Mitchelton State High School from 2015, please contact the school Principal directly on 3550 1111.

Important message about Cybersafety

It has come to the school’s attention that a Fake Facebook account has been set up involving Mitchelton State High School. The site has been shut down and the matter is currently in the hands of the appropriate authorities. The safety of our students is paramount and this responsibility includes management of cybersafety and cyberbullying.

Cyberbullying occurs when technology such as email, mobile phones, chat rooms and social networking sites such as Facebook, are used to bully someone. This includes sending or posting abusive, threatening, humiliating or harassing messages. Our school is committed to addressing cyberbullying. The Department of Education and Training protects students from inappropriate websites through special filtering software, blocking sites such as Facebook and YouTube. When used safely, these sites offer opportunities to learn and communicate, however when used inappropriately they can become hurtful and dangerous places.

If students use websites inappropriately outside of school hours the school can, in certain circumstances, take disciplinary action as detailed in our Responsible Behaviour Plan for Students with serious matters referred to police. A recommended approach is for you to discuss cyberbullying with your child and highlight the importance of appropriate online behaviour.

If your child is of a suitable age to be connected to any social networking site, reviewing their ‘friends list’ may help you manage their safety and reduce the risk of them associating with inappropriate contacts. Please remember, as a parent or caregiver you play an important role in helping your children have safe and positive experiences online.

Best wishes,
John Searle—Principal
Email: jsear13@eq.edu.au
> MSHS P&C AGM

The Annual General Meeting of the Mitchelton State High School Parents & Citizens’ Association will be held on **Tuesday 19 February at 7.00pm in the School Library**.

At the AGM, all positions are declared vacant and nominations are called for officers to be elected to the various positions. These positions are: President, Secretary, Treasurer, Vice-President/s, QCPCA Representative, and any other positions determined by the P&C.

At the AGM, all memberships lapse, except for Life Members, and applications are received for membership of the P&C for the new year. After applications have been accepted, all members (except for paid employees of the P&C) are eligible for nomination for election to any position and all members are eligible to vote in the ensuing elections.

The P&C has an important part to play in the life of our school. The P&C operates the Tuckshop and the Uniform Shop as both a service to the school community and as a source of income to support various programs at the school. The P&C also seeks to raise funds by various other means including fundraising events and Family & Chaplaincy Contributions and these funds are also used to support various programs within the school, including the employment of the School Chaplain.

The P&C also works with the school in the establishment of such things as the Uniform Code and the Behaviour Code, and has the responsibility for signing-off on these policies on behalf of the parents of our students. All adult members of the school and local community are welcome to apply for membership of the P&C. I encourage you to join so that you can have a say in the running of your school and also so that you have a better knowledge of what is happening at the school.

I hope to see many of you at the AGM.

John Creagh
P&C Acting-President

> The Role of the School Based Youth Health

I am the Youth Health Nurse for Mitchelton High School. I work Monday, Thursday and alternate Wednesdays within the school.

The role of the Youth Health Nurse includes working within the school community on issues that may affect the health and wellbeing of young people. I provide information through whole of school health promotion, classroom education and sometimes small group work. The majority of my work is consultations with students on various issues they may be having.

Student consultations are confidential except in circumstances where the student’s safety is at risk. Parents can also contact me if concerned about their child and I can make community referrals for parents if required.

Some health related areas I can discuss with students or parents are:

- Eating and body image issues
- Behavioural changes that can affect one’s learning capacity ie: Sleep disturbances, risk taking behaviours
- Stress
- Self esteem
- Friendships at school, bullying, non compliance with attending school
- Personal and family problems
- Growth and development
- Sexual health
- Alcohol and drug awareness
- Referrals or information in regard to community agencies

The role of the Youth Health Nurse does not include treatment such as medications, injections, first aid, physical examinations or long term counselling for psychological problems. I can be a support person though for students with a medical condition.

Students can make an appointment with me directly. My room is located in E block on the lower level, below the Chaplain and Defence Transition Mentor’s room. Parents can contact me on 35501141 (Monday, Thursday and alternate Wednesdays).

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

> Yr 10 Assessment Schedule

Year 10’s are settling well into the Senior Phase of their education. To assist them to develop good learning habits and to become organised, successful students they have been issued with a Semester 1 2013 assessment and school calendar.

This should be consulted when planning a study timetable and be kept in a safe place for easy reference.

Carmen Olivero
Deputy Principal
Email: coliv7@eq.edu.au
To help children get active

Get Started is a new State Government funding program offering up to $150 per student towards sport club registration or membership fees to help families who can’t afford to sign their child up and encourage other children who would improve their social connections or health to get involved.

Children with a parent or guardian who holds a Health Care or Pension Concession Card and submit a form will qualify, while other families will also need to submit recommendations from two referral agents with their application. Details are available from the Department of National Parks, Recreation, Sport and Racing’s Get in the Game website (below). The first funding round opened on 15 January 2013 with vouchers distributed on a first-come, first-served basis until the allocation is exhausted or closes on 15 April 2013. A second round will open on 15 July 2013.


