FROM THE PRINCIPAL (Acting)

It is with a great sense of satisfaction that I report the success of the Senior Information night on Monday 6th. The staff and I were overwhelmed with the massive numbers of parents that attended and asked thoughtful questions about the content. This shows clearly something that I have always believed, namely that Mountain Creek State High School parents believe strongly in the educational pathways we offer and are strong advocates for relevant, modern and engaging education for their sons and daughters. Thank you to all the parents who came along (many of whom stood for a time).

The focus for students this year is to arm themselves with the knowledge of how they can do better in each subject they do. I have broadcast the message widely that close consultation with the teacher is the first and most important step in gaining an understanding of how to improve grades. Education is a two way street. Whilst the teacher is trained to identify the strengths and weaknesses of each student in their class, it is also vital that students communicate any misunderstandings or gaps in their knowledge in return, by making notes in their books and asking questions of the teacher. We may be a school on shifts, but that does not mean that we are unable to accommodate willing students wishing to seek clarification of concepts after class time is over. Other techniques, such as students writing notes to teachers amongst the pages of an assignment draft, or studying with classmates to test each other’s knowledge are a proven way to ensure that the educational relationship is not just teacher to student.

I was privileged to represent the school at the recent University of the Sunshine Coast scholarship awards. Past student Georgia Holliday received a $6000 scholarship towards her degree program. 2011 QSA Dux, Mitchell King has been awarded a scholarship of $24000 from the University of Queensland where he has just begun a degree in Engineering. These are just the latest of many achievements, but many current students think these kinds of awards are rare and unattainable. My experience is the students who apply well in advance and prepare their application carefully, coupled with a solid academic record are more likely to have a chance of collecting some financial support for their studies, and the scholarships available are myriad. The school always passes on any of these opportunities to students at assemblies.

Parents are advised to check the changed arrangements for school holidays in 2012 due to the renegotiation of public holidays. The updated calendar is on the schools website and in the Student Planner. Parents are also to note that the school is required to keep very accurate attendance records of students and any student that is away “unexplained” for three consecutive days will attract scrutiny. Students that plan to be away for more than 10 school days must collect an exemption from schooling application form from the office and submit this, well before any planned time away from school.

Our Executive Principal Cheryl McMahon will have returned to school from leave as you receive this newsletter.

Best Wishes
Andrew Stone

FROM THE HEAD OF MIDDLE SCHOOL

Our Middle School students have made a very good start to the year. I would encourage you to start to talk to your student about possible Career pathways beyond school. All Middle School students will be asked to complete information on Career options prior to the end of term.

Valuable items
Skate boards should not be brought to school. They cannot be used in the school grounds. We do not have the storage capacity for student’s skate boards, nor can we guarantee their security. Thank you for your support in the matter.

Exam Schedule
Year 8 and 9 students will receive their exam block schedules this week. Students have also been issued with their Semester Planners. Please have students display these schedules at their desk or on the fridge at home. After 5 weeks of school, students should be into good homework and study habits to ensure they do well in their Term 1 assignments and exams.

Remember, Term 1 Report Cards will be sent home with students on Friday of week 1, Term 2.

Wednesday Afternoon Enrichment
Every Wednesday afternoon our Middle School students participate in a selection of interschool sports or enrichment activities. This term students have been able to choose from an exciting array of enrichment activities including: clay making,
yoga, History Club, computing skills, jewellery making, martial arts, photography, multimedia design, origami, drama and fitness. Enrichment will continue in Term 2 – so be prepared to choose another exciting activity to immerse yourselves in.

