



PARENT NEWS *Term 3, Week 5*

FROM THE PRINCIPAL

It is always busy in a secondary school! Right now is no different and many events and systems are flowing and progressing for your students which will conclude with some great outcomes and successes. Three of the important areas of work that take front of stage at this time each year are listed below. Please engage and play an active part in these processes for your student to ensure our communications are strong and we leave nothing to chance.

Senior Student Assessment



At the completion of term 3 each year, our year 12 work is submitted to panels to verify our allocation of levels of achievement and advise

us on our standards. The students will be completing critical pieces of work and finalising their preparation for testing processes. Expect some stress at times. This is normal and unfortunately expected. To help minimise its negative effects ensure the student is positive and given the time and space to complete expected work. This may mean reflecting on part time employment obligations and other non-school activities which may get in the way temporarily. Discuss progress and certainly communicate with the school where advice or assistance is needed.

Transition from year 6-7 and year 9 – 10

We are fielding many enquiries and visits from year 6 parents for enrolment in 2017. This is positive and no doubt we will have a very good cohort of year 7s

JAPAN TRIP UPDATE

With only 5 weeks until departure, the clock seems to tick faster every day! Now is a good opportunity to make sure all school fee payments are up to date. Please ensure they are finalised before the end of term. Please use the check list distributed at the Parent Information Evening to guide purchase decisions in preparation for the trip. On another note, while we will be in Osaka, we are looking forward to meeting up with students from Osaka Nagano High School who recently visited us here in Malanda. It will be great for the students to show our students around their "town"!

transitioning into our school. Check the school calendar and see when different events are happening and avail yourself where ever you can to hear and see what is in store for your student.

The students moving from the junior school to the senior phase are also in the midst of discussions regarding subjects and possible pathways available. Students will complete their set planning processes in the next month which will challenge them to consider future options and start to plan for their post school life. Parents should be part of those conversations and support students to consider options and make sure they are thinking about productive choices.

Connecting to the school – QParents



We are currently inviting parents to become QParents members which is an online capability to see school information and deal with certain matters online thus saving time and adding convenience. Parents are encouraged to help this work by getting on board and doing the registration. Talk to other families if you need convincing about the quality of this opportunity. If you need to talk to the school please make the time to ring and discuss with the Business Service Manager – Kay Swenson Kind Regards

Mr Gary Toshach
Principal



FROM THE P&C

RSL MALANDA TRIVIA NIGHT – WEDNESDAY 31ST AUGUST

Calling all parents and students – the teaching staff have thrown down the challenge: they will have two teams in the upcoming Trivia Night at the Malanda RSL! We know that a number of families are already coming along but we don't want to be outdone by the teachers! If you would like to join the fierce but friendly competition, come along to the Malanda RSL on Wednesday 31st August from 7pm to 9pm – feel free to email the P&C beforehand at pandcpresident@malandashs.eq.edu.au or just turn up a little before 7pm and we can sort out our teams on the night.

This is an All Ages event and students are welcome to attend (it would be great if the students can field their own team). The maximum number of players per team is ten, and there are great prizes on offer (winning team \$100, 2nd place \$50, plus prizes each round and entry into a \$5,000 Qld prize pool). Entry is only a gold coin donation per team member and 50% from the donations will go to the P&C to raise funds for our school.

A buffet dinner is available from 6pm (\$15 members, \$17 non-members), or just come along for dessert.

The MSHS P&C would like to thank the Malanda RSL for their support of our school.

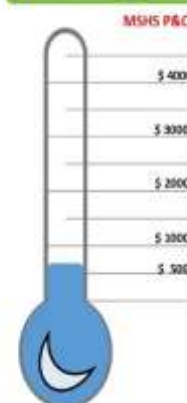
FUNDRAISER – SAUSAGE SIZZLE SATURDAY 20TH AUGUST

We are still looking for a few extra hands at the sausage sizzle this coming Saturday morning from 8am to midday in front of Malanda Real Estate. We know everyone's busy, but if you are able to spare even 30 minutes, please email pandcpresident@malandashs.eq.edu.au to let us know. Many thanks in advance.

