Habit of Mind

Just because something doesn’t do what you planned it to doesn’t mean it’s useless.

Thomas Edison

Important November Dates

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>THUR 21</td>
<td>Year 4 Experience Day—MSS, GSS, EPSS</td>
<td>ALL DAY</td>
</tr>
<tr>
<td>25—29</td>
<td>Year 11 Block Exams</td>
<td>-</td>
</tr>
<tr>
<td>THUR 28</td>
<td>OZCARE Mens Homeless Hostel Visit</td>
<td>4PM—7.30PM</td>
</tr>
<tr>
<td>FRI 29</td>
<td>Leaderbody Training—Trade Training Centre</td>
<td>9AM—2PM</td>
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Important December Dates

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>TUE 03</td>
<td>Responsible Service of Alcohol Course</td>
<td>8.45AM—1.05PM</td>
</tr>
<tr>
<td>WED 04</td>
<td>Transition BBQ Year 7 Parents Library Courtyard</td>
<td>5PM—6PM</td>
</tr>
<tr>
<td>THUR 05 + FRI 06</td>
<td>Year 8 Orientation Days</td>
<td>9AM—3PM</td>
</tr>
<tr>
<td>09—13</td>
<td>Final Week of School for Year 8 + 9</td>
<td>-</td>
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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

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Web: www.mitcheltonshs.eq.edu.au
Email: admin@mitcheltonshs.eq.edu.au
Follow us on twitter @MitcheltonSHS

> From the Principal

Last week our Year 12 graduating class of 2013 completed their schooling at Mitchelton State High School. Below is an extract of the speech I gave at the graduating ceremony.

Today is a very special day for the graduating students of 2013.

Once again we find ourselves bidding farewell to a fine outstanding group of young individuals as they journey down the different pathways of life. As individuals they should feel proud of their achievements. In the graduating class today we have a number of students who have walked the Kokoda Track; we have seen one of the students represent QLD at the Constitutional Convention in Canberra and others involved in the Schools Constitutional Convention. We have seen a number of students receive credits and distinctions in the International Mathematics and English Competitions; we have had students involved in the Lions Youth of the Year Quest; community ANZAC Day services; volunteering every 2nd Thursday night at the OZCARE Men’s homeless hostel in South Brisbane. Many of you have actively supported charity events and been active in local community organizations. Many in the graduating class have subject results that are right up at the top with other students in the state. We have seen a large number of students awarded with high level vocational certificates at Cert III & IV level in areas including Business, Justice Studies; Children’s Services; Education Support; Accounts Administration; Animal Studies, Engineering and Electro Technology (as part of the Trade Training Centre program); and Design Fundamentals. Some in the graduating class here this evening have completed school based traineeships and been accepted into apprenticeship programs. A few of you have completed University courses with QUT in Law and Nursing; one has been accepted into the Defence Force Academy (ADFA) for next year (This is an elite university placement with only a small number of students accepted each year across the country). We have students who will go on to study medicine, law, science, architecture, business, education and in many other fields at Universities in QLD; many more students will join the workforce or continue further education at TAFE and training organisations.

Parents, friends, staff and the whole school community should rightly feel proud of their contributions in molding these unique citizens. In particular, I would like to express my thanks to all staff who have worked with the Graduating class of 2013 over their years at Mitchelton High School, and for the wonderful opportunities that they have given to these students. I know that some of you wouldn’t be where you are today if it wasn’t for the support that you have received from individual teachers and members of the school staff. At the Awards Night on Wednesday, two teachers received Principal Awards (Ms Joanne Smith and Ms Shelley Bampton) – I have been truly amazed by the large number of students who have come up to me since then and said “great choices sir with the teacher awards and I am so happy for the teachers that were awarded” and many more words from students to that affect. As you make a relatively smooth transition into life beyond school, I am sure that the fine education you received at Mitchelton State High School will stand you in good stead – time and again. I am also sure that in the years to come you will look back to your school days...
Monday 11 November was Remembrance Day and, in honour of this special day of the year, MSHS had a visit from Corporal Baker, Private Berry and Private Ball who belong to the 8/9 Battalion Royal Australian Regiment of Gallipoli Barracks and their Bushmaster vehicle.

