

MOUNTAIN CREEK STATE HIGH SCHOOL NEWSLETTER



06 August 2009 – Issue 5

FROM THE PRINCIPAL

Welcome to our August issue of the school newsletter. As parents and caregivers will note the next few weeks are very busy with 2010 subject selection taking place for students in Years 8-11.



It is extremely important that parents and caregivers attend ECP interviews next Tuesday. Our teachers have been busy providing information and guidance to students regarding the most appropriate choices for them for 2010. It is critical that parents are involved in this selection process and are well informed of their student's choices and the implications that this will have for their future.

Given the uncertain state of the Australian economy and the employment situation on the Sunshine Coast at this time, we have frozen the parent contribution payment to the Resource Management Scheme for 2010 and, in most cases, ensured that there are no increases in User Pays Charges for 2010. As always, anyone who is experiencing financial difficulties is welcome to meet with our finance staff to arrange alternative plans for payment.

One of the most pleasing aspects of this year's subject selection process is the increase in course offerings that we have been able to provide, particularly in the senior school. Senior students are now able to choose from five specialist courses that are available. I doubt that any other school in Queensland offers such a breadth of program offering.

This week all students were issued with their winter edition of the Creeker magazine. Parents are encouraged to take the time to read of the terrific achievements of our students over the past 6 months. The Creeker also gives a great indication of the enormous breadth and variety of activities available to students at this school.

Best Wishes
Greg Peach



ADMINISTRATION

Education and Career Planning Interviews Tuesday 11th August

All parents should have received via the mail individualised subject selection forms for each student for 2010. If your student's subject selection form has not arrived it may be that we do not have your correct address. Please contact student administration on 5457 8303 if you have not received your subject selection form for ECP interviews on Tuesday 11th August.

Students should have received booking sheets on Friday 31st July. Bookings with teachers were confirmed on Monday 3rd August. If your student has not received a booking sheet or has not returned a booking sheet for confirmation please ring the sub-school immediately to action this for Tuesday August 11th.

This ECP meeting is to confirm the subject selection and payment of fees for 2010. A range of payment options is available on the evening. The ECP teachers will be able to direct you to the most convenient point for payment options.

Current students in Years 8 & 9 have been involved in group talks by the Heads of faculty outlining the course for selection in Year 9 & 10 for 2010.

Students in Year 10 and parents were invited to attend subject selection talks on Monday 3rd August. If you were unable to attend and you require more information please speak to your ECP teacher or alternatively contact the front office 5457 8333 to make and appointment with one of the Deputies.

You would have received a letter outlining the process for accessing the online course information. This process is more streamlined as it requires the printing of only that information applicable to your child's individual subject selection. We hope that the process goes a long way to saving trees and encouraging parents and students to enhance their use of ICT's to access information. If you are unable to access the information from home there are a

large number of computers in the school library where students can access this information. The school's website is <http://www.mtncreekshs.eq.edu.au>

ERROR – School Diary Calendar

Wednesday 12th August is the Brisbane Show Holiday which is a student free day for schools in this region. The school diary indicates that Thursday 13th August is also a student free day – this is a misprint in the school diary – Thursday 13th August is a normal school day for students and full attendance is required. Please make a change to the calendar in your student's school diary.

Student Leaders for 2009/2010

Congratulations to the following students who were inducted as senior leaders for 2009/2010 on Friday 17th July:

School Captains

Josh Halverson and Matt Gilliman
Ellie Meauwissen and Maddicyn Scheu

Excellence Programs Captains

Creative Industries Captains – Mark Turner and Romy Busuttill
Male Sports Captain – Stuart Stevenson
Female Sports Captain – Hayley Barnes
Public Speaking & Debating Captain - Al Ramji
International Student Program Captain – Constantine Stegkemper

Bribie Sub-School Leaders

Lauren Abbot
Cassandra Armstrong
Alicia Bloom
Alex Castillo
Georgia Holliday
Stephanie Smith
Seth Turner
Nathan Vaughan

Fraser Sub-School Leaders

Tristan Burns
Tarrant Eriksen
Jesse Gesch
Hannah MacNamara
Aishla Manning
Hayley Moles
Jeremy Stewart
David Van Krimpen
Cameron White

Moreton Sub-School Leaders

Marika Carr
Blake Finlay
Georgia Hooi
Neah Jefferson
Joseph McMahon
Katie Nawrath
Jeremy Pappagello

Shane Slegers
Brooke Te Huia

Stradbroke Sub-School Leaders

Isabella Baggieri
Sammie-Jo Gould
Chelsea Hayward
Dylan McKelvey
Brittany Nolan
Emma Strong

I would also like to acknowledge the 2008/2009 student leaders for their tireless work over the past 12 months in leadership and wish them well for their final semester of study and for their future career plans.

