Welcome back to Mountain Creek State High School for 2013. I would especially like to thank parents for the manner in which students have presented in the first two weeks. Students are wearing their uniforms appropriately with only a few minor issues mostly relating to shoes and socks – black polishable leather lace up shoes please – no boots or soft cloth shoes and white socks not black.

I would like to congratulate the grounds and facilities staff for their efforts in maintaining the ground and facilities during the summer vacation and through the wild weather we experienced. I’m sure you will agree the school and the grounds look immaculate. Thank you also to our administration staff who have worked tirelessly to ensure all students enrolled have timetables and are in appropriate classes from Day 1.

A band of very dedicated helpers have once assisted Michelle Sampson at the uniform shop to provide uniforms to both new students and returning students who have moved into the senior school.

Our teachers have also been busy during the student free days enhancing pedagogical practices as part of our teaching and learning framework based on The Art and Science of Teaching. The quality of the teaching staff is second only to the role that parents play in the education of students and their commitment to continuous improvement is an indication of their commitment to the teaching profession, their students and this school. I also acknowledge the engagement of parents as paramount to delivering high quality education at this school. Already this term we have welcomed our new Year 8 parents at the Year 8 Information Night on Monday 4th, the Year 11 & 12 parents and students at the Senior School Information night Monday 11th February, the Year 10 IB students and parents at the Information night Monday 11th February. I would encourage parents to continue to be fully engaged in your son/daughter’s education and to make early contact with the school when personal or educational issue that may impact on your student’s education, arise.

I am pleased to advise that we have enrolled 1808 students for the start of 2013. This is slightly lower than the enrolments for 2012 as a result of the decrease in size of the Year 7 cohorts in some of our feeder primary schools. There are approximately 650 students in Junior Secondary and 1157 in the Senior school.

On the first day we welcomed 290 eager year 8 students into 13 classes. I trust that their introduction to secondary school and their transition has been a very smooth process. I would to thank Andrea Evans Head of Junior Secondary and Lindsay Baker, Head of Middle School, Graeme Breen (Acting Head of Middle School 2012) and the Guidance Officers Alex Brain and Tania Hill for the work behind the scenes to make this an effortless transition. We have also approved a number of exemptions for specialist programs such as the IB Diploma, the Creative Industries Academy, the Zenith Junior Secondary programs and our Sports development programs in Basketball, Volleyball and AFL, highlighting the school’s reputation as a school of excellence in academic, cultural and sporting programs.

For Semester 1, we welcomed 37 students from Germany (9), Mexico (14), Brazil(3), Japan(6), Italy(1), Spain(1), New Caledonia(1), Norway(1) and China(1) into our International Student Program. We hope that our international visitors gain valuable life experience during their study abroad and thank them for the cultural diversity that they bring to our school.

When I look at the calendar and see the number of school related activities that are scheduled for this year, I am made aware of the enormous efforts of teaching and non-teaching staff whose time and efforts provide these opportunities for our students. My sincere thanks in advance for a very busy but exciting year ahead – including the musical – Back to the 80's.

Cheryl McMahon
Executive Principal

School Photos

Students should have received an envelope containing information about the school photos for 2013.

The dates are Thursday 21st, Friday 22nd and Monday 25th February. Please note these dates have changed from those previously advertised on the calendar.

The schedule for photos is available on our school website. Please ensure that your son/daughter is dressed appropriately on their allocated day.

Families may contact the photographer for specialist family portraits.

Details are below:

MSP Photography
Phone 07 5456 4288

Bree Brockenshire
HOD of Senior School
Senior School

This year students in Year 12 have been divided into two very distinct classes for one 70 minute session per week. The first group is the OP group. These students have QCS test preparation every week in class and will sit a number of full practices. The second group are those in the NON OP group and will undertake other activities relevant to life skills and the career of a person not choosing to necessarily go to University.

The formation of these groups is important and deliberate. The school must perform well on the QCS test to maximise all student’s chances of getting the best OP possible. These students are placed in a rigorous program of preparation that places them in the best position of performing well. Since this program started mid-2012, the school has enjoyed better results on the QCS test. The inclusion of this program as a timetabled subject speaks volumes of its importance in the curriculum.

