FROM THE PRINCIPAL
As the school enters into end of semester assessment, it is vital that all students are striving to achieve their best results possible. Avoiding the work will not result in a best possible performance. A little each day and a bit each night provide the best strategy to prepare for exams and to finalise assessment. Together teachers, students and parents have a role to play! Teachers through their instruction and feedback, students through their work ethic and attitude and parents through their expectations, support and minimising distractions will create the pre-conditions to achievement. I wish all students well and trust that, through their effort and positive attitude, they will deal effectively with the toxic influence of procrastination and self-doubt.

Keep shining!

STUDENT PERSONAL DETAILS FORM CHECKING PROCESS...
During week one next term, parents will receive a copy of their student’s Student Personal Details Form. This is a copy of the information we have stored for each student and it includes both parents’ address and contact details, employment details, emergency contact names and phone numbers and any medical and legal order details. When you receive the Student Personal Details Form, parents are asked to please check the details carefully, make changes in BLUE PEN and have the student return the sheet to the Form Teacher. The Student Personal Details will be posted to the student’s recorded residential address.

IMPORTANT: If you do not wish for your contact details to be posted to your student’s residential address or if this address is not correct, please contact the administration office by Friday 14 June.

MOBILE PHONE REMINDER
Parents, we are seeking your support with regard to mobile phones. It is vital to the smooth running of the school that students do not have mobile phones in their possession at school during school hours. When it is necessary for a student to bring a mobile phone, students can deposit them at the Resource Centre on arrival (from 8am) and can collect them from the Resource Centre on departure. This is the same situation for students during exam block and when entering the school at times outside of the norm. As you are aware, any students found with a mobile phone in their possession will be suspended. It would really be appreciated if parents could continue to reinforce this message with students at home.

YOUR IDEAS ARE WANTED FOR OUR STUDENT DEVELOPMENT PROGRAM
In addition to gaining significantly from the various opportunities available through our school’s academic, cultural, service and sport programs, what skills and knowledge should graduates of Mansfield High School have acquired during their years at our school?

Next year all year levels will have about an hour per week, mainly in form class groups, in which various essential and enrichment aspects will be covered. These will range from study skills to time management to stress management to tax file numbers to QCS Test preparation to Etiquette to Careers Education to Conflict Resolution to ??????

We are very interested in finding out other topics that parents, the wider community and students consider important. Obviously we cannot cover everything; however your ideas are sought so that we can create a well-balanced program. If you have ideas about the content of the program and suggestions about any human or material resources available, please email them to: Att Deputy Principal, Ms Clarke - info@mansfieldshs.eq.edu.au.

SWIMMING SUCCESS FOR DELANEY
Year 11 Mansfield High student Delaney Ronan (pictured right) is celebrating her success in the swimming pool. In April, students from State, Catholic and Private Schools across the state came together for the School Sport Australia Queensland Swimming Championships held at Chandler. Delaney won a gold medal in the 200m Freestyle, silver medals in the 400 Individual Medley and the 400m Freestyle and a bronze medal in the 200m Individual Medley. First, second and third place in Queensland…congratulations Delaney!
YEAR 9 SUBJECT CHOICES – SEMESTER 2

In order to change electives, students are required to bring a signed permission note from a parent to Ms Hamilton by Tuesday 11 June 2013. Some changes may not be possible due to class sizes.

BUSINESS NEWS

Lunch with Sir Richard Branson!

Mansfield High School was one of ten Brisbane schools invited and sponsored by UQ Business School to attend the Next Question Q&A function at the Brisbane Convention and Exhibition Centre. The event featured a panel comprising of Sir Richard Branson, Professor Andrew Griffiths (Dean of UQ Business School and a past student of Mansfield SHS!!), and three other distinguished business leaders debating and responding to questions that could change the future of business. Besides indulging in the fantastic food and jumping at the opportunity of having a photo taken with Sir Richard Branson himself, there was much to be learnt from the event. The five questions were answered with intricate detail and proved to be very thought-provoking. We are not alone in saying that this was an exciting event that gave us a wider perspective and understanding of the future of business.

Thank you to the UQ School of Business for providing us with this wonderful opportunity.

Sheldon Montocchio and Kent Hanh

MUSIC NEWS

Congratulations to everyone involved in Music in Mayfest –May 20 to 24! It was a huge week for the staff, students and parent volunteers involved, but the outcome was certainly appreciated by all who attended the concerts. Well done everyone!

