28 July 2014

From the Principal

In the first weeks of Term 3 we have:

- taken possession of the refurbished Junior Secondary precinct,
- inducted our 2014/15 senior (year 10 & 11) leaders,
- conducted the our summer interschool sport trials and enrichment selection

- held our senior leader changeover training sessions and changeover lunch
- reports have been issued and ECP information distributed to parents
- and all Year 8 students have participated in Brainstorm Productions – cyberbullying

Your student/s should have received feedback from teachers throughout Week 1 regarding their end semester assessment. By reviewing profiles for each subject students should have a very clear understanding of what is required in each subject to improve achievement and this information should be documented in written goals for Term 3 and beyond.

Education and Career Planning interviews will be held on the Tuesday 12th August - the focus for years 8 – 11 being subject selection for 2015. While results from Semester 1 are used to determine prerequisites for study in 2015, it is important to note that students can negotiate subject changes if they achieve pre-requisites by the end of Semester 2. Year 12 students will be asked to bring their career plans to this interview in the form of a QTAC application or alternate pathway documentation – work, combined study/work or GAP year arrangements. Information regarding bookings for ECP will be provided later in this newsletter.

Prior to ECP and subject selection the school provides opportunities for parents and students to attend a faculty/career evening where careers, subjects relating to careers and information sessions are available. Last year we asked Heads of Faculty to set up displays in classrooms where the faculty could display faculty resources and set up demonstrations. This Career Expo will be held at 5.30pm – 7.30pm Monday 4th August. Parents are also being asked to demonstrate an expression of interest for assisting Faculty Heads with personal career information at the career/faculty expo. Details of the Careers/Faculty Expo will be available in this issue of the newsletter.

We have been successful in the first round of application for State School Subsidy for 4 covered outdoor courts. This does not mean that we will receive subsidy, just that we have been asked to submit a formal application with quotes and plans for further consideration at the second stage. The 4 covered outdoor courts will provide much needed hard-court space for the extensive physical education and sport excellence programs that we run at this school. We are working with our grants writer, the HOD Sport and PE and local clubs that might also benefit from the availability of this space, to submit a formal application by August 15th. If any parent has grants writing expertise and would like to assist with the application or other grant applications please contact me on 54578333.

Our staff twilight Professional Development Tuesday 22nd July focussed on teaching Higher Order Thinking skills (HOTS) across all faculty areas as part of the Great Results Guarantee.

Cheryl McMahon
Executive Principal

From the Head of Senior School

Careers Night 4th August

On the 4th of August from 5.30pm to 7.30pm the school will be holding its annual Careers Night in The Student Centre and nearby buildings. The evening will provide the most accurate information to students in Years 8, 9 and 10 about subject options in senior years as well as career and further education information for Year 11 & 12. The event is timed to be held prior to subject selection confirmation occurring at Education and Career Planning day on the 12th of August. All school faculties and the University of the Sunshine Coast will have displays for students and information sheets on each subject. Year 11 students will also be on hand to speak to Year 10 students about the realities of studying subjects in senior.

Amongst our community we have an enormous number of parents/siblings working in a broad cross section of successful careers with a wealth of knowledge. The school is asking if any parents/past students are willing to offer 1 hour of your time (5.30-6.30pm/ 6.30-7.30pm) to be located at one of our
faculty displays and offer insights into your chosen career. We feel this kind of valuable knowledge will be of enormous benefit to the student community and will allow students to make more informed choices about subjects to select in 2015. It will also give many students a reality check about the effort required to achieve their study goals and what life is really like making a career out of their chosen area.

**How Do I Get Involved?**

Simply contact the Head of Department below and express your interest. When we have a number of parents involved we will contact you with further details. The school would appreciate any assistance you can offer for this important evening. Please call me direct with any questions you may have.

### Information Sessions

There will be a number of presentations held throughout the evening in the Performing Arts Auditorium, these are listed below.

- 5.45pm - Year 10 students placed in the Tertiary Pathway. Information about the USC Headstart program will also be provided.
- 6.10pm – Year 10 students placed in the Alternate Tertiary/Vocational Pathway.
- 6.30pm – All about the QCS test. Vital information for Year 12 Parents and students.
- 7pm - QTAC, applying for University in 2015.

Please arrive early and bring a paper and pen for these talks.

### Education and Career Planning Day (ECP) 12th August

On Friday 25th July students received their report card and an information letter outlining the booking process for an interview. No classes will operate on ECP day as usual. All students are required to instead attend a 15 minute interview with parents and a teacher designated for your student. At ECP students will be able to confirm their subject selections for 2015.

Year 12 students are required to attend to ensure that they have completed the necessary requirements to graduate their Year 12 year. QTAC preferences will be discussed during this interview and the Term 2 OP indicators will be available from Mrs Brockeshire at the Student Centre during the evening.

Year 11 students must confirm their subject selections for 2015, as these are not automatic and require payment for confirmation of enrolment.

Year 8 - 10 students must attend to confirm their subject selections for 2015. Year 10 students must choose inside their strand and can see a Deputy Principal for any issues surrounding this process.

