Habit of Mind

We should not let our fears hold us back from pursuing our hopes.

John F. Kennedy

Positive Behaviour Awards

This week the celebrations of excellence continued with the Positive Behaviour Awards held today (Wednesday 30 October), where 66 students who have demonstrated exemplary behaviour this semester were recognised.

Below is an extract of the "Principal's Speech" from today’s awards ceremony:

“If you allow it you teach it”

If we ignore bullying we’ve just taught that it is OK to bully others. If we allow litter in the grounds we’ve just taught that it is OK to litter. If we allow students to come to class late we’ve taught lateness. If we allow students to speak to others in a disrespectful way we’ve just taught disrespect. If we allow students to miss the last day of a school term we’ve just taught them that missing school days is OK. “What you allow is what you teach”

Welcome staff, students, families and guests to the Mitchelton State High Positive Behaviour Awards Ceremony. That powerful quote about behaviour “What you allow is what you teach” is one of my favourites – and on a day when we recognise those students in the school who have consistently displayed high levels of exemplary behaviour it is a good quote to reflect on. So, today we allow the best behaved students in the school to be rewarded and as a result we also teach to the whole school community the importance of showing respect; responsibility; following directions; safety; being on time to school, classes and all other activities; caring for self and others; valuing property and the environment and wearing your school uniform with pride.

Having high expectations around Positive School Behaviour is something that we can never take for granted – we have to always keep our foot on the accelerator – and have clear systems and processes in place that teach and reinforce our high behaviour expectations. With only 2 ½ weeks left in the school year for our seniors now is not the time to slacken off and do something silly – now is the time to really commit to finishing your high school years in a positive way. Likewise for the other year levels – there is still time to raise the bar and finish the year successfully so the next can be even better.

In closing may I congratulate all award recipients today and their families for your support of the high standards of behaviour we teach each and every day at Mitchelton State High School.

Busy Time for Our Seniors

Our Year 12s have their final whole school assembly next Wednesday. While they are keen to celebrate and move forward into the world at large, the key message at school is that there is still a week of Awards Night and Graduation rehearsals to go and it is important to finish your high school years on a positive note. The end of the academic year is close, but not quite upon them yet.

Student of the Month Award Recipients—September

Congratulations to the following students:

If you would like your copy of Mitchie Moments emailed to you, have any feedback on the newsletter, or would like to contribute an article, please contact Kim Grant on 3550 1111 or by emailing admin@mitcheltonshs.eq.edu.au

Mitchelton State High School
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Follow us on twitter @MitcheltonSHS

Best wishes,
John Searle—Principal
Email: jsear13@eq.edu.au
Last Friday, 60 students and staff ventured to the Gold Coast 600 to spend a day at the races. Students were lucky enough to meet and interview drivers including Scott McLaughlin, Garth Tander, Lee Holdsworth and Fabian Coulthard and were quick to grab autographs and photos.

On track, the line-up for qualifying included the V8 Supercars and we were not disappointed with the action as the cars hurtled around the track at 265km/hr. Students were also able to participate in rugby league and AFL competitions, bongo-drum workshops, clown school, vintage and classic car viewing, racing simulators, viewing V8 Supercar memorabilia and merchandise.

A special thanks to our two parent volunteers, Mr Leishman and Ms Johnson for helping make the day a success. Thanks also to Mr McDade, Mr Grayson, Mrs Wicks and Mrs McCullough who accompanied us. A fun day for all! GO HOLDEN!!

Michelle Hall and Susanne Hamann

The re-development of the area in front of D block has been completed providing a Junior Secondary area in the grounds during the lunch breaks. This area has been specifically designed for the junior secondary students to use with seating under waterproof covers and three handball courts. It is a pleasant area centrally located in the school with easy access to all areas of the school and Year 8 and 9 students have been taking advantage of this area before school and during breaks.

The Junior Secondary team are looking for some parent volunteers to work with us on the committee as we continue to ensure the transition of students from primary to secondary school which has a particular focus on the Year 7 and 8 students of 2015. The commitment from volunteers would be no more than two meetings a term. If you are interested or are a parent from our local primary schools please contact the school.

