Habit of Mind

The greatest glory in living lies not in never falling but in rising every time we fall.

Nelson Mandela

Important May Dates

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>THUR 09</td>
<td>Year 11 &amp; 12 Modern History Student Seminar—Somerville House</td>
<td>12PM—9PM</td>
</tr>
<tr>
<td>THUR 09</td>
<td>Ozcare Men’s Hostel Visit</td>
<td>4PM—7.30PM</td>
</tr>
<tr>
<td>14-16</td>
<td>NAPLAN</td>
<td>9AM—11AM</td>
</tr>
<tr>
<td>THUR 16</td>
<td>Year 11 &amp; 12 Drama Excursion</td>
<td>8AM—2PM</td>
</tr>
<tr>
<td>FRI 17</td>
<td>Physics Field Trip—Dreamworld</td>
<td>ALL DAY</td>
</tr>
<tr>
<td>FRI 17</td>
<td>Furnishing &amp; Construction Excursion</td>
<td>8.45AM—2.45PM</td>
</tr>
<tr>
<td>FRI 17</td>
<td>Year 8 &amp; 9 Foundation Maths Excursion—CBD</td>
<td>9AM—2PM</td>
</tr>
<tr>
<td>SAT 18</td>
<td>50th Reunion (Seniors of 1963)</td>
<td>2PM—5PM</td>
</tr>
<tr>
<td>TUE 21</td>
<td>P&amp;C Meeting—School Library</td>
<td>7PM—8.30PM</td>
</tr>
<tr>
<td>WED 22</td>
<td>Year 10 Legal Studies Excursion</td>
<td>8.45AM—2.45PM</td>
</tr>
<tr>
<td>THUR 23</td>
<td>District Cross Country</td>
<td>8AM—3PM</td>
</tr>
</tbody>
</table>

Bright Ahead Future of Mitchelton State High School

Unfortunately last week, the “Courier Mail” incorrectly named our school as one of those considered for possible closure. The statement released by the Premier of QLD, Campbell Newman in relation to Mitchelton State High School is as follows:

“Over time, Governments have to make decisions about whether to close unviable schools to improve other schools and build new ones. Under Labor, 89 Queensland schools have been closed since 1998, in some cases, to fund new schools. The Education Minister is currently working through possible school closures which will be announced as soon as possible, but I can confirm Mitchelton State High School will not be closing. Queensland needs 100 new schools in the next 10 years to cater for growth, so we need to manage our school infrastructure more efficiently. Before any schools are closed, there will be months of consultation with the school community, every student will have their own transition plan and every dollar will go back into education.”

The data used by the “Courier Mail” was old data and since then the school has experienced an increase in Year 8 enrolments of 20% in the 2013 school year. The focus for all staff at our school continues to be providing the best possible education to all students in our school. I have met with the P&C executive regarding this matter and be assured they are as passionate as ourselves regarding our school operations and vibrant future.

ANZAC Day

It was great to be part of our school community ANZAC Day services to be witness to the broad commitment and acknowledgement of the ANZAC Spirit and what it means for individuals. Thank you to all for your contributions to our school service and to those who supported our students at the Gaythorne RSL service on the day. Many thanks to our Defence Mentor; Belinda Wicks for all her hard work in ensuring the ANZAC Spirit is alive and well at Mitchelton State High School.

Cross Country

Our School Cross Country was held on Tuesday April 30. Participation from our students was great again this year and ranged from running, jogging and walking. I would like to thank all students who displayed great team spirit on the day and did their respective houses proud. The overall House winners on the day were Pegasus! Thanks to Bob Grayson for all his hard work in coordinating a successful event again at Mitchelton State High School.

Year 8 Enrolments for 2014

Round One enrolment interviews for Year 8 2014 will begin shortly. Information about times and entry types will go out shortly to the community of prospective parents. Of particular interest is the introduction of the scholarship program for Year 8 2014. This is an extension and enrichment specialist entry strand for students who are seeking challenge in their learning. Expressions of interest in this program can be made through our enrolment interviews.

