From the Principal
Graduation

At the time of writing I am reflecting on our graduates for 2012 and the contribution that these fine young men and women have made to their school. I hope that in the years to come they will look back with fond memories of their time at Mountain Creek State High School. The future students at Mountain Creek State High School will look back at our alumni, see the wonderful careers and achievements of the graduates of 2012 and recognise that their school made a significant contribution to their success. I would also like to acknowledge those families whose connection to the school ends with your year 12 graduate in 2012. For some this will be significant for example, the Peckston family have had 5 students graduate from Mountain Creek SHS, the first in 2000 and the last 2012. Congratulations on a long and successful partnership with the school. My sincere thanks to all those families whose journey ends this year, for your support. Research has shown that the role of parents in education is a significant factor in student achievement.

Leading up to graduation, I again remind parents and younger siblings of our graduates that the school ceremony is for the purpose of graduates only and that siblings are not permitted to leave the school to go to any celebrations that follow the school ceremony.

End of Term

As we move towards the end of term, student attendance at timetabled classes is very important to ensure completion of the year’s work and related assessment. Please be assured that students will be in class and completing school work up until the final day for the specific year level:

<table>
<thead>
<tr>
<th>Years</th>
<th>Friday 30th November (students must attend exams as scheduled)</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 &amp; 11</td>
<td>Formal school work - Friday 7th December</td>
</tr>
<tr>
<td>8 &amp; 9</td>
<td>Activity week - Friday 14th December (reports issued Thursday 13th to students in attendance)</td>
</tr>
</tbody>
</table>

Awards Night

Congratulations to all students who were presented with special awards at our annual awards Night Wednesday 31st October. The major awards in Year 12 were presented to:

- **Trainee of the Year**: Ryan McInerney
- **Voice of the Year**: Georgina Auton
- **Arts Award of the Year**: Izzy La Macchia
- **International Award**: Georgina Auton
- **Sportsman of the Year**: Matt McCosker

Other major awards were:

- **Dux of Year 8**: Isabella Blackstone
- **Dux of Year 9**: Alexandra Hendry
- **Dux of Year 10**: Kelly Crawford
- **Dux of QSA**: Finlay Gordon
- **Dux of Year 11**: Blaine Schloss and Jade Dempsey
- **Dux of Year 11 IB**: Katie Genn

No night of celebration would be complete without our wonderful creative industries and the entertainment the students provide. I’d like to record my congratulations and a huge thank you to students and their teachers for the outstanding showcase of talent throughout the night.

Cheryl McMahon
Executive Principal

Study Skills Tips for November – Independent Learning

Some students take a long time to realise that there are actually two types of work in secondary school. There is the obvious work, the work your teacher specifically tells you to do and that is compulsory: homework, working on assignments, preparing for tests and assessments. But students who get good results in school take a larger measure of responsibility for their learning, this means that the nights where they do not have much compulsory work, they also do independent learning. These are the additional things you do, if you have no other schoolwork to do that night, to improve your understanding of your subjects. It is what students who get good marks are doing, they are not just talking about it to their friends!

Examples of independent learning:

- Reading
- Reviewing what you have been learning at school that week
- Extra practice on questions you find hard
- Research on an area you are interested in learning more about
- Making a mind map about what you have been learning
- Making study notes on a topic
- Improving your touch typing skills
- Reading ahead in your textbook
• Improving your study skills (you can complete units on
www.studyskillshandbook.com.au)
• Doing work from a different textbook or study guide for one
of your subjects (check the school library, local library and
bookshops).

Some nights you will not have time to do any independent learning. Other
nights you will have no homework and will spend the whole
time allocated to schoolwork for that night working on independent
learning tasks. Your teacher may even give you a sheet that has
suggestions of independent learning work for that subject. If you are
unsure, you can always ask. This means in secondary school you
can never say ‘I have nothing to do’ – this really just means ‘I have
nothing compulsory to do at the moment’!

One component of independent learning in high school is making your
own study notes or summaries. You can learn more about
how to make study notes in the unit ‘Summarising’ on
www.studyskillshandbook.com.au

Our school’s subscription details are -

Username: formchsonly
Password: 75results

Andrew Stone
Head of Senior School

Profile on a committed member of
MCSHS and the wider community

Each year at about this time I get to review candidates for MCSHS
Community Service Awards and am always on the one hand both
impressed and amazed at how much some students contribute to
their community and on the other, pleased by the opportunities that
this school offers for students in this area. However this year one
student stood out from this hard working group. This is what his CV
for 2012 looks like.

