**Habit of Mind**

**LISTENING WITH UNDERSTANDING AND EMPATHY**

The key to wisdom is knowing all the right questions.

John A Simone Jr

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**Our School Values: Participation, Accountability and Respect**

On School Assemblies I often focus my address to the student body around our values of Participation, Accountability and Respect. My message to students is around placing themselves in the best position to achieve personal excellence. In Junior Secondary the focus is on developing healthy routines for homework and revision as well as developing and refining time management skills. For the senior school I speak often about ensuring their life is kept in a healthy balance - balancing school work, homework, family time, leisure time, sport time and screen down-time. Balance is necessary to achieve in all areas of life and to succeed at school. Exam block is scheduled for week 9 and balancing their time now will stand students in good stead for their upcoming assessment. If your student would like some support to create a healthy study routine, please don’t hesitate to contact the Guidance Officer or Year Co-ordinators.

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**Open Day**

We held our successful Open Day two weeks ago and already have conducted a large number of enrolment interviews for 2015 with two cohorts of new students arriving (Year 7 and Year 8). Appointments for enrolment interviews are filling fast and we ask families to spread the message to others about the need to contact the school office on 35501111 and make bookings before the end of the term.

**National Literacy and Numeracy Tests**

On Tuesday – Thursday this week, our Year 9 students sat for their NAPLAN tests. They were well prepared and ready to go. As parents, your support in ensuring your student had a good night’s sleep, a healthy breakfast and prepared with all the equipment they need for the different tests across the three days is appreciated. Normal classes resumed each day after the NAPLAN assessment is completed.

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**P&C Matters**

Our May P&C Meeting is scheduled for Tuesday 20 May and I look forward to meeting you there. Please also support this term’s P&C fundraiser which involves social lawn bowls at the Gaythorne Bowling club (next to West Mitchelton Rugby League Club) this Saturday at 10am. RSVPs due to the school office now - again I look forward to seeing many of you there.

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**Important May Dates**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Time</th>
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<tbody>
<tr>
<td>THUR 15</td>
<td>Classroom Music Senior Showcase – J Block</td>
<td>5PM—6PM</td>
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<tr>
<td>FRI 16</td>
<td>Assembly</td>
<td>9AM—9.45AM</td>
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<tr>
<td>FRI 16</td>
<td>Deadly Choices—Year 8 &amp; 9 ATSI Students</td>
<td>1.50PM—3PM</td>
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<tr>
<td>MON 19</td>
<td>Deadly Choices—Year 8 &amp; 9 ATSI Students</td>
<td>1.50PM—3PM</td>
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<tr>
<td>TUE 20</td>
<td>Which way Touch Football Competition</td>
<td>8.15AM—3PM</td>
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<tr>
<td>TUE 20</td>
<td>P&amp;C Meeting—Library</td>
<td>7PM—9PM</td>
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<td>WED 21</td>
<td>Year 10 Geography Excursion</td>
<td>9AM—1PM</td>
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<tr>
<td>WED 21</td>
<td>Senior Drama Excursion &amp; Workshop</td>
<td>9.30AM—4PM</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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Mitchelton State High School

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Fax: 3550 1100
Absentee Line: 3550 1160
Web: www.mitcheltonshs.eq.edu.au
Email: admin@mitcheltonshs.eq.edu.au
Follow us on twitter @MitcheltonSHS

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John Searle
Principal
Email: jsear13@eq.edu.au
Barefoot Bowls
We are holding a Barefoot Bowls day at Gaythorne Bowls Club on **Sunday 18 May**, commencing at **10.00am** and with a barbecue lunch included. The cost will be:

- $25 per adult (bowls + BBQ)
- $10 per school student (bowls + sausage sizzle) or $15 (bowls + BBQ)
- and, $5 per child under 10yo (bowls + sausage sizzle).

Drinks will be available at the bar at normal bar prices.

Please contact the school office or me if you would like to know more or would like to book in for a fun day. We need to advise the bowls club by **Thursday 15 May** of numbers.

The prices for students and children are cost-price and the adult price includes a small mark-up. While we do hope to raise a small amount of funds from this event, the main aim is to have a fun social event for the whole family. It would be really good to have a fair few families join us on the day.

The Deadly Choices Program
This term an eight week program known as ‘Deadly Choices’ started at school for Indigenous and Torres Strait Islander students. The ‘Deadly Choices’ Program is a health education program and capacity development course aimed at supporting participants to be positive role models and mentors for their family, peer group and community by leading a healthy lifestyle.

The program comprises eight modules:
- Leadership
- Chronic Disease
- Physical Activity
- Nutrition
- Substance Misuse
- Smoking Cessation
- Sexual Health
- Importance of accessing local primary health care services

Muni Heart Week
On 7 May, MSHS students, staff and community members were invited to participate in a number of activities to raise awareness for heart health. Guests, including Uncle Peter Bird, Stephanie Button and Robert Cole, shared their experiences with those present. Zumba instructors showed how easy and fun it is to live active healthy lives and a special lunch capped off the day.

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

Arana Hills Chemmart Pharmacy School Rewards Program
Arana Hills Day & Night Chemmart Pharmacy is conducting a School Rewards Program from 12 May to 12 September. It will work in conjunction with their Chemmart Rewards Card and will give 5 cents School Rewards Cash for every 5 cents Chemmart Rewards Cash that you earn.