Parents if you were unable to attend the Parent Information Night on 11th February, please contact me for more information about the important processes involved in Senior Schooling for your student.

Students in year 12 should have now experienced 1 of each of the papers included on the test: Writing Task, Short Response and Multiple Choice. If your son/daughter has missed out on one of these practices please contact Bree Brockenshire at Moreton Sub School to organise a time to sit the practice.

Andrew Stone
Head of Senior School

From the Head of the Middle School

Welcome to Mountain Creek State High School for 2013. Hopefully your student has enjoyed their start to the year and adjusted to life at high school over the last couple of weeks. By now they should have organised their day appropriately to fit in homework with the later 10.25am start. You may like to use pages 58 and 59 of the Student Planner (Diary) to plan out a timetable for Semester 1, including blocking times of the day for homework and study.

Many members of our school community already know me. I am Ms Andrea Evans and I am the Head of Middle School. I have been part of this school community for the past 11 years and worked in a variety of different areas of the school.

The primary part of my role is to oversee the extensive programs that year 8 and year 9 students are involved in. Also, leading the Middle School Curriculum is Mr Lindsay Baker. Lindsay is the Head of Department Middle School and is based in Fraser sub school.

In year 8 and 9, students will have many opportunities to benefit from a wide and stimulating curriculum. They will also be able to contribute to Mountain Creek SHS and to their own development, by participating in some of the exciting and worthwhile co and extra-curricular activities on offer. In week 3 we have our school swimming carnival and I hope all students who participate enjoy this experience. Furthermore, the year 8 students will be involved in an Initiative Day at Mapleton in Week 5. The dates are as follows:

- Year 8 Bribie Initiative Day – Tuesday 26 February
- Year 8 Stradbroke Initiative Day – Wednesday 27 February
- Year 8 Fraser Initiative Day – Thursday 28 February
- Year 8 Moreton Initiative Day – Friday 1 March

Information letters have been distributed to year 8 students. Please return the medical details form to your sub school as soon as possible.

I hope that all year 8 students have formed some more friendships for their exciting year ahead. They have certainly made a great start to the year!

Thank you to those parents and students who attended our Welcome to High School Evening. It is reassuring to know that you are taking an active interest in your student’s education and are willing to be a part of our supportive school community.

Our goal is to ensure that every student in the Middle School achieves to their potential, really enjoys their time at Mountain Creek SHS and progresses to the Senior School well prepared to take on further challenges.

We wish you every success for 2013.

Andrea Evans
Head of Middle School

Year 8 Scholarships 2013

With nearly 50 applications for the Scholarships so kindly offered by the P&C Association, for students beginning year 8 in 2013, we had a difficult task to choose the 10 winners.

The funding of the 10 scholarships was to reward outstanding young students who have high academic results, are good role models for their peers and are strong all-rounders in the areas of: leadership, sport, art, dance, drama, music, public speaking, debating and information technology.

The following students are deserving winners:

<table>
<thead>
<tr>
<th>Student</th>
<th>School</th>
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<tbody>
<tr>
<td>Ellise LOGAN</td>
<td>Mountain Creek State School</td>
</tr>
<tr>
<td>Brooke RANDALL</td>
<td>Kului State School</td>
</tr>
<tr>
<td>Abbey VAN DE VORST</td>
<td>Buddina State School</td>
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<tr>
<td>Elissa KEMSLEY</td>
<td>Mountain Creek State School</td>
</tr>
<tr>
<td>Kellie BARTLEMM</td>
<td>Mountain Creek State School</td>
</tr>
<tr>
<td>Jesse GIBBS</td>
<td>Buderim Mountain State School</td>
</tr>
<tr>
<td>Tayla RAWLINGS</td>
<td>Mooloolaba State School</td>
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<tr>
<td>Layla RAWSON</td>
<td>Mountain Creek State School</td>
</tr>
<tr>
<td>Christopher HOOPER</td>
<td>Mountain Creek State School</td>
</tr>
<tr>
<td>Kristen CAMP</td>
<td>Buderim Mountain State School</td>
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Congratulations to all of the students who applied. The standard certainly was high and we look forward to having all applicants as part of our school community in 2013.

