2 March 2015

From the desk of the Executive Principal

I would like to begin this newsletter by thanking all of the staff, students and past students who attended the funeral and memorial service of one of our past students Natasha Riley on Friday 13th of February. It was a beautiful tribute to Natasha that so many of the Mountain Creek State High School community past and present gathered to say their final farewell and to support Natasha’s family. On behalf of the Mountain Creek State High School community, I express condolences to Natasha’s family.

Thank you to all parents for your support during the severe weather events last week. In consultation with the Regional Director and Buslink I was able to ensure the safety of our students through an early bus arrangement for the Junior Secondary and manage the remaining Junior Secondary students with the support from parents in a co-ordinated approach. It is important that during emergencies only message from administration are sent home to parents. Random phone calls and texts from individual students can easily disrupt the co-ordination during an emergency.

It gives me a great deal of pride and pleasure to advise that all but one of our targets for Year 12 outcomes were achieved in 2014. Of the 196 students who were OP eligible 74.2% achieved and OP 1-15. Seven students achieved an OP 1 or equivalent. 100% of students in the IB Diploma program achieved the Diploma with the school average above the world and Asia Pacific average. We achieved 96% certification for the 336 year 12 students. 90% or 303 students achieved their QCE. Of the 10% who did not achieve their QCE there were students in our Skills Centre who completed three or four certificate courses preparing them for work, a significant achievement for all students.

If your son/daughter is coming home and talking about the ‘Creek’ code he/she will be referring to our condensed version of The Creeker Code of Ethics. The five qualities that all Creekers should strive to achieve are:

- Creativity
- Respect
- Effort

Engagement
Knowledge

Each week on assemblies, in class and throughout the school on electronic notices boards, one of the five qualities will be highlighted to ensure that the Creek code is widely known and always enacted.

Aligned with our new focus on a reviewed code is our targeted focus on student engagement, effective teaching and parent partnerships. This semester we have nominated our school to participate in the Success Schools Program through the North Coast Region. The program provides additional support for enhancing Literacy, Numeracy and student management skills for our 140 teaching staff.

Our final Back to School information night was held on Monday 23rd February for Year 11 students and their families. Parents and students were provided with information on all three strands of the senior curriculum and provided an insight into the two years which culminate in the Queensland Certificate of Education (QCE), the OP or other certification. A requirement of graduation is achieving a level of certification and 95% or better attendance record. The evening focussed on the partnerships that we develop to ensure that these two requirements will be achieved by all students in the senior school.

Best wishes

Cheryl McMahon
Executive Principal

From the Head of Senior School

PARENT NIGHT 23RD FEBRUARY

Thanks to all the parents of Year 11 students who filled the Performing Arts Auditorium to hear about Senior Schooling, and though there were some technical issues at the beginning I appreciate everyone staying on to hear these important messages. Senior Schooling is a package of study over 2 years and it is important that parents and students get all the right information to make informed and intelligent choices about subjects, career paths, university and TAFE. The OP and QCE system can be challenging to understand but armed with the right resources students can take charge of this important phase in their lives.
What Can Parents Do?

There are a number of important website links below that can assist parents in gaining more information about how senior schooling works.

https://www.qcaa.qld.edu.au/2322.html contains a list of past QCS papers and the answers.
http://www.enhanced-learning.net/ is the home page of the Study Skills website login formchsonly and password 75results, contains a host of useful resources about studying effectively.

Writing Task Practice

Last year the Year 12 OP students completed a practice writing task for the QCS test. Those results have been returned to the school for analysis. The following broad summary reveals that;

- 1% of students received a 2 for this paper (the highest mark is a 1, the lowest a 6)
- 56% of students received a 3
- 33% received a 4.

This is of some, but not great, concern for the teaching team as students at this stage in 2014 had only just begun serious preparation for the QCS test in Year 11, and they will improve as we focus on the real test in September.

Other data reveals that 108 of the 187 students who sat this task got their word length exactly correct and this is encouraging as word length can affect greatly the overall result - the task is designed to be completed as a 600 word piece of writing.

Students need to practice writing (not typing) and become “word length wise”. Students rarely write anything these days in terms of assessment and presentation, so this is an important skill. The markers also observed that some student work was illegible and could not be marked. Legibility is vital, so practice is required here also.

Student Forum

The student forum is a lively debate amongst student leaders from all year levels about how students can improve the school. The forums are held once per term in the Performing Arts Auditorium and are chaired by the Student Council Chair, Alexander Hendry. It is encouraging to see so many Year 7 students wanting to become involved in this process of student government at school, fostering the leaders of the future.

Interviews With Students

From time to time students wish to have an interview with me about some issue of concern to them. For this to happen the form below asks students to write their reasons for needing to see me so that this can happen in a timely and efficient manner. With nearly 800 students in the senior school I need to ensure that time in interviews is used effectively. One point to make is that students once completing this form must return within 24 hours to make sure they have been granted an interview, and then make a time on a Wednesday or Thursday to see me.

Spares

Many students request spares in place of their 6th subject. Unless there are compelling reasons to do so, this request is often rejected. This is because students need all the points they can to ensure their QCE is safe, and also if they are OP eligible, they need to ensure that they have a backup plan if one of their 5 best subjects drop below in grades as they move through Year 12. Acceptable reasons for considering a spare are on the attached student interview request form.

