Habit of Mind
Success is never final and failure is never fatal. It’s courage that counts.

George F. Tilton

Term 3 is well and truly underway. The school has been a hive of activity in the last week. Since our last newsletter, our students have been actively engaged in a wide range of school and community events, with even more planned in the weeks to come. A snapshot of these events is below:

- Positive Behaviour Awards Ceremony
- Year 11 Camp at Maroon Environmental Education Centre
- Year 12 Core Skills Practice Testing
- International English Competition
- Men’s Hostel visit by staff and students
- Jeans for Genes Day
- Japanese Cultural exchange visit from Hoshino High School

Next week we have the following events in our busy Term 3 calendar:

- Year 10 into 11 Subject Selection Evening (5 August)
- Japan Trip Meeting (6 August)
- District Athletics Carnivals (7/8 August)
- Primary enrolments “Roadshow” – Grovely SS (9 August)

Every day counts: Importance of Student Attendance
Under the law, parents must make sure their child is enrolled and attends school on ALL school days unless you have a reasonable excuse.

You must not keep your child away from school for minor reasons.

What you can expect from Mitchelton SHS

- Monitoring of school attendance
- Letting parents know when your child is not at school (text messaging)
- Following up any unexplained absences as soon as practicable

If your child does not want to go to school, or is missing school without you knowing, contact the school immediately for assistance and support.

Best wishes,
John Searle—Principal
Email: jsear13@eq.edu.au
Students taking a subject in the Business faculty will be aware of a number of staff changes. Currently Mr Kerry Smith is Acting HOD Senior Schooling which has enabled us to employ Mrs Karen van Raders who has been a valuable member of our team already this year. While Mrs Evelyn Williams continues her leave, her position continues to be filled by Mr Brooke Fraser. Week 4 sees the return of Mrs Debby Brown to her position within the department. I would like to take the opportunity to thank Mrs Adele Marsden for her work with Mrs Brown’s classes.

Karen Smith
HOD Humanities/ Business/ IT/ Languages
Email: ksmil82@eq.edu.au

Students try to work out whether the scoring system in English Scrabble would be fair in another language. Do we need more of a particular letter as well? Using frequency tables and spreadsheets the data can be graphically and mathematically analysed!

The second round of the Queensland Government’s Get Started program is now open, offering vouchers worth up to $150 to help families pay membership fees for children to join a registered sport or recreation club. Children with a parent or guardian who holds a health care or pension concession card are automatically eligible to apply, while other families will need to submit recommendations from two referral agents. Applications are processed on a first come, first served basis.


Year 12 Chemistry students proudly show off their new lab coats as they observe a distillation for their unit “Water for Life”. Students have been able to start their Extended Experimental Investigations with the help and support of Izzy (Lab Tech) and the kind donations from Ferny Grove SHS and The Gap SHS and other schools in the area.

Our School Captains (Andrew R and Carmen K) and our Vice Captain (Ashlee F) visited our Year 11s on Leadership camp at Maroon Outdoor Education Centre on Tuesday 30 July. Students were having a fabulous time and were enjoying learning about group dynamics and orienteering. We hope that they enjoy the rest of their time on camp and look forward to hearing all about it next week.

Joanne Wainwright-Smith
HOD Senior Schooling/Student Welfare/Manual Arts
Email: jwain2@eq.edu.au
Helping Others Through a Traumatic Experience

After a traumatic event, such as a transport accident, an assault or a natural disaster, people may find it hard to cope and may take a while to come to terms with what has happened. There will be many challenges in dealing with the experience, both in the immediate aftermath and in the weeks ahead.

After a traumatic experience, it is common for people to feel a wide range of emotions. They can feel frightened, shocked, numb, sad, guilty, frustrated, angry and helpless. These reactions are normal and, in most cases, will gradually become less intense after a few weeks. The support of family and friends is particularly crucial during this time and this fact sheet outlines several things you can do to help.

For some people, problems may last longer than a few weeks. While the strategies described below can still be helpful, it is important to talk to a health practitioner if problems persist for longer than two weeks.