For all students in years 8-11 this will be the designated day for financial arrangements to be finalised for 2015. Subject selections will guide parents as to the total fees required for 2015. As always payment facilities, options for payment plans and our friendly support staff will all be available throughout the afternoon and evening.

### Booking an ECP Interview

The school online booking system is once again open from today to receive bookings with teachers for ECP. The link is included on the letter and the schools Facebook page as well as here.


Please only book with the teacher that you have been assigned to. With leave arrangements some teachers have been replaced, though most students will have the same teacher as last term.

Once again we look forward to engaging with our parents at this important event.

### Table of Subject Information

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<td>Julianne Burke</td>
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New Leaders Inducted

Once again a stellar group of students have taken the mantle of student leadership for 2014/2015. These students were inducted at a ceremony on the 17th of July, where all Year 11 students were issued with a senior badge and are now accepted as recognised senior students in the school with a leadership role for all students.

Those elected to a higher office of service are;

School Captains – Paul Soward, Maddi Korac, Lara Culley and Alex Burns.


Year 11 Sub School Leaders

Bribie - Zack Maas, Olivia Carlisle, Jean Morton, Angeline Leversedge, Taylah Whitaker, Joshua Krause

Fraser – Drew Beveridge, Tom Knowles, Orla McKibbon, Wayne Schowalter, Zoe Cowland

Moreton - Manon te Riele, Jason Humrich, Finn Janssens, Molly McNulty, Caitlin Bettenay

Stradbroke - Joel Ives, Katie Trevanian, Alex Bluck, Lucie Barnett, Emma Day

Year 10 Leaders

Bribie - Ellen Tomkins, Jade Savanh

Fraser - Jane Argue, Rebecca Read, Kate Skinner, Linda Hall

Moreton - Holly Clarke, Jasmine MacDonnell, Jessica Viljoen, Joshua Wynne, Jackson Marks

Stradbroke - Isabelle Blackstone, Ainsley Van Egmond, Benjamin Magao, Calista McKenzie

Year 10 and 11 Leaders were involved in a planning day on Friday 25th July. Heads of Sub Schools will work with their leaders to set some goals for their leadership journey.

The Year 12 outgoing leaders were farewelled at a luncheon on 25th July. They have been a credit to themselves and their very supportive parents.

QTAC – University Application Process Year 12

Year 12 students are currently engaging in the Tertiary Application Process during Access classes on Monday. QTAC books have been distributed and students are working with these to organise their preferences for university applications which are due in September. All OP eligible students and students attending to apply for tertiary study are required to bring their preferences to their ECP interviews this term for discussion with their ECP teacher.

If students or parents would like to discuss these preferences in more detail after ECP interviews they may make an appointment with a Guidance Officer at Student Services or Mrs Brockenshire (Head of Department Senior School) will be available at the Careers Night prior to ECP to discuss any concerns from parents or students.

Parents should attend the QTAC information session at the Careers Expo for a clear understanding of the process.

The Sunshine Coast Careers Expo and the Tertiary Studies Expo in Brisbane are excellent sources of information for students.

University of the Sunshine Coast also has an Open Day on Sunday 10 August. They have also launched a Parent Lounge website where the parents of your students can get answers to their questions about the transition from school to university.

(More information in this newsletter)

Best wishes

Andrew Stone (Head of Senior School) and Bree Brockenshire (HOD Senior School)
For any queries regarding Junior Secondary School or any of the above information, please do not hesitate to contact the school and ask to speak with Lindsay Baker (HOD Junior Secondary) or Craig Hegarty (Acting Head of Junior Secondary).

From the Head of Junior Secondary

Junior Secondary School Term 3 News

Welcome back to parent and students alike after a much deserved mid-year break. Term 3 sees plenty of activity in the Junior Secondary School. This Term the Head of Junior Secondary Mrs Andrea Evans will be on leave and is replaced by Mr Craig Hegarty in an acting role. The following information is a brief run-down of opportunities and commitments for Year 8 and 9 students in the first few weeks of Term 3.

WEEK 1

Pastoral Care – Friday last week saw the amazing team from Brainstorm Productions present ‘Verbal Combat’, a play about cyber bullying and harassment. The performance makes it clear to students that certain behaviours (such as excluding people, spreading rumours and sending unwanted messages) is in fact bullying and will not be tolerated at our school. The play provided an entertaining way to promote discussion and give students strategies to avoid being a bully or a target.

WEEK 2

Enrichment – Wednesday this week affords all year 8 and 9 students who haven’t been selected in Interschool school sporting teams the opportunity to nominate for Enrichment activities for Semester 2. Students will be allocated into activities to commence on Wednesday week 3.

Report Cards – Friday 25th July, all Junior Secondary Students will receive report cards with results from Semester 1.

WEEK 3

Enrichment – Enrichment commences on Wednesday in Session 5 for Year 8 and 9 students.

Track & Field – On Tuesday 29th July, MCSHS runs its annual Athletics Carnival. All Year 8 and 9 students will have the opportunity to compete in a variety of events to earn valuable points for their respective sporting houses. Good luck students.