Gold, Gold, Gold….

On Tuesday 21 May, the first heat of Education Queensland’s Choral Fanfare was held at Mansfield High School involving 16 primary school and secondary school choirs. Adjudicator Mr Tim Sherlock commented on the high standard set in the first of the eight heats he will adjudicate. All five of our Mansfield High School choirs received Gold Awards! Congratulations to conductors, Mrs Long, Mrs Bagshaw, Mr Holley, and all of the students involved in the Choral program. Some of the comments in the reports include - beautiful choral blend…excellent intonation…strong vocal technique…you look joyful…every singer focused on the same goal…an impressive level of concentration…a polished performance…clever arrangement…beautiful vocal sound.

SCIENCE NEWS

Rosalie Petersen (pictured right) has been selected from a very high quality group to attend QUT’s Vice Chancellor’s Science, Technology, Engineering and Mathematics (STEM) Camp. QUT organisers have recognised Rosalie’s outstanding STEM leadership potential and have offered her a place to attend QUT’s first VC STEM Camp, Tuesday 25 – Friday 28 June. The camp generated significant interest and the applications received from students state-wide were of a very high standard. The selection panel had a challenging job in selecting applicants from such a quality field. Congratulations to Rosalie!

GUIDANCE NEWS

Mental Health Resources

Getting help now… consult with your GP and ask about a Mental Health Care Plan. Seek a referral to a Psychologist or Psychiatrist or contact your local Community Mental Health Service to arrange for an assessment.

<table>
<thead>
<tr>
<th>Service Provider</th>
<th>Phone</th>
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<tbody>
<tr>
<td>Lifeline 24 hr Counselling</td>
<td>13 11 14</td>
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<tr>
<td>Salvo Careline 24 hr Counselling</td>
<td>1300 363 322</td>
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<tr>
<td>Kids Helpline 24 hr Counselling</td>
<td>1800 551 800</td>
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<tr>
<td>ARAFMI 24 hr Family and Friends Support line</td>
<td>1800 351 881</td>
</tr>
<tr>
<td>24 hr Health Information</td>
<td>13 Health (432584)</td>
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</tbody>
</table>
Australian Psychological Society 1800 333 497
Australian Counselling Association 1300 784 333
Beyondblue Info Line 1300 224 363
Sane Information Line 1800 18 SANE (7263)
Parentline 1300 301 300
Carer Advisory and Counselling Service 1800 242 636
Mental Health Information Line 1300 729 686

Mental Health Websites

YouthInMind Australia Screening www.youthinmind.net/Aus
National Institute of Mental Health For parents – US government site www.nimh.nih.gov
ReachOut For young people www.reachout.com.au
Beyondblue: the national depression initiative Screening www.beyondblue.org.au
Youthbeyondblue: the national depression initiative For young people www.youthbeyondblue.com
MoodGYM For young people – depression http://moodgym.anu.edu.au
BRAVE-ONLINE For young people – anxiety http://brave.psy.uq.edu.au
The Butterfly Foundation For parents/carers – eating disorder www.thebutterflyfoundation.org.au
Smart Eating For young people – eating disorder www.smart-eating.com
SANE Australia For young people and parents - psychosis www.sane.org
Early Psychosis Prevention and Intervention Centre For young people and parents www.eppic.org.au
Check your Drinking Screening www.checkyourdrinking.net
Australian Drug Foundation For parents – Substance misuse www.adf.org.au
Between the lines For young people – substance misuse www.betweenthelines.net.au
Somazone For young people- substance misuse www.somazone.com.au
Where’s your head at? For young people- substance misuse www.drugs.health.org.au
OxyGen (tobacco) For young people- substance misuse www.oxygen.org.au
Counselling Online Online services – substance misuse www.counsellingonline.com.au
Parenting Strategies to reduce alcohol use Online services – substance misuse www.parentingstrategies.net

COMMUNITY NEWS
The Next P&C Meeting
The next P&C meeting will be held on Thursday 25 July at 7pm in the Common Room. Please note – there is no meeting in June due to the school holidays.

