14 September 2015

From the Executive Principal

Full School Review

In this newsletter, I will provide a snapshot of the Full School Review process that will be conducted in Term 4 – October 12th to October 15th. During this time a team of 4 reviewers (Principal colleagues and external reviewers) will visit Mountain Creek to review our explicit improvement agenda leading to improved learning outcomes for students.

The team will use the National School Improvement Tool (ACER) to discuss school progress towards the improvement targets with staff students, parents and community partners. The recommendations from the review will provide the framework for our next 4 year Strategic Plan and help the school to prioritise planning for our Annual Implementation Plan for 2016.

Over the past term, staff have been reviewing their contribution to the school’s Performance Agenda and sharing their responses with sub-school colleagues and faculty colleagues. I provided a link to the National School Improvement Tool and the school’s Annual Improvement Plan (AIP or Explicit Improvement Agenda) for parents and students to also provide a perspective on the school’s performance across these domains. I will again provide these links – both can be found on our school website.

Staff Changes

Andrea Evans (Head of Junior Secondary) will be on leave for Term 4. Ms Evans will be replaced by Mr Craig Hegarty as Acting Head of Junior Secondary and Ms Helen Gillis as Acting Deputy Junior Secondary.

Year 12

Having completed the QCS test, our Year 12 OP eligible students are now focussed on achieving the best possible grades in their subjects to contribute to their OP calculations, while those studying alternate tertiary and vocational courses are completing certificates and participating in work placements to complete their certification and QCE. These final weeks are important in maintaining momentum with a clear goal on certification and completion of the QCE for all Year 12 students.

Information about Graduation will be provided by the Head of Senior School, Andrew Stone, however I make one very clear statement regarding these ceremonies. The school provides two graduation rituals, the Guard of Honour and the Formal Graduation Ceremony and dinner. These ceremonies are not a requirement of schools; however staff give significant time and effort to planning these ceremonies to celebrate achievement of QCE and successful graduation from 5 years of secondary education. It is important to enjoy the graduation events, while ensuring that the good reputation of the school from which you graduated is maintained. As Principal, I expect that students’ exit from the school and at the graduation ceremony is respectful of the school, lawful and moral in terms of decorating cars and wearing the school uniform.

Term 4

Term 4 commences with a short week as Monday 5th October, is a gazetted holiday. Parents please place the start date for Term 4 on your calendar Tuesday 6th October. Parents are also reminded to keep Wednesday 28th October free for Awards Night presentation. Students will be notified early in Term 4 if they are to receive an award at this presentation evening. Parents will also receive an official invitation to attend this prestigious event.

Cheryl McMahon
Executive Principal

From the Head of Senior School

QCS Complete for 2015

A total of 169 students sat the QCS test on Tuesday 1st and Wednesday 2nd of September in the Student Centre. This is the fourth last group to go through this process with the Minister announcing that Year 11, 2018 will be first group of students to use the external exam process to determine University Entrance. In any case the school will continue to utilise a rigorous process of preparation for the test with lessons.
Graduation Notification to Parents

On the 9th of October I will address all Year 12 students regarding the Graduation process for this year. Below are important excerpts of the information that will be received that day as an early “heads-up” for students and parents.

The graduation will be held at two venues. The formal presentation will be held at Suncoast Auditorium followed by a formal sit down two course meal at the Events Centre (Maroochy RSL) for graduates only. Attendance at the Graduation is optional, however students attending are expected to uphold the formality of the evening.

Venues: Suncoast Auditorium. Arrival between 4:45 pm – 5:30 pm - followed by formal presentation of graduates from 5:30 pm.

Events Centre – Maroochy RSL (7:45 pm – 11:00 pm). Students only. A bus will be provided to take students to the venue if numbers are sufficient.

Theme: To be advised, students need not be concerned in terms of a colour theme.

Cost of Tickets: TBA. Cost includes, venue hire, DJ, two course meal including dessert, photo booth, non-alcoholic drink package, theming and security. There is no cost for parent tickets for Suncoast Auditorium. Tickets will be on sale from Monday 26th October – Friday the 6th of November.

