### Dates to remember

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tr>
<td>15 June</td>
<td>Year 8 Assembly (AIM)</td>
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<td>P&amp;C Meeting 6.30pm</td>
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<td>15 June to 24 June</td>
<td>Variation Free All Year Levels</td>
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<td>18 June to 25 June</td>
<td>Year 11 and 12 Block Exams</td>
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<td>22 June</td>
<td>Power of Engineering (Girls) Year 9 and 10 Junior School Celebration Assembly</td>
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<td>25 June</td>
<td>Aim High Rewards Day</td>
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<td>26 June</td>
<td>Year 11 Outdoor Recreation Beerburrum Forest</td>
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<td>“Big Red” Day – Non Uniform</td>
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<td>Last Day Term 2</td>
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<td>29 June to 10 July</td>
<td>Winter Vacation</td>
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<td>13 July</td>
<td>First Day Term 3</td>
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<td>NAIDOC Assembly</td>
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<td>P&amp;C Meeting 6.30pm</td>
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<td>14 July to 17 July</td>
<td>Murri Medical Visit</td>
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<td>15 July</td>
<td>Sunshine Coast Sevens</td>
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<td>17 July</td>
<td>Year 12 University Camp</td>
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<td>20 July</td>
<td>Leadership Breakfast</td>
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<td>Senior Celebration Assembly</td>
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<td>Year 7 Assembly (AIM)</td>
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<td>21 July</td>
<td>ARTIE Launch</td>
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<td>Year 11 and 12 Tourism Underwater World Excursion</td>
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<td>Year 10 Regional Robotics</td>
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<td>22 July</td>
<td>Year 7 2016 Enrolment Information Evening</td>
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<td>6.00pm V Block</td>
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<td>Year 11 2016 Senior Information Evening</td>
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<td>7.00pm Q Block</td>
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<td>24 July</td>
<td>Track and Field Sports Carnival</td>
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### From the Principal

**2015 INTERNATIONAL PIERRE DE COUBERTIN YOUTH FORUM**

Congratulations to our School Captain, Emily Griffin who has received the 2015 Pierre de Coubertin Award and has been selected as the Queensland representative to attend the 10th International Pierre de Coubertin Youth Forum which will be held in Piestany (Slovakia) from 29 August -13 September, 2015.

Emily was chosen by the Australian Olympic Committee as one of eight students from each State/Territory to represent Australia at the Forum. The Forum program involves organising sports events, leading discussion groups and coordinating group activities as well as participating for the Coubertin Award.

The Australian delegation has also been invited to participate in a homestay program organised by the Don Bosco High School in Unterwaltersdorf, Austria (30 minutes south of Vienna).

![Emily Griffin](image)

The Pierre de Coubertin Awards, named after the founder of the modern Olympic Games, promote the importance of participation in sport and physical activity. They recognise students who demonstrate initiative, teamwork, sportsmanship and fair play through participation in a variety of sports and are consistent with the fundamental aims of the Olympic movement.

Emily is a very deserving winner and we wish her safe travels and all the very best for the Forum.

### FOCUS ON LEARNING

Our school has adopted a pedagogical (or learning) framework which is based on The Art and Science of Teaching (ASOT).
Under this framework we have developed a common language of teaching and we are focussed on improving teacher practice. The framework is built around 10 design questions which we have aligned to our School Code (Respect, Responsibility and Cooperation) and also our core business (Learning).

Your students would be familiar with the processes, activities and routines detailed in our Pedagogical Framework – ask them about Learning Goals, how they are tracking their progress, classroom routines/rules/procedures.

**SCHOOL REVIEW**

To help Queensland State Schools continue to lift their performance and improve outcomes for students, tailored school reviews have been introduced in 2015. Every State School, including Independent Public Schools, will be reviewed at least every four years. These reviews replace the teaching and learning audits and are tailored to the individual needs and context of schools.

We will undergo a full School Review in August this year as part of our Quadrennial School Review process. The reviews are administered by the School Improvement Unit (SIU), which has been established as an independent monitor of state school performance. Four Reviewers will be in our school for three days (14-18 August) and will be interviewing staff, students, parents and community as part of the process. I will provide more information in the lead up to the review.