ATTENTION ALL WOOLWORTHS SHOPPERS!!
WOOLWORTHS EARN & LEARN PROMOTION FINISHES THIS SUNDAY!
Thank you to everyone who has been collecting stickers during the 2013 Woolworths Earn & Learn promotion. This is the final week of the promotion, so when you shop at Woolies this week please ask for your stickers at the register and earn points for the school. All stickers can be sent to school with your student and left in the collection box in the lower office. Happy shopping!
WANTED
URGENTLY:
Musical Statues stewards

Do you know someone who could act as a steward for the event? A colleague, neighbour, friend… Stewards would need to be available between the hours of 10.30am and 1pm on Friday 21 June. We need at least 40 stewards, but they cannot be related to our students. They need to be independent of the school, the event organisers and participants. If you know someone who fits the bill, please contact Mrs Sue Holley 3452 5337 or sholl143@eq.edu.au.

Musical Statues - A sponsorship opportunity…
The Rauchle Service Club needs to purchase sequentially numbered arm bands to ensure accurate counting and barricade tape to clearly mark off areas for each group of students. These items will cost approximately $260. To maximise the funds raised on the day, we are seeking sponsorship to assist with their purchase. If your family or your business would like to sponsor any part of this expense, we would love to hear from you. All sponsors will be mentioned in the newsletter. If you would like to help, please contact Mrs Sue Holley on 3452 5337 or email sholl143@eq.edu.au

Chaplaincy Drive 2013!
There is still time to make a tax deductible donation and support the vital work performed by our Chaplain, Ben Cherry. Letters regarding our Chaplaincy Drive went home with every student last week and a copy of it can be found at the end of this newsletter. The form and your donation can be left at the Upper or Lower Office. All donations over $2 are tax deductible and they must be received by the school before Thursday 20 June 2013 to ensure they are processed before the end of the financial year. Thank you for your support!

My First Speech Competition
The House of Representatives has announced a national My First Speech competition for Year 10 to 12 students across Australia. The competition will provide the opportunity for two students to visit Canberra in its centenary year and deliver a speech at Parliament House during the 25th Open Day being held on 24 August 2013. If you would like further information, please see Ms Clarke or Mrs Holley.

Mansfield State Primary School Parenting Workshop

‘Kids Under Pressure: Building Resilience and Managing Anxiety’

Presented by Karen Conwell B.A., B.Ed, M.Guid&Couns (Gateway Counselling and Wholeness Centre Coordinator) and Barry Morris B.Psych (Hons), AssocMAPS (Psychologist, Children's Counsellor)

When - Wednesday 19 June
Time - 7- 8.30pm
Where - Mansfield State Primary School Hall
Cost - $15 per family

Payments can be made to the Mansfield Primary School office from now until the event.

All proceeds go to support the School’s Chaplaincy program.
## Canteen Roster

<table>
<thead>
<tr>
<th>Monday 3 JUNE</th>
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<td>G Redding</td>
<td>M Wu Lee</td>
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<td>S Smith</td>
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<td>M Qiu</td>
<td>A Wilde</td>
<td>J Burns</td>
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<tr>
<td>QUEEN'S BIRTHDAY PUBLIC HOLIDAY</td>
<td>C Lowe</td>
<td>A McKenzie</td>
<td>M Mead</td>
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<td>M Roethlisberger</td>
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<td>K Oliver</td>
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## Calendar of Events

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<tr>
<th>Tuesday 4 June</th>
<th>Wednesday 5 June</th>
<th>Thursday 6 June</th>
<th>Friday 7 June</th>
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<tbody>
<tr>
<td>Newsletter on website/hardcopy</td>
<td>Yr 12 Exam Block starts</td>
<td>ICAS Science Competition (Yr 8-10) in Form period and Period 1</td>
<td>Debating: QDU Round 4 – Yrs 10 &amp; 12</td>
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<th>Thursday 6 June</th>
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<td>4-4 Day (Have a BIG breakfast!)</td>
<td>Yr 12 Exam Block / Study Leave for eligible students</td>
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<tr>
<td>Yr 8 HPV Dose 2 and Chickenpox Immunisations DA1 9am</td>
<td>Yr 10 Male HPV Dose 2 Immunisations DA1 9am</td>
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<tbody>
<tr>
<td>4-4 Day (Have a BIG breakfast!)</td>
<td>Yr 11 &amp; Yr 12 Exam Block / Study Leave for eligible students</td>
<td>YR 12 QCS Practice Test all day in hall</td>
<td>ICAS Writing Competition for some students</td>
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## Medical Alert

### 4 – 4 days

Students who have medical conditions and who would find it difficult to wait until 11.25am to eat, are to take a letter from a parent to the year level Deputy Principal to allow them to stop and have a snack between lessons.