Preparation for Yr. 7 students in 2015

The Yr. 7 precinct is now complete and in operation and will have an official opening next term. We are waiting on furniture and carpet to finish the rooms and they are ready for our Yr 7 cohort.

Senior School Survey

2014 Early School Leavers Survey

The Queensland Government is conducting its annual state-wide survey of students who left school in Years 10, 11 and prior to completing Year 12 in 2013. The Early School Leavers survey is a brief, confidential survey that provides a picture of the employment, study and life choices made by Queensland school leavers in the year after they left school to understand why young people leave school early and to help early school leavers make positive career choices.

Between July and August, our students who left school in Years 10, 11 and prior to completing Year 12 last year can expect to receive instructions to complete a web-based survey or a telephone call from the Queensland Government Statistician’s Office to complete the survey. Please encourage them to take part. If their contact details have changed, please assist the interviewer with their updated details or forward the survey to their new address so they can participate. Thank you for your support of the Early School Leavers survey in 2014.

For more information visit www.education.qld.gov.au/nextstep/ or telephone toll free on 1800 068 587.

News from the IT Faculty

1 to 1 laptop program

I would like to thank those parents that have supported our laptop program. With over 1600 laptops in circulation throughout the yr 9 to 12 cohorts, I am sure you can imagine the logistics of running a program of this size. If any students are having issues with their laptops please remind them to drop in to G208 in the breaks to speak with our I.T. Tech’s about the issue.

The laptop program for yr 7, 8 and 9 students in 2015 will look different to what it currently does however more information about this will be coming later this term as developments occur within the department. I have had a number of requests from our current yr 12 students about purchasing their device at the end of the year. Their laptop remains the property of the Education Department when they finish at the end of the year. These laptops were purchased with funding from the National Secondary Schools Fund and still have 12 months remaining on
their warranty. We will not be selling these devices at the end of the year instead they will be returned to our school fleet to support our laptop program in the coming year. If you have any questions please email them to 1to1@mtncreekshs.eq.edu.au.

**PC4G Day**

On the 22nd of May, 70 year 9 students were selected to participate in the Programming Challenge for Girls (PC4G). The day-long immersion experience was designed to encourage girls to consider careers either in the IT industry itself, or to recognise the significance of computer knowledge in nearly all careers. This program introduced the world of programming to Year 9 girls who have never programmed before. The girls participated in hands-on tutorials in both robotics (delivered by the University of Queensland) and object-oriented programming, before taking part in a programming challenge.

The day culminated with a number of guest speakers from Queensland universities and female staff within the IT industry, speaking to the girls about their own experiences and the possibilities available to the students in this field. Speakers included Dr Jenine Beekhuizen from Griffith University, regional Technology Manager Janet Cochrane from the Education Department and Yvette Adams from The Creative Collective.

Overall, this worthwhile experience provided these girls with the opportunity to immerse themselves in the ever changing area of IT.

![Image](image1.jpg)

The boys meanwhile were also involved in Robotics which was accompanied by an introduction to Mobile App development and Engineering concepts.

**Google Experience Day**

The day we had been looking forward to with great anticipation was held on May 30th with a visit to MCSHS by a number of Google engineers – and the sets of robots that they brought with them and left with us to use with other students.

Rather than us tell you how the day went, we decided to let the students involved write the story:

On Friday the 30th, all of the [year 8] Zenith students participated in a Google Experience day. Mountain Creek State High School was lucky enough to win a competition that allowed several Google workers to come to our school and show us the following activities: Building our own Lego robots, playing games with a Makey Makey, being taught Flash skills and other computer gaming skills. The crowd favourite was definitely the robots - we had to build them and program them to go around a set course, but overall everyone had a great time with all of the activities.

**Written by Ben Regan 8M and Dylan Bradford 8A**

On Friday the 30th of May, some workers from Google visited the year 8 Zenith students at Mountain Creek State High School. There were four very interesting and enjoyable activities: Makey Makey, animation, robotics and a little insight into how to make your own webpage. These activities involved a lot of hard work but were worth it in the end as we got to show off our creations to the class and some of the Google employees. It was a lot of fun and very educational and we hope to have another day like this soon to come.

**Written by Islay Chambers & Peta Rudderham, 8S & 8A**

**IB now offers Computer Science!**

From 2015 the International Baccalaureate program at MCSHS will include a Computer Science option, starting in year 10 and then flowing through to years 11 and 12 in 2016 and 2017 respectively. The IB Computer Science course will see the students become aware of how computer scientists work and communicate with each other and with other stakeholders in the successful development and implementation of IT solutions.

The rollout of the subject is consistent with the aim of the IT Faculty to ensure all students are equipped with a sound awareness of how computers may be used as a problem solving tool in whatever career they may eventually choose.

What is CS+X, and how does it impact my child?