**Extra-Curricular Activities**
(The examples below are designed to give you a flavour rather than a complete list)

- **Sport**
  - Netball, Basketball, Volleyball, Soccer, AFL, Union, Cross Country, Athletics

- **Creative Industries**
  - Junior Dance Company
  - String Ensemble
  - Stage Band
  - Wind Symphony
  - Concert Band
  - Two Minutes of Madness – Mountain Creek SHS Talent Quest (Week 5, Term 3)

- **Public Speaking, Debating**

**Exam support**

Exam time, as I am sure you remember, is an anxious time for the entire family. While you cannot complete your child’s homework and study for them, you can help in the following ways:

- Ensure they have a good night’s sleep before the exam (cramming the night before is not appropriate – work should have been done every night during the term)
- Ensure they have a nutritious breakfast during the morning of the exam
- Ensure they have all their equipment in their school bag – pens, pencils, erasers, calculators etc
- Explain that a few nerves are OK (but don’t panic)
- Discuss how they are going to complete the exam (what suits their style)
  - begin at question 1 and work steadily through the exam or
  - begin at a question that you know you can answer (this might be question 5, followed by question 8, then come back to question 2 etc)
  - always attempt all questions
  - attempt questions that are worth a lot of marks early in the exam
  - if you do not understand the wording of a question, take a deep breath, and come back to this question a little later (sometimes the teacher may be able to clarify the question for you – so put your hand up and ask)
  - use your watch/clock to give yourself enough time to attempt all questions

**Parent Tips - Homework**

Homework is set every night for the subjects students have on that particular day. The only exception is in some practical areas. Please notify the Head of Department for a particular subject if homework is not being set.

Please also have a look at the Assessment Planner that was issued to your student. This has a summary of assignment tasks and due dates. Sometimes students will be asked to work on assignments, or parts of a task, by class teachers, well before the due date. Please display the Assessment Planner in a prominent place!

Year 8 and 9 students should complete approximately 1 hour of homework per night. However, some families utilise the late start to the school day by having students complete their homework of a morning. This allows students to participate in other activities after school, be in bed by a reasonable hour each night, and be awake at a reasonable hour every morning.

All students received a homework diary in their first week of school – it should be brought to school and used daily. Sometimes this diary can be used as an effective way for parents and teachers to communicate – with the student given the responsibility of ensuring this happens. Simply write your query in the diary with a signature and date. Teachers will reply in exactly the same way.

**Young Scholars Program**

In 2012, Mountain Creek SHS is continuing to offer the ‘Young Scholars Program’ for students in years 6 and 7 from our local feeder schools. The program is designed to provide enrichment opportunities for bright and motivated students.

Our first ‘Young Scholars Program’ sessions occurred on Thursday 9 February. Year 6 students went through an orientation program and Year 7 students were involved in Science activities.
We would like to take this opportunity to thank the Senior Leader and staff volunteers who generously give up their time to make these afternoons successful and enjoyable.

Here are some photos from our first Young Scholars visit on 9 February:

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**QUALITY**

**Creative Industries**

It is only week six and already the Creative Industries is off to an eventful start!

**Year 11 Drawing Life**

Year 11 Visual Art students had a taste of what it might have been like for Matisse to ‘draw from life’ at the Life Drawing class held in the Performing Arts block on Tuesday, 7th February. Students participated in a two and a half hour workshop, with a professional life model, run by Visual Art teacher Amanda Dickson. The results were impressive to say the least! Linked to this fantastic experience, was the Year 11 Visual Art excursion to the ‘Matisse: Drawing Life’ exhibition at the Gallery of Modern Art (GOMA) in Brisbane on Thursday, 23rd February. Eight lucky, star struck students being chosen to participate in a photo shoot to advertise GOMA’s new GOMA Café. These photographs may be used on GOMA’s website or other marketing material.

**Year 12 Visual Art**

Year 12 Visual Art students were provided with the opportunity to work with professional artists who visited the school to conduct workshops over a three day period. During these sessions students developed visual material and ideas collected from a recent excursion to the Point Cartwright Nature Reserve exploring the possibilities of new art processes offered by the artists.

**Creative Opportunities for Students**

**Choreographic Competition**

It’s time to get creative with Mountain Creek’s own choreographic competition on Monday the 19th March to raise funds for the school’s Dance Company. This is open to students of all ages and gender, no dance experience necessary. You can choose any style and can perform as an individual or group dance. Sign-up is week 5 at Bribie with free registration and prizes to be won. Tickets are $5, available from Fraser in week 8. For more information see the posters at any of the four Sub Schools.

