Habit of Mind
Focus on where you want to go, not on what you fear.

Anthony Robbins

Welcome Back to Semester Two!
Term 3 as you know is traditionally the busiest school term of the year and Term 3 2013 promises to be no different!

This term we have to:
• Organise our inaugural School Behaviour Awards (July 24)
• Continue to implement our IPAD program and laptop program in the school
• Manage the Year 11 Leadership Camp (Week 4)
• Manage the Year 10 SET Planning Process (Subject selection evening for Year 10 to 11 will be conducted on Monday 5 August)
• Support the District and Regional Athletics Carnivals (7-8 August & 28-29 August)
• Visit local primary school as part of our “Enrolment 2014/15 Roadshow”
• Manage the Year 12 Core Skills Test (3-4 September)
• Manage the refurbishment of the new Science Precinct ($1.7 M project)
• Attend to the Parent/Teacher Interviews (11 Sept)
• Support the Chaplaincy Talent Quest (13 September)
• Send four teachers to Dimensions of Learning Hub training (to learn more about implementing our Teaching and Learning Framework in the school)
• Host Year 5 local primary school students as part of our “High School Experience” program (12 September)

Staffing Changes for Semester Two
• Jo Wainwright-Smith continues on as Acting Deputy Principal for the term
• Kerry Smith fills the role of Acting Senior Schooling Head of Department
• Vicki Hamilton will act as the Maths/Science Head of Department for the term whilst Peter Roberts is on leave
• Pearl Holmes is the Acting HOSES whilst Sue McCallum is on leave
• New teachers this term are Oliver Jones (Maths/Science), Jodie Gulley (Maths/Science) and Adele Marsden (Business)
• New members of the non-teaching this term are Greg Walls (for John Creagh, our School Facilities Officer who is on long service leave), Georgia McDonald (office), and Amanda Shaw who is working in the Special Education Program whilst Sandra Quincey is on leave

Priorities for Semester Two: Moving the school from good to great!
This semester I have asked the Heads of Department and specialist staff to strongly focus their work on curriculum leadership and to work with teachers to ensure ALL lessons are well-planned and engaging and that they cater for the learning needs of the range of individual students we have in our classes. To this end we continue to focus strongly on the following BIG three priorities:
1. Whole School Literacy and Numeracy Strategy
2. Formal coaching and mentoring (teachers) linked to the
Mitchelton SHS celebrated NAIDOC on 21 June. Two of our students, Tahlia C and Jason B, hosted a very moving celebration. Joseph M, a representative of the Torres Strait Islander community in our school provided a historical background to this day.

Kevin Maud sang a tribute song to Jimmie Little. Wesley Enoch, originally from Stradbroke Island (Minjeribah) and a proud Noonuccal Nuugi man, was our guest speaker. He is the current Artistic Director of Queensland Theatre Company and a director and writer for the stage. The plays that he writes and those he directs deal with issues of Aboriginal culture and the complexities of Australian race relations. We also enjoyed two great presentations from a dance group and a rap group which were very entertaining.

Many members of the local community attended and we had a great time sharing over morning tea. After morning tea, students participated in a variety of Arts activities exploring aboriginal and Torres Strait themes.

Congratulations to our June Student of the Month Awards Winners

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

Need a boost to your mid-year school budget?
The second payment of the Schoolkids Bonus is coming in July. If you are eligible you could receive up to $205 for each primary student and up to $410 for each secondary student.

You could receive the Schoolkids Bonus if you have a child in primary or secondary school and receive Family Tax Benefit Part A or you are the parent of a primary or secondary student receiving an income support payment.

If you think you are eligible and you haven’t already updated your child’s education details with Centrelink, then visit Online Services by 29 June 2013 to ensure you receive the correct amount and are paid on time. The Schoolkids Bonus replaced the Education Tax Refund in January 2013 so eligible families cannot claim education expenses in their 2012-13 income tax return.

To ensure you receive the Schoolkids Bonus payment in July, check your eligibility by visiting australia.gov.au/schoolkidsbonus

What you need to know about Influenza

Influenza is known as the “flu” and is different to the common cold. In Australia, outbreaks of influenza of varying severity occur generally between May and September. It is a highly contagious disease and can be spread from person to person through droplets from coughing and sneezing. Symptoms can include sudden fever, dry cough, muscle aches and pains, fatigue, headaches, sore throat and stuffy or runny nose. Symptoms usually appear one to three days after being infected. Most people recover within a week. The annual vaccination is the single most effective measure to prevent influenza.

If you do get influenza though:
• Stay at home
• Rest and keep warm
• Consume plenty of fluids, such as water
• Wash hands regularly
• Cover nose and mouth when coughing or sneezing
• Avoid being around other people when infectious

New treatment in the past few years – antiviral medication is effective if started within 48hrs of symptoms appearing – see your local doctor.

