10 February 2014
From the Principal

Welcome to all our new families and welcome back to all our continuing families. The term has commenced well with enrolments expected to settle by Day 8 (Thursday 6th February) at around 1700 slightly higher than predicted.

Congratulations to all students and parents for the manner in which students have been prepared for 2014. Thank you for your support in ensuring that students are in full and complete uniform, that the Student Resource Scheme, User Pays Fees and Laptop Hire Scheme are paid or arrangements for a payment plan have been made to ensure that all student have the resources necessary to engage fully with their learning.

I am particularly proud of our students and their achievements in the Year 12 results for 2013. Our mantra – a relevant education for all students is evidenced in these Year 12 results. Across the board our students demonstrated that they were committed to their learning and a focus on certification. We achieved the following outstanding results:

| OP 1's | 4 |
| IB Diplomas | 22 (14 achieved a score above the world average with our top score 41) |
| OP between 1 – 15 | 131 students |
| Certificates (II, III and IV) | 297 (100 more than 2012) |
| Students awarded a QCE | 92% |
| students achieving a level of certification (QCE, IB Diploma or a Certificate) | 96% |
| students who applied for a tertiary place through QTAC received a first round offer | 94% |

Our Welcome to High School night for Year 8 students and their parents was a wonderful opportunity to learn about the many curricular and extra-curricular programs for Year 8 students and to make first contact with the teachers who will be part of your student’s sub-school during their secondary education. Thank you to all parents who attended. Please ensure that this very important communication process continues throughout your student’s education at Mountain Creek.

Next Monday evening February 10th we will host a Year 11 & 12 (QSA and IB) parent evening (information has been sent home and is on our website) and as students are transitioning into another very important phase of their education – senior school (for year 11) or post-secondary (for Year 12), this parent evening is a MUST ATTEND. We have engaged a guest speaker to provide a valuable insight into how best to support young people through their senior studies.

You may have heard in the media that all state school are being funded through the Great Results – Guarantee program. I have placed a link to the information about this program but in summary:

An additional $131 million will be invested in Queensland’s 1233 state and Independent Public Schools in 2014 to improve student performance.

All schools will receive their current level of funding plus a share of the $131 million - so every school will benefit.

To receive the funding schools must complete an agreement that commits them to guarantee that every student will either:

- achieve the National Minimum Standard for literacy and numeracy for their year level
- have an evidence-based plan, developed by the school, in place to address their specific learning difficulties.

The agreement will outline how each school will use the additional funding to improve student performance and schools will have the flexibility and autonomy to decide how the funding should be spent.

State schools will enter into an agreement with the Department of Education, Training and Employment (DETE), while Independent Public Schools will establish an agreement with the School Council. Agreements will be published on school websites so that parents and other members of the community can see how this funding is being used.

Student performance will be measured throughout the year and schools will be required to demonstrate how the extra funding is helping to maximise learning outcomes for all students.

At this school, our focus has always been to ensure that students who enrol at Mountain Creek State High School exit the school with a relevant education that will equip them with the skills they need to work and participate productively in their community. I look forward to working with the staff, parents and school council to develop an agreement and identifying the strategies that will best suit the needs of students we have enrolled at Mountain Creek SHS in achieving the agreed outcomes.
Our refurbishments in Science and the Creeker Café are now complete and operational. Both refurbishments have been extensively funded by our P&C. I thank the P&C for their contribution to these much needed upgrade of facilities. I have included a few photos for those who are unable to see the refurbishments first hand.

Student should all have been given a school diary for school use – recording homework and reminders. The diary is also a summary of many of the key policies and procedures relating to your student’s education at Mountain Creek. Contact details for Heads of School are also available in the school diary. Each newsletter we will extract and highlight one key element in the school diary.

I will be taking two weeks long service leave from the 18th February until the 3rd March. Andrea Evans, Head of Middle School will be acting Executive Principal in my absence.

Once again thank you for your support in ensuring such a smooth start to the new school year.

Cheryl McMahon
Executive Principal

Great Results Guarantee

Our school has received additional funding from the Great Results Guarantee and we need to decide how we can use this money to better support our students and improve their outcomes.

We are now working to develop our own Great Results Guarantee with evidence-based strategies and actions to improve literacy and numeracy.

Read more about the guarantee at www.education.qld.gov.au/resultsguarantee.

If you have an idea on a way to support our students to learn more or if you would like to take part in the discussion please get in touch.

The CSC Study

Beginning in term 1 of this year, our school will take part in an exciting research study being led by a team of researchers at UNSW, QUT and Curtin University. The research study aims to evaluate an online prevention program for mental health and substance use education. Substance use, depression and anxiety disorders affect nearly half the Australian population and it is critical that our young people are equipped with the tools to cope with and prevent the development of these problems. The trial will begin with Year 9 students and will run until 2016.

Parent consent forms will be distributed early in Term 1 2014 and will contain more information about the study. We thank year 9 parents in advance for the prompt return of these consent forms to the school office as soon as possible. If you wish to find out a little more about the study, a short video link can be found on the homepage of www.cscstudy.org.au

P&C News

“Dear Parents and Friends,”

On behalf of the Mountain Creek SHS P&C Association, I would like to wish everyone the very best of health and happiness for this new school year of 2014.

