Senior Induction Ceremony 2011

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“building a better future together”
Principal’s Desk

Students at our school are extremely lucky to be supported by trusts that assist students with various aspects of their education. Last year a number of our Yr 12 students applied for a Fabris and Fenwick Bursary which assist them to complete their university studies. Congratulations to the 2010 recipients of this bursary from the Yr 12 cohort:

Justin Musumeci
Sean Watson
Samuel Nastasi
Shahnee Ricci
Renee Butler
Raechel Hudson
Robert Hodgson
Laura Leighton
Jordanna Tucker
Shannae Sclippa
Katrina Kazim

Each of these young people have worked hard to get the opportunity to attend university and it’s wonderful to see that they have been supported to do this. We wish these young people every success with their tertiary studies this year.

Along with this newsletter are two very important pieces of information for you. Firstly is the assessment planner. This planner outlines what assignments and tests are due between now and the June break. Please assist your child to keep on track with their assessment requirements. Ask your child about what tasks they need to complete.

The other information is a copy of the attendance records that we have for your child so far this year. Attending school every day is one of the easiest ways you can support your child to succeed in their learning. There is a section where parents can explain why their child has not attended school. Please complete the form and return it to the school office as soon as possible. Attendance information is included on your child’s report cards. Making sure that there are no unexplained absences is another way you can support your child. Remember with coming to school “Every day counts”.

Warm regards to all families,

Jo Soothill
Acting Principal

Breakfast Club

Everyday students can eat breakfast before school. Our team of volunteer students under the direction of our wonderful tuckshop convenor, Debbie Heathfield, serve juice and toast to our students. This is a free service to ensure our students begin the day ready to learn.

Breakfast is available from 8.25 am at the end tuckshop window.

School Fees

The school fees are due this month. Statements have been sent out and to those parents who have responded to these in finalising their school fees: THANK YOU. If you still have outstanding fees, I urge you to take advantage of the many different payment options available, consisting of direct deposit, cash, cheque, centrepay deductions and credit card (either in person or over the phone). Please let us know if you are unable to pay your fees on time by 28 March 2011. Medical forms and Text Hire Contracts are now overdue and should be returned immediately.

Contacting students during school hours

The wellbeing and safety of students is always of paramount importance at our school. It is, therefore, most important that all parents, friends and other visitors make contact with students through the school office.

Parents or guardians may wish to see their students and this can be quickly organised through office staff. This also allows for less disruption to classes and privacy for parents when they are talking with their student.

Visitors, other than the student’s legal parent or guardian, must see the Principal or Deputy Principal before access to student is permitted.

Many parents, guardians and family members contact the school each day asking our office staff to deliver messages to students. In the majority of cases, these messages could have been passed on by the caller prior to the student’s arrival at school, or could be passed on after school.

I am concerned that the office staff are spending a great deal of time delivering these messages and this means they are unable to complete essential tasks. I therefore request that parents, guardians and others do not use our office staff as messengers unless it is an absolute emergency. Please respect this request.

Jo Soothill
Acting Principal

Wanted

Any old school shirts and shorts that can be donated to the school would be greatly appreciated. If you have any in good condition from past students, they can be dropped off at the school office.

Thank you

Mareeba State High School would like thank St George the Martyr Mareeba for their very kind donation of several cartons of exercise books and pencils for use by disadvantaged students this year.
Mathematics in March

Our Mathematics department continues to group students into extension, core and learning support classes. This year our school has a specific exam block each term during which time each subject has an allocated assessment session. This is business as usual for our senior Maths students who are preparing for their mid semester exams in week 9 however some restructuring is taking place in the Junior school in order to embrace this new assessment culture.

This year, as part of their Mathematics program, Year 8, 9 and 10 students will be given Maths Mate homework sheets on a regular basis. As well as the unit test based on the current topic of study students will also sit for a Maths Mate test during the term exam block. If your student is already an independent learner you may find that they have already completed a number of Maths Mate sheets. Students requiring more assistance will initially be completing their Maths Mate sheets in class.

In the next newsletter you will find an outline of the three external Mathematics Competitions which we invite students to enter. The seniors of 2010 certainly embraced all opportunities to get acquainted with external exams throughout their schooling which was reflected in many exceptional QCS results.

