Habit of Mind
APPLYING PAST KNOWLEDGE
“Remember your past mistakes just long enough to profit by them.”
Dan McKinnon, Folk Singer

Important October Dates

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<td>Junior Secondary Subject Selection Evening — School Library</td>
<td>6PM—7PM</td>
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<td>TUE 14</td>
<td>Junior Secondary Information Night — School Library</td>
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<td>FRI 17</td>
<td>Year 4 Experience Day</td>
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<td>MON 20</td>
<td>STUDENT FREE DAY</td>
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<td>TUE 21</td>
<td>P&amp;C Meeting — School Library</td>
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<td>MON 27</td>
<td>My Future My Plan — Year 8, 9, 10</td>
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Welcome to Term 4
To the Mitchelton State High community, welcome back to what is my favourite term of the school year—Term 4! Term 4 of the school year is always an exciting time for our students with a large number of school events and culminating activities. We only have 7 weeks left with Year 12s, eight weeks with our Years 10s and 11s and 10 weeks with Years 8 & 9. This is a short period of time, with many highlights and much important work to do. Our focus on celebrating student achievement begins with the big Drama Night on Wednesday 29 October and continues with our Annual Awards Ceremony to be held on Wednesday 19 November. We look forward to seeing you at these events.

Junior Secondary Night
An important school event for all Year 8 & 9 students will be held next Tuesday starting at 6pm. The Junior Subject Selection Evening is considered compulsory for the students and families to attend as it outlines information about the subjects students will be able to select for 2015. At 7pm we will also hold the Junior Secondary Information Night (for all NEW students starting Year 7 or Year 8) in 2015. Invitations have been mailed out to those families who have already enrolled. Again, I look forward to seeing you on this evening if you have a child who will be in either Year 7, 8, 9 or 10 next year at Mitchelton High.

Staff Movements
I wish to inform the school community of the following:
- Kerry Smith has been transferred to Craiglea SHS
- Carmen Olivero (Permanent Deputy Principal) has extended her leave to include 2015
- Maureen Mendelewski (Permanent English/Arts/LOTE Head of Department) has extended her secondment to include 2015
- Jo Wainwright-Smith will continue to act as Deputy Principal in 2015
- Shelley Bampton will continue to act as English/Arts/LOTE Head of Department in 2015

As more staff movements occur, I will inform the school community of the news.

2015 Student Leaders
I am pleased to announce that we have had a good response from our Year 11s for the filling of leadership positions for next year. Please note the closing date for applications is this Friday 10 October, with the Leaderbody for 2015 announced on Assembly on Friday 7 November. We wish all students in the process all the best.

Student Free Day
Please note that Monday 20 October is a designated Student Free Day. Teachers not involved in Year 12 Panels will undertake professional development on that day around Effective Classroom Management and compulsory Asbestos training. Also note that Friday 14 November is a Public Holiday due to the G20 event being held in Brisbane.

P&C Meeting
The next P&C meeting will be held on Tuesday 21 October starting at 7pm. This is an important meeting as decisions regarding the fee for the School’s Textbook and Resource Scheme for 2015 will be made. We look forward to seeing as many parents as possible at our next meeting.

Jet Searle | Principal
Email: jsear13@eq.edu.au
References
Year 12 students are reminded that if they wish to obtain a school reference they must complete the online process. Forms outlining the process are available from office. Requests must be submitted by Friday 17 October.

The Australian Institute of Architects and QUT invite students in Years 10, 11 & 12 considering a career in architecture to an Open House Weekend.
When: Sunday 12 October, 10am – 12pm.
For more information, students can obtain flyer from Student Services.

Pathways to Employment - Short Courses
These courses are designed to help students to understand their own abilities and preferences, the workplaces, and how they can design and navigate their future employment in such an industry.
- Logistics - 1 year course starting 23 October, each Thursday
- Sign and Graphic industry - 3 day off-campus opportunity, 21-23 October

School Jerseys
Year 11 students have finalised their design for the 2015 Senior Jersey. In coming weeks, students will be required to select their size, submit Jersey name and payment. A letter outlining the process will be distributed later this week.

Job Opportunities
I have returned from the break to numerous emails outlining opportunities for fulltime job opportunities for Year 12 school leavers and school-based training opportunities. Students are encouraged to check the noticeboard at Student Services to check whether any of these are of interest. I would also remind students of the value of having their resumes updated and “ready to go”.

Full time job opportunities for Year 12 School Leavers include:
- Bricklaying, Carpentry, Concreting, Wall and Ceiling Lining, Wall and Floor Tiling, Construction Waterproofing, Plastering.

