Habit of Mind

If you don’t go after what you want, you’ll never have it.
If you don’t ask, the answer is always no.
If you don’t step forward, you’re always in the same place.

Nora Roberts

Important June Dates

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>THUR 06</td>
<td>Year 9 Drama—Clowning</td>
<td>9AM—12PM</td>
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<tr>
<td>MON 10</td>
<td>Public Holiday</td>
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<tr>
<td>TUE 11</td>
<td>Year 10 Drama Night</td>
<td>7PM—8.15PM</td>
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<td>11-14</td>
<td>Senior Exam Block</td>
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<td>THUR 13</td>
<td>Ozcare Mens Homeless Hostel Visit</td>
<td>4PM—7.30PM</td>
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<tr>
<td>MON 17</td>
<td>Year 10 Explore UNI Day (QUT Gardens Point)</td>
<td>8.30AM—3PM</td>
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<tr>
<td>MON 17</td>
<td>QCS Training Day (SRI &amp; WR)</td>
<td>8.45AM—2.45PM</td>
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<tr>
<td>TUE 18</td>
<td>P&amp;C Meeting</td>
<td>7PM—8.30PM</td>
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<td>WED 19</td>
<td>Year 12 Explore UNI Day (QUT Gardens Point)</td>
<td>8.30AM—3PM</td>
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<td>THUR 20</td>
<td>Athletics Carnival</td>
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<td>THUR 20</td>
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<td>FRI 21</td>
<td>NAIDOC Celebrations</td>
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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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FOCUS ON ASSESSMENT AND IMPROVING RESULTS
We have already passed the halfway mark of this term and all students have important pieces of assessment due soon. The majority of our students are working well and making good progress in their learning. End of semester block exams for Years 11 and 12 students begin on June 11 and conclude on June 14. During this time, Year 11 and 12 students are only required at school for their exams.

TEACHER PROFESSIONAL LEARNING
On Wednesday afternoon May 22 our teaching staff engaged in three hours of professional learning. The focus was on deepening our understanding of how teaching and learning frameworks (Dimensions of Learning) improve student learning. The focus for the rest of the school year will be on four Habits of Mind. We will be using the language of Taking Responsible Risks; Persisting; Striving for Accuracy; and Managing Impulsivity to structure our teaching and learning of these Habits of Mind.

This means:
• Taking Responsible Risks: Being adventurous; living on the edge of one’s competence. Venture out!
• Persisting: Persevering in a task through to completion; remaining focused. Stick to it!
• Striving for Accuracy: A desire for exactness, fidelity and craftsmanship. Check it again!
• Managing Impulsivity: Think before acting; remain calm, thoughtful and deliberate. Take your time!

NAPLAN
During this term our Year 9 students undertook the National Assessment Program – Literacy and Numeracy (NAPLAN) tests and I must say that I was extremely proud of the efforts of these students. All students were trying their best and I am sure that you will join me in congratulating our students for their efforts. I cannot ask any more of our students than to do their best. Thanks also to you for ensuring that your children were ready and eager to go. We will now wait until September when the results of the tests are made available.

WINTER UNIFORM
As the cooler months approach, I remind parents and students of the school’s Dress Code Policy for the winter uniform. You can view the policy in the parent handbook, student diary and on our website. As Formal Mondays have commenced this term, the formal uniform must be worn every Monday until the end of Term 3. I have noticed that there are an increased number of students not wearing their formal uniforms on Mondays and if we are able to support you in having your child in the formal uniform please let me know. Thank you for your continued support with regard to our uniform.

P&C MEETING
A reminder that our next Parents’ and Citizens’ Association meeting is on this Tuesday, June 18, starting at 7.00pm. Please consider attending and contributing actively to our school community.

STUDENT OF THE MONTH AWARDS FOR MAY

Best wishes,
John Searle—Principal
Email: jsear13@eq.edu.au
As previously advised, the P&C will be supporting the school disco on Wednesday 19 June. The disco will be a reward for students for their hard work and positive contribution to school life in Semester 1. Funds raised on the night will be collected by the Chaplaincy Committee to support the continuing service provided by our School Chaplain, Jimmy Dodsworth and his team of volunteers.

In conjunction with the school, the P&C will be participating in the Parent & Community Engagement Workshops to be conducted by P&C’s Queensland in June and November. The first of the two days will be held on Friday 21 June.

The P&C will be conducting a major raffle in Term 3. The major prize will include a Weber barbecue. We are planning to sell tickets at the local shopping centres and would be grateful for any assistance that members of the school community can give when we go to the shopping centres. We would also be grateful for any assistance that families and staff members can give in selling tickets to their friends, family members and work colleagues. As with all funds raised by the P&C, the money raised will go to improve facilities and opportunities provided for our students.

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

Tuckshop-cooked Spaghetti Bolognaise; Lasagne; Potato Bake; Hot Pasta Bake; Garlic Bread; and, Apple & Blueberry Muffins can be pre-ordered from the Tuckshop each day before school. Each of these items are also available over-the-counter on selected days.

