6 March 2013

From the Principal

We are now over halfway through Term 1, students have received their assessment planners and a study program aimed at focussing on end of term exams should be in place. For our Junior Secondary students (our new year 8’s in particular) these exams may be the first formal exams outside Year 7 NAPLAN that students have encountered. Your teachers will provide you with some tips for studying and reviewing your term’s work in preparation for those subjects where you will sit a formal exam. For student in the senior years, formal exams are not a new concept; however exam preparation might need some review. The Study Skills Handbook online provides some valuable tips on ‘how to study effectively for exams’.

All students should have set goals (short term – one term), and (long term – full year) for each subject at the beginning of the year. These goals should be written in your notebooks as a reminder of what you planned to achieve. I would encourage all parents to discuss these goals with your student and assist them in planning their study programs. Please use the online Study Skills Handbook which the school provides access to each year as a valuable resource for students. To access the handbook, go to www.studyskillshandbook.com.au and login as a subscriber with these details:

username: formcshsonly
password: 75results

to assist your student in developing effective study habits.

Through our targeted approach to teaching and learning, students in all year levels will become familiar with a set of common skills (Common Curriculum Elements – CCE’s) and develop common strategies (The Art and Science of Teaching – ASOT) to enhance their learning.

One of these strategies that all student should be familiar with is CORNELL note taking. If your student is not using this strategy for note taking please use this link to access an example of Cornell note taking http://coe.jmu.edu/LearningToolbox/cornellnotes.html

Year 12 students who are considering tertiary study were provided with valuable information this week about tertiary preparation, courses of study, financing study, support for study, accommodation and scholarships at the Tertiary Expo organised by the Head of Senior School, Ms Brockenshire.

Last week I attended the state-wide Principals’ Conference in Brisbane and I was buoyed by the work of a Dr George Otero for the Centre of Learning in Santa Fe, New Mexico. Dr Otero spoke about relational learning and the influence that social background, personal background and school has on a child’s capacity to prosper. The value of building relationships between student and teacher, school and home and parents and children should not be underestimated. One of the key priorities in the school Annual Implementation Plan is fostering stronger relationships/partnerships with home. I would appreciate any feedback from parents in regard to improving parent/student/school partnerships

The Annual Implementation Plan will be available on the school website following endorsement from the School Council on March 25th.

And finally, I still have no word on the future of the National Secondary Schools Computer Fund for the purchase of laptops for our current Year 9 students. I am currently investigating alternate options for provisioning of laptops for Year 9 students as early as possible in 2013.

Cheryl McMahon
Executive Principal

From the Head of Senior School

Healthy Generations

Mountain Creek High recognises its significant responsibility in raising the awareness of important issues that affect the Health and Wellbeing of young people. It is important that students are aware of the issues pertaining to their health that their ‘connected’ lifestyles sometimes pose. In this vein the school is holding its first HEALTHY GENERATIONS DAY on the 23rd of April for all Year 11 students. The day will feature a number of guest speakers on the issues of Healthy Lifestyles, Exercise, Sexual Health, Drugs and Mental Health. Students will not attend regular classes this day. This event will be held in the school Student Centre. A full program of speakers will be released in the next newsletter so watch this space.

Return to Mooloolaba State School

On the 13th of February David Selvage and Jak Hardy, students leaders in Year 12, returned to their old stomping ground at Mooloolaba State School as past school leaders to present badges to the incoming school captains and sports captains. The two leaders were welcomed like old friends by the staff of this small but close knit school and all students in the school attended the ceremony. Both boys acquitted themselves well in public carrying out their duties with diligence and professionalism.
Study Skills Tip for March: How much sleep is enough?

We all know that sleep is important for general health, for growth and development and for emotional well-being. You may also know that important memory processes take place while you are sleeping, ensuring you retain what you are learning and studying.

