Habit of Mind

APPLYING PAST KNOWLEDGE

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

Thomas Edison

### Important September Dates

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>Wed 03</td>
<td>QCS Test Day #2</td>
<td>8.30AM—3PM</td>
</tr>
<tr>
<td>Wed 10</td>
<td>Parent/Teacher Interviews</td>
<td>3PM—6PM</td>
</tr>
<tr>
<td>Fri 12</td>
<td>Year level assembly</td>
<td>9AM—9.45AM</td>
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<tr>
<td>Wed 17</td>
<td>MAD Night—School Hall and Library</td>
<td>6PM—8PM</td>
</tr>
<tr>
<td>Fri 19</td>
<td>Full School Assembly</td>
<td>9AM—9.45AM</td>
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### School Holidays

20 September—05 October

### Important October Dates

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Time</th>
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<tbody>
<tr>
<td>Mon 06</td>
<td>Public Holiday</td>
<td>-</td>
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<tr>
<td>Tue 14</td>
<td>Junior Secondary Subject Selection Evening—School Library</td>
<td>6PM—7PM</td>
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### QCS Test

With just three school weeks of term remaining, we now start to focus on mid-semester assessments. Of course, the biggest of these is the QCS Test for Year 12 students, on Tuesday 2 and Wednesday 3 September. This test consists of four papers: a writing task, two multiple choice papers and a short response test. The results are reported on individuals using an A to E scale, but otherwise the results are only used to ensure fair positioning of groups of students, both among schools and among subjects. In a way, you can consider the QCS Test as the checking process used to make sure that OPs are fair across Queensland. For this reason, we say to students that it is important to be well prepared and to do their best, as we would expect to have very high results to match the work they have done in class.

### School Support Staff Recognition Week (1–5 September)

During the first week of September, Mitchelton State High will recognise some valuable team members. The great contribution of Administration and Schools Officers, Business Service Managers, IT professionals, Scientific Operations Officers and other team members is part of the reason our school is so successful. Their work supports efficient school operations and safe learning environments for students and teaching staff, which is vital for improving student outcomes and developing positive school communities. Each year on the first Friday in September, Mitchelton High celebrates the valuable contributions made by Teacher Aides each day of the school year around the state. The support they provide to teachers, classes and individual students adds up to make a big difference. So on this day we will take a little time to give our Teacher Aides the special attention they deserve. So in this small way I say thanks and acknowledge the wonderful ongoing work school support staff and Teacher Aides are doing.

John Searle
Principal
Email: jsearl13@eq.edu.au

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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### Successful School Events

Over the weekend, the school was involved in two very successful events. The first of these was the Trivia Night on Saturday Night. Congratulations to our P&C President, Mr John Creagh for coordinating the event and many thanks to the school community for supporting it. Monies raised as a result of the Trivia Night will go back into funding learning resources for our students. The second major event of the weekend was the Fundraising BBQ at Bunnings held on Sunday. The successful fundraiser saw many students (too many to count!) and staff manning the BBQ stall where over $3300 was raised – truly a fantastic result. The funds raised are for The School of St Jude’s in Tanzania but it is also a great way to showcase the quality of staff and students we have at Mitchelton High to the broader public and an opportunity for our students to be involved in a community volunteer activity. Well done to Mrs Vicki Hamilton who is the driving force behind our partnership with The School of St Jude’s in Tanzania.

### From the Principal

QCS Test

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John Searle
Principal
Email: jsearl13@eq.edu.au
Thank you to everyone involved—we made $3300 from Bunnings BBQ for School of St Jude’s in Tanzania!

Students who volunteered were great ambassadors for Mitchelton State High displaying enthusiasm, good manners and teamwork. It was a pleasure to work with students who so proudly wore their uniforms and upheld the core school values of Participation, Accountability and Respect.

Congratulations to the following students:

A big thank you also to the staff who supported the students in this venture.

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Parents have much more effect than they know

We are pretty good at keeping computers and televisions out of bedrooms, but as technology developed we somehow missed that phones and tablets ARE computers. Parents may sometimes feel out of control. The majority of families own a collection of iPads, iPods, other tablets, an Xbox, a Wii, a DS, iPhones and more...

Most parents wonder if their limit setting is actually worth it as they regularly have to remind children of the boundaries with technology.

Be encouraged, it IS worth it

A study with over 1,300 families in the US indicated some powerful benefits for children when parents set healthy limits on entertainment screen time (TV and video games) and limits of the type of content viewed.

Some effects are seen more immediately and others over time.

(Please keep in mind that ‘limiting’ does not mean banning all technology or taking everything away - it indicates a healthy balance and an inclusion of many other activities, such as sport, drama, kicking a ball, going shopping, chatting over dinner...)