Suggested menu items for winter (Term 3) include: Mexican Burrito Wrap; Minced Beef Tacos; Cheese Burgers; Hot Chicken Roll; Savoury Mince Roll; Ham & Pineapple Toasted Sandwich; Savoury Ham & Cheese Scroll; Pea & Ham Soup and Pumpkin Soup.

Please let Anne know if you like any of these suggestions or if you have any other suggestions by dropping a note in the Suggestion Box at the Tuckshop.

**Unions**
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. (The Uniform Shop will be open on Tuesday 11 June, following the Queen’s Birthday Public Holiday).

The new school bucket hats are in stock and are selling for $12 each. The new wool-blend knit school jumpers have also arrived and look very classy! They are selling for $70 (size 8); $75 (sizes 10 – 22); and $80 (sizes 24 – 28).

We hope to receive the new supply of the zip-up poly-cotton fleece jackets (with the blue collar) in the near future.

There are 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.

**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 18 June.

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: johnlcreagh@bigpond.com

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**Congratulations Tim**
Congratulations to Tim B for being selected to represent QLD as an umpire at the U/19 National School Hockey Championships. Given he is in Year 10, this is a fantastic achievement as he is umpiring students two years older than himself. We wish Tim all the best!

Mitch Fallon
Sports Coordinator/HP Teacher
mfall16@eq.edu.au

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**Homework Club**
Need help doing your homework? Every Tuesday afternoon from 2.45pm in S block, University students are available to tutor and assist students. Afternoon tea provided—all welcome!

Heather Blake
Deputy Principal
Email: hblak2@eq.edu.au
Mainstream students studying hospitality put their communication skills and knowledge to the test last Thursday morning as they invited 14 international students from the HSP centre into their kitchen.

Insisting on high standards of health and safety, proper technique and good presentation the mainstream students guided their trainees through all the steps involved in making restaurant quality iced chocolates.

“It was fun,” said Jia with a huge smile.

Crystal summed up the experience by saying, “My helper was kind and helpful. And I will make one for my aunty because I loved it!”

The preparation, drinking, washing-up and the completion of worksheets provided not only a valuable educational experience, but also a chance for sharing and fostering international understanding.

Our thanks go to Mrs Fenoglio and her great team of hospitality students for enabling this beneficial integration experience.

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**Work Experience with Defence for Year 11 & 12**

Defence Support [Work Shadowing] General Business Administration-Gallipoli Barracks

**Job Ref - WEP/01431/13**
- Australian Public Service
- Enoggera, QLD
- 5 - 9 August 2013 [Only date offered]

Defence Support-Base Support Manager: RAAF Amberley

**Job Ref - WEP/00247/13**
- Australian Public Service
- Australian Public Service
- Australian Public Service
- Australian Public Service
- Amberley, QLD
- June - October 2013 [Negotiable]

To view placement details, please visit [https://defencecareers.nga.net.au](https://defencecareers.nga.net.au)

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**Guidance Counsellor News**

Grandfather sat contemplating. “What’s wrong?” asked the grandson ‘Grandson I have two wolves fighting inside me. One is anger. One is peace.’ The grandson asked ‘Grandfather, which one will win?’ In his wisdom, the old man replied, “The one I feed”

American Indian Proverb

We all have anger. It’s a normal human emotion. At times it is useful to express strong feelings as it helps us deal with situations that trigger those strong feelings. However management is the key. If anger is expressed in harmful ways then it can lead to problems in relationships and affect the overall quality of one’s life.

**Recognizing Anger**

Our bodies are great indicators of anger. When you get angry, your heart rate and blood pressure rise and stress hormones are released. This can cause you to shake, become hot and sweaty and feel out of control. You may then yell, throw things, criticise, ignore, storm out, and sometimes withdraw and do nothing. Take note of your body as it can help you control the extent of your anger.

**Anger is a problem when:**
- It involves verbal, emotional, physical or psychological abuse.
- You feel angry a lot of the time.
- People close to you are worried about your anger.
- Anger is leading to problems with personal relationships and work.
- You think you have to get angry to get what you want.

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**Part-Time Job for a Student in Year 9-11**

Where: Garazzo Chem-mart Pharmacy, Blackwood St, Mitchelton
When: 4-5pm 3 days per week @ approx. $10/hour.
What: Deliveries and general jobs.
A bicycle is essential.
For more information or to apply, please ring Sue or Ben at the Pharmacy on 3355 2828 or drop in after school.
If you are one of the many adults who left school early or a long time ago, then you may be interested in a study opportunity at the Caboolture TAFE.

TAFE offers a low-cost, flexible course, an alternative to Year 12, that is taught by dedicated staff who understand adult learners. In fact, it is so good that QUT actively encourages people to try this bridging program, and provides extra help to people enrolled in it.

The Certificate IV in Adult Tertiary Preparation prepares learners for further education at TAFE and university and has a range of subject choices, teaches effective study skills, and results in a QTAC rank (OP equivalent) in case you want to go on to further study.