This refers to a global initiative which recognises that most careers now and in the future will involve interaction with computers and that this will only increase over time. Strongly promoted by Google Outreach Manager, Sally Williams, when she presented at MCSHS recently, the informally-named CS+X refers to combining development in Computer Science with some other area of interest - from humanities to engineering, and so on.

Computing is ubiquitous, with application areas in virtually any field imaginable - from developing gene-sequencing algorithms, to designing methods for high frequency trading, creating computer-generated graphics and special effects, analysing social data from internet communications, and creating embedded real-time systems for medical devices. In fact, according to the National Science Foundation, *Knowledge of computer science and computer programming is becoming a necessary skill... in marketing, advertising, journalism, and the creative arts.*

( [http://cs.illinois.edu/prospective-students/undergraduates/cs-degrees-offered/cs-x](http://cs.illinois.edu/prospective-students/undergraduates/cs-degrees-offered/cs-x) )
The CS+X initiative is exemplified by the fact that from 2015 all students in Australia will be introduced to computer science principles through the new Digital Technologies course being introduced as part of the next rollout of the Australian curriculum. This will involve students across both primary and secondary, from P-10.

**Extension programs – Occulus Rift**

Following on from involvement in the Young ICT Explorers challenge in 2013, a small number of year 10 students are developing their skills in Unity with a view to Unity is working on games designed specifically for the Occulus Rift VR headset. The IT Faculty is providing support for these and other interested students through purchase of our own Occulus Rift headset, and facilitating the involvement of the University of the Sunshine Coast (USC) in assisting the boys through their progress.

Two of the boys, David Walsh and Liam Smith, recently attended a session and, amongst other benefits, were able to make use of the USC’s own Rift headset, as shown in the photo below:

![Occulus Rift](image)

**Year 9s at the University of the Sunshine Coast**

Towards the end of term 2, both year 9 Computer Education classes visited the Animation studio at the University and were introduced to the principles of animation design and development using the Unity software package. The students were given the opportunity to create their first models and introduce the first movements to these models they created. This process would be the first stage in developing a product for commercial release, for example a product that would run on the Occulus Rift VR headset syste.

The visit culminated in all students being given the opportunity to try out for themselves the Occulus Rift VR headset that was set up specifically for their visit and to briefly experience a ride on a virtual roller-coaster. There were lots of smiles all around!

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**International Baccalaureate Update**

**For something a little different**

Psychology, Environmental Systems and Societies, Computer Science, Spanish, Physics, Japanese, Literature, Maths, Chemistry, History, Biology, Visual Arts, Business, Music, Theatre Arts, Film – these are all subjects that students can study in the IB Diploma programme at MCSHS. Some of them are subjects that Year 9 students are already familiar with and others like Psychology, Computer Science, and Environmental Systems are specific to the IB.

As part of the IB Diploma students study six subjects across languages, sciences, humanities subjects, maths with the choice of doing a subject from the Arts. However the value of the IB is realised in the core of the programme in which students have the opportunity to be involved in community service activities where they see the need; they are encouraged to be active both in body but also taking action where it is needed to help locally and globally and they are encouraged to be creative in finding solutions.

As part of this initiative, our Year 11 IB students are taking three days out of school to travel down the Brisbane River by canoe, taking and analysing water samples, monitoring land use along the river banks all to monitor the ongoing health of this valuable resource. This programme not only draws on the students’ developing skills and knowledge in Biology, Chemistry and Environmental Systems and Societies but also gives them the opportunity to develop an awareness of local and global issues around water quality, water security, impacts of various land use in a very physical and concrete way. Look out for further updates on the Bunya 2 Bay project.

Currently recruiting curious, hardworking Year 9 students to take on the challenge of the IBDP - Application form on MCSHS website or collect one from the front office.

**Trisha Valentine**

**IB Faculty**

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**Graeme Breen**

**IT Coordinator**
IB now offers Computer Science!

From 2015 the International Baccalaureate program at MCSHS will include a Computer Science option, starting in year 10 and then flowing through to years 11 and 12 in 2016 and 2017 respectively. The IB Computer Science course will see the students become aware of how computer scientists work and communicate with each other and with other stakeholders in the successful development and implementation of IT solutions.

The rollout of the subject is consistent with the aim of the IT Faculty to ensure all students are equipped with a sound awareness of how computers may be used as a problem solving tool in whatever career they may eventually choose.

The IBWSC 2014 – IB Students in an Intellectual “Lock Down”…

During the June/July holidays the University of Queensland hosted the IBWSC (International Baccalaureate World Student Conference) 2014. The IBWSC was attended by Mountain Creek students; Lara Culley, Manon te Riele, Lucie Barnett and Orla McKibbin. The theme “Empowering Diversity” was the focus of the Conference.

Manon te Riele shares:-

The conference gave us the opportunity to interact with other IB students from countries around the world, including Singapore, America, Japan, Canada, Vietnam and many more. During the week we listened to Keynote speakers who spoke on the theme ‘Empowering Diversity’ and gained inspiration for a project designed collaboratively in GAT (Global Action Team) groups around this theme. We also participated in sports and attended an Australian Bush Dance, among many things.

