16 October 2015

From the Executive Principal

Last week our school community was saddened by the loss of one of our past 2007 graduates, Emma Bowker. Emma lost her battle with cancer on Thursday 8th October. Emma was a beautiful young woman who fought bravely since her diagnosis in August 2014. Emma kept in touch with many of our current staff who taught her during her time at Mountain Creek. Emma will be remembered as a bubbly student whose character was personified in her infectious smile and her care for others. Many friends contributed to Emma’s wish list however sadly she was only able to achieve one of her wishes due to her escalating disease. Our thoughts and prayers are extended to Emma’s family at this time of unimaginable grief.

Reporting data for the whole school indicates that in Term 3 we have met the targets for the percentage of students who achieve A-C in every year level and across the whole school and we have met the targets for 20% ‘A’ in Years 7 – 10. Comparisons with Term 2 indicate a similar or improved result in A-C in all year levels with a decrease in Year 9. The % of A’s has increased for all year levels apart from Year 10.

<table>
<thead>
<tr>
<th>Year level</th>
<th>% of A-C Term 3</th>
<th>% of A-C Term 2</th>
<th>% ‘A’ Term 3</th>
<th>% ‘A’ Term 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>7</td>
<td>94%</td>
<td>94.4%</td>
<td>27.2%</td>
<td>25.7%</td>
</tr>
<tr>
<td>8</td>
<td>93.8%</td>
<td>92%</td>
<td>26.6%</td>
<td>23.8%</td>
</tr>
<tr>
<td>9</td>
<td>89.1%</td>
<td>91.4</td>
<td>23.3%</td>
<td>21.1%</td>
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<tr>
<td>10</td>
<td>88.8%</td>
<td>89%</td>
<td>21.6%</td>
<td>23.6%</td>
</tr>
<tr>
<td>11</td>
<td>87.8%</td>
<td>76.6% (10%NR)</td>
<td>11.6%</td>
<td>10%</td>
</tr>
<tr>
<td>12</td>
<td>91.3%</td>
<td>83.8%</td>
<td>12.2%</td>
<td>11.5%</td>
</tr>
</tbody>
</table>

Whole School 90.5% 87.6% 20.6% 19.4%

An interesting comparison is the results in NAPLAN year 7 and Year 9 and the A-C and the % of A’s in these Year Levels.

<table>
<thead>
<tr>
<th>Year level</th>
<th>R</th>
<th>W</th>
<th>S</th>
<th>G8P</th>
<th>N</th>
<th>A-C Eng</th>
<th>A-C Mat</th>
<th>A Mat</th>
<th>A’s Mat</th>
</tr>
</thead>
<tbody>
<tr>
<td>7 NMS</td>
<td>94.6</td>
<td>93.6</td>
<td>91.1</td>
<td>97.1</td>
<td>87.5%</td>
<td>94.9%</td>
<td>23.1%</td>
<td>23.1%</td>
<td></td>
</tr>
<tr>
<td>7 U2B</td>
<td>28.7%</td>
<td>33.6%</td>
<td>29.8%</td>
<td>24.3%</td>
<td>91.2%</td>
<td>88.5%</td>
<td>12.8%</td>
<td>19.5%</td>
<td></td>
</tr>
<tr>
<td>9% NMS</td>
<td>94.9%</td>
<td>92.1%</td>
<td>91.5%</td>
<td>98.1%</td>
<td>91.2%</td>
<td>89.5%</td>
<td>12.8%</td>
<td>19.5%</td>
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</tr>
</tbody>
</table>
In our analyses of A-E data, we should see a correlation with NAPLAN results. Concentrating on teaching the curriculum, using effective assessment and moderation processes, and focusing on the progress of every student in every classroom continues to be our core business.

Our Annual Awards Night will be held at the Sunshine Coast Christian College, Kiel Mountain Rd, Woombye auditorium on Wednesday 28th October. Parents of all students receiving awards will be notified by mail. I would encourage all invited parents to mark this in your diary and to attend this gala night of presentations and share in your student’s success.