For those of you who are new members of the Mountain Creek SHS community, I will take the opportunity to congratulate you on your excellent choice of high school! Lying ahead for each new ‘Creeker’ are so many exciting opportunities; to develop their confidence and skills and to make friends. I look forward to seeing them grow rapidly, nurtured in our fertile learning environment of structured support and tailored learning experiences, cared for and encouraged by an unmatched team of talented staff. In particular, I welcome over three hundred brand new Y8 students into the fold and express my absolute confidence in your future success. Be proud of yourselves and of your community, work hard and be respectful of those who went before you, since they are often the ones reaching towards you with hands outstretched to help you over your first few days and weeks here. Our senior students are second to none as role models, enabled in this by the culture of service embedded in all aspects of schooling.

For those of us with one or more years under our belts, it’s great to be back, isn’t it? This year certainly has an optimistic feel of development about it already. Just look at the stunningly redesigned new Creeker Café and at the various improvements to our teaching and learning facilities such as the new investigations area in the Science department.

These improvements in our school infrastructure do not arrive without a lot of planning, resourcing and groundwork. If this work is shared amongst a team of people who have a mutual desire to see our school community flourish then it also follows that many hands make light work! So I happily invite you to help in maintaining a vibrant school P&C association here at Mountain Creek SHS. The P&C meets on the third Monday of each month at 5:30pm so come along to the first meeting of the year on Monday 17th February in the usual venue of the
Administration Building - Cartwright Conference Room. Then, on Monday March 17th at the same time and place, the Annual General Meeting will provide the principal opportunity both for new members to join and for members to offer themselves for one of the executive positions – President, Vice-President, Treasurer and Secretary. So please put both of these dates in your diaries, I look forward very much to seeing both familiar and new faces on February 17th!

In addition to these opportunities, the P&C is currently advertising for a part time book-keeper position to work closely with the Treasurer and the managers of both the Uniform Shop and the Creeker Cafe. If you have suitable book-keeping skills and are interested in this opportunity then please contact the current executive members by email at pandc@mtncreekshs.eq.edu.au. "

Neil Gordon
P & C President

Student Uniforms

Mountain Creek State High School is a uniform school because the Parents’ and Citizens’ Association, representing the parents of this school, has decided at the outset to support the wearing of a school uniform. Under the Education (General Provisions) Act 2006, parents are required by the legislation to ensure that correct school uniform is worn to school by their student.

The Minister for Education has stated that the advantages of wearing school uniforms “include developing a sense of belonging to a group, pride in membership of that group, and identification of students travelling to and from school.” He also stated that “where uniforms are supported by the majority of parents he would expect all parents to ensure their children wear the school uniform.” This is our expectation, and we urge all parents to support the accepted standard of dress as detailed below by ensuring that their students wear the correct and appropriate Mountain Creek State High School uniform. If for any reason your child is out of uniform on a particular day you will need to send a note with your student to be taken to their appropriate sub-school for years 8-12.

Please note:

The Mountain Creek State High School Uniform can only be purchased from the school uniform shop. Look alike items are not acceptable.

Footwear:

Education Department and Workplace Health and Safety instructions clearly state that students’ footwear must provide adequate protection and cover the entire feet. The ONLY acceptable footwear is fully enclosed polishable black leather lace-up shoes with black shoelaces. Non-marking soles are also essential so that damage is not done to the Student Centre floor. Footwear such as thongs, sandals and open work shoes shall NOT be worn. Students who do not comply will be required to change footwear in order to gain access to these specialist rooms. It is also important for safety requirements in the school grounds as well.

Examples of correct school shoes

What to buy...

Examples of incorrect school shoes

What Not To Buy...

Headwear:

Students are strongly encouraged to wear a hat at all times. A navy or fuschia cap or bucket hat will be issued to all students on arrival. This hat is compulsory for all outdoor activities in accordance with Sun Safety Policy. No other type of cap will be accepted. Additional hats can be purchased from the Uniform Shop. Headbands, beanies etc are not accepted.

Out of Uniform:

Report to the relevant Sub-School (Year 8 -12) before the commencement of first lesson.

Provide a note from home explaining the variation to uniform and period for which this condition will exist. Students out of uniform without a note will be issued with a detention letter. The detention will be completed the next day.

Exchange the incorrect uniform article for the correct uniform. The student’s own article of clothing will be held until the exchanged article is returned at the end of the day.

Where the article of clothing is unavailable the student will be issued with a Student Information Slip outlining that they have followed protocols and that the uniform was unavailable.

If all of the protocols are followed by the student, then no other action is necessary.
Persistent refusal to follow school policy may result in suspension (junior school) or show cause for cancellation of enrolment (senior school)

Jewellery and make-up

The school has adopted a policy of NO jewellery or piercings which is supported by the P&C Association and the School Council. Students may wear one pair of plain sleepers or studs and a watch. The wearing of fleshies and bolts in the ears is prohibited. Rings and necklaces may not be worn. Visible piercings (rings, studs, sleepers, fleshies or bolts in the eyebrows, nose, tongue, lips, chin, wrist etc) are not permitted under any circumstances.

