Reporting and Education and Career Planning Meetings

We are now three weeks into Term 2 and already staff have reviewed class results from Term 1 to support teaching in Term 2. Reports were provided to students on Friday 20th April and I hope that parents and students have reviewed reports together in preparation for the ECP interviews on Tuesday 8th May. The **focus of these interviews is the students’ perception of their progress towards their goals both academic and career goals.**

It is important that students are able to review their results and make an informed statement about how they performed in Term 1 and what they need to do to improve their results for Term 2. The ECP teacher can then provide some additional information about how the school can support the student in his/her short (Term 2) and long term (career aspirations) goals. To this end a planning for ECP document will be distributed to all students prior to ECP. Parents could please use this with your student to prepare for the ECP interview.

The ECP interview is NOT a 15 minute interview where the teacher spends the whole time providing the student and parents with information they already have via the reports.

To this end there will also be support from the Guidance and Career Services on the night through the careers Room in G106. The process prior to the ECP interviews looks like this:

1. Students and parents review reports
2. Students identify strengths and weaknesses in their course of study (subjects).
3. Students develop an education plan for Term 2 identifying short term goals in each subject.
4. Students are to be prepared to outline these goals to the ECP teacher who has previously reviewed each student’s profile
5. Students and parents prepare a list of questions that they need clarified at the ECP interview

**Year 11 Leadership Day – May 6th**

A variety of specialists outside presenters have been engaged for the Year 11 Leadership day which is SCHEDULED FOR FRIDAY MAY 4TH. THIS IS A TIMETABLED PROGRAM FOR ALL YEAR 11 STUDENTS AS PART OF THE PERSONAL DEVELOPMENT PROGRAM AIMED AT DEVELOPING INDEPENDENCE, LEADERSHIP AND CITIZENSHIP.

All students have received advice on assemblies and in a letter provided on Assembly on Monday 30th April. I ask for your support to ensure 100% attendance.
QCS Practice Thursday 24th and Friday 25th May – URGENT and IMPORTANT

Attendance and satisfactory performance at this practice is mandatory for students who wish to remain OP eligible. The school result on the QCS test is so important to students achieving their best OP that I am not prepared to compromise on any student’s full engagement in the QCS test and practice sessions. Students have been provided with equipment lists and the order of sessions for the practice test – any student who does not arrive with the required equipment can expect to be exited from the practice session and forfeit their eligibility for an OP.

Skateboards and Bikes

Skateboards are not permitted in the school grounds. I would ask for parents’ support to ensure that students do not ride skateboards to school. There is no place to store them at school and carrying them around is a safety issue within the school grounds. Parent could you please check that students riding bicycles to school should be aware of the road rules including riding in the designated bike lanes on the correct side of the road and wearing a helmet and in the school grounds walking bikes to and from bike racks.

CyberBulling

The Head of Middle School has organised a Cyberbullying presentation which will be delivered to all year 9 student and selected Year 8 students throughout the day on Tuesday 22nd May. This presentation is also being delivered to teachers as part of a whole school Professional development and a session has been organised for parents in the evening. I encourage parents to attend this very valuable session (see details in this newsletter) as it would appear that the incidence of cyber bullying is directly related to students’ lack of understanding of their responsibility to use technology appropriately and the legal aspects of inappropriate use.

We have also advertised in this newsletter a presentation by Michael Carr-Gregg a psychologist specialising in all aspects of learning and wellbeing who has been engaged by the Department to present lectures to students, parents and teachers. Please see the registration details in this newsletter for the free seminar at Caloundra for parents.

NAPLAN

Year 9 students will sit the 2012 National Literacy and Numeracy tests on Wednesday 15th, 16th and 17th May. To ensure the best performance from all students, I would ask for parent support in ensuring that students have the required resources and are prepared through adequate sleep and good nutrition (breakfast and lunch) on the test days.

PARENTS AND CITIZENS MEETING – 3RD MONDAY EACH MONTH
P&C Meeting Monday 21st May – 5.30 pm Administration Conference Room.
All welcome

Cheryl McMahon
Executive Principal
Anzac Day School Service

Anzac Day was remembered by students and staff at Mountain Creek State High School through a ceremony held on Monday the 23rd of April. Many special guests attended the ceremony including special representative from the Maroochydore RSL Sub Branch and Kawana RAAF, Fiona Simpson Speaker Elect and State Member for Maroochydore, Councillor Chris Thompson and Councillor Christian Dickson supported the school by attending the ceremony.

