16 June 2014

DATES TO REMEMBER

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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</thead>
<tbody>
<tr>
<td>16 – 26 June</td>
<td>Variation Free – all year levels</td>
</tr>
<tr>
<td>16 June</td>
<td>P &amp; C Meeting - 6:30pm in Administration Building&lt;br&gt;Cyber Bullying Presentation on Assembly</td>
</tr>
<tr>
<td>18 June</td>
<td>ARTIE Challenge Reward Evening</td>
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<tr>
<td>19-26 June</td>
<td>Year 11 and 12 Block Exams</td>
</tr>
<tr>
<td>23 June</td>
<td>Recognition Assembly – Junior School</td>
</tr>
<tr>
<td>27 June</td>
<td>Year 11 Outdoor Recreation - Orienteering ARTIE Celebration Parent Engagement Day Engineering Challenge</td>
</tr>
<tr>
<td>30 June - 11</td>
<td>School Holidays</td>
</tr>
<tr>
<td>14 July</td>
<td>School Resumes</td>
</tr>
</tbody>
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FROM THE PRINCIPAL

2015 Enrolment Applications

We are now accepting enrolment applications for all year levels for 2015. Enrolment packages are available at the school office.

Students wishing to enrol in Years 9-12 for 2015 should contact our school office and make an appointment with a Deputy Principal for an enrolment interview. An information evening for Year 11 (2015) will be held at the school on Wednesday, 23 July at 7.00pm. More information will follow in our next newsletter, but please mark this date in your calendar.

We have already hosted one parent information session for students enrolling in Years 7 and 8 for 2015 and another will be held on 23 July at 6.00pm. Parents and students are invited to attend this session at which we will give information about our school, our curriculum and our enrolment procedures. It is also an opportunity for you to meet our staff and have them respond to any questions you may have about the transition into Junior Secondary school.

Other key dates to mark in your calendars are listed below. Please feel free to contact us on 5428 5555 for further information.

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>23 July</td>
<td>Parent Information Session for students enrolling in Years 7 and 8 in 2015&lt;br&gt;Multi-Purpose Shelter 6.00pm&lt;br&gt;Parent Information Session for students in Year 11 2015&lt;br&gt;Q-Block 7.00pm</td>
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<tr>
<td>24 July</td>
<td>On-line subject selection opens for Year 11 2015</td>
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<tr>
<td>4 August</td>
<td>On-line subject selection opens for Years 9 and 10 2015</td>
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<tr>
<td>8 August</td>
<td>Subject selections due for Year 11 2015</td>
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<tr>
<td>22 August</td>
<td>Subject selections due for Years 9 and 10 2015</td>
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<tr>
<td>29 August</td>
<td>Enrolment applications due</td>
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<tr>
<td>10 October</td>
<td>Enrolment confirmations posted</td>
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<tr>
<td>4 December</td>
<td>2015 Year 7 orientation day including parent tours</td>
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<td>5 December</td>
<td>2015 Year 8 orientation day including parent tours</td>
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<tr>
<td>27 January</td>
<td>School commences</td>
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Block Exams

Block exams commence on Thursday 19 June and continue through to Thursday 26 June for all Year 11 and 12 students. Students are expected to be at school for all of their exams or make-up lessons. If a student cannot attend due to illness, a Medical Certificate should be submitted the next day the student is in attendance. Students who have outstanding assessment in any subject will also be required to attend school to complete this during the block exam period,
either in a scheduled make-up lesson or as directed by a staff member. No student in the senior school is to have any outstanding assessment from semester one at the conclusion of this exam period.

Students have been told that if they are not at school during the block exam period, they are expected to be at home studying. They are NOT to be hanging around at the shops, skate park or any other venue. Students need to come directly to school from home and return home again following their exam. If your student must remain at school, they are to report to the library where they will be supervised. A timetable for exams and make-up classes and has been emailed to students along with the new Exam Policy that will also be posted on the school website.

If parents or students have any queries or concerns in relation to this exam block, they should contact Mr Simpson or Mr Done.

Snapshots from Home

Congratulations to staff and students who were involved in this year’s musical “Snapshots from Home”. The play explored the impact that World War Two had on the Queensland home front. Many stories of those who experienced it first-hand were shared and contained some fantastic music which brought back memories.