Religious medallions may not be worn on chains around the neck. If medical medallions are required, a medical certificate must be provided to the school.

Jewellery worn by students other than those listed above, will be confiscated and only returned to parents.

Students who refuse to follow procedures will be dealt with via the student management policy.

Students wearing make-up (other than skin toned sunscreen or medicated products) will be asked to remove it.

Students wearing nail polish will be asked to remove it.

From the Head of the Senior School

Welcome to a new year!

A special welcome to the students entering Year 11 who are now officially part of the Senior School. There are a number of important date claimers in Mrs Brockenshire’s article in the newsletter and I direct parents to take note of these so that we can get off to a great start in the Senior School Calendar. Chief among these is the parent night with Darren Periera, a world renowned speaker on student success and motivation. We look forward to seeing many parents at this event.

Subject Changes

Many students have enquired about subject changes for 2014.

For Year 11 – student subject changes are only considered at the end of the Semester once a student has completed 6 months of study in that subject. It is only then the student can be said to have experienced enough of the subject to make a wise decision about leaving it. Changing subjects rarely solves the problems perceived and can disrupt a senior students experience as the change often results in a cascade of other changes in other classes for them, further disrupting their senior program. The process for selecting subjects for Year 11 began well prior to Education and Career Planning in August 2013 and students should attempt to do the best they can in these selected subjects prior to considering any changes.

If a student is experiencing difficulty with the subject matter they are studying other factors should be considered. Is the student spending enough time studying the subject? Is the student seeking assistance from teacher(s) to clarify misunderstandings? Is the student making a judgement based on the teacher or the work? Is the student utilising other study tools (see below) to assist in organisation and planning?

Year 11 and 12 – Students requesting a subject change must complete a new “subject change application form” at the office prior to being considered for an interview for a subject change.

Study Skills

Three Top Tips to Encourage Students to Boost Their Academic Career in 2014

With the beginning of the new year, it’s always a great time to re-prioritize and re-vamp your academic approach. The key to making the most of this opportunity is focusing on the things which will bring the biggest return. Consider prioritizing these three tips to get the most from your education in 2014.

1. Simplify Your Organization System

   Every student has an organization system. True, the definition of “organization” may be looser for some students than others, but everyone has a way they stay organized (or attempt to).

   Maybe you’re the “Type-A” student and you have a clearly defined system. You’ll know that you’re “Type-A” by the file folders you both own and use, the folded socks in your drawer, and all the lists by which you keep track of important information. You probably have a calendar, a planner, and you know exactly which clothing is clean and which is dirty.

   But not everyone fits in such a naturally organized world. These students can be called “Type-B.”

   If you’re a “Type-B” student, you’re not alone, but organization probably requires more effort. “Type-B” students tend to prefer “piling systems” to filing cabinets. Calendars often seem like too much work, so they’d rather just put everything in their backpacks and find it later. Students on the far end of the “Type-B” universe may even find themselves sorting laundry via the “smell check” method.

   Regardless of whether you are a Type A or B student, though, one of the biggest difference-makers this year is your organization system. Few things will save time and improve academic performance the way an effective organization system will.

   A great organization system has at its centre one goal: replace your brain.

   The more organized you are, the less you have to think. Your organization system should be simple enough that you don’t have to make any decisions about where you put new assignments, where to find completed assignments, or what to do with graded assignments. You shouldn’t have to go through a mental checklist every time you study because your organization system does it for you.

   The fewer decisions you need to make, the more your thoughts and energy can focus on things that matter. Thus the simpler your system, the better. Consider these four questions to determine how simple your organization system is right now:

   - Do you have only one place for each category of assignments: not completed (“to-do”), completed (“to-turn-in”), and graded (“to-file”)?
   - Do you have only one place where you keep your notes for class?
Do you have a system to make sure that all assignments get on your calendar?
Do you have a system to focus on what needs to be done today and not just what’s due tomorrow?

When you can answer each of these four questions without thinking, you’ll know that your organization system is simple enough to be a major asset in 2014.

2. Break the “Cram Cycle” Before it Starts

By the end of the semester, students often find themselves overloaded and overwhelmed, having to rely on cramming for final exams to get through to the break. They are exhausted and in survival mode. Thriving academically no longer matters. All that matters is the break at the end.

If you’ve ever felt this way, you’ve experienced what we call the “Cram Cycle." Students get busy during the semester, which leads to exhaustion. When you’re exhausted, the only thing you want to do is zone out for a bit. After an afternoon of zoning, students are forced to put all their effort into completing assignments that are due tomorrow. We call this “cramming.” As students work on only that which is due tomorrow, long-term assignments pile up and create even more busyness, which leads to exhaustion, and the “Cram Cycle” begins to accelerate.

Most students only get out of the “Cram Cycle” when the semester ends.

But 2014 can be different. If you want to stay out of this dreaded cycle, commit yourself to studying at least five days a week, even when you don’t have anything due the next day. Use every day as a review day, spreading out your study sessions for big tests and projects across multiple days instead of letting them pile up. This approach takes more effort initially to create these habits, but you’ll reap the benefits when you’re free of the “Cram Cycle” and the stress that follows it come finals season.