Attendance: Students must be currently enrolled in Year 12 at Mountain Creek SHS at the time of the Graduation. All outstanding school fees should have been paid and any school resources and sporting uniforms returned. Students must also be able to demonstrate a consistent record of acceptable behaviour at school.

Due to the limited seating for such a large cohort, only parents (2) are invited to the formal ceremony at Suncoast Auditorium. Students requesting extra tickets must see Mr Stone in Term 4, by Monday the 26th of October. At Suncoast parents are welcome to view the arrival of students between 4:45 pm and 5:30 pm. All parents are required to be seated by 5:30pm. The formal part of the evening will end at 7:00 pm. Graduates will then be transported to the Events Centre (Maroochy RSL) via bus or private transport where they will have a formal sit down two course meal followed by dancing.

Dress Standard: Students are required to dress formally for the occasion - suits for males and cocktail length dresses for the females. Dresses are to be appropriate for a formal school function i.e. not too revealing, no midriffs etc. Females are reminded that the combination of long dresses and high heels can make it difficult to walk on stage, and that students will not be permitted to remove shoes at Maroochy RSL due to licensing laws.

To purchase a graduation ticket, students will be required to:

a) Present Student ID.

b) Finalise outstanding school fees.

c) Be currently enrolled in Year 12 at Mountain Creek SHS at the time of Year 12 Graduation.

d) Meet requirements for attendance/completion/behaviour at school in 2015.

e) Return all outstanding loan items (textbooks, graphic calculators, library resources and sporting uniforms).

Graduation Day Ceremony

This school has made a commitment to ensure that 2015 Graduation events, especially the school’s day ceremony, continue to be Safe, Respectful, Moral and Lawful. This ceremony is provided to allow graduating students to be congratulated by the rest of the school for successfully completing 12 years of education. The guard of honour and school departure should reflect what occurs on a day to day basis at this school, where students respect the school that has supported them throughout 5 years of secondary school.

We request the direct involvement of all parents to ensure that they reiterate and support the school’s initiatives to ensure that this occurs.

Program of Events – Tuesday 17th to Thursday 19th November

Tuesday 17th November – Graduation rehearsal for students in the night ceremony/Conclusion of exam block

Wednesday 18th November - Mandatory attendance for CPR training in Student Centre. This is a mandatory attendance day at school, rolls will be marked and all groups will be met by the Principal.

Session 1 - Bribie, Session 2 - Fraser, Session 3 - Moreton, Session 4 - Stradbroke.

Students to check line up lists for Night Ceremony.

Thursday 19th November – Day Ceremony

- 7:30 a.m. - 8:15 a.m. - Students arrive at school. Car park will be embargoed for Year 12 students’ cars only.

- 8:15 a.m. – Students must be seated in the Student Centre to prepare for the Day ceremony.

- 8:30 a.m. – Parents can enter the Student Centre.

- 8:45 a.m. – Day Ceremony

- 9:20 a.m. - Students exit the Student Centre then depart the school via a guard of honour of Year 10 and 11 students.

We make the specific request that students respect their school uniform on this day. Students are expected to wear formal uniform and have this remain intact for the entire time the activities at school are on including the Guard of Honour and departing in vehicles. Instances of disrespect in this manner risk the students being immediately removed from any or all celebrations. Students will be advised how to wear their uniform to reflect the respect required on such an important day.

Departing the School after the Day Ceremony

It has been tradition for many years that students bring vehicles to school that day and depart in these after the guard of

once per week in each of the Year 11 and 12 cohorts. Congratulations to this year’s OP students who continue to strive to achieve their best grades in the coming exams.
honour to travel to the beach. The school does not endorse, encourage or organise this arrangement. However, given that this will likely occur again the Queensland Police Service will attend at the front of the school, direct students to travel safely and monitor behaviour to and at the beach. QPS members will also attend a school assembly during the term to ensure that students understand the expectations of the day. Sunshine Coast Regional Council staff will also be present at the beach to ensure students are safe and that laws relating to littering are not breached.

The following arrangements will occur for departure after the day ceremony.

