**Habit of Mind**

Education is not the filling of a pail, but the lighting of a fire.

*William Butler Yeats*

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**From the Principal**

**Visit by Assistant Regional Director**

I recently met with the Regional Executive Director for Metropolitan Region, Mr Regan Newmann and outlined to him the strategic priorities of the school. Regan was impressed with the direction the school was taking and that we were strongly focussed on four big areas for school improvement namely:

- Implementation of Dimensions of Learning (DoL) as a Teaching and Learning Framework;
- Teaching staff engaged in formal coaching and mentoring arrangements linked to DoL;
- Strong focus on Literacy with dedicated literacy blocks in the Junior School and Numeracy initiatives;
- An Agreed Standard of Practice amongst staff in terms of Curriculum Planning; Teaching Strategies; Assessment and Student Management (Uniform, Attendance).

As a school we are now in the implementation phase and our success will be measured in how well our students perform and improve in their subject results over time.

**Update on School Facilities**

The upgrade to our science facilities is progressing well with the new building (state of the art laboratory) taking shape quite quickly with fit out and finish to be completed in the next week. We hope to have the new facility up and running for staff and student access and use very soon.

The refurbishment to the main Science Block will be fast tracked so as to be ready by the start of the 2014 school year.

We have just signed off on the major outdoor beautification project in front of D block. Work will start to build the outdoor activity area with handball courts and shade structures before the end of this term.

**Positive Comments**

I am pleased to report that the school has received many unsolicited words of praise for our staff and students in recent weeks.

**Year 11 Leadership Camp** – The staff at Maroon Dam Camp were high in their praise of our students and the Principal of the Environmental Education Centre commented to me on how well organised our school always seems to be. Well done to the teachers involved - Mrs Vicki Hamilton, Mr Mitchell Fallon and Mrs Belinda Wicks.

**Year 10 into 11 Subject Selection Evening** – Again it was great to hear the many positive comments from parents about our staff and students. Thanks to our parent community for supporting this school event and passing on your positive feedback personally to me.

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

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**Important August Dates**

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<tr>
<th>Date</th>
<th>Event</th>
<th>Time</th>
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<tbody>
<tr>
<td>WED 07</td>
<td>District Athletics Carnival (Day 1)</td>
<td>8AM—3PM</td>
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<tr>
<td>THUR 08</td>
<td>District Athletics Carnival (Day 2)</td>
<td>8AM—3PM</td>
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<td>TUE 13</td>
<td>Intermediate Music Camp</td>
<td>8.45AM—3PM</td>
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<tr>
<td>TUE 13</td>
<td>ICAS Mathematics Competition</td>
<td>9AM—11AM</td>
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<td>WED 14</td>
<td>RNA Show Holiday</td>
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<tr>
<td>THUR 15</td>
<td>Intermediate Music Camp</td>
<td>8.45AM—3PM</td>
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<td>THUR 15</td>
<td>OZCARE Men’s Hostel Visit</td>
<td>4PM—7.30PM</td>
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<td>TUE 20</td>
<td>Group Photo Day</td>
<td>8.45AM—1.30PM</td>
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<td>TUE 20</td>
<td>P&amp;C Meeting—School Library</td>
<td>7PM—8.30PM</td>
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<td>WED 21</td>
<td>Year 11 Cert IV Justice Studies</td>
<td>8.30AM—3PM</td>
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<td>THUR 22</td>
<td>Year 11 Biology Excursion—Boondall Wetlands</td>
<td>8AM—3PM</td>
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<tr>
<td>WED 28</td>
<td>Regional Athletics Day 1</td>
<td>8AM—3PM</td>
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Year 11 and 12 Biology students caught up with the latest discoveries in medical science when they attended the Queensland Institute of Medical Research High School lecture series recently. Lectures during the full day program covered such diverse topics as, “Fat causes Cancer”, “How to use HIV as a tool in Gene Therapy”, “Why vaccinations may help reduce overpopulation” and “Curing Disease with Gut Microbiota”. During the “gut” lecture students were simultaneously intrigued and revolted by the idea of a “faecal transplant” of friendly bacteria into the gut to treat diseases and even to promote weight loss.