NAPLAN preparation is underway for our year 9 students in readiness for the May National tests. Students are being exposed to a variety of past assessment items. If you have a student in year 9 we urge you to become familiar with the test questions and analysis sheets which are part of this personal preparation program. The diagnostic nature of our approach will help students, parents and teachers to identify areas of weakness. This should also help to motivate students to make another attempt at mastering skills that they may have found too difficult in the past given that it will become clear to students that they will be confronted by the same types of questions in this year’s NAPLAN tests.

We have had a stable group of Mathematics teachers for a few years now. Here are the E Block faces.

Left to Right – Jenna Coyle, Terry McClelland, Brad Weaver, Chris Keating, Anna Newlands

School Based Police Officer

On the 15th and 16th day of March 2011 the Queensland Police Service is holding the Who’s Chatting to your Kids information sessions. These sessions are vitally important for any parent whose children access the internet, through Mobile phones, gaming consoles or their computer.

These sessions are designed for parents and provide a confronting view in relation to offences committed online. It outlines information from actual offenders and victims and is designed to help you as a parent develop strategies which reduce the risk of your children falling victim to online offenders.

Detectives from Task Force Argos, who are the section within the Queensland Police Service that deals specifically with offences against children being committed online, has developed the Who's Chatting to your kids DVD. The format will include presentation of the DVD and questions and answers. Remember everyone is welcome and it is for parents, and will give you real strategies that work.

Sessions are:
15TH March 2011 -Atherton High School- 6:30pm until 8:00pm.
16th March 2011 - Mareeba High School - 6:30pm until 8:00pm.
We ask that everyone be in attendance by 6:15pm to allow prompt commencement. If you wish to attend contact either Acting Senior Constable Susan Gill or Senior Constable Osborne on 40303305 or Osborne.AndrewJ@police.qld.gov.au

Equestrian Competition

Mareeba State High School students will be riding to retain the perpetual trophy for the Equestrian Interschool competition to be held on the weekend of March 12th and 13th at the Mareeba Pony Club grounds.

In a very closely fought competition against many secondary schools from the far North, our students will compete in a number of sporting events on the Saturday and ride as a mounted games team on the Sunday.

The Mareeba high team has won the competition in the last 2 years and they are keen to do it again. The team will have riders from Year 8 to year 12 who will compete in their year levels.

School Dentist

The Mareeba School Dental Service wishes to advise parents that we have extended our treatment offer to your children.

If you have not responded to treatment required letters, or missed returning a medical history and wish to have your child’s dental treatment completed. PLEASE contact us on 40921575 between 8am and 4pm Monday to Friday. Please respond prior to the 31/3/2011.
Swimming Carnival Results

It’s true, Sharks can swim. The Leichhardt Sharks took out the overall points category at the Mareeba State High School swimming carnival on February 18.

No long standing school records were broken but it was one of the best carnivals for participation ever with all relay events full. A theme, ‘cartoon characters’ was introduced to enhance house spirit this year, and the school saw super men, wonder women, power rangers, Flintstones and powder puff girls.

This year also saw the introduction of a sun safety award which is very important in a tropical climate. Thanks very much to our School Based Youth Health Nurse Christine Grey for organising this award.

The results are:

**Overall Aggregate House Points:**

<table>
<thead>
<tr>
<th>House</th>
<th>Girls</th>
<th>Boys</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Leichardt Girls</td>
<td>301</td>
<td></td>
<td>661</td>
</tr>
<tr>
<td>Leichardt Boys</td>
<td></td>
<td>360</td>
<td></td>
</tr>
<tr>
<td>McKinlay Girls</td>
<td>324</td>
<td></td>
<td>614</td>
</tr>
<tr>
<td>McKinlay Boys</td>
<td></td>
<td>290</td>
<td></td>
</tr>
<tr>
<td>Gregory Girls</td>
<td>290</td>
<td></td>
<td>600</td>
</tr>
<tr>
<td>Gregory Boys</td>
<td></td>
<td>310</td>
<td></td>
</tr>
<tr>
<td>Kennedy Girls</td>
<td>336</td>
<td></td>
<td>589</td>
</tr>
<tr>
<td>Kennedy Boys</td>
<td>253</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Age Champions - Girls:**

- **13 Years**: Joanna Saker (Gregory)
- **14 Years**: Jodie Lea (Leichhardt)
- **15 Years**: Regan Phillot (McKinlay)
- **16 Years**: Candice Mulchahy (Kennedy)
- **Open**: Alyssa Tieppo (Leichhardt)