How to encourage your child’s reading

Education starts at home and parents and families are their children’s first teachers. With this in mind, the free Parent Ready Readers training program provides parents and carers of children in Prep to Year 3 with some key strategies to use at home to support their child’s reading and to develop a love of books prior to developing their reading abilities. The training runs for approximately 90 minutes and consists of four modules:

- What is literacy?
- Understanding the reading process
- Stages of reading
- Listening to your child read and reading to your child

Participants receive a Parent Ready Readers booklet with training notes, reading activities and additional resources, which will help to build a lifelong love of reading.

Session times for 2013 - you may attend any venue that is convenient to you.

Tuesday 19 March 2013 9.30pm – 11.00am
Woodcrest State College - Springfield

Monday 29 April 2013 9.30 – 11.00am
Albany Creek State School – Albany Creek

Friday 19 July 2013 9.30 – 11.00am
West End State School - West End

Wednesday 16 October 2013 9.30 – 11.00am
Warrigal Road State School – Eight Mile Plains

Come along and find out how you can help your child enjoy reading! Children are welcome to attend with their Parents/Caregivers. To reserve a place please email shartene.emanuel@dete.qld.gov.au

Free Workshop

Parent Ready Readers Training Program

Congratulations to the following best dressed students at the Swimming Carnival on Tuesday 12 February. They wore fabulous costumes in house colours and looked fantastic. Great house spirit!

Scorpius  Pegasus  Centaurus
H Stacey  S Bennett  M Beard
R Rohde  N Coombes  D Barrett

Fashion Judges
Mrs H Blake & Mrs C Olivero

Senior Schooling News

School Based Traineeship Opportunities in Aged Care

Masonic Care Qld and Anglicare Southern Queensland are both leading providers of care and support services in our community. In 2013 these organisations are providing opportunities for senior students to undertake a school based traineeship in Aged Care within their facility. These traineeships are open to Year 11 students with a genuine interest in pursuing a career in the health sector. Students who are successful in securing a traineeship will undertake paid work one day per week at the facility as well as complete a Certificate III in Aged Care qualification.

Information sessions to find out more

Session 1: Masonic Care, Sandgate – Tuesday 19 February 4.30 to 5.30 EJ Hall (Enter off Paul St)
Session 2
Anglicare Southern Qld – Thursday 21 February 4.30 – 5.30, St Martins, 304 Roghan Rd, Taigum; Foundation Room

Please RSVP for one or both of these information sessions by Friday 15 February 2013. Please call Catherine at Royal College of Healthcare on 07 3257 7799 or email Catherine@royalcollege.com.au

Community Involvement

Service by Year 10 Students

Congratulations to Daniel N and Tori D who have accepted nominations for civic duties in 2013.

Daniel will be the school’s representative on the Lord Mayor’s Youth Advisory Council whilst Tori will join the Student Environmental Leadership Network. These two groups meet each term and provide youth representatives for local council matters and policy development.

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

Get Started Vouchers

...to help children get active

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Best Dressed at Carnival

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R Rohde  N Coombes  D Barrett

Fashion Judges
Mrs H Blake & Mrs C Olivero
Important Information
Silver Rose Photography will be at the school on the above date to photograph groups and student portraits. To ensure you have no problems with your order please read your school photo envelope carefully.

- Your child must return their envelope on PHOTO DAY. Depending on your school requirements, if your child does not hand in an envelope to the photographer, they may not be photographed for individual portraits. You are welcome to place a late order with Silver Rose but usually only for group photos.
- You can make your payment by cash, credit card (Visa or Mastercard), cheque or money order.
- If you have any questions about Photo Day please call Silver Rose on (07) 32625788

Sports and Special Groups
Do not order Sports or Special Groups on your envelope. Order forms will be available to download from our website approximately one week after photo day.
Username: Groups
Password: 285023

Build your child’s resilience for school and life success!
Bookings now open for Term 1 2013
Confident Kids and Teens is an innovative resiliency skills program for 5-14 year olds that aims to build optimism, resilience and social and emotional skills. Children learn strategies to manage stress, anxiety, worry or fear in order to experience greater happiness, health and wellbeing. Includes parent support and workshop. Facilitated by experienced psychologists who focus on building strengths.

Places are limited so please book early to avoid disappointment. Medicare and Private health fund rebates apply. For more information go to www.confidentkidsandteens.com.au or phone 3368 1307.

Foster and Kinship Care
Care to join us?
Do you enjoy interacting with children and can give a child or young person a nurturing home? Foster care can be for a few nights, a few weeks or sometimes until a child reaches independence.

We support our foster and kinship carers with dedicated foster care workers, after-hours on-call support, carer gatherings and information and training.

Contact us to find out more...
On Wednesday 6 February the school welcomed all new families at our Welcome BBQ. The event was well attended by over 90 parents, carers, staff and students in attendance. It was a wonderful opportunity for new members of the Mitchelton State High School community to meet key staff and interact with other parents. I am pleased to report that all new students have had a smooth start to the year and we wish all students and their families a successful association with the Mitchelton State High School community.