**Preparation for Year 12 graduation** is in progress, however students are encouraged to continue to work until the final day of teaching and ensure that the results for Term 4 have a positive impact on their exit in all subjects. As has been the case with all previous graduation programs, ask for your support to ensure that all activities associated with graduation of our Year 12 students are safe, respectful and legal. More information will be provided closer to the graduation date 20th November.

**Cheryl McMahon**

**Executive Principal**

**From the Head of Senior School**

**USC Early Offer Guarantee**

This University of the Sunshine Coast (USC) program has ended for 2015, but will be available again in 2016. There have been a number of students this year who have proven themselves ready for tertiary study and the Principal has recommended their early acceptance in to USC in November. The link at http://www.usc.edu.au/learn/how-do-i-apply/entry-pathways/ early-offer-guarantee offers the best guidance.

**Requirements for Graduation**

On 9th October all students were issued with two final letters to be passed to parents regarding Graduation. The cost of the night event on November 20th is $95 this year and it is important to note that school makes no profit on this event. The good relationships we have fostered in the past with venues and suppliers, as well as the additional time committed by staff ensures that this cost is kept to a minimum.

A final reminder to parents that students will be unable to attend the Graduation ceremonies at school and the Suncoast Auditorium unless their student is attaining a QCE, or there are extenuating circumstances.

All year 12 students have been continuously reviewed throughout the year as to their at risk status of attaining a QCE and whilst some students are at risk, very few students will not meet this requirement. For this school it is the expectation that all students will attain their QCE in their graduating year. For more information parents can go to https://www.qcaa.qld.edu.au/downloads/senior/qce_brochure.pdf

**New School to Work Transitions Program**

Training Queensland has launched a new program called the School to Work Transitions program which is heavily resourced and provides training places to students across the coast. Students in NON OP classes have been directly invited to express their interest at a session on 8th October.

The School to Work Strategy, GenR8, is an award winning program fully supported by the Queensland Trucking Association and is cited as preferred recruitment strategy for their Transport and Logistics Industry.

The program is designed for year 12 students in 2016 who would like to learn more about and experience first-hand working within the Industry. Students will complete a Nationally Recognised Qualification Certificate II in Logistics, obtain 4 credit points towards their Queensland Certificate of Education as well as receive 20 days of work placement with some of our region’s top employers. A similar program exists in the Health Sciences and is supported by a large number of employer’s across the coast and is backed a completed Certificate II in Health Support.

**QCS Test Complete For 2015**

A big thankyou to all those parents who made sure that their students arrived prepared and raring to go on the two QCS test days in Term 3. Results are again available to students on the 18th of November - two days before the Graduation ceremony. Whilst the results are individual, it is the mathematical combination of these results in class and as a whole school group which allows final OP calculations to take place. After the final exams a final OP indication will be determined prior to students graduating.

**QTAC Parent Website**

QTAC are proud to announce the launch of their "For Parents website" specifically designed to help parents be more involved in their child’s tertiary study decisions.

Use it as a starting point, or a great adjunct to the guidance you are already giving.

At the “For Parents” site, parents can:

- get useful hints and tips to help your child.
- find out when to start planning.
- choose the right course and institution.
- check out how to apply.
- investigate support services.

For more information email go.enquiries@qtac.edu.au .

Queensland Tertiary Admissions Centre Ltd. Level 4, 154 Melbourne St, South Brisbane QLD 4101

Best wishes

**Andrew Stone**

**Head of Senior School**
From the Head of Junior Secondary School

Parents of Junior Secondary students are asked to please ensure that your year 7, 8 and 9 students are reminded that they do not finish school until the 11th December and that there is a lot of work to do before then. Students should have their term plan with all assessment and dates for the term for planning purposes somewhere they can refer to regularly. Subject Selections for 2016 have now been finalised and timetabling has begun. If however you are yet to return a subject selection form to school this needs to occur ASAP to ensure students obtain positions in the classes of their first preference. Report Cards were distributed yesterday and I would like to take this opportunity to congratulate those students who have achieved amazing results this term. On the 28th October our school will be hosting our Annual Awards Night and this is our opportunity to celebrate the success of our students. Those students receiving awards will be notified and we would like to see you there to share this celebration.