Perhaps you have heard that teenagers need between nine to ten hours of sleep per night. But where does this come from and how valid is this claim? In 1980, Mary Carskadon of Stanford sequenced a group of adolescents in the university’s sleep laboratory for several days, letting them sleep for as long as they wanted, up to 10 hours. She found that the teenagers slept just over nine hours, with very little variation. This single “naturalistic” study is the primary basis for the adolescent sleep recommendation. However some researchers argue that just because teenagers slept nine hours when left alone does not mean that this is the best thing for them, just like letting people eat whatever they want is not necessarily the best thing for their health. So there is no definitive answer at this point in time.

The amount of sleep needed by teenagers is most likely very individual, just like it is for adults. It is probably safe to assume that adolescents need more sleep than adults and that the average for most people is at least 8 hours of sleep per night. Pay attention to the signs and have students listen to their body. If they lie down in bed and fall asleep instantly, this is a sign they are not getting enough sleep for their body. It should take at least 15 minutes to fall asleep. If they wake up in the morning and are feeling exhausted, then check all lifestyle factors: are they getting enough sleep, eating healthily and getting enough exercise?

If teenagers are sleeping in for many hours on a weekend, unfortunately this does not mean they are “catching up” on their sleep. According to University of Texas Southwestern sleep specialist Dr. Gregory Carter, when we think we’re catching up on sleep, what we’re really doing is messing with our circadian cycle -- the body’s internal clock which dictates sleep patterns. Excessive sleeping in is in fact a signal that during the week students need to go to bed earlier. The aim is to work out the optimum bed-time so that the need to catch up on large amounts of sleep on the weekend is eliminated.

There is nothing wrong with having a power-nap in the afternoon when students get home from school, as long as the nap is no longer than 40 minutes. A short nap can help students regain their energy levels and allow them to focus on the work they have to do that evening. However, a longer nap will also disrupt sleeping patterns for that night.

More on how to develop better sleeping patterns in the next newsletter item!

Remember students, that on nights where you don’t have very much homework, you can build your learning skills by working through one of the units at http://www.studyskillshandbook.com.au/. Check out the unit on Lifestyle and Balance to learn more about sleep and other lifestyle factors for success.

Our school’s subscription details to www.studyskillshandbook.com.au are -

Username: formchsonly
Password: 75results

OP Indicators and University Showcase

Year 12 OP Indicators

On 28th February Year 12 OP eligible students were provided with OP Indicators based on their end of Year 11 results and an average QCS result from the past 3 years. The aim of this process is to provide students with a platform from which to work in terms of setting goals for improving individual rankings in each subject, and determining Tertiary Entrance preferences for 2014.

Another round of OP Indicators will take place at the first ECP interviews for these students. We would appreciate you having discussions around these indicators as it is an excellent opportunity for students to identify whether their current progress is in line with their chosen career pathways.

It is important to remember that predictions are based on an average of the last three QCS results and the final OP will be based on this year’s results in the QCS test. If the school and the individual subject QCS results are significantly different from the past three years, the final OP outcomes will be representative of the QCS results. Similarly, if a student’s ranking in the subject cohort changes, this will have a bearing on the student’s Student Achievement Indicator (SAI), the Overall Achievement Indicator (OAI) and the OP result.

Students need to set goals in two areas: 1) achieving the best possible result in each subject and 2) paying particular attention to the QCS preparation and achieving the best possible result in all component of the QCS test.
Year 12 University Showcase

On March 7th at 8:45am the 2013 University Showcase will visit Mountain Creek State High School.

The University of the Sunshine Coast coordinates this event on behalf of the local schools and exhibitors. This event will be about 1 hour 10 minutes and is a combination of presentations, Q&A and exhibitor displays. The structure of the session includes:

- A panel of speakers delivers a 20-30 minute presentation on general tertiary information which is not institution specific. Topics include pathways to university, costs, how to apply, accommodation, lifestyle and transition issues, as well as opportunities for questions.
- A 30-40 minute session for students to visit exhibits, speak to exhibitors and collect relevant information.