Best wishes,
John Searle—Principal
Email: jsearle13@eq.edu.au
Cross Country Report

Jessie J and Daisy R proudly held the trophy aloft on parade for Pegasus who have won the inter house cross country for the last 3 years. The final points were Pegasus (755), Centaurus (679) and Scorpius (584).

New records were set by Kelly C (C) in the 13 Year’s girls and Raja K (P) in the 15 Year’s girls. Adam C (C) equalled the old record in the 16 Year’s boys and James F (P) equalled the old record in the 17 Year’s boys.

The top ten students in each race have been invited to race in the district championships at Teralba Park on the 23 May 2013. Training is on Monday and Thursday afternoons.

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

<table>
<thead>
<tr>
<th>Age</th>
<th>Boys</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>13</td>
<td>1 J Amalfitano S</td>
<td>12:07</td>
</tr>
<tr>
<td></td>
<td>2 Z Marron S</td>
<td>12:23</td>
</tr>
<tr>
<td></td>
<td>3 D Shannon S</td>
<td>12:56</td>
</tr>
<tr>
<td>14</td>
<td>1 C Corcoran C</td>
<td>10:48</td>
</tr>
<tr>
<td></td>
<td>2 A Shaw C</td>
<td>11:00</td>
</tr>
<tr>
<td></td>
<td>3 A Searle P</td>
<td>11:21</td>
</tr>
<tr>
<td>15</td>
<td>1 Z Gulliver C</td>
<td>9:56</td>
</tr>
<tr>
<td></td>
<td>2 S Evans C</td>
<td>10:30</td>
</tr>
<tr>
<td></td>
<td>3 L Rush P</td>
<td>11:09</td>
</tr>
<tr>
<td>16</td>
<td>1 A Cook C</td>
<td>8:37</td>
</tr>
<tr>
<td></td>
<td>2 C Jeffries P</td>
<td>10:37</td>
</tr>
<tr>
<td></td>
<td>3 E Chaima S</td>
<td>11:37</td>
</tr>
<tr>
<td>17</td>
<td>1 J Farrell P</td>
<td>9:05</td>
</tr>
<tr>
<td></td>
<td>2 N Green P</td>
<td>9:45</td>
</tr>
<tr>
<td></td>
<td>3 B Carter S</td>
<td>9:58</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Age</th>
<th>Girls</th>
<th>House</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>13</td>
<td>1 K Cook C</td>
<td>11:25</td>
<td></td>
</tr>
<tr>
<td></td>
<td>2 A Blake P</td>
<td>12:09</td>
<td></td>
</tr>
<tr>
<td></td>
<td>3 N Carter S</td>
<td>13:07</td>
<td></td>
</tr>
<tr>
<td>14</td>
<td>1 M Carter S</td>
<td>13:03</td>
<td></td>
</tr>
<tr>
<td></td>
<td>2 J McLeod C</td>
<td>15:56</td>
<td></td>
</tr>
<tr>
<td></td>
<td>3 L Schefe C</td>
<td>17:21</td>
<td></td>
</tr>
<tr>
<td>15</td>
<td>1 R Kodi P</td>
<td>11:54</td>
<td></td>
</tr>
<tr>
<td></td>
<td>2 S Wales S</td>
<td>12:15</td>
<td></td>
</tr>
<tr>
<td></td>
<td>3 M Ehrig S</td>
<td>13:16</td>
<td></td>
</tr>
<tr>
<td>16</td>
<td>1 C Walker C</td>
<td>15:46</td>
<td></td>
</tr>
<tr>
<td></td>
<td>2 A Doggett P</td>
<td>16:33</td>
<td></td>
</tr>
<tr>
<td></td>
<td>3 A Dwyer P</td>
<td>16:35</td>
<td></td>
</tr>
<tr>
<td>17</td>
<td>1 M Mendes S</td>
<td>11:30</td>
<td></td>
</tr>
<tr>
<td></td>
<td>2 K Mendes S</td>
<td>11:53</td>
<td></td>
</tr>
<tr>
<td></td>
<td>3 R Johnson S</td>
<td>12:55</td>
<td></td>
</tr>
</tbody>
</table>

Robert Grayson
Teacher
Email: rgray8@eq.edu.au
Resilience Through Problem Solving.