Our thanks go to:

<table>
<thead>
<tr>
<th>Performers</th>
<th>Year 12</th>
<th>Year 11</th>
<th>Year 9</th>
<th>Year 10</th>
<th>Year 10</th>
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<tbody>
<tr>
<td></td>
<td>Libby Grant</td>
<td>Nikita</td>
<td>Jess Bradford</td>
<td>Rachel</td>
<td>Kate Mason</td>
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<tr>
<td></td>
<td>Elle Malone</td>
<td>Buckley</td>
<td>Jay Almeroth</td>
<td>Nicholas</td>
<td>Masey Mason</td>
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<td></td>
<td>Jazmyn</td>
<td>Gabby</td>
<td>Lorren Mason</td>
<td>Kobi</td>
<td>Jade McKay</td>
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<td></td>
<td>Waldock</td>
<td>Vlijoen</td>
<td>Kristy Martin</td>
<td>Warren</td>
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<td></td>
<td>Lesiel Lopeti</td>
<td>Amy</td>
<td>Aimee Robson</td>
<td>Cody</td>
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<td></td>
<td>Passachol</td>
<td>Hinchliffe</td>
<td>Giaran</td>
<td>Thurbon</td>
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<tr>
<td></td>
<td>Khandee</td>
<td>Kaitlin</td>
<td>Underwood</td>
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<tr>
<td></td>
<td>Mary-Faith</td>
<td>Knight</td>
<td>Jake Spooner</td>
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<td></td>
<td>Mihaka</td>
<td>Jenna</td>
<td>Jordan Janai</td>
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<td></td>
<td>TJ Knight</td>
<td>Nepia</td>
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<td></td>
<td>Chantelle</td>
<td>Curtis</td>
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<td>Morgan</td>
<td>Young</td>
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<td>Ashleigh</td>
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<td>Adcock</td>
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<td>Paige Ghirardi</td>
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<td>Luke</td>
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<td>Brownlee</td>
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<td>Alyssa</td>
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<td>Ashman</td>
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<td>Emma Réeley</td>
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<tr>
<th>Band</th>
<th>Piano/Conductor</th>
<th>Trombone</th>
<th>Technical Crew</th>
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<tr>
<td></td>
<td>Alto Saxophone</td>
<td>Trombone</td>
<td>Design, set up and support</td>
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<tr>
<td></td>
<td>Alto Saxophone</td>
<td>Bass Guitar</td>
<td>Troy Thorpe Nathanial Miskell</td>
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<tr>
<td></td>
<td>Tenor Saxophone</td>
<td>Drums</td>
<td>Sound desk</td>
</tr>
<tr>
<td></td>
<td>Tenor Saxophone</td>
<td></td>
<td>Jayden Schilling Stephanie Richter</td>
</tr>
<tr>
<td></td>
<td>Saxophone Trumpet</td>
<td></td>
<td>Back stage</td>
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</tbody>
</table>
|            | Trumpet |              | Ataarrangi Roberts Jesse 
|            |          |              | Curry-Brendan Stacey Robinson 
|            |          |              | Liz Rigby |
|            |          |              | Set up |
|            |          |              | Rene Schmidt Dylan Smith 
|            |          |              | Kyle Sunderland |

<table>
<thead>
<tr>
<th>Special Thanks</th>
<th>Year 8</th>
<th>Trombone</th>
<th>Technical Crew</th>
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<tbody>
<tr>
<td></td>
<td>Troy Thorpe</td>
<td>Trombone</td>
<td>Design, set up and support</td>
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<td></td>
<td>and Nathanial Miskell</td>
<td>Bass Guitar</td>
<td>Troy Thorpe Nathanial Miskell</td>
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<td>Drums</td>
<td>Sound desk</td>
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<td>Back stage</td>
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</tbody>
</table>
|                |              |              | Ataarrangi Roberts Jesse 
|                |              |              | Curry-Brendan Stacey Robinson 
|                |              |              | Liz Rigby |
|                |              |              | Set up |
|                |              |              | Rene Schmidt Dylan Smith 
|                |              |              | Kyle Sunderland |

Technical Crew: Bruce Millar, Vice-President Caboolture RSL – costumes and display items
Carolyn Clothing, Morayfield – costumes
Mr and Mrs Rob Ashcroft – costumes
Jeffrey Thorpe – music arrangement and display items
Teachers and Students MTTC – set construction
Raelene Bates – historical photo collection
Liz Rigby and Cherise Elliot – rehearsal and backstage assistance

Extra Special Thanks: Troy Thorpe and Nathanial Miskell for the hours you have volunteered to the school with setting the space, rigging and design of the lighting for the show and running lighting for the live performances.