3. Supercharge Retention with Scientifically-verified Study Strategies

Everyone knows that taking notes is a good idea. Reading your textbooks seem like a great thing to do. And you’ve probably learned that it’s best to have a consistent place to study, one which is quiet, clean, and comfortable enough (but not TOO comfortable).

But one of the best things you can do in 2014 is focus your efforts on strategies that have been scientifically-verified to boost your retention.

For example, one of the best things you can do is to take a break in the middle of your study sessions. In one study psychologists wanted to find out whether there was any difference in “spacing” a study session (this means to take a break in the middle) or “massing” instead (which means that you hammer it out all at once).

The researchers took two randomly-chosen, equal groups of students, gave them the same amount of study time, gave them the same material, and tested them on the material afterward. The only difference was that one group took a short break in the middle and the other group didn’t. The results were incredible.

The group that studied with “spacing” did 50% better than the group that studied with “massing.” That means in the same amount of study time, you could potentially boost your retention by 50% by just taking a ten-minute break.

Learn more this year about how to improve your results and be more efficient and effective with your schoolwork by working through the units on www.studyskillshandbook.com.au . Our school’s access details are:

Username: formcshsonly
Password: 75results

Andrew Stone
Head Of Senior School

Past Student Success

Two of our outstanding graduates from 2013 have been kind enough to contribute some descriptions of their experiences at Mountain Creek High from 2013. Their stories bear testament to the values of hard work and service explicit in our Creeker Code of Ethics.

Sarah Naumann

My name is a Sarah Naumann, and I graduated from Mountain Creek in 2013. After graduating in November, I was honoured to receive an OP2. Throughout my time at the school, I was lucky to have the opportunity to work with great teachers and the admin team, who supported and assisted me through all the classes, assignments and exams to reach this result. With my OP, I was able to gain entry into a Bachelor of Communication/Bachelor of Journalism at the University of Queensland, and will be moving down to the University’s St Lucia Campus at the end of February to major in Communication, Media and Culture. Mountain Creek provided me with so many invaluable experiences and memories, and really helped me grow as a person, and as a member of society.

My year as a Creative Industries Co-Captain of 2012/2013 was a major highlight of my schooling career, and really helped me grow in confidence, as well as allowing me to work with some incredible teachers, students, and members of the public. The leadership program has left me with skills that will stay with me for the rest of my life. Before my time as a leader, I would have never imagined myself wishing to pursue a career in journalism, and I am very grateful of all the speech writing, public speaking, assembly presentations and school events that I got to take part in through the leadership program at school. Similarly, as concertmaster of the Creative Generation: State School’s Onstage Orchestra 2013, I was able to take part in film and print interviews for Network Ten and the Courier Mail – an opportunity that I only had through the school’s encouragement of the creative arts and support of my extracurricular endeavours. These experiences were major eye-openers to the possibility of pursuing a journalism career, and real highlights of my time at school. Over the past few years I have been able to meet some incredible people at Mountain Creek – through the annual music nights, science conventions and competitions, guest workshops, the ‘Seussical’ and ‘Back to the 80s’ musicals, the Vocal Group, the Fraser Island Music Tour, String Ensemble, and Creative Industries sub-committee. I feel very
privileged and grateful for being able to attend Mountain Creek, and look forward to see where all the experience and knowledge I gained from my time at school will take me.

**Ebony Blackstone**

My name is Ebony Blackstone and in 2013 I graduated from one of the biggest high schools in QLD with an OP1. I would not have been able to achieve this amazing result without the ongoing guidance and support of my teachers and the administrative staff at Mountain Creek SHS. Additionally, the unique structure of the timetable combined with the vast array of subjects on offer to students allowed me to gain the most out of my schooling years. I was given so many opportunities to broaden my knowledge and gain important skills that I will continue to use as I begin my university degree in February this year, a Bachelor of Clinical Exercise Physiology at QUT. I would like to say that achieving high grades in high school was easy, but sadly, it wasn’t. I invested lots of time, effort and hard work to reach my goals, and whilst at the time I complained about it (a lot!), the hard work really does pay off in the end.

**Senior School ‘Strategy for Success 2014’**

We are excited to announce the launch of our new Senior School Strategy for Success.

The strategy is embedded in a number of programs:

1. Revised QCS program – including a text to support the teaching of the program
2. All Year 11 and 12 students will take part in a focussed program of
   a) Study skills and higher order thinking.
   b) QCS preparation for OP bound students tailored to the specific cohort and presented by experienced teachers.
   c) Work experience and job readiness for NON OP bound students.

To ensure success in this program, all Year 11 and 12 QCP students will be required to purchase as part of the stationery list the workbook “Study Skills for Success” by Steve McCabe – available for $22 from the Uniform shop. Year 12 QCP students are also required to take part in the first of 2 Masterclasses on the 6th February from 11:40 – 3pm. This is a compulsory session presented by the authors of the QCS text used in the program.

