Habit of Mind

In the middle of every difficulty lies opportunity.

Albert Einstein

> From the Principal

Primary Connections Program: Building relationships with our Primary Schools

I have made contact with the Principals of Mitchelton State School, Grovely State School, Everton Park State School, Enoggera State School and the primary schools located in the Ferny Grove area. We have organised for Heather Blake (Deputy Principal), Elizabeth Cameron (Middle Schooling Head of Department) and myself along with some of our students to visit those schools to present information about the exciting things happening at Mitchelton High and give out our enrolment packs. We have already held a successful event at Grovely State School. Our visit to Mitchelton State School is this Friday and at that time I will also outline a “Scholarship Program” that Mitchelton State High School is planning to introduce for selected Year 8 students next year.

I am also exploring ways in which Mitchelton High can work with the surrounding primary schools on projects together that can add value to the learning needs of the students in our community. Already, Ms Shelley Bampton has started work with teachers and students at Everton Park State School on a literacy project.

I will keep the school community informed as these initiatives are rolled out with the aim of building closer ties with students from our local primary schools.

Year 5 High School Experience Day

As part of our “Primary Connections Program”, we will host Year 5 students from Mitchelton State School and Grovely State School next Thursday, 12 September. The “Year 5 High School Experience Day” will expose these students to a range of learning opportunities in a high school setting, including access to our industrial workshops, Dance and Drama studios, Computer Labs and Science Labs.

Positive Behaviour Rewards Program

The school will soon launch a program of rewarding positive behaviours displayed by students during class and around the school. This program is part of a whole school strategy to develop a “culture of learning” amongst students and will add value to the new Positive Behaviour Awards Ceremony process initiated this term which formally recognised students who consistently displayed exemplarily behaviour.

Parents are also required to take the opportunity wherever possible to reinforce the schools key values of “PARTICIPATION, ACCOUNTABILITY and RESPECT”. These are the fundamental values underpinning all that we do in our school and will ensure a basis for all students to have successful and happy lives in the future. Your support in reinforcing these key values at home will be very beneficial to all concerned.
Met. North 2013 Regional Track & Field Championships

Zac M was the stand out and surprise performer for Mitchelton State High School at the Met. North Regionals this year. He was in fourth place in the 13 Year's boys shot-put with one throw to go. He then threw his personal best to win the championship and will now progress to the state titles.

Michelle M also featured in the medals with a 3rd in the 17 years girls 1500m and 4th in the 400 m. Her twin sister, Kerri came 5th in the final of the 200m.

Other good performances came from Adam C who came 7th in the 3000m, Liam H who just missed out on the final in the 100m and Richelle Cuddy came 7th in the 200m.

Congratulations to all competitors and we look forward to seeing our students progress.

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

> MSHS Hosts Students from Hoshino High, Japan

On Thursday, August 1, while many Year 12’s were practising for their QCS and most Year 11’s were off at camp, the job of forming international friendships and connecting with counterparts from abroad fell on the capable shoulders of 20 Mitchie students from Years 8, 9 and 10. The 19 female and one male student from Japan, with their teacher and travel agents toured the school and then attended a range of classes with their young Mitchie buddies.

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> Met. North 2013 Regional Track & Field Championships

Ms Jones enjoyed listening in to the chatter of the students as they made comments among each other about how beautiful our school grounds are, how lucky we are to have such active, fun and practical lessons and how friendly their new buddies were. It was a great chance to promote international friendship and understanding.

Thanks must go to Mrs Smith, Lyn Johnson, Janitor Greg and the teachers and buddies for all playing their part to make this such a successful event.

Karen Smith
HOD Humanities/ Business/ IT/ Languages
Email: ksmith82@eq.edu.au

> Parent/Teacher Interviews

I am looking forward to meeting all our parents and families next week during the Parent/Teacher Interviews. Remember, the expectation at Mitchelton State High School is that all students need to book interviews with their teachers because all students need to improve their subject results.

Student of the Month Awards for August:


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

> Year 10 Physics Experiments

Using recently purchased light gates and data loggers, Yr10 Physics students followed in the steps of Gallileo to calculate how gravity determines how fast objects fall to earth.

The stands were designed and built by Mr Low and the Year 11 and 12 Physics classes. The collaboration between the classes meant that both groups learnt a lot about the importance of accurate measurement and checking results with repeated trials.

Sharon Stacey
Science Teacher
Email: sstac6@eq.edu.au
Student Absences
The school uses a twice-daily text message system to advise parents/caregivers of unexplained student absences. Student attendance is closely monitored; the school marks rolls electronically every single lesson. Parents are asked to provide a written note or phone the student absentee line on Ph: 3550 1160 to explain absences. (Medical and dental appointments should be made, where possible, outside normal school hours.)