- Students will depart the school via a Guard of Honour of Year 10 and 11 students.
- Police officers will stop every departing car, talk to drivers and passengers about safety and release cars intermittently into Lady Musgrave Drive.
- Police will also be in Lady Musgrave Drive to make sure students are driving lawfully.
- Mooloolaba Police Beat will monitor students attending the beach.

Parent Involvement

We cannot have a successful day without the positive influence from all parents. We request that parents discuss with their students the following issues over the coming weeks.

1. Acceptable standards of behaviour prior to, during and after all school graduation events.
2. Safe use of motor vehicles, as a driver or passenger.
3. Respect for the uniform they wear to demonstrate to the wider community their respect for the school’s values and beliefs. This day more than any other in the school calendar has the potential to promote or destroy a school’s reputation. The demonstration of this respect will ensure that this event is maintained in coming years.

We expect that parents will be in large attendance on these days to wish their students well, to thank teachers for their support and to celebrate achievements and completion with students. We look forward to enjoying these days along with you in a respectful, lawful and celebratory manner.

Best wishes

Andrew Stone
Head of Senior School

From the Head of Junior Secondary School

As we approach the end of term 3, we would ask that students complete all assessment prior to the holidays. In Junior Secondary any assignments or exams that students have missed must be completed in their first lesson back next term. They should show their teacher a note or medical certificate to explain absence.

Quality

Please support our planning and preparation by returning your student’s subject selection form for 2016. Students will not be placed into elective classes until we have this form returned to Student Administration. The selecting of subjects although early in secondary schooling is still a very important part of the progression into Senior Secondary and either the workplace or further studies or training. If for some reason you were unable to return this form at ECP or it has been lost please collect another form from Student Administration and return this by the end of term.

Opportunity - Young Scholars

In weeks 3 and 7 of every term our school plays host to our young scholars from all of the primary schools in our area. In week 7 students were involved in Maths and Social Science Activities and from all accounts the young scholars thoroughly enjoyed themselves and continued their enriched learning journey.

Year 6 into 7 Transition Day

On the 3rd of September we welcomed over 300 year 7 students into our school community. These students toured the school and participated in various faculty based activities on the day. It was a great day and a very exciting time for these transitioning students.

Excellence

Mountain Creek State High School’s Annual Awards Night will be on the 28th of October, at the Suncoast Auditorium, commencing at 6:40pm. Lists of Awardees are being posted in the Creeker Café and students are encouraged to check these and see relevant teachers if they have any concerns.
Senior School News

Study Skills Newsletter Tip for August

Students and Sleep

How much sleep do I need?

Different people need a different amount of sleep in order to function optimally during the day. Whilst most adults need about 8 hours sleep a night, teenagers need more like 9 hours and 15 minutes sleep per night. Working out how much sleep you need will take a little time and perseverance. Record how you feel during the day based on how much sleep you had a night and a pattern will start to appear.

Getting a good sleep is important for your mind and body. Sleep lets your body rest and repair, it helps maintain a healthy immune system and sleep is needed so your body has the energy it needs during the day for activity and concentration. Sleeping well helps you to stay mentally healthy too.

Signs that perhaps you aren’t getting enough sleep or enough good quality sleep include irregular sleep patterns, feeling tired and drowsy during the day, falling asleep at school or in the afternoon, trouble falling asleep or staying asleep, loud snoring, sleepwalking or night terrors and difficulties with concentration and memory.

Top Tips for getting to sleep / sleep routine / falling asleep

Have a regular bed time and wake up time. A regular bed time helps to set your body clock so your body knows it’s time to sleep. Waking up at (or near) the same time each day also helps your body to establish a sleep pattern. Get plenty of sunlight during the day too.

Establish a bed time ritual. Doing a series of actions before bed also helps your body to prepare for sleep. Ideas include, a warm bath or shower, reading a book, listening to quiet music or doing some gentle stretches.

Avoid technology in the hour before bed, including TV, computers and phones.

Exercise during the day so that your body is ready for rest at night.

Don’t eat big meals at night. Eat as early as possible and try to avoid rich, heavy food close to bed time.

