Habit of Mind

REMAINING OPEN TO CONTINUOUS LEARNING

“The only thing that we can know is that we know nothing and that is the highest flight of human wisdom”

Leo Tolstoy

Positive School Culture

In the past week I have had the pleasure of talking to a number of community members who have spoken very highly about the school in terms of its improved school culture. Our school has very high expectations of students with regard to work ethic, achievement, behaviour and uniform standards. The community should be proud of its school and I ask that you share this pride by maintaining its high standards and promoting the success of our school to friends and colleagues.

Monitoring of Senior School Students

Year 12 students in particular are being monitored closely for performance to ensure their best outcome in 2014. We have added new tools to our kit to personalise our attention to every student, affirm predictions of senior outcomes and sharpen up individual results where possible. At Mitchelton State High we have a well-developed Qld Certificate of Education (QCE) tracking and monitoring processes. However, at the end of the day each student is personally responsible and “owns” their result. Teachers and curriculum Heads of Department know their students best and are the first point of contact of how to get the best result in subjects studied. At Mitchelton High we have very high expectations and standards and very high levels of care and support for every student. Parents and carers are always welcome to be a part of this journey and I urge parents to heed advice from the Executive team, Guidance Officer and Mrs McKee, Acting Head of Department (Student Performance and Engagement) in the weeks to come. I have set very high, but not unattainable goals for our Year 12 students and the school team is zeroing in on the task at hand. Monitoring is also occurring with Year 11 so that this time next year there are only pleasant surprises and well-earned results to be celebrated.

Junior Secondary Update

Junior Secondary continues to develop and we are very mindful of ensuring we are accomplished at genuinely addressing the six principles of Junior Secondary schooling. We are also mindful that new Year 8 students aren’t forgotten as their transition to high school is as important. To that end, the school conducted a very successful Junior Secondary Information event on Tuesday evening where we outlined the school expectations and provided an update on our preparations for Junior Secondary (Year 7, 8, 9) for 2015. We are looking forward to this exciting development in state education and let me assure you that we are ready and prepared for the introduction of Year 7 into high school in 2015.

John Searle
Principal

Email: jsear13@eq.edu.au
G20 public holiday for Brisbane schools
Parents and families are reminded that Friday 14 November 2014 has been declared a public holiday to ease the impact on the city and help minimise any potential disruptions, and our school will be closed on this day.

School of St Judes Representatives Visit MSHS
Our school was once again very fortunate to have representatives from St Jude’s School in Tanzania come and address the assembly. Gemma Sisia, the founder of the school; Felix, who works to promote the school; and Sarah Henry who organised the trip, took time out of their busy schedules to come and personally thank the students and staff for their fantastic efforts in fundraising this year.

They graciously accepted a cheque of $3300 from Mr Searle, on behalf of the school community. This was thanks to the efforts made by all involved in the Bunnings BBQ back in August. Students and staff were informed that the money would go towards schooling costs for children who would otherwise be unable to afford an education.

Gemma passed on some wise words to our student body and particularly encouraged the Year 12s to make the most of the opportunities that present themselves. Standing by should not be an option! Felix, who is a member of the Masai tribe taught the students some words in Swahili and had a fun time dressing Mr Searle in Masai traditional dress.

Vicki Hamilton
Science Teacher & Year 11 Co-ordinator 2014
Email: vhami4@eq.edu.au

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
The Tuckshop is open from 8.00am to 1.50pm on Monday, Tuesday and Thursday. On Wednesday and Friday, the Tuckshop closes at the end of first break (11.15am). Food and drinks (other than water) will only be served to students before school and during authorised breaks. The current menu is included in this issue of “Mitchie Moments”.

While the Pre-order Promotion has finished, pre-ordering is still encouraged. Pre-ordering enables you to specify what you want (eg delete salad items & seasonings that you don’t want) and also guarantees that you don’t miss out. It helps the Tuckshop by minimising wastage because we don’t have to guess how many of each item we will sell.

Uniform Shop
The Uniform Shop is open from 8.00am to 11.00am on Monday and Thursday. Another day will be substituted when students are not present due to a Public Holiday or Student Free Day. The Uniform Shop will be open next Tuesday 21 October ILO Monday due to the Student Free Day.

There will be additional trading days and hours at the end of the year and at the beginning of the new school year. Further details will be provided in coming weeks.

The next meeting of the P&C will be held in the Library next Tuesday 21 October. Our guest speaker will be Donna Mason. Donna will tell us about her role as Youth Health Nurse at our school.
THE BULLY, THE BULLIED AND THE BYSTANDER
BASED ON THE WORK OF
BARBARA COLOROSO, 2009

Update Two: Who is bullied

Being a teenager is very difficult, and bullying can be insidious and hard for parents and teachers to detect. The profile of bullies and victims doesn't make this any easier, and most people can remember a time when they were bullied. We know this can have a lasting affect and lead to depression and suicidal thoughts.