SENIOR SCHOOL

QCS Formal Test Reminder **- Tuesday 1st and Wednesday 2nd September**

The formal test will be conducted simultaneously for all students in Queensland. Students will receive information about changed times for these tests from Ms Benfield. They will also receive official information about procedures for medical certification if they are unwell on the test days. Please ensure that your son/daughter is fully prepared for the two days of testing.

MIDDLE SCHOOL

Welcome back to Term 3. I hope your winter holiday was a restful time and everyone is well and truly into school life for Semester 2. Congratulations to everyone who received a well earned report card.

ECP interviews are occurring next week and as such families will be making the important decision about what subjects students will study in 2010. Included below are some tips for parents and students to explore in an attempt to choose appropriate subjects. Good luck!

If you know of any students who are currently in year 5 and may want to be part of our Young Scholars Program as year 6 and 7 students in 2010/2011 can you please let them know that applications are due on Friday 18th September. Applications are available at <http://www.mtncreekshs.eq.edu.au>. I will also be hosting a parent/student information evening outlining the Young Scholars Program on Monday 17th August from 6.00pm – 6.45pm in Performing Arts.

Current year 7 students need to be formally enrolled at MCSHS by Friday 14th August in order to attend our year 7 into 8 Transition Day on Thursday 3rd September.

Finally, year 7 students wanting to apply for our Academic Zenith Program, All Rounder Scholarships and the Creative Industries Academy (dance, drama, music and visual art) need to do so quickly. Closing dates have arrived.

Parent and Student Tips – Exploring Skills in Time for ECP Interviews

In order to get up in the morning, get to school and safely back home, complete your homework and go to bed at a sensible time, you have achieved many skills that you may not have thought as skills. Every skill is valuable. If you can recognise skills that you have gained already, you can be more confident when it comes to applying for future part time work or subjects to study in 2010.

Complete the following 2 activities in order to begin the journey of identifying subjects you will study in 2010 that may benefit your future careers choices.

Activity #1: Sam said he had no skills

Sam struggled to school day after day but still got there on time each day.

Sam found Maths homework so very difficult, but he took himself to his bedroom where it was quiet, read the notes he took in class and did complete his maths homework.

Sam panicked when he found he had five pieces of homework due in one week. English and Science assignments were due on Monday, Maths on Tuesday and Home Economics and Business on Friday. Sam calmed down and thought ‘OK’, Maths I struggle with so I’ll do that today, then Science and English tomorrow, then I can do Home Economics on Tuesday night and Business on Thursday.

Sam’s English assignment was to find out about the job of a journalist. Sam did not know much about what a journalist did, so Sam took himself to the library to find out more information.

- a) What skills do you think Sam has?
- b) Choose from the list below, the abilities that would be required in the following jobs: budgeting, responsibility, caring, follow instructions, understand consequences, problem solving, social skills, decision making.

	OFTEN	SOMETIMES	SELDOM
Electrician			
Nurse			
Vet			
Lawyer			
Business owner			

Activity #2: The 7 Work Categories (as identified by the Job Guide)

- a) Which one do you fit into most?
- b) Why?

Nature / Recreation

You would enjoy jobs that involve moving around outside. Such jobs may involve animal care, farming, gardening/landscaping, sportsperson, as well as a variety of other outdoor occupations.

Practical / Mechanical

You would enjoy working with machines, technical equipment and tools. Jobs may include mechanics, engineering, driving, building, as well as many other practical types of occupations.

Analytic / Scientific

You’re the sort of person who likes to discover things, investigate, experiment and solve puzzles. Jobs may include medical doctor, chemist, pharmacist, optometrist, marine biologist and many other scientific occupations.

Creative / Artistic

You love to express yourself in pictures, words or music. The many careers in this area include musician, dancer, actor, writer, singer, photographer and sign-writer.

Persuading / Service

You enjoy such areas as buying and selling, law and politics. Jobs in this area include lawyer, travel agent, manager and politician among many others.

Organising / Clerical

You enjoy working indoors and performing either clerical, financial or computer tasks. You like to be organised and accurate. Jobs in this area include bank clerk, receptionist, computer programmer, government employee, economist and many other occupations.