Limit your caffeine during the day and don’t drink any caffeine in the afternoon or evening.

Don’t have too much liquid in the evening…and if you are drinking, consider a herbal tea like chamomile.

Worrying about problems at school or with friends often stops you from getting to sleep. Talk to a trusted person about things that are worrying you to find ways to solve your problems. You could also try some relaxation exercises such as meditation or positive visualisation.

Have your room as dark as possible when trying to get to sleep. Use a sleep mask if you need to avoid light e.g. from electronic devices, street lights etc.

Staying asleep

Make sure the temperature of your room is comfortable. Too cold and you may have difficulty falling asleep or staying asleep. Too warm and the heat will also wake you.

Having a quiet environment will help you stay asleep. If loud noises often wake you, having some consistent “white noise” can be helpful. Earplugs may also work for some people.

A comfortable bed which is large enough for you to spread out and is supportive will help you to sleep well, as will a comfortable pillow which provides the right amount of support for your neck.

Good ventilation in your room helps to get rid of toxins and keep the air you are breathing fresh. A potted plant in your room may help. Make sure you go to the toilet just before you get into bed.

Good quality sleep

Smelling lavender while you sleep might improve the quality of your sleep. Try a few drops of lavender oil in your washing or on your pillow, or using lavender scented soap.

Have a good sleep environment. Clear your room of clutter. Dust regularly. Have calming colours in your room.

Try rearranging your room according to Feng Shui principles, whereby you can see the door from your bed, but your bed is not directly facing the door. This may mean putting your bed on an angle.

Feeling refreshed after sleep

First thing in the morning, drink a glass of water to help you wake up and rehydrate.

Do some gentle stretches or more vigorous exercise first thing in the morning as part of your morning ritual. This will also help to set your body clock.

Practice deep breathing while you are still in bed to make sure your body is able to take in lots of oxygen and expel carbon dioxide.

Where to go for help or more information

If you try out the tips here and are still having trouble with falling asleep or staying asleep, try talking to your doctor to see if there is a medical or other reason.
You can learn more about how to optimise your performance as a student at www.studyskillshandbook.com.au

Bree Brokenshire
HOD Senior School

Opportunity - TAFE at School

TAFE Programs

TAFE has released a number of programs that students can put in an expression of interest for study in 2016/2017. Students would still attend Mountain Creek SHS but would attend TAFE one day a week to complete their qualification.

There are a number of fee-free for students covered under Vocation Education in Schools (VETis) funding. Choosing the most suitable qualification to study is important as students are only able to receive one qualification funded by VETIS.

Fee-free services are:
- Cert I in Construction – Nambour TAFE
- Cert II in Furniture Making – Nambour TAFE
- Cert II in Automotive Vocational Preparation – Nambour TAFE
- Cert II in Engineering Pathways – Nambour TAFE
- Cert II in Sport and Recreation – Mooloolaba TAFE
- Cert II in Hospitality – Mooloolaba TAFE
- Cert II in Health Support Services – Mooloolaba TAFE

Other courses on offer that are fee for service so full fees are charged are:
- Cert III in Business Administration – online course
- Cert III in Community Services week – online course
- Cert III in Media - Mooloolaba TAFE
- Cert II in Hairdressing – Mooloolaba TAFE
- Cert II in Retail Make-Up and Skin Care – Mooloolaba TAFE
- Cert IV in Justice Studies- online
- Cert III in Retail Operations - online
- Cert III in Events – online

Please note that online courses would be completed at school. Students need to be capable of working independently and keeping in touch with their allocated tutor from TAFE.

TAFE Queensland East Coast will outline any costs when student enrols these may vary across locations.

If you have any further questions please contact Donna Lancaster on 54578333.

Donna Lancaster
Deputy Principal

Science Update

Science Week 2015

Week 6 of this term we celebrated National Science week. This year the theme was making waves: the science of light: Celebrating the international year of light. We had daily science quiz questions in student daily notices and we ran a series of different fun science shows in lunch times through Week 6 and 7. Students had the opportunity to see some reactions that create light and experience the effects of static electricity. We investigated surface tension and the interference of light making giant bubbles as well as exploring the properties of light. As the grand finale, we had a liquid nitrogen show discovering the amazing effects of a liquid that boils at -196°C and how this makes delicious ice-cream.