Children with good social and problem-solving skills are more equipped for life. In fact, intelligence alone is not enough and it is these skills that lead people to be successful in life. Children who have learnt these skills are comfortable in new situations. They are friendly to others and join in activities. They cooperate and compromise. They trust others and others develop trust in them. They handle conflicts well and respect differences in others. They apologize when they are wrong, but will assert themselves when they believe they are right. They are clear in their thinking and non-threatened nor threatening. They are liked. For children with poor resilience and/or at risk of depression, often these skills are lacking.

When children are young they depend on parents to help them solve problems, but as they grow they will need to learn skills to handle the problems they face. Seligman in his book ‘The Optimistic Child’ provides five steps your child needs to follow, in order to solve problems effectively.

1. **Slowing Down** – STOP before acting impulsively, then start thinking. How we handle a problem depends on what we are thinking. Replace hot thoughts with cool thoughts. Hot thoughts often lead to loss of control. Cool thoughts result in solutions that are non-threatening. How we think affects how we feel and what we do.

2. **Stand in another’s shoes** – understand what the other person was thinking or why they acted the way they did. This is easy to do by meeting with the person, looking at their face, and asking non-threatening questions to get answers (use of technology won’t achieve true understanding). Stay calm.

3. **Set Goals** – If you have a problem how would you like things to end? eg. You have a fight with your friend, is your goal to restore friendship or have a stand-off? As your child sets a goal, they should list as many ways as possible to reach it.

4. **Choose a Path** – which is the best solution. Look at the pros (any good outcomes that might happen) and the cons (any bad consequences) eg. speaking nicely to someone versus yelling at them. How did it go? Did it work – if not then don’t give up. **Pick another solution** and give that a shot.

Notice that all these steps are about you, the parent, training your child in the art of problem solving. It is not about you finding their solutions nor is it about you rescuing them. Our aim as parents is to have well

---

**Mental Health Support**

The Mental Health Association Australia provides Queenslanders with a FREE Mental Health Information Line to support individuals who may need information, referral or support in relation to mental health issues. Phone 1300 729 686

Peta Matthewman
Guidance Counsellor

---

**Tuckshop**:
The Tuckshop operates at Morning Tea, Monday through Friday, and at Lunchtime on Monday, Tuesday and Thursday. There is only limited service (drinks & placing of orders only) available before school each day.

**Uniforms**:
The Uniform Shop is open before school on Monday and Thursday each week. Alternate arrangements are made when Public Holidays intervene with the normal trading days.

We have received the new school bucket hats and they will be available for sale from Monday. We hope to have the new knit jumpers available shortly.

At the moment we have limited supplies of the zip-up poly-cotton fleece jacket (with the blue collar), the maroon zip-up polar fleece jacket and the spray jackets available for sale. We have ordered more of the poly-cotton fleece jackets, but we will probably not receive them until later in the Term.

**Volunteers**:
Volunteers are welcome at all times. If you would like to help out in the Tuckshop, please contact our Tuckshop Manager, Anne Jones. If you would like to help out in the Uniform Shop, please contact our Uniform Shop Manager, Bev Kurkowski. If you would like to help out in any other way, please contact the School Office.

**P&C Meetings**:
The monthly meetings of the P&C are usually held on the third Tuesday of the month in the school Library, commencing at 7.00pm. The next meeting will be on **Tuesday 21 May**. 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 that you can also find the experience fulfilling and enjoyable as you help to support our school and get to know other members of the school community better.

John Creagh
P&C Vice-President
Email: jcrea16@eq.edu.au

---

**P&C News**

> P&C News

---

**Guidance Officer News**

Resilience Through Problem Solving.

Children with good social and problem-solving skills are more equipped for life. In fact, intelligence alone is not enough and it is these skills that lead people to be successful in life.

When children are young they depend on parents to help them solve problems, but as they grow they will need to learn skills to handle the problems they face. Seligman in his book ‘The Optimistic Child’ provides five steps your child needs to follow, in order to solve problems effectively.

