

Newsletter No. 15 - 17 October 2008

Welcome back for the final term of the year. There are some great stories to tell since the break

Stop Press Our Opti MINDS team has won the State Final. New Zealand here we come!

Since our last newsletter our Opti MINDS teams returned from Brisbane competing in the state finals. Staff who prepared and traveled with the team said our students were also great ambassadors for our school. Winning the Social Science section is a great achievement for our school (full story inside). Opti MINDS provides a chance for students to explore problems laterally and demonstrate a broad range of their skills and capabilities. A big thank you to the staff, the P and C for their sponsorship, and the students on their great work and positive attitude.

Our Netball girls have come back with a creditable 7th at the state finals. This is an excellent result given the team is all back next year. The girls were the highest finishing team north of Bundaberg which is also a credit to them. Thank you to Miss Robinson for her work in coaching the girls.

Many of our students are in full swing at the Eisteddfod and they performed well on Tuesday night. Our Stage Band came second and by all reports played very well. Likewise the Concert Band came third, also with an excellent performance. The hard work these students have put in was evident. Our choirs are on next week. Well done all.

I have reviewed our senior academic performance and am satisfied that our Year 12 cohort will be able to achieve their goals. I have stressed to students the need to continue working until the end of term. A reminder to all parents that Year 12 students finish on Friday the 21 November 2008.

Encourage your child to get involved in one of our many programs and keep Main Awards night free (Wednesday 29 October 7:00pm) when a former student and now an engineer Tanya Reedman (Senior 1994) will address her old school community. Tanya has a great story and as always I look forward to hearing the tales of past students.

The Class of '88 enjoyed a reunion at the start of the holidays. From all reports it was an excellent event, full of memories of the late 80's. Congratulations to the organizers of the reunion.

We have hosted a Breast Care Awareness activity this week for our girls and next week it is a Men's issue event. At the urging of our school Nurse Anne Crowley we have run some excellent programs for our students in the area of Health and Health promotion.

PRINCIPAL

Mr Matt O'Hanlon

DEPUTY PRINCIPAL

Ms Donna Drinkwater

Ag/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

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
Principal

- 20 October 2008 Student Free Day
- 29 October—Awards Night
- 21 November—Final Day Year 12
- 28 November—Final Day Years 10 & 11
- 12 December—Final Day Years 8 & 9

Awards Night

The Mackay State High School Awards Night is approaching. Awards night recognises and celebrates the achievements of our students in a number of fields.

It is being held on Wednesday 29 October at the Mackay Entertainment Centre starting at 7:00pm. The centre will open at 6:30pm for parents and students to arrive, mingle and be seated. The night also includes entertainment and one of our former students - Tanya Reedman - as a guest speaker.

Invitations for award recipients and their families are being finalised and will be sent home very shortly. Each family will receive a quota of free tickets to the night, with extra tickets available for \$5.00. All students at school are invited to attend to help recognise the efforts of our student body.

Matt Skinner

Acting Deputy Principal

OPTI-Minds State Champions

CONGRATULATIONS to the two teams which competed in the State finals on October 12 at the University of Queensland. Both teams, consisting of six students and a teacher / facilitator, won their division at the Mackay District Opti-Minds Challenge.

In Brisbane each team had three hours to prepare their presentation and then perform in front of a large audience including the judges.

Mackay State High School's team in the Language / Literature division prepared well and received high scores.

Congratulations must go to: **Dominique Healy, Savannah Geisler, Kody Smith, Hannah Crosbie, Nikaela Coulson, Summer Gambie and Ms Althaus.**

Our most successful team at the State Opti-Minds Challenge won the Social Sciences division against twelve opponents. These state champions now travel to New Zealand to participate in the annual Opti-Minds Cultural Exchange in November.

The Mackay State High School community congratulates the following State Champions: **Samantha Gregg, Coco Sandes, Gaige Ireland, Joel Pattinson-Cashman, Nicholas Russell, Thea Hadok-Quadrio and Mrs Lyons.**

Bring Home A Brother or a Sister

In February 2009, students, aged 15—18 years, from over 15 countries will be arriving in Australia to study at local schools for 5 or 10 months. Opportunities exist to act as a host family in a volunteer/unpaid capacity. Hosting can be on a temporary, short or long term basis.