The ceremony was a moving one including some amazing talent from the students at Mountain Creek SHS. We would like to take this opportunity to thank the cadets, senior vocal group, wind symphony, string ensemble, special guests, parents and students who participated in this solemn event.

On the day of the ceremony all students observed a minutes silence in class as a mark of respect for those who fought or continue to fight in regions of conflict.

On Anzac day a number of our staff members proudly marched with Mountain Creek students at the Buderim service.

Donna Lancaster
Deputy Principal

NAPLAN 2012

The 2012 National Assessment Program - Literacy and Numeracy tests are scheduled for the 15th, 16th and 17th May 2012 and will include more than 200 000 Queensland students in Years 3, 5, 7 and 9 undertaking the same tests as students at these year levels in other states and territories. Please ensure your student is prepared for doing their best on the tests. This will include having the correct equipment as outlined in a letter that was issued to them on Monday 30 April.

The timetable (and the rooms) for year 9 students at MCSHS completing the National Tests is as per the tables below:

<table>
<thead>
<tr>
<th>Tuesday 15th May</th>
<th>Wednesday 16th May</th>
<th>Thursday 17th May</th>
<th>Friday 18th May</th>
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<tr>
<td>Language</td>
<td>Reading</td>
<td>Numeracy</td>
<td>Catch up day for students who have missed test/s</td>
</tr>
<tr>
<td>Conventions 45 minutes (Session 3)</td>
<td>65 minutes (Session 3)</td>
<td>40 minutes (Sessions 3) Non-calculator test</td>
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<tr>
<td>Writing 40 minutes (Session 5)</td>
<td>Catch up day for students who have missed test/s</td>
<td>Numeracy 40 minutes (Session 5) Calculator-allowed test</td>
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<tr>
<td></td>
<td></td>
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<td>Catch up day for students who have missed test/s</td>
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Room Allocation

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<th>Room Allocation</th>
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<td>9B – G402</td>
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<td>9C – G403</td>
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Andrea Evans
A/Head of Middle School
Calling for nominations for community representatives for the QCS test – September 4th and 5th 2012.

To maintain the accountability, security and proper conduct of the QCS Test at test centres, the Queensland Studies Authority (QSA) appoints members of the community to carry out duties on behalf of the QSA. MCSHS invites members of the community to apply for the positions of chief community representative or community representative at test centres. On behalf of the QSA the chief supervisor of each test centre receives completed application forms from interested members of the community and selects the appropriate person to nominate for each available position at the test centre. I am the Chief supervisor for this school for 2012.

The application form and related attachments are available on the QSA website www.qsa.qld.edu.au/2324.html and additional copies are available at the school office for collection.

The deadline for return of all applications is Friday May 11th 2012.

Andrew Stone
Head of Senior School

Headstart Program Applications

The University of the Sunshine Coast Headstart is a transition program that gives high achieving students the best of both worlds—it allows Year 11 and 12 students to study USC courses while still completing high school.

Headstart gives students a taste of university life and helps prepare them for future study. Last year MCSHS had over 20 students study a Headstart subject.

If students are interested in applying and missed this meeting please submit applications to Mrs Brockes at Moreton sub school by Friday 4th May. Headstart Applications go to the University of the Sunshine Coast on Friday 11th May but they must be signed by the coordinator within the school prior to this.

Further information regarding the Headstart program can be found at http://www.usc.edu.au/study/courses-and-programs/headstart-program/headstart-program.htm

Senior Leadership Process

In Term 2 Year 11 students are introduced to the leadership program at Mountain Creek State High School. Whilst some students will take on significant leadership roles within the school, Mountain Creek has always set high standards of senior students as role models for younger students, their peers and the outside community. Key dates for the leadership process are outlined below.