The importance of homework

Homework provides students with opportunities to consolidate their classroom learning, pattern behaviour for lifelong learning beyond the classroom and involve family members in their learning. The setting of homework takes into account the need for students to have a balanced lifestyle. This includes sufficient time for family, recreation, cultural pursuits and employment where applicable.

Homework will generally consist of:

- tasks set by the class teacher to be completed in a set time
- the student’s own study which will include revision of earlier work
- assignment work.

The purposes of homework are:

- to ensure that the work taught in class is understood, learnt and practised
to give practice in creative thinking
- to provide time for learning and memorising facts
- to provide time for revision of knowledge already gained
- to provide the opportunity to work alone, develop self-discipline and time management
- to reveal weaknesses in student’s knowledge and understanding to ensure early intervention.

Parents can support by:
- Encouraging your student to organise their time and take responsibility for their learning
- Encouraging your student to read and to take an interest in and discuss current local, national and international events
- Talking with your student and helping them to complete tasks by discussing key questions or directing them to resources
- Helping your student balance the amount of time spent completing homework, watching television, playing computer games, playing sport and engaging in other recreational activities
- Contacting the relevant teacher to discuss any concerns about the nature of homework and your student’s approach to the homework.
- Supporting the school when detentions for failing to complete homework are set and no extenuating circumstances exist.

To support students at school, students can discuss concerns directly with their subject teacher or can attend our Homework Club. Our Homework Club is available to all students and operates Monday, Wednesday and Thursday afternoons from 3.00 – 4.00pm, Tuesday at second lunch and Friday morning from 8.15am in the Resource Centre.

The amount of time spent on homework is influenced by the individual students strengths, abilities and needs, year level, course of study, and assessment load. Recommended times are set out in our Homework Policy.


Janelle Amos
Principal

FROM THE OFFICE:

It is of vital importance that we have your correct contact details. If we are unable to contact you we also must have your emergency contact’s correct details. If you have recently moved, changed mobile or home numbers please complete the change of contact details form and return to the office.

From the Cashier:

For those families that have opted to pay their Student Resource Scheme (SRS) by semester instalments, the Semester 2 portion of $100.00 is due by 14 July, the first day of Term 3. Payment will ensure your student has continued access to resources provided by the Scheme as well as ensure your student remains financially eligible to participate in school activities not included as part of the SRS, for example interschool sport and excursions.

A reminder to all parents who have completed the SRS form with their credit card details the Semester 2 payment of $100.00 will be processed on the 14 July. Please ensure you have sufficient funds available to complete this payment.

For those families who wish to pay direct credit into the school bank account, please ensure you use your child’s name as the reference so we can identify the payment and apply it directly to your child’s account.

For any enquiries or phone payments the Cashier hours are Monday to Friday 8:15 am – 1:30pm.

Julie Hill
Cashier

UNIFORM SHOP:

Operating hours: Tuesday, Wednesday and Thursday 8:00am – 9:00am.

NEW STOCK:

Heavy weight Jerseys are now on the shelf and ready for purchase.

SPECIALS:

<table>
<thead>
<tr>
<th>ITEM</th>
<th>COST</th>
</tr>
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<tbody>
<tr>
<td>Girls Formal Skirts</td>
<td>$25.00 (most sizes)</td>
</tr>
<tr>
<td>School Umbrellas</td>
<td>$30.00</td>
</tr>
<tr>
<td>Jersey - Light weight</td>
<td>$25.00 (limited sizes)</td>
</tr>
<tr>
<td>School Scarf</td>
<td>$8.00</td>
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</table>

For information on Fabric/Garment care please check the school website.

