**Habit of Mind**

Believe in yourself and all that you are. Know that there is something inside you that is greater than any obstacle.

*Christian D. Larson*

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**Important March Dates**

<table>
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<tr>
<th>Date</th>
<th>Event</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>MON 04</td>
<td>QCS Training Day</td>
<td>8.45AM—2.45PM</td>
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<td>MON 04</td>
<td>Middle School Problem Solving Competition</td>
<td>9AM—2PM</td>
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<td>FRI 08</td>
<td>Year 11 Construction—Brick Laying Course</td>
<td>ALL DAY</td>
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<tr>
<td>WED 13</td>
<td>Driver Safety Course</td>
<td>9AM—3PM</td>
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<td>TUE 19</td>
<td>P&amp;C Meeting</td>
<td>7PM—8.30PM</td>
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<td>WED 20</td>
<td>Year 11 &amp; 12 AHS Excursion—Abbey Museum</td>
<td>8.30AM—2.30PM</td>
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<td>WED 20</td>
<td>Band Workshop Day</td>
<td>8.45AM—3PM</td>
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<td>THUR 21</td>
<td>Ozcare Mens Homeless Hostel</td>
<td>4PM—7.30PM</td>
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<td>MON 25</td>
<td>Year 8 Art Excursion—GOMA</td>
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<td>TUE 26</td>
<td>Year 8 &amp; 9 NAPLAN Skill Development</td>
<td>8.45AM—11.55AM</td>
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<td>WED 27</td>
<td>Parent/Teacher Interviews—School Hall</td>
<td>3PM—6PM</td>
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**Senior Leaders’ Induction**

We were delighted to officially recognize the elected/selected student leaders at our Senior Leaders Induction ceremony last week. Below is an extract from my speech from that event.

I would like to start my address my reporting that we have had a very positive start to the school year with a 20% increase in Year 8 enrolments from 2012. At Mitchelton State High School we are seeing a renewed enthusiasm to continue to work together with families and the local community to benefit our students underpinned by our values of Participation; Accountability and Respect. I would like to now congratulate the School Captains and student leaders of the Mitchelton State High School Leader Body and House Captains for the appointments that they are receiving today and also to our Year 12 Student Body who at Mitchelton State High are also considered leaders and role models to the other year levels.

At Mitchelton State High School we have a proud record of Leadership and Achievement. For example, just this week, one of our Year 12 students, Carmen Kirby represented the school in the Lions Youth of the Year Quest and throughout the year we have many similar examples of our senior leaders being involved in leadership and community events.

As a Principal of a high school and a leader I try to stick to a particular leadership approach which some of you may be interested in – it is by no means perfect, but it might give our Senior leaders today some food for thought at least; firstly, High Expectations of performance and achievement (for both staff and students) – that is why here at Mitchelton State High School with our students we expect a lot with uniform standards, attendance and the quality of work produced; secondly, building trust and empowering people to do the best work they can do and, lastly, building the capacity of our people for now and for the future.

Much can be gained in life through the development of strong leadership skills. However, the majority of us prefer to follow rather than lead. It can be a more comfortable and less challenging existence. To the student leaders being appointed today and to our seniors I urge you to engage in the leadership opportunities here at Mitchelton State High because I know the leadership experiences that you gain by dealing with school management, working with your peers and juniors, organising events and representing our school will be great training and experience for your future leadership roles in life. I wish you all the best for the year ahead.

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**P&C Update**

Last Tuesday, the Mitchelton State High School P&C Association held its Annual General Meeting.

Continued over the page
I am pleased to report that the following executive positions were filled on the night:

- P&C President: Kristina Craig
- P&C Vice Presidents: Tabitha Egan and John Creagh

Unfortunately on the night we were unable to elect our new office bearers for the positions of Secretary and Treasurer for 2013. If there is any member of the school community who would be interested in filling either position, could you please contact me directly on 35501122 for further details. The next meeting of the P&C Association will be held on Tuesday 19 March at 7pm in the school library. All members of the school community are encouraged to attend.