Best Wishes

Andrew Stone
Head of Senior School

From the Junior Secondary School

As we come to the half-way point term 1, I would like to congratulate our Junior Secondary School students on an excellent start to the year and contributing to the success of our school in a number of different ways.

Thank you to all parents and students who attended our Year 7 and Year 8 Welcome to High School evenings. You attendance was greatly appreciated.

Year 7 & 8 – Junior Secondary Initiative Days

Initiative day & student organisation

<table>
<thead>
<tr>
<th>IMPORTANT DETAILS &amp; DATES</th>
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<tbody>
<tr>
<td>WHO?</td>
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<tr>
<td>YEAR 8</td>
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<tr>
<td>BRIBIE/STRADDY</td>
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<tr>
<td>FRASER/MORETON</td>
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<td>MORETON</td>
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<td>FRASER</td>
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<td>WHERE?</td>
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<tr>
<td>Camp Apex – Mudjimba</td>
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<td>WHEN?</td>
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<tr>
<td>Week 2, Term 2</td>
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<tr>
<td>Monday 27th April</td>
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<td>7:30 – 3:30pm</td>
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<tr>
<td>Week 3, Term 2</td>
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<td>Monday 4th May</td>
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<td>7:30 – 3:30pm</td>
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<td>Week 6, Term 2</td>
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<td>Monday 25th May</td>
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<td>7:30 – 3:30pm</td>
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<td>Week 7, Term 2</td>
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<tr>
<td>Monday 26th May</td>
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<td>7:30 – 3:30pm</td>
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</table>
# Important Details & Dates

## WHAT?
- Students must have paid Student Resource Scheme (SRS) Fees to be able to attend.
- All students will be bussed from MCSHS to Camp Mudjimba and return.
- Students will participate in a full day of challenging activities run by Camp Instructors at Camp Apex – Mudjimba.
- Activities include High Ropes, Rock Climbing, Abseiling, Group Initiative tasks and Team work challenges.
- Students wear suitable free dress - Sun safe & activity appropriate. (No thongs, singlets, midriff tops, etc.)
- Morning Tea and Lunch provided.

## WHY?
- Assist students to make a smooth transition into Junior Secondary School.
- Getting to know classmates, other subschool students and teachers.
- Develop individual and team work skills.
- Challenge students physically and mentally.
- Assist with the selection process of Junior Secondary Leaders.

## Further Info?
- Information, Permission and Medical forms will be given to your student to take home in Week 6/7 of Term 1.
- Contact: Lindsay Baker (HOD Junior Secondary) on 5457 8377, with any further queries.

### Assessment and Reporting

Year 7, 8 and 9 students will have now completed some of their assessment and exams. If your year 7, 8 or year 9 student misses an exam due to illness they need to complete this on the following day and supply a note or medical certificate to explain their absence. If they have not completed all assessment - this will need to be finalised in week 1 of Term 2. Students will receive an exam timetable soon and this will indicate when they have some exams in the last two weeks of school.

### Term 1 Report Cards

Report cards will be sent home with students on Friday of week 2, Term 2. We wish your student every success with their exams and assessment.

### National Assessment Program – Literacy & Numeracy – Year 9 Students

The National Assessment Program - Literacy and Numeracy tests will be conducted across 12th, 13th and 14th of May 2015 for all students in year 7 and 9. Year 9 students received an information letter re this testing on Monday the 23rd of February and year 7 students in Week 5 and 6, term 1. If your student did not collect a letter, these can be picked up from their sub-school.

The National Assessment Program - Literacy and Numeracy tests will have all students in Years 3, 5, 7 and 9 undertaking the same tests as students at these year levels in other states and territories.

These tests will assess students in the areas of literacy (including reading, writing, spelling, punctuation and grammar) and numeracy (number, measurement, chance and data, space, working mathematically, algebra function and pattern).

Following the tests, schools and students will receive a statement of performance in relation to the national benchmarks.

### Young Scholars

Our first Young Scholars afternoon was held on the 12th of February. Our year 5 and 6 students had a tour of the school including the Resource Centre, met other members of their class and were given T-shirts and Creeker Bags. They also had their photos taken and will receive an ID card on their next visit to the school on the 12th of March.

### Key Dates for Enrolment in 2016

1. **Year 7 General Enrolments for 2016**
   - Application packages due Friday 22 May 2015 (Week 5 of Term 2)

2. **Creative Industries Academy in (Music, Visual Art, Drama or Dance)**
   - CIA Applications – Round 1 Due Friday 5th of June, 2015
   - CIA Applications – Round 2 Due Friday 17th of July, 2015
   - CIA Applications – Round 3 Due Friday 7th of August, 2015
   - Notification of Auditions after these dates
   - Notification of Acceptance – Term 4, 2015

3. **Zenith Program**
   - Parent Information Evening – 5:30pm Monday 1st of June 2015
International Baccalaureate Update

Theory of Knowledge

The Annual Theory of Knowledge Conference was held on Tuesday 10 February at the Goodlife Centre, Buderim. It was attended by 54 year 11 IB students. Theory of Knowledge (TOK) is part of the core within the International Baccalaureate Program. The main focus of the conference being: how do you know what you know?

The day provides an excellent opportunity for students to be immersed in the process of thinking that is central to TOK. Students are formally introduced to a variety of critical thinking processes as well as the Ways of Knowing and Areas of Knowledge.