Two Immediate effects of placing limits on media (which seem obvious but are great to see):
- Those children spent less time on TV and video games
- Those children saw less violent media content

However, it is the long-term effects that surprised the researchers the most. Children whose parents set more limits on the amount of time spent with media
7 months before:
1. were now getting more sleep
2. were getting better grades in school
3. had an indirectly positive change in Body Mass (as children were simply moving around more)

Additionally, parents limiting children’s content exposure (to violent media) 7 months before resulted in:
1. increased prosocial behaviour – exhibiting more helpful and cooperative pro-social behaviours at school
2. less aggressive behaviour toward their peers

Adapted from GenerationNext.com.au
Ann Howlett
Guidance Counsellor
Email: ahowl0@eq.edu.au

>P&C News

The Trivia Night on Saturday was a great success, even though the numbers were a bit less than we had hoped for. I think everyone enjoyed themselves and we made over $400 (including some donations). We had some people there who had never been to a Trivia Night before and they had fun. When we have our next Trivia Night (next year), why not give it a try? You might find that you enjoy it!

Raffle
The P&C is conducting a raffle over the coming weeks. The major prize is a Weber Q barbecue kindly donated by our local Member for Ashgrove, Campbell Newman. The raffle will be drawn at supper on Awards Night on Wednesday 19 November. We will be selling tickets in local shopping centres over the next two months.

Please contact me if you would like to take a book (or more) of tickets to sell, would like to buy some tickets, or would like to help out with selling tickets in shopping centres. The more tickets we sell, the more money we will make and the more we will be able to help our school.

Tuckshop Pre-order Promotion
The P&C is running a Pre-order promotion this term.
- Each time a student or staff member places a pre-order for food from the Tuckshop, they receive an entry in a weekly draw for a $10 Tuckshop voucher. The latest winner is Brendan L.
- All tickets will be retained until the end of term, when a major prize draw will be conducted. The prizes in this draw will be a radio-controlled UFO helicopter, a USB roll-up chess game, and a digital radio.
- Students can place a pre-order at the Tuckshop before school. Payment must be made when placing the order.
- Staff members can place a pre-order by phoning the Tuckshop not less than 30 minutes before first or second break.

Please note that the Tuckshop is not open at second break on Wednesday and Friday.

Next Meeting
The next meeting of the P&C will be held in the Library on Tuesday 16 September. Our guest speaker will be Merle Cashman. Merle will tell us about her role as Aboriginal & Torres Strait Islander Student Support Officer at our school.

Have you linked your Chemmart Rewards Card to Mitchelton State High School at Arana Hills Day & Night Chemmart Pharmacy for their School Rewards Program? It is not too late! (There is only one week to go.)

The School Rewards Program runs until 12 September. Please remember to use your card when visit the pharmacy and help us to earn some easy money.

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

>Homework Club

The Homework Club is for students who require help in completing homework and assignments or general support in areas of concern and runs on Monday afternoon from 3pm to 4pm N Block.

We have the support of Mitchelton State High School staff who have volunteered their time.

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

>Community News

Internet Safety Presentation
by Queensland Police Service
at The Community Place
33 Teevan Street, Stafford.

This talk has been prepared for parents about how to keep their children (11-14 year olds) safe on the internet. It is on Tuesday 9 September from 6:30pm - 8:00pm. This is a FREE seminar and will include a light supper. Please RSVP by Phone: 3857 1152 or Email: enquiries@thecommunityplace.com.au.
Heavily Funded Training in Health

Health Industry Training is a not-for-profit Registered Training Organisation representing the professional interest of General Practice and Primary Health Care in Queensland.

Health Industry Training is offering highly subsidised qualifications for parents who are interested in working within the health industry. At a cost of $320.00 for concession participants and $600.00 for non-concession participants, this will allow you to complete a Nationally recognised qualification in Allied Health Assistance, Health Service Assistance, Health Administration, Community Services Work, Aged Care, Disability, Home and Community Care, Youth work, Aboriginal & Torres Strait Islander Health care and Health Support Services.

For further information please call Health Industry Training on 1300 381 415.

BRISBANE IRISH TUNES CLASS
Every Wednesday in Bardon

Regular tutors including Nicole Murray (Cloudstreet, founder of Maleny Tunes Class) and Sarah Calderwood (Sunas, TwoCrows), plus specil guests.

Jigs, reels, polkas, dance and session tunes taught by ear with lots of repetition. If you can already play a few tunes and know the notes on your instrument, you’re ready!

Wednesday, 7.15—8.15pm, Mary Magdalene Hall, 80 Boundary St, Bardon. $15/ $12, incl supper.
Bookings and info: Keith Urquhart 0435 456 856 or Nicole Murray 0410 715 787.

FAMILY FUN DAY

Exquisite Fitness is holding a family fun day on September 14 from 9.00am—12.00pm at George Willmore Park, Ferny Hills.

There will be lots to see and do with a jumping castle, a mini petting zoo, face painting, a professional photographer for a beautiful family snap, displays, talks by experts, a coffee cart to get you moving, mini competitions, demonstrations from leading experts, adult and kids’ games, parent and child piggy back races, 3 leg races, strength and endurance mini competitions, BBQ and refreshments and SO MUCH MORE!!

Anyone and everyone is welcome so head down to the park for a morning of fun and laughs! For more info contact Nerida on 0430 000 585.