Elizabeth Cameron
HOD Junior Secondary, HPE and Home Economics
Email: ecame10@eq.edu.au

The Certificate in Visual Arts students have really outdone themselves this semester as part of their studies into site specific art. They have collaboratively designed and constructed a mural for installation on the side of the library, in consultation with the International Schooling Department. What has resulted is a 5.3m mosaic mural based on the theme of ‘Harmony’, which is currently being installed. Make sure you check it out!

Alison Rose
Snr. Teacher—Art
Email: arose25@eq.edu.au

Five Mitchie High students (Zac G, Christabel S, Carissa F, Stephanie I and Thomas L) will be preforming in the Remix Hip Hop dance competition on Saturday 2 November at the Courier Mail Piazza, South Bank. MSHS students will be competing in Session 1 (2PM—4PM) and tickets to this event are free but bookings for seats are essential. For more information, please visit www.theremix.com.au or email info@theremix.com.au.

We wish our students the best of luck on the day.

Belinda Wicks
Defence Transition Mentor
Email: bwick22@eq.edu.au

Need help doing your homework? Every Tuesday afternoon from 2.45pm in R 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
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.

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 220 barbeque and cooking pack
Second prize is a wheel barrow and gardening pack.
Tickets are only $1 each

Tickets are sold individually or books of ten are available from the school office if you would like to buy some or take a book (or books) to sell. Tickets are selling fast so hurry in to get your tickets for your chance to win.

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.

John Creagh
Acting President, P&C
Email: jcrea16@eq.edu.au

> Guidance Officer News
Dear Parents, the following article is taken from KidsHealth.org. It is not meant to replace the input of a medical practitioner and if your son/daughter is cutting, the first step would be to take them to the local GP for an assessment. If you have any concerns or questions, please contact me.

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

Helping Teens Who Cut — using a sharp object like a razorblade, knife, or scissors to make marks, cuts, or scratches on one’s own body — is a form of self-injury.

It can be hard to understand why anyone would hurt himself or herself on purpose. Learning that your own teen is doing it can leave you feeling shocked and upset — and not sure what to do or how to help.

About Cutting:
For most, cutting is an attempt to interrupt strong emotions and pressures that seem impossible to tolerate. It can be related to broader emotional issues that need attention. Most of the time, cutting is not a suicide attempt. Cutting affects many teens and preteens — even beyond those who self-injure. Many teens worry about a friend who cuts or face pressure from peers to try cutting as a daring thing to do.

In many cases, cutting — and the emotions that go along with it — is something teens struggle with alone. But because of growing awareness, more teens can get the assistance they need.

Parents can help teens who cut — and the earlier, the better. Cutting can be habit-forming, and sadly, many people underestimate the risks of getting seriously sick or hurt that go along with it.

What Parents Can Do
If your teen is cutting, there are ways to help. By coping with your own feelings, learning about cutting, finding professional help, and just being there to love and believe in your teen, you’ll provide the calm, steady support that he or she needs.

Accept your own emotions. If you know or suspect that your teen is cutting, it’s natural to feel a whole range of emotions. You might feel shocked, angry, sad, disappointed, confused, or scared. You might feel hurt that your teen didn’t come to you for help or feel guilty that you didn’t know about it. All of these emotions are completely understandable. But it’s not your fault, and it’s not your teen’s fault.

Take time to identify your own feelings and find a way to express them. This might mean having a good cry, talking with a friend, or going for a walk to let off steam or quietly reflect. If you feel overwhelmed, talking with a therapist can help you sort things through and gain some perspective so that you can provide the support your teen needs.

Communication Is Key
Talk to your child. It can be hard to talk about such a painful topic. You may not know what you’re going to say. That’s OK. What you say won’t be nearly as important as how you say it. To open the conversation, you might simply say that you know about the cutting, and then convey your concern, love, and your willingness to help your child stop.

It will probably be hard for your teen to talk about it,
too. He or she might feel embarrassed or ashamed, or worried about how you'll react or what the consequences might be. You can help ease these worries by asking questions and listening to what your teen has to say without reacting with punishment, scolding, or lectures.