Year 9 Zenith UQ Visit

In week 1 this term, all of our zenith students in year 9 went to the University of Queensland to experience a day in the life of a university student. Students were given access to a number of faculties including Engineering, Environmental Management, Human Movements and Science. I am sure the students came back with a better understanding of what the life of a university student looks like.

Year 7 Leaders

Congratulations to our year 7 leaders for term 4 who participated in a leadership training program in week 1. Next year our year 8 classes will have the opportunity to select leaders from those that have participated in the leadership program this year. A special thanks to Stuart Cran (chaplain) and our Student Services team for running this program.

Finance Department Information

Dear Parent/Guardian

Parent Refunds

Please note: if your son/daughter is leaving the school this term or school year and there is a refund applicable (ie. Prepaid 2016 school fees) a refund form must be completed and submitted to the Finance Counter by Friday 13 November, 2015.

2016 User Pay Charges and Student Resource Scheme (SRS)

Statements have been mailed to all families that include the 2016 User Pay and Student Resource Scheme amounts. Please note all User Pays must be paid for this year to ensure a place in the chosen subject for 2016. Student Resource Scheme is due before the commencement of the 2016 school year, Monday, 25 January, 2016.

For those families experiencing financial difficulty please contact the school regarding payment options.

B-Point

B-Point (https://www.bpoint.com.au/payments/dete) is our preferred payment method. All statements and invoices contain the required information needed to pay by B-Point.

Need a copy of an invoice? Q-Parents (https://qparents.qld.edu.au) portal enables parents/guardians to access current invoices and check what payments have been made year to date. Please contact the school if you have not yet signed up to Q-Parents.

Lisa Dunson
Business Services Manager

P&C Meeting will be held Monday 19th October 5.30 in the Administration Building all Parents Welcome

International Baccalaureate Update

IB 2016

Over 50 keen students from Year 9 have been accepted into the IB preparatory pathway for 2016. As part of the application process these outstanding students have been interviewed by teachers including our Principal Mrs Cheryl McMahon, Chris Buswell and Elizabeth Smith. During the application process students were asked to reflect on their goals for school, what their academic and personal strengths are and what skills they would need to develop to be successful in school and life.

In the IB Prep pathway, these students will be joined by students who have enrolled in our school for 2016 start from other Sunshine Coast, Hinterland and North of Brisbane schools. To date this will be our biggest cohort of IB prep students, in line with the growth of the IB worldwide and in particular in the Asia-Pacific area.

Mountain Creek SHS is the only school on the Sunshine Coast to offer the IB and along with Cairns SHS is one of only two state schools outside of Brisbane to offer the international programme.

Trisha Valentine
IB Coordinator

Craig Hegarty
Acting Head of Junior Secondary

Helen Gillis
Acting Deputy Principal – Junior Secondary

Lindsay Baker
Head of Department – Junior Secondary

"
I think it’s safe to say that we have all loved the experience, although it was challenging at many times. Through ‘some’ disputes and absences, we have learned to work with students who we may have not had the chance to work with previously. We are all very proud of our achievements!

Sarah Gaukroger – CEO of TechBox

Business Update
Minding Our Own Business!

Over the course of Term 3, the three Year 10 Business classes took on the challenge of competing in the 2015 ABW Program. Almost 70 students were split into ‘companies’, with 9 teams of approximately 7 people per class; the teams being largely self-directed, with little teacher input. From these companies, each student was elected into a specific role, including a CEO, marketing managers, operation managers and finance managers.