Provide practical support and encouragement

- Recognise that they have been through an extremely stressful event. They may need time and space to acknowledge what they have been through. You can help by offering practical support with things like housework or caring for children.
- It is important for people to keep informed of the facts, but it is not good to focus too much on television, radio or written accounts of the event. Encourage the person to limit the amount of media they listen to, read or watch. Offer to keep track of the news and to inform them of new information so that they do not feel the need to monitor it continuously.
- Gently encourage people to look after themselves. Encourage them to get plenty of rest, even if sleeping is hard; to eat regular well-balanced meals; to do some gentle exercise if they can manage it; and to cut back on coffee, cigarettes, drugs or alcohol. Help them to make time for relaxation.
- Encourage them to re-establish normal routines as quickly as possible; this helps to restore a sense of order and control in their life. Help them to start with small daily goals and to recognise each success. Equally, don’t allow them to throw themselves back into activity as a way of avoiding unpleasant feelings or memories: encourage them to slow down.
- Join them in doing enjoyable things; it is important to gradually go back to activities that are enjoyable and relaxing. Encourage them to plan at least one thing each day which they enjoy doing.
- Help people to think through decisions, but don’t make decisions for them. Advise them to avoid making any major life decisions, such as moving house or changing jobs, in the period following the trauma.
- Encourage people to think constructively about their lives. Help them to plan things that they want to do and to acknowledge their successes in coping so far. For example, ask questions like ‘Are there any things that you think would help you to feel better, anything that I can get for you or do for you? Do you have any concerns or problems that we could sort out together? What have you done in the past to make yourself feel better when things get difficult?’

Provide emotional support

Your friend or family member might want to talk to you about the experience or their feelings. Try to listen. If possible, choose a time to talk when you won’t be interrupted and when neither of you are rushed nor tired. You might want to reassure the person that emotional pain is to be expected after such events. Even when coping well, things can be hard.

Talking itself may be painful and the person may get upset. This is a natural part of coming to terms with trauma – don’t feel that you have to make the distress go away. If it seems like the person has had enough, you could offer to continue another time: ’We can talk more tomorrow if you would like.’

Listening is very important, but sometimes it is hard to know how to respond. Don’t feel that you have to say ‘the right thing’: there is no right thing to say but here are a few pointers:

- If they talk to you about their experience, listen intently. Try to work out why they wanted to tell you each particular piece of information. Try to put yourself in their shoes. Don’t interrupt, offer examples from your own life, or talk about yourself. Try to avoid offering simple reassurances like ‘I know how you feel’ or ‘It’s all going to be OK’.
- Gently encourage people to talk, or to continue talking, by asking leading questions like: ‘Would it be helpful to talk about (the event)? What are the main things worrying you at the moment? You’ve had a rough time, how are you going? How is (Fred) going?’
- You can respond to them with statements like: ‘It’s really tough to go through something like this: This is such a difficult time for you; Sometimes situations like these can be overwhelming and it’s hard to see a light at the end of the tunnel’.

After listening to what the person has told you, you can show them that you understand by reflecting what they said or re-phrasing the information they gave you. You might start your response with something like: ‘You seem really….. ‘It sounds like….. ‘Did I understand right that you….. ‘No wonder you feel…..’. If the person doesn’t want to talk about the experience or their feelings, don’t force it. Just try to be with them and focus on practical help, and other topics of conversation. Let them be alone for a while if that’s what they want. However, it is a good idea
for them not to get too isolated and to have some company for some part of each day.

When to get help
You may wish to find out about support services or specialist help. If your friend or family member feels very distressed, frightened or hopeless; or if they are unable to carry out their normal role at home, work or school, gently encourage and support them to get professional help. If they continue to experience serious problems or distress two weeks following the event, talk to a doctor or a mental health professional.

Where to get help
A doctor is a good first port of call. They can determine if there is a problem and what the best approach might be. They can also refer onto health services and mental health professionals, such as psychiatrists, psychologists and social workers. They can get immediate assistance and support by calling Lifeline on 13 11 14 for confidential 24-hour counselling and referrals.

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

Entries are now open for Screen It 2013, Australia’s largest moving image competition for primary and secondary students.

The Australian Centre for the Moving Image (ACMI) Screen It 2013 Competition is proudly supported by Bullying. No Way! (http://www.bullyingnoway.gov.au/index.html) and this year’s theme looks at how people connect.

Registration is free and entries close 5 pm, Friday 13 September. More information is available on http://www.acmi.net.au/screenit.aspx.

Jeans for Genes Day
Jeans for Genes Day is on again! On Friday 2 August the Leaderbody is raising funds for this worthy cause. We are asking for your support by wearing jeans (not shorts) and bringing a gold coin donation. You will need to wear your school shirt with your jeans. So come on and get involved! Money will be collected during CARE on Friday 2 August. Any further questions please speak to Erin Carmock.