We all really enjoyed the conference as well as the chance to meet and be inspired by other IB students whilst also learning about the global implications of our actions. It was awesome to learn about the diversity of other cultures and IB students during the conference and to be inspired to make a difference through our GAT projects which we designed and the encouragement of the speakers.

Elizabeth Mulligan
Theory of Knowledge Coordinator

Creative Industries News

News from the Creative Industries

Creative Generation State Schools Onstage 2014

Students Alyssa Pagomenos (Alto Saxophone in CGEN James Morrison Big Band and Symphony Orchestra), Joshua Wynyard (Trumpet in CGEN James Morrison Big Band and Symphony Orchestra), Max Dawson (Oboe in Symphony Orchestra), Rachel Breeze (feature and backing vocalist), Devon Kahika (choir) and Hannah Simpson (choir) have had a very busy six months in preparation for CGEN 2014, which took place in Week 1 of this term. Congratulations on an outstanding achievement. A full write up with photos of all students will feature in our next Creeker.

New CI Captains Announced!

On Thursday 17th July, our new leaders for 2014/15 were inducted. It was an exciting day for the Creative Industries as we welcomed our two new Creative Industries Captains Ellyn Gwillim and Harry Thompson. We say a very sincere thank you to our outgoing captains for 2013/14 Blaze Bryans and Riley Cope, who for so many wonderful reasons have well and truly left their mark on the culture of our school.

Congratulations Ellyn and Harry. We look forward to working with you to continue the legacy that is the Creative Industries at Mountain Creek State High School.
Design a Piece of Jewellery and Win!

This term Mountain Creek State High School students have an opportunity to work to a brief provided by local Jewellery store ‘To Hold and To Have’ to design a piece of jewellery. The winning student will receive a $200 voucher to spend in store, with two runners up each receiving $100 vouchers. In addition to the voucher, the winning student will have their design made with store owners Shree Hobson and Jo Saxelby-Balisky donating the piece back to the school to raise funds for the Creative Industries.

The brief for the competition is as follows:

Design a piece of jewellery that is inspired by natural forms. Your piece must incorporate at least one of the stones pictured. Together, at To Hold and To Have, Jo and Shree have created an inspiring and creative boutique and manufacturing location, with an extensive range of handcrafted and locally produced jewellery pieces. We would like to thank them for this opportunity and we look forward to seeing the student designs!

Stay tuned to our student notices, the newsletter, our facebook page and also the store's own facebook page for more information on the competition: https://www.facebook.com/toholdandtohavejewellers

State Honours Ensemble Program 2014

Mountain Creek will be represented again in the State Honours Ensemble Program (SHEP) for this year, with students Alyssa Pagomenos (Alto Saxophone), Joshua Wynyard (Trumpet), Max Dawson (Oboe) and Matthew Duggan (Clarinet) being selected. SHEP is a showcase of outstanding secondary school musicians and will be held at the Conservatorium Theatre, Queensland Conservatorium Griffith University, South Bank from October 2 – 5. Congratulations students on an impressive achievement.

Theatre Sports Team Make it to the Semi-Finals

Our Mountain Creek State High School Senior Theatre Sports Team consisting of Riley Cope, Blaze Bryans, Rachel Breeze, Finlay Gordon and Abi Thorpe have blitzed the quarter finals held at Albany Creek SHS in Week 1 to progress to the semi-finals! Congratulations to our students and to their coach Mrs Sharon McHugh for this fantastic achievement.

If you are interested in coming along to witness a fantastic night of theatre sports at the semi-final, please let Head of Department Jess Wall know on jwall77@eq.edu.au. A support team will be put together to cheer on our talented students!

Year 10 Drama Get a Taste of University Life

On Thursday 19th June Year 10 Drama students participated in a Careers Day at the University of the Sunshine Coast. Students took part in a lecture, Drama workshop and University tour and thoroughly enjoyed learning more about the full range of study and career options that the Drama pathway has to offer.

8 Drama Students Give Back to the Community

A select group of Year 8 Performing Arts students enjoyed the opportunity of presenting to the residents of the RSL Care Retirement Village late in Term 2. The girls had chosen a scene from a text studied in class to showcase to the appreciative audience. Making the connection to a wider community is valuable to the development of our students. The girls benefited from the feedback of the live audience and loved meeting the residents.

Jessica Cherry: “It was an overall amazing experience for me.”

Jahna Café: “It was a great experience and boosted my confidence.”

Megan Roets: “It was great to just go and perform in front of an audience.”

Maddision Heath: “Amazing to just go and perform in front of these people and see what drama brought to them. It was an eye opener!”

Performing Arts has no boundary of time. It helps to soothe the soul and engage us in the moment.
Well done students and thank you to Drama teacher Tyline Thompson for organising this fantastic opportunity for our students.

**TGIF Primary Continues**

Year 11 and 12 Creative Industries students have been taking our ‘Thank Goodness its Friday’ program across the road each Friday in Term 2 to the Mountain Creek State Primary School to entertain Year 5, 6 and 7 students and teach them a little more about Drama. The students have responded exceptionally well to the program, which continues every second Friday this term, beginning Week 3. Thank you to Riley Cope, Blaze Bryans, Harry Thompson, Ellyn Gwillim and Ashleigh Hawkins for their involvement in the program.