Through rigorous formal meetings run with Agendas and Minutes., each company had to complete a number of tasks. - a computer simulation whereby each company took over struggling retail electronics store and made decisions over 8eight quarters (3 month periods) in an attempt to improve performance. The companies competed against each other, so there was a lot of rivalry! The second aspect of the Program was the designing of our very own businesses. We had to devise a unique business name, logo and product, all with written components to explain our choices. From this, each company created a TV advertisement, company folder, company report and Trade Display.

Monday September 9th was the big ‘Trade Display Day’. In Session 2, students set up their displays in the PA Foyer and got dressed up in their company uniforms. In Session 3, each company was individually grilled by 3 external judges on the quality of their display and their selling techniques. That night saw proud parents, students and other family members fill the PA for the 2015 ABW Awards Ceremony. Numerous awards were given out to students, including Most Valuable Member for each company, Best Advertisement, Best Trade Display, Best Company and Report. The evening concluded with the awarding of the much-anticipated Grand Champion company; the highest performing team across all of the categories combined. This year, the Award went to TechBox. Massive congratulations must go out to not just award winners, but every student who was involved. A thank you is also in order for the teachers who put in countless hours of effort to organise the event – Ms Johnson, Mr Macdonald and Mr Clarke as well as Ms Wright, Mrs Young and Mrs Thompson. Our judges Ms Donna Lancaster, Deputy Principal; Mr Cameron Macdonald, Business Services Accountant – Accounting North; and Ms Sally Kennedy Account Executive, Sunshine Coast Toshiba must also be thanked along with our generous sponsors: McDonalds Kulin and Maroochydore; Top Shots Fun Park; Aussie World and Birch Carroll and Coyle Cinemas, Sunshine Plaza.

Overall, the ABW Program gave us many valuable business skills that we would not have learned in a traditional teacher-directed environment. We know now what is involved in running our own company and just how difficult it can be.

News from Film and Television

Film and TV Excursion

All Film, TV and New Media students are invited to attend our annual excursion and Awards Day at the Majestic Theatre in Pomona on Tuesday, 20th October, 2015. The students will view an authentic silent movie in one of the oldest theatres in Australia and, then, after morning tea, enjoy a presentation of the best student productions and our Annual Film Awards Ceremony.

A bus will take students from the school to Pomona on the morning of the 20th October, leaving the school front gate at 7.35am and will return to school at 12.55pm, in time for buses. Students will be provided with morning tea such as a juice box and lamingtons but are encouraged to bring their own snacks and water as well.

To get into the spirit of our Film Awards Day, students are asked to, ‘Dress for the Oscars’ (eg to wear semi/formal wear such as dresses, collared shirts and ties. Student are asked NOT to wear baseball caps or tee shirts). See photos for an indication of the standard of dress.

To help us celebrate this fantastic year, we would also like to invite parents to our Film Awards Day. The silent film will start at approximately 8:30am, and the award presentation will end at approximately 12:00pm. We hope to see you at the Majestic Theatre, located at 3 Factory Street, Pomona.

A letter has been sent home with students with this information and a permission note attached. We would appreciate if this could be signed and returned to the film teacher by 13th October.
Meet Edison

This year Mountain Creek State High School Year 7 students are using Edison robots for the first time. The Edisons are Lego compatible and can easily be programmed by either driving over barcodes or using the Edware programming software. Using the Edware, Edisons can be programmed to follow a black line, move in any direction at various speeds, play music and flash lights. Year 7s are using Visual Programming methods to develop an understanding of Coding. We are teaching the kids how to code robots, as it is expected that in the future 40% of jobs will include some form of robotics.

Digital Technologies 2016

With the introduction of the new Digital Technologies Curriculum to be implemented in 2016, IT teachers came together on Friday October 9 to upskill their knowledge. With new technologies such as the Edisons robots and Arduino Esplora boards as well as our existing Lego Robotics and Makey Makeys, the Digital Technology units will combine the tactile with general programming.

News from Creative Industries

Art Show

Welcome back to another exciting arts-filled term. We have many up and coming events and will keep you all posted through newsletters and our Facebook page.

