

Newsletter No. 11 - 01 August 2008

This is my first newsletter since my return from a short period of Long Service Leave so welcome back for the second semester of 2008. I have been reviewing student performance over first semester and was satisfied with the performance of many of our students. I am holding morning teas for those with outstanding performance next week. I reported to students on Parade on Wednesday that one area that will really pick up their grades is the completion of all assignments to the best of their ability. Some students are handing in their assignment with a "that'll do" attitude. Another 10 minutes with attention to detail or even a parent to read can make a great difference. All teachers accept and encourage drafts so please encourage your child to do complete them.

On Tuesday we had a visit from Lorin Nicholson, a blind guitarist who entertained our students but had a real message for all. Lorin is testament to the fact that we can all achieve if we put our minds to it. I watched parts of his performance with our students and I felt that his message resonated with them. Lorin also praised our student body for how they participated in the program.

Our Athletics carnival was last Wednesday and I thought it was great to see so many students enjoying themselves. A big thank you to Mr Francis and the PE Staff for their excellent co-ordination of the day. Athletic carnivals are a great opportunity for students to get in and have a go. For many of our seniors it was their last chance to compete in an Athletics carnival and I hope that in years to come they can look back fondly on the experience. See inside for story.

Many of our students have performed well at a range of events over the last few weeks. Our sportspeople have done extremely well (see inside) and our Senior Ski Trippers had a great time in New Zealand thanks to the hard work of Mr Luck. Our Netball Girls have won a Queensland Indoor Championships and have the Vicki Wilson final on Monday. The Festival of Fashion students also did really well coming second in the Out-rage-us section (see inside). All in all it is great to have students engaging in so many opportunities.

Parents of Year 12 students sitting the QCS test need to be aware that it will take place on Tuesday 03 and Wednesday 04 of September. Students are in the final stages of their preparations for the test. The P & C will again host breakfast each day for all candidates which has certainly been enjoyed by our Seniors in the past. The best preparation on the weekend before this is rest and relaxation.

It was great to hear a good roll up of parents for Parent Teacher interviews last week. If you were unable to make it and would like to meet with a teacher please phone the office.

PRINCIPAL

Mr Matt O'Hanlon

DEPUTY PRINCIPAL

Ms Donna Drinkwater

DEPUTY PRINCIPAL

Mr Bruce Heggie

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

Caitlyn Dinsdale

Patrick O'Hanlon

SCHOOL VICE CAPTAINS

Maggie Webster

Matthew Tandy

SPORTING HOUSES

CHATAWAY

DENNISS

FORGAN

MACKAY

UNIFORM SHOP HOURS

Monday - Friday

8:00am - 11:00am

M J O'Hanlon

Peer Mediation

Here's a summary of activities from the Peer Mediation Service for Term 2.

INTAKE, SUPPORT AND MEDIATIONS

72 people presented with a range of issues, some of which included harassment, family issues, communication, friendships, gossip, sad and angry feelings, values.

THE SMITH FAMILY student2student project

The Reading Mentors, *Emily Arnold, Lara Baxter, Shelly Beckham, Emma Brooks, Katie Clarke, Lisa Coad, Peta Comelli, Tayla Comelli, Nikaela Coulson, Hannah Crosbie, Summer Gambie, Dominique Healy, Charmorne Kleynhans, Kody Smith, Briana Stephenson, Tereana Suhle* and *Brenden Treston* have successfully completed their commitment to The Smith Family student2student reading project for term 2, reading twice per week with a younger student who is experiencing difficulties with reading.

Next term we welcome new additions to the reading mentor team, *Cody Boles, Kirsty Spratt* and *Laya Jones*, as well, *Mrs Roberts* will join with *Hazel Stockill* and myself as a mentor supervisor.

SCRAM [Schools Conflict Resolution and Mediation]

The SCRAM competition opened with the possibility of three teams, one team forfeited which left two teams to present their SCRAM performance on Thursday 12 June. *Tereana Suhle* and *Laya Jones* [mediators], and *Emma Brooks, Justin McVeigh, Emma Steel, Georgia McCullagh* [role players] were judged by Keeva Barron who is a Mediator and Intake Officer at the Mackay Dispute Resolution Centre, to be the winning team and so recipients of the \$150 prize supplied by Mr Scott McSwan from McKay's Law Centre. Thank you to Keeva and Mr McSwan for their interest in and contributions to our Peer Mediation Service.