This information is from the QLD Health website. For more information contact Melanie, youth health nurse. I am here Monday, Thursday and alternate Wednesdays.

Shelley Bampton
Acting HOD English and The Arts
Email: sbamp1@eq.edu.au

> ATTN: Parents and Carers of all Year 10,11 & 12

The Grin and Tonic Shakespeare Production will be held in the school hall next Thursday at 10:30am. All students in Years 10-12 will be participating in this wonderful opportunity. Thanks to all those families who have already paid $6.60 to the office. If you have any questions about the production please feel free to email me. Thanks again for your continued support.

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

continued implementation of our Teaching and Learning Program (Dimensions of Learning)
3. Implementing “Agreed Standards of Practice” which involved semester outlines for every subject uploaded onto the school’s web-site, common task-sheets and assessment practices; and clear, common and consistent expectations around Curriculum, Teaching Practices, Assessment and Reporting.

Best wishes,
Heather Blake
Deputy Principal
Email: hblak2@eq.edu.au

> Schoolkids Bonus

> Youth Health Nurse News
Helping kids become resilient

Definition: ‘Resilience – the ability to cope in times of stress or hardship.’

As parents we work to equip our children with the tools they need to solve their own problems, to respond to difficulties, to feel good about themselves and others, and to perceive the future in a hopeful and confident manner.

It would be great if all children arrived with a Do it Yourself Manual but here are some ideas to help your child become resilient.

Brooks and Goldstein talk of 10 key principles for resilience:

• Be empathetic – teach understanding of how another person might feel, recognize your own feelings.
• Communicate and listen effectively – and respond to what your child is saying.
• Love your children in ways that make them feel special and appreciated – let them know you love them unconditionally.
• Accept your child for who they are and help them to set reasonable goals – goals for today, and goals for the future. It’s good to work towards something.
• Help them experience success in what ever they show competence in (even if it’s collecting bugs).
• Focus on positives, reword negative talk – sometimes the positive may be hard to see, but it’s there. Always end a conversation with something positive. Instead of saying ‘don’t do ....’- say what you want your child to do.
• Help them to understand that ’mistakes’ are just things yet to be learnt.
• Develop responsibility, compassion and social awareness by providing opportunities where your child can contribute or give back to others.
• Teach your child to solve their own problems and make appropriate decisions (What’s the problem? What are the choices? Which is the best choice? Try it. If it doesn’t work review your choices.) This also helps them to take responsibility for their actions.
• Discipline in a way that promotes self-discipline and self worth. Punishment is one form of discipline and often a least effective form as it teaches the child what not to do rather than what to do, and can often build resentment. It is difficult to teach your child a better way to behave when you yourself are angry and upset. So be calm, tell your child what you want them to do, and praise your child for doing the right thing. Have though, a plan in place for dealing with noncompliance, but STAY CALM. Your child is watching you and will copy how you behave.

In following these principles we will contribute to helping our children be resilient, to be emotionally healthy, and equipped to successfully confront challenges, and bounce back from setbacks. Adapted from ‘Raising Resilient Children’ by R.Brooks and S. Goldstein

To view the latest edition of the Career Information Newsletter, please go to: https://mitcheltonshs.eq.edu.au/Calendarandnews/Newsletters/Pages/Newsletters.aspx
Select ‘Guidance Newsletters’ and click on the most recent edition.

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

Submissions now open for 2014 Premier’s Anzac Prize

Do you want to learn about our Anzac tradition and go on an educational adventure of a lifetime?

Year 8–11 students can now submit a two to five minute multimedia presentation for the 2014 Premier’s Anzac Prize with five lucky winners touring Gallipoli and the Western Front next year as part of Anzac Day commemorations.

The 2014 tour will take in historic sites and cities including Anzac Cove, the Menin Gate, Villers-Bretonneux, Istanbul, Brussels and Paris.

Videos, photos and journals from the 2013 tour group — along with other resources — are available on the Premier’s Anzac Prize web page www.education.qld.gov.au/anzac-prize/

Great Teachers = Great Results

Great teachers = Great results is the Queensland Government’s five-year, $537 million action plan to make our state’s education system even better. It will:

• support teachers with mentoring, training and resources
• reward outstanding teachers with career opportunities and scholarships
• strengthen state school discipline
• allow schools to have more say in how they are run because each school community knows what’s best for Queensland kids.

The plan will lift standards of teaching and give schools more flexibility to get on with the job with a range of research-based initiatives to help your child get a great education, no matter where you live. There will be new ways of measuring and rewarding high performances among our teachers, as well as strengthened discipline and streamlined processes for suspensions and exclusions.

Find out more about the plan: www.qld.gov.au/greatteachers
Senior Schooling News

Term 3 is a busy term for all students in the Senior Phase of Learning. Outlined below are just some of the activities planned for this term.

