Habit of Mind
Nothing is a waste of time if you use the experience wisely.

Auguste Rodin

Important October Dates

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>FRI 25</td>
<td>Year 11 &amp; 12 PVM Excursion—Gold Coast 600</td>
<td>8AM—4PM</td>
</tr>
<tr>
<td>SUN 27</td>
<td>Drama Night Rehearsal—Hall</td>
<td>8AM—5PM</td>
</tr>
<tr>
<td>WED 30</td>
<td>Positive Behaviour Awards</td>
<td>10.30AM—11AM</td>
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<tr>
<td>WED 30</td>
<td>Drama Night—Hall</td>
<td>7PM—9PM</td>
</tr>
<tr>
<td>THUR 31</td>
<td>OZCARE Mens Homeless Hostel Visit</td>
<td>4PM—7.30PM</td>
</tr>
<tr>
<td>THUR 31</td>
<td>Music Evening Performance</td>
<td>6PM—8PM</td>
</tr>
</tbody>
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Important November Dates

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>04—08</td>
<td>Year 12 Block Exams</td>
<td>-</td>
</tr>
<tr>
<td>FRI 08</td>
<td>National Young Leaders Day</td>
<td>8.45AM—2.45PM</td>
</tr>
<tr>
<td>TUE 12</td>
<td>Awards Night Rehearsal</td>
<td>9AM—3PM</td>
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<tr>
<td>WED 13</td>
<td>Awards Night Rehearsal for Leaderbody</td>
<td>9AM—12PM</td>
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<tr>
<td>WED 13</td>
<td>Final Year 12 Assembly</td>
<td>10.30AM—11AM</td>
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Leader Body 2014
Written applications for positions on the Leader Body 2014 have now closed and today I had the pleasure of listening to the speeches after assembly today from the 17 students who have nominated.

I was certainly impressed by the quality and depth of the student speeches and the leadership capacity that exists in our future student leaders. As soon as the selection process is completed, I will inform the school community of the successful candidates for the School Captain positions and those students who will make up the Leader Body for 2014.

Positive Behaviour Awards
I am looking forward to meeting many parents and community members next week as we celebrate those students in the school who have consistently demonstrated exemplary behaviour.

The Positive School Behaviour Awards will be held during assembly at 10.30am next Wednesday (30 October).

Important Message Regarding Assessment
It is really important for parents to keep talking to their child to check that they are on track to meet assignment deadlines and have effective preparation for tests and exams. It is essential that you discuss with them what assessment is forthcoming and their personal preparation and planning for this assessment.

At all costs, please ensure students don’t leave their preparation and revision work to the last minute as this invariably causes a lot of stress and the test outcomes are less than what they should be.

Teachers are always willing to talk to parents or students about the best way to prepare for assessment so please don’t hesitate to contact the school if you would like some advice.

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

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Follow us on twitter @MitcheltonSHS
Dance Night 2013

With a creative array of dances on show our students once again proved that they have the talent and commitment to achieve great things.

As our talented dance students across Years 10, 11 and 12 took the stage, the crowd watched in anticipation. The night began with a group dance bordering on the macabre. An element of darkness and horror combined with dance and theatrics in a wonderful and innovative dance. Complete with quality lighting effects, fantastic sound and smoke, the atmosphere for the night was set and we knew that we were in for a great show.

Throughout the night we witnessed the spectacular talents of students as they performed a number of group, partnered and solo pieces to music from contemporary culture and times past. The 1950s rendition of a ‘diner’ was a definite crowd pleaser, as too was the interpretive dance that celebrated sisterhood.

As the night came to a close the Year 11 and 12 students showcased their interpretative response to Christopher Bruce’s Ghost Dance. The eerie yet provocative dance captivated the crowd and ended the evening with a bang. This highly polished piece reflects the effort of years of skill building, student commitment and teacher expertise.