Students have the chance to ponder paradigms, and reflect upon their own ways of gaining knowledge.

This year International Student input was helpful for providing an insight into varied cultural perspectives.

As always, the Goodlife Centre provided our thinkers with an excellent facility and a wonderful morning tea.

Thank you to all student participants for your outstanding work ethic during the conference.

The TOK Team
Mrs Valentine, Mr Rudes and Ms Mullighan

P&C Recognises Outstanding IB Students

Each year the MCSHS P&C recognise a number of outstanding IB students by supporting their pathway through the IB with a scholarship. This year Liam Canvin Year 10, Connor Madden and Hannah Lindsay Year 11 were awarded with academic scholarships in recognition of their academic achievements in 2014 and potential for success in the IB programme. Lucie Barnett, Year 12, was recognised with the ‘Spirit of the IB’ Scholarship in recognition of outstanding academic results, balanced with genuine involvement in a range of in and out of school organisations and projects. Lucie exhibits a sense of justice beyond her years and she applies these principles across her many activities and within relationships with teachers, peers and community. She has a quiet concern for others and a considered, somewhat selfless approach to relationships. She certainly exhibits the ‘Spirit of the IB’. The IBDP embraces the IB Learner Profile, as both a guide for development of key characteristics and an acknowledgement that these characteristics are essential for success in the programme and in life. ‘The aim of all IB programmes is to develop internationally minded people who, recognising their common humanity and shared guardianship of the planet, help to create a better and more peaceful world’ (IBO).
Farewell and congratulations IB Class of 2015

They gathered: the Class of 2014, the parents, the brothers and sisters, the school friends and their teachers to celebrate, remember and farewell the fifteen students who took the IB pathway. The guests entertained by Mr Calvin Hunter and his stage band, heard the dreams, reflections, the funny and the serious from the Class of 2014. The graduands shared advice with next generations of IB students, including:-

“don’t hope for sleep or free time more than you hope for success, there is always plenty of time to sleep and relax later but you only get one opportunity to do IB” (Tom Barry)

"you may not be 100% sure of your pathway, but be 100% committed to seeing it through. For that way, you will feel a pride in what you have achieved and do some of those things you never really thought were possible." (Finlay Gordon)

“when you go to the library, make sure you do study instead of just complaining about having to study” (Ashlee Caddell)

“stay true to yourself, don’t be scared or feel guilty about taking a weekend off. However, when it is time to work, work hard and try not to make excuses” (Hayley Mallinder)

“the ‘light at the end of the tunnel’ is not the sun, nor an oncoming train; it is simply a down light, or a check point, if you will, to the next stage in life” (Sam Weiss-Marsch)

A number of students received special awards from the Australian Association of IB Schools in recognition of excellence and merit.

Tom Barry – Certificate for Excellence for his score of 42, Certificates of Merit in recognition of 7s (highest possible score) in Spanish ab, History, Environmental Systems and Societies, History HL, Physics HL and an A in his Extended Essay.

Pietro Bettini – Certificate of Merit for 7 in Spanish B HL

Ashlee Caddell - Certificate of Merit for ‘A’ in Extended Essay in Psychology

Finlay Gordon - Certificate of Merit for ‘A’ in Extended Essay in Chemistry

Hayley Mallinder - Certificate of Merit for 7 in Spanish

Jack Rogers - Certificate of Merit for ‘A’ in Extended Essay in Environmental Systems and Societies

Sam Weiss-Marsch - Certificate of Merit for ‘A’ in Extended Essay in Psychology

Science Update

9B Get Scientific with Pool Blankets

Students in 9B conducted an investigation into the best material to utilise as a pool blanket. Working in teams the students designed a method and then tested how reliable and accurate their process was in the laboratory using a simulated pool environment. Each material was placed over a ‘mini’ pool and filled with hot water, the temperature recorded at time intervals to ascertain which blanket was the best insulator. Each trial was accompanied by ‘control’ pool which did not have a blanket, to get a baseline reading in temperature drop. Students in 9B then analysed their results as well as their methods to establish if there were any possible sources of error.
Year 12 Biology Students Investigate Local Environment

Two groups of year 12 Biology students undertook an excursion to the Mountain Creek Conservation Area which is adjacent to many of their homes in the Glenfields Housing Estate. The purpose of the visit was to give students a broader understanding of the management strategies currently used to reduce the impact of urban development on the natural environment.

On the day students visited three different sites (river, forest, and retention pond) in order to conduct experiments that identified the health of each environment and the impact that the housing estate has. The students conducted multiple tests on water and soil quality, while making observations of species diversity and abundance. At the end of the day students had to evaluate the effectiveness of the current management strategies that are in place.

Mark Thompson

News From The I.T. Department

I.T. Infrastructure

Year 7, 8 and 9 laptop program

Mountain Creek SHS will no longer managing a 1 to 1 lap program in its current format, rather we are in the process of transitioning to a Bring Your Own Device (BYOD) type of program. This will allow students to bring in devices from home that they already own and operate them at school as if they were a school device.

Education Queensland has been working on technology to allow this to happen securely for over 5 years and it is almost ready to roll-out to Queensland schools.

We are hoping that this technology will be installed and operational in our school in Semester 1 2015. I am hesitant to give timeframes however it should in the near future.

With the rate that technology becomes obsolete I certainly do not want to inform parents and then have a 6 month wait for this to operational.