### Live Well with Asthma

Are you or someone you care for living well with asthma? If you:
- wake up coughing, wheezing or breathless
- struggle to keep up with normal activity
- use your blue reliever puffer more than three times a week
- are unsure about the way your medications can work best for you

...these are all signs your asthma is not well controlled or signs you are not living well with asthma.

If your asthma is limiting your quality of life, Asthma Foundation Queensland invites you to join them for a free one hour Live Well with Asthma workshop. To register please call Asthma Assist on 1800 645 130 or visit [http://www.asthmafoundation.org.au/QLD/Courses_for_the_community.aspx](http://www.asthmafoundation.org.au/QLD/Courses_for_the_community.aspx)

Where: Garden City Library - Garden City Shopping Centre (Cnr Logan & Kessels Rd, Upper Mt Gravatt)
When: Tuesday 18 June 2013
Time: 12 noon – 1:00pm
LAUGH YOUR WAY TO A BETTER MARRIAGE

We spend hundreds and thousands servicing our cars every year, but how much do we spend servicing our marriages? No matter how long we have been married or how wonderful our marriage seems, we all need a regular tune up. It's three weeks now until I stand in an XXL black suit at the altar of the church and ask the woman of my dreams to be my wife. We have done premarital courses and spoken with older couples to learn as much as possible about having a successful marriage. Some of you probably did the same. However, after marriage, the hectic pace of life gets in the way and people struggle to find the time to invest in their relationship.

Whether you have been married for twenty years or never married, I would encourage you to join me for this event over two nights called ‘Laugh Your Way to a Better Marriage’. This event features Mike Gungor who is an international speaker who uses humour and wisdom to help others have a successful marriage. Let's invest more time and money in our marriage and family. Check out the details below and please join me.  

Ben Cherry (Chaplain)

Date and Time:  Monday 10 June, 7-10pm  
Tuesday 11 June, 7-10pm

Venue:  Citipointe Auditorium, 322 Wecker Rd Carindale

Registrations:  Online at citpointechurch.com ($30 / person)

Enquiries:  Phone 3343 8888 or email the school chaplain on bcher19@eq.edu.au

Free childcare:  Ages 1-10

MANSFIELD HIGH SCHOOL – CHAPLAINCY DONATION 2013

Dear Parent/Guardian

Mansfield High School is extremely fortunate to have a full-time Chaplain, Ben Cherry. Ben has been our Chaplain since 2009 and he has proven to be an incredible support for students, families and staff members alike. Ben is available to all members of our Mansfield High school community regardless of race or creed. He is always ready to provide a listening ear and is a caring presence for those struggling or in need. Ben also organises positive, fun activities and programmes for our students and works hard to foster a supportive, caring school community. He is a true friend to all and a superb role model for our students. His enthusiasm and energy are boundless.

Each year parents and community members are given the opportunity to support the vital work performed by Ben. Currently this position is financed by the Federal Government for two days per week and by our School and the wider community for three days per week. If you would like to help us keep Ben at our School, please complete the tear-off slip below and return it with your donation to the Upper Office. All donations over $2 are tax deductible. They must be received by the school before Thursday 20 June 2013 to ensure they are processed before the end of the financial year.

Thank you for helping us to keep Ben (our gentle giant with a gigantic heart) at Mansfield High.

Sue Holley  
Community Liaison Officer

James Sloman  
Principal

MANSFIELD STATE HIGH SCHOOL CHAPLAINCY

Please help to keep CHAPLAINCY at our school  
(NB Donations over $2 are tax deductible – Receipts will be issued.)

Donor’s Name: ________________________________

Student’s Name: ______________________________

Donor’s Address: _______________________________________________________________________

Please tick  □ Cash  □ Cheque  □ Credit Card  

Amount: $________________

Credit Card Deduction

□ Once off  □ Monthly  □ Quarterly  □ Half Yearly  □ Annually  □ Other: ______________________

Card issuer  □ Visa  □ Mastercard  □ Diner  □ AMEX

Card number: □ □ □ □  □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □

Expiry date on Credit Card: _______ / _______ (4 digits)  Name on card: ________________________________

Signature of Cardholder: ____________________________ Date: __________________________
FUN RUN
THAT'S MY...
FUN RUN
THAT'S MY...
FUN RUN
THAT'S MY...
Thank you so much 8B (and Ms Stuart) for sharing your art work! It is STUNNING!!!