Carrolyn Reiter
Uniform Shop Convenor

RESOURCE CENTRE:

New books are always coming in to the library. If there is something you would like for the fiction section or to help with your school work, please let us know.

New in the library this week:

Roman Soldier’s Handbook - A perfect survival guide for novice soldiers about how to stay alive in the Roman Army. Reveals all the gruesome truths of life in the Roman army including what soldiers ate, what they wore and how they lived. Witty illustrations complement the text, creating a friendly and accessible introduction to Roman history

Dead Ends – by Erin Lange - Set in High School with the main character almost expelled, this book is an experience in bullying, family problems and surviving the day.
Deep Blue – by Jennifer Donnelly. Enter a beautiful world where bravery and sisterhood overcomes conspiracy on national scale. This book will soon be a movie. Read it first – the book is always better.

Our most popular series this term – Diary of Wimpy Kid, Mortal Instruments, and, of course, the Divergent Trilogy.

We are also reviewing which magazines we subscribe to. Please talk to us about your suggestions.

Julie Mabb
Teacher Librarian

GUIDANCE NEWS:

QUEENSLAND UNIVERSITY OF TECHNOLOGY YOUNG AMBASSADOR PROGRAM:

The following students Kelly Quarman, Ellyse Burrows, Zoey Saunders, Kiara Crane, Jayda Kirri Bruce, Emily Griffin, Kaitlin Knight and Alec Scells are participating in the QUT Young Ambassador Program.

The Young Ambassador Program will provide these students with an opportunity to engage with other high school students, current QUT students, lecturers and career advisors. These Young Ambassadors will play a significant role in the evaluation of the University’s current event program and marketing strategies targeted at secondary school students. As part of the Young Ambassadors Program they will be actively involved in workshops and will be able to have their say about what’s important to them.

As part of this program students will have access to:

- Leadership and development programs
- Career counsellors
- Current students and lecturers
- Network with students from a variety of schools

Activities include:

- **Campus tour:** QUT Student Ambassadors lead the Young Ambassadors on a tour around the Caboolture Campus highlighting facilities such as the Library, computer labs and lecture rooms.
- **High School Running Track:** This group activity involves listing any decisions or hurdles that students had faced throughout their high school years.
- **Information Sourcing:** Each group identifies all sources of information that they access regularly. The group as a whole identify the top three and each student assigns a monetary value based on how they valued the source.
- **Open Day Guides:** Students worked as a group to prioritize the different sessions from the 2013 Caboolture Open Day Program. Students were also encouraged to list any activities or sessions that they would like to be involved in on Open Day that were not already included.
- **Leadership and Exploration Development:** This workshop involves a self-personality assessment from which students are required to work in a group to highlight their strengths.

**GRIFFITH UNIVERSITY OPEN DAY:**

**SUNDAY 10 AUGUST AT GOLD COAST, NATHAN AND SOUTHBANK:**

Open Day is a great chance to experience university life, explore our campuses, and talk to students and staff about career goals and degree options for you or your students. You will find information to help guide future study decisions, along with general information about all our degrees at each campus, as well as essential information about student support services, admissions, scholarships and postgraduate study.

» Register now for Open Day updates

**GRIFFITH UNIVERSITY EARLY START TO TERTIARY STUDIES PROGRAM (GUESTS)**

The GUESTS program is for OP or ATAR eligible senior students who wish to undertake a single course (subject) at Griffith.

New course offerings and requirements are now available for Architectural Design, Occupational Therapy, Pharmacy and Medical Laboratory Science.

Year 11 students can apply for Summer Semester 2014 or Semester 1 2015, with applications closing 15 October. Students can apply as soon as they have their Year 11 Semester 1 school report.

» Find out more about the GUESTS Program

**AUSTRALIAN DEFENCE FORCE GAP YEAR:**

The ADF Gap Year program provides an opportunity for young Australians, who have finished Year 12 (or equivalent) and are aged between 17 and 24 (“Army applicants must be aged between 18 and 24 years old as of 30 May 2015. Air Force applicants must be aged between 18 and 24 years old as of 10 April 2015) to experience military training and lifestyle whilst gaining new skills and pay over their Gap Year.

Gap Year opportunities are available in the Army and Air Force only. The Gap Year program is not available in the Navy in 2015.