Corporal Baker presented a speech to all our Year 8 and 9 students in front of the flag poles on Remembrance Day and the Unknown Soldier, followed by the Last Post, a minute’s silence at 11am and the Rouse.

In closing, however, I am confident that the graduating class of 2013 from Mitchelton State High School will be able to stand proud and be very well respected members of any community in future years. This has been very evident earlier in the week, with how well they conducted themselves during their final school assembly, Awards Night and final week program and I’m sure this high level of exemplary behaviour will continue on with this event and the Senior Formal to follow - My personal thanks to all of you for finishing your time here at Mitchie in such a positive manner.

Good bye and good luck.....

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

> Remembrance Day

In the first few weeks of this term, all Care classes were encouraged to donate money towards Operation Christmas Child. This humanitarian organisation distributes shoe boxes filled with items suitable for children in need who live in developing countries.

With the money generously donated from staff and Care classes, the LEOs Club at our school was able to purchase items to fill 24 shoe boxes that were donated to Operation Christmas Child. Clothes, exercise books, pencil cases, pens, pencils, tennis balls, toothbrushes, soap and soft toys are often taken for granted in our busy lives. However in developing countries, these items are seen as luxuries and a simple exercise book and pen can be life-changing in a young person’s life. LEOs was proud to support Operation Christmas Child and hope that our school community will participate in filling shoe boxes for children in need next year.

Jo Smith
Teacher
Email: jsmit134@eq.edu.au

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Jo Smith
Teacher
Email: jsmit134@eq.edu.au

> Homework Club

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
The last few weeks have been very exciting for the English Department. With the final assessment completed for Year 12 students, we would like to take this opportunity to acknowledge all your efforts over the past two years. We wish you all the best for your future endeavours.

We would especially like to congratulate our Year 11 and Year 12 award recipients for English, English Communication and English for ESL Learners. This year the certificates of academic achievement were awarded to:

- Year 11: Maddison S (English Communication)
- Year 11: Edelyn B (English)
- Year 11: Rou Zeng (English for ESL Learners)
- Year 12: Jordan Dornan (English Communication)
- Year 12: Jayson Burow (English)
- Year 12: Dahae Jeong (English for ESL Learners)

These students have continued to demonstrate positive participation and commitment to their studies. They are commended for their achievements in 2013.

Continuing with the commendations we would like to extend our congratulations to the 18 students who participated in the National ICAS test. We would like to thank all those students who saw this opportunity as a chance to challenge and extend their learning. A special mention goes to the following students who achieved either a credit or distinction for their written responses:

- Christine H (Distinction)
- Jasmin G (Distinction)
- Rebecca R (Credit)
- Bryce S (Credit)
- Julina F (credit)
- Simon C (Credit)

To all our students we wish you the best of luck with the completion of your remaining tasks for 2013. Remember to participate in class, seek assistance when required and always try your best. Best wishes.

**Music News**

Congratulations to Dylan B, Bailey F, Hayley S, Andrew R, Lucy de M, Lauryn J, Danielle D, Kimberley W and Hariku who performed very well at our final music soiree on Thursday 31 October.

A special thank you to Charles Dugan, Sharon Stacey and Shelley Bampton for all their help and input. We also appreciated Mrs Judy Martin’s support. We also wish Lucy de M and Andrew R all the very best with their future careers. Their involvement in our music program has been fantastic.