While the dancer took the limelight on centre stage we must not forget to recognise the incredible talents and commitment of the students who worked behind the scenes. The Tech Crew under the direction of Stephen Low worked tirelessly to ensure that the music, lighting and effects were ready to go. We thank you all for your time and professionalism in supporting this wonderful school event.

See you at Dance night 2014!

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

World Teachers’ Day

This Friday 25 October we celebrate the great work of our teachers on World Teachers’ Day. The quality teaching in effect in our classrooms every day has a powerful effect on students’ performance. Visit http://education.qld.gov.au/community/events/world-teachers-day.html for more information.

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

Japan Trip 2013

During the September holidays, 38 MSHS students (10% of the school!) and 5 teachers flew to Japan. We spent a day visiting classes at our sister school, Nanryo Secondary, attended a whole school assembly, performed for them and attended their club activities including teapot ceremony, flower arranging and Kendo.

Not only did we visit our sister school, we also visited some amazing places in Tokyo, Kyoto, Hiroshima and Miyajima. We spent lots of time on the Tokyo metro exploring Tokyo’s districts, visited the Ghibli anime museum, rode the famous Shinkansen bullet train, spent a day at Tokyo Disneyland, met a Maiko (trainee Geisha) in Kyoto and ate in a ninja restaurant. We also met Mr Kay, an A-bomb survivor, who talked about his experience as a 17 year old when the A-bomb was dropped on Hiroshima.

Students claimed the 12 day trip was an invaluable and incredible experience.

Jacqueline Van Alphen
Teacher
Email: jvana21@eq.edu.au
P&C News

P&C Raffle
The P&C is conducting a raffle which will be drawn on Wednesday 13 November at supper following the Awards Night ceremony. First prize is a Weber Q barbeque and cooking pack second prize is a wheel barrow and gardening pack. Tickets are $1 each and are in books of ten and are available from the school office if you would like to buy some or take a book (or books) to sell. We are also hoping to sell tickets at Brookside Shopping Centre this Saturday (26 October). Please contact John Creagh on 0417 612 204 if you would like to help on Saturday at Brookside.

Awards Night Supper
The P&C will be providing supper following the ceremony on Awards Night. Any assistance with preparation and set-up on Wednesday would be greatly appreciated. Please contact Anne Jones in the Tuckshop or John Creagh if you can help.

Next P&C Meeting
The next meeting of the P&C will be held on Tuesday 19 November at 7pm in the School Library. All adult members of the school and local community are welcome to attend.

P&C Reps meet with Campbell Newman
The P&C Vice President (Tabitha Egan) and the P&C Secretary (Heidi Smith) attended a gathering of P&C representatives at Campbell Newman’s electoral office on Friday 18 October.

Community News

Brush Your Teeth Like a Dentist

Here is our step-by-step guide:

1. Ok, we’re going to start with the outside of your back teeth.
2. Point the bristles toward the gums, in a 45-degree angle. Use short circles for around 20 seconds on each tooth.
3. After 20 seconds, roll the brush head away from the gum line, so the bristles sweep the surface of the tooth. Sweeping the bad stuff away is key!
4. Continue working in around your mouth getting the outside of all your teeth.
5. Once finished, we’ll now focus on the inside of your teeth.
6. Brush the back surface of the upper-front teeth by using the tip of the toothbrush head. Direct the bristles toward the gum line, and use a flicking motion down the surface of the tooth. Do this two to three times.
7. Point the bristles of the tip of the toothbrush toward the gums. Flick the bristles up, away from the gums in a sweeping motion. Do this two to three times.
8. Brush the biting surface on both the top and bottom, in a circular motion.
9. Using a gentle circular motion, brush your tongue for 30 seconds and the inside of your cheeks for 30 seconds.
10. Finish by rinsing with either water or your choice of mouthwash.

Sounds simple enough? So grab your Toothbrush Direct (www.ToothbrushDirect.com.au) toothbrush and get brushing TODAY!

P&C News

> Community News

Turn Your Phone into a Life Saver

The Australian Red Cross has released a free first aid app for smartphone users. The app guides users through the correct response for many incidents including heart attacks, strokes, diabetic episodes along with the more common burns, sprains and strains.