Who is a target for bullying?
- new student
- someone who has been traumatised and is sensitive and avoids peers
- someone submissive
- a student with behaviour annoying to others
- shy, reserved and timid students
- kids who are rich or poor
- people with different ethnicity
- people whose religion is in the minority
- students whose sexual orientation is in the minority
- students who are bright, talented or gifted
- students who are independent or don’t conform to the norm
- kids who are fat or thin, short or tall
- people whose physical attributes are different from the norm
- students with physical or cognitive disabilities
- a student in the wrong place at the wrong time.

Secrecy
Children have many reasons for not telling adults about bullying:
- they are ashamed of being bullied
- they are afraid of retaliation
- they don’t think anyone can help
- they don’t think anyone will help
- they have been told that being bullied is part of growing up
- children who are also bullied by an adult may believe that they are permitted to be bullied
- they have learned that “dobbing” is not cool.

Warning signs
1. Shows an abrupt disinterest in school or refuses to go to school.
2. Takes an unusual route to go to school.
3. Suffers a drop in results and concentration.
4. Withdraws from school and family activities, wants to be alone.
5. Claims to have lost money for lunch or not be hungry at school.
6. Takes parents' money and makes lame excuses for needing money.
7. Is sad, sullen or scared after receiving phone calls or emails.
8. Does something out of character.
9. Stops talking about peers and everyday activities.
10. Uses demeaning or derogatory language when speaking about peers.
11. Is exhausted, has headaches, stomach aches and is unable to sleep.

Please encourage your student/s to report bullying to the Deputy Principal, Guidance Officer or Year Coordinator.

Ann Howlett
Guidance Counsellor
Email: ahowl00@eq.edu.au

> Defence Transition Mentor News

Between 2014 and 2018 Australia will commemorate the Anzac Centenary, marking 100 years since Australia’s involvement in the First World War. And in 2015, there will be a large number of activities commemorating 100 years since the Anzac Gallipoli landing.

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

The aim is to “plant” a massive field of handmade poppies in Fed Square Melbourne on Anzac Day 2015 as a stunning visual tribute to Australian servicemen and women for more than a century of service in all wars, conflicts and peacekeeping operations.

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
Round 4 funding closing soon

Queensland families are being urged to get cracking with applications for the Queensland Government’s Get Started vouchers, to help children stay active and healthy through sport and recreation.

The initiative provides kids who can least afford joining a sport or recreation club with vouchers of up to $150 to help with club membership and participation fees.

More than 65,000 vouchers have already been issued across the state, and local sport and recreation clubs have joined the cause with 3500 clubs registered to accept the vouchers.

Applications for this round of the program will close on October 15. More details can be found at www.nprsr.qld.gov.au.

Get Started

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.

Community News

Picabeen Community Centre is holding a free FAMILY EVENT on Saturday 18th October from 9am-12pm at 22 Hoben St, Mitchelton.

Free sausage sizzle, jumping castle, animal farm, face painting and craft activities.

All ages welcome, see you there!
### Daily Specials

<table>
<thead>
<tr>
<th>Day</th>
<th>Item</th>
<th>Price</th>
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</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Chicken Burger</td>
<td>$5.00</td>
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<tr>
<td>Tuesday</td>
<td>Beef Kebabs / 1/2 Kebab</td>
<td>$5.00 / $2.50</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Homemade Pizza</td>
<td>$3.00</td>
</tr>
<tr>
<td>Thursday</td>
<td>Hamburgers</td>
<td>$5.00</td>
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<tr>
<td>Friday</td>
<td>$3 Meal Deal</td>
<td>$3.00</td>
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**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

### Green Food

**Available Monday—Friday**
Fresh Daily with exciting fillings—

**Custom Made:**
- Egg / Lettuce / Tomato / Carrot / Beetroot / Cheese

**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 Wraps: $5.00

### Drinks

<table>
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<th>Item</th>
<th>Price</th>
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<tbody>
<tr>
<td>300ml Flavoured Milk</td>
<td>$2.50</td>
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<tr>
<td>600ml Flavoured Milk</td>
<td>$3.50</td>
</tr>
<tr>
<td>500ml Fresh Milk</td>
<td>$2.50</td>
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<tr>
<td>600ml NU Water</td>
<td>$2.00</td>
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<tr>
<td>NW Water</td>
<td>$4.00</td>
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<tr>
<td>250ml Poppers</td>
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### Snacks

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
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<tbody>
<tr>
<td>Cheese / Bacon Roll</td>
<td>$2.00</td>
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<tr>
<td>Garlic Bread</td>
<td>$2.00</td>
</tr>
<tr>
<td>Frozen Yoghurt</td>
<td>$2.00</td>
</tr>
<tr>
<td>Homemade Muffins</td>
<td>$1.50</td>
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</tbody>
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Year 12 Drama presents..... Excess Baggage

Mitchelton SHS Hall
Wednesday, 29 October, 2014
7.00pm - 8.30pm

Gold Coin Donation

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.

Silver Rose
www.silverrose.com.au