**FACILITIES UPDATE**

Work is now complete on our central courtyard and our additional basketball courts.

**END OF SEMESTER ASSESSMENT**

As we approach the end of semester, students will soon be facing final assignments and exams. It is important that students complete these to the best of their ability. It is particularly important for Year 10 students to pass English and Maths in order to meet minimum entry requirements for Senior subjects, TAFE based pathways and for a number of careers including the Defence Force. Year 12 students will soon enter their final semester of formal schooling, so it is vital that they are meeting assessment requirements and achieving their learning and achievement goals.

I encourage all students to set aside time to complete assignments and to study for exams to ensure end of Semester results are the best they can be.

**UPDATING OUR RECORDS**

It is of vital importance that we are kept up to date with any changes of address or contact details for all of our families and emergency contacts. Please contact the school office if you have recently had a change to any of your details so that we can update our database.

**Janelle Amos**
**Principal**

**From the Cashier**

A reminder that Semester Two of the Student Resource Scheme (SRS) payment is due by 13 July 2015. This payment will also need to include the annual laptop hire fees (Year 10 -12 only), and Year 11/12 Childcare or Fitness courses if not already paid or any outstanding fees. Parents/carers who completed the SRS form with their credit card details please note that the payments will be processed starting from 13 July. Please ensure you have sufficient funds available to cover these payments. If you have recently changed credit card numbers or your card has expired, please contact the Cashier to advise new details.

If paying into the school bank account, please use your child’s full name as the reference so we can uniquely identify your payments. If we are unable to uniquely identify your payments we will not be able to credit your school account. Any payments made into the school bank account that can be uniquely identified will be issued a receipt. These receipts will go into your child’s form roll for collection. If you have recently made a payment into the school bank account and have not used your child’s name as the reference and have not received a receipt, please contact the Cashier as we may require further information from you.

If you have chosen not to join the Student Resource Scheme, you should have advised the school office in writing of non-participation prior to commencement this year. If you have chosen not to join the Scheme or have become financially ineligible by non-payment of fees you will be responsible for providing your student with the items that would otherwise be provided by the Scheme. For non-participants a complete list of the items (all textbooks, resources, consumable materials) that a student requires for each subject/year level is available from the school office or on the school website https://morayfieshs.eq.edu.au/.

Families that are experiencing financial difficulties at this time are encouraged to contact the school office to book an appointment with the Business Services Manager. Payment plans can be arranged and discussions are confidential.
Important Dates:

13 July | Semester Two Student Resource Payment Due

Julie Hill
Cashier

Senior Exam Block Expectations

Year 11 and 12 Block Exam period will start on Thursday 18 June and finish on Thursday 25 June. Timetables for scheduled exams and make-up sessions have been emailed to students.

Below is a summary of the Policy and associated responsibilities, the full policy can be viewed on the school website:

- Students are required to attend ALL scheduled exams
- Students are required to attend ALL make-up lessons (unless informed otherwise)
- Students **are not** required to attend school at any other time unless directed to by a staff member, they should be available to attend school at any time that they are not in an exam or make-up lesson during normal school hours
- When students are at school they are either, in an exam, the library, courtyard (designated lunch break 11:30 - 12:00) or a classroom with a teacher (pre-arranged).
- Students should check for clashes, if they have two exams at the same time these should be indicated with an * on their timetable and they will need to negotiate with their teachers, otherwise they need to see Mr Simpson in A Block.
- Students are required to wear full school uniform during the examination session as per the uniform policy.
- Times indicated are when exams start, students are expected to be ready to enter the room 10 minutes prior to when exams start.
- Parents/caregivers should make immediate contact with the school for any student who is unable to attend a scheduled exam or make-up lesson due to illness or some other exceptional circumstance

Ken Simpson
Head of Department Senior Schooling

Every Day Counts

Morayfield State High School aims to assist in improving student attendance at school through a shared commitment by students, parents, caregivers and the community to improve students’ attendance. It is vitally important that your child is at school every day; however we do realise that there are some reasons to keep your child at home including if they are sick or there is a natural disaster occurring. Nevertheless, it is not ok to keep your child home from school to shop, sleep in, finish off an assignment or go on holidays.