Andrea Evans
A/Head of Middle School
Drama Club
2011 marks the first year of Drama club for Mountain Creek SHS. Students will meet each Wednesday and build their drama skills through a variety of workshops and experiences. An overwhelming response from the junior levels was very pleasing. The teachers look forward to an exciting semester ahead with two full classes. Senior drama is also teaming with amazing talent and willing students. The semester will kick off with a Theatre Sports night and then look out for the roving entertainers at the Abby Museum during Term 2. Please contact Drama teacher Tylene Thompson on 54578336 for more information.

Two Minutes of Madness!
This year’s musical alternative will be a talent quest! We will be calling for interested students towards the end of Term 1, so students will need to start tuning in to notices, and thinking about how they can get involved! The final performances will be held in week 5 of Term 3, so stay tuned for information on how you can get tickets to the big event!

Date Claimers
The nature of our faculty means that there are events happening all the time. Please note that in the coming weeks the following events are scheduled:

- Dance Company Eisteddfod workshops Wednesday 22nd and 29th February
- Year 9 C, CVA Art Excursion to Noosa Regional Gallery Thursday 1st March
- Year 9 B, E Art Excursion to Noosa Regional Gallery Friday 2nd March
- We are still calling for expressions of interest for our Instrumental Music Program, especially for Middle School students. If your student is interested, get in touch!

If you have any enquiries regarding the above information, please do not hesitate to contact me on 07 54578337 or via email jwall77@eq.edu.au.

Jessica Wall
A/Head of Creative Industries

Unravel the World with SOSE
I would like to extend a huge welcome to all our new students, especially our year 8s. 2012 brings excitement in many ways for SOSE as we enter an ever increasing world fuelled by the desire to be technologically informed and equipped. In contrast, it was encouraging visiting classrooms to see a balance being achieved between ICTs and what I call “old school teaching”. While there is a place for both, the excitement lies in the combining of these aspects into the everyday SOSE classroom where students are actively engaged and possess an inquiring mind about the world around them. The picture on the front cover shows an activity where students were required to build the tallest pyramid given restricted materials and time. Students were excited, engaged and the team work aspect created was rewarding.

Lisa Kempt
A/HOD SOSE

OPPORTUNITY

From the Resource Centre
Consider this. A library with no walls. In this world of daily changing technology students can have exactly that: a library with no walls.

‘jstor’ is a multi-discipline database that can be accessed through the State Library of Queensland website.

Students can take advantage of this database in an effective and specific manner to utilise peer reviewed journals, diagrams and tables that are current and broad ranging. This is an excellent resource that goes far beyond the walls of your (also excellent) Resource Centre.

Students can register online for an eservices card at www.slq.qld.gov.au – it’s simple.

Make your research work for you.

Trish Valentine
HOD Resources
Psychology new at Mountain Creek State High School!

In 2012 Mountain Creek State High School has become the only school on the Sunshine Coast to offer students the opportunity to study Psychology. It is being offered as a subject in the International Baccalaureate Diploma Program. Ms. Kim Nash, who previously taught Psychology in Victoria as part of the VCE, believes that “psychology is an important subject that requires students to develop knowledge and skills that are useful across all aspects of their lives”. “Students love studying Psychology because it is all about them! They can apply everything they learn to their own lives and it helps them interact with and understand all types of individuals”.

Psychology will be offered to year 10 and 11 International Baccalaureate students in 2013, with 2014 seeing it offered in year 12 as well. This year 26 excited year 10’s have chosen to study psychology as their group 3 subject and are enthusiastically engaging with the new material.

Trisha Valentine, Head of the IB programme at Mountain Creek believes that ‘with the study of psychology students will develop a greater understanding of themselves and appreciate the diversity of human behaviour’.

Trish Valentine
HOD Resources

Senior School - Date Claimer: University Expo at Mountain Creek State High School

On the 7th March all Year 12 students will attend the University Showcase organised by the University of the Sunshine Coast. Session 2 classes on this day will be cancelled so that students have the opportunity to listen to presentations on university entry, scholarships, and general information about accommodation, work and university life. Students will also be able to talk with representatives from institutions and collect information about courses for 2013.