Students Arriving Late/Leaving Early
- Students may enter the school grounds after 8:00am (excluding Band students and students reporting for other organised activities). The school cannot accept responsibility for students who enter the grounds before 8.00am each day since it is unlikely that teachers are present to render first aid in case of accidents.
- Students arriving late to school must first report to the Office with a note/phone call from home to collect a Late Slip before going to classes.
- Students are not permitted to leave the school grounds without a note/phone call from parent/guardian. In order for students to leave the school grounds it is important that a parent/guardian contact the school office rather than contacting the student as students should not be using mobile phones during class time. If a student is unwell they should report to the sickbay following school procedures.
- Students who need to leave the grounds must bring a parental note.
- Students must present this note to the main office to obtain a leave pass.

International Connection
Mainstream students studying textiles from around the world were treated to several PowerPoint presentations by our HSP students on Monday 26 August. The HSP students were invited to the classroom to demonstrate their knowledge of traditional costumes from their home country.

Each presentation included examples of the costumes, historical information and a basic description. The mainstream students were also able to ask questions about whether or not the costumes are worn today.

“It was a bit scary but fun,” said Kozo with a smile.
Trinh said the experience was good for his English.

The presentations were not only a valuable educational experience for both groups of students, but also a chance for sharing and fostering international understanding.

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

“Weekly completion of Certificate Units in Business
We currently have a large number of our students in Year 12 and 11 working to complete Certificate courses (Certificate IV in Justice Studies, Certificate III in Business and Certificate III in Accounts Administration) which are beneficial not only in regard to QCE completion but also to future job and study prospects when they complete school. While some students have remained on track to complete their certificates by the September break, others have unfortunately fallen behind.

This is a reminder to those students that it is vital for the securing of points that they complete any outstanding units they have and produce them for submission.

I would appreciate any support possible from parents and caregivers to encourage their students to not only attend the additional classes that are offered to support students to complete these impressive qualifications on Wednesdays and Fridays but to spend time at home to complete units for submission. Students are aware that the 70 minutes they receive at school needs to be supplemented by extra time at home to complete these studies.

Karen Smith
HOD Humanities/ Business/ IT/ Languages
Email: ksmith82@eq.edu.au

Students Arriving Late/Leaving Early

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

How Confidence Develops
For most children school means spending more time on learning and less on ‘play’. It also means more expectations of them – from parents, carers, teaching staff and also of themselves. Children typically start out with high expectations. When they see how well they do things compared to others, their view of their own abilities often changes. They learn that they are good at some things and not so good at others. They also see how others respond to what they do. These things influence their confidence in their abilities, and influence how willing they are to have a go in situations where they feel unsure.

How Parents and Carers Can Help
Confidence improves through building on small successes. Parents, carers (and teaching staff) can help by:

• explaining that skills develop with practice
• encouraging persistence when outcomes aren’t achieved straight away
• praising effort, persistence and improvement
• making sure that goals are achievable by breaking down large tasks or responsibilities into small steps
• being ready to help when necessary, without taking over
• encouraging children to have a go and valuing individual improvement

Confident Thinking
Self-esteem is an important part of confidence. Having good self-esteem means accepting and feeling positive about yourself. Confidence is not just feeling good but also knowing you are good at something. Remember: How I think affects how I feel. Particular ways of thinking are very important for building confidence. Helpful ways of thinking include:

• believing that, if you try, you can succeed
• finding positive ways to cope with failure and being prepared to give it another go
• enjoying learning for its own sake by competing with your own performance rather than that of others.

Dealing with Disappointment
Everybody fails to achieve their goals sometimes. Parents and carers (and teaching staff) can help by:

• Acknowledging feelings, and responding sympathetically and with encouragement e.g. “You sound disappointed, but at least you had a go.”
• Helping kids focus on what they can change to make things better, rather than thinking that the situation is unchangeable or that there is something wrong with them, e.g., “What can you try that might make that work better next time?”

Adapted from: www.kidsmatter.edu.au

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

QTAC’s Educational Access Scheme (EAS)

All universities using QTAC use this scheme. EAS helps applicants who have been disadvantaged in some way beyond their control during their preparation for tertiary study. The EAS categories of disadvantage are:

• Financial hardship
• Home environment and responsibilities
• English language difficulty
• Personal illness and disability
• Educational Disruption

Applicants indicate on their QTAC application their intention to apply for EAS by selecting the categories that relate to them. Cover sheets for the categories selected are downloaded at the completion of the QTAC application. Each cover sheet details exactly what documents are to be sent to QTAC to support the EAS application. Year 12 applicants applying for the last three categories listed above also download an Educational Support Statement, which is to be completed and sent separately by their school.

Documentation must be sent to QTAC in time to be processed for each offer round. For example, 16 December 2013 is the final date to submit documentation for the major offer round on 16 January 2014. It is recommended, however, that Year 12 applicants submit their documentation to QTAC before they leave school in November. For more information about EAS, visit http://www.qtac.edu.au/Applying-SAS/EduAccess.html and read page 25 in the QTAC Guide.

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

Parent Contact Information

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

Reminder to Parents,
Over the past few weeks some parents would have received a highlighted document regarding missing information on your student’s profile. In order to maintain this information we ask if you could assist us by returning this information to the School as soon as possible.