**Lions Youth of the Year Quest**

It was a pleasure to see our entrant, Carmen Kirby in action last week at the public speaking section of the quest. She did us proud! – See the feature article on page 4 for further details.

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

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The Lions Youth of the Year Quest originated in Brisbane in 1964 and was adopted as a multiple district (National) project in 1966. The quest is designed to encourage, foster and develop leadership in conjunction with other citizenship qualities in our youth. The qualities sought; apart from academic attainments are those of leadership, personality, sportsmanship, public speaking and good citizenship.

This year, Carmen Kirby represented Mitchelton State High School in the quest. Carmen participated in a judging process that involved an interview and public speaking competition. During the interview process, Carmen was encouraged to talk about her participation in volunteering and her contributions to both the school and community.

Last Monday, Carmen along with two other students from Mt Alvernia College presented speeches to a room full of Lion Club members. Each student responded to two impromptu questions on topics chosen by the judges. Carmen responded with enthusiasm and courage to the two challenging and complex questions about future energy sources and strategies to combat obesity.

In her final presentation to the judges, Carmen spoke passionately about the rights of animals involved in factory farming. While Carmen may not have made it to the next level of competition, her speech struck a chord with members of the audience, sparking conversations around the room about the importance of free-range practices.

Congratulations and well done Carmen.

Shelley Bampton
Visual and Creative Arts Teacher, Childcare and Playgroup Co-ordinator
Email: sbamp1@eq.edu.au

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On Thursday the 21 February, the Certificate II in Visual Arts students in Year 11 & 12 attended an excursion to the Gallery of Modern Art and the Queensland Art Gallery to view artworks in the 7th Asia Pacific Triennial. The APT’s are an international contemporary art event that has occurred every three years for the last Twenty years in Brisbane. It is the only major exhibition series in the world to focus exclusively on the contemporary art of Asia, the Pacific and Australia.

APT7 continues to delve into questions of geography, history and culture and how these questions are explored through the work of contemporary artists. Key themes of this exhibition include transforming landscapes, varied engagements with the city, and the adaptability of local cultures in today’s globalised world. Students were invited to consider in particular, the sculptural responses to these themes and investigate the techniques used to create key works, as part of their 3D studies this term. All in all, a great time was had by all – with an enriched understanding of contemporary art making in the field of sculpture gained.

Alison Rose
Senior Teacher, Art
Email: arouse25@eq.edu.au

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GOMA Excursion

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Trip to Japan

2013

APPLICATIONS DUE

Mitchelton State High School is organising an exciting trip to Japan for the September holidays this year. We will visit our sister school and many other fantastic places. Contact the office for Application form, itinerary and details.

Application Due: Friday, 1 March. Where: Mitchelton SHS Office Who to contact with questions: Kerry Smith 3550 1124 or ksmith85@eq.edu.au

September 24 to October 4

Who Said That Accounting Is Dull? Never ...

Friday the 15 February, four students (Stephanie T, Erin C, Christina M and Jayson B) decided to see if accounting was indeed an interesting and fun occupation to pursue. QUT Accounting Faculty, along with Business Educators Association of Queensland organised lectures for student to attend that addressed many of the questions that budding accountants wish to have answered.

An opportunity for us to listen to a talk about investing in cash, shares and property gave us some tips on how we can make our millions whilst we are young and able to retire early – HOPEFULLY.

We also listened to a session on Accounting as a Career and the various positions that accounting can take you. Decision making using accounting showed us how we can make valid judgements about issues relating to business.

Erin and Stephanie were lucky enough to win prizes. This just topped off a great day.

Jason Burow
Year 12 Student

Strings Program 2013

There are vacancies in the Instrumental Program for Strings for 2013. Our Strings teacher Ms Terri Giesen, teaches at the school on Tuesday afternoons and teaches violin, viola, cello, double bass and bass guitar. Any student who is in Year 8 who has played these instruments in Primary school is able to continue with their lessons at this school. Lessons are taught in small groups of half an hour.

Ensemble groups are also encouraged where students play together in a group setting. Please contact Ms Giesen to enrol in the Program or find out further information. Beginners and advanced students are all welcome.