Please attend our Art Show. Opening night is on Thursday the 5th of November. All welcome. We will be showcasing works from years 7 – 12. Light refreshments will be provided.

Author: Mel Muller

Startup Weekend Winners Named In Parliament.

Mal Brough Federal Member for Fisher spoke in Parliament about the Sunshine Coast Youth Start-up weekend congratulating the Mountain Creek State High School winners, to view his speech visit:

https://www.youtube.com/watch?v=fgaYoGkBNac

News from Manual Arts

Certificate 2 in Furniture Making

Term 4 is a busy time for Certificate 2 in Furniture Making students with the completion of their major project being a Wine Cabinet and also a 2 week block of work experience. At the end of Term 2 students were issued with their Certificate 1 in Furnishing. We are happy to announce that all students who participated in this course by attending the required practical workshops and also the theory classes gained their certificate. This certificate can be used to help students gain an apprenticeship within this industry.

As mentioned earlier, this is a very busy term. Students are now midway through their Wine Cabinet. This project is their major project with all the Certificate 2 competencies being assessed in this project. The Wine Cabinet takes approximately 12 weeks to make so the students certainly refine their skills using tools such as, table router, hand held router, panel saw and bandsaw, just to name a few. Measurements are vital on this project with each component or task being made to strict specifications. The Wine Cabinet should be completed by early Term 4.

Students will again complete work experience at the end of Term 4. All students must have a construction white card before they will be allowed to complete work experience. It is a requirement of the course that work experience is completed in Term 2 and also Term 4 so the students must make sure that they apply themselves to this work experience as they would to a career in their chosen field. A number of students gained either full time or school based apprenticeships after work experience in Term 2. This is a fantastic result for these students.

We ask that parents / guardians check their emails regularly as we will often send home updates via email on student progress.

Mr Davies and Mr Clayton
Our last round of Creative Industries Academy auditions are on the 2nd of November, so if you are interested or know of anyone who might be interested in this program of excellence, please contact Rachel Downie for further information: radow0@eq.edu.au

News from SOSE

2016 Premier’s Anzac Prize

You have to be in it to win it!

This year, Jessica Cherry of 9M was fortunate enough to win a place to Anzac Cove during the 100 year celebration. This was done by Jessica simply entering this brilliant competition and following the guidelines as outlined below. Students can see Mrs Kempf in Fraser for more details.

The Premier’s Anzac Prize 2016

Entries for the 2016 Premier’s Anzac Prize are now open to students and chaperones.

Student applications

Student applications must be received, via mail, by DET International, the Queensland Department of Education and Training by 5pm on Friday 30 October 2015. Applications cannot be hand-delivered. Late applications will not be accepted. Early lodgement is welcome.

Students are invited to submit a multimedia presentation between two and five minutes long and in one of the following formats: mov, wmv or mp4. Other formats will not be accepted. By applying, the applicant confirms they meet the conditions of entry in the Student Application Pack (DOC, 1.1MB) . The multimedia presentation must address all of the following themes:

- How has the Anzac tradition shaped our nation?
- Why is the Anzac tradition still important?
- How will future generations keep the Anzac tradition alive?

Students are encouraged to source material from interviews, experiences of friends and relatives, media resources and individual research. All sources must be acknowledged and referenced. The presentation must be accompanied by a list of references which acknowledge all of the material used. The department’s eLearning environment ‘The Learning Place’ has supplied some resources that can help you get started. Please refer to the resources section.

Students must submit the following:

- a multimedia presentation on USB with a list of references
- a completed and signed application form [Part A]
- a completed and signed consent form [Part D] (this form must be signed by the student and parent)
- a completed and signed parent’s agreement [Part E].

The multimedia presentation and scanned application documents must be submitted on USB. (Hardcopy applications will not be accepted).

The USB must be sent to:

- The Premier’s Anzac Prize
- International Services
- Department of Education and Training
- PO Box 15033
- CITY EAST QLD 4002

For more information about the Premier’s Anzac Prize 2016, including tips on applying and relevant forms, please refer to the resources section.