Dr Matherson

Students celebrate National Science Week in a most delicious way!!

Senior chemistry students experienced the tasty side of science during National Science Week (August 15th – 23rd, 2015), by making their very own ice cream with liquid nitrogen which boils at a cool -196°C. The students are studying gas behaviour and learning about the important contributions from Robert Boyle,
Jaques Charles, Joseph Gay-Lussac, and Amedeo Avagadro who pioneered the theory of gases behaving ‘ideally’. One of the most amazing things about gases is that, despite wide differences in chemical properties, all the gases more or less obey the gas laws under standard conditions. However when the environmental conditions become extreme, for example high pressures, and in the case of liquid nitrogen extremely low temperatures gases start to deviate from this ideal behaviour as compression factor start to kick in.

Lachlan Thomson and Ron George were given the challenging role of head master chef and had to mix the ice cream while the liquid nitrogen worked its magic on the cream/milk colloidal mixture. Both students excelled in the task and produced some appealing flavour combinations like malteaser milo madness, and strawberry vanilla surprise.

**Magic Mudjimba**

Year 12 Marine Science students recently enjoyed a day snorkelling the waters around Mudjimba Island, also known locally as “Old Woman Island”.

As part of their research into Coral Reef health and management, students were guided by Mountain Creek High Staff Andrew Louttit and James Dalrymple over several dive sites, recording coral coverage and health using the internationally recognised “Coral Watch” system. Students also gathered digital data using three GoPro cameras allowing further analysis of the reef and its amazing inhabitants, back on dry land. This data is the beginnings of what we hope will be a long term study and a first for the Sunshine Coast, ultimately helping to identify and preserve our local marine environments.

Whilst the waters around Mudjimba Island were not quite as spectacular as last year’s diving at Lady Musgrave Island, students determined that the reef is resilient and surprisingly healthy with good coverage of baby corals or “recruits”. Highlights included spotting a juvenile Speckled Moray Eel, several Wobegong and Hawkesbill turtles. Thanks to SunReef Dive who ensured that our divers had all the right gear and were guided to the best dive spots. We look forward to students demonstrating their newfound knowledge in their upcoming multi-media presentations.

If you or your student would like to know more about the amazing aquatic world of Marine Science, please contact Senior Marine Teacher Mr Andrew Louttit (Bribie Sub-school) or Head of Department Mrs Helen Gillis.

**Emma Hodkinson**

**University of the Sunshine Coast Science Research Awards**

This year, several senior students, Zoe Cowlard, Jett Kittley, Ben Magao, James McNee, Cody Redjeb and Luke Strong entered the work from their extended experimental investigations into the USC research awards. Our students presented a variety of well conducted investigations on physics, chemistry and biology. The students had to create a poster that explained their research as well as explain this and answer questions about their work for a selection of judges and other students. There was also an additional competition” three minutes to win it” where Zoe and Ben competed with 3 minutes to present their investigation to an audience. All the students enjoyed the afternoon and being able to socialise with students from other schools in the area and see what they have been researching. Ben Magao was awarded 3rd place in the year 11 competition for his project, “Measuring acidity and sugar quantities to determine which of the samples of commonly found party drinks has the highest amount”. Well done to all our students who entered the research awards!

**Mr Andrew Louttit**

**Social Science Update**

**Year 8 Social Science Rainforest Excursion**

Recently, students taking year 8 Geography got the chance to experience their learning up close and personal with a visit to the Buderim Rainforest. As part of their assessment students had to write an article focusing on their personal experience and their understanding of why rainforests are so important.
The Importance of Rainforests

A few weeks ago I went on a field trip to the Buderim Rainforest. It is somewhere I have lived my entire life, yet I have never been. It was great! I loved the beauty and sound of a sub-tropical rainforest. You could hear the birds and the running water as soon as you entered. It also got me thinking about other rainforests and their importance to all of mankind.