Terri Giesen
Instrumental Music - Strings
Email: tgies1@eq.edu.au

Accounting Is Dull? Never ...

The Annual General Meeting of the Mitchelton State High School P&C was held on Tuesday last week and the following positions were filled:

- President: Kristina Craig
- Vice-President: Tabitha Egan
- Vice-President: John Creagh
- Chaplaincy Representative: Kristina Craig
- P&C Qld Representative: Helen Blakely-Hall

Unfortunately, the positions of Secretary and Treasurer remain unfilled at this stage and will need to be filled as soon as possible. If you are interested in finding out more about these positions, we would certainly like to talk to you. Please contact the School Office and they can pass on your details to the P&C Executive.

We would like to thank 2012 President, Marie Weatherford and 2012 Treasurer, Sharon Costello for their hard work and contribution to the P&C over the past twelve months. Thanks must also go to our staff, Anne Jones (Tuckshop) and Bev Kurkowski (Uniform Shop), the P&C members and volunteers, and to the school administration and staff for their continuing hard work and support.

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.

The next meeting of the P&C will be held in the School Library on Tuesday 19 March at 7.00pm. Please come along and help to support your school.

Kristina Craig
P&C President
Email: pandcpresident@mitcheltonshs.eq.edu.au

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Terri Giesen
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Email: tgies1@eq.edu.au

> MSHS P&C News
Internet Addiction or Video Gaming Addiction

The 5 tell tale signs of online gaming addiction

1. Pre-occupation with gaming and hiding gaming use
2. Social withdrawal or isolation
3. Disengagement from school life
4. Loss of interest in other activities
5. Defensiveness and anger

Tips on how to help teens with a gaming addiction

1. Parent tag team: it is important that both parents take the addiction seriously and back each other up. They must approach their child together so that the child knows they cannot divide and conquer their parents by playing one off against the other in an effort cover up their addiction. Appealing to the weaker parent for support only enables the child to continue and to some extent hide their game playing from the other parent.

2. Encourage educational games: there are plenty of games that have an education base, encourage a child to play these instead of violent online games. There are also websites that engage players with other players from around the world to see who can complete educational tasks, like maths problems, the quickest. The participants are given points and can progress to different levels. It can give the player the same sense of empowerment, satisfaction and achievement as online commercial games.

3. Set time limits: parents need to establish clear time limits with a child. Enter into a contract if necessary. Sit down with the child and discuss what is a reasonable amount of time to play a game. By involving the teenager in the decision making process, they are more likely to adhere to the boundaries set.

4. Look for the school connection: is a child turning to online games because they are not doing well at school? It is hard to tell what comes first: the poor marks or the online games. Not performing well at school impacts a child’s self-esteem. They may retreat more into the game to cope with negative feelings about themselves. At least in the virtual world they can control things. Try to encourage their studies and find out if they are finding any areas difficult.

*Pew Internet & American Life Project. USA
Writer Helen Splarn. Editor Dr Ramesh Manocha. The American Journal of Family Therapy.

Peta Matthewman
Guidance Counsellor
Email: pmatt15@eq.edu.au

Guidance Counsellor News

> Community News

LEUKAEMIA WORLD’S GREATEST SHAVE
Albany Creek Leukaemia Group is holding two Shaves this year:
• Thursday 14 March, 3pm-6pm, Charter Hall (Coles);
• Sunday 17 March, 2pm-5pm, Eatons Hill Hotel
If you wish to participate in the Shave (Shave/Colour), please register online - http://www.worldsgreatestshave.com/
Contact Kate 3318 4457, Kaye 3264 3050 for further details.

Looking For Volunteer Host Families
World Education Program (WEP) is inviting you to experience another culture in your own home by becoming a volunteer host family to an international student arriving in July 2013. Our students from Italy, Belgium, Finland, France, Switzerland, The Netherlands and South America are looking forward to experiencing life in Australia, making new friends and becoming a member of an Australian family soon.

Find out more!
Contact Sylvia Kelly at info@wep.org.au