Entry details

The Premier’s Anzac Prize 2016 is open to all eligible Years 8 to 11 (in 2015) Queensland high school students.

Students are asked to refer to evidence of the Anzac spirit from Australia’s involvement in wars and conflicts from Gallipoli through to the present day, and to relate those experiences to positive values and activities in everyday life.

Each state school or accredited non-state school may nominate up to two students only. Entries must be from individuals not groups.

Judging criteria and process

Entries will be assessed against the following criteria:

- addresses all three aspects of the themes effectively
- adheres to the set time limit of two to five minutes
- includes one or more examples of Australia’s involvement in conflicts to illustrate the Anzac tradition
- argues a point of view effectively while recognising changes in people’s approaches to historical events over time
- uses a range of historical sources and evidence to support ideas
- evaluates historical sources in the inquiry
- uses the features of the medium to communicate the argument and the analysis effectively and purposefully
- lists references.

Additionally, the endorsement provided by the student’s teacher (or referee’s report for students registered for home education) will be taken into account when assessing the application.

Applications will be shortlisted by an evaluation committee comprising employees of the department and other persons (for example, non-state school teachers and/or representatives from universities from across Queensland).

A selection panel including a serving member of the Australian Defence Force and an Anzac descendant will determine the final eight students.

The eight winners will be announced by media release.
News from the Sports Department

Volleyball Success!

At the Australian Junior Volleyball Championships held in Canberra during the September/October holidays, Mountain Creek High was very well represented. Caitlin Bettenay was a member of the GOLD Medal winning Australian Champions Queensland Team. Her team went through 5 days of competition undefeated and Caitlin was rewarded with her selection in the ALL-STAR 7 for the Under 19 competition. This is the second time Caitlin has won a Gold medal at this competition and the second time she has been selected in the All Star group for her age group.

Mr. Cameron Bettenay was the assistant coach for the U/17 Boys Challenger Division team. This team was successful in winning the Gold Medal for their division – a real credit to the coaching of Cam and the other coaches who put in enormous amount of time during the past 5 months to prepare this team. The U/17 Championship team from Queensland (the top division) was also successful in winning the Australian Championship.

In the U/17 Girls Championship competition Mr Tim Wilson was the Head Coach of the Queensland team. After a much disrupted preparation due to outside injuries and other issues where 4 athletes withdrew from the team after they were selected, the team worked outstandingly well to come home with a very successful and hard-earned Bronze Medal. The second Queensland team in the Challenger division finished as the Silver Medallists in the Australian division.

Year 10 and 11 Health Visit to Nambour General Hospital

In late Term 3 the Year 10 Health Education class, supported by some of the Year 11 Health students, went to Nambour General Hospital for an excursion. This program is organised by the Royal Brisbane Hospital to present a series of experiences to highlight the trauma that occurs to young people when they drink alcohol and take risks. The day started with a chat by a trauma nurse, Shane, who showed some really gruesome pictures of accidents and injuries that occur when people take silly risks. This was followed by a presentation by the Head Trauma doctor of the hospital who took time out of his busy day to emphasize that staff at the hospital really didn’t want to see any of us ever again! This really showed us how important it is to wear seatbelts correctly every time we get into a car!

After trying various skills with affected eyesight courtesy of the ‘beer goggles’ and much laughter we then went to the Intensive Care Unit and the Orthopaedic Ward where there were presentations about Organ Donation (very valuable and badly needed) and the results of not wearing a seat belt in an accident and texting while driving. These really hit home with the severity of the damage that can happen as well as the great sadness when families lose loved ones. It is amazing how easy it is to lose focus when texting – especially when in a vehicle or even walking.

After lunch there was a discussion with a physio, an occupational therapist and a dietician who highlighted the difficulty of rehabilitation. We also had the opportunity to ‘work’ on an accident dummy (very computerised!) and wear the gowns, gloves and glasses that have to be worn in real trauma wards.

