Habit of Mind

REMAINING OPEN TO CONTINUOUS LEARNING

“Growth begins when we begin to accept our own weakness”
Jean Vanier

Important October Dates

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Time</th>
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<tbody>
<tr>
<td>THUR 30</td>
<td>End of Semester Music Night</td>
<td>5PM—6PM</td>
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<tr>
<td>FRI 31</td>
<td>Positive Behaviour Awards</td>
<td>9 AM—9.45AM</td>
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<tr>
<td>FRI 31</td>
<td>Leaderbody Application Interviews</td>
<td>1.30PM—3PM</td>
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Important November Dates

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Time</th>
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<tbody>
<tr>
<td>MON 03</td>
<td>Homework Club D Block, Room 6</td>
<td>3PM—4PM</td>
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<tr>
<td>WED 05</td>
<td>Leaderbody Interviews</td>
<td>1.30PM—3PM</td>
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<tr>
<td>10—13</td>
<td>Year 12 Exam Block</td>
<td>-</td>
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<tr>
<td>MON 10</td>
<td>Homework Club D Block, Room 6</td>
<td>3PM—4PM</td>
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<td>FRI 14</td>
<td>G20 Public Holiday</td>
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<tr>
<td>MON 17</td>
<td>Homework Club D Block, Room 6</td>
<td>3PM—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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Follow us on twitter @MitcheltonSHS

> From the Principal

This week the Principal is visiting another secondary school, Aldridge SHS in Maryborough. Our school is part of the Australasian Schools Accreditation Agency (ASAA). The purpose of ASAA is to assist the development of quality schools. Mr Searle will be returning to school on Friday 31 October for our Positive Behaviour Assembly. This is an important part of the school life at Mitchelton SHS. Students who have demonstrated excellent behaviour and effort this term are acknowledged on this Assembly.

This Friday is also World Teacher's Day. This is a time when we recognize the excellent work of our teachers. I would like to personally take this opportunity to thank the teachers of Mitchelton SHS for the excellent work they do in the classroom and for their many hours of extra time they spend with students in extra curricula activities.

Tonight 29 October is one such event. The Year 12 Drama class and Ms Ahboo have spent many hours preparing for the performance, Excess Baggage. I look forward to the event as I am sure it will be an enjoyable, exciting and challenging evening.

The Department of Education is moving towards introducing a web-based program that will allow parents to access information related to their student. Parents could check that contact details are correct, attendance data is accurate and have access to academic records and report cards.

Our school is applying to be a pilot school for this program in 2015. I will keep you informed as more information becomes available.

Year 12 students have been issued with their exam timetable and the final week of school program. Please look through these documents; they contain important information about the graduation and formal. Contained in this newsletter is a summary of the final week program, please see the article on page 2.

Student of the month award recipients


Heather Blake
Deputy Principal
Email: hblak2@eq.edu.au
Final Week Program for Year 12 Students

I am sure you are all aware that Awards Night is Wed 19 Nov 2014 and that Graduation for Year 12 students is on 21 November followed by the Senior Formal.

Year 12 student attendance at school up until Friday 21 November is compulsory. If students are not going to attend the Graduation then they must be at school from 9am to 10:55am on that Friday (21/11/2014) to satisfy QCAA attendance requirements for a Queensland Certificate of Education.

Last Week
- Uniform required Mon 17/11 to Wed 19/11 incl.
- Monday 17 November – All Year 12s to attend timetabled classes - check profiles and results with teachers. (9:00am to 3:00pm) Leaderbody meetings with Mrs Blake as required. CPR awareness sessions will be conducted during the day.
- Tuesday 18 November – All Year 12s to attend timetabled classes (9:00am to 12:10pm). Awards Night rehearsal for award recipients. Leaderbody members required all day for Awards Night rehearsal.
- Wednesday 19 November – Awards Night rehearsal and preparation for the final Year 12 assembly in the hall in Lesson 1. Leaderbody required until 3:00pm.
- Thursday 20 November – Graduation Rehearsal – all Year 12s to attend from 9am to 1:00pm in the Hall.
- Friday 21 November – Graduation/Formal

Graduation
- The Graduation/Formal is a very formal affair and students are expected to dress in formal attire
- Students/Parents who have prebooked a family photo with the professional photographer be sure to arrive in ample time.
- Savouries and cool drinks are served at approx. 5:00 pm.
- Students will need to be seated on stage at approximately 5:20pm. Ceremony to start at 5:30pm.
- The ceremony is approximately one hour in length.
- Photographer will take a photo of you “graduating” – i.e. when you walk down the aisle and are handed your graduation certificate by Mr Searle.