Exhibitors which will be in attendance include:

- University of the Sunshine Coast
- Australian Catholic University
- Bond University
- CQ University (formerly Central Queensland University)
- Griffith University
- Queensland University of Technology
- University of Queensland
- University of Southern Queensland
- Defence Force Recruiting
- Sunshine Coast Institute of TAFE

Bree Brockenshire
Head of Department Senior School

NOTICE OF AGM MEETING

Mountain Creek State High School
Annual General Meeting
of the
Parents’ and Citizens’ Association
Will be held in the Administration Conference Room
ON
MONDAY 18TH MARCH 2013 AT 5.30 PM
NOMINATIONS ARE CALLED FOR THE POSITIONS
OF:
President
Vice-President
Secretary
Treasurer
Committee members
Nominations forms can be downloaded from the school website or collected from the front office.
All current members must register prior to the AGM for membership in 2013.

Mountain Creek Swimming Carnival

The date on the 2013 calendar for our MCSHS Swimming Carnival was Wednesday 13th February 2013. We were all set: pool booked, buses booked, fine weather booked, sub-school t-shirts purchased, the ute packed and ready to roll, Sub-School sporting spirit alive and kicking between students and teachers. I’m sure you get the picture. Imagine my reaction when I received the ill-fated phone call on the Tuesday night, the night before the Carnival, to tell me the pump at Cotton Tree pool had blown up and the pool could not be used. What to do? How to get word out to all students, teachers, and canteen ladies? Where will we find another pool at such short notice? Would I have to ring every student? Social media to the rescue! For once, Facebook and students were compatible and the word was spread. Local radio stations were asked to give a call out and text messaging from MCSHS managed to get to the majority of families in time.

The decision was then made to hold time trials on Friday 15th at our own MCSHS pool, so that a team could be selected to swim at the Central District Carnival the next week. The pressure was on. Many of our swimmers were absent on the Friday due to prior Surf Lifesaving commitments. The ute was still packed and ready to go from the Cotton Tree Carnival and we had to drive the distance from the School shed to the pool, a distance of about 50m. Thanks goodness we arrived and set up on time! Yet again, things beyond my control were bestowed upon us, the weather, something I cannot control. The heavens opened and even though our swimmers were bound to get wet that day, everybody was soaked through. Our Certificate III Fitness students offered to help out with timing. They probably wished that they hadn’t. So a special thanks to those who stood braved the conditions in the rain and timed our swimmers regardless, and to Mr Nassiep, Ms Levy, Ms Tsakirsiris, Mr Wilson, Mr Brutnell, Mr Roberts, Mr Finlay, Ms Nash, students Bek and Sam and Ross (facilities officer) who worked tirelessly in their raincoats.

In 2012 Siena managed to seize the trophy of Overall Winners of the Central District Carnival from us. This year we were determined to bring the trophy back to The Creek, where we believe it belongs. Our 41 swimmers swam their best and the points score was closely contested all day between both schools. At the end of the Relay Events the Overall Winners were to be decided by the winner of the All Age Relay. This comprised of a 13yrs Girl, 13yrs Boy up to 17yrs Girls and Boys, 10 swimmers in all. Siena did sneak ahead and win this relay, with Creekers coming 2nd. Even though most of the Siena and MCSHS swimmers train together, the friendly rivalry between them all is very competitive. We were all disappointed and thought we had lost the trophy for another year. Final Points announced. Our second place points were just enough for MCSHS to win by the narrow margin of 1 point. Harrison Kerr and Ebony Blackstone accepted the trophy to bring it home again to The Creek.
The following Thursday 28th Feb saw 8 of our swimmers attending Regional Swimming at Caboolture. These were Jessica Bayliss, Michaela Bird, Ebony Blackstone, Isabelle Blackstone, Mitchell Lambert, Jerrik Malchow, Aaron Mansfield and Olivia Shipton. These swimmers did MCSHS proud and swam some fantastic times. MCSHS wishes them fast swimming wishes for State Championships in Brisbane 21-23 March, 2013.

Madonna Reynolds
HPE Teacher

Abbay Museum Excursion Review

On February 20, both Year 11 Ancient History classes went to the Abbey Museum in Caboolture for the purpose of experiencing what is involved in an archaeological dig. Both classes were involved in excavating a metre square of the site in groups of three. My site was B2. I had Jacob and Jess in my group. Jacob dug first whilst Jess and I sifted. Then, after Jess had dug, it was my turn. It was back-breaking and dirty work but very rewarding and realistic. We got to know what is involved in being on an archaeological dig. As I was digging, I found the start of what was soon to be identified as an Ancient Egyptian coffin. Soon everyone was rewarded for their hard work by finding various artefacts which were carefully excavated and identified.