**Creative Industries parents… we need you!**

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 just 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.

*Jess Wall*
*Head of Creative Industries*

**Science Update**

**Crystal Growing**

This year all year 8 classes participated in the Mountain Creek crystal growing competition as part of their Earth science unit. Classes had 8 weeks to grow their seed crystal into the best Alum (Potassium Aluminium Sulphate) crystal. Each week they monitored the growth by trimming their crystal and making super saturated solutions, to replenish the growing solution. Crystals were judged on their clarity, octahedral shape and size. Judges were impressed by the quality of crystals grown this year, awarding certificates to the best crystal in each class as well as some classes receiving highly commended certificates for their outstanding efforts. Prizes were awarded to the top three crystals across all year 8 classes. First prize was given to a group in 8G, second prize went to a group in 8T and third prize was given to a group from 8G. Congratulations to Alli Hayden, Larissa Ingle, Katelyn Mackison Young and Megan Roets of 8G for their winning crystal.

**SOSE Department News**

**Welcome Back to Term 3**

Welcome to term Three 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 term is looking forward to yet another big term with a number of excursions, events and competitions. We have also welcomed 3 new teachers to the department this term Michael Burke, Jess Mitchell and Wayne Clark 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.

**Subject Choices for 2015**

With subject selection time for 2015 fast approaching (ECP 12th of August) I would like to encourage you to think very carefully about your choices for next year. As QSA Authority SOSE subjects have always done very well in preparing students for the QCS test, and helped immensely with OP results, the subjects we offer in SOSE would be a great investment in your future!

**Year 10:**

*Electives – Geography and Ancient History* – both subjects will be very beneficial for those students with a keen passion for these subjects and especially helpful for those students wanting to go to university. The research skills learnt in these subjects are the key skills needed to be successful at university with past students often commenting that SOSE subjects were the main reason they passed Uni!
**Year 11 and 12:**

Geography, Ancient and Modern History - All subjects will be very beneficial for those students with a keen passion for the subjects and especially helpful for those students wanting to go to university. The research skills learnt in these subjects are the key skills needed to be successful at university with past students often commenting that SOSE subjects were the main reason they passed Uni!

Social and Community Studies and Certificate II in Volunteering – for those students who are not likely to go to university but still have a keen passion for the world we live in. These subjects are not OP eligible subjects.

If you have any questions about future subject choices please don’t hesitate to call Kate Benfield (HOD of Social Science) on 54 578 364.

### The Premier’s ANZAC Prize 2015

![The Premier’s Anzac Prize](image)

This is an amazing opportunity for any student who has a love of history! If you would like to spend the 100 year anniversary of the Gallipoli Conflict in Turkey and then having a two week trip around France and Belgium then this is the competition for you!

The competition involves you making a 5 minute multimedia presentation on ANZAC tradition and is surely an easy way for some of our talented and passionate students to be in with a chance of winning a trip of a lifetime.

Each school throughout Australia has been given the chance to submit five entries to the competition and spaces are filling up fast. If you are interested please see Miss Benfield in Fraser for an application form.

### 1000 Cranes of Peace - Can we do it?

![1000 Cranes of Peace - Can we do it?](image)

On August 6th, 1945, World War II’s Allied forces dropped an atomic bomb on the Japanese city of Hiroshima. In an instant, the city was obliterated. When the dust had cleared, people’s shadows remained frozen in place on sidewalks and the sides of buildings. The people themselves simply vanished. On that tragic day, 140,000 civilians were killed. One young ladies response to this event was to make a 1000 paper origami cranes of peace to show the world, and perhaps prove to herself that there were still good causes that the world could get behind.

This is a challenge that many have taken up over the years and now it is our turn. The Mountain Creek History club are encouraging students to come to the library on Wednesday 9am til 10am for junior students and Wednesday 1pm til 2pm for seniors to help them make the 1000 Cranes of Peace! The challenge finishes on the 30th of July so that we can celebrate our success and most importantly world peace on the 6th of August when the world remembers Hiroshima!

### Photo Competition

It’s that time of year again! The SOSE Annual photo competition is on! If you would like to get involved you need to snap the winning shot in one of the following categories and hand it in to Fraser sub school in week 4 of term 3.

- Category 1 – Animals
- Category 2 – The Colour Red
- Category 3 – Friends
- Category 4 – panoramic photo of a Sunshine Coast Beach

![Past winners](image)

**Written by Kate Benfield**

### Home Economics News

#### Jamie Oliver World Food Day

As promised, here are some photographs of Mrs Toomey’s Year 8 Home Economics class participating in the Jamie Oliver World Food Day, which was highlighted in the May newsletter. Although there were a few technical issues with the live streaming on the day, the students were motivated and worked well in their teams. I would like to congratulate the students on their enthusiasm and fantastic results. There were certainly many whose culinary skills and creative flair stood out on the day.