**What’s Coming Up?**

**TUES 26TH November**

Final Mitchelton State School Concert

<table>
<thead>
<tr>
<th>Who is performing?</th>
<th>Combined schools band</th>
</tr>
</thead>
<tbody>
<tr>
<td>Where?</td>
<td>Mitchelton State School Hall (best entry is Turnbull Street)</td>
</tr>
<tr>
<td>Arrival time and meeting place?</td>
<td>3.20 pm, Mitchelton State School Hall</td>
</tr>
<tr>
<td>Uniform?</td>
<td>Formal school uniform</td>
</tr>
<tr>
<td>What time are the beginners and combined band performing?</td>
<td>3.45 pm</td>
</tr>
<tr>
<td>Approximate finish time?</td>
<td>4.30 pm</td>
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**THURS 28TH NOVEMBER**

Final Breakfast

<table>
<thead>
<tr>
<th>Who is involved?</th>
<th>Combined Schools Band members and Mrs Hall’s students</th>
</tr>
</thead>
<tbody>
<tr>
<td>Where?</td>
<td>Mitchelton State High School room J3, Performing Arts Complex</td>
</tr>
<tr>
<td>Time?</td>
<td>7.45 am</td>
</tr>
<tr>
<td>What to bring?</td>
<td>A small plate of breakfast food to share (no chips or lollies allowed, drinks provided)</td>
</tr>
</tbody>
</table>

***PLEASE NOTE THERE WILL BE NO MORE LESSONS AFTER THURSDAY 28TH NOVEMBER***

If you have children who are coming to Mitchelton SHS in 2014 and they are interested in learning an instrument please don’t hesitate to contact me.

Viva la musical!

Ms Bampton
A HOD English and The Arts
Email: sbamp1@eq.edu.au

Penny Hall
Instrumental Music Teacher
Email: phall35@eq.edu.au
On 2 November at the Courier Mail Piazza Parklands South Bank, five of our most dedicated students performed in the REMIX Hip Hop Dance Competition.

Zac G, Steph I, Carissa F, Thomas L and Christabel S performed a most enjoyable routine under the guidance and teaching of Leiton Apatu from the Academy of Brothers who came third in the recent final of Australia’s Got Talent show. It is amazing what can be taught and achieved in such a short time. These opportunities are amazing and should be taken up by our students when they are offered. There is much to be gained from their efforts.

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

Aviation Australia Opens its Doors!

Come along to our Open Night on Wednesday 27 November commencing at 6.00pm.

The Open Night offers students and parents the opportunity to tour our training facilities based at Brisbane Airport and find out first-hand, how to become an Aircraft Maintenance Engineer or Flight Attendant. Our training centres house the most advanced training equipment including real aircraft, fully equipped workshops, cabin simulators, evacuation slides, pool for water safety drills, and excellent student amenities. You will also have the chance to meet our team of instructors who are available to answer any of your questions.

To register your interest email: aero.info@aviationaustralia.aero or contact our Sales Team on 07 3860 0900.

Raffle

The raffle was drawn by our guest speaker, Susan Shaw at supper following Awards Night last week. First prize was won by Judy Callaghan (ticket 187), second prize was won by Aaron Desborough (ticket 006) and third prize was won by Helen Creagh (ticket 338). Thank you to everyone who supported the raffle.

Uniform Shop & Tuckshop

The Uniform Shop and Tuckshop will be trading on their usual hours for the next two weeks. There will be extra trading hours in the Uniform Shop in the last week and there may be some variation to Tuckshop trading hours as well. These will be advised in the next issue of Mitchie Moments.

Annual General Meeting

The next meeting of the P&C will be on Tuesday 18 February 2014. This will be the Annual General Meeting. All memberships will lapse, except for life members. All positions will be declared vacant and elections held for each position. Nominations can be advised to the secretary prior to the meeting or can be made at the meeting.