Overall, the experience of what happens on a dig was enjoyable. However, the highlight of the trip for some people was the lunch stop as it gave us time to eat and socialise for 40 minutes before the early return to school. Overall, it was a fun excursion which allowed us, despite being dirty and tired, to learn something useful.

By Kirby van Egmond

ISP Program

We have welcomed 24 new students to our ISP program here at Mountain Creek. The students are settling in well at school and sharing experiences with their new families. They are hoping to see some more of our sunshine here on the Sunshine Coast over the coming weeks.

During orientation we took the students to Mooloolaba Beach (minus the lifeguard tower) as a result of the past severe weather conditions. The beach was not really in existence either so the students enjoyed shopping and local food shops helping them get to know their local neighbourhood.

Lyn Topping accompanied a group of the students on a trip to Wet and Wild on the Gold Coast on Saturday the 23rd of February and thanks to a change of weather conditions, the students enjoyed trying out the great variety of water slides and rides.

Kirsty Levy
Head of International Studies

News from Creative Industries

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 raise funds for Instrumental Music uniforms

Tickets will be on sale at student administration for $10 each from 18th 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.

Instrumental Music students have been encouraged to either purchase a ticket for their parents, or source a prize for the evening. Any support for this big event is greatly appreciated!

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.

Instrumental Music in 2013

Does your child play an instrument? Or did, and needs some help getting back into it? We are calling for more students to grow our ever popular Instrumental Music program. With the support of the Creative Industries Sub Committee, this year will see our students in specialist uniforms; a very exciting addition for them! Places still available in the Stage Band, Wind Symphony and String Ensemble. Group lessons are also available during school hours. If you need further information, please don’t hesitate to get in touch with me on 54578337 or jwall77@eq.edu.au.
Upcoming Excursions

The next two weeks start to get busy for Visual Art students. Stay tuned to future newsletters for photos of the events!

- Year 12 Visual Art students – Excursion to UQ Art Museum, QAG and GOMA Friday, March 1.
- Year 11 Visual Art and Year 9 CIA Art students – Excursion to GOMA Wednesday, March 6.

Jess Wall
A/Head of Creative Industries

What’s happening in the IT Curriculum

http://vimeo.com/61072350

Mathematics Study Skills

The Maths faculty have taken the time to hand out to students some important information regarding setting out and problem solving to assist students to improve their results in Mathematics. I encourage you to use the website to explore many tools that will assist your son/daughter to do well in Maths and all subjects.

To access the handbook, go to www.studyskillshandbook.com.au and login as a subscriber with these details:

username: formchshsonly
password: 75results

There are many aspects of Maths skills that students can click on.

1. Habits to develop.
2. Setting out your work.
4. Maths study notes.
5. Studying for Maths topic tests.
7. Maths exam techniques.
8. After the Maths test.
9. Improving your results in Maths.
10. Developing problem solving skills.
11. Choosing the right Maths level.
12. Quiz on this unit.
13. Module for this unit.
14. Summary sheet for this unit.

Click on the next link to continue with the Mathematical Skills unit:

1. Habits to develop.
2. Setting out your work.
4. Maths study notes.
5. Studying for Maths topic tests.
7. Maths exam techniques.
8. After the Maths test.
9. Improving your results in Maths.
10. Developing problem solving skills.
11. Choosing the right Maths level.
12. Quiz on this unit.
13. Module for this unit.
14. Summary sheet for this unit.

The Maths Faculty has also paid for website registration for both MyMaths and Mathletics for the entire student body. These are excellent resources and tools for homework and extra study material. Teachers will have already given students individual passwords or they will be given out next week. Students can access this material 24/7.

Ms Soward
HOD Mathematics

Settling into IB

Thank you to the parents who were able to brave the weather conditions to make parent meetings for the IB over the last few weeks. It has been a big start to the year for IB classes at all levels with specific emphasis at each level. Families who missed the meetings are asked to collect paperwork from my office.

