

Newsletter No. 03 - 06 March 2009

We have had some excellent news lately from the performances of some of our students. These include:

Leon Curry – Leon was selected to represent North Queensland Indigenous Youth at the Constitutional Convention in Canberra in a fortnight. Leon won the competition in Townsville last week with his speech on Australia as a Republic.

Tereana Suhle – Tereana won the local round of the Lions Youth of the Year and will compete in the Regional final this weekend.

Senior Debaters – Our Senior debaters Georgia McCullagh, Kirby Mackelvie, Shelley Mbiza and Tereana Suhle won their second round debate against St Pats.

A number of our students attended the Local Constitutional Convention on Monday to discuss the Constitution and its relevance to modern Australia. The students enjoyed the experience and from all reports Courtney Aitken was unlucky not to be joining Leon in Canberra.

On Parade on Wednesday we acknowledged all of these activities and others that our students are involved in. It is great to hear that our students are involved in a host of extra curricula activities. Sometimes parents are concerned by what is on offer at state schools and I am happy to report that there are many opportunities for students who seek them. Encourage your student to get involved.

Our Year 8 Camp at Kinchant Dam was held last week and whilst I was only able to spend a day with the students they were really having a good time. Whilst I know there is a cost to parents I feel the returns for kids working with teachers in this environment has a great deal of benefit. Student personalities emerge and new relationships are forged. It was great to see our students getting involved in the camp and participating in a range of activities given how wet it was. I thank parents for providing their children with these opportunities.

A fortnight ago we had our Year 8 Barbecue and I enjoyed meeting with many families at the school. It was great to have over 250 people at school talking about their children's progress. A big thank you to Mr Saunders, Mrs Barnard and all the teachers for putting on a top night.

The Interhouse Swimming Carnival will be held on the 26 March 2009. Put it in your diary for it is sure to be a fun day.

The P&C AGM was held last Monday night. The contribution of parents is greatly appreciated. A full report is inside.

PRINCIPAL

Mr Matt O'Hanlon

DEPUTY PRINCIPAL

Ms Donna Drinkwater

A/DEPUTY PRINCIPAL

Mr Matthew Skinner

REGISTRAR

Mrs Desley Livermore

GUIDANCE OFFICER

Mr Lindsay Hains

SCHOOL NURSE

Ms Anne Crowley

CHAPLAIN

Mr Phil Hall

COMMUNITY EDUCATION

COUNSELLOR/S

Gordon Quakawoot &

Val Wright

SCHOOL CAPTAINS

Tereana Suhle

Jeffrey Southwell

SCHOOL VICE CAPTAINS

Kirby Mackelvie

Kelvin Nielsen

SPORTING HOUSES

CHATAWAY

DENNISS

FORGAN

MACKAY

UNIFORM SHOP HOURS

Monday - Friday

8:00am - 11:00am



M J O'Hanlon

- Date Claimers
- 26 March—
Swimming Carnival
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P & C News

Mackay State High School P & C held it's Annual General Meeting and 2009 Elections on Monday 23 February. The meeting was a success with all the Executive Positions filled. The P & C Executive for 2009 is:-

President	-	Peter Rounsevell
Vice President-		Helen McCullagh
Secretary	-	Leisa Shaw
Treasurer	-	Arthur Dick
Assistant Treasurer -		Judi McKay
Correspondence Secretary -		Shelly Schmidtke
QCPCA Representative -		Helen McCullagh

The attendance on the night was disappointing and we would like to encourage all new and existing parents to come along and get involved. Items discussed on the night varied from the nature of the uniform, installation of vending machines and hall hire to infrastructure and beautification projects, big and small. We will have thousands to spend this year on worthwhile projects and we would love to get some fresh ideas and input.

If you are looking for a way to get more actively involved in your child's education, please come along to our next meeting on Monday 23 March at 7:30pm. We meet in the conference room at the back of the administration building.

Work Experience Program

Our Structured Workplace Learning program has achieved great successes for our students in past years, and this year we will continue to work hard towards positive experiences for our students. Employers in the Mackay District value the benefits of Work Experience, which not only allows the student to make a career decision based on the experience, but also shows the employers that the student is interested in that field of work. The dates of work experience include:

- 27th April – 8th May – Year 11 and 12
- 20th July – 31st July – Year 11 and 12
- 27th July – 7th August – Year 10

Letters have been sent home with interested students in Years 11 and 12 this week for the first block. Arranging placements for large numbers of students is a time-consuming process and we need

to begin arranging the program about 7 weeks before the work experience begins. Work experience is optional for years 11 and 12; however some students may need to participate in work experience to complete the requirements of the Certificate I in Work Education. It provides the students with access to a work environment and exposure to industries that we can not provide them within a school setting.