Mitchie High has 13 keyboards (music equipment) in good working condition available for sale by tender. If you are interested, please contact the Business Services Manager on 3550 1111.
Loretta Mooney
Business Services Manager

Kokoda Challenge Youth Program - KCYP
Do you know a young person turning 16 or 17 next year and lives on the Gold Coast, Tweed Heads, Brisbane or Melbourne? If yes, then let them know that we are accepting application now for the 2014 KCYP program and please apply for your chance to be granted a position. For those of you that don’t know what the youth program is you can read about it at www.kokodachallenge.com for a brief on the program:

KCYP stands for The Kokoda Challenge Youth Program. It is a program which has been developed to help all young people who are at a crossroads in their lives and require an opportunity to realise their full potential. The KCYP is a 12 month commitment – the first 20 weeks consists of training activities and camps which develop physical fitness and prepare participants for the challenge of a lifetime – travelling to Papua New Guinea. The KCYP is about providing the opportunity for young people to learn the skills and qualities that matter in life: including discipline, tolerance, self-worth, teamwork, purpose and leadership. The program uses the spirit of Kokoda to teach the younger generation the value of Endurance, Courage, Sacrifice and Mateship.

When was the last time you changed your toothbrush?
Studies have shown that a toothbrush will start to lose its effectiveness after only one month of regular usage. These studies have also shown that people who do not replace their toothbrush regularly are found to have significantly more plaque on their teeth than those people changing their toothbrush frequently. There are also health concerns too. Old toothbrushes can attract bacteria leading to many illnesses such as diabetes, respiratory problems and even the common cold.

Most dentists will recommend that you change your toothbrush every 2 months, but how do you keep track of this? There are now many online services which can help parents keep track when they last replaced their families toothbrush. Toothbrush Direct (www.ToothbrushDirect.com.au) is an Australian based subscription service that send you out replacement toothbrushes every couple of months, making sure you and your family are always using a fresh clean brush.
Japan Trip 2013

Tuesday 6 August 2013

6.00 pm

Mitchelton SHS Library

All students and their families travelling to Japan in September should attend to receive all the information they will need to prepare for the trip.

Year 10 Subject Selection Evening

Monday 5 August 2013

Mitchelton SHS Hall

6.30 pm

Talk to staff about subjects for Year 11 in 2014

Talks in the hall regarding QCE, VET, Authority Subjects and Non-authority Subjects
Brisbane North Institute of TAFE is holding Information Evenings for school students interested in undertaking a Schools Program in 2014. Students, along with parents / guardians, are strongly recommended to attend to learn more about the programs, ask questions and receive important selection criteria applications.

Information sessions commence at 6:00 pm on the following nights:

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<th>Grovely Campus</th>
<th>Caboolture Campus</th>
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<td><strong>Monday 19 August 2013</strong></td>
<td><strong>Wednesday 21 August 2013</strong></td>
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<tr>
<td>Fitzsimmons St Grovely</td>
<td>Cnr Tallon &amp; Manley Sts Caboolture</td>
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<td>Room: W1.01</td>
<td>Room: J1.15</td>
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<td><strong>Programs on offer:</strong></td>
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<td>• Children’s Services</td>
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<td>• Cook around the World</td>
<td>• Events/Hospitality</td>
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<td>• Tourism/Events</td>
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<th>Bracken Ridge Campus</th>
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<td><strong>Thursday 22 August 2013</strong></td>
<td><strong>Tuesday 20 August 2013</strong></td>
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<td>Fulcher Road Red Hill</td>
<td>157 Norris Road Bracken Ridge</td>
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<td>Room: 5.1.26</td>
<td>Lecture Theatre: C3.08a</td>
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<td><strong>Programs on offer:</strong></td>
<td><strong>Programs on offer:</strong></td>
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<td>• Beauty</td>
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<td>• Children’s Services</td>
<td>• Cook Around the World</td>
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<td>• Interior Decoration</td>
<td>• Education Support (Teacher Aide)</td>
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<td>• Tourism/Events</td>
<td>• Events/Hospitality</td>
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| Redcliffe Campus | | |
|-----------------|-----------------|
| **Monday 26 August 2013** | **Tuesday 27 August 2013** |
| 64-68 Klingner Rd Redcliffe | | |
| Room: B1.03 | Lecture Theatre: D3.08a |
| **Programs on offer:** | **Programs on offer:** |
| • Beauty | • Children’s Services |
| • Children’s Services | • Cook Around the World |
| • Media | • Education Support (Teacher Aide) |
| | • Events/Hospitality |
| | • Hospitality |
| | • Tourism/Events |

^Year 12 only