3. Senior School Back to School Day on 10th February 2014 – please save this date. On this day students and parents will be engaged in presentations by a representative from Success Integrated whose vision is “helping ordinary people to achieve extraordinary results”. These seminars will identify the strategies which are imperative in achieving success as a senior student. These presentations will take place throughout the day:

<table>
<thead>
<tr>
<th>Time</th>
<th>Year</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:30am – 10am</td>
<td>Year 12 Students</td>
</tr>
<tr>
<td>10:30am – 1pm</td>
<td>Year 11 Students</td>
</tr>
<tr>
<td>5:00pm – 5:45pm</td>
<td>Year 12 IB parents and students (a meeting with Ms Valentine will follow)</td>
</tr>
<tr>
<td>6:00pm – 6:45pm</td>
<td>Year 12 QSA parents only</td>
</tr>
<tr>
<td>7:00pm – 7:45pm</td>
<td>Year 11 QSA parents only</td>
</tr>
</tbody>
</table>

Attendance is IMPERATIVE for students and parents as these presentations involve strategies which have been proven to have successful outcomes.

**Written by Bree Brockershine**

**School Photos 2014**

The Schedule for 2014 School Photos is as follows. Please make note of these dates and ensure your son/daughter is dressed in formal school uniform on the day.

<table>
<thead>
<tr>
<th>Date</th>
<th>Year</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday 19th February</td>
<td>Year 12 ONLY</td>
</tr>
<tr>
<td>Thursday 20th February</td>
<td>Year 11 and 9</td>
</tr>
<tr>
<td>Friday 21st February</td>
<td>Year 10 and 8</td>
</tr>
</tbody>
</table>

Students will be provided with specific times on notices in the coming weeks. Envelopes with payment instructions will be distributed on Friday 7th February.

**Junior Secondary School**

Welcome to Mountain Creek State High School for 2014. Hopefully your student has enjoyed their new 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.

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.

**Year 8**

I hope that all year 8 students have formed some 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 thank you for being part of our supportive school community.

All students received blue certificate folders on their first day. These folders may be used as a central location to store student’s certificates and awards. Please take the opportunity to have a look at the information in these folders. This includes information on: the Junior Secondary Leadership team, homework at secondary school, a link to our Study Skills information etc. Students were also issued with bucket hats and these should be named in case they are misplaced.

**Year 9**

All year 9 students have started in their core and elective classes for semester 1. Students are reminded that they need to achieve to their potential this year, as results will form prerequisites for their Senior subject selection in 2015.

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 2014.

**Andrea Evans**

**Head of Junior Secondary**

**Vaccinations**

Round 1 of Year 8 student vaccinations will occur during Term 1 on Thursday 20th March (Week 8). All year 8’s will receive a Vaccination envelop in week 2 (on assembly), which is to be filled out completed and returned to your students Sub school by Friday 14th February (Week 3).

**Initiative Days**

Year 8 Initiative Days (1 day camp for each Sub-school) will occur in Week 2 and Week 3 of Term 2. Student permission notes will be handed out to Year 8’s in Week 5. Maximum participation is strongly encouraged on these days as it provides an excellent opportunity to foster Sub-school spirit, and for students to get to know and interact with their classroom Teachers, Senior Leaders and other Year 8 students within their Sub-school. Following are the dates for the respective Year 8 Sub-school:

<table>
<thead>
<tr>
<th>Sub-school</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Moreton Sub-school</td>
<td>Monday 28th April</td>
</tr>
<tr>
<td>Stradbroke Sub-school</td>
<td>Tuesday 29th April</td>
</tr>
<tr>
<td>Fraser Sub-school</td>
<td>Monday 5th May</td>
</tr>
<tr>
<td>Bribie Sub-school –</td>
<td>Tuesday 6th May</td>
</tr>
</tbody>
</table>

**Focus Days**

Year 8 & 9 Focus classes have their Focus Fun Days later this Term. Year 8H will be attending their day on Tuesday 18th March (Week 8). Year 9N & 9T will be attending their day the following week on Tuesday 25th March (Week 9). These days are aimed at challenging the students and getting to know some of their teachers in a non-teaching environment.

**Lindsay Baker**

**HOD Junior Secondary**

**Getting ready for Junior Secondary**

As our school prepares to welcome Year 7 in 2015, a number of our staff attended the region’s first Junior Secondary conference on 5 and 6 December at Marooola Beach.

The conference was aimed at developing the capacity of schools to implement the Junior Secondary phase of learning. Keynote addresses by leading adolescent and Junior Secondary experts, Professor Donna Pendergast and Associate Professor Michael C Nagel, provided insights on physiological, social and emotional changes happening throughout the early years of high school. This laid the basis for further discussion on specific Junior Secondary models and supporting students as they transition to high school.

We had the opportunity to hear about the different experiences of the North Coast’s four Year 7 pilot schools, as well as learning more about the different Junior Secondary models adopted by schools in our region.

Full implementation of Junior Secondary is expected by 2015, with our school taking away some key insights to help us shape a model that will best suit the social, emotional and academic needs of our students.