Matt Gilligan is a Year 11 IB student, he has a
part-time job and this is a list of what he has
been involved with this year. Please scroll
down:

• ISAS Body Image Peer Mentor
• Program
• ISAS Body Image Conference
• 2012 Youth Defence Forum
• Peer Counsellor
• PICSE – Science Investigation
• Awardee
• 2012 Youth Parliamentarian Electorate of Kawana
• President of the Student Council – MCSHS
• Young Scientists Australia – Member
• Australian Youth Aerospace Forum – Camp Participant
• Youth Without Borders Spark Engineering Camp
• UN Youth Summit – Participant
• UN Youth - Ambassador
• QDU Debating – MCSHS Team Member and Finalists
• AMEB Piano Examinations – Grade 1 Honours
• Instrumental Music Program – Tuba
• Red Cross Foundation Youth Ambassador
• Red Cross Blood Donor
• World Vision Generation Committee Member
• EcoYouth School Committee Member
• MCSHS Anti-bullying Committee Member
• Clean Up Australia Day
• Assistance with MCSHS Junior Enrichment Programme
• Science and Engineering Challenge Volunteer
• Writer in Residence
• MCSHS Magazine Committee Member
• Y2 Bringing Generations Together Interactive Technology
  Hunt
• Talent Quest Assistance
• Dorothea Mackellar Poetry Competition

• Leukaemia Foundation Door Knock Appeal and Be Brave
  and Shave
• School’s Titration Challenge
• UQ Science Experience
• Anzac Day March
• Halogen National Young Leaders Day Conference
• Creeker (MCSHS Magazine) News Film Crew
• Leukaemia Foundation Door Knock Appeal
• 40 Hour Famine
• Cancer Council Relay for Life
• Australian Youth Climate Coalition – Member

Trisha Valentine
HOD Resources/IB

International Baccalaureate Exams – A
chance to shine

Currently 17 students from MCSHS are writing their final IB
exams. Each student sits around 12 exams which are worth up
to 75% of their final grades in each of their six subjects. The
preparation for these exams is both an individual and team pursuit
and students go into each exam with the word of Mrs Elizabeth
Smith in their ears ‘it is a chance to shine’.

Not all exams are around pen and paper though. Last week two
students Adam Doughty and Izzy La Macchia completed their
examination for their Visual Arts. This exam involved an exhibition
of their art work and an interview with a visiting IB examiner.
Rarely in our lives do we get to shine so brightly!

Trisha Valentine
HOD Resources/IB

Congratulations Seniors

It is with great pride that I once again farewell a group of eager,
skilled and qualified young people in our Year 12 Graduation
cohort. I have watched this group grow and develop over the past
few years, shared their triumphs and disappointments and am
always in awe of their achievements. I know that there are some
students who have struggled with health and other problems, but
have overcome these odds through the support of friends, family
and our school resources. I know that there are those students whose
destinations lie in a trade almost immediately beginning after school
is over. Some will enter training in a specialist college environment
or in the TAFE system, and many will enter high quality academic
programs locally at the University of the Sunshine Coast or further
afield in Brisbane or even in other states of Australia.

The element that unites all of them is that they are Creeker
graduates, part of one of the largest schools in the country and a
proud and now lengthening tradition of success. Teachers at this school may not show it, but plenty shed a tear at not seeing their students after this week, because the reason they come to work is not only to inspire and educate, but to be inspired and educated by their students. Teaching and learning has always been a reciprocal process.

To some, the last week may seem chaotic, and for a few hours it is, but it is only the celebration of hard work, firm friendships made and bright futures assured. Congratulations seniors for a job well done.

GRADUATION CEREMONY INFORMATION

This year the day ceremony for Year 12 students graduating will be on Thursday 15th November, beginning about 10.15am in the Student Centre. Students will already be inside the hall from 7.30am until the start of the ceremony. The ceremony will run until about 11am and then students will leave school via the guard of honour made by other students. The school will provide Queensland Police and security guard support to guard vehicles, for the ceremony and for the exit from school for students. PARENTS! YOU ARE INVITED TO THIS CEREMONY!

Year 12 students are also reminded that they are still enrolled at school until Friday 16th November and their behaviour whilst excited and enthusiastic will be monitored for the safety of themselves and other students.

The arrangements for the night ceremony on 16th November at Suncoast Auditorium has been finalised and each student will be presented on stage with their Graduation Certificate. At this point a photographer will take a photo of each group as they exit the stage and these photos will be available for purchase from this company later via their website. This photographer will not be available for posed group photos prior to the ceremony, though there may be time for casual group shots outside the auditorium for a brief time. There is simply not time for anything more with the strict timelines for the evening. A bus will be available for students to travel then to Maroochy RSL.

