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23 March 2015

Principal's Message



Last week I had the honour of travelling to Sydney with our School Captains as part of their Leadership Program. Our Corporate Partner, Bankwest, did an outstanding job in preparing our students for a highly engaging day at the Commonwealth Bank headquarters. We were fortunate enough to have three of their highest executives work

with our captains, and I've no doubt the messages they passed on were taken on board by Armani, Glory Anne, Darren and Jayden. Whilst we were in Sydney we also had the opportunity to attend the ABC show Q and A. This was also an excellent chance to see behind the scenes of a live TV show and helped to add to the range of leadership activities the students undertook during the trip.

On Tuesday of this week Armani and Darren also represented the school at the Logan, City of Choice Milestone Event. This event provided an update on the various commitments and progress across the city of Logan, and it was great to have our Captains representing our students on the morning.

Congratulations to our U16 Boys Futsal team who was crowned South East Champions after going through last Friday's event undefeated. They now progress to the finals later in the year. A special mention also to the U14 Boys who made it all the way to the final, going to down to a golden goal in extra time. Well done to all players and coaches.



Congratulations and well done to our Touch Excellence Co-ordinator, Rebecca Ward who was ranked as the 2nd female referee in Australia (number 1 must have been good) at the Touch Nationals. She was also ranked 17th overall out of 150 referees. Miss Ward is also running the fitness testing this Saturday for the Kokoda Training session from 7.15am, and with Tristan is doing a great job in helping to keep students (and

staff) focused on preparation for this year's event. We've had a great response from students with six teams entered in 2015. I look forward to being part of this for the first time this year with the School Captains team.

Last Friday saw the launch of our Marsden Apprenticeship Program (MAP). It was outstanding to see the number of industry representatives, parents, students and staff in attendance to launch this initiative and to recognise the high performing students who have demonstrated leadership within the Industrial Design and Technology (IDT) field. Our apprenticeship program has been developed to increase and secure student job placement, in an endeavour to reduce the youth unemployment rate in the Logan area. Recent regional profiles have recognised that Logan City has a multitude of productive industries that our program can tap into. Currently, Logan City's economic output is approximately \$9.6 Billion gross economic product per year, which is substantial in terms of Australia's economic output as a whole and translates to jobs for our students. The top five industry sectors in Logan include:

<ul style="list-style-type: none">• construction
<ul style="list-style-type: none">• manufacturing
<ul style="list-style-type: none">• rental, hiring and real estate services
<ul style="list-style-type: none">• retail trade

The MAP is a new configuration of the education model, aiming to have a positive impact on these areas. Creating new networks that have never been seen before between the education system and industry. The MAP is a system that has been designed to take the government Trade Training Centre facilities and improve on the original model to include scaffolding ideas and approaches that work in the 'real world'. The Marsden Apprenticeship Program is the first 'real' innovative approach towards streaming students into tiered segments of the Queensland workforce.

It has been great to see the work of our IDT Head of Department, Mr Stephen Shanks, and our Trade Training Centre Co-ordinator, Mr Scott Lewis, along with all members of the IDT team working so hard to provide these great opportunities to our students. Well done.

Finally, over the Easter holidays we will be removing the P Block demountable building from the school. This building contains asbestos which means that as a proactive precaution, no one is able to be onsite during the first week of holidays.

**Regards,
Andrew Peach**

Wicked, Wicked, Wicked!!



Well what can I say, it was 'Wicked' quite literally. Marsden gratefully won a competition from the Courier Mail, thank you so much for awarding us with this generous prize, 36 free tickets for students and teachers to go and see 'Wicked' the musical at QPAC last Sunday, 8th of March. But of course, this wouldn't have been possible without the fantastic Miss Jenny entering the competition with her amazing skills and talents. Thank you so much, from all of the recipients! Firstly we got on the bus and excitedly chatted about what we were about to see, as we arrived, we could hardly contain our excitement as we waited and bought snacks, beverages and merchandise from the 'Wicked' stall, but entering the auditorium was even more thrilling! We watched the play in awe and excitement, even singing along to some songs we knew, everyone was having a blast! But unfortunately, it finished and we had to leave, chatting away with our friends about the amazing play and spectacular performers and actors! Thank you so much to Courier Mail for giving us this once-in-a-blue-moon opportunity and special thanks to Miss Jenny for giving us a chance at all! The whole experience was phenomenal and I, along with everyone else, are extremely grateful for this and we will remember it forever!

**Jade Wallace
Year 9
Marsden State High School**

Berrinba Wetlands

The Year 8 student's time at Berrinba Wetlands was good fun. We were able to find out about the Squiggly Gum tree.... did you know that it is called that because of the moths that burrow into the side of the tree that leave the long line there? We also had great fun when working with Mark Tookey who ran a boot camp with us. We completed some new exercises with him that were very tiring. Along with this we also learnt about a

few of the native species in the Berrinba wetlands. Some of these included the Glossy Black Cockatoo, Pelicans, Koalas and Ibis's. Our experience at the Berrinba wetlands was great and was quite informative about the environment around us in our local community. This was an awesome way to help with our assessment piece. It was a great time and we would definitely go there again, it was fun and enjoyable!