Many thanks to the staff at Nambour they were so very wonderful and understanding and supportive with all of us during the day. It was a special day that really highlighted the results of taking risks and that using alcohol only increases the severity of the risks and the injuries that result.

Creeker Basketball

I begin this report by acknowledging the fantastic support our program receives from our sponsors Maroochy R.S.L. Without the R.S.L.’s ongoing support we would not be able to continue to provide uniforms and opportunities for our students to be involved in as many competitions as they are. So THANK YOU to Maroochy R.S.L.

Term 3 is a VERY busy term for everyone involved in Basketball at our school.

The Regional Championships (also known as the Friday Night Competition) always sees our school well represented and in 2015 we have 10 teams playing.

At the time of writing we have 1 week of the regular season remaining and semi-finals and finals will take place in weeks 2 and 3. We are very hopeful of some outstanding results again this year and I hope to see lots of family and friends along to support our teams in the finals.

I would like to take this opportunity to publicly thank the teachers who have given their time on Friday nights to allow our students the chance to be involved. To Mr Duus, Mr Clark, Ms Kaergaard, Mrs Randall, Mrs Niperess, Mr Denniss, Mr Hegarty, Mr Broadaway and Mr Meehl—thank you all SO much for your time and efforts.

The State Championships took place at the end of term 3 in Brisbane. This is an Open age tournament and Mountain Creek’s Open Boys’ and Girls’ teams represented the school
very well with the girls only losing 1 game in the tournament. I was very proud of the sportsmanship displayed by both of our teams.

During term 4, at the Sports Awards afternoon, recognition will be given to students whose performances in the Friday night competition have lead them to be named as either Best and Fairest or Most Improved in their team. We have some very talented athletes in our program and to be seen as a standout is worthy of huge congratulations.

In December this year our school will be represented at the National Schools Tournament in Canberra. Our team will be in the U20 men’s division. This will be a challenge for our boys—particularly as 5 of them are only in year 10—but it is a challenge they are very keen to accept. I have hopes of their achieving something special. Thank you to the parents of these boys for your support of our program.

Mrs E. Smith
Basketball Program Manager

Mitchell Woodworth Selected in QLD U19 Softball team.

Mitch has again been selected to represent QLD at the Australian U19 Softball Championships. This will take place in January 2016. It is here Mitch hopes to be selected in the U19 Australian team to compete at the U19 Softball World Championships in Singapore.

Mitch has had a very successfully representative year. He captained the U19 Presidents team at the U19 QLD School Boys Championship in June. This was a combination of boys from across the state who game together for the championship and surprised many strong Brisbane teams by winning the QLD Championship.

Earlier in the year Mitch played in the U19 Australian Team who competed at the International Friendship Games in Sydney. After being undefeated throughout the championship, Australia collected the Gold medal after defeating New Zealand 8:2 in the Grand Final.

We wish Mitchell all the very best for the Australian Championships in January and we look forward to seeing him on the sports channel playing softball for Australia.
Youth Health Nurse
Kerry McClenaghan

Mindful Parenting November 2015 Course

The Mindful Parenting course will be run as a series of 3 morning in September, November and February 2016 workshops. Each will cover new aspects of Mindful Parenting. Topics will include:

- Mindfulness and Self Care
- Meditation and other mindfulness practices
- Using mindfulness to help you discern more accurately your child’s need
- Working with conflict in your relationships

You can attend each course independently or for the whole series as you wish.

Date: Saturday, 14th November, 2015
Cost for First Time Attendees: $45.00 per session
Location: Share Space, 22 Beach Rd (cnr Duporth Ave) Maroochydore

Sleep

Consistent good sleeping patterns can improve one’s quality of life through boosting wellbeing, concentration, energy levels, memory and positive thinking. Everyone knows what it feels like to be tired and it’s much harder to be happy and get things done when you have been up all night. It is important that we encourage students to practise good sleeping habits. There are many techniques that can be used to improve sleep including relaxation, aromatherapy, mediation, exercise and avoiding stimulus like TV and video games before bed. Talk about the importance of sleep with students and encourage them to look at ways they can improve their sleep habits. It is also important that teachers and parents keep an eye out for students who appear tired on a regular basis. Falling asleep in class, being unenthusiastic or moving slowly could be a sign a student is not getting enough sleep.

