



MANSFIELD STATE HIGH SCHOOL

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NEWSLETTER NO. 15

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Ms B Clarke Deputy Principal
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15 October 2013

FROM THE PRINCIPAL

This is a time of year for students to consolidate their studies, set their final goals for the year and reap the rewards of their hard work. Not all students can be the best, but they can be their best. It also brings with it many opportunities for students to experience success across the school. This newsletter contains many instances where students have been involved in a broad range of academic, music, cultural, sporting and service activities. It never ceases to astonish me the quality of performance and achievements of our students. It is inspiring to see so many young people achieving in the way they do. I would like to take this opportunity to encourage everyone in our school community to come to the school's annual Presentation Evening on Wednesday night 23 October beginning at 7pm. It is a formal night of celebration!

Keep shining!

PRESENTATION EVENING – WEDNESDAY 23 OCTOBER 2013 7PM

Our school's 2013 Presentation Evening promises to be a great showcase of wonderful achievements at Mansfield High School in the areas of: academia, cultural activities, service to others, and sporting performances. This is a formal event.

We are making every effort to demonstrate the wonderful work of students who have been ably supported throughout the year by staff, parents and their peers. Please note this date in your diary. On the evening, all Academic Awards, in addition to Gold level awards and above in the various areas, will be presented. All students wishing to receive awards need to be present. Only under extenuating circumstances would this not be the case and a completed form needs to be collected from, and returned to, Deputy Principal, Mrs Anghel prior to the evening, when possible. We encourage parents to come to this wonderful event.

Students receiving the most prestigious awards will not be informed until their names are announced on the evening. Silver, Bronze and Merit Awards will be presented after the evening at assemblies or in form classes.

LETTERS ABOUT UNIFORM TRY-ON NIGHTS / MUSIC AUDITIONS

Uniform try-on nights will be Tuesday 5 November and Wednesday 6 November. Letters have been mailed to all new students to Mansfield High School in 2014 regarding:

1. Bookings for the uniform try-on nights; and
2. The music auditions for students to be allocated to the appropriate ensemble.

LABELLING CLOTHING / RESOURCES

Are all of your student's clothes and possessions labelled? It is suggested that items are re-labelled if necessary. If items ever get misplaced, students need to continually check lost property at the Upper Office. After three weeks items are disposed of, if names are not obvious.

INFORMATION TECHNOLOGY NEWS

Robotics Club Launch

During Term 3 students were invited to register their interest areas for a new Robotics Club. There was a strong interest from students across all year levels to begin learning about robotics using the next generation of *Lego Mindstorms* robots. A group of 24 students from Year 8 to Year 11 has been invited to join the Club which will meet regularly on Monday lunchtimes throughout Term 4 to complete robotics challenges using our new EV3 robots. A number of students have also expressed interest in forming an after school Club where they can learn to build their own robots.

Apart from being a lot of fun, robotics activities integrate skills across a range of subject areas providing opportunities to develop IT, mathematics, science and technology skills to address specific challenges. Students interested in joining the Robotics Club in 2014 should register their interest using the Robotics Club Expressions of Interest link on the school intranet or email Mrs Docherty on kdoch8@eq.edu.au.



ICILS – International Computer and Information Literacy Study

The International Computer and Information Literacy Study (ICILS) is the first international comparative study of approximately 20 countries. The main purpose of ICILS is to determine how well Australian students are prepared for study, work and life in the information age, and how their performance compares with that of students in other participating countries.

ICILS will assess the outcomes of student computer and information literacy levels and computer use by Year 8 students throughout the world. At Mansfield SHS the ICILS testing will take place on 7 November at 9am and will involve 20 randomly selected Year 8 students and their teachers. Students will be asked to complete an assessment and questionnaire which is conducted exclusively on computers.

There is no need to do any special study or preparation for the assessment; however students will be asked to identify and describe their parent(s)/guardian(s) occupation to help describe the backgrounds of groups of students across the country. ICILS data will be kept strictly confidential as defined in the Privacy Act 1988.

If your child is selected to participate in the survey they will receive more information about the ICILS testing process during one of their form meetings over the next couple of weeks. To obtain more information about ICILS, please contact our school ICILS coordinator Kylie Docherty (kdoch8@eq.edu.au) or email the ICILS Project Team at ACER (aus-icils@acer.edu.au).