Wanted: Royal blue shorts, any sizes, in clean and reasonable good condition, can be dropped off at the office or Tuckshop.

Next P&C Meeting: TONIGHT Tuesday 16 August 7.15 at Ag building. All welcome.

Fundraising Goals



IT'S TIME TO ENROL FOR YEAR 7 TRANSITION INFORMATION



Do you have a child who will come to high school in 2017? If so, now is the time to formally enrol. Enrolment packages are available at the school office and on our school website. At enrolment parents & carers meet with the Head of Student Support, Mrs Louisa Greatrex. You can make your appointment with Mrs Greatrex by logging onto:

schoolinterviews.com

and enter the code

catjd.

Or phone the office on 40967111.

You will be able to make your interview at a time and day to suit. Please note times are available later in the afternoons for parents and carers who work.

If your student is absent please use one of the following options: Phone the school office on 40967111 on the morning of the absence OR Email to absentees@malandashs.eq.edu.au



AROUND OUR SCHOOL

Schools are busy places and every day there are staff undertaking lots of tasks around the grounds that enhance the buildings and gardens making our school a pleasant place for staff and students. Out beautifying the grounds this week were Matt Trezize, Facilities Officer who has erected new fencing at the top entrance to the school. Also working hard was John Croft, Grounds Officer who cemented a new pathway and cement slab for the TAFE Engineering students to access their building.



INTER SCHOOL HORSE SPORTS

On Sunday, 14th August, two students from Malanda State High School participated in the Atherton Interschool horse sports. These students, Sarah Lynch and Serephina Melvin, had to compete against other schools from around Far North Queensland, stretching from Mareeba, through to Babinda. Our two riders were competing against schools with teams of up to 10 riders. They each competed in 9 events and did exceptionally well. Serephina achieved one 1st, one 2nd, two 3rds and one 4th, in her age group and Sarah achieved seven 1sts and she also received age champion. Between the two riders, they managed to get enough points to place Malanda State High School 3rd overall out of around 9 different schools. This is a huge achievement as the girls have both only been competing for one year. Our competitors both had a fun day and are proud of their achievements. *Sarah Lynch & Serephina Melvin*





40 hour Famine

Malanda State High is again participating in the World Vision 40 Hour Famine. Students have volunteered to give up something for 40 hours and we'd like to ask for your support. Some students are going without food altogether, while others are giving up meat or electronics.



Our goal as a school is to raise \$1,000. The money will support World Vision projects in countries such as Bangladesh, East Timor, Laos and Malawi to help children and families break free from hunger and poverty.

Could you please help us by making a donation? For example, \$20 can help one family increase the amount of food they produce for a month.

To donate please see the individual students participating or visit our profile page where you can also read more about what we're doing: <https://40hf2016.everydayhero.com/au/MalandaSHS>

FROM THE OFFICE

- Reminder that students in year 7 & 8 will have their immunisations on Tuesday 23 August. The immunisation program is conducted by Qld Health staff and all enquiries should be directed to Atherton Hospital. If your student finds the immunisation process stressful, explain to them why immunisations are important and be reassured we do everything we can to minimise stress and keep students as calm as possible. Immunisations this round are the HPV dose 3 for year 7 & 8 students and catch up for any students who have missed the first or second round of vaccines.
- QParents continues to be rolled out across our school community. The "[Details Form](#)" can be accessed from our school website and after completion should be handed to the school office or emailed to kjter0@eq.edu.au
- It was wonderful to see lots of parents along to a "Walk & Talk" with the Principal this morning. If you were unable to make it today there will be 2 more in Term 4. Keep watching the school calendar for these dates.
- There seems to be a little illness around with the cooler weather finally arriving. Please do not send your child to school if they are ill. Our sick bay is not a very comfortable place to have to spend the day when we are unable to contact parents and carers to collect sick children.

KEEPING OUR STUDENTS SAFE

We have received some great news this morning with confirmation that the Keeping Young Drivers Safe (KYDS) Driver Education Program will continue this year. Snr Constable Sue Gill has been successful in obtaining a grant to ensure that every year 12 student from the Cassowary Coast and The Tablelands will receive the program. It will be conducted by Snr Constable Gill and the Drive 2Live driving school instructor. Watch out for more information around this program later in the year.