Once students travel to the Maroochy RSL there will also be a photographer available for student photographs only on the balcony outside the balcony. Due to the restrictions the RSL has on entry to this event there will be no opportunity for family photos at this venue. Families should seek other means to organise this.

Andrew Stone
Head of Senior School

Schoolies

THE MEMORIES YOU’LL HAVE FOR THE REST OF YOUR LIFE

MAKE SURE THEY ARE YOUR MEMORIES AND NOT THOSE THAT OTHERS TELL YOU

This is a time to celebrate with all your friends where ever you go. Gold Coast, Sunshine Coast, Sydney, Bali, Fiji etc.

Safety is the same where ever you are.

STICK TOGETHER

Don’t go it alone, always go with at least one other person. Watching your mates, and making sure they’re safe, is the best way to make sure you all have great time at Schoolies. Keep in touch with your parents and let them know your plans. Make sure you have your student ID on you (not someone else’s).

DON’T RISK IT

If you choose to drink at schoolies (knowing the legal age) do so being sensible. Be aware the under 18’s are at higher risk of accidents, injuries, violence and self-harm if you are drinking.

If you find yourself in a situation where you have had unprotected sex, make sure you see a GP or attend one of the 16 sexual health clinics in Qld. Sexual assault is a crime.

Make sure you have the emergency numbers for where you are staying. Always call 000 in an emergency for Police, Fire or Ambulance.

Ambulance officers will not notify police unless they are prevented from their duties or a crime is being committed.

If you are 18 or over and are caught supplying alcohol to a minor you will receive a fine for $8,000.

PROTECT PRIVACY

Have fun taking photos/video of yourself and friends but remember, posting photos to Facebook and sexting can have unintended consequences. Protect your privacy and protect your future.

RESPECT THE LOCAL COMMUNITY

Schoolies locations are also people’s homes. Respect these areas when you are visiting and consider the local community.

FOR FURTHER INFORMATION: www.schoolies.qld.gov.au/schoolies/schoolies

KERRY
YOUTH HEALTH NURSE

Outstanding Success at Sunshine Coast Mathematics Tournament

On November 1st, MCSHS sent four teams from year 9 to year 12 to compete in the Sunshine Coast Mathematical Challenge against 22 State and Private schools and over 1000 students. MCSHS won certificates in every year level and overall 2 silver medals.

The students test their mathematical ability in three categories – Quick mental skills, Team problem solving and team relay – problem solving.

The year 9 team comprising of Bryce Street, Jason Humrich, Paul Sovard, Jasmine Benjamin and Alexander Hendry, won the Mental section with 48/50 points. The year 10 team comprising of Finlay Gordon, Mimi Tran, Tom Barry, Liam Appleyard and Chelsea Cadell came third in the team section.

The year 12 team comprising of, Alex Johnston (Year 12 IB Dux), Connor Villiers, Josh Shamrock, Athone Millane and Rainer Scheu won the mental section and were also third in the team section, winning a silver medal overall. The year 11 team comprising or Taison Pelman, Alexander Heck, Sally Wang, Blaine Schloss and David Selvage came second in the mental section, third in the team section and also won a silver medal overall.
1 to 1 Laptop Program Update

Currently an audit is being undertaken of all student laptops. This involves an IT staff member sighting all laptops and checking for damage to the laptop, cases and chargers. Please ensure laptops are brought into school EVERYDAY so this audit can be conducted as quickly as possible.

In the process of conducting the audit it has become very clear that a large majority of students are not carrying laptops in the provided cases. This has the potential to cause damage to the laptop, broken screen, broken casing etc. It is necessary for all students to have laptops in cases at all times. No laptop will be fixed by the IT technicians unless it is presented in a case. Thank you for your assistance with this.

There is a new trend of students installing software on their laptop to avoid detection by Education Queensland filtering systems. Please be aware that any student who is found to have the AB Tutor control panel or software to block/bypass the school’s filtering system will be suspended. The presence of this type of software constitutes a breach of the agreement signed by the student and the parent and will be taken seriously. We thank you for your support with this matter.

Kate Legg
IT Co-ordinator

News from Creative Industries

MaDd Week 2012

Week 3 saw the Creative Industries precinct come alive with MaDd Week 2012. Many thanks must go to our wonderfully talented students and staff for their commitment and obvious passion for the Creative Industries. A special feature of the week was the IB Visual Art Exhibition, curated by students Izzy La Macchia and Adam Doughty, supported by Art teacher Tarla Varney. We look forward to presenting more of our MaDd evening photographs in the next newsletter.