Could I please congratulate a number of outstanding IB students who during these early few weeks of the year have caught the eye of teachers in special ways?

Year 10

Alexander Hendry for exceptional bookwork and great dedication to homework tasks in History.
Paul Soward who has shown already a great interest in history and a willingness to share his thoughts and responses.
Manon te Riel for her great note taking, and involvement in group tasks in History
Lara Culley who while new to the study of Japanese and the school, has produced an outstanding cultural presentation
Zoe Biggar who goes above and beyond to learn all she can in Japanese
Ryan Nak who has shown an enormous improvement in attitude and classwork in Japanese
Ted Miles for a great work ethic and consistent effort in Maths

Year 11

Tom Barry for outstanding academic achievement in Maths and History
Tara Buse for collegiate sharing in History
Hayley Mallinder for her high level of application in TOK and willingness to think critically and deeply about all topics TOK

Year 12

Taison Pelman who has been recognised in Spanish for his inquisitiveness and active search for knowledge
Katie Genn for her work ethic and willingness to view alternative perspectives
Jon Winch who has demonstrated an excellent work ethic, and is excelling in this subject, despite just starting the study of Spanish in Yr 11.
Beth Tolputt, for her application to the process of drafting and feedback follow-up in TOK. Her willingness to show initiative is recognised and appreciated.

Trish Valentine
HOD IB

RSL Bond Scholarships

IB Students receive lucrative scholarship recognition from RSL/ Bond University Grants Programme

There has been a history of great support the MCSHS and The IB programme by the Maroochy Sub-Branch of the RSL and Bond University in the recognition of our students in the field of academic achievement, sporting excellence and for students who have shown a commitment to service in their community. The RSL/Bond Scholarships can be used to support their students either on future projects or costs incurred doing their sport, study or service. This year, two Yr 12 IB students, Lily Hawkins and Matt Gilligan received the major award of $5,000 each, while Yr 11 students Katie Logan and Jack Rogers received $2,500 each to put toward their projects. We look forward to hearing from these students as they undertake their projects. I would also like to take the opportunity of thanking Maroochy Sub-branch of the RSL and Bond for their ongoing and generous support for our students.

Learning is something we start to do from the moment we are born. The more we learn, the better we become at observing, interpreting and interacting with the world around us. However, as the breadth and depth of our knowledge increases and becomes more complex, it becomes ever more important that we are able to trust the knowledge we already hold to be true; if we can’t trust the knowledge we have learned, we can’t build on it!

A higher level of learning thus requires us to test, evaluate and re-examine, so that can determine the degree to which our knowledge can be trusted. In science, this testing is achieved through observation and experiment, which aims to minimise and quantify uncertainty. In mathematics, this testing is achieved through mathematical proof, which aims to eliminate uncertainty entirely! This generation and testing of knowledge is happening all the time, across the entire world, driven along by governments, organisations, research teams and, most importantly, individual human beings who just want to appreciate and understand the world they live in.

Dr Aaron Wiegand
Lecturer Math. Modelling & Comp. Simulation
USC Faculty of Science, Health, Engineering and Education
University of the Sunshine Coast
Trish Valentine
HOD IB

World Class at MSCHC

The Year 12 IB class of 2012 woke on the morning of January 3rd to the arrival of their long awaited IB Diploma results that were published from 5am that morning. It was a time for great celebration. While more details will be published in the Autumn Creeker I will share the highlights below.

- Two students Elysa Carr and Alexander Johnston scored 44 out of a possible 45 points giving them an ATAR of 99.95 or OP 1 equivalent. Both of these students were offered places with advanced standing in Victorian, NSW, ACT and Queensland universities. While Alexander Johnston has taken a position at UQ this
year, Elysa will start at Monash University in a B. Biomedical Science (Deans Programme) in 2014. Both students were awarded Deans Scholarships to the value of $24,000 to help them with their studies.