Key dates for Leadership
Term 2 2012
Week 2 Monday 23rd April Student Leader Nomination Forms available front office
Week 3 Friday 4th May Leadership Day
          Friday 4th May Student Leader Nomination Forms due front office
Week 4 Wed 9th May 10am Meeting - Student Leader Applicants - Conference Room
Week 5 Friday 18th May Student Leader Interviews
Week 7 Monday 28th May Student Leader Voting (Leaders present on assembly)
Week 7 Wednesday 30th May Student Leader applicants informed of outcomes
Week 8 3rd, 4th, 5th of June Year 11 Leadership Camp – Emu Gully
**Term 3**  
**Week 1**  
*Thursday 12th July*  
Induction Ceremony/Announcement of School Captains

**Free Internet Safety Presentation**  
*Year 8/9 Students and Parents – Tuesday, May 22*

Internet Education and Safety Services company, INESS (www.iness.com.au), has partnered with MCSHS and will provide specialist presentations to a range of our Middle School (year 8 and 9) students, staff and parents.

The parent sessions will be held in the Student Centre from 5.30pm-7.00pm on May 22.

INESS programs for school students are developed by a former undercover internet detective who has seen the internet through the eyes of a child. A truly dynamic and captivating presentation.

Programs are unique and the message is powerful. They simplify what’s needed for kids to protect themselves online as it surrounds the very complex issues of Internet Safety and Cyber Bullying. All programs target awareness, empowerment and self-esteem imparting basic messages of safety and responsibilities.

Topics that may be discussed include: Social Networking, Instant Messaging and Communication, Online Gaming, Identity Theft, The law and the internet, Using the internet in the workplace, Protecting our digital reputation, Cyberbullying, Cleaning up our online reputation, Controlling and using the internet effectively and Sexting.

Future Cybersafety Presentations: Next term on Tuesday 31 July another series of free presentations will be made available to parents and select students. More details to come.

Andrea Evans  
A/Head of Middle School

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**Bree Brockenshire**  
HOD of Senior School

**ECO Youth and Carbon Neutral**

On the 5th of May Opal Sternbaum and Megan Blin, as representatives of the newly established Eco Youth group, attended a ceremony to see Mooloolaba TAFE awarded the honour of being the first carbon neutral facility of its kind in Australia. Megan and Opal met Federal Treasurer, Wayne Swan and got to learn about some of the things they could do to be more environmentally friendly.

Eco Youth is a school based group involving students from each year level which conducts different projects to help make Mountain Creek more environmentally friendly. The group was created to help lower the school’s impact on the planet and give students a chance to leave something behind for future year levels. Eco Youth is open to any student who is dedicated and passionate about making a positive change in the school. Some projects they are currently working towards include; helping to re-furbish an outdoor classroom, the integration of an environment project such as tree planting, and holding a fashion parade where students enter outfits made completely out of recyclable materials to help raise awareness for the group.

“School Captain Megan Blin, Federal Treasurer Wayne Swan and Year 12 Eco Youth Leader Opal Sternbaum”.

Andrew Stone  
Head of Senior School
Basketballers Qualify for Nationals

Year 8 Mountain Creek Students Bayden Goff, Quentin Bligh and Jai Larkins were members of the Maroochydore Clippers U14 Basketball team who played at the State Basketball Championships on the Gold Coast over the Easter holidays.

They were undefeated over the four day competition until going down in the grand final. The boys will now travel to Perth in October for the National titles after finishing runner up at the State titles.

The photo- from L- Quentin Bligh, Jai Larkins and Bayden Goff

Matthew’s Win is a Classic!

Matthew Samen-Curtis fired rounds of 73 and 72 on the very demanding Pelican Waters Golf Course recently to win the Pelican Waters Junior Classic. This is one of the very prestigious Sunshine Coast Junior Golf tournaments. Matthew showed excellent composure to take his game to a higher level under trying conditions. He contributes his win to the people who have supported him in his golfing career saying that you can’t do it without these people and their contributions. Matthew has also qualified for the Boys IGA Masters and he attributes to work hard at his game in preparation for this. Through playing Men’s A Grade Pennants, Matthew has the opportunity to test his skills at the highest level available on the Sunshine Coast. Another young Creeker with the world at his doorstep!

Will is Leadership Material!