Visual Art Studies Students Get a Real Treat

Year 11 Visual Art Studies students have been recently constructing up and out. Visiting artist Toni Henderson ran a workshop with students to teach them about the potential of paper as a sculptural medium. Students created interesting forms and textures such as feathers, scales and tentacles from a range of recycled materials. Students really enjoyed the hands on workshop, and the techniques and ideas are now being employed in their sculptures for assessment.

SCHWEP 2012

Our talented musicians performed exceptionally well in the recent Sunshine Coast Honours Wind Ensemble Program. As always, students represented Mountain Creek State High School as exceptional young adults. Students involved were Jennifer Magerl-Fuller, Alyssa Pagamenos, Michael Genn, Max Dawson, Ashleigh Howell and Stuart Redden.

Creative Industries Sub Committee News

Calling all interested Creative Industry parents, we still want you! The Creative Industries Sub Committee fosters the interests of Creative Industries projects for the benefit of the school and its students. Our next meeting will be held this coming Thursday, 15th November. We welcome any further parent or student support for the committee. If you are interested in finding out more about how you can get involved, please do not hesitate to contact Jess Wall, Acting Head of Department Creative Industries (and Chair of the Creative Industries Sub Committee) on 54578337 for more information.

Jess Wall
A/HOD Creative Industries

Coming to a Performing Arts Block Near You

The Mountain Creek 2013 Musical!!!

Auditions to be involved in our 2013 musical are starting very soon for soon for a number of roles both on stage, behind the scenes or in our fabulous musical band! Due to the short nature of our first term in 2013 we have had to split up our auditions and as a result:

- Current year 8’s and 9’s will be auditioning for stage roles on Monday 10th of December (week 10).
- Current year 10’s and 11’s you will be auditioning in week one of term one 2013
- New cohort of year 8s in 2013 will be auditioning in week one of term one 2013

In order for our current students to be assured an audition spot for either this year or next year please come to Stradbroke sub school to sign up with the person of your choice you wish to audition with. Our new year 8s will sign up next year!

Audition requirements:

- no longer than 5 minutes and in pairs
- A small piece of acting (can be from anywhere - made up or a script)
- A small dance (any style!)
- A small piece of singing (can be from anywhere - by yourself or with a backing tape)
A Moment of Zen for our Year 12 Ancient History Students

Throughout this term the year 12 Ancient History students have been studying the ancient religions and practices of Buddhism, Hinduism, Confucianism, Taoism and Jainism. In order to consolidate their understanding of this topic they were taken to Eudlo’s very own Tibetan Buddhist retreat Chenrezig. This retreat lies in the mountainous hinterland of the Sunshine Coast and was established in 1974 and was one of the first Tibetan Buddhist centres in the Western World and remains one of the largest. In fact the retreat is so well known that two years ago the Dalai Lama visited the monks and nuns in order to teach for three days.

This trip allowed the students to better understand the customs and history of this very peaceful religion as they partook in a walk through the Buddhist Stupa and Enlightenment Garden, enjoyed some quiet reflection in the Gupta, chatted to a Buddhist nun about her way of life and then relished in some amazing vegetarian cuisine. All in all a perfectly delightful day out!

A day to remember with the RIP Club

The RIP Club or passionately known as the Little Rippers, have been busy selling poppies for the Maroochydore RSL just in time for Remembrance Day. The students have created a power point for teachers to use in their classes to further enhance what this day means for many and why red poppies are used as a symbol for this day. The Little Rippers have added to this by designing a library display where memorabilia is on show for students to see.

Year 8 Boys AFL

The Year boys are currently contesting the Jonathan Brown Cup, this is an AFL Queensland School of Excellence competition for year 8 boys. The competition is designed to provide year 8 boys with an opportunity to compete against other School of Excellence schools in a modified and dynamic format.

Mountain Creek SHS fielded two teams an A team and a B team. The A team after the first round of competition were undefeated with big wins over Park Ridge SHS and Sandgate SHS and a hard fought win over School of Excellence powerhouse Helensvale SHS. Best players: Fletcher Ormrod, Bayden Goff, Jai Larkins, Matt Holt, and Ryan Bannerot.

The B team consisting of several first gamers from other football codes were extremely competitive in their division, chalkling up two wins and a narrow loss. Best players: Josh Wynne, Corey Linton, Jye De Castro and Sam Benstead.

The boys will contest the final round of this competition on Friday November 16th.

Best of luck boys.