More information about Junior Secondary and the preparations being made ahead of the state-wide move of Year 7 can be found at www.flyingstart.qld.gov.au

**IB News**

Registration is open for the 2014 IB World Student Conferences. These 5 day annual events hosted by top-tier universities around the world will enable participating students to:

- Collaborate in Global Action Teams to develop solutions to global challenges
- Gain inspiration from experts in the conference them and relevant topics
- Explore academic life on a university campus

Conference participation by Year 11 or 12 IB students will fulfil a broad range of CAS objectives and be a great opportunity to meet and work with other IB students from around the world. A limited number of scholarships will be available. The application deadline is 14 February, 2014. The 2014 conferences will be held at the following locations.
These teams will compete in the Central District Winter Competition commencing on Wednesday the 26th March. Students are encouraged to listen out to notices for training times.

Beginning in Term 1 of this year, our school will take part in an exciting research study being led by a team of researchers at UNSW, QUT and Curtin University. The research study aims to evaluate an online prevention program for mental health and substance use education. Substance use, depression and anxiety disorders affect nearly half the Australian population and it is critical that our young people are equipped with the tools to cope with and prevent the development of these problems. The trial will begin with Year 9 students and will run until 2016. Parent consent forms will be distributed early in Term 1 2014 and will contain more information about the study. We thank Year 9 parents in advance for the prompt return of these consent forms to the Bribie Sub-School as soon as possible. If you wish to find out a little more about the study, a short video link can be found on the homepage of www.csctstudy.org.au. The first survey for this study will be completed in HPE class this week.

Tim Wilson
Head of HPE

News from the I.T Faculty

Welcome to Year 8s

For the first time we are offering Digital Technologies as an elective for year 8 students. With one-third of all year 8 students choosing the subject during 2014, we have been delighted with the take-up rate. This is great news for the faculty as it will allow us to offer an even wider range of technologies and experiences for our students. The inclusion of the subject in 2014 is very timely considering that Digital Technologies will be implemented under the Australian Curriculum from 2015 and all year 7s will be required to do the subject – it will remain an elective in years 8, 9 and 10.

Additionally, primary schools (years P-6) will also be required to offer Digital Technologies as part of their curriculum for the first time. The result will be a significant raising of awareness and capability in IT of students coming to MCSHS which will only serve to raise the capability of our own students as well.

New Teaching Staff

With the increased numbers of students now studying computing across the various year levels we have been fortunate in being able to welcome Ms Karen Reardon to the faculty while Ms Kate Legg is away from the school. Additionally, Ms Leoni Nipperess has been recruited to deliver one of our year 9 Computer Education courses. Both teachers will enhance the students’ experiences of IT in their classes, and their enthusiasm and professionalism are very welcome.

Wednesday Afternoon Sport

Congratulations to all students who gave their best at the sport trials last Wednesday. Mountain Creek’s sports Fields and Student Centre were a buzz of activity with 22 teams selected across six sports. The boys’ sports are AFL, Rugby League, Soccer and Volleyball. The girls’ sports are Netball, Soccer, Touch and Volleyball.
Follow us on social media

We’re trialling a Twitter stream in 2014 to keep parents and interested others informed about current happenings and future developments in the IT Faculty at MCSHS. Follow us at @CreekerIT.

Mr Andy Walpole
Head Of I.T Faculty

Professional Development at the University of Queensland

On Monday 20th and Tuesday 21st January, a group of 5 teachers from MCSHS undertook professional development activities at UQ. Libby Richardson, Leoni Nipperess, Emma Hodkinson, Ramesh Patil and I were keen to find out how we might better incorporate technologies into our classrooms and enjoyed the experience offered. The main topics covered included Mobile App development and Robotics. As well, there were several presentations by UQ academics on new and emerging research and trends which were challenging but stimulating as well.

While not all of us are not directly involved in teaching an IT subject, we are all very keen to see how IT may be used across the other STEM (Science, Technology, Engineering, Maths) subjects so that students are given the opportunity to apply the theory they have learned to real-world solutions to problems.

Google Experience Day

As we mentioned at the end of 2014, MCSHS is one of only 5 schools in the country to be awarded a Google Experience Day. This will occur during Term 2 and will involve Google Outreach staff as well as engineers (or Googlers) being onsite at MCSHS with students for the day. It should be a great day and an excellent opportunity for interested students to find out more about what career options and pathways there may be with the world’s favourite search engine.

A software engineer from Google gave the following when asked what students might need to do in order to work for Google (abbreviated list):

1. Enjoy finding out how things work (not just how to program, but whatever kinds of engineering appeal to you).
2. Explore anything that extends your problem solving skills (e.g. puzzles, games, complex challenges).
3. Practice your coding, solving increasingly hard problems as you gain knowledge and skills.
4. Don’t be shy about hard work and things that take perseverance.
5. Make mistakes. We learn more from mistakes than things that just go well.
7. Follow all your interests and passions, not just the technical ones.

We’ll provide more detail on the Experience Day as arrangements are made.

Graeme Breen
IT Coordinator – gbree3@eq.edu.au

Welcome to SOSE

Welcome to term one 2014! I would like to take this opportunity to welcome all new students and parents to Mountain Creek and welcome back all of our continuing students and families. The SOSE department this year is looking forward to yet another big year full of changes and excitement. We have welcomed 3 new teachers to the department this year Paul Lewis, Therese Hewgill and Tara Christie who have come to us with a wealth of knowledge and ideas and a passion for teaching and we hope they enjoy their time here at Mountain Creek State High School.