Will White, Sports Captain for 2011-12, have taken the skills and abilities he has developed in that role into his participation as one of the promising young golfers on the Sunshine Coast. Will was recently named as the Junior Captain for Horton Park Golf Club. This very prestigious position places responsibility on Will to be a strong role model for young golfers both on and off the course. One advantage is that Will is now able to participate in club golf at all levels including playing in the top competition during the weekend. He also becomes the spokesperson for all the Juniors within the club – an important role as the club has a very strong group of young golfers.

Queensland Volleyballers!

After four weeks of trials involving 60 girls from all over Queensland, three Mountain Creek girls are off to the Australian Junior Volleyball Championships. Tayla Spier, Georgie White and Katharine Needham have been selected in Queensland U/17 Girls teams to compete at the Nationals. All three came through the trials being named in the teams after the State Team Bash at Caloundra in early April. The Championships are being held in Melbourne in July to complete the celebrations of 50 Years of Volleyball in Australia. Congratulations and Good Luck at the Nationals girls!

Tim Wilson
HOD PE and Sport
Spanish Competitions on the Sunshine Coast

Across the Sunshine Coast, in term 1, the Modern Language Teachers Association QLD (MLTAQ) held a poster competition coinciding with ‘The National Year of Reading, 2012’ and promoting various modern languages taught across the Coast. As part of this initiative, Mountain Creek State High School’s year 8 students of Spanish were given the opportunity to enter, with their posters requiring a slogan in Spanish relating to reading to be submitted, along with colourful graphics and other Spanish text to emphasise their slogan. Our students were able to take out the places of Equal 1st by Kacee Brodie in 8H (to a Murrumba Downs SHS student), 2nd by Poppy Sinclair, 8G AND 3rd to Ashlea Dallas in 8B with two ‘Highly Commended’ also awarded to Tom Ennever and Callum Barnard, both of 8S. Congratulations to those students, and hopefully this trend will continue through 2012, with information soon to be in the notices on the Spanish Writing Competition (closing 15 June), and the Spanish Speaking Competition to be held on Sunday 26th of August in term 3.

Do you, or does someone you know speak Spanish? Native or high level speakers are being sought to assist as volunteer judges in the Spanish Language Competition on Sunday 26th of August. Please contact Ms Fiona Edington, Moreton Subschool (Ph. 5457 8333), if you can assist.

Fiona Edington

Creative Industries

Theatre Sports Competition

Wednesday 2nd May is the first Theatre Sports competition for the year. Theatre Sports is improvisational theatre which is performed for a dramatic effect in front of an audience and judges. Held in the Performing Arts building, the theme will be Heroes and Villains. We look forward to seeing the creative talent of our Drama students!

Two Minutes of Madness Update

This year’s musical alternative will be a talent quest! Registrations for the big event are closing at the end of week 3. Time is running out! If you have a talent we want to see it! For more information, please see Miss Sargent or Miss Wall in Fraser.

Drama Group Excursion

On the 19th April, students of Senior Drama Group were given the opportunity to see the play ‘April Fools’. After a delightful dinner at Mooloolaba, 10 lucky students viewed the performance at Nambour Civic Centre. The play was well received by the students, opening their eyes to a real life story as all scripted words were cleverly taken from actual interviews. The Drama Group has only been established this year with promise to thrive. This is a great start, but just the beginning of many adventures with the Drama Group.
Salaka Team Beat
The energy in the room was amazing! Held in the Performing Arts building on the 27th April, Music students and Academy students had the privilege of participating in the Salaka Team Beat workshops. The workshops exposed the students to the joy and energy of African Music, and had students singing, dancing and playing the African drums. All students thoroughly enjoyed the workshop, and left the workshops wanting more!

Jess Wall
A/HOD Creative Industries

Dealing with Asthma

Community Workshops
Do you or someone you care for live with asthma? Have you, or the person you care for ever:

- Woken up during the night coughing, wheezing or out of breath?
- Struggled to keep up with normal day-to-day activities?
- Used your blue reliever puffer more than three times a week?
- Felt uncertain or unsure about using your medications?

If so, these are all signs which may indicate that your asthma is not well controlled. If your asthma is limiting your quality of life, or you want to obtain more information about your asthma, please come along to a free Live Well with Asthma community workshop (see details below). All workshops are conducted by experienced Asthma Educators.