- Amelia Spalding scored 42 out of a possible 45 and has accepted a place at Melbourne University to study Film (Scriptwriting) and Criminology
- Izzy La Macchia and Melanie Power scored 41 out of a possible 45 and both students have been offered places in double degree programmes Arts/Law for Izzy and Biomedical Science/Law for Melanie.
- The average score of IB students for 2012 was 36.6 out of a possible 45. The world average is 29 out of 45.
- 18 out of 22 subjects offered in the MCSHS programme produced results above world average
- 100% of students who were registered for the IBDP received the Diploma
- 2 students studied the IB Certificate and were both offered University places.

USC Parent Information Evening
Choosing a career and studying at university is a big decision for students and their parents. The USC Parent Information Evening is the perfect opportunity to get tips on how to best support your student through this journey and discover where to access resources.

USC Parent Information Evening
For parents of high school students considering university
Wednesday 27 March 2013, 6 - 8pm
Building C, University of the Sunshine Coast, Sippy Downs.

At the event, parents will hear from special guest and educational expert, Dr Mike Nagel who will help you understand how the teenage brain works. You can also learn about career planning, subject selection, pathways to university, entry requirements and get practical tips from a current parent of USC students.

To register your attendance or for more information, visit www.usc.edu.au/info or phone 5456 5000.

Lauren Spinks

Queensland Surf Rescue State Titles 2013

The following students were represented at the Queensland Surf Rescue State Titles on February 15-17, 2013. Hannah Pledge Year 12, Scott Sinclair Year 11, Zoe Allen, Year 10 and Poppy Sinclair Year 9. These Championships required the lifesavers to demonstrate skills in Theory, CPR and Surf Skills.

Congratulations to all our lifesavers. Scott earned the title of Qld State Champion Lifesaver, 2013 and Zoe was a Gold Medal Winner with Poppy Sinclair coming in 4th.

Trish Valentine
HOD IB

Year 12 IB English Excursion – “A Doll’s House”

On the 15th February, Year 12 IB students were treated to feast on a production of Henrik Ibsen’s ‘A Doll’s House’ at the Powerhouse Theatre in Brisbane. The production was performed by the Irish Pan Pan Theatre Company as part of the World Theatre Festival. Whilst not performed in typical Ibsen Realist style, the play offered students the opportunity to appreciate the many dramatic techniques which can only be truly presented on stage. Students were challenged by the change in style, yet the performances by the cast were true to the original text and gave the students insight into the way in which Ibsen created his masterpiece through stage direction and dialogue.

Bree Brockenshire
HOD Senior School

Industry Placement Scholarship Program

The IPS program is a Science Scholarship that connects tertiary bound science students with primary industry scientists, university professionals and possible career pathways.

The Scholarship program consists of a five day Residential Camp and five days of Industry Placement which involves working alongside an industry scientist in their workplace. Following the Industry Placement students participate in a Reporting Back Session where they are able to share their experiences. In 2012/2013 Rachael Breeze was selected to participate in the IPS program and here is what she had to say about her experience.
The Industry Placement Camp

The residential camp was a fantastic week. I made so many great friends as well as learnt a lot about many job opportunities within science. The camp introduced me to many fields of work within applied Science which I previously did not know about which was very interesting and I learnt a lot about these other possibilities. I enjoyed the hands-on experience with the professionals in that field such as conducting chemical experiments with Dr Sarah Windsor.

One of the major highlights of the week was the session with Julie O’Connor. She is a senior Conservation Project Officer and works for the Sunshine Coast Regional Council, researching foxes on the Sunshine Coast and coordinates the Marine Turtle Conservation Program. This was very inspiring and as a result I have become very interested in volunteering for these organisations. Because this is a field that I have considered going into, it was great to listen to a person who works in this field and hear about their experiences. I learnt a lot about the methods that they use to collect data and information about the particular species that is being studied, in this case foxes, as well as how this data leads to conclusions about how the species lives and their food sources and interactions with other animals.