Last term **Matthew Easton** completed the [International Competitions and Assessment for Schools Science Competition](#). Congratulations Matthew on receiving a Credit in this competition.



ATTENDANCE AWARDS

2016 – TERM 3 – WEEK 5

YEAR 7 97.46%



LANGUAGE SPEAKING COMPETITION

On Wednesday last week, seven students from Malanda SHS travelled to Cairns to represent the school at the Cairns Languages Speaking Competition. They competed against students from over 20 different schools in the region, with almost 300 students from years 4-12 attending. Each student presented a speech in Japanese to an audience. The competition was tough, and the Malanda participants did an excellent job representing the school, with great preparation and excellent behaviour on the day. Congratulations to you all.



THANK YOU TO A SPECIAL GROUP OF PARENTS

Thank You



for your Kindness

It was just over a week ago that we farewelled our international visitors. A very special thank you is extended to those parents who welcomed a Japanese student into their home and cared for them. A special thanks is also given to our students who buddied up with the visitors and made sure they felt comfortable both at school and at home. We hope you enjoyed your time with the Japanese students and have made life long friends.



FROM THE SCHOOL BASED YOUTH HEALTH NURSE

Self esteem – What is self esteem?

Self esteem refers to being able to appreciate your own worth and importance and to be accountable for yourself and to act responsibly towards others.

There are two types of self esteem:

1. How good you feel about yourself. This is important because it protects you against depression
2. How able you feel you are to undertake different activities such as maths or English or climbing Mt Everest.
3. Believing in your ability to succeed at school is important because the marks people get have a lot to do with the marks they expect to get. This is why it is important to help young people recognise their strengths at school early on.

Tips for young people

Ways to improve self esteem

- Improve the way you talk to yourself. Spend more time thinking your strengths and less time on your weaknesses
- Celebrate your achievements! Be proud
- Face your fears one at a time, slowly and gently. The more you do it the better you will feel about yourself.
- Join a club or activity – there is plenty to do at Kirwan High – get involved. It's fun and a great way to make new friends while doing something enjoyable.
- Be a volunteer or donate some of your time to someone. It feels really good to help others, or doing something for the environment, like clean up your area at school or your local park. Whatever you do will be appreciated.
- Have a hobby. Spend your free time doing something creative
- Treat yourself and others with respect and be honest about your feelings
- Set realistic goals for yourself
- Forgive yourself for any mistakes you make. Learn what you can from them and then let them go.
- Make a decision today to take responsibility for your self esteem. Remember that other people can influence the way you feel about yourself, but the value you give yourself is up to you.



Moving for health

Diane Gander

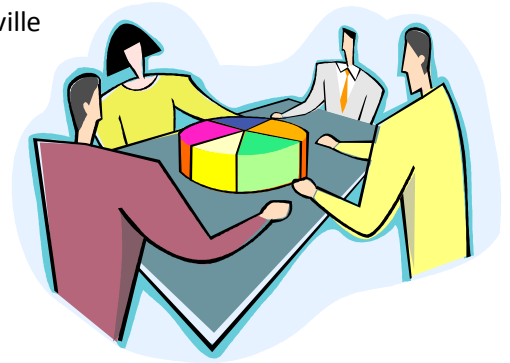
School Based Youth Health Nurse.



MALANDA SHS STUDENTS IN TOWNSVILLE.

In the next few days we will have some of our students travelling to Townsville and teachers giving up their time to support students.

Mrs Jodi Stremouchiw is taking 6 students to “Young Diplomats” to be held at the James Cook University Campus. Each year schools are provided with a topic and this year schools take on the role of a pacific island nation and debate climate change. We have been advised our nation is Tonga. Students have been working very hard for this event and I am sure they will do well.