Cars and Parking for Graduation
- Most students will arrive for the Graduation with their parents in the family car. The Leaderbody Elect will be directing cars to park – behind C Block and also J Block entrance.
- If you are hiring a limousine etc, please tell them you need it to be here waiting, ready for a 6:45pm pick-up. All cars taking Yr 12s to the formal venue will be parked along the access road below Science block and in front of Admin Block & Library. These cars must enter the school grounds via Dundal St. The Samford Rd entrance will be used by exiting vehicles only.
- At the Graduation Rehearsal you will need to provide details to the Leaderbody Elect - a description of the car and who is travelling in the car.

Finally, the end of Year 12 is always a very exciting time for students. This marks an end of your formal schooling and is a significant point in your educational journey. It is, therefore, worth celebrating. However incidents of inappropriate Year 12 celebration are often publicised at this time of the year and it can take only a few individuals to damage the reputation of a school. Behaviour which publicly detracts from the school’s reputation will not be tolerated. People and property must be respected at all times and where students are deemed responsible for inappropriate behaviour then the school reserves the right to exclude those students from sitting their final exams and the Graduation and Formal.

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

Mitchie Student Joins Qld Team for Special Olympics

From 20 to 24 October, Year 11 student, Jarrod S, was part of the Queensland basketball team that competed in the special Olympics in Melbourne this year. His team played exceptionally well and came second in a close match, with Jarrod scoring a number of goals. Congratulations Jarrod—we are very proud of you!

Melissa Hansell
Teacher
Email: mfall13@eq.edu.au
**Aboriginal & Torres Strait Islander News**

*My Future, My Plan*

The Indigenous Education Unit has been running the *My Future My Plan* program throughout 2014, helping students to plan their learning pathways. The last session was held on Monday 27 October. We extend a big ‘thankyou’ to Keith Bichel and James Sandy from the Education Unit for all their hard work.

**Broncos Mentoring**

Paul Dyer, Broncos Game Development Manager, and Jharel Yow Yeh, Broncos player and mentor joined parents and Year 12 Aboriginal & Torres Strait Islander students for the conclusion of the 2014 Broncos Mentoring program. Students who attended every session though the year (4) were presented with Nike joggers and Mrs Blake presented students with a Certificate of Achievement, in recognition of their completion of Year 12 and Graduation from Mitchelton State High School.

Mathew Bobir thanked the Broncos and Paul Dyer for supporting Mitchelton SHS through the Broncos mentoring sessions and the presentation was followed by a healthy morning tea.

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

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**Defence Transition Mentor News**

*Defence Transition*

Parents and families are reminded that Friday 14 November 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.

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**G20 Public Holiday for Brisbane Schools**

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**QUT Future Leaders Program**

Congratulations Bryce S (Year 10) on his acceptance into the QUT Future Leaders Program. The QUT Future Leaders Program is an enrichment program for high-achieving students entering into Year 11 next year. Over the next two years Bryce will be involved in numerous engaging, inspiring and thought-provoking activities to enhance his senior studies and to help him to develop his confidence to pursue further opportunities at university.

Bryce - we are very proud of you. Well done and good luck!

Alana Torisi
Teacher & Year 10 Coordinator
Email: atorr20@eq.edu.au

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**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 in D Block classroom 6. We have the support of Mitchelton State High School staff who have volunteered their time.

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

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Next week will be the final week for students and community members to contribute to our poppy making display for Remembrance Day. Poppies will then be sent to join the larger project in Melbourne for Anzac Day 2015, the 100 year anniversary.

Workshops will be held on Monday 3, Wednesday 5 and Friday 7 November during 2nd break in D6. Thank you to everyone who has helped so far and I look forward to our final poppy making sessions next week. All welcome!
**Update Three: What if your child is bullied?**

**Don’ts**

1. minimise, rationalise, or explain away the bully’s behaviour
2. rush in to solve the problem for your child
3. tell your child to avoid the bully
Raffle – closing soon! Can you help us sell some tickets?
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 are hoping to sell tickets in local shopping centres over the next two and a half weeks.