Andrea Evans  
Head of Middle School

Musical Fever Hits Mountain Creek

After a long and crazy audition process for this year’s musical, Back to the 80’s, we finally have found our amazing cast!!! We would like to thank everyone who tried out and congratulate the 75 acting members of our cast. This group will now attend musical rehearsals every Wednesday afternoon for 14 weeks until our huge show will be performed in week seven of term two. Lock the following dates into your diaries as we would love to see you at our performances:

Thursday 30th May – 7pm show  
Friday 31st May – 7pm show  
Saturday 1st of June – 2pm and 7pm shows

Congratulations to:

<table>
<thead>
<tr>
<th>Ellen Gwillim</th>
<th>Lily Holdsworth</th>
<th>Erica Hickmoott</th>
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<tr>
<td>Finlay Gordan</td>
<td>Abi Barlow</td>
<td>Bonita</td>
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<tr>
<td>Sarah Breeze</td>
<td>Ellen Tomkins</td>
<td>Dobrovoljski</td>
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<tr>
<td>Lucas Shipp</td>
<td>Ocean McLean</td>
<td>Amity Anderson</td>
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<tr>
<td>Paul Soward</td>
<td>Stacey Borge</td>
<td>Taysia Demech</td>
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<tr>
<td>Calvert Tisdale</td>
<td>Angelica</td>
<td>Emily Lynch</td>
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<tr>
<td>Jake Oaks</td>
<td>Choppin</td>
<td>Mikaela Hall</td>
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<tr>
<td>Ferguson</td>
<td>Josh Heath</td>
<td>Armani Larkin</td>
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<tr>
<td>Alex Hendry</td>
<td>Alex Northam</td>
<td>Jade Dempsey</td>
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<tr>
<td>Riley Cope</td>
<td>Rochelle</td>
<td>Danica Smith</td>
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<td>Jacinta Menzel</td>
<td>Widdon</td>
<td>Devon Kahika</td>
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<tr>
<td>Rachel Breeze</td>
<td>Jade Dempsey</td>
<td>Chyrstele</td>
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<td>Sonya Lutje</td>
<td>Molly McNulty</td>
<td>Carwright</td>
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<tr>
<td>Sarah Naumann</td>
<td>Kirby Van</td>
<td>Hannah Simpson</td>
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<tr>
<td>Isabella Blackstone</td>
<td>Egmond</td>
<td>Isabella Thorp</td>
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<tr>
<td>Blaze Bryans</td>
<td>Sarah McInnes</td>
<td>Kristen Camp</td>
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<tr>
<td>Hayley Malliner</td>
<td>Rhinanna</td>
<td>Hannah Busuttil</td>
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<tr>
<td>Marnie Purssell</td>
<td>Erickson</td>
<td>Tessa Cowan</td>
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<tr>
<td>Ayisha</td>
<td>Kaitlyn Stockton</td>
<td>Micah</td>
</tr>
<tr>
<td>Collins-Oldfield</td>
<td>Tara Lee</td>
<td>Greenwood</td>
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<tr>
<td>Lucy Lyons</td>
<td>Muckert</td>
<td>Bailey Bardon</td>
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<tr>
<td>Ainsley Van</td>
<td>Morgaine Auton</td>
<td>Imogen Cope</td>
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<tr>
<td>Egmond</td>
<td>Amy Tunninciffe</td>
<td>Chelsea Jensen</td>
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<tr>
<td>Teegan Millar</td>
<td>Tuscany Mellor</td>
<td>Chyrstele</td>
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<tr>
<td>Xanthe Collier</td>
<td>Katie Trevanian</td>
<td>Cartwright</td>
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<tr>
<td>Smith</td>
<td>Lucie Barnett</td>
<td>Holly Oaks</td>
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<tr>
<td>Ashleigh Hawkins</td>
<td>Alex Whyte</td>
<td>Fergusen</td>
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<tr>
<td>Hanae Stephenson</td>
<td>Jessica Garett</td>
<td>Sam Weiss March</td>
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<tr>
<td>Sahar Amasalem</td>
<td>Quinton</td>
<td>Harry Thompson</td>
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<td></td>
<td>Buchholz</td>
<td>Kate Benfield</td>
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<td></td>
<td>Amr Ramji</td>
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<tr>
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<td>MacDonnell</td>
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Unravel the World with SOSE