If you are an existing Chemmart Rewards Card holder, please tell the pharmacy that you would like to support Mitchelton State High School and they will fix a unique school identifier to your card. Show your Chemmart Rewards Card at each purchase and
ask the staff member who is serving you to place a copy of the docket in the School Rewards Bin. If you do not have a Chemmart Rewards Card, you can enrol for one online (preferred) at chemmart.com.au/chemmart-reward or instore. If you enrol online, you will receive double School Rewards Cash on your first purchase.

Volunteers:
Volunteers are always welcome. Please contact Tuckshop Manager Anne Jones or Uniform Shop Manager Tracey Cahill if you would like to help in either of these areas. If you would like to help in any other way, please contact me via the School Office.

Next meeting
The next meeting of the P&C will be held in the Library on **Tuesday 20 May**, starting at **7.00pm**. Our new Guidance Officer, Kym Barrett will be our guest speaker. Everyone is welcome to attend.

J John Creagh
P&C President
Email: johnlcreagh@bigpond.com

> Staying Safe Around Bats

Children need to be aware that bats, including flying foxes, are a protected species and pose minimal risk to humans provided they are left alone and not touched. However, children should not try to hurt or help sick or injured bats as they are putting themselves and the animal at risk.

If you see a bat or flying fox that is hurt call:
- RSPCA—1300 ANIMAL (1300 264 625)
- Department of Environment and Heritage Protection—1300 130 372
- your local wildlife care group/rescue/carer for assistance.

If a child is bitten or scratched by any bat, they should tell their parents, teacher or responsible adult straight away, wash the wound thoroughly with soap and water and visit their local doctor immediately.

> Parent Information Evening at Caboolture

**Community News**

**URGENTLY REQUIRED**

**HOST FAMILIES**

**FOR JAPANESE STUDENTS**

NANRYO HS (Saitama Prefecture) 16-17y.o.

**ARRIVAL DATE:** 23rd JUL (Wed) 2014  
**DEPARTURE DATE:** 30th JUL (Wed) 2014

**ATTENDING SCHOOL:** Mitchelton High School

**HOST FAMILY REQUIREMENTS:**
- NO OTHER JAPANESE STAYING IN FAMILY  
- 3 MEALS PER DAY  
- OWN BED, BUT CAN SHARE A ROOM WITH HOST CHILD  
- OVER 18’S HOLD BLUE CARD OR WILLING TO APPLY  
- SAFE TRAVEL TO AND FROM SCHOOL

*Single Placement, Remuneration Provided*

AUSTRALIA JAPAN STUDY PROGRAMME (AJSP)  
Please contact Lyn John, Homestay Coordinator MSHS (Email: ljohn166@eq.edu.au, Ph 3550 1111 or 0411 551 692)

**Parent Information Evening at Caboolture**

QUT is inviting current senior high-school students and their parents/carers to find out all about studying at QUT. QUT will provide information on:
- making course and career decisions  
- applying to university  
- gaining entry to university  
- life as a university student  
- transition to university and support for students  
- study costs and financial support  
- resources for parents and students.

**Date**  
Wednesday 21 May 2014

**Time**  
6 - 7.30pm

**Venue**  
QUT Caboolture campus

**Registrations**  
For further information, or to register to attend email cabevents@qut.edu.au.
Green Food Choices
Available Monday—Friday
Fresh Daily with exciting fillings—
Egg / Lettuce / Tomato / Carrot / Beetroot / Cheese—Custom Made

SANDWICHES
Ham / Salad $5.00
Egg / Lettuce $5.00
Chicken and Salad $5.00
Salad Sandwich $5.00
Tuna / Beef / Turkey / Pork / Salad $5.00
Ham / Cheese / Tomato $5.00

WRAPS
Tuna / Beef / Pork / Chicken / Ham $5.00

Daily Specials
Monday—Chicken Filo’s $5.00
Tuesday—Beef Kebabs $5.00
1/2 Kebab $2.50
Wednesday—Nacho Meal Deal $5.00
Thursday—International Deal $5.00
Friday—$2 Meal Deal $2.00
Special of the day

Fresh Fruit
Fruit Salad
Small $2.00
Large $3.50
Watermelon
Small $2.00
Large $3.50
Pineapple
Small $2.00
Large $3.50
Rockmelon
Small $2.00
Large $3.50

Drinks
300ml Flavoured Milk $2.50
600ml Flavoured Milk $3.50
500ml Fresh Milk $2.50
600ml NU Water $2.00
NW Water $4.00
250ml Poppers $2.50

Snacks
Cheese / Bacon Roll $2.00
Hot Milo $2.00
Toasted Sandwiches $5.00
Homemade Muffins $1.50

P&C Association 2014 Tuck-Shop Pricelist
AUTUMN MENU

Mitchelton State High School P&C
BAREFOOT BOWLS
SUNDAY 18TH MAY 10am
GAYTHORNE BOWLS CLUB PROSPECT RD, MITCHELTON
Contact John Creagh - 0417 612 204
johnlcreagh@bigpond.com

Adults $25.00 (bowls + barbecue lunch)
Students (10 & over): $10.00 (bowls + sausage sizzle)
Or $15 (bowls + barbecue lunch)
Children (under-10): $5 (bowls + sausage sizzle)

RSVP: Thursday 15th May