ADVANCED TRAINING

At the Super Learners Part 2 workshop the peer mediators had the opportunity to experience and know more about different types of learning. A participant provided this comment: 'This training was another interesting, exciting, fun session where I used many aspects of my brain to participate in all the activities.'

Cheryl Bryan

Peer Mediation Co-ordinator

Careers Market Expo

2008 Ready Workforce Mackay & District Careers Market Expo

When: 13 August 2008 Time: 3:00pm - 7:30pm

Where: Mackay State High School Hall

Come along and gain valuable information on careers and education opportunities from a wide range of industries. Everyone is welcome.

Health News



Mackay State High School has registered as an Asthma Friendly School to provide a safer, healthier and more supportive environment for students with asthma. All staff attended an information session on Monday 14 July 2008 conducted by an Asthma Foundation Queensland representative. As a result we would encourage all students and staff diagnosed with asthma to obtain an **Asthma Action Plan** from their doctor, and give a copy to the school office to be kept with your medical information.

Everybody with asthma should have an Asthma Action Plan.

If one is not available, please follow the 4-step Asthma First Aid plan. If someone's asthma deteriorates suddenly or if you are concerned, please call an ambulance immediately and proceed with the 4-step First Aid Plan while waiting for the ambulance.

STEP 1

Sit the person upright, remain calm and give reassurance. DO NOT leave the person alone.

STEP 2

Without delay, give 4 puffs of a blue reliever (Aiomir, Asmol or Ventolin*) one puff at a time, preferable through a spacer device.**

Ask the person to take 4 breaths from the spacer after each puff of medication (if there is no spacer available use the puffer on its own).

STEP 3

Wait 4 Minutes.

STEP 4

If there is little or no improvement, repeat steps 2 and 3. If there is still little or no improvement, call an ambulance immediately. (In Australia, dial 000).

Continue to repeat steps 2 and 3 while waiting for the ambulance.

*** Bricanyl turbuhaler may be used if no puffer & spacer available.**

**** Use a blue reliever puffer on its own if no spacer available.**

For more information about Asthma First Aid please contact: The Asthma Foundation of Queensland on 1800-645-130.

P & C News

The winner of the Darren Lockyer signed polo shirt was **John Purcell** and many thanks to everyone who supported the trivia night.

An acquisitive art competition will be held again this year during the last week of term combined with a preisteddfod music evening. Entry in the art competition is open to all students of Mackay State High School (not just students who do art as one of their chosen subjects).

During the last week of term 3 the walkathon and talent quest will be held.

We will be holding a special meeting on Monday 25 August 2008 at 7:30pm to discuss amendments to the P & C Constitution. The normal P & C meeting will follow.

Discovery Recovery Counselling Centre

Queensland Health is offering a disaster Recovery Counselling Service to provide counselling and debriefing to people who were flood affected and whose health, employment, or relationships might have been impacted. There is **no cost** to this service, and people can self-refer. **0408 731 544** is a direct number to the counselling service. For any queries or requests to organise an appointment, the first step is to make telephone contact. A voice mail can be left or text message sent. Appointments will be held at Community Health (Nelson Street), but home visits are possible.

Contact Details: Dr Roger Van Der Veen

Disaster Recovery Counsellor

Parenting Skills Workshop

PARENTING SKILLS WORKSHOP FOR PARENTS OF YOUNG PEOPLE 12—15 YEARS

Mackay Youth Support Services are pleased to bring to Mackay **Ronit Baras** of "Be Happy in Life" Brisbane. **Ronit** is an educator who has worked with parents and teens for the past 22 years all over the world. Her workshops are inspirational, promoting strong family relationships and self acceptance.

In the Better Parenting Skills Program, parents are taught to coach themselves and their family towards positive thinking, self acceptance, appreciation, self confidence, love and caring. Parents will learn techniques which can be integrated and used in their every day lives to promote more supportive family relationships.