Junior Boys A – Friday Night Basketball Champions

Mountain Creek SHS Junior boys A basketball team had a tough battle against Matthew Flinders Anglican College in the Grand final last Friday. The boys played hard all game and pulled away to win by 7 points in a tightly contested match. The team consisted of Bayden Goff, Jai Larkins, Ryan Bannerot, Quentin Bligh, Cameron Bateup and our massive import from Mountain Creek State School, Blake Williams. Four out of the six boys had been in Brisbane all day contesting the AFL 9’s competition, yet still had the energy to run the whole game that night.

It was a physical game with Bayden making baskets despite having several players hanging off him, and Ryan and Blake taking on boys twice their height. Cameron and Quentin played excellent defence making it very tough for Flinders to score, while Jai controlled the Creeker’s offence leaving the opposition with little options. The boys had an excellent season, remaining undefeated despite some close games. All players gave 100% every week, supported and encouraged their team mates, and did their coach, parents and Mountain Creek SHS proud. Congratulations boys, bring on next year!
**Tim Wilson**  
**HOD HPE**

**Intermediate Girls Basketball – Champions!**

The Intermediate girls Basketball team comprised of Maddie Williams, Sam Window, Caitlyn Weber, Brienna Stockdale, Darcy Goss and Taisha White competed in the Friday night basketball competition. The girls had a solid season progressing to the semi-finals where they defeated Caloundra SHS. The Grand Final was played against Sunshine Coast Grammar. All girls played really well with some awesome defence produced from Brienna and Maddie. Throughout the game Sam and Caitlyn showed fighting spirit to keep the team ahead. The girls were ahead by only 2 points with 2 minutes left and some sharp shooting by Darcy and Taisha ensured Mountain Creek SHS were the premiers at the final siren. Congratulations to the team for an excellent season.

**Sarah McKenzie**

**Sport Awards Presentation**

On Monday 5 November each of the major sports here at Mountain Creek High presented their Best & Fairest and Most Improved Awards. Players of the Year were also presented with certificates for their achievements during 2012. Mrs McMahon made a special point of congratulating the awardees and thanking all the teachers and coaches who have put in so much time during the year that has led to our success on many different sporting fields. The full list of awardees is included here and it was great to have so many in attendance for the morning presentations. The Best and Fairest Awardees received a certificate and a $20 voucher while the Most Improved Awardees received a certificate and an embroidered sports towel. The Players of the Year were presented with a certificate and a $50 voucher. Congratulations to all these students on a very successful year.
<table>
<thead>
<tr>
<th>Sport</th>
<th>Most Valuable Player</th>
<th>Most Consistent</th>
<th>Coaches</th>
</tr>
</thead>
<tbody>
<tr>
<td>Intermediate C</td>
<td>Paris Williams</td>
<td>Ashlyn Slade</td>
<td>Tess Sliman</td>
</tr>
<tr>
<td>Open A</td>
<td>Emily Wotton</td>
<td>Nadine Young</td>
<td>Lami Powell</td>
</tr>
<tr>
<td>Open B Pink</td>
<td>Tess Sliman</td>
<td>Lami Powell</td>
<td>Eve Wall</td>
</tr>
<tr>
<td>Open B Navy</td>
<td>Demi Williams</td>
<td>Owen Bligh</td>
<td>Casey Lowe</td>
</tr>
<tr>
<td>Open C Pink</td>
<td>Melinda Trevanion</td>
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**Player of the Year**
- Tayla Barnes