I would like to extend a huge welcome to all our new students, especially our year 8s. 2013 brings excitement in many ways for SOSE as we enter an ever increasing world fuelled by the desire to be technologically informed and equipped. In contrast, it has been encouraging visiting classrooms to see a balance being achieved between ICTs and what I call “old school teaching”. While there is a place for both, the excitement lies in the combining of these aspects into the everyday SOSE classroom where students are actively engaged and possess an inquiring mind about the world around them. Below are photos of an activity where students were required to use visual clues to detect the time era the photo of an event/person depicted was from. It was an interesting task and challenging as students needed to draw on not just educational knowledge, but that gained in the home and community. If the photo was black and white, did this mean pre 1960s? Does war relate to past or today?

With the implementation of the Australian National Curriculum for History in year 8 to 10, comes a multitude of new resources and innovative ideas from both teachers and students. This is exciting to see as we move towards common units across the nation. There are two ‘clubs’ your student may like to get involved in: RIP History Club and Eco Youth Group. These groups are involved in both school and outside events. I believe the UN declared 2013 to be the international year of Water Cooperation and SOSE certainly plays a contributing role in students understanding this on a global level.

Lisa Kemp  
A/HOD SOSE

SOSE – Australian Youth Climate Coalition

Opal Sternbaum graduated from MCSHS in 2012 after being an active member of our ECO YOUTH GROUP as a co-founding member from 2010. Opal’s drive for public awareness of environmental issues saw her instigate regular meetings with students, run fundraising events, attend State AYCC conferences and run school based activities with an environmental theme. Opal’s success has continued where she is still an active member of the AYCC. In January this year, Opal, alongside another fellow member, organised an AYCC event at the Big Pineapple where over 100 people attended. Opal was recently recognised by the AYCC for her amazing work at MCSHS and now at University. Opal is a credit to herself for her determination to fulfill a dream of an ECO YOUTH GROUP at MCSHS. I wish Opal all the best as she studies Natural Medicine in NSW. Opal is on the left proudly wearing her AYCC t shirt.
Lisa Kempf
A/HOD SOSE

Entertain yourself with English

A big welcome to all new students to Mountain Creek and especially the new year 8 students. 2013 is sure to be an engaging and entertaining year for all studying English. We are in our second year of studying the National Curriculum in years 8, 9 and 10 and explore a wealth of information about Australia, the media and society in general. Additionally, year 11 and 12 students are exploring the influence the media and television have on their audiences.

This term in year 10, students meet our performing poet ‘Ghost Boy’ known as David Stavanger. An amazing entertainer and sure to excite and engage our students while they are studying poetry.

Also students eager to have their say and voice their opinion have shown an interest in the Queensland Debating Union (QDU) Competition which starts in week 3 of this term. QDU coordinator Ms Fogarty encourages and promotes the benefits of public speaking with all students within the school and is astounded with the number of students that have joined. Debating Coaches for each year level are: Year 8 - Ms Williams, Year 9 - Mrs Fogarty, Year 10 - Mr Murray, Year 11 - Ms Christie and Year 12 - Ms Jarman, all of whom are excited to be part of the debating culture at Mountain Creek State High School.

English has an exciting and fabulous year ahead and will continue to engage students through the its engaging topics and the variety of literature studied in each unit. Stay tuned for more on what the subject of English has to offer and how it entertains our youth.

