Habit of Mind

APPLYING PAST KNOWLEDGE

“In every adversity there lies the seed of an equivalent advantage. In every defeat is a lesson showing you how to win the victory next time.”

Robert Collier, American self-help author

Successful End to Term 3

I would like to thank all families who attended the recent Parent/Teacher Interviews. At Mitchelton State High School we are strongly focusing on developing a culture of learning and improvement. In the recent Term 3 Interim Reports (refer to the graph below), the majority of students are receiving results at a C level or above. However, there is still much room for improvement as the number of results that were issued that are below a pass grade (12.8% of all results issued) is concerning, as is the number of “Non-rated” results that were issued (4.4% or 94 in total).

In order for students to improve their results they need to focus on the following three important behaviours:

- Attend school every day
- Complete all classwork to the best of their ability
- Complete all assessment tasks including assignment drafts and final submitted work to the best of their ability.

If students display those behaviours all the time, I can guarantee you that they will achieve a “C” or better in their subjects! But we can’t do it alone. I would like to thank all families who are working with the school to ensure that their son or daughter displays these basic behaviours and expectations. Working together we can make a difference to the performance and future outcomes of each and every child who attends Mitchelton State High School.

Chamber of Commerce Breakfast

Last Tuesday morning, four senior students were invited to attend the annual Hills and District Chamber of Commerce breakfast. Holleigh S, Jess B, Nicole C and Jack N-M had the opportunity to hear a speech by the Police Commissioner Ian Stewart about policing in the suburbs and to meet with local business members who have a keen interest in what is happening in the schools in their area. Despite having to be at Arana Leagues Club at 6.45 am, the students had an enjoyable breakfast and the chance to hear from a local organisation that plays a key role in the prosperity of our area.

Spring Vacation

I’d like to wish all students and their families a very happy, restful and safe holiday. I look forward to seeing you all return for Term 4 on Tuesday 7 October 2014.

John Searle | Principal
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Follow us on twitter @MitcheltonSHS
Commemoration Service, 72nd Anniversary
On the 3 September representatives from our school community attended the Battle for Australia Commemoration Service in George Street. The service honoured those who served on land, sea and in the air in the South and South West Pacific campaigns of 1942-1945.

Students who attended the ceremony had recently studied a unit on the Second World War and by attending the service, were able to honour the courage and sacrifices made by members of the Australian Armed Forces.

A total of 39,366 Australians lost their lives during the Second World War. After the Fall of Singapore on 15 February 1942 and the bombing of Darwin only four days later, many Australians believed that a Japanese invasion on home soil was imminent. Over the next three years the Australian Armed Forces were involved in many battles throughout the Pacific region in which they resisted and repelled the Japanese attack.

Congratulations to William, Lachlan, Brianna and Taleah for attending the important service, and a special thank you to Riley for laying the wreath.

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

QCE Recovery Program
Over the past two weeks there has been intensive monitoring of Year 12 student progress. Students identified at risk of not achieving the Queensland Certificate of Education (QCE) will be withdrawn from normal classes. In the first week of term 4, Tuesday 7 October to Friday 10 October identified students will work with Ms Andrea McKee and other senior teachers to work intensively to complete outstanding work. Letters will be mailed home the first week of the holidays to students identified.

Jo Wainwright-Smith
Acting Deputy Principal
Email: jwain2@eq.edu.au

Aboriginal & Torres Strait Islander News

Broncos Mentoring
The last Broncos mentoring session for students at Mitchelton SHS was held on 17 August. 10 students attended the final session run by Paul Dyer and Michael Hancock from Broncos. They also enjoyed a visit from the Institute of Urban Indigenous Health, Keiron Lander, who spoke to the group about health and making better choices.

The Broncos also continue to support MSHS with Career Pathways assistance (eg QTAC applications, TaFE and work placements). A number of students are sitting for Australian Defence Force “You Session”, Matthew B has a school based apprenticeship with Broncos/All Trades Queensland in plumbing and Jacob J has gained a Broncos/All Trades Queensland apprenticeship in carpentry.

Broncos representatives Paul Dyer & Michael Hancock also met with Mr Searle & Mrs Blake to donate 10 Laptops to Mitchelton SHS. We extend our thanks to the Broncos for their continued support.

Go Broncos!

Mrs Merle Cashman
Aboriginal and Torres Strait Islander Student Support Officer
Email: mcash23@eq.edu.au

Keep a watch on our school these holidays
With the holidays fast approaching, we need you to look out for after-hours crime in our school. If you see anything suspicious, please remember to call the School Watch number - 13 17 88.
The 2014 school year is slipping by quickly with the third term almost at an end. I hope that everyone has a safe, happy and relaxing holiday so that we are ready to face the busy final term of the year.

**Raffle**
The P&C is currently conducting a fundraising raffle. 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 has been running a Pre-order promotion this term. Students and staff have received an entry in a weekly draw for a $10 Tuckshop voucher. All entries have been retained for a major draw that will be conducted at the Full School Assembly on Friday. The prizes in this draw will be a radio-controlled mini-UFO helicopter, a USB roll-up chess game, and a digital radio.