John Creagh
Acting President, P&C
Email: jcrea16@eq.edu.au
JOIN US FOR A
CHRISTMAS
Trivia Night
TO RAISE FUNDS FOR
The Weekend to End Women’s Cancers
Benefits QIMR & REWTH
23 NOV 2013 - 7PM
NORTHS HOCKEY CLUB
DORRINGTON PARK, MIRRABOOKA RD, ASHGROVE
$10 PER PERSON – INCLUDES SUPPER & LUCKY DOOR TO
BOOK A TABLE (up to 8 people) CALL
Mary-Anne -0439442422 or Helen -0419734100

INVITATION
Mt Maria College
Community Market
(formerly St William’s Craft Market)
In association with the Mt Maria College P & F
Saturday
30 November 2013
8.00am - 12.00pm
Mt Maria College Campus
67 Osborne Road, Mitchelton
BOOK A STALL ONLINE at
www.mtmaria.com.au/communitymarket
7 Parking available off Osborne Rd andProspect Rd entrances
FOR DETAILS:
E-mail: mtmaria@bne.catholic.edu.au
Search “Mt Maria College” App to stay in touch
Search “Mt Maria College”
Helping your child through adolescence

Young people can go through many different changes as they grow up. Raising sensitive issues and working to resolve problems that arise along the way can be challenging. It can often be hard as a parent to know the difference between normal behaviour, such as moodiness, irritability and withdrawal and an emerging mental health problem.

Mental health refers to a person’s emotional and social wellbeing. When someone’s mental health declines it can affect their feelings, thoughts and actions. This can then affect their day to day life and participation in activities such as school, work and relationships.

Mental health problems are common. Mental health problems are usually understandable reactions to personal and social issues. Mental health problems are usually not too severe or long lasting. If a young person develops a mental health problem it is important that they get help early. When mental health problems last for long periods of time and severely affect someone’s everyday life, it may be that the problem is becoming an illness. Parents are vital in helping to identify when a young person might have a mental health problem and encouraging early help seeking.

Communicating with your child

Young people can go through many different changes as they grow up. Raising sensitive issues and working to resolve any problems that arise along the way can be challenging. Promoting good mental health involves keeping the communication lines open. Here are some tips that can help:

- Be available without being intrusive or ‘pushy’;
- Show genuine interest in what your child is doing and encourage them to talk about it;
- Make talking about your day part of the family routine;
- Help your child to find the words to express their feelings – try asking them to describe it, ask about whether the feeling is more or less intense than it has been before, ask about where and how they feel it in their body;
- Pick your time – young people tend to talk more when they are busy doing other things or don’t have to look you in the eye (try driving in the car or washing dishes together);
- Let your child know that you love them. They may not always admit it, but this is likely to be very important to them.

Knowing when to get help if you are worried

Some signs that suggest a young person might be experiencing problems include:

- New, noticeable and persistent changes that last at least a few weeks;
- Obvious and persistent changes in:
  - Behaviour – for example, appetite, sleep, use of drugs or alcohol, avoiding school/work, poor motivation, withdrawal from people
  - Feelings – for example, unhappiness, depression, irritability, fear, anger, loss of pleasure
  - Thinking – for example, poor concentration, a drop in school performance, constant worrying, preoccupation with some thoughts, hearing or seeing things that are not there.

Helping your child to seek help

- Talk openly and honestly with your child, and let them know that you are concerned.
- Ask them what they need from you and let them know that help is available.
- Provide support through making the first appointment, providing transport, and attending the appointment (or at least walking into the waiting room), which makes it easier for the young person to engage with and accept help.

Seeking help

If you have any concerns about your child, you can contact some of the services below. Remember that it doesn’t hurt to ask and these services will be happy to help you work out if you need help and how to encourage this in your child.

headspace is a youth-focused mental health service for young people aged 12 to 25. For more information, see their website at headspace.org.au

eheadspace provides online counseling and telephone support to young people aged 12 to 25. They can be contacted at eheadspace.org.au and on 1800 650 890.

Kids Helpline is a 24-hour telephone and online counseling service for young people aged 5 to 25. They can be contacted on 1800 55 1800 and at kidshelpline.com.au.

Lifeline is a 24-hour telephone counseling service (13 11 14), www.lifeline.org.au has other online information and referral services.

National StandBy provides bereavement support to people affected by suicide 0754424277 or standbynational@unitedsynergies.com.au

Suicide Call Back Service 1300 659 467