Julianne Burke
A/HOD English

What is happening in the IT Curriculum?

http://vimeo.com/59464365

I.T. Support Team Update

Repair on laptops

We have had a very busy start to the year with students returning laptops that have been damaged over the holidays. If a laptops hardware has been damaged (broken screen, charger port etc), the process for repair is to see Mr Hegarty (Head of I.T. Infrastructure) in Brie to complete an incident report then drop the machine off to G208 for repair, for all other damage laptops can be taken directly to G208. Currently we have a large number of Acer machines still waiting repair (due to contractors warranty repair delays) but in most cases we have replacement machines that students can borrow while their machine is being fixed. If your student has not been offered a replacement machine ask them to go back to the repair room G208 and discuss this possibility with the I.T. support staff.

Year 9 laptop roll-out

There has been a number of issues that have impacted the arrival of laptops for the year 9 students, all of which have been outside of the control of the school. The recurring funding for the 1 to 1 laptop program looks like drying up at a political level. The affect for our school is that we will be required to purchase over $200,000 worth of laptops from our school budget to support the program. At this stage the school is looking for more guarantees for funding before committing such a large portion of its budget to the continuation of this program without any financial support. We are currently looking at solutions to these issues and hope to resolve this by the end of this term. Please rest assured that the school still has over 300 desktop computers in the form of computer labs that year 8 and 9 classes have access to during all lessons of the day.

Craig Hegarty
Head of IT Infrastructure

News from the Creative Industries

CI in 2013... Game On

Staff and students in the Creative Industries have been propelled into a busy, busy start to 2013. While the usual buzz of new classes and new faces happens every year, this year we have one additional event looming before us… the school Musical: Back to The 80s! While this event is a whole school event, it does rely heavily on the expertise of Creative Industries trained staff, and of course, students. I would like to personally congratulate our 75 large cast, and also thank in advance a few of our key staff members involved this year: Kate Benfield – Director, Carly Cook – Music Director, Tarla Varney – Art Director, Dimity Perren and Tiffany Broad – Dance Directors, Calvin Hunter – Band Director and Elizabeth Mullighan – Executive Producer. So many staff work together to make this event take place in the very high quality that it does, so a big thank you to all involved in this event. We are looking forward to bringing this production to you in Term 2.

Do you know your Music Trivia?

Creative Industries Sub Committee is pleased to announce our first fundraiser will be a Music Trivia night on Friday, March 8. All money raised will contribute to the purchase of an Instrumental Music/Vocal Group uniform. Details are as follows:

When: Friday 8th March, 7pm – 9pm
Where: Student Centre, Mountain Creek State High School
What: Music Trivia Night to fundraise for Instrumental Music uniforms
Tickets will be on sale at student administration for $10 each from 16th February. We encourage you to get a table of up to 10 people and come dressed in the theme. There will be prizes for the best themed table. Stay tuned for more details to follow.

We are always looking for new parent faces to join our Creative Industries Sub Committee, (an established sub-committee of the P&C). If you are interested in finding out more about how you can get involved, please do not hesitate to contact Jess Wall, Acting Head of Department Creative Industries (and Chair of the Creative Industries Sub Committee) on 54578337 for more information.

**Jess Wall**
A/Head of Creative Industries

**Volleyball – Trish Buckley Shield**

The first competition on the volleyball calendar for 2013 is the Trish Buckley Shield. This long running competition attracts the best school volleyball teams on the Sunshine Coast. Due to the amount of participating schools and teams the competition is split into a senior and junior competition. The dates for seniors are, Round 1: Friday 1st March, Round 2: Friday 8th March and Round 3: Friday 15th March. The junior dates are, Round 1: Friday 19th April, Round 2: Friday 26th April and Round 3: Friday 17th May.

Senior team selection times and trainings are Monday and Tuesday afternoon (1.30pm – 3.00pm). Go Creekers.

**Andrew Denny**
Sports Co-ordinator

**Wednesday Interschool Sport**

Preparations for the 2013 Central District Winter Sport Competition are well underway. This competition runs on Wednesday afternoons and involves nine Sunshine Coast schools. Mountain Creek AFL, Netball, Soccer, Touch, Rugby League and Volleyball teams have been selected and have had several training runs already.

Those students who narrowly missed selection are still encouraged to attend the team trainings as they tend to make their way into these teams by the time the competition starts. In the interim all reserves have been allocated training time in the school gym.

Round 1 of the competition starts on the 27th March and the finals day is on the 19th of June.