Host families help provide our students with the chance to study and experience life in Australia. This is a great way to learn about another country and culture, establish a lifelong link to a family in another country and contribute to international goodwill. If your family can offer a friendly, supportive and caring home environment, contact us today.

To learn more about this opportunity call Student Exchange Australia on 1300 135 331 or visit our website: www.studentexchange.org.au

Reclaim the Night

Stop Violence Against Women!

Friday 31 October 2008. Meet—5:45pm

March will commence at the corner of Victoria and Gregory Streets and will end on River St at the Rotunda on Pioneer Promenade.

Student Council

Supported by Anne Crowley SBYHN the student council held a breakfast to highlight mental health week. Radio Sea FM, and Tai Chi trainers presented a range of entertainment for the students. Student council would like to again thank; Brumby's Sydney St, Colleen Harris of Big Bear Food Store, Slade Point Medical Centre, Edna Beutel and the P&C, for their continued support by providing the basics for each breakfast and all the extras that make these student breakfasts healthy and enjoyable.

A big thank you to Ross Cheetam for his excellent culinary skills at the BBQ. Ross has been our main chef for all breakfasts this year. Without his continued support we would doubtlessly struggle to feed the eager students.

The student council ran a raffle to raise funds to ensure the breakfast program continues next year, this was drawn on Thursday 09 October, by the school chaplain Phil Hall, the prize of a \$100.00 movie voucher was won by Mr J Lam.



Health News

Blokes Breakfast

On Wednesday 22 October (week 3 of Term 4) it's the mens turn. All the fathers/carers of Year 12 students, the Year 12 boys, and the male staff are invited to be special guests at Breakfast Club. Thanks again to the P & C who are providing the ingredients for another special breakfast cooked by Mr Cheetham and his offsiders. At 8:30am, there will be a 20 minute presentation by Dr Harry Jacobs in the auditorium about detection and treatment of Testicular and Prostate Cancers.

Dr Jacobs is an interesting speaker with lots of good information to share with the guys. We are hoping that this special breakfast will become an annual event for the Year 12 boys.

Did you know? The **Child and Family Therapy Team** offers assessment and therapy for families with children aged between 0-18 years of age with:

- Pervasive Developmental disorders
- Autism Spectrum and Attention Deficit Hyperactivity Disorder,
- Mild to moderate anxiety disorders
- Adjustment issues resulting from chronic childhood medical conditions
- Child sexual abuse up to 14 years of age
- Antenatal and postnatal transition
- Other complex emotional and behavioural difficulties of childhood

Community education is provided and groups are conducted on a needs basis to meet identified needs. The team liaises with relevant government and non-government services and refers appropriately. People can access this service by self referral or via other service providers.

You can find us at:

**Child Youth & Family Health Unit,
Mackay Community Health Service,
12-14 Nelson Street, Mackay
Telephone: 4968 3863**

Tai Chi Week

Thanks to Mackay State High School community for taking part in our special mental health week activities which included a Tai Chi class for everyone, and a special Sea FM Breakfast on Tuesday 07 October.

Anne Crowley
SBYHN

Teens and asthma management - finding the right balance

As many parents of teenagers with asthma will agree, keeping asthma in check often becomes more difficult as the teenage years progress. With a bit of family teamwork, teens' growing independence can include good asthma management.

Several obstacles can prevent teens from effectively managing their asthma, including:

- New levels of independence can create gaps between parents' and teens' shared responsibilities for monitoring and managing teens' asthma;
- Teens' demanding lifestyles can leave little time to take medications; and
- Teens may be embarrassed to take medications in front of their peers.

To overcome these barriers, here are some steps parents can try:

Most importantly, ensure your teenager sees their doctor regularly (at least every six months) and has an up-to-date **Asthma Action Plan**. This provides a system for keeping their asthma under control, including simple steps to take if their asthma gets worse.

Develop a routine to help your teen remember their medication even on their busiest days. For example, if they are taking a once-daily medication, have them take it at night when things are quieter. If they take a twice-daily puffer, try leaving the puffer and spacer in the kitchen where they can have it as soon as they finish breakfast. They can then rinse out their mouth while brushing their teeth.