BIG CONGRATULATIONS TO OUR OPTI-MINDS TEAM

On the weekend of 11 October our Opti-Minds team took out Honours at the State Final. Huge congratulations go to all the team members and to Mrs Narelle Richards for their success. It truly shows the hard work and dedication this team has put into the competition.

It was absolutely fabulous to see them on Saturday during the ideas forum selling their *Happiness Campaign*. They all spoke confidently, clearly and enthusiastically about their project. The students were extremely well behaved and well mannered. One of the judges even thanked them for being so happy!

The students were Bethany Seiler, Brooke Houen, Michaela Creamer, Jessica Scott-Branagen and Quinn Moffatt. If you see them around please do congratulate them. They are very excited!!



EVERYDAY ROCK'NROLL STAR SERIES CONTINUES

Recently Mansfield welcomed Alexander Robey as the second speaker in the *Everyday Rock'n'Roll Star* series that is part of the Year 12 Essential Learning Program. Alex began his working life digging holes. Fresh out of high school, he found this job gave him the opportunity to meet a lot of different people and think about what was most important to him. Since then he has worked in Outdoor Education, as a photographer, has completed an apprenticeship as a stone mason and has obtained degrees in Business, Psychology and Law. During the week, Alex works as a Psycho-therapist, Mediator, Coach and Motivational Speaker. In his spare time, he takes photos, develops his farm and climbs mountains. He had recently returned from Europe after conquering the Matterhorn with his best friend. **Alex told the students that in order to succeed, they had to make a decision and start.** However he warned them that sometimes what they think they want, will change. He encouraged them to get some work experience, either paid or voluntary, to show people that they were motivated and to surround themselves with people that they want to be like. Thank you to Alex for sharing his time, his adventures and his experience.



DRAMA NEWS

Year 12 Drama – excursion to Medea

As the bus pulled away we realised that it was the last Drama excursion for the Year Twelve Drama classes. Fortunately it was an amazing production of the Greek tragedy *Medea* that the Year 12 Drama students viewed on 22 August. It was performed by Zen Zen Zo at the Old Museum, a historical and atmospheric building. This was of great benefit to the Year Twelve students who are currently studying tragedy and will be performing a piece of Greek or Elizabethan tragedy during the exam block.

12 Drama Workshop Zen Zen Zo

These very fortunate students, the very next day, had the fortune to participate in a Zen Zen Zo workshop at school. It was a workshop that combined physical and Greek theatre and the students had the opportunity to create some innovative chorus work. Again this is a greatly beneficial experience for the students and their Greek Theatre performances. After this tragedy performance, the Year Twelve Drama students, have only one further task to complete.

Year Ten Drama Workshops

The Year Ten Drama students also participated in Zen Zen Zo workshops. This was a wonderful opportunity for the students who are currently studying physical theatre. They also created some outstanding work. The assessment task is to create a physical theatre performance on a given theme.

JAPANESE VISITOR IN THE CLASSROOM

At the end of Term 3, the Japanese department had a Japanese intern from Griffith University, Rika Sensei, visit for a week. Rika lives in Nagoya Japan. She enjoyed visiting our Japanese classes throughout her stay. All of our Japanese students enjoyed very much listening to a native speaker introduce herself and talk to them during class. She also taught some origami to various groups of students. We wish Rika all the very best with her studies!



SPORT

Representative Sport

Congratulations to the following students who have been selected for Metropolitan East Track and Field team: Jessica Ashworth, Liam Bailey, Mitchell Bradbrook, Vincent Claassen, Caleb Haworth-Brown, Jessica Heald, Sarah Mackenzie, Harriet Nicholson, Alessandria Riding, and Lacey Stafford.

Winter Interschool Sport

It was a great achievement by the following winter teams in the Metropolitan Finals series: Semi Final winners – Soccer Girls Open, Tennis Girls Open; Metropolitan Quarter Finals Winners – Netball Year 8, and Soccer Boys Year 9.