What would happen to all of us if the Amazon Rainforest, or closer to home, the Daintree Rainforest was logged or mined beyond repair?

The Daintree is home to more than 3000 species of plants, 395 species of animals that are rare or threatened and 430 species of birds. What would become of them? The Daintree is also one of the oldest rainforests in the world and has survived through an ice age! But like so many forests around the world, ours is endangered by humans. People travel the world to see these beautiful rainforests, yet they also help contribute to their destruction. Tourism plays just a smaller part in the destruction of these rainforests, while logging, mining, farming and development play a much larger part. Farming is in many ways helping the local communities where the farmers can go and sell their products at local markets, where as logging and mining are tearing down these fragile eco-systems. A German billionaire has just purchased a chunk of the Amazon Rainforest for $400 million. He bought it off the loggers. He did this just to keep the rainforest alive. We need to set up places than cannot be touched before it is too late. I feel as though we all have a responsibility to look after these endangered rainforests, to help protect these plants, to help all the species of animals that call these places home, and to help with reforestation.

Our future depends on these rainforests. Let’s help so future generations can witness the beauty and magic of these rainforests for many years to come.

Luke Jones
Year 8H

Beauty vs. Destruction

Every day, month, year, acres upon acres of our world’s rainforests are destroyed. Millions of animals and plants become threatened and homeless, and face the risk of extinction. Rainforests are habitats that populate our earth, producing around 20% of the world’s oxygen. We year 8 students from Mountain Creek State High School took a trip to our local Buderim Rainforest. It was a beautiful, serene and fresh environment; who in their right mind would want to take away that peace, that home to natural and exotic wildlife?

Protecting our rainforests is crucial! If we let them be torn apart, then we can’t have them back. If we lose them we would be letting our ecosystems slowly deteriorate, taking us along with it. Take away all those animals and plants from our natural food chain and the whole world becomes unbalanced. The saying “you don’t know what you’ve got until it’s gone” has to be realised when signing building contracts to bulldoze our environment. Our number of endangered species is growing each day. More and more animals are going extinct. For them; for our flora and fauna, death and destruction are surrounding them, closing in. They get no rest, always running and trying to survive. What did they do to deserve this fate?

Over 16% (640,000km^2) of the Amazons original size has been lost to deforestation (cutting down of trees) and mining (for resources that we take advantage of). The Daintree, located right here in Queensland, is facing more threats each day. Rainforests are home to our beautiful and exotic wildlife, and to some indigenous tribes who are still upholding their traditions and cultures. I don’t want to see all that beauty and peace destroyed... do you?

Don’t be hesitant! Every cloud has a silver lining! Join the Australian Rainforest Foundation who have run a non-profit organisation for the past 19 years! They are putting in all their efforts to restore Australia’s rainforests back to their original glory!

http://www.arf.net.au/

Or join the Amazon Conservation Association, working to prevent anymore deforestation in the hopes of restoring the Amazon!

http://www.amazonconservation.org/

“What when tugs at a single thing in nature, he finds it attached to the rest of the world” – John Muir

Taylor Weitenberg
Year 8H

Ms Jessi Hunt

Mathematics Update

Australian Mathematics Competition Success.

Over 150 students participated in the Australian Mathematics Competition in August.

Two students received marks in the top 1% of Australia – Year 11 Tristan Hauber and Year 12 Donovan Hicks. Over 67% of students received Credit and Distinctions. Thirty Eight students received Distinction which places them in the top 10% of the nation.

This is outstanding results. Well done to all these students.

News from Home Economics

Year 7 – Muffins Galore

The Year 7 students’ confidence in the kitchen was evident this week when they made muffins. The students’ skills, organisation, hygiene and enthusiasm for preparing food by themselves have continually developed throughout the term. Combined with the knowledge for healthy eating, it is hoped that they will take an active role at home in helping to prepare healthy meals and experience the joy that can come from preparing food for yourself and others.
Year 9 – Working Together

The Year 9 students continue to amaze their teachers in the kitchen. This past week saw students working collaboratively to plan and prepare a main course and dessert, which follows the Australian Guidelines for Healthy Eating. Students approached the task enthusiastically and their creativity in menu design and presentation is commendable. Students were given time to reflect on their efforts thus far with regard to menu, presentation and organisation in readiness for their final and make adjustment for their final practical task for the term. Congratulation Year 9 students!