The directors of the research units allowed students to tour the laboratories and ask questions about this ground breaking research. They also have the opportunity to enrol for a “Day in the life of a Scientist” later this year.

Sharon Stacey
Science Teacher
Email: stac6@eq.edu.au

> Winter Interschool Sport

The boys’ Year 10 basketball team played Albany Creek SHS in the finals last week. Even though we had been unbeaten all season, we knew the Albany Creek game would be tough. After all, the team from AC had won the Metropolitan finals as Year 8’s in 2011 and Year 9’s in 2012.

The finals game was close. Albany Creek lead by 2 points at quarter time and Mitchie lead by 5 at half time. In the end though, AC were the victors with a 41 to 37 win. Losing to such a good team was not a disgrace and it established the Mitchie team as one of the best in the Brisbane Metropolitan area.

The team consisted of: Zac G (captain), Haobin C, Denzel H, Thomas K, Lachie N, Xianlin Q (Jack), Sam Y and Mike Y.

Bob Grayson
Teacher
Email: rgray8@eq.edu.au

> International News—July

In July, we welcomed three new students into mainstream from our HSP program—Haruka from Japan, Alan from China and Sungmin from South Korea who have all entered Year10.

As our Year 10 cohort of students from Non English speaking backgrounds has increased, the school was able to offer a specific English class for them, which includes other students who have experienced different difficulties with English. The international students are part of this class and it focuses on the continued development of literacy and language skills at a slower pace.

I was able to attend the recent graduations of three past international students this month. This lead me to reflect upon their educational journey, which started with Mitchie. Cici has graduated with a Bachelor in International Hotel Management and Tourism from UQ, Ruby has a Bachelor of Commerce from UQ and is continuing to a Masters at QUT, whilst Yangguang has a Bachelor of Accountancy from QUT. Ciarry has also graduated from Griffith University with a Bachelor of International Hotel Management.

Yangguang graduated one year early with his degree. This was because the school was offering a Diploma of Accounts Administration and he took this opportunity which then resulted in recognition of prior learning by the university. This is another example of how Mitchelton State High School affords great opportunities for domestic and international students alike. The excellent range of subject choice and the wide variety of Certificate courses allows students flexibility and takes into account individual differences.

Another factor that enables our international students to achieve success in the new systems is due to the stability, support and care that they receive from our homestay families. It is in that environment that the most learning about understanding cultural differences and routines takes place. Congratulations to all of our homestay families and all the past students who have completed their tertiary studies and also to those who returned home to follow other pathways, better suited to them.

Judy Martin
Teacher/International Student Coordinator
Email: jmart295@eq.edu.au
TEACHING TOLERANCE

At a wedding recently I listened in to the Minister talking about the importance of tolerance if a marriage is to succeed. He did not devalue the importance of love but stated that love without tolerance was not enough, and confirmed his belief by stating that if one party doesn’t learn to tolerate the others opinions and practices (including differing habits) it will be the downfall of the marriage.

The dictionary defines tolerance as `showing respect for the rights or opinions or practices of others`. In short it is about accepting people for who they are and treating others the way you would like to be treated. In marriage, tolerance is about respect shown by: accepting difference of opinion, of family and culture, of beliefs and religion, and most importantly, of habits.

Today, more than ever, our children interact with people of differing ethnicities, religions, and cultures, and ability levels. Classrooms are increasingly diverse, and reflect the communities where families live and work.

Having tolerance not only improves our relationships with people but it also opens up more opportunities in education, business, and many other aspects of life.

Teaching Tolerance

Live it:
Children develop their own values, in great part, by mirroring the values and attitudes of those they care about. Parents’ attitudes about respecting others are often so much a part of them that they rarely even think about it. Parents who demonstrate tolerance and respect in their everyday lives give out a powerful message. As a result, their kids learn to appreciate differences in others as well as themselves. Acknowledge and respect differences within your own family. Demonstrate acceptance of your children’s differing abilities, interests, and styles. Value the uniqueness of each member of your family.