Helping / Advising

You love to work with people. You are interested in the care, welfare and security of others. The work you enjoy may involve teaching, social worker, nurse, police officer and many other welfare occupations. You may also enjoy jobs in hospitality and sales.

Remember: A skill is: expertise developed through training or practice.

A talent is: superior, apparently natural ability, in the learning or doing of something.

A strength is: the ability to consistently perform a specific task at a nearly perfect level.

An interest is: a hobby or subject that one enjoys.

- c) What other skills, talents or strengths have you developed outside of school? eg playing sport – teamwork, coordination; part-time employment – budgeting, taking responsibility; looking after brothers and sisters – caring responsibility, management skills, conflict resolution.

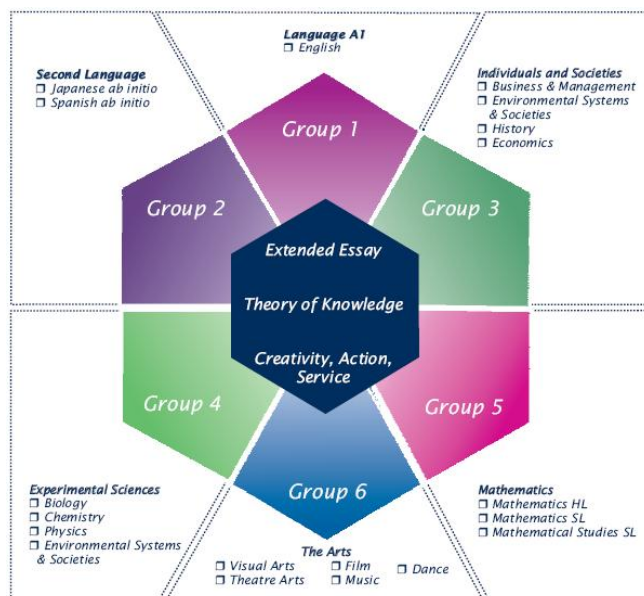
INTERNATIONAL BACCALAUREATE

Expressions of Interest for 2010 Year 10 Students

Expressions of Interest for students wishing to study in the Yr 10 preparation year for the International Baccalaureate Diploma Programme are welcome now.

The International Baccalaureate is an internationally recognised programme of study. The IB Diploma programme is designed as an academically challenging and balanced programme of education. It encourages international mindedness and has a reputation for rigorous external assessment with published global standards, making it a qualification welcomed by universities in Australia and worldwide. The course emphasises the development of the whole student – physically, intellectually, emotionally and ethically.

Mountain Creek SHS introduced the IB as an alternative senior programme in 2005 for Years 11 and 12 students. From 2008, a Year 10 preparatory programme for the IB Diploma course was introduced to give students an early taste of the programme and the opportunity to develop the skills that would help with successful completion of the course.



The IB Hexagon: Curriculum Structure for the IB Diploma Programme

Students would choose one subject from each of the 6 groups with one exception. If the student does not wish to choose a Group 6 subject they would choose a second Group 3 or Group 4 subject.

For an Expression of Interest form contact Ms Valentine (IB Coordinator) on 5457 8360 or email pvale8@eq.edu.au

MATHEMATICS

“Mathematics is Mine”

The Head of Department of Mathematics, Ms Naydeen Soward, attended the Australian Mathematics Teachers Conference in Fremantle over the holidays titled “Mathematics is Mine”, and has brought back a bundle of new and exciting ideas to implement with teachers and students. Ms Soward will run weekly Professional Development afternoons and mornings for teachers at MCSHS during term 3 and term 4. Teachers will volunteer their time outside their shifts to attend the Professional Developments and will cover a range of topics:

- informing teachers of recent International and National trends in research in the developments in Education of mathematics.
- developing Numeracy competent in work programs to develop mental skills in students.
- providing a range of activities that teachers can use in class that will increase motivation and success in mathematics.
- incorporating effective IT use in the classroom.
- Teacher education in a variety of effective pedagogy.

It is Ms Sowards goal that over the next 2 years teachers will increase in their classroom skills and students at MCSHS will continue their high levels of achievement in mathematics while also increasing their engagement, enjoyment and success in the subject.

Ms Soward also attended the QLD Annual conference as a member of the state panel for mathematics B and she will again be sharing the latest knowledge and development with the mathematics teachers at MCSHS to ensure that students are being given the best opportunity to achieve their best in the new senior syllabus that were implemented with year 11 in 2009. All the current year 11 teachers will attend Professional Development in afternoons/mornings to increase their knowledge of the new changes and the important implications for your child.