I suspect that in the beginning of Term 2 we will have a functional platform where year 9 students can bring their own device. We will run information sessions as this gets closer for all year 9 parents, explaining how they can participate in this program. I would give the advice that all families to wait until

then to make any purchases as they are not able to be used until this time.

Once we have completed the roll-out of the year 9 students and this is functioning well we will be also offering this program to the year 7 and 8 students, hopefully by the end of 2015.

Craig Hegarty
Acting Deputy Principal
Junior Secondary School

Information Technology Systems

The Year 12 Information Technology Systems class taught by Mrs Thomas, is working on GameMaker: Studio for their assignment this term. They are designing and developing their own game that is marketed to children under the age of 10. The game includes a Welcome Screen, 3 game playing rooms/levels, and a help screen.

By Tasha Kemsley

Students working on Gamemaker

Indigenous Education Update

7th Anniversary of the Apology

Friday 13th of February marked the 7th Anniversary of the National Apology to Australia’s First Peoples – a sacred moment in our nation’s history that must never be forgotten! Sadly, many Australians do not understand the significance of this occasion. If you would like to deepen your understanding or simply become informed I encourage you to log on to a computer and google ‘The Healing Foundation’. This government initiative was set up on the first anniversary of the Apology to help address the complexity of healing, not only for the people of the Stolen Generation but also for the intergenerational healing that needs to occur. On this site under the Resource tab you will find Healing Foundation TV, where the affected people have a voice to tell their stories. It is a must see.
Loud and Proud for Chelsea

Every year the ANZ Bank offer traineeships in Cert 2 Business Studies across various locations on the Sunshine Coast. The positions are highly sought after and a wonderful opportunity for the successful applicants to further their studies while gaining invaluable experience in the workplace. Applicants must complete a selection criterion and attend a panel interview, which even for adults can be a daunting experience. I am very ecstatic and proud to announce that Chelsea Pearce-Grimshaw, one of our Indigenous students, has been successful in securing a traineeship. We wish Chelsea all the very best.

Homework Help

Parents or guardians of indigenous students seeking assistance for their children with homework or assessment scaffolding please ring me direct on 54578311 and ask for Jacqui.

Homework Help

Jacqui Andrews (Indigenous Liaison Officer)

News from Creative Industries

It's Trivia Time!

Trivia fans – assemble! On Friday, March 6th, The Creative Industries Department will host a superhero-themed trivia night in which you will be riddled with many questions from a wide range of topics. You are invited to arrive clothed as the superhero of your choice, and all funds raised go towards the purchase of professionally-painted murals which will adorn Creative Industries buildings throughout the school. Details are as follows:

When: Friday 6th March, 7pm – 9pm
Where: Student Centre, Mountain Creek State High School
What: General trivia questions, with an optional dress up theme of ‘Super Heroes’!

Tickets are on sale at student administration for $10 each. We encourage you to organise a table of up to 10 people and come dressed in the theme. There will be prizes for the best themed table. Alternatively, if you are willing to work in the bar for the evening, please contact Jess Stansbie on 54578337.

Year 11 Art Students Hear It From Professionals

As part of their current assignment, Year 11 Visual Art and Year 11 IB Visual Art students attended two artist talks in recent weeks, where they learnt about the lives, practices and influences of two contemporary Sunshine Coast artists Blair McNamara and Claire Matthews (who operates as ‘Fuzeillear’). Both talks were a fantastic insight into the lives and works of two very talented artists right on our doorstep! For more information on Blair’s work, check out his website: http://www.blairmcnamara.com/ and for more information on Claire’s work, you can see it here: http://fuzeillear.com/.

This Year’s Musical... Alice in Wonderland!

This year’s musical production is ‘Alice in Wonderland’. We are still chasing some adult volunteers for the following positions please:
The Sunshine Coast is commemorating the ANZACs who fought in WW1 at this year’s Sunshine Coast Agricultural Show and the show needs support from the community to make the event a success. The performance requires a massed choir of 400 voices, 200 men and 200 women, raised in song to commemorate what the Anzacs were notorious for – from all the reports coming from the front – “they are always singing!” Even C. J. Dennis, the official Australian WW1 poet, commemorated this in his famous poem – ‘The Singing Soldiers’. We do not need trained singers. Anyone who would like to join the chorus (especially men) will be welcome. Weekly rehearsals will begin in the second week of March with dress rehearsal and performances on the 11 – 14 June at 7:00pm at the Nambour Show Grounds.

For more information or to register your interest please go to www. anzacdawn.com.au or call Paul Coppens (Composer & Music Director) on 5445 1791 or 0411 706 115.

**Jess Stansbie**  
Head of Creative Industries

**News from the Technology Department**

**Certificate 2 in Furniture Making**

30 Year 11 students enrolled in “Certificate 2 in Furniture Making” for the year long course. These students spend Session 3 and 4 everyday developing hand and machining skills in order to gain their certificate at the end of the year.

The year started with the students completing a number of safety tests via the internet. These safety tests are vital as they reinforce the safety required for the practical tasks. Once these tests were completed the practical tasks began.

The students have already completed a Picture Frame that will be taken home once the glass arrives from Sunstate Glass. The students completed all aspects of Picture Framing such as, cutting timber mitres, cutting a 45° bevel on the picture frame matting, cutting backing board and attaching the required picture hanging fixings. These frames were completed to a very high standard.