Historical data from Education Queensland shows us that each 1% increase in student attendance may relate to 2-3 NAPLAN scale score points. What can you do as parents to assist your child?

- Promote the importance of school
- Get to know the teachers
- Go to school events
- Read the school Newsletter
- Supervise home work
- Ask about your child’s day
- Volunteer at the school
- Stay informed via the school Facebook page

The building blocks for a great education and future starts with your child coming to school every day and being actively engaged in every lesson.

Absence Line

5428 5522 or 54285560 or studentabsence@morayfieshs.eq.edu.au

Paul Little
Acting Head of Department Junior Secondary/Languages

Celebration Lunches

Each year in Term 2 we like to celebrate the commitment of students who have achieved an A or B for Effort and Behaviour in 5 or more of their subjects on their Interim Report Cards and who have achieved an attendance rate of 90% or better for the first term of school. This year we held a celebration lunch for both the Junior and Senior schools to recognise those students working hard each and every day to complete their studies. These students will see the results of their efforts in their results and are setting themselves up for a bright successful future.

This year the celebration was held in the Trade Training Centre. Once again our Hospitality students did a fantastic job, both catering and servicing the events. Parents commented on the high quality of both the service and the food supplied at each celebration. Thank you to all of the staff and students involved in the catering of the lunches.

We would also like to extend a large thank you to all of the parents who took time out of their busy days to come and support the celebration of their student’s successes here at school. Most of all we would like to congratulate the students on all of your hard work, dedication and motivation towards achieving the best possible results during their time at Morayfield State High School.

Keep up the fantastic work!
Celebration Assemblies

Celebration assemblies, to acknowledge the fantastic effort and achievements of our students, will be held shortly. Students will be advised this week if they are receiving an award and invitations will go to them to take home for parents and family to attend.

The Years 7-9 assembly will take place in their normal assembly timeslot of 9.00am Monday 22 June (final Monday of this Term). Our Year 11 and 12 students will be on Block Exams at that time so the Years 10-12 assembly will take place in their normal assembly timeslot of 9.00am on Monday 20 July (Week two Term three).

I look forward to seeing lots of family members to share in the celebration with the students and school.

Pete Keen
Deputy Principal

Coen Ashton Visit

We had a very special visitor to our school recently, Coen Ashton, who spoke with all of our students on assembly about his life story.

Coen was born with Cystic Fibrosis, a condition affecting mainly the lungs. He has spent a third of his life admitted to hospital and needed a double lung transplant at the age of 15. He is now 17, has a new set of lungs and has jet skied the length of the Murray River…twice. He was the first person to win all three of The Pride of Australia Medals and has appeared on Totally Wild, The Project, Sunrise, and many other national television programs. His life experiences have given him a different view on life that is positively infectious.

His message of never giving up and living for the moment was received very well by our students. Through adversity, Coen was able relate his extraordinary story to everyday life events that all of us experience. Providing hope for other people is a gift this young man has in abundance.

Pete Keen
Deputy Principal

From the English Department

This term, Year 8 and Year 10 students have completed their ACER Progressive Achievement Test in Reading (PAT-R). The online test was administered during an English lesson and will be used for measuring and tracking student achievement in reading comprehension, word knowledge and spelling. Throughout the 40 minutes, students were given different, short texts, or excerpts, and were required to answer comprehension
questions which varied in difficulty. The results of the PAT-R will provide teachers with objective information about how students are progressing and will act as a guide to address learning deficiencies of students. From these, teachers can create realistic learning goals and shape their planning so that they can deliver effective programs that cater for students’ strengths and weaknesses. Year 10 students can use their results to make more informed decisions when choosing their subjects for senior schooling.

Year 7 and 9 students will complete their PAT-R in Term 3.

Hollie Scruton
Literacy Coach

From the Science Department

STUDENTS’ PERSPECTIVES OF STEM CAMP.
THIS IS THEIR STORY.