**Andrew Denny**
Sports Co-ordinator

**Basketball Report**

Another year ahead, but first let’s recap the achievements of the Creeker basketballers in 2012.

At a time when sponsorship is so necessary for our program to continue to grow, we are very proud to announce that our association with Maroochy R.S.L. will continue in 2013. I encourage you all to support this club whose community spirit is so well known on the Sunshine Coast.

Most school basketball occurs in the second half of the year.

In 2012 our school again provided team members for the Regional teams as well as for the Qld Schoolgirls (Yasmin Miller and Jess Gajewski) and we were all very thrilled when Yasmin was selected in the Australian Schoolgirls’ team for the second year in a row!!

May I take this opportunity to acknowledge the enormous support given by Yasmin’s (and her 2 older brothers Ryan and Lachlan’s) parents Zelda and John as well as that of Denise Estorffe (mother of Paige, Brenton, Blaine and Cobin) who will be leaving the school basketball scene as they no longer have students at the school. In the time I have been at Mountain Creek they have always been there - transporting students to games, providing score bench, travelling to tournaments and encouraging every player. I am sure that the success of our program is due in no small measure to the support we receive from our wonderful parents. Thank you all so much!

In 2012 we fielded 8 teams in the Wednesday afternoon interschool competition. Once again these students had lots of fun and achieved significant success (5 of the 8 teams managed to win their final). As always we love to see the improvement in the skills of these players from week to week and we are always very proud of the manner in which they represent our school.

During Terms 3 and 4 our school enters teams in the very popular Friday Night Sunshine Coast competition which is growing every year and is now played at 5 separate venues and involves teams from schools from Noosa to Caloundra. It serves as the Sunshine Coast Regional Championships. 2012 saw Mountain Creek awarded the overall Aggregate Trophy as a result of our participation and success. Four teams actually won the Grand Final in their divisions—the Intermediate B girls defeated the Grammar school, Junior A boys, Open A Girls and the Open A boys all defeated Matthew Finders Anglican College in their respective finals. We were especially excited when the Open A boys won this very competitive grade as it was the 10th consecutive Regional Championship for the school in that Division!! What an amazing effort! I would urge students to start putting together a team for this year’s Friday Night Comp. There are grades catering for all skill and experience levels and you will have HEAPS of fun.

At the end of Term 3 our Open Boys’ and Girls’ teams contested the Champion Basketball Schools tournament. Again we were so proud of both teams in this enormously popular and competitive tournament, in 2012 our boys finished in the top 10 in Division 1 with a relatively young team and our girls finished in the silver medal spot, again in Division 1. These results reflect the significant number of hours of training and playing together in the local A grade competition that these students spent in preparation and their success was very well deserved.

Following the State Tournament our girls were very very excited to be invited to represent Queensland in the Championship Division of the National Schools tournament which was held in Melbourne in December (yes, the grade 12 students came back after their schoolies celebrations!) This opportunity had been a dream of these girls for many years and to finish in third position in the Nation was beyond all expectations! Congratulations girls!

All of which sets the challenge for those students who aim at representing Mountain Creek at the top level. But to all
students, I urge you to try out basketball. You can be a total beginner or very experienced and our aim is the same - have fun, develop your skills and enjoy being part of a team.

Finally my very sincere thanks to all the staff who gave so many hours of their own time to allow our students to have this experience. Your dedication to the Basketball Program is very much appreciated.

Mrs Liz Smith

Youth Health Nurse

TOO MUCH GET UP AND GO – energy drinks and health.

Bright packaging, promoting sporting events, boost performance, a cool image and exotic added extras – that states you’ll have more energy, be able to focus better and have an overall good feeling.

Energy Drinks are part of an $800 million industry that spent $15 million on media to promote there goods.

Some adolescents have reported to have drunk up to five drinks before sporting events. These drinks should not be confused with sports drinks. Sports drinks are designed to maximize hydration, whereas the caffeine content of energy drinks has the opposite effect – it dehydrates.

Energy Drinks all contain caffeine, sugar or glucose; many include a range of vitamins, amino acids and herbal supplements which often the body already produces.