By Zane Overs and Jaceb Blake 8Z



Year 7 Advocates

Congratulations to Zac Stehn-Prewitt, Grace Po Chiing, Lyvante Su'Mai, Amy Mauintu and Samar Issa for being selected as our Year 7 Advocates for 2015!

We look forward to being your Year 7 advocates so we can make your ideas reality. We ran for this position so we can be a voice for the Year 7 cohort. Our roles as advocates will require a lot of hard work and responsibility, we believe we have what it takes. Our vision is to enhance our school environment in so many ways. We have the Marsden X-factor and want to share this with you.

Help us help you make a difference at Marsden!

**From
The Year 7 Advocates**



Industrial Liaison Update

Lots of great stuff happening in the world of work!

Many students are doing Work Experience, which is resulting in signing on to school based traineeships and apprenticeships.

Students can line up Work Experience (WE) with a business then come and see me for the 'paperwork' – it's called a Work Experience Agreement (WEA). This doesn't take long. The best way to get work is for mum and dad to have a chat with friends and family, or student to ring businesses from the Yellow Pages or local newspapers. You have to be pro-active! If you want to get into a trade then you MUST have at least five days of work experience. Construction students, make sure you have a White Card!

This fortnight the following students have signed on to a SAT. Well done guy, we're proud of you!

- | |
|---|
| • Courtney Vitek –Business (Retail) |
| • Damien Matthews – Automotive Underbody Technology |
| • Travas Neill – Business (IT) |
| • Kayla Jakavicius – Retail Operations |
| • Kayla Poulter – Sport & Recreation |

Deadly @ Marsden News

On Wednesday 18th March our round 6 QATSIF scholarship recipients attended the QATSIF breakfast at St Lawrence's college. Congratulations to all our new QATSIF scholarship recipients.

Michaela Williams
Community Education Counsellor
Marsden State High School
Ph: 07 3299 0555
'Jarjums kulgunboobooie'
Our Children Going Forward



Cross-Country Carnival

This year Marsden SHS's Cross Country will be held on the last day of term Thursday the 2nd of April. Student's will **meet** at their session 1 class and be provided with instructions for the day.

Brief timetable of events:

8:20	Students meet at their session 1 room for roll marking and event information
8:50	Students assemble in house colours on the soccer oval Kenny = yellow Wickham = blue Border = green Lewis = red
9:10	2003 and later (1 Lap)
9:25	2002 (1 Lap)
9:40	2001 (1 Lap)
9:55	2000 (2 Laps)
10:10	1999 (2 Laps)
10:25	1998 and older (2 laps)
10:50	Presentations and Awards (House Spirit, Age Champions and Winning House)
11:00	Students and teachers return to their Session 1 classroom to collect bags
Session 3	Marsden SHS's Cultural Food Day will be held under X Block (all students)
Session 4	Students attend their normal Session 4 class

What do students and teachers **wear**? Everyone is encouraged to wear clothes suited to their house colour and appropriate for running in the Cross Country. Students in inappropriate clothes will be sent to their Year Level HOD. Normal school rules regarding uniform and behaviour apply.

What should I **bring**? Students are encouraged to bring a drink bottle and hat. Drink stations will be available for runners but may be limited. Students and staff are also required to bring their enthusiasm and house spirit.

Good Luck and start training!

Rugby News

Senior Rugby League Camp

Earlier in the term, our senior rugby league squad embarked on their annual camp down to Runaway Bay Super Sports Bay. The camp involved a number of skills and fitness training sessions where the boys were tested both physically and mentally. The fitness session on Friday morning was particularly testing as torrential rain and wind did not stop the boys completing a combined total of over 10,000 burpees and each of them running about 7km while carrying boxing bags, weight

plates, kettle bells and all the training gear and water we had for the camp. The group also took part in a thought provoking session regarding their goals for school, rugby league and life in general. Thanks goes to the teachers who ran the camp, Mr Spiros, Mr Brewer-Charles and Mr Stephensen.



Yr 7 Rugby League NRL 9-a-side Gala Day

On Thursday 12 March, 23 of our Yr 7 Rugby League students travelled to Redcliffe to take part in the NRL 9-a-side Gala Day. The boys competed in a combined Yr 7/8 competition and therefore played against some older and bigger boys but nonetheless, competed very well. Throughout the whole day the students were excellent representatives of Marsden SHS and even had to play against each other in the final playoff game. All boys should be very proud of their efforts and thank Mr Johnston for running extra training sessions in preparation.