Tara Christie
Paul Lewis
Therese Hewgill
News from the Creative Industries

CI in 2014... Welcome!

We are looking forward to 2014 in the Creative Industries as we move from strength to strength. In 2013 we were fortunate enough to receive in excess of $30,000 of funding spent on upgrading our Performing Arts Sound and Lighting facilities. This year our events, particularly MADD week will take on a new ‘festival’ look as we turn our focus to building greater links with our parent and wider community.

This year we welcome back Dance teachers Emma Bradley and Cathryn Jones, returning from maternity leave. We also welcome new Strings teacher Kylie Hinde, and look forward to her enthusiasm in Strings in 2014.

If you would like to be involved in the Creative Industries, we are looking for parents to be a part of our Creative Industries Sub Committee (a Sub Committee of the P&C), who meet once a term to work on various projects, each raising the profile of the Creative Industries at Mountain Creek SHS. All interested parents and community members welcome. Please contact Head of Department Jess Wall on jwall77@eq.edu.au or 54578337 for more details.

Roll out the red carpet. It’s trivia time!

Creative Industries Sub Committee is pleased to announce our first fundraiser for 2014 will be a Movie Trivia night on Friday, March 7. All money raised will contribute towards the purchase of murals by a professional artist which will adorn various Creative Industries buildings around the school. Details are as follows:

| When:     | Friday 7th March, 7pm – 9pm |
| Where:    | Student Centre, Mountain Creek State High School |
| What:     | ‘The Oscars’ Trivia Night to raise funds for school murals |

Tickets will be on sale at student administration for $10 each from Monday 17th February. We encourage you to organise 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.

Instrumental Music Program

If your student is interested in an Instrumental Music lesson or being a part of one of the following Instrumental Music extra-curricular activities, please contact Head of Department Jess Wall or Instrumental Music teachers for more information. Stage Band (Mr Calvin Hunter), Wind Symphony (Mr Alex Lehmann), String Ensemble (Ms Kylie Hinde), String Quartet (Ms Claire Jarman and Ms Kylie Hinde), Performance Group/Choir (Ms Carly Cook).

Jess Wall
Head of Creative Industries

Chaplaincy at Mountain Creek High

Hi there, we are Stu and Sarah - the Chaplains at Mountain Creek State High School.

We are a part of the Student Services Faculty at the school which is situated in the same building as the Uniform Shop. This year will be Stu’s 9th year and Sarah’s 5th year as a Chaplain at MCSHS.

Our role in the school varies from running personal development programs for students during the school term to supporting students one-on-one with personal issues they may be experiencing. Some of the regular programs we are involved in throughout the year range from the Roadcraft Drivers Ed course, Boardstore Skate School enrichment, No Limits Leadership program, Junior Secondary Leaders training, Fusion Lunchtime programs, God and Stuff group, VGEN Social Justice group as well as host of activities that pop up throughout the year.

We also have access to information on resources and activities such as holiday camps, youth groups, other social activities, food hampers etc.

We hope this coming year 2014 is an excellent one for you!

ROADCRAFT 2014

Did you know that 45% of all young Australian injury deaths are due to road traffic crashes. Young drivers (17-25 yrs) represent over 25% of Australian road deaths, but are only 10 – 15% of the licensed driver population. While the issues involved are complex, we want to do something to help curb this trend.

Roadcraft seeks to challenge student attitudes while giving them driving experiences to develop safe driving habits. The course is referred to as a “crash prevention program”. The annual Roadcraft driver education course will be running again
in term one and two in 2014. It is aimed at year 11 and 12 students. Students do not need their license, however it is ideal if they have their learners permit or are close to getting it, so they can practice the skills learnt. The first course will run on Monday and Tuesday the 17 & 18th March and the second course on 19,20 May. The course has been advertised in student notices and on assemblies. Mooloolaba Lions Club generously subsidise the costs of the program. Application forms will be available at student services from Wednesday the 5th Feb Any questions, talk to Chappy Stu. 54578357

NOTE: You can apply for either of the two courses now. The registration form will allow you to choose which one you prefer. This means that there may not be an opportunity later to register for the next course, if they both fill up now.

Wednesday Pancakes for Seniors

**RED FROGS**

Every Wednesday morning of the school term, if you walk past Home Ec and Bribie Sub-school from quarter to 7 until the bell goes for Session 1, you will be greeted by the friendly welcomes of the local Red Frogs crew cooking up pancakes!

These pancakes are free and delicious and are a little gift from the Red Frogs crew to help you get through the rest of the week!

All are welcome to come and enjoy!

We hope to see you there!

**Youth Health**

From Kerry McClenaghan Youth Health Nurse

**HEAD LICE**

What are Head Lice? They are tiny egg laying insects – can only survive on human heads – grow to about 3.5mm (size of sesame seed or pinhead) – have no wings, so they cannot fly – are a nuisance NOT a health hazard – have 6 legs with strong claws which are designed for holding tightly onto hair – HEAD LICE DO NOT JUMP

Why are we talking about Head Lice in High School? Whilst Head Lice are predominately found in Primary School age students we ALL can get Head Lice.