**Age Champions - Boys:**

- **13 Years**: Jackson Brown (Leichhardt)
- **14 Years**: Marcus Lea (Leichhardt)
- **15 Years**: Damien Barbir (Kennedy)
- **16 Years**: Jason Lea (Leichhardt)
- **Open**: Daniel Pasieka (McKinaly)

**Sun Safety Award:**

<table>
<thead>
<tr>
<th>House</th>
<th>Points</th>
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</thead>
<tbody>
<tr>
<td>Gregory</td>
<td>710</td>
</tr>
<tr>
<td>Leichhardt</td>
<td>584</td>
</tr>
<tr>
<td>Kennedy</td>
<td>579</td>
</tr>
<tr>
<td>McKinlay</td>
<td>473</td>
</tr>
</tbody>
</table>

Chris Keating
Sports Coordinator
2011 Japan Cultural Experience

In January, 27 intrepid students and their teachers participated in the school’s inaugural Japan ski trip and cultural experience. Highlights of the trip were many, but stand-out experiences included the food, the snow and the monkeys.

Food in Japan was great. Our first night in Tokyo was a traditional izakaya dining experience – no shoes, sunken table, chopsticks and no English – we just had to guess what we were eating from the pictures on the menu. It must be noted that not everything that looks like chicken is chicken! We ate some particularly different things … and parts of things. There just doesn’t come a better cultural experience than that on your first day in a foreign country. On other nights, we were treated to shabu-shabu (cooking your own meat in a pot on your table), Nabe stew (making your own dumplings), tempura and sashimi. In terms of adventurous tastes, it was the street vending machines that provided the most diverse of flavours, right up to pancakes in a can.

Our time in Tokyo included using the subway system for travel to Yoyogi Park and the Meiji-Jingu shrine. Here we were surprised to see an ice sculpture competition and several Shinto weddings. We capped our day with a visit to trendy Takeshita Lane shopping district.

Arriving in two metres of fresh snow, skiing and boarding at Hakuba was awesome. Weather was great throughout, and a few managed to try tobogganing on their last day. The onsen hot springs in Hakuba provided a well-earned relief from the cold, although the standard of dress required to enter them was a little daunting for some. In Hakuba, we treated ourselves to a samurai sword show with hibachi BBQ-style dinner. Throwing the ninja knives was a popular experience. Our final day took us to the snow monkeys where we trekked a mountain path to gaze at the monkeys languishing in their hot pools.

Our cultural experiences while in Japan included getting used to the currency differences. Getting used to the number of zeroes attached to a note can be a little confusing. But perhaps most fascinating was the choice of toilets - traditional and bidet-style. While finding a Western toilet wasn’t a problem, it was the button-pressing, seat warming, water-squirting version that provided the most entertainment, and took the most getting used to.

The success of a trip such as this one relies on the students going out of their comfort zones a little, trying new and diverse types of food, engaging with the language (although ‘thank-you’ and ‘sorry’ tended to be the most popular), participating in the activities and bonding with others on the trip. Responses seem to be positive, with many indicating they would go back to Japan in the future. Already, there seems to be a lot of interest in a second trip next year.

Congratulations to Mr O’Neill on a well-organised trip, and to the supporting teachers – Mrs Stevens, Mr Jones, Miss Levi and our travel agent, Robert Shaw – a big arigato!
Senior Schooling News

Many students are set to complete their Senior Education with a full school program of study again this year. Many others have chosen to include alternate programs with traineeships and apprenticeships (SBAT’s) or courses offered by other organisations. We are very pleased to already have had over 10 signups in the new school year for SBAT’s.

Senior students have selected TAFE courses—Beauty, Children’s Services, Business and IT and many others: distance education has also been elected for courses not offered at school as well.

The goals for all Senior Students at Mareeba State High School in 2011 are:

1. To gain a Queensland Certificate of Education, gain a Certificate qualification and to have current Cardio Pulmonary Resuscitation.

2. To gain valuable knowledge and skills to allow choices and options for their next step in their lives.

This means that the program of study each individual student selects needs to be kept as broad as possible as continual changes in careers are likely life long. Gaining more than 20 credits means that students have a wider range of skills and abilities to take with them when they leave. Employers are seeking such positive attitudes to work.

Students selecting a minimum workload to begin can easily find themselves in a position by the end of year 11 of not being able to gain a QCE because of lack of possible credits.

The school advises it is best to begin with a full school program of courses and maintain this for at least a semester so that any changes can be made based on a working knowledge of subjects and courses and real experience. The understanding of how to gain a QCE is also better understood.