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<table>
<thead>
<tr>
<th>Sport</th>
<th>Most Valuable Player</th>
<th>Most Improved</th>
<th>Coach’s Award</th>
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</thead>
<tbody>
<tr>
<td>Rugby League</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Year 8</td>
<td>Jarrod Zadow</td>
<td>Ryan Bannerot</td>
<td></td>
</tr>
<tr>
<td>Year 9</td>
<td>Connor McCabe</td>
<td>Jake Thornton</td>
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<tr>
<td>Year 10</td>
<td>Josh Donoghoe</td>
<td>Luke Brown</td>
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<tr>
<td>Year 11</td>
<td>Devlin Long</td>
<td>Owen Bligh</td>
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<tr>
<td>Year 12</td>
<td>Kaleb Pitcher</td>
<td>Jake Holderness</td>
<td></td>
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<tr>
<td>Rugby Union</td>
<td>Locky Price</td>
<td></td>
<td></td>
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<tr>
<td>U15 Boys</td>
<td>Jason Gough</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Open Girls</td>
<td>Hayley Barnes</td>
<td>Jess Lundgren</td>
<td></td>
</tr>
<tr>
<td>U16 Girls</td>
<td>Ella Price</td>
<td>Tasmyn Sutton</td>
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<tr>
<td>U14 Girls</td>
<td>Jordyn Bonell</td>
<td>Alex Leslie</td>
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<tr>
<td>Soccer</td>
<td></td>
<td></td>
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<tr>
<td>Open Girls</td>
<td>Kiera Burgess</td>
<td>Samara Christmas</td>
<td></td>
</tr>
<tr>
<td>Open Boys A</td>
<td>Matt Barmentloo</td>
<td>Josh Keenan</td>
<td></td>
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<tr>
<td>Open Boys B</td>
<td>Davide Libardi</td>
<td>Alejandro Vasquez</td>
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<tr>
<td>Open Boys Red Lion Cup</td>
<td>Jake Wallett</td>
<td>Liam Appleyard</td>
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<tr>
<td>Volleyball</td>
<td></td>
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<tr>
<td>Player of the Year</td>
<td>Paul Appleyard</td>
<td></td>
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<tr>
<td>Best &amp; Fairest</td>
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<td>Most Improved</td>
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<thead>
<tr>
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<th>Most Consistent</th>
<th>Coaches</th>
</tr>
</thead>
<tbody>
<tr>
<td>Year 8 Girls</td>
<td>Paityn Montague</td>
<td>Poppy Sinclair</td>
<td>Georgia McGregor</td>
</tr>
<tr>
<td>Year 8 Boys</td>
<td>Tim Palk</td>
<td>Jag Jensen</td>
<td>Lateisha Kenny</td>
</tr>
<tr>
<td>Year 9 Girls</td>
<td>Caitlin Bettenay</td>
<td>Olivia Carlisle</td>
<td>Jess Wheatley</td>
</tr>
<tr>
<td>Year 9 Boy</td>
<td>Cobby Wilks</td>
<td>Jack Murphy</td>
<td>Georgie White</td>
</tr>
<tr>
<td>Year 10 Girl</td>
<td>Jamie Lee Dishington</td>
<td>Lin Maree Litau</td>
<td>Ben Abbott</td>
</tr>
<tr>
<td>Year 10 Boy</td>
<td>Scott Sinclair</td>
<td>Jordan Sierlis</td>
<td>Ash Arrowsmith</td>
</tr>
<tr>
<td>Senior Girls</td>
<td>Katharine Needham</td>
<td>Tayla Spier</td>
<td></td>
</tr>
<tr>
<td>Open Girls</td>
<td>Georgia McGregor</td>
<td>Aayliyah Moloney</td>
<td></td>
</tr>
<tr>
<td>Open Boys</td>
<td>Izzak Morris</td>
<td>Lachlan Keenan</td>
<td></td>
</tr>
<tr>
<td>Waterpolo</td>
<td>Georgie White</td>
<td></td>
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<tr>
<td>Player of the Year</td>
<td></td>
<td></td>
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<tr>
<td>Senior Girls</td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Intermediate Girls</td>
<td>Zoe Allen</td>
<td>Manon Te Riele</td>
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<tr>
<td>Intermediate Boys</td>
<td>Riley Korac-Stevens</td>
<td>David Pickard</td>
<td></td>
</tr>
</tbody>
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**Tim Wilson**
**HOD HPE**

**State Track and Field**

Three talented athletes represented Mountain Creek SHS at State Secondary Track & Field Championships in the last week of October. Up and coming 13 years Jack Bowen brought home two silver medals in 400m and 800m. Brad Costelloe jumped over his own height with 1.89m to earn a Bronze medal in 16 years boys High Jump. Monique Hastie ran a credible 6th in the 18-19 girls 100m Final. We say goodbye to Monique this year from our MCSHS Athletics team and wish her well in her endeavours.

**Madonna Reynolds**
**HPE Teacher**

**Surf Lifesaving Australian Titles**

In March/April 2012 Scott Sinclair and Josh Collis competed for Alexandra Headland U15 Boys, in the 2012 Surf Lifesaving Australian Titles, commonly known as 'Aussies'. Together, Scott and Josh’s team won three Australian Gold Medals in the Board.
Relay, Surf Teams and the Cameron Relay. An Official, said that in the history of Surf Lifesaving, they hadn't known one team to take out all these water events at the same time.

Scott went on to win an Australian Silver Medal in Board Rescue and in the U15 Champion Lifesaver, an individual Australian Gold medal. This event has 3 competitive sections Theory, CPR and 4 Physical elements. This medal tally meant that Josh Collins was named the 7th highest achieving Male Athlete of the Aussie Surf Lifesaving Carnival and Scott the 3rd highest achieving Male Athlete of the Aussie Surf Lifesaving Carnival, ahead of athletes such as Shannon Eckstein.