Taekwondo Champion

Congratulations to Year 8 student Kate Holgate who competed in the 2013 Australian National Taekwondo Championships held in Brisbane from 3-6 October 2013. Kate received 3 gold medals, 1 silver medal and 2 bronze medals in her events and was awarded the 2013 Australian National Championship in the Individual 12-14 girls section and 2013 Australian National Championship in the Mixed Pairs section. An outstanding result! Well done Kate.



MUSIC - State Honours Ensemble Program 2013

Congratulations to the following students who participated in SHEP 2013 from 3 October to 6 October 2013 at the Queensland Conservatorium, Griffith University: Chantelle Budiawan (Violin), Nora Chen (Violin), Gabby Diaz (Cello – Celtic), Kathryn Dransfield (Viola – Celtic), James Edwards (Trombone), Lauren Elvery (Viola – Celtic), Beryl Huang (Violin), Cameron Mackie (Bass Clarinet), Kurtis Malcolm (Viola – Celtic), Aimee Malcolm – (Violin), Rebekah Malcolm (Double Bass – Celtic), Sam Sandroussi (Percussion), Andrew Thomas (Bass Trombone), Sarah York (Viola – Celtic).



MANSEFIELD MUSIC

SHOWCASING ALL OF OUR MUSIC ENSEMBLES

CONCERT 1

(Featuring – Orchestra, Concert Band, Symphonic Winds, Chorale, Cantabile, Big Band, Jazz Ensemble, Combo, Brass Ensemble, Percussion Ensemble 1, Camerata & Celtic Strings)

Friday 25 October 2013
6.30pm in the School Hall

CONCERT 2

(Featuring – Wind Ensemble, Chamber Winds, Sinfonia, Museaus, String Orchestra, Stage Band, Male Chorus, Percussion Ensemble 2, Cantus & Cantrice)

Wednesday 30 October 2013
6.30pm in the School Hall

Entry to the concerts is by donation. Light refreshments will be available during interval at no charge.

MUSIC - Permission Forms / Music Newsletter

Have you returned your permission forms yet?

Permission forms for Musicfest and the Mansfield Music Concerts are now overdue. Please return them now.

Music Newsletter No. 6 October 2013 is now available for collection from outside the Music Staffroom or you will find it on the school website.

Health Message from Helen the School Based Youth Health Nurse: Mental Health Week

October 7-13 was Mental Health Week in Queensland. It is a reminder to us all to consider our own mental health, what we model to our children and how we care for ourselves. As a parent and/or educator of teenagers, at times their moodiness or lack of family involvement seems to err on the "this-is-not-quite-right" side of the "Is my teenager normal?" scale. How do you know if you should be taking the next step?

5 signs that your teen might need mental health treatment...

Teens go through emotional ups and downs all the time. Hormones are changing, life can seem overwhelming, and without much life experience, a young adult can feel misguided. When parents are busy working, or a natural separation from family occurs, teens may turn to friends instead of parents. Peer support can be helpful for certain issues. However when the symptoms of a mental illness are present, more than a good friend is needed. The problem is, teens may not understand what the feelings they experience mean. As a parent, it's important to stay connected so that you notice any changes or any symptoms of a mental illness in your child.

Mental illness includes depression, anxiety, bipolar disorder, schizophrenia, borderline personality disorder, post-traumatic stress disorder (PTSD), attention-deficit disorder (ADD), attention-deficit hyperactivity disorder (ADHD), and many more disorders that can interfere with your teen's daily life. In an effort to self-medicate — to control the symptoms of the undiagnosed and untreated mental illness — a teen without help may turn to drugs, alcohol, or eating disorders to feel better, to escape, to numb out, or to feel in control.

Below are some ways to tell if your teen may need mental health treatment.

1. **Mood swings:** How can you decipher a moody teen from a true set of mood swings that indicate mental illness? You know your child better than anyone else. Trust that you can recognise a shift in mood that is out of character for your son or daughter.
2. **Behavioural changes:** The same thing goes for your child's behaviour. Of course behavioural choices change as your teen gets older, but if your son or daughter is presenting as a different person to you, this may indicate a mental illness or substance abuse.
3. **Consequences in school and among friends:** A mental illness can distract from concentration, which can affect school performance and the ability to sustain relationships with peers.
4. **Physical symptoms:** Decreased energy, changes in eating and sleeping, frequent stomach aches, headaches, and backaches, and neglect of personal appearance and hygiene (such as showering less often and not keeping up on grooming) can be signs that mental health treatment is needed.
5. **Self-medicating:** If you find any indicators of drug or alcohol use, self-harm, an eating disorder, or other forms of escape, the link to mental illness may be direct. An effort to make oneself feel better can show a great need for mental health treatment.