**How do Head Lice Spread?** They are like trapeze artists – they swing from hair to hair using their strong claws. They need close head-to-head contact to spread from one person to another. Electrostatic charge from combing dry hair can fling head lice 1 metre.

Prevention of Head Lice: Avoid head to head contact with other persons. Keep long hair tied back or in plaits, especially at school. Do not share brushes, combs, or pillows. Wash combs and hair brushes after each use (60°C for 30 seconds). Pillow cases of persons known to be infested should be washed daily on hot cycle or put in the clothes dryer for 15 minutes. Treat all household members whose head lice have been detected. Notify your school so that others can be alerted to the problem and can check for head lice and arrange treatment if necessary.

Detection of Head Lice: All parents should check their children and other family members for head lice regularly as early detection decreases treatment time and helps break the breeding cycle. The most effective way to detect head lice is by using hair conditioner and combing method. You will need white colored hair conditioner, an ordinary comb, a fine tooth head lice comb and white tissue/kitchen towel. Apply sufficient white conditioner to dry hair to completely cover the scalp and hair from roots to tips. Use an ordinary comb to detangle hair and evenly distribute the conditioner. Divide the hair into four sections. Comb hair from root to tips using a fine tooth head lice comb. After each stroke, wipe the comb onto a white tissue, checking the comb and tissue for head lice. Comb the whole head, checking for lice. Put all tissues in a plastic bag, tie the top and put the bag in a rubbish bin. All members of the family/household should be checked once per week using this method as long as infestation remains within the household.

Treatment of Head Lice: If you find Head Lice decide on a treatment...

http://www.health.qld.gov.au/headlice/recommended treatments by Queensland Health can be accessed by this site.

**CAREERS**

Thinking about a career in ADFA?

Join Live Chat with ADFA Cades on Facebook.

**REMINDER:**

P&C meets on the third Monday of each month at 5:30pm

First meeting of the year on Monday 17th February in the Administration Building - Cartwright Conference Room.

P&C AGM 17th March 5.30 pm Administration Building - Cartwright Conference Room.

**Position Vacant**

**Experienced Bookkeeper Position**

Expression of Interest for the above P&C position should be made direct to kkeil177@eq.edu.au by February 17th 2014. You may also drop resume at front office addressed to the P&C treasurer. This is a CASUAL position of between 3 – 5 per week (7 hours fortnight) paid under the P&C Award. Applicants must be qualified to prepare Business Activity Reports and produce
appropriate financial reports for Not for Profit Organisations. Ideally the successful applicant would have worked in a similar position and be able to data entry and prepare bank reconciliations using MYOB software. The bookkeeper would work closely with the MCSHS P&C treasurer to meet the fiduciary responsibilities of running the Uniform shop and the Creeker Café.

Parent Information

An attentive parent is a friend indeed

PARENTS protecting their children in cyberspace may be as much about being friends in real life as it is being Facebook friends.

Experts in cyber safety have continually warned parents to monitor their children’s online habit, but a Sunshine Coast psychologist says this is becoming increasingly difficult because of the rise in mobile devices. Toula Gordillo said cyber safety also involved parents having good relationships with their children and becoming more aware of the technology they were using. “Develop a relationship with your child. Have as much one-on-one time with them as possible,” she said.

“I have three children and I’ll often go into the bedroom and sit with one and ask questions, ask if everything’s okay or I’ll do a physical activity with them and talk at the same time. “You don’t have to be intrusive. They’ll usually tell you if there’s a problem.”

Mrs Gordillo said parents should also develop relationships with their kids’ friends. “Often the best friend is the best source of information if your child is being bullied,” she said. Mrs Gordillo also recommended parents monitor their children’s online behaviour as Facebook friends – without -making comments – and decree that household digital devices be recharged in the lounge at night, the most common time for cyber bullying. She said a “digital divide” was opening up as children’s knowledge of social media and technology eclipsed that of their parents, and parents who got to know their children would find it easier to keep tabs on their lives, both online and real.

Psychologist and author Michael Carr-Gregg writes in his latest book, Beyond Cyberbullying, the most obvious way for parents to find out what their children are doing online is to ask them. “They know their way around and the younger ones especially will be happy to show you what they are doing,” Mr Carr-Gregg said. Mrs Gordillo said a child being cyber bullied, could also be the victim of real-life bullying.

Benefit Gym

Buy a 6 month membership for the price of a 3 month membership!

That’s right. Just $150 for a 6 month student membership!

Sale Begins: 5th February
Sale Ends: 28th February 2014

Would $500 assist you with education costs?

Join Saver Plus and match your savings dollar for dollar, up to $500, for education costs including school uniforms and text books, laptops, sports equipment and music tuition!

To be eligible you must:

- have a Centrelink Health Care or a Pensioner Concession Card
- have a child at school or starting next year
- have some form of household income, for example, you or your partner may have casual, part-time, full-time or seasonal employment.

Call or SMS Linda Stacey your local Saver Plus Worker at The Smith Family on 07 5451 1069/ 0488 291 563