Participating institutions include:
- University of the Sunshine Coast
- University of Queensland
- Queensland University of Technology

USC Headstart Information Evening - Wednesday 14 March

Can’t wait to start uni? Year 11 and 12 students can study USC courses while still completing high school.

Find out more by speaking with staff and current Headstart students at the Headstart Information Evening at USC on Wednesday 14 March.

At 5:15pm, students and parents can take a tour of the campus with a current USC student and get an insight into university life. At 6pm, attend the information session to learn more about Headstart and hear Headstart students share their study experience.

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

Applications for Semester 2 study (starting in July) close on Friday 11 May.

Bree Brockenshire
HOD Senior School

- Bond University
- CQU (formerly Central Queensland University)
- Griffith University
- University of Southern Queensland
- James Cook University
- Australian Catholic University
- Sunshine Coast TAFE
- Defence Force
EXCELLENCE

Netball News:
Congratulations to Chelsea Macklin Shaw and Emily Wotton who both competed in the State Indoor Netball Championships in Adelaide at the end of 2011.

Chelsea played in the U16 Queensland team and Emily in the Under 14 team. Both teams were undefeated throughout the series.

Congratulations to Emily on her selection in the honorary Australian Team.

Swimming Carnival 2012
Our new format for Swimming Trials on February 8th, proved an overwhelming success for 2012. A sea of colours, a bright sunny day and enthusiastic swimmers all contributed to a first for Bribie Sub-School, followed closely by Moreton, Stradbroke and Fraser.

Our School Team then competed at Central District on February 15th against 11 other schools. Siena Catholic College just scraped away from the Creekers in the final events and won the A division trophy by just 10 points. We were a little disappointed to hand over the trophy, as it had lived at the Creek for the past 5 years!

From Central District, 10 swimmers qualified for events to swim at the regional trials to be held at Caboolture on March 1st. We wish ‘fast swimming’ and congratulations to the following students: Ebony Blackstone, Josh Collis, Lucinda Kelly, Harrison Kerr, Mitch Lambert, Jerrick Malchow, Scott Sinclair, Olivia Shipton, Chloe Travers and Alex Wright.

Madonna Reynolds
HSS Fraser

GENERAL

Beware the Jungle

Ever watched a child’s tantrum and wondered whether they’re part child/part monkey? Even teenagers still have a wild streak that they set loose when things aren’t going their way. Whether it’s arguing, insults, yelling or hitting, Dr Brenda Heyworth says, ‘THAT’S JUNGLE!’.

Dr Heyworth is a doctor who has specialised in the field of child and adolescent psychiatry over the last eleven years. She’s also a mother who understands how tricky the job of parenting can be. From her private practice on the Sunshine Coast in Queensland, she has developed a practical approach to managing bad behaviour in children and teens. It’s a humorous approach to a serious issue and has struck a chord with parents, foster carers, grandparents and teachers alike. The ‘jungle’ idea has been enthusiastically spreading through word of mouth, seminars and workshops over the last five years and at last, it’s been released in book form.

‘It’s a Jungle—A Parents’ Guide to Emotions and Behaviour’ is a light hearted read that will have you smiling to yourself as you start to recognise the ‘jungle’ behaviour in your children and even in adults. It even goes so far as to suggest you might recognise it in work colleagues and politicians. It turns out we all have that instinct that says, ‘if in doubt, come out fighting!’

Dr Heyworth gives us a glimpse into the complicated emotional world of children and teenagers while also providing practical strategies to deal with unacceptable behaviour. She says all children need to learn how to manage their fight instinct and develop self control. This book gives the all important detail for how we can help them learn this.