CAREERS

Study Skills

Sometimes students think that 'study skills' is just something you need to be concerned with when you are at school. This is not the case at all. For example, most jobs will require learning and training, certification and assessment. Planning, managing workload and good time management skills will also be essential when students leave school.

One of the many ways our school supports the development of independent learning skills is through providing access to the online study skills handbook site <http://www.studyskillshandbook.com.au>. Parents should encourage their students to sign up for the tracking system in the handbook so they can easily keep track of the units they have completed. It is a good idea for students to choose different units to work on over time (maybe try a new unit each month?) so they can develop their understanding of these important skills and reflect on the areas they need to work on. This specialist resource complements the skill development that takes place in our classrooms.

So the study skills tip for this month is taken from the unit that looks at the reflection process after a test is returned to students. One of the concepts outlined in this unit is that of 'kaizen'. The word Kaizen itself is derived from two different Japanese words, 'kai' and 'zen'. KAI, meaning: to change or modify; and ZEN, meaning: to improve. Small constant changes can make a huge difference to students' results. Only by reflecting on the way they learn and making changes can students improve the way they approach their work for school. The study skills handbook is a great tool to assist in this process.

This month in the handbook: another 2 new modules, a student in QLD wins the competition for the third time, a podcast on kaizen, a new video with a uni student's tips on beating procrastination and an extra unit on technology tools. This new unit goes through different forms of technology and who students can use them for school. Great too for parents who'd like a simple explanation of Twitter, Facebook, YouTube etc – the CommonCraft videos in this section explain everything very clearly.

Our school's subscription details to this online study skills website for high school students are -

Username: formcshsonly

Password: 75success

Sunskills Expo – Change of Date

The Sunskills Expo has been rescheduled to take place on Wednesday 19 August 2009.

University of the Sunshine Coast Open Day

Please see separate attachment for information.

STUDENT SERVICES

GOIN OFF 09

The annual September holiday camp "Goin off" is on again this coming September holidays. During the first week of the September Holidays (20 – 25) approx 100 students will descend on Great Keppel Island for a week of meeting new friends, exhausting team competition, swimming, beach games and other water activities. Campers come from schools across the Sunshine Coast and Wide Bay region. Leaders are suitably trained and screened and volunteer their time to help make this a successful camp that students keep coming back for every year. Application forms available from student services or speak to one of the Chappys in the Student Services office.



Did you know... If you have a refrigerator, you are in the top 17% of the world's richest people! If you have access to the internet at home, you are in the top 3% of the world's wealthiest people! The World Vision 40 Hour Famine will be held on September 5 & 6 (for mountain creek students). This is a chance for students to do something real by giving up food or something else that really matters (Technology!) for 40 hours and raise funds for kids living in poverty overseas. It's a great way for young people to experience what life is like for those who have to go without – every single day.

The Famine funds will be used to help children affected by the global food crisis in Kenya and Cambodia, where thousands of children are severely malnourished as families cannot afford the rising cost of food. Every \$40 raised will help feed and care for 5 children for a month! World Vision will provide short and long term solutions such as emergency food aid and nutritional supplementation for kids at risk of starvation and projects to improve food production by providing seeds, tools and training for families. Thank you for helping to make a difference!

Mountain Creek SHS is once again participating in the 40 hour famine. A team of 8 students who attended the Global Leadership conference in May will be assist with the running of the 40 hour famine. Your students will have heard about the event in student notices and on assembly's. Thankyou for encouraging your students in this very worthwhile experience. If you have questions about the event feel free to contact Chappy Stu on 5457 8357.

SOCIAL SCIENCE

Year 12 Social And Community Studies Students Get A Life!

As part of this term's unit, Get a Life, about 20 year 12 students learnt first hand nutrition and healthy weight management. After a week learning about nutrition, the students enjoyed cooking and eating a healthy breakfast, consisting of fresh fruit smoothies, juice, more fresh fruit, toast and muffins...all low fat of course. Students then tested balance skills and BMI, with Wii Fit. Whilst not everyone was keen to hope on the scales to reveal their individual BMI, it was a chance for students to put into practice what they had just learnt and to enjoy a well balanced breakfast; unfortunately many of our students do not do this before coming to school, so it was a great opportunity for them to understand the importance of breakfast.



COMMUNITY NEWS



You have most likely seen the construction site at the Harris Centre and probably wondered what was being built?