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 during authorised breaks. Pre-ordering is still encouraged. Pre-ordering enables you to specify what you want (eg delete salad items and 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.

Students should apply for the EAS if they have been impacted by:
- financial hardship
- disruptive home environments or increased responsibilities
- English language difficulties
- a disability, injury or health condition
- an education disruption.

Applicants successful in the financial hardship category are also guaranteed a $3500 Equity Scholarship; this is called the Q-Step Scheme.

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

It’s not too late to add it to your QTAC application for study in 2015. It is important when applying for EAS that you supply the required documentation. A recent analysis of EAS applicants for QUT courses found that most students who are not eligible through EAS haven’t supplied the documentation required. To be considered for the January 2015 offer round applications and documentation must be submitted prior to 15 December 2014.

Need a plan for 2015? QUT can help you make one
HERE: Real Decisions Tuesday 23 December, 9am-1pm, QUT Gardens Point campus.

Free Careers counselling is available via email to at yourfuture@qut.edu.au with ‘Help me make a plan for 2015’ in the subject line.

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

The Educational Access Scheme (EAS) assists students who may have experienced difficult circumstances which impacted their ability to study to their full potential. There are five EAS categories and eligible applicants who choose to study at QUT can receive up to a 3 OP bonus (or 6 Ranks) for each; the maximum they can receive if applying for multiple categories is a 5 OP bonus (or 10 Ranks).

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More information about each of the categories is available at www.qtac.edu.au/Applying-SAS/EduAccess.html

Do you feel too hot for hot food? Why not try a nice cool sandwich or salad or fruit? Students can see Anne before school to order what they would like and make sure that it is ready for them at their chosen break. Staff can phone the Tuckshop to place their order.

> P&C News

> QUT Update for Year 12’s

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Guidance Counsellor
Email: ahowl0@eq.edu.au
Community News

**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.

There will be additional trading days and hours at the end of the year and at the beginning of the new school year. The first of these will be on **Tuesday 2 December (Junior Secondary Transition Day)** from 3.00 to 5.00pm. Further details will be provided in coming weeks. We will need volunteers to assist at these times. Please contact me if you are able to help.

**Next Meeting**
The next meeting of the P&C will be held in the Library on **Tuesday 25 November**. This will be the final meeting for the year.

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

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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 text books
- 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.

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Resilience Skills for a Happy Life!

**Final program for 2014!**  
**Limited places available**

Confident Kids ® + teens is a fun and innovative coaching program for kids 5-14yrs that aims to boost confidence, emotional resilience, social skills and brain power. Students discover their strengths, and develop resilient thinking skills to reduce stress, anxiety, worry, or negative thinking.

Essential tools to navigate the teen years!
Our team of experienced Psychologists will coach, encourage and support your child to be all they can be! Medicare and Private health fund rebates apply.

Register and Book online today at confidentkidsandteens.com.au Or contact us at info@positivefamilies.com.au for more details. Groups held at our Kelvin Grove clinic.
Did you know?
- To suffer from food intolerances and allergies you need to:
  1. Have one of the specific genes (based on your ancestry)
  2. Have the gene turned on by a virus or bad bacterial infection, a vaccination or stress
  3. Eat foods or take drinks with proteins rich in particular amino acids
- Over 30% of the Australian population have the potential to suffer food intolerances or allergies when they eat wheat, dairy, soy and other plant products giving symptoms such as:
  - Reflux, bloating, gas, tummy rumbling, nausea, diarrhoea or constipation, tiredness, headaches.

Why does it happen?
- Wheat and other cereal grains, dairy & soy products and other plant foods contain proteins with related structural elements that cannot be broken down by our digestive system and these structures sensitize the person’s immune system causing the symptoms.

Relief is at hand!
Biohawk has discovered the way to breakdown these proteins using a special blend of natural gingers. It is as simple as taking a small dose morning and night to get your digestive system working at peak performance and to say goodbye to those damaging proteins.

In two convenient forms:
- Relief powder
- DigestEasy liquid

These products plus Bake Aid can also be added to foods, like wheat (yes wheat!) to change the proteins making it easier for you to digest. So you can add it and make delicious cakes, breads, pizza bases, muffins and other foods.

Enjoy the light, fluffy texture of wheat and not the heavy, often tasteless texture of gluten free products!

You can have faith in Relief and DigestEasy!