The students are in the final stages of completing a wooden joiner’s mallet. This task has seen the students refine their hand skills. The students have been using such tools as a hand plane, timber scraper, chisels, spoke shave and the mortise machine. The joiner’s mallet requires the students to show a great deal of accuracy in marking out and also in using the various hand tools. This project will go home early Week 5.

The final project that the students have commenced is a kitchen cabinet made from manufactured HMR white board. This project gives the students an insight into work as a Cabinetmaker in the kitchen industry. The students cut the material on the panel saw to exact sizes before edging the material with PVC edge tape. From there the students require precision marking as they mark out the components in order to drill the fixing positions so that the cabinet can be assembled. This project will be made using ‘knock down fittings’ so that it can be taken home as a ‘flat pack’ unit.

**We ask that parents / guardians check their emails regularly as we will often send home updates via email on student progress. Also, can you speak to your son / daughter regarding work experience that is at the end of Term 2 as this will be organised in the coming weeks.**

**Mr Davies and Mr Clayton**

**Home Economic News**

**Congratulations 7I**

Class 7I have had their heads down learning about food and how to work in the kitchen. They were so excited about cooking for the first time on February 20th, but unfortunately had their lesson cut short because of the inclement weather. It was enough time, however, to see that many of them had been practising their knife skills at home. If their effort is as good in practical work as it has been in theory lessons, there is sure to be some excellent food in the weeks ahead. Keep up the great work students. Stay tuned for some photos of 7I’s culinary creations in the next newsletter!

**Year 9 Home Economics**

Our Year 9 Home Economics students have been learning to work together in the kitchen. Each student chooses a dish to prepare and works in a team of three for the cleaning up stage. This can be a little tricky and everyone needs to work consistently if the group is to finish on time.

So far this term, the students have cooked a healthy snack, pasta or rice dish and vegetarian dishes. The teachers have been impressed with the way in which students have altered the recipes to cater for individual preferences, whilst including a variety of colours and flavours. The focus is on healthy food choices, as well as developing technical skills in the kitchen.
Year 12 Hospitality

Later this term, the Year 12 Hospitality students will once more take over waiting duties at Via Italia Restaurant, Mooloolaba. The industry experience gained from these nights forms an integral part of the unit “Serve Food and Beverage”, which is one of the competencies in the Certificate II in Hospitality. The students are fortunate to be offered such an opportunity to implement their newly learned skills in an industry setting. It would be great to see some of our Mountain Creek families come along to support the students on these nights. Details of menus and dates will appear in the next newsletter.

Eumundi Market Chef

Some our Hospitality students will have a chance to work with experienced chefs from all over the Sunshine Coast as part of the Eumundi Market Chef Program. Last year, chefs from Bistro C and Berardo’s Fine Dining Restaurant in Noosa demonstrated dishes for our students and then allowed them to create the dishes for themselves.

The organisers have been able to offer our school three sessions this year: May 13, May 20 and June 10. The program runs each Wednesday in term 2, with one restaurant and three schools represented each week. The sessions are conducted at Eumundi Markets, just behind the pink administration building and start at 10:00 a.m. Market goers are able to sit and view the workshop, and then taste test the students’ creations, so come along if you can.

Enrichment: Italian Master Classes

Chef Luke, from Via Italia Restaurant at Mooloolaba, designed the master class workshops for our juniors and works with them every Wednesday afternoon as part of the school enrichment program.

The Year 8/9 Italian Master Classes have been very popular, with the students learning new culinary skills and having lots of fun.

The pizza master class was excellent. Students learnt how to make traditional Italian pizza with Chef Luke from Via Italia and one of our Year 12 students, Josh Marsden, who is an apprentice at Via Italia. Luke had prepared an extra dough ball for each of the students, so they could all take one home to show their parents what they had learnt. Some took home 2 of these.

Luke & Josh showed them how to make the dough from scratch, using the Via Italia secret recipe. They have permission to use it themselves as much as they wish, but are not allowed to pass on the recipe to anyone else. A number of MCSHS staff provided the pizza stones, for which the students grateful.

The students learnt and were able to be actively involved in:

- Stretching and shaping the dough
- Topping the pizza
- Folding the small pieces of dough ready for the second proving
- Taste-testing the pizza

There was some “magic” about this week’s Italian Master Class, sorbet. Chef Luke had to be a little creative in order to have students produce delicious sorbet in one lesson, without all of the equipment that would be available in industry. His magic ingredient was dry ice.

Luke demonstrated the process and then let the students work together in pairs to create their “awesome” desserts. They had so much fun and the end products were amazing. There were some very happy faces that day.

Next week: Pasta Making
News from the Sports Department

Get Active Swimming Carnival Day

On Thursday 12 February we held our annual inter-subschool Swimming Carnival. This was hosted by the Kawana Aquatic Centre and was a tremendous success. Almost 800 students attended the day and the students participated in a mixture of aquatic, fun and ball activities and games. All Year 7 and 8 students attended and were actively involved in Oz Tag, Beach Volleyball, Water Polo and aquatic games. While these students were ‘getting active’ the serious competition was occurring in the big pool!

In the competition carnival, Stradbroke Subschool was successful in winning their first carnival in 5 years. Straddie had a commanding lead throughout the day and the relay events confirmed that they had the depth and participation to keep Bribie (a slightly distant 2nd place!) and Moreton and Fraser well behind them.