The latest weekly winners in the promotion were **Jesse B** and **Riley G**. The final weekly winner will be drawn at the Assembly on Friday.

The Pre-order Promotion has been a great success. Thanks to everyone who has supported it.

**Additional Uniform Shop Hours**
The additional operating days and hours for the uniform shop during the summer holidays are as follows:

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<thead>
<tr>
<th>DECMBER 2014</th>
<th>JANUARY 2015</th>
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<tbody>
<tr>
<td>TUE 2 DEC 3PM—5PM</td>
<td>MON 12 JAN 9AM—12NOON 1PM—4PM</td>
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<td>WED 14 JAN 9AM—12NOON 1PM—4PM</td>
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<td>FRI 23 JAN 9AM—12NOON 1PM—4PM</td>
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**Next Meeting**
The next meeting of the P&C will be held in the Library on **Tuesday 21 October**. Our guest speaker will be **Donna Mason**. Donna will tell us about her role as **Youth Health Nurse** at our school.

J ohn Creagh
P&C President
Email: johnlcreagh@bigpond.com
Over recent years I have had a number of parents/caregivers voicing their frustration over the amount of time their child spends on console games such as Xbox. As a parent of a teenage boy, I know how hard it sometimes is to redirect the child away from electronic games.

I have included below a summary of the parental controls required to limit the time spent on the console on a daily or weekly basis.

**Step 1: Set a passcode**

1. Turn on console controls.  
   1. On your console, go to Settings, then select Family.  
   2. Select On to turn on Console Safety.  
   3. Enter a 4-button passcode using your controller.  
   4. Select Save and Exit.

Use the Family Timer to limit the amount of time that your family can use your console on a daily or weekly basis. Family members can see how much time remains by pressing the Guide button on the Xbox controller. When the time expires, the console shuts down and can’t be used again until the Family Timer automatically resets the next day or week.

**To set the Family Timer**

1. On your console, go to Settings, and then select Family.  
2. Select On to turn on Console Safety.  
3. Enter a 4-button passcode using your controller.  
4. Select Family Timer.  
5. Select whether you want to set a Daily or Weekly timer.  
6. Move down to the time period and use the left stick to increase or decrease the time period, then select Continue.  
7. Select Save and Exit.

When the Family Timer is on, notifications will appear 1 hour, 30 minutes, 15 minutes and 5 minutes before the time runs out. These give players sufficient warning so that they can save their games. However, when one of these notifications appears, you can add time or disable the timer altogether by entering the pass code.


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**Seven Traits of Mental Toughness**

In different contexts, one character trait has emerged as a predictor for success. It isn’t social intelligence, good looks, IQ, or physical health. It is “grit,” which the dictionary defines as “mental toughness.” It could be defined as resilience or the ability to “bounce back” after setbacks.

Mental toughness is the “perseverance and passion to achieve long-term goals; having stamina; sticking with your future day in and day out and working hard to make that future a reality; a marathon not a sprint.”

Studies have shown that there is a correlation between mental toughness and self-control. It takes mental toughness and self-discipline to raise kids—they have constant needs. It is difficult to deal with tantrums/ensure homework is done/provide healthy food choices (when even you would prefer chocolate bar over an apple)/monitor TV, computer time/up and out in the morning (when you would prefer to be sleeping)...... and on it goes.

Seven traits of mentally tough people:

1. Look for positives & learn from mistakes
2. Face fears
3. Non-judgmental
4. Celebrate successes of others
5. Realise that the only person they can control is themselves & don’t blame others for their mistakes
6. Limit exposure to outside stimuli (e.g. Facebook, Angry Birds, Krispy Kreme donuts)
7. Accept and embrace change.

Adapted from Generationnext.com.au

Ann Howlett  
Guidance Officer  
Email: ahowl0@eq.edu.au

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> Former Origin Greats Indigenous Employment and Careers Expo

On Thursday 18 September the FOGS (Former Origin Greats) Indigenous Employment and Careers Expo comes to Brisbane. A variety of businesses, industry groups and training organisations will be highlighting the employment and career pathways available to Indigenous people. Past and present rugby league players will be on hand at Suncorp Stadium and encouraging visitors to consider the options on show and make the most of the expo. The event runs from 9 am to 1.30 pm and entry is free. Check the details at: [http://www.fogs.com.au/about/expos](http://www.fogs.com.au/about/expos)

> Guidance Officer News

**Seven Traits of Mental Toughness**

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Adapted from Generationnext.com.au

Ann Howlett  
Guidance Officer  
Email: ahowl0@eq.edu.au

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> Parental Xbox Controls

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Joanne Wainwright-Smith  
Acting Deputy Principal  
Email: jwain2@eq.edu.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.

How to Order Co-Curricular Groups

To order co-curricular group photos (eg: sports, music, year level groups), please go to the Silver Rose website and click on schools.

www.silverrose.com.au

Dodge ball - All-time favourite for kids of all ages. Improve teamwork, reflexes, evasion and coordination skills.