Year 12 Hospitality

Sandwiches was the latest topic for Year 12 practical work. Students were provided with a simulated back of house café experience, in which they were provided with recipes and ingredients and instructed to plan how they, as a team, would produce all of the required products for service in a given time frame.

Foods on the menu included ribbon sandwiches, pinwheels, BLATs and toasted sandwiches. Students worked together to successfully allocate roles, work efficiently, safely and hygienically and present the café items. A number of the students again implemented their abilities when they catered for the ABW presentation evening.

The Hospitality teachers ran catch-up sessions for Year 12 students on the QCS days and will run more sessions during the exam block. Students who have unfinished work or need to complete practical work are required to attend these sessions. The students have dates and times. To receive a certificate II in Hospitality, all work in each competency must be successfully completed.

Year 9 Enrichment – Italian Cookery Master Classes

Mountain Creek State High School expresses its sincere congratulations to Luke Searson and his wife, Candice, on the recent birth of their second son, Franklin, a little brother for Harrison. Although unable to attend every week this term, Luke has on many occasions attended the classes and then driven straight to baby appointments.

Luke has given so much of his time, preparing ingredients for the master classes and in the classroom with our students. His knowledge, skills and ability to engage the enthusiasm of the students has been inspiring. Luke always has a story to tell regarding the history and ingredients of all of the dishes featured in the course. He has been able to “package” demonstrations and hands-on experiences that would usually take hours in the restaurant, into one hour sessions, where the students can see and trial the entire process.

The latest workshop was pizza. You can tell from the photographs how hands-on the master classes are and how much the students enjoy the program. Thanks Luke; you’ve been an absolute asset to our enrichment program and to the Home Economics department.

Via Italia is located opposite the main swimming beach at Mooloolaba, a few doors up from the Coffee Club.

Karen Toomey
News from Film and Television

Film, TV and New Media

Film Competition Success

Congratulations to a number of Film & TV students whose fiction films have been short listed in the Australia-wide film competition, Stuff It. Year 10 students Trinity Hawkins, Holly Morgan, Chelsea Jamieson and Emma Heffernan in the Junior category and Year 12 student Alex Shingles in the Senior category have all had their films short listed.

The competition had 70 + films entered from around the country so to have 3 films short listed, was an excellent achievement. These students have the privilege now of having their films shown on the “big screen” at the cinemas on October 17th and are in the running to win some excellent prizes including film equipment, gift cards and cash. Tickets for the film showings and awards presentation are available for purchase through the Stuff It website.

So, look out for the films ‘Action, Wait, What?’; ‘First Thought’ and ‘Gregory’ and show our students some support in their quest to become winning student filmmakers! We wish these 5 students the best of luck!

\[Image 52x279 to 259x417\]

\[Image 52x432 to 152x498\]

\[Image 159x432 to 258x498\]

\[Image 20x55\]

Lauren Stevens
FTV Teacher

Creative Industries News

Check These Out!

Look at the amazing Archiblad Prize inspired portraits that the students in Mrs Shannon Palmer’s Year 9 CIA class are painting. These works are already of a very high standard and we can’t wait to see them finished. Thanks Mrs Palmer!

\[Image 337x140 to 436x206\]

\[Image 337x221 to 436x287\]

\[Image 444x140 to 543x206\]

\[Image 444x221 to 543x287\]

Introducing Our Creative Industries Captains

#creativecreekermindsrock

Hi Everyone! We are Nancy McCoozi and Cozmo Kimpton, your Creative Industries Captains for 2015/2016. We will be working with Ms Downie to bring you some exciting initiatives in the Creative Industries throughout the next year.

\[Image 444x221 to 543x287\]

Rachel Downie
Acting Head of Department Creative Industries

News from Student Services

Parenting Support

I know we are all busy but…….
Do you feel like you are speaking another language your teenager?

Are you worried about your pre-teen and the joys to come?