School-based training opportunities include:
- Retail, Hospitality/Front of House, Electrotechnology/Electrician (Newmarket), Security Electronics (Wakerley), Junior Electrician (Virginia), Civil Construction (Yatala), Heavy Vehicle Mechanic - Diesel.

Students who have any queries about any of these opportunities should contact Andrea McKee, Student Services - 35501131

Welcome back to Mitchie High for Term 4. I hope everyone had a safe and happy holiday.

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 final draws in the Tuckshop Pre-order Promotion were conducted at the full-school assembly on the last day of Term 3. The final weekly winner was Charlotte W. The winners of the overall draw for the radio-controlled mini-UFO helicopter, USB roll-up chess game, and digital radio were Taleah D (first), John M (second), and William P (third). The Pre-order Promotion was a great success, thanks to everyone who supported it.

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.

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

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 in 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
THE BULLY, THE BULLIED AND THE BYSTANDER
BASED ON THE WORK OF
BARBARA COLOROSO, 2009

Update One: What is bullying

Bullying defined
Bullying is a systematic, conscious, wilful and deliberate activity intended to harm and induce fear through the threat of further aggression. Bullying is when someone (or a group of people) repeatedly and intentionally use negative words and/or actions which cause distress and risks wellbeing.

Bullying is very destructive to the wellbeing of a person and is very powerful. People often remember being bullied for the rest of their lives. They remember how students bullied them or didn’t help them.

What is Cyber bullying?
Cyber bullying is bullying that takes place using electronic technology. This includes devices and equipment such as mobile phones, computers, and tablets as well as communication tools including social media sites, text messages, chat, and websites. Examples of cyber bullying include mean text messages or emails, rumours sent by email or posted on social networking sites, and embarrassing pictures, videos, websites, or fake profiles.

Family support:
There are many ways parents can support their children. A study released recently shows that students who regularly eat dinner with their families are healthier, more successful in school, less likely to abuse substances, and more able to rebound from cyberbullying. Follow this link for more information:

http://www.worldmag.com/2014/09/protect_your_kids_from_cyberbullying_with_regular_family_dinners

What is not bullying:
1. Arguments and disagreements are upsetting, but usually everyone involved wants to solve the problem and there is no power imbalance.  
2. Not liking someone. Unless you deliberately and repeatedly try to cause someone distress, exclude them or encourage others to dislike them; not liking someone is not bullying.
3. Random or one-off events. Single acts of meanness, spite, conflict, rejection, exclusion, physical harm and emotional aggression hurt people and can cause great distress, but these are not bullying.

Bullying is not tolerated at Mitchelton SHS, and in some cases it is against the law, but we can’t stop it if we don’t know about it. Please encourage students to report bullying to the Deputy Principal, Guidance Officer or Year Coordinator.

Current Year 12 information:
QUT’s Equity Scholarships increase in value.
In 2015 QUT will be distributing almost $4 million in scholarships ($5,000 and $3,500), bursaries ($1500) and reconditioned desktop computers via the Equity Scholarships Scheme. If you or your student are considering QUT you’ve got until 6th February 2015 to apply, but if you’d like to know your outcome before Christmas, apply by 7th November 2014. Equity Scholarships also administer Indigenous Commonwealth Scholarships at QUT. Go to www.qut.edu.au/equity-scholarships for more information.

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

Defence Transition Mentor News

5000 Poppies
Is an exciting and ambitious grass roots community tribute of respect and remembrance, and we are inviting all crafters to participate in this meaningful and heartfelt project.

I would love for Mitchelton State High School students, staff and family members to all get involved in this project. Workshops will be held during morning tea and lunch breaks leading up to Remembrance Day here at school so that we can make as many poppies as possible to create a display at school on Remembrance Day and then send our poppy offerings to the larger project in Melbourne for Anzac Day 2015, the 100 year anniversary.

Family members and staff are also encouraged to get involved in the project—please feel free to contact me,

Belinda Wicks
Defence Transition Mentor
Email: bwick22@eq.edu.au
MENTAL HEALTH WEEK: 5-12 OF OCTOBER

Mental Health Week takes place in the week of World Mental Health Day, which is marked each year on October 10. It is a chance to reflect on mental health and take some positive steps to highlight the importance of mental wellbeing.

What sort of things do you do to keep yourself positive and balanced?