The life skills and job training that you will acquire during your Gap Year experience will be valuable regardless of what career you ultimately undertake.

You will earn more than $45,000, have subsidised accommodation and full medical and dental coverage.

The Army has Gap Year job opportunities for Rifleman, Driver Transport, Administration Clerk, Supply Coordinator and Unit Quartermaster. The Air Force has Gap Year job opportunities in Airbase Security Roles.

Kara MacLennan
Guidance Officer
In the previous edition of the newsletter we posted a piece of Estimation Trivia. The original question is posted below:

Estimate the number contained in each of these food items:

- A can of Pringles
- A packet of M&Ms

Solution:

According to Google:

- Each 200g can of Pringles contains 95 chips
- A normal packet of M&Ms contains approximately 105 pieces

Students have been working hard throughout the term in their LANES (Literacy and Numeracy Essential Skills) class. In the last two weeks of the term, Year 8 and 9 LANES classes will be participating in a Spelling Bee Competition.

Students will spend the lesson in Week 9 competing against their classroom peers, with the winner representing the class at the Spelling Bee finals in Week 10.

Casey Reibelt
Literacy and Numeracy Coordinator

YEAR LEVEL CO-ORDINATORS’ REPORT

The last two weeks have been very exciting for the senior year levels. The Year 10 students participated in a fun yet educational camp sponsored by QUT. They were taken to the QUT campuses at Caboolture and Gardens Point where they interacted with different faculties and staff. From all accounts the students who participated had a wonderful camp experience while also learning a lot about the different pathways available to them.

Year 10 and 11 students recently participated in the much anticipated Emu Gully Camp. There were five Year 10 Leaders who accompanied the 19 Year 11 Leaders, hoping to learn some new skills. Thankfully, the weather was beautiful with plenty of sunshine and no rain. The nights however, were really cold and students woke up each morning seeking the sun and some warmth from their fires.

There was certainly a lot of learning for all involved with activities that were all team based but an opportunity for leadership. They learnt how to build bridges (literally and figuratively), build camp fires, share resources, face fears and navigate. The students shone in their behaviour and efforts and each one brought back some very special memories and stories to share. Keep an eye out on assembly in Week 9!

Left to Right: Emily Griffin, Monique Hardie, Jada West, Rene Russian, Felicia Bendixen, Ben Bretherton.

Left to Right: Alec Scells and Ashley Sly

Left to Right: Jenna Nappy, Amy Hinchcliffe, Bethany English, Jordon Hirst, Felicia Bendixen, Rene Russian, Ellyse Burrows, Kimberly Cowell, Petra Donnelly, Kaitlyn Knight, Kadi Bower, Monique Hardie, Katelyn Hayes, Emily Griffin, Ben Bretherton, Alec Scells, Angus Philippi, Ashley Sly, Brianna Meehan, Zoey Saunders, Samantha Greatley, Kelly Quaran, Jada West, Alex Brook Mr Smith, Mrs Singh.

For all Year 11 and 12 students, block exams are on their way! It is a very stressful time but remember to organise your study plan and do as much as you can in the run up to the assessment. Prepare a study time table and set goals. This will help you with your studying and maintaining a healthy stress level. Study hard and all the best!

“Accept responsibility for your life. Know that it is you who will get you where you want to go, no one else”

–Les Brown

From our Year Coordinators
SUPPORT PROGRAMS IN TERM 2:

We offer a number of programs each term that support the very diverse needs of our students. This term we had a number of internal and external programs running, all aimed at providing students with the necessary support to help them achieve success at school. Below are some of the programs we are running and the types of outcomes they aim to achieve.

Shine Program:

Shine is a six week course designed for high school girls. Its aim is to assist girls to realise their value, strength and ability to move towards a positive future. Shine is hosted by teacher Kate Jessup and supported by Kara MacLennan (Guidance Officer). Shine assists in developing a young woman’s practical skills, knowledge and training in decision making and problem solving. Topics covered include self-reflection, self-esteem, personal strengths, body image, skin care, fitness, etiquette and healthy eating. Shine runs on a Monday morning during AIM lessons.

Rock n Water:

Rock n Water is a manual based program that provides young people a pathway to self-awareness, and increased self-confidence and social functioning.