Final Points:

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<th>Place</th>
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<th>Points</th>
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<tr>
<td>1st</td>
<td>Stradbroke Subschool</td>
<td>2,546</td>
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<tr>
<td>2nd</td>
<td>Bribie Subschool</td>
<td>2,235</td>
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<tr>
<td>3rd</td>
<td>Moreton Subschool</td>
<td>2,190</td>
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<tr>
<td>4th</td>
<td>Fraser Subschool</td>
<td>2,076</td>
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Age Champion points were allocated in ‘A’ Division events only and were closely contested. All students received their Medallions shortly after the Carnival:

12 Years
Boys: Jackson MAY
Girls: Bella SHIPP

Open
Boys: Joshua LINTON
Girls: Drew BEVERIDGE

Special thanks to all the staff who worked the double shift on the day and especially to the organising team of Ms Katelin Mayfield, Mr Andrew Soward and Mr Shane Shillig.

12 Years – Representative Sport

The following Coastal District 12 years & under sport trials will be held over the coming weeks.

Students will need to collect a Trial Notice, a Permission Slip and Parental Consent Form (PCF) from Bribie sub-school. These forms will be available from Monday 23rd February. Parent will need to sign the Permission Form and PCF and return them to Bribie Sub-school where they will be signed off by the admin team. Students will then be required to take the Permission Form to their respective trial. No Form = No Trial.

Eligibility Criteria:

- students born in 2003 or 2004 may participate in these trials
- students must be playing at a ‘club’ level in their chosen sport’ to participate in these trials

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<th>Trial</th>
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<tr>
<td>Coastal District 11 Years &amp; Under</td>
<td>Rugby League</td>
<td>4th &amp; 11th March</td>
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<td>(Born 2004)</td>
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<td>Coastal District 12 Years &amp; Under</td>
<td>Rugby League</td>
<td>4th &amp; 11th March</td>
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<tr>
<td>Coastal District 12 Years &amp; Under</td>
<td>Boys Football (Soccer)</td>
<td>4th &amp; 11th March</td>
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<tr>
<td>Coastal District 12 Years &amp; Under</td>
<td>Girls Football (Soccer)</td>
<td>4th &amp; 11th March</td>
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<tr>
<td>Coastal District 12 Years &amp; Under</td>
<td>Boys Hockey</td>
<td>11th &amp; 18th March</td>
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If parents have any questions about this representative sport pathway, please do not hesitate in contacting Mrs Tanya Aspinall in Stradbroke Sub-school (Monday & Tuesday only) on 5457 8484, or by email taspi9@eq.edu.au.

Tanya Aspinall  
HPE Teacher  
Stradbroke Sub-school

News from Student Services

School Based Youth Health Nurse at Mountain Creek

Hi my name is Kerry McClenaghan and I have been working in the above role for 14 years.

I am extremely happy to say my role remains in the school community after The Sunshine Coast Hospital & Health Service and District Education Queensland signed an extension of the Memorandum of Understanding in 2014. Education and Health continue to recognise the importance of the joint venture in providing support for the students, staff and school community. Whilst the role is not medical (no first aid) it is about building relationships with young people and the wider school community to ensure they have the opportunities to make informed decisions around their health. This comes in many forms; individual, families/carers, groups, curriculum activities and referring, linking/working with the wider community (IFYS, Mental Health/Headspace, Alcohol & Drug, and Sexual Health Services etc.)

I am fortunate to work with and encourage groups of students (Girls Going Great, Senior and Junior Skill Centre, Health Class’s, ECO Youth, Relay for Life etc). I continue to have passion for my job due to the motivation and resilience displayed by a broad range of students with at times complex issues and the support the wider school community offers.

For further information re my role:
https://mtncreekshs.eq.edu.au/Supportandresources/Studentservicesandsupportprograms/Pages/Youth-Health-Nurse.aspx

Kerry McClenaghan  
Youth Health Nurse

Mentoring at Mountain Creek High

2007 saw the start of the mentoring program here at Mountain Creek SHS. For almost 9 years, we have had amazing, faithful adults volunteer their time to spend an hour each week with a student. A mentor does not counsel, does not correct or lecture, does not talk down to or try to fix. A mentor is simply an adult who is consistent, reliable, has a nonjudgmental attitude, is able to accept, encourage, ask questions, listen and help students think through the possible consequences of their choices. It is a powerful thing for a young person to have an adult who actually wants to spend that time with a student and to be there “for” them.

To become a Mentor at Mountain Creek SHS you will need to attend a half day training seminar (Thursday 19th March), complete an application form, attend an interview with one of the Chaplains, have or apply for a working with children Blue Card.

If you are interested in knowing more about becoming a mentor, then contact either Chappy Sarah on 54578322 or Chappy Stu 54578357.

ROADCRAFT – driver safety course

Last newsletter, I highlighted the ROADCRAFT courses coming up. There are a few spaces left if you would like to enrol your yr 11 or 12 student in the course. The first course is 12,13th March and the second course is 23, 24 April. Each year we do have some students who pull out at the last minute. It is worth putting in an application anyway, as you will go on a waiting list. Grab a form from student services and get it back to student admin. If you have any questions, please call and chat with Chappy Stu on 54578357.