If you see any of these signs, seek help for your child. With appropriate assessment, identification, and intervention, all mental illnesses can be treated and managed. Ask the school Guidance Officers for referral options or speak to the School Based Youth Health Nurse. There are free Queensland Health services especially designed for children and young people. There are also some great websites that you can check out yourself or tell your teenager about.

www.reachout.com

www.youthbeyondblue.com

www.eheadspace.org.au

www.moodgym.anu.edu.au:

Information sourced from www.psychcentral.com.

Helen Dunkley
School Based Youth Health Nurse
Monday, Tuesday, Wednesday
Ph: 34525333

COMMUNITY NEWS

P&C NEWS...P & C Meeting

The next P&C meeting will be held on **Thursday 24 October at 7pm** in the Common Room. All are welcome to attend.

Rauchle Service Club

Soap Drive 2013

Thank you to everyone who ordered soaps in the the Rauchle Service Club Soap Drive. Hopefully the delivery will be 4 November.

Beth to Shave for a Cure

The World's Greatest Shave raises approximately half the money that the Leukaemia Foundation needs annually to fund its important work – providing practical and emotional support to people with blood cancer, as well as investing millions in research. This year, School Prefect, Beth Cave is celebrating the end of her high school journey by being brave and shaving.

In Beth's own words..."I'm shaving to improve the lives of people like my

brother who have suffered from Leukaemia. I am passionate about providing more reliable treatments with fewer negative side effects and I hope that one day Leukaemia will be a manageable and treatable disease like so many others have become in the past few decades. My locks aren't quite as long and luscious as they were when I shaved in 2008, but I hope you can find it in yourselves to support me anyway!" If you would like to support Beth you can do so at school in Term 4 or to donate online go to

<http://my.leukaemiafoundation.org.au/bethcave> We will also be raffling the opportunity to cut off Beth's pony tail!



Care Packages for our Troops

Ian Walker MP, Member for Mansfield will be holding a care package drive to send donations of non-perishable food and goods to our troops serving overseas. The drive will culminate in a working bee on **Saturday 26 October at the Mansfield Electorate Office** from 9am until 12pm to assemble the packages, so they can be sent in time for Remembrance Day. Generous support has already been received from Mt Gravatt-Mansfield Lions Club, but any donations of goods are sought as well as volunteers to work on assembly day. Please see the list below for suitable items. Anyone wanting to donate goods, volunteer, or simply needing further information can contact the Mansfield Electorate Office on 3849 3488 or email mansfield@parliament.qld.gov.au **Donations can be left with Mrs Holley in upper admin.**

CONTENTS for CARE PACKAGES

Food	Biscuits	Salt & Pepper sachets	Miscellaneous
Assorted lollies	Cheezels/Twisties	Sardines – ring pull cans	Blank Cards
Baked Beans – snack size	Baby Wipes	Spaghetti – snack size	Board Games
Custard, long life – snack size	Body Wash	Tea bags –small boxes	Crossword Books
Dried Fruit – small snack packs	Cotton Balls	Tuna – small ring pull cans	DVDs
Fruit – small cans or tubs	Cotton Buds	Vegemite – small tubes	Envelopes
Fruit/muesli bars	Dental Floss	Potato Chips	Hand Towels (large)
Oysters – ring pull cans	Deodorant – roll on	Shampoo	Inner Soles
Packets – Instant Noodles	Facial Wipes	Shaving Sticks	Magazines
Packets of Cup-of-Soup	Female hygiene products	Soap (normal and travel size)	Pens/Pencils
Peanut Butter – small plastic jars	Foot Cream	Talcum Powder	Socks (black or white)
Peanuts – small packets	Hand Wash	Tissues – small travel size	For the Explosive Detection Dogs
Popcorn & Rice – microwavable	Hand Wipes	Toothbrushes – individual packs	• Box of dog biscuits
Toiletries (Travel Size where possible)	Lip Balm (Chap Sticks)	Toothpaste	• Dried beef bones
Aftershave	Moisturiser	Chewing Gum	• Tennis balls
Razors	Mouthwash	Coffee Sachets	• Toys for the dogs
			• Treats for the handlers.