4
The Brisbane City Council will be advertising for upcoming apprentices in the following areas for 2014:

- 3 X Horticulture (Mt Coot-tha)
- 1 X Heavy Vehicle Mechanic (Toowong)
- 1 X Coach Builder (Toowong)
- 1 X Carpenter (Stafford)
- 1 X Plumber (Stafford)
- 1 X Electrician (Stafford)
- 1 X Painter (Stafford)

If you are interested, send an email to EquityDiversity@brisbane.qld.gov.au and ask to be put onto the Aboriginal and Torres Strait Islander email list. You will receive regular updates about various position coming up.

Kerry Smith
A/HOD Senior Schooling
Email: ksmitt85@eq.edu.au

On Saturday 14 September, Mitchelton State High School will be running a community BBQ to raise funds for St. Jude’s—a school in Tanzania founded by Australian of the Year Gemma Sisia. St. Jude’s seeks to provide quality education for the poorest children in Tanzania and Mitchelton State High School is partnering with them to see this happen.

When: 9am, 14 September
Where: Bakery section, Woolworths Supermarket, Brookside

Please come and support our amazing students, our great school and this worthy cause.

Vikki Hamilton
Maths Coordinator
Email: vhami4@eq.edu.au

Don’t forget to vote for Mitchelton State High School to receive a CUA Community Care grant which will go towards some much needed fitness equipment. To vote, simply go to: http://www.cuacommmunitycare.com.au/ click on ‘vote now’ and select Mitchelton State High School from the drop down menu. Thank you for your support.

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

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

Working with Animals Careers Day

Thursday 19th September 2013
8.00am – 2.00pm
Proudly sponsored by

RSPCA Queensland
Gold Coast and Hinterland Branch

$5 Registration (with goodie bag!)
$15 Park Upgrade

Interested? Visit www.cws.org.au
See you there!
DON'T MISS OUT!
HELP RAISE FUNDS FOR
Mitchelton State High School

You receive these 3 items for $25

A3 Pencil Sketch
10x13” family portrait
Keyring
Wallet sized portrait

Or

Plus

Location: Mitchelton State High School
Date: 20/10/2013
Contact: Heidi Smith
Phone: 0413 328 015
Email: h2oo4au@hotmail.com
(to prepay and book your photographic session)

Don’t wait until it’s too late!
Book now and secure professional portrait images of this special time in the life of your family
Brisbane LEGO® Fan Expo

Queensland's Biggest LEGO® Fan Event
Come aboard for a trip to see your favourite themes and characters come alive through LEGO Bricks!!

* Amazing LEGO Creations & Displays
* Specialist LEGO Retailers
* 501st Redback Garrison - Star Wars
* LEGO Kids play area
* BrisBricks Creative Builder Competition
* LEGO Raffle

WHEN:
Saturday 5th October - 9:00am-5:00pm
Sunday 6th October - 10:30am-5:00pm
Monday 7th October - 9:00am-4:00pm

Autism Community Session:
Sunday 6th October - 9:00am-10:30am

PRICES:
Adult: $10.00  Child (3-15yrs): $5.00
Under 3yrs: FREE

Buy tickets online at www.trybooking.com/DDJR

Samford State School
Fireworks at 7pm!

Spring in the Valley FESTIVAL

STALLS open at 11am:
* Lucky Bags
* Cakes
* Plants
* Sweets
* Craft & Handmade
* Face Painting
* Secondhand books - lots & lots!
Plus our super “Coffee Zone”!

ENTERTAINMENT from 11am:
* 11am Festival Opening
* School Choirs & Instrumental groups
* Dance Performances
* Martial arts displays
* Class performances
* Comedy routines and more!

SUPERHERO UFO open at 12am:
* Rockies
* Laughing Clowns
* Balloon splat!
* Mystery nail bar
* All the classic games!

STAY LATE!
Dinner & Disco
Evening Show with Fireworks
5 - 7 PM

Rides operate
12 - 5 pm

LOADS OF FAMILY FRIENDLY RIDES

* Dodgem Cars
* Laser Skirmish
* Super Sizzler
* Tea Cups
* Kiddies Jumping Castle
* Huge Jumping Castle
* Triple Screamer Slide
* Land Tram
* Extreme Force
* Animal Farm
* Carousel

FREE ENTRY!
A GREAT DAY OUT!
COME FOR LUNCH
STAY FOR DINNER
In our Fabulous Food Pavilion

SO MANY RAFFLE ITEMS!
* $1100 Custom Desk + Free Gift Certificate
* Samford Family Swim passes
* Samford Vet pet products
* Taronga Zoo family passes
* Organic Shop vouchers
* 5V Beauty vouchers
* John Keating Jars & Pickles crate
* Tutoring vouchers
* Golf Club vouchers
* Guitar lessons & music products
* Dog training lessons
* Sandstone 3 piece seat
* Yoga passes
* Lone Pine family passes
* Christmas Alight vouchers
* Gym Memberships
* 10 pin bowling passes
* Book Vouchers
* Covered bay
* Loads of Dinner vouchers
* Plus loads more!

Visit http://festival.samfordsspandc.org.au
follow the Festival links to secure your *Earlybird special rate Rides Pass!

Rides Pass purchased on the day
$5 Single rides
$35 Unlimited Rides

http://festival.samfordsspandc.org.au