TUESDAY: 26 AUGUST 2008

TIME: 9:00am - 4:30pm

VENUE: Block A, Level 2 Room A2.01

TAFE, Sydney Street, Mackay

Morning Tea / Lunch / Afternoon Tea provided. Numbers are limited, \$15 per person .Contact:Karen 4953 2299.

Student Festival of Fashion

On Saturday evening 26 July 2008 at 7:00pm a small group of Mackay State High School students took part in the Student Festival of Fashion at the Mackay Entertainment Centre.

Katie Clarke, Year 9 entered a beautifully sewn dress in the "Red Carpet" category.

Ashleigh Price, Year 10 made a flamboyant garment made of bubble wrap, wire, raffia and other unusual materials. Summer Gambie modelled the outfit.

Ashleigh Phelan, Erin Rounsevell and Liana Bonham all in Year 9 created an amazing dress inspired by frangipani flowers. They used metal, wire, papier mache, paint and tulle to construct the dress.

Many months of making and problem solving went into the final garment which was entered into the "Out-rage-us" category. Ashleigh, Erin and Liana were runner-up winners and were very pleased with their \$250.00 prize!

Well done to all the students, their efforts made Mackay State High School very proud of them!

Xstrata Coal Queensland 2009 Apprenticeships

Xstrata Coal Queensland will be advertising for apprenticeships in Electrical, Mechanical and Boilermaking in August 2008 and would recommend to your students to apply for these positions.

Advertisements for these positions will be placed in most major and regional Queensland newspapers and on our website :-

www.xstrata.career.com.au in August 2008.

All applications are made online to the above website via the coal icon. Applications close on 30 September 2008.



SPORTS CORNER



**FULL-TIME
APPRENTICESHIPS & TRAINEESHIPS**

Inter-House Athletics Carnival

Mackay State High School held their Inter-House Athletics Carnival on Wednesday 30 July 2008.

The final results for the day were as follows:-

1st	Chataway House	-	1819 points
2nd	Forgan House	-	1547 points
3rd	Denniss House	-	1339 points
4th	Mackay House	-	947 points

Winning Girls House	- Chataway	1109 points
Winning Boys House	- Forgan	880 points

Age Champions

13yr Boys	Jacob Pinyon
13yr Girls	Rebekah Surha
14yr Boys	Hamish Walding
14 yr Girls	Krissa Nielsen
15yr Boys	Ian Read
15yr Girls	Shannon Willett
16yr Boys	Buchanan Rawhiti
16yr Girls	Kirby Mackelvie
18yr Boys	Matthew Hart
18yr Girls	Brittany Breayley

Two new records were set on Wednesday:-

Daniel Matsen for Shotput - 14.05

Buchanan Rawhiti for the 100m - 11.31.

Well done to both students.



**SCHOOL BASED ENGINE RE-CONDITIONING
APPRENTICESHIP - SEAFORTH**

Undertake a School Based Apprenticeship and work towards a Certificate III in Automotive Specialist (Engine Reconditioning). You will work one PAID day per week along with weekends and school holidays where required. After completion of School the successful applicant would roll over into a Full Time Apprentice.

Ideally you would need to be living in the area to be able to attend work one day per week.

The Job

Examine, dismantle and identify engines for wear and faults. Align and check engine. Repair and recondition parts of the engine including bearings. Inspect and assess various components using specialised instruments. Identify and analyse reasons for engine failure. Overhaul vehicle machinery. Install and assemble reconditioned engines into automotive vehicles.

The Skills

Practical and manual work skills. Think in a mechanical and technological manner. Good eyesight and concentration skills.

Attention to detail.

To Apply

Ph: 07 4957 9826 Fax: 07 4951 4902

PO Box 643, Mackay Q 4740

Email: aes@mrael.com.au

www.mrael.com.au

OTHER POSITIONS CURRENTLY AVAILABLE

- Baking Apprenticeship
- Butcher Apprenticeship
- Chef Apprenticeship
- School Based IT Traineeship
- School Based Mechanical Apprenticeship for 2009
- School Based Hair Dressing Apprenticeship—Sarina
- Hospitality Traineeship
- Road Transport Traineeship
- Business Traineeship
- Warehouse and Storage Traineeship
- Parts Interpreting Apprenticeship