With this success the boys then, went on to be awarded the "State Sports Team of the Year" by 'Queensland Surf Lifesaving 2012'. Congratulations and well done guys!

Madonna Reynolds
HPE Teacher

Wednesday Interschool Sport

Team of Round 5 – Year 8 Boys Basketball

The year 8 boys basketball teams have had a mixed start to the season. The A team has cruised through the first 5 rounds undefeated while the B team only clocked up its first win of the competition last week against Maleny.

Coach Hutchinson states that by no means is the season over for the B team, who came from seven nil down at half time to win eight-seven at the final whistle. “If the boys can string together a few more matches like that one, they will be final’s contention… but it will be tough” he says.

The A team has had a much easier ride to the halfway point of the season with victories over Maroochydore, Chancellor, Maleny and Meridan. At this stage the MVP goes to Baiden Goff, who matches his brawn with his brains, dominating the boards with his excellent rebounding and points at the post. Coach Hutchinson also praises Jai Larkins for his shooting, steals and defence while Ryan Bannerot is “Mr Reliable” as an all-round team player.

Team of Round 6 – Year 9 Girls Basketball

In an almost faultless season to date, the year 9 basketball girls are barstorming their way to the finals. This week it may just have been a grand final preview against a very solid Siena outfit.

The B team looked well and truly in control at half time with a ten point lead and looked to extend that lead further by dominating the early minutes of the second half. However it was Siena who literally couldn’t miss, stacking on five unanswered baskets, drawing level. Thanks to Drew Beveridge chasing down the ball and opponents at every opportunity, Nina Wilkins dominating the rebounds and some sharp shooting by Zoe Biggar, the Mountain Creek girls regained the lead and hung on for an eight point victory.

The A team game was also a close encounter with many baskets scored by two quality teams. Mountain Creek had the early lead due to a couple of two pointers in the first minute of the match. Siena wasn’t deterred, and went basket for basket with the Creekers for the rest of the first half. It wasn’t until well into the second half when the Creekers felt like the victory was theirs. MVP so far has to go to Sam Window with some exceptional skills all over the court. Sam is well support by netball convert Paris Williams, solid defender and rebounder Caitlyn Webber and new speedster Isabel Orton.

One would assume that the teams’ success is solely due some superb coaching skills, but coach McKenzie says she can’t take all the credit. She puts it down to a great team effort after week and some awesome defence.

Andrew Denny
Sports Co-ordinator

Volleyball – Creekers at the Queensland Schools Cup

Creeker Volleyball has finished off the 2012 volleyball season with a bang at the Queensland Junior Volleyball Schools’ Cup. Mountain Creek State High School sent 45 players in 6 teams to Brisbane in October to test their skills against the state’s best.

The competition ran over 3 days, involved sixty-nine schools, 229 teams, over 1700 competitors and played out over 1000 matches. Mountain Creek State High finished in ninth place in the overall schools’ competition. This is an excellent result and one of which we should be very proud.

All Creeker teams played exceptionally well finishing in the top five in all of their divisions. Highlights included our medallists, the Year 10 girls Bronze (Intermediate Girls Honours) and the Year 8 boys Silver (Youth Boys Division 2).

The Year 10 girls received a wild card entry into the state’s top division, honours. The girls started the competition a little too cautiously going down in four sets to school of excellence, Gladstone. It took an extraordinary effort in an extraordinary match, against Benowa which concluded after midnight and turned the tournament around for the girls. Jaimee-Lee Dishington decided to take the match by the throat and attack at every opportunity off some solid setting from Lateisha Kenny. This effort was the catalyst for the team to lift for a resounding victory over Holland Park. Mikayla Leslie passed superbly from the backcourt (and was responsible for numerous unorthodox winners), Jamie Keightley blocked some of the best hitters in the state. Lau Poppleton and captain Aaliyah Moloney bamboozled the opposition with their serves and dominated the net. Eventual ‘Volleyballer of the Year’ Georgie White was a rock in the back court and outsmarted many a defender with a measured and calculated attack. This gave the girls and opportunity to play off for a medal against a still improving Gladstone. Player of the match Limmarea Litau literally had blind in the setting position and has to take a fair share of the credit for the team’s bronze medal victory.