Year 10 students
On Monday 5 of August Year 10 students and their parents/caregivers are invited to attend the Year 10 into 11 Subject Selection Evening. Information will be given on the:

- Importance of returning to undertake the Senior Phase of Learning
- Queensland Certificate of Education
- Senior Education & Training (SET) Plans
- Senior offerings for 2014
- Variety of options available to students in the Senior School
- TAFE Programs & Private Training Providers

Students/Parents will also have an opportunity to find out more about our senior subject offerings at the “Subject Expo Display” starting at 6.30pm in the Library. Staff will be on hand to answer questions relating to subject offerings. The Subject Selection Handbook and Subject Selection Form will be available on the evening.

Year 11 students
Year 11 Leadership Camp will be held from 29 July – 2 August at the Maroon Outdoor Education Centre. Students will work with specialist staff from Maroon Outdoor Education Centre to undertake activities including high ropes course, hiking & canoeing, and raft construction. For the remainder of the time, the emphasis will be on team building, developing leadership skills and setting goals as Seniors 2014.

Year 12 students
QCS Test dates -
QCS Training will continue in Term 3 during the

Tuesday 3 September
Morning: Writing Task (2 hours)
Afternoon: Multiple Choice I (1 hour 30 minutes)

Wednesday 4 September
Morning: Short Response (2 hours)
Afternoon: Multiple Choice II (1 hour 30 minutes)

ACCESS session on Fridays. Students who are off campus on a Friday will have scheduled catch up sessions this term to assist with their preparation. There will be a full day of practice, under formal exam conditions on Thursday, 1 August for all OP-eligible students and others who have indicated they wish to be included.

Z GRADE PROCESS (Year 11 and 12 students)
This is a process used as a monitoring system each term to help students manage post-compulsory schooling and the responsibilities associated with senior studies.

When you are reviewing your child’s report card, take a moment to consider your child’s attendance rate. Research shows that students who have good attendance are more likely to achieve high results at school.

If students aren’t at school or don’t stay the whole day, they are missing valuable lessons which will help them to achieve to their full potential. Visit http://education.qld.gov.au/everydaycounts/fact-sheet.html for more information on student attendance requirements.

Z grades will be awarded to students who meet the following criteria within the period, 22 July to 16 August.

- 20% unexplained class absenteeism
- absence from scheduled assessment without valid reason
- assignments not submitted
- failure to participate in learning activities necessary to fulfill course requirements
- failure to provide necessary equipment/materials necessary to fulfill course requirements.

Students will be advised of any Z grade/s awarded at the end of the process and then given an opportunity to justify same. After interview an, where a Z grade is awarded in a subject twice within the same semester, the student will lose credit for that subject in that semester.

YSP Applications - 9 August
The University of Queensland’s Young Scholars Program (YSP) provides high achieving secondary school students with an opportunity to discover, learn and engage with UQ’s academic community and like-minded students from across Queensland and New south Wales. Designed to nurture and develop future leaders, the Program also presents students with a unique opportunity for academic extension and enrichment.

2013 Young Scholars Program information has been distributed to all Queensland secondary schools and is now available online. Applications must be received by UQ by 5pm Friday, 9 August 2013.

For information, contact: Kerry Smith (A/HOD Senior Schooling)
Phone: (07) 3550 1131
Email: ksmits85@eq.edu.au
web: http://www.uq.edu.au/youngscholars

Kerry Smith
A/HOD Senior Schooling
Email: ksmits85@eq.edu.au

Attendance Matters

When you are reviewing your child’s report card, take a moment to consider your child’s attendance rate. Research shows that students who have good attendance are more likely to achieve high results at school.

If students aren’t at school or don’t stay the whole day, they are missing valuable lessons which will help them to achieve to their full potential. Visit http://education.qld.gov.au/everydaycounts/fact-sheet.html for more information on student attendance requirements.
Reminder to Parents/Carers

Reminding parents to keep their students home when they are unwell. Some students are immune-suppressed and infections can spread quickly in a school environment. Thank you.

John Searle
Principal
Email: jsear13@eq.edu.au

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!

We also have UQ volunteers assisting students throughout the school this term.

