Habit of Mind

REMAINING OPEN TO CONTINUOUS LEARNING

"An expert is a fellow who is afraid to learn anything new because then he wouldn't be an expert anymore."
– Harry S Truman

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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Important November Dates

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Last Friday our Positive Behaviour Awards Ceremony was very successful – it was pleasing to see an increase in the number of students receiving awards. In fact, this year has seen a dramatic improvement in behaviour levels in the school and has resulted in a very positive school tone and culture.

Thanks to the school community for your continued support of the improved standards of behaviour at Mitchelton High. Below is an extract from my speech which was delivered at the Positive Behaviour Awards Ceremony.

I believe that positive, appropriate behaviours need to be taught; modelled; reinforced, rewarded and celebrated. Today is a day of celebration – it is a day where we formally recognise those students in the school who have consistently displayed high levels of exemplary behaviour. It is a day where the best behaved students in the school are rewarded and celebrated.

The students who will receive a Positive Behaviour Award today don’t just give lip-service to Mitchelton High’s values of Participation; Accountability and Respect; these students live and breathe our values through their positive actions, thoughts and behaviours. Today’s award recipients are role models for our school: through their actions they teach to the whole school community the importance of showing respect; responsibility; following directions; safety; being on time to school for their classes and all other activities; caring for self and others; valuing property and the environment and wearing the school uniform with pride.

From the Principal

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Having high expectations around Positive School Behaviour is something that I am passionate about at Mitchelton State High and we have clear systems and processes in place that teach and reinforce our high behaviour expectations. Our values and high expectations are constantly and consistently followed through by the work of our Year Level coordinators in particular, our class teachers and non-teaching staff supported by a strong executive leadership team.

I am proud of our staff in teaching, modelling and reinforcing our school values in the work they do with our students. I am extremely proud of students who today are receiving Positive Behaviour Awards. Congratulations to all award recipients and their families for your support of the high standards of behaviour we teach each and every day at Mitchelton State High school.

Year Level Coordinators Speech, presented by Mitch Fallon (Year 12 Coordinator)

In sport they describe the third quarter as the premiership quarter, it’s where the business takes place and things get done. Term 3 here at Mitchie was no different, with so much happening during Term 3 and continuing on into Term 4. Things are always going on at Mitchie and this was the case during and immediately following our previous Positive Behaviour Awards, with school visits from our sister school Nanryo High School and Fukuoka Musashidai High School. Students from both visiting schools were given an opportunity to visit and be a part of the classes here at Mitchie and mix and chat with their buddies and friends.

As the visiting schools returned home, Week 3 saw the return of the annual Walkathon, as students ventured out to the school oval to get their daily dose of physical activity with a bit of friendly competition thrown in as well. Congratulations to all students for participating in the Walkathon. As we stepped forward to Week 4, our Year 11 cohort caught a bus, which broke down, and then caught another bus, eventually ending up at Maroon Outdoor Education Centre. The week was filled with fun activities including team building games, orienteering, hiking, canoeing, rock climbing and high ropes. These activities helped students reach new heights in their level of maturity, teamwork, respect and leadership.

August finished off on a charitable note with the P&C Trivia Night taking place, helping fundraise for the school community. And what better way to follow up one charitable effort? Well the answer is a BBQ at Bunnings to support the School of St Jude in Tanzania. Throughout the day many students and staff gave up their precious Sunday to help raise over $3000 for the School of St Jude. The visit from Gemma and Felix to graciously accept our donation was a priceless moment for all involved, especially Mr Searle who found himself appropriately dressed as our school chief in traditional African dress. Other fantastic charitable events and activities that took place throughout the semester included visits to the Oz Care Homeless Hostel, National Tree Day,Ekka strawberry ice creams and Operation Christmas Child. Many thanks go to the Leo Club for their selfless work.

After devoting their time to others, the time had come for Year 12s to focus on themselves and sit the QCS test. Although stressed, anxious and worried leading up to the test, it can be happily reported that everyone did survive and finish the test, contrary to the statements of many tense pre-QCS students. With one challenge complete, it was now time for another, as the whole school participated in the Mitchie Amazing Race. This care activity saw care classes competing against each other in small games and activities. As students tried to sink 3 pointers, tear the longest Minties wrapper & catch ducks in a pond, rubber ducks that is, a winner was found and congratulations go to 9C1 for taking out the Mitchie Amazing Race.

By week 10 of Term 3, it is often said that students and teachers get a bit mad. However, in this case, it was to celebrate the talents of our Music, Art and Dance students, as they showcased all their skills by hosting the Mitchelton SHS MAD night. The school arts program was the winner on the night as everything from shadow sculptures to piano performances, hip-hop moves to burlesque grooves, the Music, Art and Dance students showed what hard work and dedication can achieve.

When speaking of fantastic things that are happening at Mitchie, the work of a few Year 11 students could not go unnoticed. Four students
participated in the Lions Public Speaking Event addressing the issue of How Australians are viewed in Popular Culture Today. The winner of this event Wenjie Ma, will go on to represent Mitchelton SHS at the 2015 Lions Youth of the Year Competition.