The Year 8 boys managed to cruise through two and a half days of volleyball without a loss. MVP Ronen Struyf was the most consistent performer with damaging hitting and blocking. Tim Palk also performed solidly despite injury, combining with Mitch Roberts with some smashing serves. Jackson Spier was a surprise packet, deceiving the opposition with some left handed spikes and big improvers were Daniel Needham and Jag Jensen with quality setting and great court awareness. The boys came up against traditional rivals Tin Can Bay in the gold medal match. It was Tin Can who was the better team on the day, however going by the improvement shown by the Creeker lads it will only be a matter of time before our boys will get on top.

The unluckiest team of the tournament has to be the Year 8 girls. With twenty teams in their division, the girls certainly had their
work cut out for them. The girls played seven matches in total and only dropped one match (just three sets in total) finishing a creditable fifth. They claimed huge volleyball scalps such as Craigslea, Redlands and Benowa along the way. Paityn Montague and Taesha White were instrumental with their sensational setting and attacking prowess. Most improved player was Poppy Sinclair who was the go to hitter on the big points.

The Year 9 girls also earned a place in the state’s top division, Honours. The competition proved to be tough with some excellent game play produced from all teams. After a mixed first two days of competition with an even amount of wins and losses, the Creeker girls finished the tournament strongly with a fifth in the state. Kate Kershaw was outstanding through the middle intimidating the opposition at any opportunity. Danekah Pember was excellent under pressure serving accurately at the most critical moments, while Libero Delfina Sutjiadi passed the hardest spikes in the tournament like it was second nature.

The Year 10 boys also finish a commendable fifth in their division. Scotty Sinclair and Jordan Seirlis were the go to men with some strong outside hitting. In the setting positions were Joel Williamson and Sam Weiss-Marsch who constructed the team’s attack. Unfortunately the early losses hurt the boys, but they bounced back winning their last match convincingly. The boys are looking forward to representing the school in the senior division in 2013.

The Year 9 boys played in a division above their years and despite some distractions (players with other sporting commitments) played well. Over the course of the tournament the boys improved individually and as a team, finishing the tournament with two dominant victories. MVP Cohby Wilks was consistent all over the court and led the boys well. Most improved player, Jack Murphy attacked with venom outside as the boys finished seventh in their division.

Many thanks to the teaching staff Tim Wilson, Jacqui Sanham, Melissa Turner, Cameron Bettenay and Andrew Soward and assistant coaches, Ben Abbott, Jessica Wheatley, Georgia McGregor, Stuart Stevenson, Ash Arrowsmith and Cameron Stevenson for giving up their entire weekend and sharing their expertise.

Andrew Denny
Sports Co-ordinator

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**Christmas Holidays**

**Kids Fit Club**

**Day 1**
- 8:00am – Bootcamp fun
- 10:00am – Morning tea
- 11:00am – Healthy eating workshop
- 12:30pm – Lunch
- 1:30pm – Yoga/super stretch out
- 2:30pm – Healthy snack preparation
- 3:30pm – Pick up

**Day 2**
- 8:00am – Aquatics fun
- 10:00am – Morning tea
- 11:00am – What makes me the best I can be
- 12:30pm – Lunch
- 1:30pm – Fun fitness games
- 2:30pm – Healthy snack preparation
- 3:30pm – Pick up

**Day 3**
- 8:00am – Obstacle course challenge
- 10:00am – Morning tea
- 11:00am – Leadership challenge
- 12:30pm – Lunch
- 1:30pm – Kids cardio boxing and self-defense
- 2:30pm – Healthy snack preparation
- 3:30pm – Pick up

**KIDS LEARN ABOUT FUN FITNESS CHOICES AS WELL AS LEARNING ABOUT SUSTAINABLE HEALTHY LIFESTYLE PRACTICES INCLUDING HEALTHY EATING, SELF-IMAGE AND LEADERSHIP**

Ages 6 years – 12 years.

Parents must pay in full to reserve their spot.

**CONTACT KASSE**

Benefit Health and Fitness

0403601424

info@benefithealthandfitness.com.au

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**Christmas Holidays**

**Kids Fit Club**

Are you looking for a Christmas holidays activity that combines fun and fitness for your children?

Do you need an activity to keep your children safe and happy while you are working during the school holidays?

**Where**: Benefit Health and Fitness
Lady Musgrave Drive, Mountain Creek

**When**:
- 19/20/21 December 2012
- 7/8/9 January 2013
- 14/15/16 January 2013
- 23/24/25 January 2013

**Cost**: $100/3-day Course
Healthy snacks/all equipment included.
Trip to Mountain Creek aquatic complex included.

**CONTACT KASSE**

Benefit Health and Fitness
0403601424
info@benefithealthandfitness.com.au