Also travelling to Townsville will be approximately 40 students attending the **NQ All School Touch Competition**. We wish you all the best and know you will enjoy your weekend of sport. Pictured below are the singlets which have been sponsored by **SPAR, Peninsula Windows and Lisa J Bookkeeping**. We would like to say a special thank you to these businesses for their kind donation. Our students are all excited to be going and we know they will try their hardest and do Malanda SHS proud. Teachers, Mrs Selena Harding and Ms Rochelle Chatfield have spent lots of time organising this excursion and will accompany the students.



‘LOVE FOR LOCALS’ STUDENT COMMITTEE

The Love For Local Student committee have been working towards their stall to be held at the local markets this weekend. Each fundraising venture this group undertake is for a local cause. This time they have decided to fundraise for a well known local family who have recently had a child diagnosed with Leukaemia. Students will be busking, selling cakes and selling second hand books. Donations of home made cakes would be much appreciated - don’t forget you need to put an ingredient list on these. Cakes can be dropped at the school on Friday or delivered direct to the stall on Saturday.





| Town | Date of Visit | Servicing Times |
|---------|------------------|-----------------|
| Malanda | 5 September 2016 | 10 am to 3 pm |

Australian Government Mobile Service Centres travel to rural and regional locations. The Mobile Service Centres provide an opportunity for personalised service to community members who may not have easy access to a Department of Human Services office. Staff who travel with the Service Centres can assist with a range of Program services such as Centrelink, Child Support, Medicare, ATO and Australian Hearing. A unique feature is the Australian Hearing touch screen that enables customers to perform hearing assessments.

A Social Worker will also be available.

The Mobile Service Centres are equipped with:

- a private interview room
- a soundproof Australian Hearing testing room
- service/assistance desks
- a waiting area
- a publication display area
- self-service computer access
- LCD display screens
- disabled access
- wireless IT connectivity for greater servicing flexibility.

Please see the attached flyer for contact information



Important Dates

| | |
|--------------|--|
| 16 August | P&C Meeting |
| 16 August | Rec Assessment – Mt Baldy Atherton |
| 17 August | Spirit of ANZAC – Cairns excursion – Yr 9 |
| 18-20 August | Young Diplomats – Townsville |
| 19 August | NQ All School Touch Comp. Townsville |
| 19 August | Principal visit to Yungaburra SS |
| 19,20,21 Aug | 40 Hour Famine |
| 20 August | P&C Sausage Sizzle – Helpers wanted |
| 20 August | Love for Locals-Student Committee at Markets |
| 23 August | Year 7 & 8 Immunisations |
| 30 August | Fantasy Writers Camp |
| 30,31 August | QCS Testing |
| 31 August | Trivia Night at the RSL Club |
| 1 September | First Aid Senior Rec – to be confirmed |
| 2 September | Malanda SS Fete – MSHS running a stall |
| 6 September | Yr 10 into 11 Subject Selection Info Session in Hall |
| 13 September | Yr 12 Drive 2 Live Theory |
| 15 September | Yr 12 Drive 2 Live Practical |
| 16 September | Gold & Silver Level Excursions |
| 17 September | Holidays Commence |
| 19 September | School Japan Trip Departs |
| 29 September | Japan Trip arrive home |
| 3 October | Public Holiday |
| 4 October | Term 4 commences |
| 4 October | Fitzroy Is. Exc. Science Ext & Tourism classes |
| 12 October | Yr 6 invited to Full School Parade |
| 17 October | Pupil Free Day |
| 18 October | Walk & Talk with the Principal 4.30pm |
| 19 October | Walk & Talk with the Principal 9.30am |
| 19 October | Transition Dance |
| 26 October | Presentation Evening |
| 27 October | Yr 12 Choices Presentation |
| 1 November | Authority English Exc to Cairns – to be confirmed |
| 11 November | Remembrance Day |
| 12 November | Small Farms Field Day – P&C would like your help |
| 17 November | Final Parade for Year 12 |
| 18 November | Year 12 Graduation |
| 25 November | Year 10 & 11 Finish for the year |
| 30 November | Transition Day for all 2017 Year 7 students |
| 9 December | Last day of school for 2016 |
| 23 Jan 2017 | School commences for 2017 |

**STICK ME
ON THE
FRIDGE**