![Jamie Oliver World Food Day](image)

**Eumundi Market Chef**

Year 12 Hospitality Students mentored by Fine Dining Chefs at Eumundi Markets

Emily Campbell, Tara-Lea Muckert and Gemma Rayner were very fortunate to attend the Eumundi Market Chef Showcase on Wednesday, 18th June. The event, which four of our Year 11
students attended in May, provided these hospitality students with an opportunity to work with two very skilled and creative chefs, Tim Montgomery and Geoffrey from Berardo’s Restaurant & Bar, located in Noosa.

The chefs at Berardo’s source locally sourced produce as much as possible to create fabulous dishes for guests. The students were shown the techniques for preparing a most succulent dish, which included Moreton Bay bug, Bunya pine puree and a host of other indigenous ingredients. The garnish which appears to be chocolate is actually made from dehydrated rye bread puree, to represent the bark from a Bunya pine tree.

The students then prepared this seafood recipe in front of a crowd of onlookers. Each student prepared their own plated dish, garnished with a range of herbs and edible flowers. The students chose to present the dishes on a section of branch from a Bunya pine or on a beautiful plate made from glass that has been recycled from bottles sourced from local restaurants and cafes at Noosa. The glass products are available at one of the Eumundi Market stalls.

From the photographs, it is clear that presentation is highly valued at Berardo’s.

The dishes were then available for public tasting and if the speed with which they disappeared from the plates were anything to go by, they were gastronomically amazing!

Emily, Gemma and Tara loved the experience and were great ambassadors for our school. Berardo’s Restaurant & Bar is a fine dining establishment, situated above Café Le Monde at Noosa.

The school would like to thank Georgia, Katie and Peter from Eumundi Markets for providing this opportunity for our students and express our sincere appreciation to Tim Montgomery and Geoffrey Marcq from Berardo’s for the wonderful experience.

Focus on Good Nutrition and Health: Positive Role Models for our Children

Australians now, on average, have longer life expectancy and lower death rates for cancer and many other diseases than in the past, but we can do better with regard to nutrition. Let’s work together to assist our students to develop good food and lifestyle habits, to enable them to transition from adolescents to healthy adults.

Good nutrition is essential in maintaining healthy body weight, protecting against infection, reducing the risk of chronic diseases and early death and can significantly affect one’s quality of life.

The Australian Guidelines to Healthy Eating were updated in 2013. These guidelines have general recommendations about healthy eating and also outline the number of servings recommended from each of the five food groups each day. For more information on the Australian Guidelines for Healthy Eating, visit http://www.eatforhealth.gov.au/guidelines/australian-guide-healthy-eating


Statistics on the health of Australian adults released by The Australian Institute of Health and Welfare (AIHW) provides good reasons for parents and teachers to model healthy eating habits and lifestyle choices. Conditions that have increased in prevalence, which can be avoided or improved by healthy eating, include stroke, heart disease, high blood pressure, diabetes type 2 and bowel cancer.

The incidence of overweight or obese adults rose from 57% in 1995 to 63% in 2011-12. Some believe this will increase to around 80% in 2025, if the current trends continue. Diabetes type 2, which is usually associated with lifestyle factors and largely preventable, is on the rise in Australia. In 2014, 19 860 Australians are expected to be diagnosed with bowel cancer. Up to 90% of cases are curable with early diagnosis, but wouldn’t it be better to avoid this condition altogether?

‘Treat’ foods such as soft drinks, cakes and biscuits, which are generally high in energy and low in nutrients i.e. ‘empty kilojoules’, contributed to 36% of energy intake for adults and 44% for children.

A lack of exercise can contribute to chronic health conditions such as stroke, heart disease and high blood pressure. The current recommendation for children 12-18 is at least 60 minutes of moderate to vigorous physical activity every day, with a maximum of 2 hours screen-based activity for entertainment/non-educational purposes a day. AIHW data indicates that 57% of Australian adults do not exercise enough.

Encourage your children to consume a healthy diet, exercise regularly and have adequate sleep i.e. close to 10 hours per night. Aim to be a good role model when it comes to lifestyle choices.


http://www.aihw.gov.au/australias-health/2014/the-good-news/ (see the list of topics in the menu on the right of the page)

Karen Toomey
HEC Teacher

Skill Centre News!

Nationally Consistent Disability Data Collection

Schools across Australia are taking part in a new national data collection on school students with disability. The data collection is being introduced in stages over three years, and started in 2013. From 2015, this information will be collected in every school across Australia, every year. All Australian governments have agreed to this.
There is nothing new about schools collecting information about students with disability – in fact, schools have had to do this by law for some time. But the type of information currently collected varies between each state and territory.

With the new data collection, every school in Australia will use the same method to collect this information – that is, a government school in suburban Sydney will collect and report data in the same way as a Catholic school in country Victoria and an independent school in the Northern Territory.

The information provided through this new national data collection will enable all Australian governments to better target support and resources to benefit students with disability. It will help to put the right supports in place for students with disability so that they have the same opportunities for a high quality education as students without a disability.

