Habit of Mind

A man too busy to take care of his health is like a mechanic too busy to take care of his tools.

Spanish Proverb

End of Term Focus

While Term 3 is coming to a close next week, our core business still continues with assessment this week and the task of providing feedback to students as well as commencing the teaching of new work for Term 4 next week.

Next week provides an opportunity for teachers and students to confer and review the term, with a particularly close look at individual achievement profiles and feedback from assessment items. Teaching and learning will occur right up to Friday, 20 September.

We look forward to moving into the last term of the year with a positive and focussed frame of mind.

Parent Teacher Interviews

I would like to thank all parents for supporting the parent teacher Interviews this week. It was good to see so many parents and students working on improvement strategies for the future.

P&C meeting and Fundraiser

The next P&C meeting will be held in the library at 7pm on next Tuesday 17 September. I encourage all members of the school community to attend and become involved in our great school.

Next term, the P&C is holding a fundraiser in the form of a photographic portrait session that families can take advantage of that will be held at Mitchelton State High School. Families can book a session time directly with the P&C Secretary, Heidi Smith on 0413328015 (see flyer information contained in this newsletter) in order to secure professional portrait images. I encourage families to support the P&C fundraiser, proceeds of which will go directly back into your child’s education.

Happy Spring Vacation!

I’d like to wish all students and their families a very happy, restful and safe holiday. I look forward to seeing you all return for Term 4 on Tuesday 8 October 2013.

Best wishes,
John Searle—Principal
Email: jsear13@eq.edu.au
**Girls Yarning a Success**
A girls yarning group has been running for the last six weeks with for MSHS students over all year levels. The group is run to give young indigenous people an opportunity to learn about themselves, their community and provide a safe place for them to talk about issues relevant to them. This term’s group was very successful and we look forward to running this program again soon.

**North West Indigenous Career Expo**
On 1 August, Merle Cashman, Renee Parter, 24 students and two parents attended the North West Indigenous Career Expo which was organised by the North West Urban Participation Reference Group & DATSIMA- Department of Aboriginal & Torres Strait Islander & Multicultural Affairs.

During the day, students were presented with information from four universities (ACU, UQ, Griffith and ACU) and National Australia Bank talked to students about careers in banking. The Australian Defence Force Recruiting, Kuringgai Youth Development and Telstra also discussed options for ATSI students. There were also a number of job agencies present to assist students (Sarina Russo, Max Employment). All participants enjoyed performances by ACPA (Aboriginal Centre Of Performing Arts) and by Kevin Maund and found the day to be very helpful.

**Broncos Mentoring Program**
MSHS Year 12 Indigenous students, combined with Ferny Grove SHS students, started the Broncos Mentoring Program Session with Mentor Paul Dyer this term. The program consists of four sessions (two sessions at Mitchie and two sessions at Ferny Grove) and endeavours to expose senior students to opportunities available after they leave school. This great program has already provided the opportunity for Masud S to start a plumbing apprenticeship with Broncos/All Trades.

We send our thanks to the Broncos Mentoring Program for all they do for our students and hope to continue our connection with them into the future.

Merle Cashman
ATSI Student Support Officer
Email: mcash23@eq.edu.au

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**Community BBQ to Aid School of St Jude, Tanzania**
This 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

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

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

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**CUA Community Care**
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.cuacommunitycare.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
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.

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

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

Reminder to Parents,
Over the last month 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.

Help is available for children with Social Anxiety!
Social Anxiety (extreme shyness, or fear of speaking or performing in front of others) is common in children and can be associated with negative social and emotional consequences. However, there is research to suggest that the earlier we treat social anxiety, the less impact it is likely to have on a child’s development and future.

If you believe your child suffers from social anxiety, help is available. We are seeking children aged between 8 and 12 years to take part in our internet-based treatment study.

The treatment program involves 12 online sessions for children and 8 online sessions for parents. The weekly sessions take approximately an hour to complete and are designed to help children manage their social anxiety. Families are charged a one-off fee of $120 to assist in covering treatment costs.

As part of the research study, you will also be asked to complete questionnaires and telephone interviews. A rebate of $25 in vouchers will be available to families each time they complete post-assessment interviews and questionnaires.

If you are interested in participating in our program or have any questions, please contact the Brave Team on Ph: (07) 3735 3312 or email brave@psy.edu.au.

You can also visit our website for more information: exp.psy.uq.edu.au/socialanxiety

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.
Community News

Resilience skills for a new Generation

Book now for Term 4 groups!

Confident Kids is an innovative and interactive program for kids aged 5 - 14 designed to boost confidence, emotional resilience, social skills and brain power. Kids learn simple strategies to reduce worries, anxiety, self-doubt or negative thinking so they can achieve their full potential. The Confident Kids program will give your child self-esteem tools to keep confidence steady and strong throughout their life!

Program includes parent support and workshop. Facilitated by experienced psychologists who are passionate about helping kids be all they can be. Places are limited so hurry. Groups held at our Paddington clinic. Medicare and Private health fund rebates apply. For more details visit www.confidentkidsandteens.com.au or email info@positivefamilies.com.au for an Information pack, or phone us on 3368 1307.

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

Currimundi Wildlife Sanctuary - RSPCA QLD
Animal Welfare League - Vet and Pet Businesses
Institutions (TAFE and UNIVERSITIES)
Offering animal related courses

Behind the scenes Tours
Animal Encounters

Interested? Visit www.cws.org.au
See you there!

Confident Kids + Teens™

Resilience skills for a new Generation!
Book now for Term 4 groups!

Confident Kids is an innovative and interactive program for kids aged 5 - 14 designed to boost confidence, emotional resilience, social skills and brain power. Kids learn simple strategies to reduce worries, anxiety, self-doubt or negative thinking so they can achieve their full potential. The Confident Kids program will give your child self-esteem tools to keep confidence steady and strong throughout their life!

Program includes parent support and workshop. Facilitated by experienced psychologists who are passionate about helping kids be all they can be. Places are limited so hurry. Groups held at our Paddington clinic. Medicare and Private health fund rebates apply. For more details visit www.confidentkidsandteens.com.au or email info@positivefamilies.com.au for an Information pack, or phone us on 3368 1307.

Junior Touch

Season 2, 2013
Sign On: Tuesday 10th & 17th September, 4:30PM-5:30PM
Wests Mitchelton RCFC, Prospect Rd, Mitchelton 4053

Competition Commences: Tuesday 8th October, 4:30PM
Wests Mitchelton RCFC, Prospect Rd, Mitchelton 4053
Grand Final: Tuesday 10th December

$80 per player
Enter a team or nominate individually today!!
Under 9s, 10s, 12s, 14s, 16s, 18s

Dean West 0423 344 780
dean@brisbanecitycobras.com.au
DON'T MISS OUT! HELP RAISE FUNDS FOR Mitchellton State High School

BrisBricks
The Chandler Arena
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Cor Ol Cleveland & Tilley Roads, Chandler
www.brisbricks.org

2013

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!

WHERE:
- Amazing LEGO Creations & Displays
- 5131 Rodden Garber - Star Wars
- BrisBricks Creative Builder Competition
- Plus loads more!

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

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

Buy tickets online at www.trybooking.com/IDJR

Limited tickets will be available at the door (cash only).
Book online to avoid disappointment as sessions often reach capacity.
Pre paid tickets will take priority entry.

Follow us on Facebook at www.facebook.com/ BrisBricks