<table>
<thead>
<tr>
<th>Date:</th>
<th>Time:</th>
<th>Venue:</th>
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<tbody>
<tr>
<td>Wednesday 2nd May</td>
<td>11:30am-12:30pm</td>
<td>Ipswich Library, 40 South Street, Ipswich QLD</td>
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<tr>
<td>Wednesday 9th May</td>
<td>10:30am-11:30am</td>
<td>Myall Youth &amp; Community Network Centre, Cnr Drayton &amp; Nicholson Streets, Dalby QLD</td>
</tr>
<tr>
<td>Tuesday 15th May</td>
<td>11:30am-12:30pm</td>
<td>Carindale Library, Westfield Carindale Shopping Centre, 1151 Creek Road, Carindale QLD</td>
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</tbody>
</table>

Tips for Parents of Children with Asthma
Does your child have asthma?

If so, there are a few things you can do to help the school manage your child's asthma.
- Provide an up-to-date colour copy of your child’s Asthma Action Plan.
- Tell the school and your child’s teacher about the signs and symptoms that your child might show when experiencing asthma.
- When your child is experiencing asthma symptoms, notify the school and discuss a course of action using their Asthma Action Plan.
- Provide a spacer and blue reliever medication for your child to use at school. Clearly label the medication and spacer with your child’s name.

Preparing Your Child for School Sports Days

Sports carnivals are a fun and enjoyable event in every school, however, are a common time when students with asthma may be at a higher risk of an asthma attack. There are many things that parents and carers can do to prevent, or minimise the risk of asthma exacerbations for their child on sports day.

- Teach your child to recognise early asthma symptoms, and help them feel confident to self-administer blue reliever medication (also using a spacer where possible) when they experience symptoms.
- Encourage your child to notify staff if they experience asthma symptoms, even if they self-administer blue reliever medication and feel comfortable returning to activity.
- Be aware that if your child is unwell or has poorly managed asthma, they are more likely to experience symptoms during exercise.

For any other tips, or for more information about asthma, call Asthma Assist on 1800 645 130.

Self Esteem & Body Image

We’d love all Australians to understand that health and beauty is not just one shape, size or look—and that their weight or size does not determine their worth as a human being.

Low self-esteem and negative body image are significant factors in the development of an eating disorder (combined with other contributing factors). If a young person is struggling with the feelings they have about themselves and their bodies they are at greater risk of developing disordered eating and mental health concerns, such as depression, anxiety or an Eating Disorder.

Body Image Booster Tips

- Have fun with the way you look—fashion, hair, make up... Taking pride and having fun with your appearance is a great way to feel good about your whole self.
- Be mindful of the language you use to describe yourself and your body. Avoid toxic talk and labelling (e.g. I’m a loser)
- Avoid Body Bullying—if you call your body parts names and bully them (“My thighs are fat and disgusting”, “My arms are like pencils”) they won’t feel good! Find things you like about your appearance and try to only comment in the positive about your amazing and unique body as often as possible.
- Avoid talking about other people and their bodies in a negative way.
- Beauty comes in many different shapes and sizes. There is no such thing as being „wrong” when it comes to the way we look. It is great that we are all different. Diversity is a wonderful thing.
- Be active and move your body regularly for health benefits—your body is the only one you’re ever going to get. Move it and nourish it so you have a strong and healthy vehicle to travel through life in.
- When having a “bad body image day” work on focusing on what your body can do. Your legs help you walk, your arms carry things, your nose can smell things. Appreciate the wonders of the human body.
• Try not to compare yourself to the images that you see of people in the media—or anyone else for that matter. Acknowledge and admire the beauty in others, but also look deeper to see the beauty that lies beneath the skin.
• Be media savvy—what we see in the media isn’t always real
• Ask for help if it is all getting too much—sometimes despite our best efforts we still don’t feel good about who we are and our body. Seeking help from others can help you work through your concerns and help you to move to a much more positive place.
• Everyone deserves to and can FEEL good about themselves and their body. (Abstract from Butterfly Foundation 2010)

IF YOU HAVE CONCERNS RE YOUNG PERSON CONTACT YOUR LOCAL GP

Youth Health Nurse
Kerry McClenaghan

Buy one get one free!