The app is easy to use and features vital life-saving information, videos and quizzes to test your first-aid knowledge on correct treatments for children and adults. Learning the skills to save a life through first aid training is one thing, but remembering what to do when under pressure is where this first aid app can help most. This new Smartphone app is available from www.redcross.org.au/first-aid-app.aspx or the Google Play and Apple app stores.
JAPAN TRIP 2013
Order Form - Sports and Extra Curricular Groups

Remember your children’s special achievements in sports and other activities.

Simply complete the order below, ticking the photos you require and fax or mail it with your payment to Silver Rose Photography.

Student’s Name: .......................................................... Ph: ..........................................................

School: MITCHELTON STATE HIGH SCHOOL............. Class: ..........................................................

Mailing Address: .................................................................................................................................

PHOTO SIZE: 20x25cm  includes school and team name.
If your child’s group is not listed, please add the full group description and tick the adjacent box.

☐ DISTRICT SWIM TEAM
☐ DISTRICT CROSS COUNTRY
☐ DISTRICT ATHLETICS TEAM
☐ METROPOLITAN NORTH REPRESENTATIVES
☐ ABORIGINAL & TORRES STRAIT STUDENTS
☐ 8/9 SOCCER GIRLS
☐ 8/9 SOCCER BOYS
☐ YEAR 10 BASKETBALL
☐ YEAR 8/9 RUGBY
☐ YEAR 10 RUGBY
☐ YEAR 8/9 NETBALL
☐ OPEN CRICKET
☐ YEAR 8 TOUCH
☐ YEAR 9 TOUCH
☐ YEAR 10 TOUCH
☐ YEAR 8 CRICKET
☐ YEAR 8 HANDBALL
☐ PRODUCTION TEAM
☐ KOKODA CHALLENGE

☐ OZ CARE HOMELESS SHELTER
☐ WELCOME TO MITchie TEAM
☐ SCHOOL CAPTAINS
☐ HOUSE CAPTAINS - PEGASUS
☐ HOUSE CAPTAINS - SCORPUS
☐ HOUSE CAPTAINS - CENTAURUS
☐ LEADERBODY
☐ FORMAL COMMITTEE
☐ CONCERT BAND
☐ HSP
☐ ISP
☐ CHILDCARE GROUP
☐ TAFE/TRADE TRAINING STUDENTS
☐ LEOS
☐ BAND CAPTAINS

ORDER TOTAL .............................................. Prints @ $15.00 ..............................................

TOTAL ENCLOSED ..............................................

METHOD OF PAYMENT (Make cheques payable to Silver Rose Photography)

☐ CHEQUE ☐ CASH ☐ MASTERCARD ☐ VISA ☐ BANKCARD

Credit Card Number: .......................................................... Exp. Date: ..............................................

Cardholder: .......................................................... Ph. (bus/hrs): ..........................................................

Signature: ..........................................................

For more information, please phone the Studio. Your calls are welcome.

PO Box 1407, New Farm
Brisbane, QLD, 4005
Telephone (07) 3262 5788
Facsimile (07) 3282 1244
schools@silverrose.com.au
Year 11 & 12 Visual Arts Exhibition

Come along for an afternoon of Art & Craft

The Certificate II in Visual Art and Creative Crafts students

Wish to invite you to attend their End of Program Exhibition

Thursday 31st October 2013
3.30pm—4.30pm
Library
Mitchelton State High School

Official welcome 3.45pm
Light refreshments served
RSVP Friday 29th October
Office Enquiries 3350 1111

11th Brisbane Chinese Cultural Festival
第十一届布里斯班中华文化艺术节
10am to 2pm  Sunday, 3rd November 2013
2013年11月3日(周日) 上午十点至下午两点
Macgregor 小学礼堂（Macgregor Primary School）

The Ultimate Martial Arts Performance
Free entry

Mainland Chinese Society QLD
昆士兰中国人协会

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