As staff, we have many proud moments and earlier this term, as Year 12 coordinator, one of those moments was the finishing of the Broncos Mentor Program for Year 12 Indigenous Students. The program saw the students involved attend multiple sessions to help ready and equip them for their post schooling life. Each student was rewarded with a brand new pair of Nikes at the end of the program, which put a bit of a spring into some of their steps. Our senior students weren’t the only ones that have been busy with our Junior Leaders recently demonstrating their leadership skills by taking control of their year level assembly. These experiences will be valuable for future years as they look to become senior leaders of Mitchie.

For our business students at school, they were recently given opportunity for their future as they participated in the Ecoman Program. This program saw students participate in a three day event earlier on in the year and finish up with a day of competing against other high schools and putting their business skills into action. With a commendable effort of finishing second, it gave students a valuable insight into the business world and no doubt increased their business aptitude.

Last, but in no way least, the Year 12 Drama class hosted their annual Drama Night titled Excess Baggage. The performance wowed the audience as the students carried themselves like seasoned professionals on stage. A very impressive performance given in which that only seven students were involved.

All of these fantastic events and activities that take place here at Mitchie are not possible without the participation of the students and support of the hard working staff. So in closing I would like to thank all the students and staff members for their contribution to ensuring that great events keep happening at Mitchie.

John Searle
Principal
Email: jsear13@eq.edu.au

Congratulations
Congratulations to Darcy S for winning a $100 voucher in the Scribblefest competition that he entered recently when he attended a QUT Explore Uni event. Darcy’s entry will be published in the QUT 2015 Explore Uni notepad and our Facebook page.

Semi-Formal
The semi-formal is fast approaching and it is wonderful to see so many students participating. If you wish to come please get your permission form and payment of $60 to the office ASAP. A letter has gone home confirming the details but a reminder is as follows:

Thu 27 November 2014
VENUE: “The Lady in Red”
- BrisVegas River Cruises
Departing Wharf in front of The Big Wheel, Southbank (6pm for a 6.30pm sharp departure)
Return to Southbank 9.30pm
COST: $60 (incl. DJ, food, slushies, soft drink, photo booth)
DRESS CODE: Semi-formal attire (inc. shirt & tie for boys)

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

> 12C2 Celebrates

What better way to celebrate the upcoming graduation of the Year 12 students in care class 12C2? Each student received a spectacular personalised cupcake made by our very own Mrs Sarah Campling.

Thanks to Mrs Campling and good luck to all in 12C2!

Michelle Hall
Teacher
Email: mhall33@eq.edu.au
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

Mitchelton State High School and the Aboriginal and Torres Strait Islander Studies Unit at The University of Queensland are working together to provide support for our junior secondary students. This partnership will involve after school learning centres that provide tutoring, mentoring and pathways support. We plan to introduce the program next year, however we will be running a trial of the program with our Year 8 students over the next four weeks.

Students will be involved in goal setting and pathways planning as well as tutorial assistance with homework and participation in group projects. Current university students and staff from the ATSIS unit will be involved as tutors and mentors. There will also be some guest speakers, study skills sessions and opportunities to visit the University of Queensland. Family involvement and support is vital and we welcome family members to share their thoughts and ideas about the program and drop in any time. The trial will be an opportunity for the Year 8 students to get a head start for next year and also for us to get an idea of where students are at and what activities are most appropriate. The trial will involve students attending an afterschool learning centre once a week for four weeks followed by a celebration BBQ with families.

Amanda Baker (outreach and Engagement Team Leader from ATSIS Unit) will be working with our group during the trial, to be held in D Block, classroom 6.

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

Here at Mitchie, male staff members are preparing their upper lips for their favourite time of the year, Movember. Staff members Josh Johnstone, Mitch Fallon and Bryce Peters are all committing to grow moustaches to promote men’s health.

For those that have not heard about Movember, it aims to get men to grow moustaches and the community to support them by creating an innovative, fun and engaging annual Movember campaign that results in:

- Funding for the Movember Foundation’s men’s health programs
- Conversations about men’s health that lead to:
  - Awareness and understanding of the health risks men face
  - Men taking action to remain well

The Official Rules
1. Must start 1st of Movember with a clean shaven face
2. Must grow a Mo for the entire month
3. No beards, no goatees and no fake moustaches

If you are be interested in donating please visit http://moteam.co/the-money-men
Stay tuned for the Mo-gress updates!

Mitch Fallon, Bryce Peters & Josh Johnstone

Aboriginal and Torres Strait Islander News

Mitchelton State High School and the Aboriginal and Torres Strait Islander Studies Unit at The University of Queensland are working together to provide support for our junior secondary students. This partnership will involve after school learning centres that provide tutoring, mentoring and pathways support. We plan to introduce the program next year, however we will be running a trial of the program with our Year 8 students over the next four weeks.

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

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.