The program is based upon a psycho physical approach, that is, the program contains a large number of experiential exercises that support young people to develop self-awareness through physical exercises.

The aim of the program is to support young people in developing body-awareness, emotional awareness and self-awareness. Body awareness is achieved through challenges and games, emotional and self-awareness is achieved through group discussions after performing the physical exercises.

Once the Rock n Water program has been completed and this self-awareness is achieved, the participant will be better equipped to deal with difficult situations. The program can be designed to suit students that are bullied or modified to help students that bully by creating self-awareness. Once a bully is aware of how their actions make someone feel, they are better equipped to avoid bullying in the future. Participants that have been bullied, leave with more confidence and self-defence skills.

CONNECT Program:

Since being developed 15 years ago, the program has operated successfully in many schools in and around Brisbane as well as some regional schools.

The program provides opportunities for students to further develop their social, academic and leadership abilities in a non-threatening and non-competitive environment. It includes appropriate curriculum at school as well as activities that include camps and excursions. On successful completion of the program students qualify for a nationally accredited, Certificate II in Outdoor Recreation.

Students selected for the group participate in adventure activities including camps and follow up. Mediums used include canoeing, bushwalking, camping, problem solving and low ropes.

The school chaplain, teachers and other school staff, approved volunteers from local youth agencies will all contribute to facilitate The Connect Program.

DRUMBEAT:

Currently two groups are participating in a social development program called ‘Drumbeat.’ One group consists of a group of Year 9 students who participate in the program one lesson per week with Youth Support Officer, Tavita Timaloa. The second group consists of ten Year 10 girls working with Behaviour Support Teacher, Christine Tindall.

The program is a team drumming program to promote social understanding and connection. Students explore a range of issues through the use of drum beats such as: peer pressure, bullying, resilience, dealing with emotions, identify and teamwork.

The DRUMBEAT program has been endorsed as a unit of curriculum by the Queensland Studies Authority and therefore contributes to QCE points as an Enrichment Program.

In order to gain the one QCE credit the students must complete the following:

- Students complete construction of their own drum
- Students deliver a minimum of one performance
- Students complete 20 hours of performance rehearsal
- Students submit their own composition as notation or sound file
- Students submit a media file of their group performance
- Performance rehearsal, including drum making – 20 hours at the schools discretion

NB – The performance rehearsal aspect can include the following:

- Drum Making
- Instrument practice
- Set design
- Costume making
- Film and video
- Event planning and approval

The Year 10 girls undertaking the program are hoping to deliver their performance to a local childcare centre or nursing home.
SCIENCE, TECHNOLOGY, MATHEMATICS and ENGINEERING (STEM)

STEM CAMP:

In May, a group of Year 9 students attended the annual STEM Enrichment Camp at QCCC Mapleton. The focus this year was astronomy, projectile motion and engineering of bridges and solar energy. The students worked hard while enjoying experience outside of the classroom. As one student wrote:

“STEM camp was a wonderful, fun and invigorating experience. You go from the classroom, where you go from talking about how things happen, to camp, where you put everything you have learnt in class to work in a fun and exciting way. Some of the activities included, archery, QUT showing us how to build bridges, making rockets and a scavenger hunt. We also learnt how to work with other students by doing team building exercises and game play.

The food was delicious, interesting and never ending (but that did not stop me from trying to devour all the yoghurt).”

Shaun Kuhn

While others wrote:

“Camp was amazing. The cabins were very good and the beds were very comfortable. The food was brilliant. The camp site was awesome and the activities were very interesting. We would love to go again.”

Teagan Barnard and Michelle Wray

STEM BIOLOGY:

Year 12 Biology students are practising the palaeontology skills by using acid to uncover the wonders of fossils collected on the Sunshine Coast beaches. The fossils are from the geological ‘Cretaceous period’ and were formed about 110 million years ago. These small fossil crabs are relatives to the small white crabs that run across the sand dunes on the beaches. We used to call them ‘ghost crabs’ when we played on the beach. The acid is used to remove the excess sandstone and cemented mud that is covering the fossilized crab shell. After a few days the fossil is revealed, see photo below.