On the packaging of the Energy Drink it tells you there is between 80mg – 120mg of Caffeine.

What it doesn’t tell you is that Caffeine is also added in the form of Guarana Extract: in some cases 1 Drink may have twice to three times as much Caffeine as advertised on the Can.

Whilst not advocating coffee, one cup of coffee may have up 120mg of Caffeine in it, it is the unknown ingredients in a can of Energy Drink that is a concern i.e. Caffeine in Guarana Extract or the 5 tsps of sugar in it.

Energy drinks appeal particularly to teenagers and it may only take one or two drinks to for the body to have adverse effects i.e. high blood pressure, increased heart rate and provoke feelings of anxiety.

Some of the early adverse effects are nausea, headaches, increased sweating, Insomnia and irritability. Increased levels tachycardia, Dizziness, diarrhea. Gastrointestinal pain.

Furthermore combining these drinks with alcohol can have increased detrimental effects i.e. Toxicity (overdose), seizures, psychosis.

The Medical Journal of Australia has recently published a report on the increased number of accidental overdoses from young people drinking Energy Drinks.

So the verdict on energy drinks?

One a week would probably do you no more harm that a couple of cups of coffee, but why not play it safe and encourage the kids to have “sport drinks” or good old fashioned water. It can cost as much as $6 day for an Energy Drink in one week you could save $25 in 6 months $800. Is it better to spend your money on lifestyle or medical bills?


QLD Health

Study Skills Tips for February: Coping with Transition

Many students will be experiencing some form of transition this year. Perhaps they have moved from Primary School to Secondary School. Perhaps they are now a senior student. Maybe they are trying a new subject or changing levels within a subject.

With change can come uncertainty and anxiety. Whenever we are in a new situation, we have a period of time where we are learning and adapting. Below are some tips to help students make their transitions this year as smooth as possible.

1. ASK QUESTIONS: Ask lots and lots of questions. If you are unsure about something, don’t sit there in silence, ask a question. If you are uncomfortable asking the teacher directly, then ask a friend or ask the teacher after class. But be aware, there are probably many other students with the same question and they will probably be thankful that someone asks the question they also have!

2. FIND A BUDDY: It is much easier if you have someone to talk to about what you are both experiencing. Someone you can check things with, even just someone to listen to you when you want to moan and groan, or celebrate! You don’t have to specifically say ‘let’s be buddies’, but look out for a like-minded person so that you can help each other along the way.

3. CONSOLIDATE: When you are learning new things, or have lots of new information heading your way, it’s important to take time to consolidate. This could be explaining what you are learning to someone like your parents, or it could be writing a short list or summary of what you have been told so you don’t forget it.

4. POSITIVE ATTITUDE: Your attitude can make a world of difference to the type of experiences you have during any transition. Start noticing your thoughts. Are they negative or positive? You can start to take control and direct the way you think about a situation and this in turn will change how you feel. For example if something goes wrong and you notice you’re thinking something like ‘what an idiot, I can’t believe I did that’ immediately catch yourself and say ‘that’s a bit negative, after all, everyone makes mistakes, at least now I know what I
need to do for next time’. Eventually you can start to have a more positive reaction to things, look for the good in situations.

5. **AIM FOR PERSONAL BEST:** Don’t compare yourself to other people. Aim for your own “personal best”. Strive to do the best you can, to learn, to grow and develop. We all have different skills and strengths and sometimes these aren’t always evident in the school situation. So just focus on being the best student you can be and celebrate all of your strengths and gifts – whether they show up in the school arena or in your outside life.

One way to build your skill set at school is through working on the units at [http://www.studyskillshandbook.com.au/](http://www.studyskillshandbook.com.au/). There are also two units specifically for transition ‘Starting Secondary School’ and ‘Becoming a Senior Student’.