Awards Night Supper
The P&C provides supper in the Library following the Awards Night ceremony. The supper is open to everyone who wishes to partake. If anyone would like to donate a plate of food (cake, biscuits, slices, sandwiches, fruit, dips or other savoury items) for supper, your contribution would be much appreciated. Please contact me via email or the School Office or Anne Jones at the Tuckshop if you would like to help out or have any queries.

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-orders can be placed before school.

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.

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.

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

Guidance Officer News

THE BULLY, THE BULLIED AND THE BYSTANDER
BASED ON THE WORK OF BARBARA COLOROSO, 2002

Update Five: What if your child is a bully

What if the school contacts you about bullying behaviour by your child?
Schools should be safe places where children are able to learn social skills to help them be successful and confident adults. Sometimes children make wrong choices and the consequences can also be a learning experience. Listen, be respectful, and hear what the school has to say. The school will not normally contact parents about this unless there is very clear evidence. Talk to your child about bullying in a non-threatening way which creates a chance to help your child learn from their behaviour and make a positive change.

If your child is bullying someone, it is important for them to know that you do not approve of it. Your child may be full of excuses and denials that they were not responsible for any bullying. However, this misses the point. You as a parent cannot tolerate any bullying behaviour, and you must let your child know that this is unacceptable. Try to create a sense of empathy. Ask your child “If you were the one who was bullied, how would you feel?” This encourages your child to step out of the aggressive role into the shoes of the victim. You should try to let them know that no one deserves to be treated this way. Parents should try not to be angry when they talk about bullying or they miss a good opportunity with their children. Showing your kids that you care about how they treat others, is much more potent than being angry when they do the wrong thing. Try to think about how you would like an adult to speak with you if they were trying to get you to see a behaviour
that was difficult to understand. Patience, kindness and encouragement go further than criticism. **Punishing** a child deprives them of the opportunity to understand the consequences of their actions, to fix what they have done or to empathise with the child that they have harmed.

**Discipline** is a constructive response to bullying that takes intent, severity of deed and restorative steps into consideration.

Closely monitor TV viewing, video games, music and computer activities.
1. Students regularly exposed to media violence can become desensitised to real life violence.
2. Children imitate violence that they see and hear.
3. Children who are regularly exposed to physical and verbal violence can think it’s okay to behave that way.

**Special Offer for School Leavers – Certificate III**
This training is subsidised by the Queensland Department of Education, Training and Employment (DETE) under the Certificate 3 Guarantee program. Each student pays a small contribution fee of only **$59** (non concession) or **$29** (concession) to do the course. **Act now** to redeem the offer and register to get started with your Certificate III course. The following are available:
- Business
- Business Administration
- Customer Contact
- Retail Operations
- Tourism
- Warehousing Operations

Email your preferred course and contact details to study@wise.edu.au or call 1300 771 192. If you progress at a steady pace you should be able to finish your Certificate III course within 1-2 months.

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

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**Healthy Parenting of Adolescents**

Objectives of Healthy Parenting:
- Enhance the knowledge, skills and confidence of parents
- Prevent behavioural, emotional and developmental problems in adolescents

Parenting is an adventure

**LEARN**
- To understand how teens’ brain development affects their behaviour
- To cultivate better relationship, healthy bond with teens
- Have greater self-attunement, empathy, insight, emotional and physical regulations, and
- Help your teens develop into a resilient, independent and happy adult

**Where:** Picabeen Community Centre, 22. Hoben street, Mitchelton.
**When:** Saturday, 08 Nov 2014
**Time:** 9.30 am -12.30 pm

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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 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) 3215 6202 / 0417 436 883
or david.smit@thesmithfamily.com.au

Saver Plus was developed by AIDS and the Brotherhood of St Laurence and is delivered by Smit And Co as the Smith Family.

*The program is funded by AMD and the Australian Government.*
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.

Do you want to see the world? Are you keen to push your boundaries and grow as a person? Could you see yourself living overseas as an exchange student in 2015? With over 20 different English and non-English speaking countries to choose from, the hardest part is choosing where you want to go!

WEP Australia is holding an information evening in Brisbane on 5 November, and we’re inviting interested students and parents to come along! It is a fantastic opportunity to find out everything there is to know about WEP’s not-for-profit student exchange programs to more than 20 countries around the world! With returned students attending the session, you can hear first-hand what it is like to go on exchange.

When and Where?
Sunnybank Hills Library
Cnr Compton & Calam Rds
SUNNYBANK HILLS QLD 4109
05 November | 7-8:30pm

Why Go On Exchange?
Becoming an exchange student will break you out of your shell. You are given the opportunity to not only learn and discover things about another culture, but also become aware of, discover and appreciate your own. By living overseas as an exchange student, you will be challenged, educated and undoubtedly rewarded. Aside from language acquisition (for non-English speaking countries) and knowledge of another culture, student will gain invaluable skills that future employers will look favourably on. So get on board! Join the 1000s of other students who have joined the WEP community, and ventured overseas as an international exchange student.

Can’t Make It?
Visit www.wep.org.au to request a FREE information pack for you and your parents. Our brochure contains everything you need to know about WEP’s not-for-profit student exchange programs to help you and your parents make this important decision.

See you there! – The WEP Team