Heather Blake
Deputy Principal
Email: hblak2@eq.edu.au

Interschool Sports Roster

| Yr 8 Boys Football – Division B |
|----------------|----------------|
| **Round 5 – 10/7** | NCC2 | MIT1 | Field 7 |
| **Round 6 – 17/7** | FG2 | MIT1 | Field 7 |
| **Round 7 – 24/7** | POP2 | MIT1 | Field 7 |

| Yr 8 Girls Netball – Pool A (Venue SPSA) |
|----------------|----------------|
| **Round 5 – 10/7** | GAP1 | MIT1 | Field 1 |
| **Round 6 – 17/7** | MIT1 | AC1 | Field 3 |
| **Round 7 – 24/7** | MIT1 | KG1 | Field 2 |

| Yr 8 Boys European Handball (Venue MSHS) |
|----------------|----------------|
| **Round 5 – 10/7** | GAP1 | MIT1 | Field 1 |
| **Round 6 – 17/7** | MIT1 | FG2 | Field 2 |
| **Round 7 – 24/7** | MIT1 | GAP2 | Field 3 |

| Yr 8 Boys Basketball (Venue FGSHS) |
|----------------|----------------|
| **Round 5 – 10/7** | KG1 | MIT(10) | Field 1 |
| **Round 6 – 17/7** | MIT(10) | AC1 | Field 2 |
| **Round 7 – 24/7** | MIT(10) | NCC(10) | Field 1 |

| Boys Rugby (Venue SPSC) |
|----------------|----------------|
| **Round 5,6,7—Bye Rounds** | |

From the English Department

Welcome back to Term 3! To continue to support the academic needs of senior students the Wednesday tutorial will recommence next week. We meet during lesson 3 each Wednesday in the school library to work on homework, assignments and study. All students in year 11 and 12 are welcome. If you require any further information about this program please contact me.

Shelley Bampton
Acting HOD English and The Arts
Email: sbamp1@eq.edu.au

Community News

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!

We also have UQ volunteers assisting students throughout the school this term.

Heather Blake
Deputy Principal
Email: hblak2@eq.edu.au

Certificate II Courses in

- Electrotechnology
- Renewable Energy
- Engineering

Brisbane North West Trade Training Centre provides students with the opportunity to complete Certificate II level courses in the above industry areas at this purpose-built facility located within the grounds of Mitchelton State High School.

For further details please contact the centre on Ph: 3513 9333

Talk to 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…

Foster and Kinship Care

Turnbull Street, Mitchelton QLD 4053
www.bnwttc.com.au Ph: 3513 9333

Reminding parents to keep their students home when they are unwell. Some students are immune-suppressed and infections can spread quickly in a school environment. Thank you.

John Searle
Principal
Email: jsear13@eq.edu.au
SCIPS SCHOOL LEAVER EVENT
Brisbane North

DON’T MISS OUT
Don’t wait till after school!

Where?Mt Maria, Mitchelton Campus
67 Osborne Road, Mitchelton

When?Tuesday 10 September 2013
5.00 pm – 6.30 pm

Register your interest for a job vacancy in 2014
Speak with local employers and industry experts
Face-to-face discussions with potential employers for opportunities
Hand over your resume or enquire about a training course
Apply for part-time/full-time, casual work, apprenticeships & traineeships
Loads of different industries and career opportunities
Come appropriately dressed and bring several copies of your resume
Parents are welcome to attend

To participate in this event, you must complete
✓ registration form
✓ resume

Return registration form to:
✓ school coordinator; or
✓ fax to SCIPS office – 3010 1187

School Community Industry Partnership Service
For more information visit www.scips.org.au, or call 1300 731 783

RIGHTCHOICE
Your future is NOW!

SCIPS SCHOOL LEAVER EVENT 2012
STUDENT REGISTRATION FORM

Date: Tuesday, 10 September 2013
Time: 5.00 pm – 6.30 pm
Location: Mt Maria, Mitchelton Campus
87 Osborne Road, Mitchelton

Name: ___________________________ M □ F □ Date of birth: ____________

Address: ___________________________________________ Suburb: ___________
_________________________ Post Code: ______________________

Year level: ……… (2013) Telephone: ……… Tel: ……… Mob: ………
School: …………………………………………………………………………
Your Email: …………………………………………………………………………
Parents’ Email: …………………………………………………………………………

Your JOB choices:
1) ____________________________________________
2) ____________________________________________
3) ____________________________________________

TIPS to guide your choices:
- Research your industry choices through work experience opportunities
- Customize your resume and application letters. Have a parent/guardian/teacher look over these documents.
- Visit your career library to see the latest careers brochures/CDs/DVDs and the information from SCIPS.
- Check www.scips.org.au for regular updates and more information

RETURN COMPLETED FORM TO:
Your Coordinator or Guidance Officer BEFORE 23 August, 2013
or Fax to SCIPS – 3010 1187

School Community Industry Partnership Service
42 Stephens Road, South Brisbane Qld 4101 | P 1300 731 783 | F 3010 1187

Privacy Statement
SCIPS understands and appreciates that you, as a client, are concerned about the confidentiality and security of information given to us. Our privacy policy is committed to being fair with industry standards of privacy and confidentiality. Your information will be subject to the practices of operating in the best of your interest and transition and will be subject to the Privacy Act 1988 and the Privacy Amendment (Private Sector) Act 2000.