Books are available via the website www.itsajungle.com or from Dr Heyworth’s office in Nambour.
19 Matthew St, Nambour
Ph (07) 5476 3477
info@itsajungle.com
Recent Blog: http://just4families.com/drupal/taxonomy/term/227
Facebook: It’s a Jungle
Libraries: Caloundra 24th March 10am and Nambour 21st April 10am (bookings via library)

Dr Heyworth's qualifications include
Bachelor of Medicine (University of Newcastle)
Fellow of the Royal Australia and New Zealand College of Psychiatrists (R.A.N.Z.C.P.)
Member of the Faculty of Child and Adolescent Psychiatry, R.A.N.Z.C.P.

Tania Hill
Guidance Officer

P&C News

Annual General Meeting Notice
The P&C AGM will be held on Monday the 19th of March at 5.30 pm. in the Conference Room of the Administration Block. Please disregard the dates published in the previous newsletter. Nomination forms for membership and executive positions are at the front desk of the school or can be downloaded from the Mountain Creek SHS website at http://mtncreekshs.eq.edu.au and need to be returned to the P&C Secretary before the AGM starts at 5.30 pm. Please come along and join us. We look forward to seeing you all on the 19th of March.

Jo Reid
P&C Secretary

Uniform Shop News
A big thank you to the Uniform Shop staff and all the wonderful volunteers who do such a great job ensuring all our students have their stationary and uniforms for the start of the school year. We couldn't do it without your help! Winter uniform items such as jumpers, scarves and tights are in good supply. Don't forget that stationary items are available all year round. If you are unable to come in to the shop, phone orders are always welcome.

Cherie Humrich
P&C President

STUDENT SERVICES

The easy way to get a tax file number
The Tax Office offers students aged 13 years or over the opportunity to apply for a tax file number (TFN) through school. This is a voluntary program and makes it easier for students to obtain a TFN as they do not need to supply identifying documents to the Tax Office. More information is available on the school web site and application forms are available from Mrs Quilty at Student Services and the main office.

Caroline Quilty
Student Services

Youth Health Nurse

TOO MUCH GET UP AND GO – energy drinks and health.
Bright packaging, promoting sporting events, boost performance, a cool image and exotic added extras – that states you'll have more energy, be able to focus better and have an overall good feeling.

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

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

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

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

What it doesn’t tell you is that Caffeine is also added in the form of Guarana Extract: in some cases 1 Drink may have twice to three times as much Caffeine as advertised on the Can.
Whilst not advocating coffee, one cup of coffee may have up to 120mg of Caffeine in it, it is the unknown ingredients in a can of Energy Drink that is a concern i.e. Caffeine in Guarana Extract or the 5 tps of sugar in it.

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

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

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

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

So the verdict on energy drinks?
One a week would probably do you no more harm that a couple of cups of coffee, but why not play it safe and encourage the kids to have “sport drinks” or good old fashioned water. It can cost as much as $5 day for an Energy Drink in one week you could save $25 in 8 months $800. Is it better to spend your money on lifestyle or medical bills?

Please Note: Students are not permitted to purchase energy drinks outside school and bring them onto the school campus. We have a healthy schools eating policy at Mountain Creek SHS


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**WHAT’S ON**

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
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<tbody>
<tr>
<td>27th Feb - Year 8 Initiative Day – Stradbroke</td>
<td>27th Feb</td>
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<td>28th Feb - Year 8 Initiative Day – Bribie</td>
<td>28th Feb</td>
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<td>5th March – Year 9 Initiative Day – Fraser</td>
<td>5th March</td>
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<td>6th March – Year 9 Initiative Day - Moreton</td>
<td>6th March</td>
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<td>19th March - P&amp;C AGM</td>
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<td>23rd – 30th March - Year 11 and 12 Blocked Exams</td>
<td>23rd – 30th March</td>
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**School Holidays**

- Term 1 – 31 March 2012 to 15 April 2012
  - Commence Term 2 – Monday 16 April 2012
- Term 2 – 23 June 2012 to 8 July 2012
  - Commence Term 3 – Monday 9 July 2012
- Term 3 – 23 September 2012 to 7 October 2012
  - Commence Term 4 – Monday 8 October 2012
- Final Day Year 12 – 16 November 2012
- Final Day Year 10 and 11 – 30 November 2012
- Final Day Year 8 and 9 – 14 December 2012