Talk about tolerance and respect:
When media or life experiences present opportunities regarding tolerance or lack thereof, talk to your child about the values you would like them to exhibit. Answer kids’ questions about differences honestly and respectfully. This teaches that it is acceptable to notice and discuss differences as long as it is done with respect. Point out and talk about unfair stereotypes that may be portrayed in media. Remember that tolerance does not mean tolerating unacceptable behavior. It means that everyone deserves to be treated with respect — and in turn should treat others with respect as well.

Provide opportunities:
Give them opportunities to play and work with others of diverse backgrounds. Children learn firsthand that everyone has something to contribute and we really aren’t that different in our thinking and living. Select books, toys, music, art, and videos carefully. Keep in mind the powerful effect that the media and pop culture have on shaping attitudes.

Build self-esteem:
Help your children feel good about themselves. Kids who feel badly about themselves often treat others badly. Kids with strong self-esteem value and respect themselves and are more likely to treat others with respect, too. Help your child to feel accepted, respected, and valued.

Learn about traditions:
Learn together about holiday and religious celebrations that are not part of your own tradition. Honor your family’s traditions and teach them to your kids — and to someone outside the family who wants to learn about the diversity you have to offer.

When parents encourage a tolerant attitude in their children, talk about their values, and model the behavior they would like to see by treating others well, kids will follow in their footsteps.

If we all could take on board that:

‘EVERYBODY IS DIFFERENT
EVERYBODY IS SPECIAL
EVERYBODY IS IMPORTANT’

... the world would be a better place.

Adapted from Kids Health - http://kidshealth.org/parent/positive/talk/tolerance

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

> Smart Phone Job Finder App

New smartphone app helps young people with jobs and career opportunities

The Career Hunter app, developed from a young person’s perspective, is a simple way for young people and their parents to explore career opportunities. Believed to be the first career exploration app of its kind, it provides information about occupations and industries, job descriptions, training and qualification requirements, and job vacancies. It makes tangible links from school to the world of work and highlights the industries were skills are most needed.

The Department of Education, Training and Employment; The Smith Family; Regional Development, Australia; Busy at Work and Group Training Australia worked together on the development of the app — now available from the Apple app store.

Learn more at http://deta.qld.gov.au/about/app/index.html
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.

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.

CUA Community Care
CUA Community Care is a great program that springs from CUA’s long term sponsorship of the national adidas School Fun Run. Through Community Care, schools participating in a School Fun Run - within a set radius of selected CUA branches - are eligible to be in the running to receive one of 10 $5,000 grants from CUA to go towards a nominated school or community project. All projects are voted on by the local community. Mitchelton State High School have entered our project submissions for this year’s Community Care program and are looking for your votes to help us receive a grant for some much needed equipment.

In 2014 we will be offering our senior students the opportunity to complete the Cert III in Fitness. As part of their course, they will be learning how to conduct group fitness sessions as well as how to utilise fitness equipment. Our aim is to not only have a high rate of students obtaining their Cert III in Fitness, but to also improve the overall health and wellbeing of both the students and the staff at our school.

We are currently preparing the school’s fitness centre for use in 2014. As part of this preparation, we need to buy and set up fitness equipment. We would love to put the CUA Community Care grant towards purchasing some fitness equipment for our new centre.

To vote, simply go to: http://www.cuacommunitycare.com.au/
click on ‘vote now’ and select Mitchelton State High School from the drop down menu. We appreciate your help and support.

Alana Torisi
Teacher
Email: atorr20@eq.edu.au

ACTIVE PARKS PROGRAM
FREE PILATES IN THE PARK SESSIONS
Pilates strengthens the muscles of the spine, pelvis and shoulders through mat based abdominal exercises, improving coordination, posture and rehabilitating injuries.

Tuesdays: Huxtable Park, Chermside West – meet at
3 August to 10 September 2013, 11.30-12.30pm
Wednesdays: Harry Kirby Park, Aspley – meet at playground
7 August to 18 September 2013 (Excl. 14/B), 5-6pm
Thursdays: Frank Doyle Park, Shorncliffe – meet at car park
11 July to 16 August 2013, 6.15-7.15am
Fridays: Grinstead Park, Airdley – meet at playground
12 July to 16 August 2013, 9.30-10.30am

Please arrive 10 minutes early for registration.
For further details contact Precision Pilates on 0430 596 049.

Dedicated to a better Brisbane.