Thank you from the Wishart Rotary Club

I just wanted to say a big thank you for arranging for some of your students to help us with the Art Show. They were the most wonderful, polite, helpful group of teenagers I have ever met. So willing to do anything we asked of them including putting up and pulling down tents, making tea/coffee, serving food, selling raffle tickets and many more things even handing out flyers at the markets. Thank you again and please pass on our thanks to the students.

Regards
Sandra O'Neill
Rotary Club of Wishart

ibrary

ibrary.com.au is now on **tumblr**

Brisbane City Council libraries have relaunched their website for high school students, **ibrary.com.au** on **tumblr**. Students can now enjoy a range of new and improved features and share content without the need for registration. **ibrary** continues to offer great study and recreation resources for young people in Brisbane, along with regular competitions and posts by guest bloggers.

ibrary gives high school students easy access to:

- YA fiction book reviews, reading recommendations and competitions
- Resources and databases to help with study and school projects
- A place where high school students can discuss and share thoughts on creative writing, book assignments and events in Brisbane.
- Literary analysis and discussion of classic texts to help students with their school assignments.

Go to www.ibrary.com.au

CANTEEN ROSTER

Monday 21 OCTOBER	Tuesday 22 OCTOBER	Wednesday 23 OCTOBER	Thursday 24 OCTOBER	Friday 25 OCTOBER
Student Free Day	L Tippett I Jones	HELP NEEDED	L Look	N O'Shea S Edgeworth
Monday 28 OCTOBER	Tuesday 29 OCTOBER	Wednesday 30 OCTOBER	Thursday 31 OCTOBER	Friday 1 NOVEMBER
S Phillips C Wood	HELP NEEDED	M Qiu	S O'Gorman	HELP NEEDED



Rotary Club of Wishart - Fund-raiser
 Wishart, Mansfield, Mt Gravatt
 President (2013-14): Andrew Turner

TRIVIA FUN NIGHT



- Win prizes per Category
- 10 Categories of 10 questions each
- Prize for Best Dressed Table
- Raffles and Major Cash Raffle

Date: Friday 15 November 2013
Time: 6:30- 9:30+pm
Cost: \$10 per person (incl. cheese and crackers)
Where: Mansfield Tavern-Garden Room
 181 Wecker Road, Mansfield

Book your table (of 8 to 10): Call / text 0408193074

Rotary Projects Supported by Trivia Fun Night

National Youth
Science Forum

Rotary Youth
Program of
Enrichment

Rotary Youth
Driver Awareness

Rotary Youth Leadership
Awards
Science Forum



CALENDAR OF EVENTS

Monday 21 October	STUDENT FREE DAY
Tuesday 22 October	Yr 11 Interview reports returned and signed to Form Teacher and signed by parent to Deputy Principal Yr 11 students nominate Prefect support
Wednesday 23 October	MAP Block 3 Week 6 Presentation Evening 7 pm in Hall
Thursday 24 October	Prefect meeting 1.10pm P&C Meeting 7pm in Administration Block
Friday 25 October	World Teachers' Day Mansfield Music – 6.30pm (Entry by GOLD COIN Donation) TIP Leaders' meeting 1pm
Monday 28 October	Prefect Interviews
Tuesday 29 October	Prefect Interviews Newsletter available on website/hard copy Last Student Council Meeting 1.10pm in F Block Yr 8A,B,C,D,E,F and G Stradbroke Island Excursion 8am – 4.15pm
Wednesday 30 October	MAP Block 3 Week 7 Decision made about Prefects for 2014 Mansfield Music – Junior Ensembles Concert – 6.30pm (Entry by GOLD COIN Donation)
Thursday 31 October	Yr 8 3 rd HPV & HEPB 9am Final 2013 Prefect Meeting followed by 2014 Prefects joining them
Friday 1 November	4-4 day Market Day (students bring some money to spend)

Principal