To find out more about the Certificate IV in Adult Tertiary Preparation, Brisbane North Institute of TAFE runs Information Evenings before each semester intake at:

- Caboolture campus, 6 June (5:00 – 6:30pm)
- Tallon Street, Caboolture, or
- Ithaca campus, 5 June (5:00 – 6:30pm)
- Fulcher Road, Red Hill.

To register phone 5498 0321 and visit www.bn.tafe.edu.qld.au

Anger seems to get bigger than the event that set it off.

Anger lasts for a long time, and well after the triggering event has passed.

Anger affects other situations not related to the original event.

You are becoming anxious or depressed about your anger.

You are using alcohol or other drugs to try to manage your anger.

You are getting angry with the people who are closest to you, or with people who are less powerful than you, rather than dealing with the situation that sparked off your anger in the first place.

Anger can often lead to violence if not properly controlled and some people use anger as an excuse for being abusive towards others. Violence and abusive behaviour gives someone power and control over another person, usually through creating fear.

Tips to Manage Anger

- Make a list of the things that often set off your anger eg running late, your children not cleaning up after themselves, or a co-worker blaming you for something you didn’t do. If you know ahead of time what makes you angry, you may be able to avoid these things or do something different when they happen eg, for lateness set your clocks ahead of schedule.

- Use strategies to calm yourself – deep breath, count to ten, punch a pillow, walk away, put your anger into getting a job completed, talk to a friend (but when calm).

- What you think affects how you feel so CONTROL YOUR THINKING - self-talk yourself into rational thinking. Know you are in charge of you. Choose to act and think calmly. It will win more friends and achieve better outcomes.

- Be assertive - Being assertive means being clear with others about what your needs and wants are, feeling okay about asking for them, but respecting the other person’s needs and concerns as well and being prepared to negotiate. Avoid using words like ‘never’ or ‘always’ or ‘should’ (for example, ‘You’re always late!’, ‘you should do this’), as these statements are usually inaccurate, make you feel as though your anger is justified, and don’t leave much possibility for the problem to be solved.

- Seek professional help if your strategies aren’t working. Remember – how we respond to anger will set the example for our children to follow.

Our behaviour is a choice. When dealing with anger which wolf do you want to feed?

Adapted from Anger Management: http://www.psychology.org.au/publications/tip_sheets/anger/#s5

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

Announcing the start of Mitchelton Parkrun

Mitchelton Parkrun starts Saturday 8 June 2013

We are delighted to announce the launch of Mitchelton Parkrun on Saturday 8th June 2013, 7am at Teralba Park, Osborne Rd, Mitchelton.

Please join us and stay for a coffee afterwards at the Mitchelton Football Club café!

Every Saturday, around Australia

Register now at www.parkrun.com.au

Study Opportunity for Parents

If you are one of the many adults who left school early or a long time ago, then you may be interested in a study opportunity at the Caboolture TAFE.

TAFE offers a low-cost, flexible course, an alternative to Year 12, that is taught by dedicated staff who understand adult learners. In fact, it is so good that QUT actively encourages people to try this bridging program, and provides extra help to people enrolled in it.

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Saver Plus was developed by ANZ and the Brotherhood of St Laurence and is delivered in Brisbane North by The Smith Family.

Saver Plus is funded by ANZ and the Australian Government.
POSITIONS VACANT
HOSPITALITY SCHOOL BASED TRAINEESHIPS
Certificate III in Hospitality

Opportunities exist for traineeships in Food and Beverage service for the following establishments:

**Stones Restaurant – Coorparoo, Everton Hills & Wellington Point**
2 x trainees required for each restaurant location

When you sit down to enjoy your meal at Stones On The Main, Stones Coorparoo or Stones on Everton you’ll be rewarded with a dining experience you’ll be talking about for a long time...

In fact, you’ve probably already heard your friends talking about the unique way our modern Australian cuisine is cooked. Inspired by the ancient Mongolian method of cooking on stones heated by campfires, our meals are cooked on searing hot-stones right before your eyes.

Our specially designed hot stones lend themselves perfectly to the rich flavours of premium quality Australian steak and seafood, bringing the best out of your meal and delivering succulent, juicy dinners that are bound to have you talking for a long time afterwards.

**Coorparoo – 3/433 Old Cleveland Road, Coorparoo 4151**
**Everton – Cnr Old Northers Rd & Chinook St, Everton Hills 4053**
**Wellington Point – 381 Main Road, Wellington Point 4160**

If you are interested in applying for one of the above traineeships, please submit your resume to your school VET Coordinator or Guidance officer to be forwarded on to the Partnership with Schools Team.

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**Mitchelton State High School**

**NAIDOC DAY 2013**

National Aboriginal and Islander 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: mcash@eq.edu.au
Ph: 3350 1111
1 in 3 Australians will need blood yet only 1 in 30 donate.

Give Blood.