1. **Slowing Down** – STOP before acting impulsively, then start thinking. How we handle a problem depends on what we are thinking. Replace hot thoughts with cool thoughts. Hot thoughts often lead to loss of control. Cool thoughts result in solutions that are non-threatening. How we think affects how we feel and what we do.

2. **Stand in another’s shoes** – understand what the other person was thinking or why they acted the way they did. This is easy to do by meeting with the person, looking at their face, and asking non-threatening questions to get answers (use of technology won’t achieve true understanding). Stay calm.

3. **Set Goals** – If you have a problem how would you like things to end? eg. You have a fight with your friend, is your goal to restore friendship or have a stand-off? As your child sets a goal, they should list as many ways as possible to reach it.

4. **Choose a Path** – which is the best solution. Look at the pros (any good outcomes that might happen) and the cons (any bad consequences) eg. speaking nicely to someone versus yelling at them. How did it go? Did it work – if not then don’t give up. **Pick another solution** and give that a shot.

Notice that all these steps are about you, the parent, training your child in the art of problem solving. It is not about you finding their solutions nor is it about you rescuing them. Our aim as parents is to have well

---

**Mental Health Support**

The Mental Health Association Australia provides Queenslanders with a FREE Mental Health Information Line to support individuals who may need information, referral or support in relation to mental health issues. Phone 1300 729 686

Peta Matthewman
Guidance Counsellor

---

**Tuckshop**:
The Tuckshop operates at Morning Tea, Monday through Friday, and at Lunchtime on Monday, Tuesday and Thursday. There is only limited service (drinks & placing of orders only) available before school each day.

**Uniforms**:
The Uniform Shop is open before school on Monday and Thursday each week. Alternate arrangements are made when Public Holidays intervene with the normal trading days.

We have received the new school bucket hats and they will be available for sale from Monday. We hope to have the new knit jumpers available shortly.

At the moment we have limited supplies of the zip-up poly-cotton fleece jacket (with the blue collar), the maroon zip-up polar fleece jacket and the spray jackets available for sale. We have ordered more of the poly-cotton fleece jackets, but we will probably not receive them until later in the Term.

**Volunteers**:
Volunteers are welcome at all times. If you would like to help out in the Tuckshop, please contact our Tuckshop Manager, Anne Jones. If you would like to help out in the Uniform Shop, please contact our Uniform Shop Manager, Bev Kurkowski. If you would like to help out in any other way, please contact the School Office.

**P&C Meetings**:
The monthly meetings of the P&C are usually held on the third Tuesday of the month in the school Library, commencing at 7.00pm. The next meeting will be on **Tuesday 21 May**. 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 that you can also find the experience fulfilling and enjoyable as you help to support our school and get to know other members of the school community better.

John Creagh
P&C Vice-President
Email: jcrea16@eq.edu.au

---
URGENTLY REQUIRED
HOST FAMILIES
FOR
JAPANESE STUDENTS
NANRYO HS (Saitama Prefecture) 16-17y.o.

ARRIVAL DATE: 21st JUL (SUN) 2013
DEPARTURE DATE: 29th JUL (MON) 2013
ATTENDING SCHOOL: Mitchelton High School

HOST FAMILY REQUIREMENTS:
• NO OTHER JAPANESE STAYING IN FAMILY
• 3 MEALS PER DAY
• OWN BED, BUT CAN SHARE A ROOM WITH HOST CHILD
• OVER 18’S HOLD BLUE CARD OR WILLING TO APPLY
• SAFE TRAVEL TO AND FROM SCHOOL

*Single Placement, Remuneration Provided
AUSTRALIA JAPAN STUDY PROGRAMME (AJSP)
Email: ajsp.ritsuko@gmail.com
Ph: 0421 744 339 (Ritsuko)
The spelling mistakes in these sentences have been underlined. Write the correct spelling for each underlined word in the box.

For my science **project** I collected a bank of plant seeds.

I asked the **representative** of the farmers’ federation for help.

We had a good **conversation** about the local crops.

---

Where should the missing apostrophe/s (‘) go?