Reachout.com fact sheets

What’s a normal amount of sleep - http://au.reachout.com/whats-a-normal-amount-of-sleep
How to get a good night’s sleep - http://au.reachout.com/How-to-get-a-good-nights-sleep
Treatments for sleeping issues - http://au.reachout.com/treatments-for-sleeping-issues
All about sleep problems - http://au.reachout.com/All-about-sleep-problems

Getting into a sleeping routine - http://au.reachout.com/Getting-into-a-sleeping-routine
Insomnia - http://au.reachout.com/insomnia

One Day-One Dad

A day for One Dad - One Child (aged 7 to 14 years) Saturday, 24th October 2015
9.00am - 5.00pm at the Bli Bli State School Hall
The program includes input from Darren Lewis of Fathering Adventures, and Charles Cook, local Dad, a Father-Child session at the Bli Bli Aqua Park, lunch for Dad and one Child plus dinner and games for the whole family.

Fact!

Research reveals that children with involved, loving fathers are significantly more likely to:

- do well in school
- have healthy self-esteesms
- demonstrate empathy
- exhibit pro-social behaviour
- avoid high-risk behaviour and drugs
- avoid truancy and criminal activity compared to children who have uninvolved fathers

Calendar of Events

Term 4 Calendar

<table>
<thead>
<tr>
<th>Week 3</th>
<th>Mon Oct 19</th>
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<tbody>
<tr>
<td></td>
<td>• STUDENT FREE DAY</td>
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<tr>
<td></td>
<td>• P&amp;C Meeting 5.30pm (Administration building)</td>
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<td></td>
<td>• IB Study Vacation ALL WEEK</td>
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<table>
<thead>
<tr>
<th>Tue Oct 20th</th>
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<tbody>
<tr>
<td>• FTV excursion to Pomona</td>
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<td>• Moreton Chocolate Drive</td>
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<tr>
<th>Wed Oct 21st</th>
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<tbody>
<tr>
<td>• Year 11 Fraser Island Camp (Returning Friday)</td>
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<tr>
<td>• Round 3 Year 8&amp;9 Inter-School Sport</td>
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<table>
<thead>
<tr>
<th>Thu Oct 22nd</th>
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<tbody>
<tr>
<td>• Young Scholars Visit 1pm -4pm</td>
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<thead>
<tr>
<th>Fri Oct 23rd</th>
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<tr>
<td>• Chappy Free Dress Day</td>
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<tr>
<th>Week 4</th>
<th>Mon Oct 26th</th>
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<tbody>
<tr>
<td></td>
<td>• Year12 Graduation Tickets ON SALE NOW</td>
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<td></td>
<td>• ISP Farewell</td>
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<td></td>
<td>• School Finance/Council Meeting</td>
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<table>
<thead>
<tr>
<th>Tue Oct 27th</th>
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<tbody>
<tr>
<td>• Sunshine Coast Regional Sport Meeting</td>
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<table>
<thead>
<tr>
<th>Wed Oct 28th</th>
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<tbody>
<tr>
<td>• Annual Awards Night 6.40pm</td>
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<tr>
<td>• Round 4 Year 8&amp;9 Inter-School Sport</td>
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<tr>
<td>Week 5</td>
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<tr>
<td>Thu Oct 29th</td>
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<tr>
<td>Sat Oct 31st</td>
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<tr>
<td>Mon Nov 2nd</td>
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<td>Tue Nov 3rd</td>
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<td>Wed Nov 4th</td>
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<td>Fri Nov 6th</td>
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