Mackay Region School Industry Links scheme (MRSILS) is the company which arranges all of our work experience placements. Their fee for this service is \$30 per student per placement. If you have any queries regarding our Work experience program, feel free to contact Robyn Robinson at the school on 49579179.

Health News

With work and school back in full swing after the holidays, most of us are busier than ever.

That's why it can be challenging to find our 30 minutes of daily physical activity, as work, school and family commitments can take up most of our day.

But being more active can be incorporated into any lifestyle, and now is the time to reinforce those New Year resolution's of better health.

Why not walk the younger kids to school? Or plan regular trips to the beach - things the whole family can enjoy.

And when going to work, get off the bus a stop early, or take the stairs to the office. You don't need to find your 30 minutes in one hit – three ten minute sessions are just as good – as you long as you keep moving.

A few simple lifestyle changes will not only help us to feel happier and healthier, but more importantly, it will reduce the risk of developing serious, life threatening illnesses like cancer, Type 2 diabetes and heart disease.

Obesity costs Queensland society \$11.4 billion dollars a year, and unless we make some major changes, by 2025, 1.4 million Queenslanders, could be obese. That's more than Brisbane's population.

And if current trends continue, there are fears that for the first time in history, children might not live as long as their parents.

The good news is that it is preventable. That's why there's no better time to 'find your 30' and make a few simple changes that could put you and your family on the path to a longer, happier and healthy life.



(Statistics taken from 'The Health of Queenslanders, Prevention of Chronic Disease 2008. Second Report of the Chief Health Officer).

Anne Crowley
(School Based Youth Health Nurse)

Next Step 2009

The Queensland Government will again be conducting its annual statewide destination survey of all students who completed Year 12 in 2008. The Next Step survey is a brief confidential survey that aims to gain a comprehensive picture of the employment, study and life choices made by Queensland school completers.

Any person who completed Year 12 last year can expect to receive a telephone call or a paper-based survey by mail, between March and May 2009. Please encourage them to take part. If their contact details have changed, please assist the interviewer with their updated details or forward the survey to their new address so they can participate in the survey. Thank you for your support of the Next Step survey in 2009.

City Brothers Soccer Club

CITY BROTHERS SOCCER CLUB

requires additional players for their **U13/14** team for the 2009 season.

For further information, please contact
Junior President

DEAN MCCARTNEY – 0448 484200

or Competitive Registrar
BEV FERRIS – 0417 181072

Free Yoga Class

Yoga for the Young & Queensland Keep Fit Assoc

invite you to a **FREE YOGA CLASS**

Saturday 7th March 10:30am

CWA Hall 43Gordon St.

For more information & to RSVP <http://web.me.com/simcjackson> or Simone **49551032** (after school hours)

AFL - 2009

Are you interested in playing AFL in 2009?

The Andergrove Kangaroos are welcoming new players from Under 9 through to Under 18.

Training is being held at the Andergrove SS Oval, Fernleigh Avenue.

Parents, are you interested in coaching Junior AFL in 2009?

We are seeking a coach for either Under 11 or Under 13

Further information can be obtained from Paul Chatfield on 0438 795791.

Adult Community Education

Adult Community Education (ACE) Programs commencing in March 2009 through Learning Network Queensland.

EBay the basics of selling, Stockmarket Introduction, and a variety of other programs are available.

(Home or community hook-ups by application)

www.LNQace.com "Linked-Learning" section for details or to register your interest. "Distance" section for distance programs.

Fact sheets available by phoning 4936 4068.



SPORTS CORNER



Capricornia Trials

Well done to the following students who made the Mackay side for Touch/Volleyball and will soon represent Mackay at the Capricornia Trials.

Connah Fry	Touch Open
Imogen Healy	Touch Open
Dominique Healy	Touch
Callum Dick	Volleyball
Ashley Geraghty	Volleyball
Allyce Cochrane	Volleyball
Marine Venter	Volleyball
Krissa Nielsen	Volleyball
Wayne Lepao	Volleyball Open
Kahla Edwards	Volleyball Open

A big congratulations to Krissa Nielsen who was selected for the Australian Indigenous Netball team. She will represent Australia later this year.

Sports Calender

Next Week

10.03.09	AFL
	Netball
11.03.09	Rugby League
	Soccer
	Squash

Two Weeks

17.03.09	Rugby Union
	Cricket
18.03.09	Hockey

Three Weeks

26.03.09	Swimming Carnival
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And finally best wishes to the Open Boys Rugby League team, going to Yeppoon tomorrow to play St Brendans College in a trial match. Play well.

Chris Francis
Sports Coordinator

Constitutional Convention



Leon Curry presenting his speech at North Queensland Zone School Constitutional Convention Townsville Thursday 26 February 2009. Leon won male category with a female student from Charters Towers. Both winners won a laptop computer. Leon will join 140 students from across the nation in Canberra this month.