Front: Taylah Byrnes, Ms Christine Tindall, Mrs Kara MacLennan (G.O)

RAW:

The School Based Youth Health Nurse will deliver on issues that may affect the health and wellbeing of young people and the school community as a whole. This includes issues such as feeling unhappy or stressed, relationships & communication, growth and development and risk taking behaviours plus much more.

Part of the nurses’ role is to educate and promote healthy choices by facilitating classes or groups at school. These sessions aim to enhance knowledge and promote a better understanding about adolescent growth and development in order to make more informed decisions and safer choices to minimise harm.

During Term 3 the School Based Youth Health Nurse will deliver sessions to a group of girls with the following objectives:

- To have increased knowledge of what it means to be a healthy young woman
- To learn some skills to help you feel more confident and positive about yourself
- To understand how our bodies and minds differ from grown adults
- To learn how to communicate and express yourself in a positive manner
- To understand why teenagers sometimes behave the way they do
- To be able to understand that you can reach your developmental potential and goals in life

All content is evidence based according to Children’s Health Queensland and students participate with parental/carers consent.

This type of interaction is vital to help students understand how to build resilience, think positively and to encourage help seeking behaviours whilst helping to promote confidence and a positive identity.

Brendan Macaulay
Head of Department – Student Support

Sue Haslam
STEM Coordinator
Over the last five weeks the students have been training hard and it will culminate when they battle it out against some of the most talented young cooks in Queensland.

Left to right: Trisha Prasad, Tiana Hamlin- Beveridge, Liam Theunissen, Sam Martin

Warren Steel
Head of Department – Teaching and Learning

JUNIOR SECONDARY SCHOOLS CULINARY CHALLENGE:

The Junior Secondary Schools Culinary Championships are designed to establish and develop links between school and the Hospitality Industry. The Junior Secondary Schools Culinary Championships will incorporate the Gold Coast, Toowoomba, Brisbane North and Brisbane South Regions. This competition is for Year 10 students studying Home Economics or Hospitality at high school. Its objectives are to give culinary students an indication of the pleasures, challenges, excitement and gravity that can accompany a career as a cook or chef. Last year we had great success with two teams representing our school. Respectively, Silver and Bronze medals were obtained, with one team consisting of Jordyn Hirst and Zara Phillips nearly collecting a gold medal and moving into a State cook off berth.

This year, we have again two teams cooking off for a chance to represent Queensland at the National titles. Both teams are cooking two very different dishes. Shweta and Lachlans’ dish ‘Roast Massaman Curry of Chicken Maryland’ brings together old school flavours of traditional Thai cookery and fuses it with the depth of Indian cookery. Zac and Kyle’s dish represents flavours of the South America’s and binds it with our Indigenous background. Their dish ‘Lemon Myrtle Peri Peri Chicken’ is rather unique and has a beautiful fresh clean palate of flavours attached to it.

Left to right: Shweta Dayal, Lachlan Dermody, Zac Timms and Kyle Chirgwin-Neville

Jason McCormick
Senior Hospitality-Science-Home Economics

AUSTRALIAN GEOGRAPHY COMPETITION:

Every year Morayfield State High School sponsors many students to compete in the Australian Geography Competition. Geography is a subject which enhances students’ literacy, numeracy and critical thinking skills. It also leads on to a plethora of careers and job opportunities.

This year five students, (Xanthe Johnston, Luke Stewart, Mitchell Short, Tegan Barnard and Blair Downey) received High Distinctions. In other words, there were in the top one percent in Australia, this is an outstanding achievement.
Lou Mackay-Payne
Head of Department Social Science

YEAR 12 OUTDOOR RECREATION – CAMPING UNIT:

The beginning of Term 2 has been a busy but exciting time for all Year 12 Outdoor Recreation students completing their Camping unit. After several weeks of planning equipment lists and food menus as well as participating in practical class activities such as setting up tents, camp cooking and hiking, students were invited to attend the Year 12 SIS Bushwalking Camp held in Week 4 at the Charlie Moreland Camping Grounds in the Imbil State Forest. We had an early start arriving by 6.45am, packing the vehicles and head to Ewan Maddock Dam for canoeing and high rope activities. Though lots of fun, some found the high ropes very challenging and needed support from their peers and assistance from Mr Bradford at the finish (with the flying fox) to help get them through the course. Students were also educated about common bush tucker with some even brave enough to try eating termites.