My Industry Placement at Maroochy Water Watch

After the residential camp, I spent the next week at my Industry Placement at Maroochy Water Watch. This was an amazing experience. I learnt a lot about many jobs which are involved in looking after the environment that we live in. I also learnt about the importance of volunteers and how much they are needed around the community. I spent lots of time working with Jacqui Smyth and we did lots of different things. Jacqui Smyth is an Environmental Projects Officer at Maroochy Water Watch, which I didn’t even know was an occupation. Her job includes coordinating many volunteers to monitor the water quality of various water ways on the Sunshine Coast, helping to control pest weeds as well as teaching and giving information speeches on many environmental topics to school groups. After working with Jacqui for the week I learnt a lot about the job and really enjoyed all of the things that we did.

How My Placement has Influenced Me

Working at Maroochy Water Watch was great as I was introduced to a whole area of work of which I hadn’t really considered before. This is good as now I can consider a much wider range of job and study options but it also makes the choice much more difficult. I also learnt more about the importance of water quality and weed control and how these affect the natural environment as well as native Australian plants and wildlife. This will benefit me not only with general knowledge about the environment but also later on when I am studying in University and later in the future. Working with these people and in particular Jacqui Smyth was very inspiring when I saw how motivated they were. It was a great experience.

Helen Gillis
HOD Science

Student Services

Guidance Officers

Welcome to school for 2013 from the Guidance Officers, Tania Hill and Alex Brain. Our offices are located at the Student Services building, the same building as the uniform shop.

As Guidance Officers, we offer a range of services, including but not limited to emotional, academic and career support.

For more detailed information, please see the following link:
https://mtncreekshs.eq.edu.au/Supportandresources/Studentservicesandsupportprograms/Pages/Guidance-Officers.aspx

Defence Force 2013

Defence Force recruiting has moved to a new location in Maroochydore. They are now located at: 35 – 39 Primary School Court Rd, Maroochydore. They will be holding the following information sessions:

Australian Defence Force Academy (ADFA)
Wednesday March 13 – 6.00 to 8.00pm
Wednesday June 12 – 6.00 to 8.00pm

Royal Military College (RMC)
Thursday March 21 – 6.00 to 8.00pm
Wednesday June 19 – 6.00 to 8.00pm

Australian Defence Force (ADF)
Thursday April 11 – 6.00 to 8.00pm
Wednesday May 22 – 6.00 to 8.00pm

All sessions are held in the new office. Call 07 5459 8700 to book.

For more information go to the website www.defencejobs.gov.au/ or call 13 19 01.

University Open Days 2013

Please check the QTAC website which is a central location for all the University Open Days as well as Career Expos. This can be found at the following link:
“Headspace” now open in Maroochydore!

If you are aged 12 to 25 years old and are going through a tough time, or know someone who is, Headspace Maroochydore is here for you to talk to. We are a free, confidential and friendly support service that can help you with:

- Physical health
- Mental health
- Sexual health and sexuality issues
- Family and relationship issues
- Education and employment
- Alcohol and other drug services

You can pop in to our Maroochydore centre any time between the hours of 8.30am and 4.30pm, Monday to Friday, or call us to make an appointment.

Address: 1/27 Evans Street Maroochydore (behind Sunshine Plaza) Phone: 5409 4900

For more information about how headspace can help, go to www.headspace.org.au. Here’s how to connect with us:

Email: headspace@unitedsynergies.com.au
www.facebook.com/headspaceMaroochydore

Alex Brain
Guidance Officer

Spine Off 2013: Gym Bike Challenge for Chaplains

30 Minutes: 5-10 people: 1 bike- How far can you go?

Mountain Creek SHS has two Chaplains as a part of their Student Services support team- Stu Cran and Sarah Turner. Chaplains are required to raise their own funds for their wage. Our Chaplains Stu and Sarah have an upcoming fundraiser- Spin Off 2013: Gym Bike Challenge which seeks to raise some funds to enable them to continue the work they are doing at our school.

Spin Off will be held on the 18th May and will involve teams of people coming together and cycling as many kilometres as they can in 30 minutes on one stationary exercise bike. Participants can ask family, friends, co-workers to sponsor them to raise funds for the efforts- every little bit counts!

If you are interested in being involved in any way or want more info, please contact Stu or Sarah at Student Services: 5457 8304 or check out the Spin Off Website: http://spinoff.org.au/

Sarah and Stu
Chaplains