Courses and programs managed by other organisations need to be verified by parents and guardians with the school by written correspondence outlining the course requirements and the time outside or in school required. This will ensure that students are not being marked absent by the school when they are doing other programs. We thank you for your assistance in keeping us informed.

Jenny Walker
HOD Health/Senior Schooling

Youth Health Nurse

Sid the Seagull made his debut at the school’s swimming carnival this year, presenting the Sun Safety Award to winners Gregory.

Immunisation Schedule

Year 8:
4 April 2011 – Hepatitis B
6 June 2011 – HPV (Girls) and Chickenpox
10 October 2011 - Hepatitis B and HPV Catchups

Year 10:
6 June 2011 - dTpa Boostrix (Tetanus)

Energy Drinks at school

School children are risking serious heart damage by sculling caffeine-packed energy drinks for breakfast, doctors warn.

Students as young as 10 are snapping up at least two cans at a time on their way to school, lured by special offers at many convenience stores. Two cans of the energy drinks can have the same caffeine content as five cups of coffee. Just one energy drink can cause “serious heart conditions”, according to a study in the American Journal of Medicine.

The Australian Medical Association has issued warnings for Adults to limit their consumption. Nutrition expert Dr Jennifer O’Dea, associate professor in health education at the University of Sydney, said parents needed to be aware of the energy drinks’ dangers. “Parents should be careful to make sure they avoid the various energy drinks on sale for their children and teens, especially if the child has trouble behaving or sleeping. The caffeine in such drinks is often in the form of guarana, which parents may not know is a berry with seven times the caffeine content of coffee beans”.

The nutritional content and energy boost of such drinks can be problematic for children and teens, particularly if they are unable to sleep. Caffeine is a known stimulant and has been linked to health issues such as acne, mood changes, and even psychiatric problems in children and teens.

The American Journal of Medicine found that even a single energy drink poses a serious health risk, with side effects reported to include rapid heartbeat, confusion, hallucinations, and in extreme cases, death.

Dr O’Dea urged parents to be vigilant and to ensure that their children are aware of the dangers associated with energy drinks. “It’s important for parents to educate their children on the potential risks of consuming energy drinks,” she said. “They are not meant to be consumed as a regular part of one’s diet.”

In conclusion, energy drinks are a dangerous and unnecessary addition to a child’s daily routine. As the dangers become more evident, parents and caregivers alike are encouraged to make informed decisions to promote the health and well-being of the next generation.

Jenny Walker
HOD Health/Senior Schooling
Benefits of joining your school’s P&C

Why join the P&C?

Actions always speak louder than words when it comes to valuing your child’s learning. Joining the P&C is one of the best ways to show your children how much you value their education and how interested you are in what they do. By joining the P&C, you are showing your children how committed you are to helping students and your school community. Participating in P&C activities can also help you to form friendships with other parents/carers and feel a part of your school community.

A lot can and has been achieved through the P&C and school working together towards common goals. To continue this important work, P&Cs need people from all walks of life and with a range of talents who are committed to delivering great outcomes for their children and school. Everybody has a role to play and your ideas will be heard. The more people involved, the more exciting and successful it will be. And research shows that children perform better at school when their parents are involved in their education.

What does a P&C do?

The P&C is about people just like you – parents, care-givers and community-minded people who want to help their school. P&Cs work very closely with the school, building a stronger school community where all children benefit.

The functions of a P&C are:

- to foster general community interest in educational matters;
- to encourage closer cooperation between the parents of students attending the school, members of the community, the staff and students of the school;
- to provide advice and recommendations to the Principal on issues and concerns in respect to the student body and the general operations and management of the school;
- to provide or assist in the provision of financial or other resources or services for the benefit of students of the school;
- to perform any other functions as the Minister may determine, not inconsistent with the Education (General Provisions) Act 2006.

How can I help?

Are you interested in contributing your thoughts on school policy? Do you have a spare hour or two when you can help out in the bookshop, uniform shop or canteen? Can you find two hours once a month to attend a P&C meeting? These are all ways you can be part of your school’s P&C. Just by joining your P&C, you can add your voice to what’s happening in the school.

As a P&C member, you can contribute opinions on:

- positive school-wide behaviors
- student dress code
- school routines
- P&C budget
- school budget
- school surveys.

Remember: the things you do make a real difference, so why not join your P&C?

Please contact your school for more information on how to become involved in your P&C and its activities.

Next P & C Meeting is on Tuesday 8 March at 5.30 pm in C10 Community Meeting Room