On 25 May, 30 of us left for STEM camp at Mapleton. The drive up was one hour on the bus. When we arrived at camp we sorted out sleeping arrangements and selected our groups, then headed down to the dining hall and had morning tea, which was delicious. Shortly after lunch we participated in our first activity which was archery. We had learnt a lot about different types of arrows and what they are used for. Alex Marychurch made the comment, “it was fun, especially when we had to shoot at a moving target. The instructors we very nice and taught us lots.”

After archery we had lunch - pizza and garlic bread prepared by Chef Isaac. Before each meal we said Grace. Once lunch was over we went back to the rooms to do more team building activities until afternoon tea. We then had free time until dinner. There was the small rain forest that you could go for a walk in, tennis courts and table tennis, an oval and a beach volleyball court. For dinner that night we had Curry Chicken which was amazing, and for dessert Sticky Date Pudding with a Butterscotch sauce.

That night, back at the main room, we held a trivia night. There were eight rounds consisting of 10 questions each. These ranged from general knowledge, music; artist and title, Australian knowledge, placement of countries, currency, countries and their flag and “What’s that country”? Telka Delaney said “I thought it was exciting and educational. My group had many laughs.” After trivia we had supper and then had to get ready for bed. Lights off was at 10:30pm but most people were too excited to sleep.

The next morning we were all up at 6.00am and went for a relaxing morning walk in the rainforest. Once we were at the rooms again we had free time until breakfast which was scrambled eggs with toast and a variety of cereals, yoghurt and fruit. After breakfast we were split into two larger groups and completed two sets of activities. One group went with Mrs Haslam and constructed 2-dimensional nets which we had to make and then put into a 3D shape. This activity is leading to our next unit in maths - surface area and volume. Group two went with Mr Steel and measured reaction time. In this activity we used a robotic programmer to collect data of our reaction times.

Lunch was honey soy, beef-stir fry. It was so good that nearly everyone went for seconds. After lunch we had QUT come and run two activities. We split into two large groups and headed to our designated locations. The first activity was bridge making. We split up into a further four smaller groups and constructed small bridges. There were a variety of bridges such as the suspension bridge, the arch bridge and the beam bridge. Joanna Eklic stated “this activity really built up our team work and hands on skill; it helped us learn to communicate with each other to get something done.” At the end of a certain time limit we tested each bridge on how much weight they could hold.

The second activity run by QUT was catapult making. We started off by throwing all different kinds of balls, then making adjustments to the catapults to achieve the maximum distance... After each group completed both activities we had time to ask some questions to the QUT students before they left. After that was afternoon tea and then free time. A lot of people went to the pools for a swim. After free time was dinner, and for dinner we had fish and chips with mixed vegetables. The chips were the best and for dessert we had apple crumble and warm custard...yum!

Straight after dinner we had to get ready for the planetarium. This was a large dome with a 180 degrees view of our universe. Charlotte Quick said “it was amazing, we learnt a lot about what is in our galaxy.” Then we had a small session on Biology (life-science). Jade Makay added “it was so interesting, I really enjoyed it.” After the planetarium was over we had supper and got ready for bed. On this night everyone went to bed pretty much straight away following a big day. The next morning we were up again at six 6 but most of us had been up earlier packing up. We went or our morning walk through the rain forest. Tullia Rohrsmih mentioned “the sunsets, sun rises and scenery are just amazing, it is so pretty.” Once we had finished our walk we went back to the rooms and finished cleaning up and then headed down for our last breakfast at Mapleton. This morning we had pancakes and maple syrup. Once breakfast was finished and the dining room was all cleaned up we went to the big hall to complete some whole group activities.

After morning tea we went back to the hall and split into our two groups for the last time and completed two activities. One of the activities required us to develop an indexed scale to model how far each planet is from the sun. The second activity was bottle-rockets. This activity required people to get wet. We had to add water to a 1.25L drink bottle, seal it with a cap and pump air into it until the cap gave way and the rocket flew. Ben Stewart stated “everyone had lots of fun. It was so exciting. Testing different angles and amounts of water to see who got the furthest.” The furthest was 19m and 30 cm and second place went to the teachers with 19m. We then had our last activity, a scavenger hunt. The teachers gave each pair a list of objects we had to find all over the camp within an hour. “It was so much fun,” said Laura Smith, “everyone was running around like crazy.” After this we had sausage rolls for lunch and waited for the bus to arrive to take us home. When the bus arrived we loaded all the gear on and headed home. The camp was amazing.