After a relaxing lunch and a bus trip in the rain, we arrived at Charlie Moreland Camping Grounds where we quickly set up our tents and gazebos before the rain set in. Some even went for a brisk swim in the nearby waterhole. With no electricity or parents to do the cooking, students held their own camping style cook-off in groups to produce dinner. Let’s just say that some groups ate better meals than others with Corey M being crowned “Master Chef”. Fortunately we were able to have a camp fire to help keep us warm and entertained at night.

Day two was all about hiking. Everyone was warned to eat a hearty breakfast, wear comfy shoes and bring plenty of water for a big day of walking. What started off as a beautiful, relaxing stroll in the countryside quickly turned into a steep uphill climb to reach the Mt Allan Fire Tower. Once at the top it was quite rewarding but then we remembered we were only half way and still had to make the trip downhill to get back to our campsite. Needless to say some made it back to the tents quicker than others and got to enjoy a more pleasant afternoon.

Everyone slept well that night as we were too tired to whinge or complain. Day 3 involved packing up everything, orienteering activities and a short walk around the local picturesque “Fig Tree” boardwalk. Heading for home, everyone was comparing what take away we were all going to have for dinner that night and were very much looking forward to the comforts of home – not to mention a shower!

Our recent day trip to Kondalilla Falls to complete our bushwalking unit was a breeze compared to the long and challenging hike up Mt Allan. For a start, it was pleasant going downhill first most of the way and then getting to sit and have an enjoyable lunch at a glorious waterhole was very relaxing – even if it did mean swimming in freezing cold water. Special thanks to Mr Bradford, Mr Faolua, Mrs Toohey, Miss Hendricksen and Mr Schneid for organising such wonderful Outdoor Recreation experiences for us all.

Bernie Toohey
HPE Teacher

Students at Kondalilla Falls.

Teacher Alan Bradford on the high ropes resting in the treetops.

OPEN GIRLS TOUCH REPRESENT AT ALL HALLOWS INVITATIONAL:

Sunday 25 May saw our Open Girls Touch team play their first competitive tournament this year. The girls arrived bright and early at St Gregory’s Terrace playing fields in Tennyson for an 8:30am tap-off against host school All Hallows. The quality of the competition was exceptional, and saw the girls lose narrowly to All Hallows (2-3), Aquinas (1-2) and Scots PGC from Warwick (1-4).

A comprehensive 5-2 win over Beaudesert saw the girls still qualify for the Silver division playoffs, where they won their
semi-final against Noosa (5-1), but lost the grand final in yet another tight affair against Aquinas (2-3). The girls improved noticeably throughout the tournament, and will have a very successful year ahead if they can build on the lessons learned in this competition.

As always, the girls represented the school with pride and upheld the school values of Respect, Responsibility and Cooperation.

Marc Timmins
Physical Education Teacher/Coach

SCHOOL ATHLETICS CARNIVAL

In Term 3 the school Athletics Carnival will be held here at school on July 25. As a lead up to this carnival we run some pre carnival events at lunch times that students can nominate for and participate in. All results count towards age champion and to house points so students are strongly urged to get involved and do their best.

A timetable will be put up on the MPS noticeboard for students.

Steve Moody
Sports Master

SPORT:

SUNSHINE COAST X-COUNTRY TRIALS

Recently we had six students attend the Sunshine Coast cross country trials at Maroochydore as representatives of this district. Those students were:

<table>
<thead>
<tr>
<th>Niam Mayes</th>
<th>Ronan Mayes</th>
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<tr>
<td>Melia Larkin</td>
<td>Tanielle Larkin</td>
</tr>
<tr>
<td>Leah Griffin</td>
<td>Brayden Cook</td>
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A big congratulations to Year 11 student Brayden Cook who came second in the U16 Boys division which means he will now be competing in the State titles in July which is a fantastic effort.

INTERSCHOOL SPORT

Winter season has commenced, the sides are selected and all is going well. Students and parents please remember that you need to have your $25.00 paid to the cashier as soon as possible.

From left to right: Marc Timmins teacher/coach and the team.