Sports Excellence News

Coaching and Refereeing Accreditation Program

On Thursday the 12th of March, 56 year 11 and 12 students from the Sports Excellence Programs successfully attained either their Coaching or Refereeing Accreditation for their chosen sport. The day was a large success, with students achieving a level 1 coaching course in Basketball and Football

and Rugby League, while students from the Volleyball and Girls Touch Program successfully attained their level 1 refereeing certificates.

Congratulations to all students who participated in the day. They all represented Marsden State High School and their respective Sports Excellence Programs with pride. Well done.

Mr Warren Camps
Director of Sports Excellence

Healthy Habits

Healthy habits for a healthy life: 12 tips:

You can help your child establish healthy behaviour, eating and activity habits from birth. If these habits are established early as part of your family's lifestyle – a natural part of the way you do things – you won't have to bring in unpopular "rules" later.

Maintaining healthy habits from the start can help your whole family avoid lifestyle problems that can occur later in life, such as overweight and obesity, type-2 diabetes, types of cancer and high blood pressure.

- **Promote healthy eating in your home**

Children are more likely to develop healthy eating behaviours when they're given a choice of healthy foods at home. Having fewer unhealthy foods (like soft drinks, chips, lollies and snack bars) in your cupboard means you won't have to police what your children eat.

- **As a family remind yourself of the basic foods**

These are fruits, vegetables, wholegrain cereals, lean meats and fish and low fat dairy foods. Make your shopping list from these groups so it will be easier to prepare family meals that include them.

- **Be aware of serving size**

Preparing the right amount discourages you from coming back for seconds or putting too much on your plates.

- **Make a distinction between "everyday" and "sometimes" foods**

"Everyday" food is the healthy stuff, whereas "sometimes" food is the not so healthy stuff that's high in fat or sugar and doesn't have many essential nutrients

- **Establish healthy eating routines**

Healthy eating isn't only about food choices – it's also about eating on a regular predictable basis in a social way. For example, it's important to eat breakfast every day and eat meals together at the table or kitchen bench, rather than in front of the TV

- **Praise children when they choose healthy foods**

Try to avoid nagging or making eating a battle or power struggle.

- **Make physical activity part of everyday life**

Many people think being active means playing sport or doing strenuous exercise, but that's only one way of

being active. For example, walk the dog instead of watching TV. Be a role model and choose being active to show your child how easy it can be.

- **Enjoy physical activity as a family**

Talk about these as fun activities rather than exercise. Outdoor play is generally more active than indoor play, so make the most of outdoor time.

- **Give children – older children especially- opportunities to try different sports and ways to be active**

This could include various sports or activities at school or outside school hours

- **Limit the time your child spends on screen-based activities**

This includes time spent watching TV and DVDs, and playing computer and other electronic games.

- **Encourage your child to value his body for what it can do, rather than what it looks like**

Try not to draw too much attention to your child's weight, even if they are worried about it. If you discuss weight with your child, use terms like "healthiest weight" rather than "overweight", "obese" or even "fat". A healthy body image is especially important for teenagers, who may be thinking about how their body looks.

- **Set a good example**

Parents who have a healthy diet and are physically active are much more likely to encourage the same habits in their children. Keep in mind the power of modelling – your child learns mostly from what you do yourself, not from what you tell them to do.

If you would like more information about the Australian Dietary guidelines visit www.nhmrc.gov.au

Megan
School Based Youth Health Nurse
Children's Health Queensland

FUTSAL

FUTSAL 5-A-SIDE SOCCER
WINTER SEASON STARTS SOON!

AT CORNUBIA IN LOGAN

COMPETITIONS OR PROGRAMMES FOR
3 YEARS TO MASTERS – MALE & FEMALE

For a club near you visit
www.australianfutsal.com
Or Phone: DAWN ON 0448176191

Do we have your email details?

A reminder that almost all correspondence from the school is now being emailed, INCLUDING Student Reports, so if you've had a change of email address, please contact the school and let us know

Dates to Remember

Monday 16 March	Logan District Swimming Carnival
Tuesday 17 March	Immunisations Yr 8 and Yr 10
Thursday 19 March	National Closing The Gap Day
Friday 20 March	Reporting opens for all Years
Friday 20 March	Harmony Day
Thursday 2 April	School Cross Country Carnival
Thursday 2 April	LAST DAY OF TERM
Thursday 2 April	Student Reports emailed

Uniform NEWS

NEW OPENING HOURS: Mon, Tues, Thurs 8.00am to noon.

Compression Shorts with MSHS logo are now available in LIMITED numbers at \$40:00

NEW UNIFORM ITEMS NOW IN STORE

Marsden High Viz shirts - \$30

Marsden Compression Shorts - \$40

1st Term Only Winter Uniform Sale

(while stock lasts, whichever comes first)

Jacket (size 3XS only)	\$55 ... save \$13
Jumper	\$52 ... save \$10
Vest	\$40 ... save \$12

Regards

Pauline Pokoina

Uniform Shop Convenor