A big thank you to Mrs Haslam and Mr Steel for organising this wonderful camp and a special thank you to all the other teachers who came and made this a memorable experience.
A massive thanks to all the staff at Mapleton who cooked wonderful meals and looked after us, and QUT for the amazing activities.

Breanna Sturgess and Myles Willis
Year 9 Students

From the Industrial Technology Department

Our Certificate I in Construction classes have been busy working on projects in the Morayfield Trade Training Centre (MTTC) and around the school grounds. Within our construction classes there are regular classes that run 3 x 70 minute lessons a week and we have one Year 11 and one Year 12 D2C (Doorways to Construction) class which run for one full day each week to give students a more work realistic experience.

Year 11 have completed their Work Safely in the Construction Industry unit, also known as a White Card, and are working on projects introducing them to many different tools and equipment. Some of these projects include: constructing a saw stool, replaced timber seating, mixing and laying concrete, surveying and doing a set-out of a small building. In addition, the D2C group have also used the demolition saw to cut and removing concrete for a new driveway ramp and also learned to drive the box skid steer in this process.

Year 12 have continued building and honing their skills learned from Year 11. They have concentrated on learning how to construct timber walls, sheet with plasterboard, set the joints, plaster internal and external corners and also repair holes. Some classes have also completed concrete projects. The D2C group have successfully constructed another timber retaining wall near R Block to match the one constructed last year. In the near future pavers will also be laid in front of this wall.

Please take the time to look through the gallery below for photos of the works completed.

Darren Kerr
Head of Department Industrial Technology

Sporting News

TRACK AND FIELD CARNIVAL

The school Track and Field carnival will be held on Friday 24 July (second Friday of Term 3). This is a gala affair with a special dress up theme for the day that is “TEAMS, TEAMS, TEAMS”. Students will be able to dress in their favourite club colours or be a creative thinker and come as a famous “team” like batman and robin!

It is a great day and all students are expected to be here either running, jumping or throwing. Parents are more than welcome to attend, but must sign in through the office on arrival.

INTERSCHOOL SPORT

The interschool, winter season has begun and I remind parents that the $25 to participate is due. Please get this sorted as soon as possible if you have not done so already.

CONGRATULATIONS

COREY BROWN – On being selected in the Sunshine Coast X-Country team after finishing fourth in the 15 Boys Age Group at Regional Trials recently. This is a fantastic effort by Corey and wish Corey well at State championships in July.  
BRAYDEN COOK – Also selected in the Sunshine Coast X-Country team in the Open Boys category. This is the second year in a row that Brayden has been selected in this team; great effort.

STATE TOUCH CHAMPIONS

Over the long weekend the Open Boys and Girls State Touch championships were held at Bald Hills.

Morayfield State High School had three students (Tom Griffin and Jake McPaul in the boys and Melia Larkin in the girls) as part of the Sunshine Coast teams which participated at this carnival. All three students performed really well with Melia being part of the victorious Open Girls team who were crowned State Champions.

Congratulations to all three students on a fantastic effort.

MONDAY NIGHT VOLLEYBALL

Our Senior Boys and Senior Girls volleyball teams have been playing in a Monday night volleyball competition held at Grace College, Rothwell. At this stage both teams are tracking well to play off in the finals.
I would like to thank Caboolture Sports Club who have generously sponsored these two teams and allowed the students to participate at a very low cost in this competition.

Steve Moody  
Sport Coordinator

GIRLS RUGBY 7s

This year Morayfield State High School will field a number of teams in the Inter-School Sport Rugby 7s competition. We have been fortunate to have joined forces with the Caboolture Snakes Rugby Union Club which has allowed our girls access to the regions first female development officer, Maia Tua-Davidson, who has played the sport professionally for a number of years. Maia has come into the school on a number of occasions to help develop our girl’s Rugby Union skills and share her experiences of playing professional Rugby 7s.