Let your teen know that cutting is often related to painful experiences or intense pressures, and ask what difficult issues your teen may be facing. Your teen might not be ready to talk about it or even know why he or she cuts. Even if that's the case, explain that you want to understand and find ways to help.

Don't be surprised if your teen resists your efforts to talk about cutting. He or she might deny cutting, get angry or upset, cry, yell, or storm off. A teen might clam up or say that you just don't understand. If something like this happens, try to stay calm and patient. Don't give up — find another time to communicate and try again.

Seek professional help. It's important to seek assistance from a qualified mental health professional who can help you understand why your teen cuts, and also help your teen heal old hurts and develop new coping skills.

Therapy can allow teens to tell their stories, put their difficult experiences into words, and learn skills to deal with stresses that are part of life. Therapy also can help identify any underlying mental health condition that needs evaluation and treatment. For many teens, cutting is a clue to depression or bipolar (mood) problems, unresolved grief, compulsive behaviors, or struggles with perfectionism. It's important to find a therapist your teen can feel open and comfortable with. If you need help finding someone, your doctor or a school counsellor might be able to provide guidance.

Staying Positive
Offer encouragement and support. While your teen is getting professional help, stay involved in the process as much as possible. Ask the therapist to guide you in how to talk with and support your teen. And ask your teen how you can best help.

For example, it may help to:

• Let your teen know you'll be there to talk to when feelings are painful or troubles seem too hard to bear.
• Help your teen create a plan for what to do instead of cutting when pressures get strong.
• Encourage your teen to talk about everyday experiences and put feelings, needs, disappointments, successes, and opinions into words.
• Be there to listen, comfort, and help your teen think of solutions to problems and offer support when troubles arise.
• Spend time together doing something fun, relaxing, or just hanging out. You might take a walk, go for a drive, share a snack, or run some errands.
• Focus on positives. While it helps to talk about troubles, avoid dwelling on them. Make sure what's good about life gets airtime, too.

Set a good example. Be aware that you can influence how your child responds to stress and pressure by setting a good example. Notice how you manage your own emotions and deal with everyday frustrations, stress, and pressure. Notice whether you tend to put others down, or are self-critical or quick to anger. Consider making changes in any patterns you wouldn't want your teen to imitate.

Be patient and be hopeful. Finding out that your teen is cutting may be the beginning of a long process. It can take time to stop cutting — and sometimes a teen doesn't want to stop or isn't ready to make the changes it involves.

To stop cutting takes motivation and determination. It also takes self-awareness and practicing new skills to manage pressures and emotional distress. These things can take time and often require professional help.

As a parent, you might need to be patient. With the proper guidance, love, and support, know that your teen can stop cutting and learn healthy ways to cope.

Queensland Health is concerned about the number of measles outbreaks in Queensland this year. Measles is a highly infectious disease that begins with symptoms such as fever, tiredness, cough, runny nose and/or red inflamed eyes. Measles can lead to complications such as middle ear infections, pneumonia (lung infection) and encephalitis (inflammation of the brain).

Measles can spread very easily. Vaccination is the only way to prevent measles. Queensland Health encourages anyone who has not had two measles-containing vaccinations, or who is not sure about their vaccination status, to get vaccinated as soon as possible. The measles vaccine is free from your local doctor for anyone born from 1966 onwards.

If parents think their child might have measles, they are advised to keep them away from school and make an appointment with a doctor or phone 13 HEALTH (13 43 25 84) to organise medical assessment.

SATURDAY 2ND NOVEMBER
SESSION 1: 2PM - 4PM

SESSION 2: 6PM - 9PM

WITNESS QLD'S BEST DANCE CREWS & OVER 25 SCHOOLS BATTLE IT OUT IN WHAT IS NOW THE LARGEST HIP HOP DANCE EVENT OF ITS KIND IN AUSTRALIA!!

THIS IS AN ALL AGES EVENT THAT IS DRUG AND ALCOHOL FREE

PRESENTED BY
BRISBANE CITY COUNCIL
Dedicated to a better Brisbane