(Shade 1 bubble) The sails were torn in places, but I said to them: “Your boats shouldn’t leak.”

(Shade 2 bubbles) I’m on my sister’s farm. It’s a good place to grow tomatoes. It gets its share of sun and rain.

---

You may answer these questions using a calculator.

A bakery sells one loaf of bread and four bread rolls for $5.00.

A loaf of bread and one roll costs $3.80

**How much does one roll cost?**

---

Sam was facing north. He made a 135° turn clockwise. **Which direction is he facing now?**

- [ ] North-East
- [ ] North-West
- [ ] South-East
- [ ] South-West

---

What is the size of the angle **X**

- [ ] 77°
- [ ] 87°
- [ ] 93°
- [ ] 103°
Mitchelton State High School

NAIDOC DAY
2013

National Aboriginal and Islanders Day Observance Committee

You are invited to attend a special assembly
to help us celebrate this event

Time: 8.45am – 11.45am
Date: Friday 21 June 2013
Place: Assembly Hall

After the celebration in the hall, please join us
for morning tea in the library courtyard

Special Guest – Mr Wesley Enoch
Artistic Director Queensland Arts

Performance by
Mitchelton State High School Students

RSVP: 11 June to Merle Cashman email: mcash23@eq.edu.au
Ph: 3550 1111
Legal Rights for Teens
Monday 3 June
6pm to 8pm
A free seminar on understanding your legal rights as a teenager and young adult.

- being 17 and defined as an adult
- social media and the Internet
- sexting and the Internet
- drugs: possession and personal use
- assaults and personal safety
- driving offences

Where: The Exchange
Kelvin Grove Urban Village, Blamey Street, KELVIN GROVE
Phone: 0448 441299 Email: heidi@community.org.au

Email or phone now to book your spot. Limited spots available.

Queensland
A Registered Charity and Community Volunteer Organisation

OPEN TO THE SCHOOL COMMUNITY AND FRIENDS

Brisbane West Crime Stoppers Committee together with the Queensland Police and Mitchelton State High School will be facilitating an information session for parents and youth on the topic:

Cyber Crime
And
Criminal activity associated with social media

Social media has been linked to many crimes involving our youth and adults alike. This information session will address those risks involved with social media and how to protect yourselves and your children from these associated risks.

Cyber crime is also an increasing problem in today’s society. The idea of this session is to protect our local community. In the form of education, as much as possible to prevent falling victim to these known cyber related crimes.

Specialist speaker for the seminar will be:
Detective Senior Constable Cameron Woodall from Task Force Argos

Task Force Argos is the unit responsible for the investigation of organised paedophilia, child exploitation and computer facilitated child exploitation

The information session will be held at:
School Hall, Mitchelton State High School
Thursday 9th May 2013 7:00pm to 8:00pm

CRIME STOPPERS
1800 333 000

QUEENSLAND POLICE SERVICE
Positive Parenting Program
for Parents of Teenagers

Tips on
- Positive Parenting to help you promote your teenager’s development
- providing a home environment that guides & supports teenagers
- finding ways to deal with conflict when the views and wishes of parents and teenagers differ
- developing your own approach to dealing with your teenager’s behaviour
- meeting the challenge of raising teens

FOR Parents and carers of children aged 11-16
WHEN 6 – 8pm Mondays 29 April – 27 May 2013 (5 week program)
WHERE The Exchange, Shop 1, Blamey St, Kelvin Grove Urban Village
COST $35 for 5 week program & workbook (free for concession card holders)
register by contacting Heidi: E heidi@communify.org.au P 0448 441 299

Free Literacy Group
for Teens and Adults

‘back to basics’
Reading
Writing
Comprehension
as well as
Academic writing

Working with each learner and your goals, these sessions will be tailored to suit you and your needs. From revisiting the fundamentals of literacy to creative expression and advanced academic analysis.

Know what you want to say but you’re not sure how to say it?
We can support you with planning and structuring your writing for essays and assignments.

Mondays 3.30 – 5pm
@ The Exchange, Blamey St Kelvin Grove
Contact Heidi 0448 441 299