We would also like to congratulate Emily Scells on her selection in the Brisbane Girls Under U15 Development side. With Womens Rugby 7s becoming an Olympic sport, this is a fantastic achievement and we are very proud of Emily for making this side. Hopefully it leads her onto bigger and better things within the Rugby Union ranks.

Brendan Macaulay  
Rugby 7s Coach

From the Special Education Department

SEP TEACHER AIDE SUPPORT IN PRACTICAL CLASSES:

One of the ways we support our students to achieve success in classes is to encourage and assist them in practical subjects such as Hospitality, Home Economics and Manual Arts.

This enables students to build their confidence and skills. The photos below are examples of our Year 9 students amazing achievements which have resulted through this support.

Kate Eunson and Robyn Russell  
SEP Team

QUT Explore University Camp

On Friday and Saturday 29-30 May 27 Year 10 students attended the QUT Explore University Camp. This camp, completely funded by QUT, is designed to help students explore their future career options and experience what life might be like at university. One of the students on the camp, Amy Mills, has written a short reflection of her experience on the camp.

What a camp! We all had heaps of fun and lots of laughs and were able to meet new people and QUT ambassadors. During the camp we visited two QUT campuses, Caboolture and Gardens Point, and visited the Careers and Employment Expo at the convention centre in Brisbane. We stayed the night at Camp Warrawee on the Friday night and joined in on a pretty spectacular talent show. [I feel like I got a huge insight into the various pathways after school and I now have a great idea of what I need to achieve to get my dream job]. My favourite part of the camp was the Careers and Employment expo because there were so many different opportunities and people we could talk to and collect information about the various pathways after school. [I would recommend this camp to all year 10 students – whether you would like to go to university or not]. Thanks to QUT for running such a great camp!

Amy Mills  
(Year 10 student)
Emu Gully Leadership Camp

Negative TWO degrees Celsius plus 29 Morayfield State High School students plus mud plus water equals a VERY interesting experience for our young leaders. As their Year Level Coordinator I was very impressed to see these young adults step up and achieve goals outside their comfort zone. Each of the activities were designed to get the most out of the young leaders and it was an experience that each will definitely not forget anytime soon.

I have asked several students to provide me with a ‘version of events’ from their individual perspective so I will not steal their individual stories by saying too much here. Watch this space in the next Morayfield State High School newsletter and they will regale you with stories of the cold water, slippery mud, whizzing paintballs, river-crossings and ‘gourmet’ food.

Brad Smith
Year Level Coordinator

From The Arts

OCEANVIEW WINERY PERFORMANCE

Students in the Performance Studies and Music Studies courses will present a concert at the Oceanview Winery Estate on Sunday 21 June at 2:00pm. This concert was original planned for the Urban Country Music Festival which was cancelled. Students will be supported by a semi-professional band for this exciting concert opportunity. The venue has a wonderful restaurant which will supply afternoon tea platters for $15.00 each. A bus will be available to transport guests to and from the venue for a cost of $15.00.

Please contact the school by Wednesday 17 June if you would like to book tickets for this concert.

Debbie Thorpe
Teacher

Red Day – Non Uniform

On Friday June 26 Morayfield State High School will be seeing RED!

Red Nose Day is on the last day of term and our school is a proud supporter of this worthwhile charity. For the last day of Term, we will be holding a non-uniform day (wearing red for a gold coin donation) and lunchtime activities will be provided on the oval with guests from the Queensland Reds Rugby Team making an appearance. Being a ‘Red’ Day, the Student Council will also be convening a Barbeque with sausages and other treats on sale. Our Senior Leaders will also be painting on red noses at lunchtime for a donation to Red Nose Day. We are hoping that this will be a great day for everyone and finish the Semester supporting our school and a great cause.

For non-uniform days, students need to wear sun-safe clothing with no offensive slogans, spaghetti straps or mid-riffs. Shoes still have to comply with Workplace Health and Safety Requirements.