Benefit Health and Fitness want to get you and your buddy into shape.

• BUY A 6 MONTH M’SHIP - GET A 6 MONTH M’SHIP FREE.
• BUY A 3 MONTH M’SHIP - GET A 3 MONTH M’SHIP FREE.

Limited numbers available – Hurry don’t miss out. Sale ends 20th May or if sold out prior.

*Sale only available for High School Students.
*Payment made by Credit Card / Eftpos or Cheque will incur a 10% additional charge.
*Deal must be shared between 2 students.

PH: 54780001
www.benefithealthandfitness.com.au
Learning and Wellbeing

2012 Seminar Series

for principals, school staff, parents and carers

Education Queensland is proud to present the Learning and Wellbeing FREE seminar series in 2012

Presented by Dr Michael Carr-Gregg

The series will provide state schools and parents with practical ideas to support student learning and wellbeing.

Dr Carr-Gregg is a highly respected child and adolescent psychologist in the areas of social and emotional development.

He is passionate about helping schools and parents make a difference to young people, using evidence-based workshops and information sessions.

<table>
<thead>
<tr>
<th>Location</th>
<th>Breakfast Session for Principals</th>
<th>Day Session for School Staff</th>
<th>Evening Session for Parents</th>
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<tbody>
<tr>
<td>Across The Waves Sports Club</td>
<td>(breakfast provided)</td>
<td>(lunch provided)</td>
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</tr>
<tr>
<td>1 Miller Street BUNDABERG QLD 4670</td>
<td>Monday 14 May 7:30am–9am</td>
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<tr>
<td>Moncrieff Theatre</td>
<td></td>
<td>Monday 14 May 3:30pm–6pm</td>
<td>Monday 14 May 7pm–8:30pm</td>
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<tr>
<td>177 Bourbon Street BUNDABERG QLD 4670</td>
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<tr>
<td>Crowne Plaza Pelican Waters Golf Resort and Sp</td>
<td>Monday 21 May 7:30am–9am</td>
<td>Monday 21 May 12:30pm–3pm</td>
<td>Monday 21 May 6:30pm–8pm</td>
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<td>38 Mahogany Drive PELICAN WATERS QLD 4551</td>
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Please RSVP one week prior to the event by completing the form (see over) and return by fax to 3237 1338. Alternatively you can register via email to EventRegistration@deta.qld.gov.au or telephone 3235 9072.

wellbeing for learning and life
Learning and Wellbeing 2012 Seminar Series

Registration Form

To register, return this completed form to Conference Services at EventRegistration@deta.qld.gov.au or fax 3237 1338 or phone 3235 9072.

Provide your details  * Mandatory fields

Title  *First name  *Surname

*School (if applicable)

*Telephone  *Email

Mobile

Special dietary requirements

Other requirements, e.g. alternative format materials, mobility, sign language interpreter

Tick the session you wish to attend

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<thead>
<tr>
<th>Across The Waves Sports Club</th>
<th>Breakfast for Principals 7.30am–9am</th>
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| 1 Miller Street  
BUNDABERG QLD 4670         |                                      |

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<tr>
<th>Moncrieff Theatre</th>
<th>Day session for School Staff 3.30pm–6pm</th>
<th>Evening session for Parents 7pm–8:30pm</th>
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</table>
| 177 Bourbong Street  
BUNDABERG QLD 4670 |                                        |                                       |

| Crowne Plaza Pelican Waters Golf Resort and Spa  
38 Mahogany Drive  
PELICAN WATERS QLD 4551 | Breakfast for Principals 7.30am–9am | Day session for School Staff 12.30pm–3pm | Evening session for Parents 6.30pm–8pm |
|-------------------------|-------------------------------------|-------------------------------------|-------------------------------------|

Information Privacy:
The Department of Education and Training (the department) is collecting your personal information on this form to process and manage your registration for participation in the Learning and Wellbeing Seminar Series. The department is subject to the Information Privacy Act 2009, which governs the collection, storage, maintenance, access, use and disclosure of personal information held by state government agencies. It will not be stored or shared or used for any other purpose.