Enjoying mental health means having a sense of wellbeing, being able to function during everyday life and feeling confident to rise to a challenge when the opportunity arises. Just like your physical health, there are actions you can take to increase your mental health. Boost your wellbeing and stay mentally healthy by following a few simple steps.

- Connect with others. Develop and maintain strong relationships with people around you who will support and enrich your life. The quality of our personal relationships has a great effect on our wellbeing. Putting time and effort into building strong relationships can bring great rewards.

- Take time to enjoy. Set aside time for activities, hobbies and projects you enjoy. Let yourself be spontaneous and creative when the urge takes you. Do a crossword; kick a ball in your local park; read a book; draw pictures with your kids; play with your pets – whatever takes your fancy.

- Participate and share interests. Join a club or group of people who share your interests. Being part of a group of people with a common interest provides a sense of belonging and is good for your mental health. Join a sports club; a band; an evening walking group; a dance class; a theatre or choir group; a book or car club.

- Contribute to your community. Volunteer your time for a cause or issue that you care about. Help out a neighbour, work in a community garden or do something nice for a friend. There are many great ways to contribute that can help you feel good about yourself and your place in the world. An effort to improve the lives of others is sure to improve your life too.

- Take care of yourself. Be active and eat well – these help maintain a healthy body. Physical and mental health are closely linked; it’s easier to feel good about life if your body feels good. You don’t have to go to the gym to exercise – gardening, vacuuming, dancing and bushwalking all count. Combine physical activity with a balanced diet to nourish your body and mind and keep you feeling good, inside and out.

- Challenge yourself. Learn a new skill or take on a challenge to meet a goal. You could take on something different at work; commit to a fitness goal or learn to cook a new recipe. Learning improves your mental fitness, while striving to meet your own goals builds skills and confidence and gives you a sense of progress and achievement.

- Deal with stress. Be aware of what triggers your stress and how you react. You may be able to avoid some of the triggers and learn to prepare for or manage others. Stress is a part of life and affects people in different ways. It only becomes a problem when it makes you feel uncomfortable or distressed. A balanced lifestyle can help you manage stress better. If you have trouble winding down, you may find that relaxation breathing, yoga or meditation can help.

- Rest and refresh. Get plenty of sleep. Go to bed at a regular time each day and practice good habits to get better sleep. Sleep restores both your mind and body. However, feelings of fatigue can still set in if you feel constantly rushed and overwhelmed when you are awake. Allow yourself some unfocussed time each day to refresh; for example, let your mind wander, daydream or simply watch the clouds go by for a while. It’s OK to add ‘do nothing’ to your to-do list!

- Notice the here and now. Take a moment to notice each of your senses each day. Simply ‘be’ in the moment – feel the sun and wind on your face and notice the air you are breathing. It’s easy to be caught up thinking about the past or planning for the future instead of experiencing the present. Practising mindfulness, by focusing your attention on being in the moment, is a good way to do this. Making a conscious effort to be aware of your inner and outer world is important for your mental health.

- Ask for help. This can be as simple as asking a friend to babysit while you have some time out or speaking to your doctor (GP) about where to find a counsellor or community mental health service. The perfect, worry-free life does not exist. Everyone’s life journey has bumpy bits and the people around you can help. If you don’t get the help you need first off, keep asking until you do.

If at any time you are worried about your mental health or the mental health of a loved one call Lifeline 13 11 14 or Kids Help Line 1800 55 1800.


Donna Mason
School Based Youth Health Nurse
Email: dmas00@eq.edu.au
Subject Selection
For 2015
Year 8 into Year 9
And Year 9 into Year 10

Tuesday 14 October
6.00pm to 7.00pm
Library

All parents and students are invited to attend a presentation in the Library to assist with choosing elective subjects for 2015.

On-line subject selection will be open on the night. Teachers will be available to discuss subject options.

Community News

Can Saver Plus assist you with high school costs?

Join Saver Plus and match your savings, dollar for dollar, up to $500 for educational costs including:
- school uniforms and textbooks
- computers, laptops and tablets
- excursions and camps
- sports equipment, uniforms and lessons
- music tuition and instrument hire.

You may be eligible if you have a Health Care or Pensioner Concession Card, are at least 18 years old, have some regular income from work (you or your partner) and have a child at school or study yourself.

Contact David Smit, your local Saver Plus Worker:
(07) 3115 6202 / 0417 436 183
or david.smit@thesmithfamily.com.au

Saver Plus was developed by ANZ and the Brotherhood of St Laurence and is delivered in South Brisbane by The Smith Family.
The program is funded by ANZ and the Australian Government.