Simon Done
Deputy Principal

From our School Chaplain

CHAPPY WEEK

May 17-24 was Chappy Week, an annual event run by SU QLD to raise awareness of the value of school chaplains... and to raise funds to support school chaplains. I was astounded by the wonderful comments I received I received from our awesome students and staff. Thank you to every single one of you who came and wished me a “Happy Chappy Week!”.

The Coffee Clubs of our region helped celebrate Chappy Week with a special day just for us. They held Chappycino Day and $1 from every hot drink went to local school chaplains. A big thank you to all who supported this event.

HELPING HOPE HAPPEN DINNER

Monday 25 May was the first inaugural Helping Hope Happen Dinner. This dinner is to help raise much needed funds for the 11 local school chaplaincy services. We had an amazing turnout with almost 300 people and local businesses attending and donating in total approximately $55,000. These funds are so vital to the school chaplaincy services. I am so grateful for the generosity of our local community and sincerely thank you for your kind donations.

Approximately $30,000 needs to be raised each year just for the service here at Morayfield State High School. If you are interested in supporting our chaplaincy program here you can do so here:


FOOD FOR THOUGHT

Over the years I have spoken with several students, staff members and parents who have had to face the very frightening situation of being diagnosed as having a life threatening illness.

How do you think you would cope if you had to face a similar crisis?

At first you might feel bitter and even angry, but once the initial feelings of shock have passed, there is a good chance that you would discover an inner strength that you never knew existed, as well as a greatly increased awareness of what really matters in life.
You might have heard of people who have gone through a similar situation and who have actually come to a point where they have admitted that a part of them is almost glad that they went through this trial because it taught them to not take life for granted, the way they used to do.

It is a sad fact that some of us have to face the possibility of losing our lives before we actually start to appreciate the many good aspects that our lives are filled with.

Please do not take your life for granted. Take the time to consider the blessings that your days are filled with. If there are people in your life that mean a lot to you, then let them know that and treat them well. Look after your health and treat your body wisely. Take control of the quality of your life and enjoy it to the fullest.

**Jessie Davis**  
Chaplain

Parent Support from Student Support

DEALING WITH NEGATIVE PEER PRESSURE

Peers generally have a positive impact on each other. Positive peer influence can impact a young person’s learning, character development and interests. However for a young person, resisting negative peer influence can mean isolation or instant ostracism, so it sometimes takes great strength of will to refuse to follow the crowd.

Some ideas to help your child be less susceptible to peer pressure:

1. **Help them say no – and still save face.** Ask how they would refuse an offer of a cigarette, an illegal substance or an invitation to behave in a way that they felt uncomfortable with. How could they say no? What words could they use? How could they react if they were pestered? How can they refuse and still be ‘cool’ and accepted by others?

2. **Encourage them to gain some thinking time.** If they feel uncomfortable with a peer’s insistent request, but find it difficult to refuse, then encourage them to gain some reflection time by saying something like ‘No thanks, not now.’

3. **Invite them to think through the consequences of their decisions.** When they are put on the spot they should think about the risk factors involved and err on the side of caution. Encourage them to think ‘Is this behaviour smart? Is it in my best interests?’

4. **Talk about peer influence with your children.** Be open and frank about the subject, letting them know that while much of the influence of their friends is positive, some is not in their best interests.

5. **Give them a scapegoat.** Keeping face is important for many young people so they can maintain their status among their friends. Encourage them to blame you for not letting them do something they do not feel comfortable with but can not admit to.

6. **Avoid making them rely on the approval of others, including parents, for their self-esteem.** Encourage and support them to feel comfortable having opinions and views that are different to yours.

For more ideas to help you raise confident and resilient young people visit:

http://www.parentingideas.com.au

**Brendan Macauley**  
Head of Department Student Services

P&C News

**Winter Orders**

All winter pre-orders are now available for collection. We still have winter stock available for purchase from the Uniform shop.

**Senior Jerseys**

Senior Jerseys have arrived and are available for collection.

**Commemorative Polos**

Year 12 Commemorative Polos have arrived and can be collected from the Uniform shop.

Shop Hours: Tuesday, Wednesday and Thursday 8:00am – 9:00am.

**Carrolyn Reiter**  
Uniform Shop Convenor