Where: Royal Parade Park, Royal Pd, Ashgrove. Meet opposite Gresham St.
When: Thursday 2 October, 10:30-11:30am

Bookings: Not required.
Cost: FREE

Introduction to martial arts - Learn beginner self-defence and how to twist and move to stop and deter an attacker. Use the top movies from all martial arts styles rolled into one fun filled and action packed session.

Where: Mt Coot-tha Reserve, Mt Coot-tha Drive, Toowong. Meet at the front gate.
When: Thursday 25 September, 12-1pm

Bookings: Bookings essential, please call David King on 0410 645 552 to reserve your place.
Cost: FREE
Holidays are upon us. There are loads of things to do this holiday that may be free or cost very little. Remember: Doing fun things will create life-long memories for everyone involved, as well as give your child experiences that they can talk to others about when back at school. Here are some ideas:

50 TOP IDEAS FOR ENTERTAINING YOUR BRISBANE KIDS THESE SCHOOL HOLIDAYS:

1. Head to South Bank and enjoy the sunshine - grab an ice cream or hot chips or check out their designer markets on Friday Nights and Saturdays
2. Victoria Park Golf Course for Mini Putt Putt or one of their golf camps
3. Go roller skating like at Albany Creek Skateaway or Digi Roller Skating Rink
4. Take a City Cat Ride or Cruise the Brisbane River
5. Write up a scavenger list of natural items (or print one of ours for free!) and go on a Scavenger Hunt Adventure FREE
6. Head to your local library for their FREE holiday events for kids (see the Brisbane Kids Event Calendar for more info)
7. Go fishing at our list of recommended places
8. Go for a bushwalk or picnic in the great outdoors FREE
9. Visit Daisy Hill Koala Centre for a picnic and viewing of the Koalas FREE
10. Go strawberry picking at one of the many strawberry farms around Brisbane
11. Visit Maleny Dairies for a real life dairy tour
12. Check out Robelle Domain in Springfield - with lots of water fun and a cafe for parents in the middle
13. Check out the Workshops Rail Museum at Ipswich for their regular holiday activities
14. Find a local river or creek with kids and have them build a dam, catch guppies in a bucket and enjoy Brisbane FREE
15. Visit the Maritime Museum at South Bank
16. Head to Queensland Zoo - to see the animals, the Big Pineapple and to have a picnic
17. Go to Mount Glorious for a picnic, child friendly bushwalk and scones with Jam and Cream on the way down
18. Head out to the Abbey Museum in Caboolture for some history and wonder
19. Take a trip to Springbrook for a glowworm tour
20. Go to the beach - FREE
21. Check out the Model Boats at the Boondall Wetlands on Tuesdays and Sundays - its a great picnic spot and has a playground for the kids FREE
22. Go for a drive up to Mount Tamborine - take in the views, pack a picnic - enjoy the fresh air FREE
23. Head to one of the many zoos in and around Brisbane - Brisbane Kids offer great deals and discount here
24. Go for a bike ride around Brisbane’s... better still... if you can... drive with your bikes to somewhere lovely like Redcliffe and go for a ride or a skate if you roller blade FREE
25. Visit the fantastic Indoor Skate ramp on Brisbane’s South Side
26. Go camping... and for us chickens... camp in your backyard! FREE
27. Take a visit to Old Beenleigh Town on the southside (or Old Petrie Town on the northside) over 20 restored buildings... good for little historians - small cost
28. Head to White Cedar Creek for a day trip FREE
29. Head out for a picnic at the Cleveland Lighthouse FREE
30. Take your Brisbane Kid indoor rock climbing at Rocksports
31. Visit the fantastic Indoor Skate ramp on Brisbane’s South Side
32. Take a trip to your local creek, collect river stones and paint them - either stones or pet rocks FREE
33. Contact your local gallery - lots of them will offer kids holiday programs
34. Head to the new Imagine That Playhouse down at Robina
35. Head to Toowoomba to check out the Carnival of Flowers
36. Head to the Glass House Mountains Lookout for a picnic FREE
37. Head to the Springbrook Lookout for an amazing rainforest walk FREE
38. Check out Queen Mary Falls on an awesome road trip with the family FREE
39. Go to the movies
40. Take a day trip to the Darling Downs Zoo
41. Head out to the Wivenhoe Dam on a day trip FREE
42. Check out the Eumundi Markets on a Wednesday or another awesome attraction of the Sunshine Coast.
43. Check out Bellingham Maze for a day out with the family
44. Go to the Theme Park with discounted tickets thanks to our discount theme park tickets page
45. Head out on a nighttime adventure with our guide FREE
46. Check out Calamvale District Park for their AMAZING slide and draw bridge FREE
47. Visit the Sir Thomas Plantarium and see a show
48. Complete a Laser Tag mission, ride the bumper cars and play the arcade games at Laserzone in Lawnton
49. Discover how to Paintball in Brisbane
50. Dinosaur and bug fun at the QLD Museum - and it’s FREE!

For more information, head over to ...