The data submitted to the Federal Government will be private and confidential, and will not include the names or personal details of any student. Below is a link to the Australian Government Department of Education website which contains a parent information fact sheet with more detailed information about the process.

http://docs.education.gov.au/node/32685

Any parent that does not wish their child to be included in the data that is collected and submitted to the Federal Government is welcome to withdraw from the process. To do so, please contact Mick Linthorne (Head of Special Education Services) on 5457 8391.

Mick Linthorne
Head of Special Education Services

News from Student Services

Technology and Homework

Wouldn’t it be great to have a program on your computer that could block those websites that eat up your child’s time when they are supposed to be doing assignments or homework?

We have good news! Such a program exists!

There is an app now available to download for PC’s called “Cold Turkey”. Just download the app on your computer and follow the prompts to block certain websites on your computers for certain allocated hours of the day. Visit http://getcoldturkey.com/ for the link to download!

A similar app for Mac users called “Self Control” can be found here: http://selfcontrolapp.com/

From the Student Services Team

The Other Talk

Family-based interventions and parent education can be effective strategies in preventing alcohol-related harms among young people, and current evidence is increasingly indicating that delaying or reducing a child’s alcohol or drug consumption will reduce the risk of related harms. Of course each family will have its own unique way of adapting information and strategies to suit their circumstances and personalities.

Some may find a website developed by The Australian Drug Foundation useful. Specifically designed to help parents negotiate discussions about drugs and alcohol, it is called http://theothertalk.org.au/about/. They say that no question is “too silly and no topic is off limits”.

“It’s about letting your child know that they can come to you to discuss not only drugs and alcohol, but also related issues such as peer pressure, health, parties, safety and expectations.”

Kerry McLenaghan
Youth Health Nurse

USC’s Open Day

In 2014 we’re giving one of the most important events in the University calendar a makeover!

Imaginarium is a fresh approach to Open Day, designed to welcome, excite and inspire Sunshine Coast residents to connect with their university. There will be loads of activities and fun for all ages, including a concert with the Coast’s very own Voice, Darren Percival.

You can also find out everything you need to know about studying at USC at the Study Quad at Imaginarium! Talk to program advisors, academic staff, and student ambassadors.

There’s even a Parent Lounge where we can answer those important questions about how students can make the successful shift from school to uni.

A number of specialised campus tours are on offer, where you can check out USC’s amazing learning spaces and talk to the people who teach in those labs. Book a timeslot online at usc.edu.au/imaginarium.

Imaginarium: USC’s Open Day
Sunday, 10 August, 2014, 11am - 2pm
Sippy Downs campus
Visit www.usc.edu.au/imaginarium for details

News from the Sports Department

CENTRAL DISTRICT WINTER FINALS DAY

Nineteen out of a possible twenty-two Mountain Creek State High School teams recently participated in the Central District Winter Sports Finals Day. The day was co-hosted by Kawana State College and Meridan State College with matches also being played at Stockland Park and Fisherman’s Road.
Multi-sports Complex. The standard of competition was high as all schools and coaches should be congratulated on the development of the skills of their players.

With nine schools in the district, competition was fierce, however the Creekers managed to bring home nine premierships. Our four Netball teams, Year 8A and B and Year 9A and B, our eYar 8 Rugby League team and Year 8 Boys A Volleyball team dominated the competition and finish the season undefeated. Our Year 9 A and B Volleyball girls finished the home and away season in second, went into the grand final against a highly fancied Caloundra and both won, while our Year 9 Boys Rugby League team, who dropped matches against the undefeated Siena and Caloundra managed to make the grand final and finish the day premiers also.

Mountain Creek also brought home the Champion School Trophy in one of the tightest finishes to date over a very strong Chancellor State College.

Central District Winter Sports Champion School Points

| 1st             | Mountain Creek State High School | 158 |
| 2nd             | Chancellor State College         | 154 |
| 3rd             | Siena College                    | 130 |

Volleyball Visit to Tin Can Bay School

On Thursday 26th June the Junior Secondary Volleyball Program visited Tin Can Bay. We had 60 students who attended the day. This almost doubles the size of the entire secondary section of the Tin Can Bay school. The day started early with the bus trip and matches commenced shortly after arriving. The aim of the day is to provide competition for both schools in preparation for participation in the annual Schools Cup tournaments in August and October. Mr Dave Arthur, the TCB teacher and coach, always appreciates the visit by our students and was impressed by the enthusiasm and play by all the Creekers. Many thanks must go to the Principal of the school who put on a free sausage sizzle for all the students – this was greatly appreciated and the sausages quickly disappeared!

The highlight of the day were the matches between the Year 9 Boys from the Creek and the Year 10 boys from TCB and the similar match between the top Year 9 Girls teams from both. These were highly competitive and of excellent quality. This valuable day certainly taught the Creekers the importance of serving in and making sure of the first pass! The day finished with Vashti Gaillard giving the Vote of Thanks to Tin Can Bay for hosting us!