Student password: formcshsonly PASSWORD: 75results

**STUDY SKILLS UNITS TO GET STARTED ON**

**YEARS 8 and 9**
- Home 5: Dealing with Distractions
- Home 8: Goal Setting
- Home 9: Lifestyle and Balance (although some like to do this in Year 11)
- School 1: Will we ever use this
- School 2: Classroom Skills
- School 3: Asking for Help
- School 4: Dealing with Conflict
- School 5: Group work Skills
- Extras 3: Bullying Issues and Strategies

**YEAR 10**
Motivation and procrastination start to become bigger issues in Year 10, so some other units recommended for Year 10 are:
- Home 6: Overcoming Procrastination
- Home 7: Developing Motivation
- Exams also start to become more important in Year 10, so other units to do are:
  - Exams 4: Test-taking Techniques
  - Exams 5: After Tests and Exams
  - A good wildcard unit for year 10 is:
    - Managing Part-time Jobs

**YEAR 11**
Home Study Environment, Organisation and Filing, Time Management Skills, Managing Workload, Summarising, Active Studying. These units are essential for good study skills and they will experience the content in a different way as a Year 11 student from how they did as a Year 7 student.


In addition to these students in Year 11 should do:
- Exams 3: Preparing for Exam Blocks
- Extras 2: Becoming a Senior Student

**YEAR 12**
The unit on Managing Stress is a good one for Year 12 to do.
- Home 10: Managing Stress
- Extras 6: Live Your Best Life
- Uni: Lecture Note-Making

**Andrew Stone**  
**Head of Senior School**

**Student Services – Chaplaincy**

A big welcome to 2013 from the Chaplains Stu and Sarah!

For those who haven’t met us, we are over at the Student Services building with the Uniform shop. We are often out and about during lunch breaks so feel free to come say hi.

Stu has just started his eighth year as a Chaplain at Mountain Creek and Sarah has just started her fourth.

Check out the Mountain Creek High website to read more about what they get up to as well as the other staff who are found at Student Services:

https://mtncreekshs.eq.edu.au/Supportandresources/Studentservicesandsupportprograms/Pages/Studentservicesandsupportprograms.aspx

The Chaplains also offer a number of camps over the school holidays. For more information, have a look at this website or come speak with either Stu or Sarah:


**SCHOOLIES 2013**

SUQld also offer a number of alternatives for students celebrating the end of their secondary schooling. These are drug and Alcohol free events held in different locations. One of these events is the Annual SURF trip to SAMOA. If you have a student in year 12 who loves to surf and is fairly competent in the water, then follow the above link to check out the details. Feel free to chat with one of the Chappies about any of these camps.

**Sarah Turner**  
**Chaplain**

**Roadcraft Driving Course**

The ROADCRAFT driving course is now into its sixth year here at Mountain Creek. [Mooloolaba Lions club](http://www.mooloolabalions.org.au/) have provided 50% subsidy on the course costs since inception. We take 2 groups of 24 students each year. Roadcraft is a 2 day course run at the Roadcraft drivers education centre in Gympie. We drive up and back each day, departing from the front of the school at 7am and returning at 5pm. Students are broken into 2 groups. The day is basically split between theory sessions and “in Car” sessions. The driving instructors are highly experienced professional drivers with backgrounds in motor racing, highway patrol, emergency services etc. As they spend the time with the students they share hints, tips, warnings and stories that are invaluable gems of knowledge that the students would not get from a normal driving instructor. The Roadcraft course is not primarily designed to teach the students how to drive but mainly to help them stay alive. Students do not need a license.
as the centre is on private property with a large system of roads, intersections and a massive skid pan. Having at least a learners permit will allow the students to put into practice the things they learn, but it is not essential. All vehicles are “dual control” for instruction and safety reasons. Application forms will be available from Tuesday the 12th Feb from student services. It fills up very quickly and so forms need to be returned with payment quickly to avoid disappointment. If you have questions, call Chappy Stu on 54578357

Stu Cran
Chaplain

Asthma?

Join us for a FREE workshop and learn about:
- Asthma symptoms, triggers and medications
- The importance of an asthma action plan
- What to do in an asthma emergency

If you have asthma, or care for someone with asthma — this workshop could change your life.

Kawana Library
30 Nanyima St, Buddina
Thursday, 7th March 2013
10:30am — 11:30am

Bookings essential
Call 1800 ASTHMA (1800 278 462)
or book online