Come find out about the Physiological Development of the Adolescent Brain presented by Greg Setchel Senior Psychologist at Child and Youth Mental Health. You will walk away with a deeper understanding of how the teenage brain works and how you can support them on their life journey. This is a free event.

Tuesday 15th September- 6 pm-7:30pm at the Primary Innovation Hall, free event.

Bookings essential on 54369388, before Friday 11th September.

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**Health Lifestyle Tips**

With the season changing and we have already had an increase in Influenza A and B it is a good time to remind students, parents and the school community not to be complacent about flu as it is a highly contagious and serious disease.

Symptoms may include sudden fever, cough, muscle aches and pains, fatigue, headache, sore throat or a stuffy or runny nose.

If your child has flu-like symptoms, the following is advised:

- keep your child at home and don’t send them to school;
- avoid letting them visit aged care facilities and hospitals, if possible, so that they don’t pass the infection to others who may be at risk of complications;
- ensure your child washes their hands regularly with soap and water or uses a alcohol based hand gel;
- encourage them to cough into a tissue;
- make sure they dispose of tissues quickly and wash their hands;
- if a tissue is not immediately available, sneeze or cough into elbow, not hands;
- use warm water and a neutral detergent to keep surfaces such as door handles, kitchen bench tops, phones and toys clean;
- ensure they drink plenty of fluids and get lots of rest; and
- If symptoms persist, please consult your GP or call 13 HEALTH (13 43 25 84) if you are concerned about their symptoms.

Children with some existing medial conditions are at increased risk of complications and parents are recommended to have them vaccinated against influenza each year. These conditions include:

- heart disease;
- severe asthma;
- chronic lung condition;
- chronic illness requiring medical follow-up or hospitalisation in the past year;
- diseases of the nervous system;
- impaired immunity; or
- diabetes

Kerry McClenaghan
Youth Health Nurse

**Calendar of Events**

**Term 3 & 4**

<table>
<thead>
<tr>
<th>Week 10</th>
<th>Mon Sep 14</th>
<th>Year 11/12 QCAA Exams all week</th>
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<tbody>
<tr>
<td></td>
<td></td>
<td>Sunshine Coast Regional Athletics</td>
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<tr>
<td></td>
<td></td>
<td>Year 12 Cert II Manufacturing Industry Plce/mt</td>
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<tr>
<td>Thu Sep 17</td>
<td>CBSQ Tournament</td>
<td>Year 7 Sport Finals Day</td>
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<tr>
<td>Fri Sep 18</td>
<td>CBSQ Tournament</td>
<td>LAST DAY OF TERM THREE</td>
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</table>

**TERM 4**

| Mon Oct 5 | PUBLIC HOLIDAY – LABOUR DAY |

**Week 1**

<table>
<thead>
<tr>
<th>Tue Oct 6</th>
<th>SCHOOL RESUMES</th>
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<tbody>
<tr>
<td>Wed Oct 7</td>
<td>Year 11/12 IB English Performance Evening</td>
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<tr>
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<td>Round 1 year8/9 Interschool Sport</td>
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<tr>
<td>Thu Oct 8</td>
<td>Year 9 Zenith-UQ Experience Day</td>
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<td></td>
<td>Tin Can Bay Volleyball Visit</td>
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<td></td>
<td>IM Tour Year7-10/10</td>
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</table>
GET IN EARLY FOR A CHANCE TO WIN
$200 CASH BACK ON SCHOOL UNIFORMS

Be in the draw for a $200 CASH BACK BONUS when you purchase uniforms

MOUNTAIN CREEK STATE HIGH SCHOOL
Sponsored by Weareco Uniform Suppliers

To be eligible for this special offer Uniforms must be purchased between 2nd - 30th November 2015

Winner drawn and notified - Tuesday 1st December, 2015

Conditions:
- Minimum spend of $100 on NEW uniforms only
- Does NOT include Stationery
- Does NOT include Lay-by.

$200 CASH BACK

The Uniform Shop will be opening every day Monday to Friday until the end of term 3 from 8:30am to 2:30pm commencing Monday 10th of November 2015.