Local Chaplaincy Committee (LCC)

The Chaplaincy service here at mountain creek SHS has been running for almost 15 years. Jason Taylor was Chaplain for 5 years, Stu Cran is in his 10th year and Sarah Guest is in her 6th year. Mountain Creek is a wonderful place to work and we could not do it without our LCC. The LCC oversees the Chaplains, provides support, encouragement and helps with fundraising events throughout the year. The LCC here is a combined group that supports both the Mountain Creek state school Chaplain as well as the Chaplains at the high school. We meet once or twice per term for approximately one hour. For various reason each year, some members are unable to continue to volunteer on the LCC. If you would like to support the Chappy’s in this way, or just have questions, please call and chat with either Sarah on 54578322 or Stu on 54578357.

Prayer with the Chaplains

A small group of very faithful people have been meeting at the school each Thursday morning for over 12 years to pray for students, family’s and the school. We start at 7am and finish at 7.30am. We meet in one of the Chaplains offices at student services. If you would like to join us in praying for the school, please call and chat with either Sarah on 54578322 or Stu on 54578357.
Setting goals and exploring motivation

Setting goals brings focus, motivation, allows young people to think about what’s working well, what’s not and ultimately, increases their chances of achieving things! When setting goals, the easiest place to start is to focus on things that are meaningful. Three goal setting starting points are:

1. Start with things you enjoy
2. Don’t get too caught up with ‘big’ things
3. Think about what you don’t want

To keep motivation high it helps for young people to track and plot their progress towards goals—this can be through apps such as Goal Tapper (http://au.professionals.reachout.com/goal-tapper) or through a written journal. Making goals public with friends can also help keep motivation high.

Useful fact sheets from ReachOut.com
http://au.reachout.com/How-to-set-goals
http://au.reachout.com/Tips-for-getting-motivated

Alex Brain – Guidance Officer
Tax File Numbers – New Procedure for Students
As from 1st January 2015 The Australian Taxation Office no longer offers the Tax File Number application program through the school. For information about the new application procedure please go to
https://www.ato.gov.au/Forms/TFN---application-for-individuals/?page=1

Caroline Quilty
Student Services Officer

Creeker Café News
Welcome back to all students and especially to the new Year 7 and 8 students and parents.

What does the Creeker Café have to offer?
• We are a self-serve canteen open from 7.00am to 1.35pm.
• Separate Juice Bar and Coffee Shop open from 6.30am to 2.30pm daily.
• Wide variety of fruit, salads, wraps, sushi, yoghurt and hot food.
• Our menu complies with the healthy food guidelines.
• Anyone can pre-order for special dietary needs.

NEW In 2015. We have introduced to our Juice Bar, a Perfect Fruit Soft Serve. This is a frozen fruit whip made with 100% Aussie fruit from SPC. Flavours include mango, strawberry, mixed berry and passion fruit available on a rotational basis. They are 99% fat free, dairy free and less calories than an apple (49 calories). Approved by Queensland Association of School Tuckshops Inc.

Looking forward to a great year, feel free to drop in and have a coffee at our Café.

Robyn Ward
Canteen Manager

Parent Information
Re: Whooping Cough (Pertussis)
The Sunshine Coast Public Health Unit has been notified of a case of pertussis (whooping cough) in a staff member at Mountain Creek State High School.

This person would have only limited contact with very few students. Whooping cough is a highly infectious illness that is spread by coughing and sneezing.

The illness is troublesome and distressing at any age but can be very serious in young infants. Vaccination gives good protection, but this protection does wane with time.

Whooping cough may still occur in older children and adults who were fully immunised in early childhood.

Any students who have not had a pertussis vaccination are advised to see their local doctor about pertussis vaccination.

Any student who develops symptoms regardless of vaccination status should exclude themselves immediately from school and see their doctor.

Symptoms include an irritating cough and sneezing, which may progress to bursts of coughing or numerous rapid coughs.

These bursts of coughing become more severe and may end in vomiting, cyanosis and/or a characteristic high-pitched inspiratory ‘whoop’.

If you display any symptoms of whooping cough, regardless of vaccination status, you should stay away from school immediately.
TravelSmart Ride2School Day!

Register now for Ride2School Day – Friday 13 March 2015

Cycle to school on Friday 13 March and you could be eligible for these prizes and more:

1st Prize - $500 voucher at a Bike Shop of your choice
2nd Prize - $200 voucher at a Bike Shop of your choice
3rd Prize - $100 voucher at a Bike Shop of your choice

To be eligible for prizes you must register online on Council’s website www.sunshinecoast.qld.gov.au

Why cycle?

- Students feel fresh and alert at the beginning of a school day
- There are fewer cars around the school which eases “drop off congestion” and makes it safer for the students
- Students are more likely to reach the recommended 60 min a day of physical activity

TravelSmart is an initiative of the Sunshine Coast Council. For more information, please visit www.sunshinecoast.qld.gov.au or contact our office by phone on 5475 7272.

World’s Greatest Shave

Not long to go! Mountain Creek SHS will be participating in the World’s Greatest Shave on MONDAY 9 MARCH – Week 7.

The Fraser Senior Leaders have been rallying to raise funds to reach the $1,000 goal in conjunction with Small Change Matters. You can also show support by paying to have your hair sprayed on the day. You can support our “shavers” – see Ms Mullighan in Fraser for more details.