We are pleased to announce that this will soon be Mountain Creek State High School's very own, State of the Art Health and Fitness Centre. We would like to congratulate Joshua Bromley and Kassie McMahon who have been granted the lease to manage the gym. It has been named Benefit Health And Fitness Centre and it will be available for use by the entire school community including students, teachers and family members. We will also be inviting the local community to be part of Benefit Health And Fitness Centre. Memberships will be offered to the school community prior to releasing them to the general public, so keep an eye out in the next school news letter for more information on memberships and pricing. Memberships for the school community will be offered at very discounted rate, and only a limited number of memberships will be available. The gymnasium managers look forward to meeting you all and are very excited about becoming a part of the Mountain Creek State High School community.

Yours in health and fitness

Empowering Young People Pilot Program

About the Study

The University of the Sunshine Coast will be conducting a 5 week pilot study of a group program aimed at young people on how to take better care of self and others, and to put self-care strategies into action. Some of the issues that will be addressed in the program that will be run by an experienced school based youth health nurse, under the supervision of Associate Professor Margaret McAllister, are: ways to cope with tension, interpersonal stress, self harm and self caring strategies. The program is not about counselling young people on problems. It is about enhancing strengths and coping resources, so that they become better at supporting friends who might be under stress and being kind and caring towards themselves.

How You Will be Involved

We are looking for up to eight Year 9 students to participate. If you are a parent or a young person who is interested in being involved, read on. Before participation begins the young person and their parents will have the project fully explained and they will need to give their signed consent. Being in the study will involve: participating in a one hour group activity in the clinic of the Sports Tower of USC for six weeks in Term 2 and answering a questionnaire before and after the program. We would also like to talk with the student's parents and teachers about the process.

When: Tuesday 3.30 to 4.30 pm
Dates: 18 August, 25 August, 1 September, 8 September 15 September
Where: USC Sports Tower Building, Level 1

To find out more about the program, or to register your interest in participating, contact:

Dr Margaret McAllister, Associate Professor in Nursing, Faculty of Science, Health and Education, University of the Sunshine Coast

Phone: 07 5456 5032
Email: Mmcallis@usc.edu.au

Maroochydore Cricket Club Junior Sign On

The Maroochydore Cricket Club is holding the Junior Sign On – Saturday 15 August 9am-1pm and Sunday 16 August 9am–Noon at The Maroochydore Cricket Club, Syd Lingard Drive Buderim

Fully supervised practice begins September 7-11
The Junior Season commences Saturday October 3

New players & beginners very welcome!

Email: secretary@maroochycricketclub.com.au

Or check out the club website:
www.maroochydocricketclub.com.au

If you can't make the sign on, please contact our
Junior Coordinator:
Mr Mick Booker
Phone: 0411 098 916
Email: mickthecoach@hotmail.com

'Titanic' Charity Dinner

FOR THE GRAHAM LATCHAM FOUNDATION

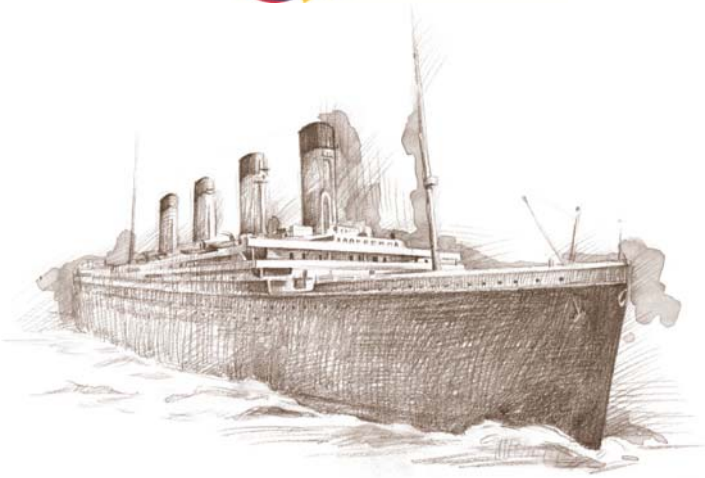
Thursday 20th August 2009 – 6:00 pm
Cartwrights Restaurant
Sunshine Coast TAFE Mooloolaba Campus
34 Lady Musgrave Drive, Mountain Creek, QLD 4557

Ticket price: \$45
Includes gala buffet dinner, one complimentary drink
and entertainment

Dress Theme:
What you were wearing when the ship went down??

Bookings Essential:
Tickets can be purchased through Sunshine Coast
TAFE Client Services
on (07) 5459 3000. Book early to avoid
disappointment.

Thank you for your support



6/08/2009 12:21:00 PM

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