Find a balance of "who does what" toward managing asthma - something both you and your teen are happy with. For example, you both might decide that parents will attend each doctor's appointment, but that your teen will take daily responsibility for taking medications and monitoring symptoms. This will allow your teenager to be increasingly responsible for the management of their asthma, while ensuring you are involved and aware of their progress.

Ensure your teen is comfortable with the device they are using. They are much more likely to take their medication if they aren't embarrassed to use their device. If they don't like to carry their large spacer with them to school, buy them a small spacer that fits easily into their bag. If they don't want to use a spacer at all, ask your doctor if the medication comes in another device that your teenager would be happier to use. The foundation's Asthma Educators can help you understand - and obtain - spacers and other devices; phone 1800 645 130.

Ask your teens' school if they are Asthma Friendly. Research shows that teenagers who have the support of their peers are more likely to take their asthma medication on a regular basis. Schools displaying the "Asthma Friendly" logo have taken steps to ensure a more supportive school environment for students with asthma. Check if your teenager's school is Asthma Friendly by visiting www.asthmafriendlyschools.org.au



School Based Mechanic (Light Vehicle) Apprenticeship

School Based Apprenticeship

Certificate III in Automotive Mechanical Technology (Light Vehicle)

Get Paid for the days you work - Minimum one day per week.

The Job

- ◆ Discuss problems with vehicle operators
- ◆ Listen to and test engines with specialist
- ◆ Dismantle vehicles and check components;
- ◆ Repair or replace faulty components,
- ◆ Reassemble, clean and test engines, transmissions and steering gear
- ◆ Tune engines using specialised equipment
- ◆ Perform minor body repairs
- ◆ Examine and repair electrical systems such as lighting, ignition and electronic fuel injection

The Skills

- ◆ Students must currently be in Grade 11
- ◆ Ability to work with hand tools
- ◆ Mechanical aptitude
- ◆ Good problem-solving and negotiating skills
- ◆ Good personal physical fitness

To Apply

P: 07 4957 9826 F: 07 4951 4902

M: PO Box 643 Mackay QLD 4740 E: aes@mrael.com.au

W: mrael.com.au

OTHER SCHOOL BASED POSITIONS CURRENTLY AVAILABLE

IT Traineeship - Grade 11 Students

- ◆ Hospitality Traineeship
- ◆ Business Traineeship - Accountants Office
- ◆ Mechanic (Light Vehicle) Apprenticeship

Boilermaker Apprenticeship

- ◆ Glass and Glazing Apprenticeship
- ◆ Plumbing Apprenticeship
- ◆ Mechanical (Fitter) Apprenticeship

Full Time—Glass and Glazing Apprenticeship

Undertake the 3 ½ Year Apprenticeship and obtain a Certificate III in Glass and Glazing. Age Open

The Job

- φ Analyse and interpret drawings, plans and specifications
- φ Measure the amount of glass required for the job
- φ Place glass sheets onto cutting tables and mark the area using a specialised glasscutters
- φ Use a variety of drills and cutters to put holes in glass
- φ Safely remove broken glass and mirrors from work stations
- φ Clean and prepare surfaces for re-glazing
- φ Smooth and polish edges utilising grinding or bevelling wheels
- φ Fit the cut glass into the required frames using putty, chemical compounds or rubber strips
- φ Install glass and mirrors in windows, skylights, display cases, interior walls and ceilings

The Skills

- φ Enjoyment of practical work
- φ Precision and accuracy
- φ Ability to cope with work outdoors and at heights
- φ Mathematical mind to calculate measurements
- φ Attention to detail
- φ Safety Awareness
- φ School Certificate

To Apply

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OTHER FULL TIME POSITIONS CURRENTLY AVAILABLE

Apprenticeships

- ◆ Glass and Glazing
- ◆ Spare Parts Interpreter
- ◆ Diesel Fitting - Grade 12 Completion
- ◆ Chef - New, 2nd or 3rd Year
- ◆ 2nd or 3rd Year Auto Electrician

Traineeships

- ◆ Retail - Building knowledge required
- ◆ Road Transport - Drivers Licence required
- ◆ Business Part Time - 25-30 hours p/w
- ◆ Warehouse and Storage◆ Business (HR & Administration)

Dalrymple Bay