There has been a variety of interest shown from staff and students alike to shave their heads – come along on Monday 9 March. Funds raised help families with accommodation, and resources during hospital stays and treatment programmes and much, much more.

It’s not too late to be Brave and Shave! See Ms Mullighan in Fraser subschool for a Permission Form. Please feel welcome to contact me for more information: emull19@eq.edu.au.

Elizabeth Mullighan
Year 12 Fraser HOSS

Benefit Health and Fitness

Our buy one get one free offer has been a hit and is only valid for one more week! (Ends March 2nd)

BUY ONE GET ONE FREE!

- BUY A 12 MONTH M’SHIP – GET A 12 MONTH M’SHIP FREE
- 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

OFFER VALID: Monday 2nd Feb – Monday 2nd March

Limited numbers available – So don’t miss out!

- Sale only 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
- Both students must attend together to sign up and make full payment if sharing the cost.

MUMS AND DADS

For the mums and dads, we would love to have you in the gym too and support you with your health and fitness goals. Membership prices are below:

Adult Memberships:

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<tr>
<th>Paid in Full</th>
<th>Direct Debit/Casual</th>
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<tr>
<td>12 Months</td>
<td>$550</td>
</tr>
<tr>
<td>6 Months</td>
<td>$350</td>
</tr>
<tr>
<td>3 Months</td>
<td>$250</td>
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<tr>
<td>10 Class Pass</td>
<td>$100</td>
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Remember we also have boxing classes included in your Benefit Health and Fitness Membership that you are welcome to attend. Boxing is on Tuesday and Thursday nights from 6pm – 7pm and Saturday mornings from 8:30am.

We also offer CrossFit classes at a range of different times throughout the week. Prices and timetables for CrossFit can be picked up from inside the gym or found on our website crossfitthestables.com

We hope you are having a great Term One and we look forward to seeing you in the gym!

PH: 5478 0001
Benefit Health and Fitness
Would $500 Assist You With Education Costs?

Join Saver Plus and match your savings dollar for dollar, up to $500, for education costs including school uniforms and textbooks, laptops, sports equipment and music tuition! To be eligible you must:

- have a Centrelink Health Care or a Pensioner Concession Card
- have a child at school or starting next year

Call or SMS your local Saver Plus Worker at the Smith Family on 07 5451 1069

Saver Plus is an imitative of Brotherhood of St Laurence and ANZ, delivered in partnership with Berry Street, The Benevolent Society and the Smith Family and other local community agencies. The program is funded by ANZ and the Australian Government Department of Families, Housing, Community Services and Indigenous Affairs, with ANZ providing matched saving for participants

School Calendar

<table>
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<tr>
<th>Week 6</th>
<th>Mon 2nd Mar</th>
<th>Tues 3rd Mar</th>
<th>Wed 4th Mar</th>
<th>Thurs 5th Mar</th>
<th>Fri 6th Mar</th>
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<tr>
<td></td>
<td>Central District Sport Trial Day 2 - 3:30pm</td>
<td>Yr 11 Hospitality Excursion</td>
<td>Yr 11 VIS Art Excursion</td>
<td>Yr 10/11 Music/PGAC Excursion</td>
<td>TRIVA NIGHT 7PM</td>
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<td>Week 7</td>
<td>Mon 5th Mar</td>
<td>Tues 6th Mar</td>
<td>Wed 7th Mar</td>
<td>Thurs 8th Mar</td>
<td>Fri 9th Mar</td>
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<td>Yr 12 Hospitality Via Italia Nights</td>
<td>Yr 12 Modern History Excursion</td>
<td>Yr 9 GEG Rainforests 10:30-1pm</td>
<td>Road 2 Yr 7 Inter School Sport</td>
<td>ROADCRAFT training</td>
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<td>Week 8</td>
<td>Mon 16th Mar</td>
<td>Tues 17th Mar</td>
<td>Wed 18th Mar</td>
<td>Thurs 19th Mar</td>
<td>Fri 20th Mar</td>
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<td>ISP Farewell</td>
<td>Year 7 Focus Adventure Day</td>
<td>Café Concert 5-7pm</td>
<td>Round 3 Yr 7 Inter School Sport</td>
<td>Central District Final Meeting</td>
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<td>Week 9</td>
<td>Mon 23rd Mar</td>
<td>Tues 24th Mar</td>
<td>Wed 25th Mar</td>
<td>Thurs 26th Mar</td>
<td>Fri 27th Mar</td>
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<td></td>
<td>Yr 12 Hospitality Via Italia Nights</td>
<td>Year 12 QCAA Exams</td>
<td>Year 11/12 QCAA Exams</td>
<td>Year 11/12 B Exams</td>
<td>Year 12 Cert II Manufacturing Industry Placement</td>
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<tr>
<td>Week 10</td>
<td>Mon 30th Mar</td>
<td>Tues 31st Mar</td>
<td>Wed 1st April</td>
<td>Thurs 2nd April</td>
<td>Fri 3rd April</td>
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<td></td>
<td>Year 9 Focus Adventure Day</td>
<td>Year 7 Sports Finals Day</td>
<td>PUBLIC HOLIDAY Good Friday Have a safe holiday</td>
<td>Year 11/12 QCAA Exams</td>
<td>Yr 12 Cert II Manufacturing Industry Placement</td>
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School Resumes Monday 20th April