



26 May 2015

Principal's Message



Congratulations to the students we recently recognised at our Celebrating Success Parades. Both the Junior and Senior Parades were extremely well attended by parents and families and it was pleasing to see such a good turn out to celebrate the hard work of our students from Term 1. It was also pleasing to see the work of our

Year Level Advocates in running the Parades.

Well done also to our Year 7 and Year 9 for the way they approached the recent NAPLAN Days. Thank you also to the students and staff who helped to co-ordinate the breakfasts on each morning. Our Youth Support Coordinators Tristan and Sera did a great job in helping to ensure our students were well supported each morning and I know our teaching staff also worked hard to ensure our students were well prepared, well informed and able to give their best in each assessment.

It was pleasing during the last week to receive two letters congratulating our students for their performance in various settings during the term. The first was from one of our guests at the ANZAC Ceremonies who congratulated our students for helping him to realise that the youth of today are responsible, respectful leaders. Dr Peter Darben also took the time to congratulate the students from the school for their engagement at the Translational Research Institute. Our students were able to undertake advanced work in the high tech laboratory, and our students did a great job in promoting the high expectations and performance of Marsden State High School.

Well done to Leelana Fabila-Hicks who has just been accepted into the 2015 Harry Messel International Science School. Leelana will join 140 students from around the world for a two week full residential program of talks by world-renowned scientists, laboratory tours and hands on activities at the University of Sydney. This is a highly competitive selection process and we are very excited for Leelana. Well done.

Next week we also have four of our Year 10 students attending the QUT Wonders of Science Event. This is another outstanding opportunity for some of our highest performing students and I've no doubt they will do the school proud.

With our increase in student numbers in 2015 it is important to remind all students and families about safety on the way to and from school. Whilst the majority of our students are meeting our high expectations within the wider community, we have had a recent letter informing us of some unsafe behaviour on the roads around our school. All students need to ensure they are staying on the footpaths around our school and crossing at and with the lights.

Our Academic Coach started this week with our Senior Students. This new initiative is aimed at helping to ensure each student is well aware of their progress towards a QCE and if appropriate their optimal OP score. A designated staff member will continue to work with this student until graduation to help develop strategies leading to academic success. A special thanks to our Senior Schooling team who have been working overtime to ensure our staff and students are well informed and our processes are set up to assist our students to the best of our ability.

Keep an eye out for more information about next week's special Free Dress Day organised by our School Captains. The day will have a Football Theme to coincide with the first State of Origin game so I'm looking forward to seeing many Queensland supporters showing their true colours.

Next Friday we will be hosting our second Marsden Apprenticeship Program (MAP) Industry Symposium. After the success of the first event I've no doubt this will be another great day for our school.

Finally, we are in the process of reviewing our new Timetable structure at Marsden SHS and looking for feedback from our parent group. We have a short survey to provide an opportunity for parents to contribute to the discussion available at this link:

<https://www.surveymonkey.com/r/CDY2252>

The survey is brief (and should not take too much time), but does also have the opportunity to provide more detailed responses in the free text section if required.

Andrew Peach
Executive Principal

Sports Excellence Celebrate Success Term 2 Rewards

The Sports Excellence Programs this term are running a rewards system for students who achieve certain standards. Rewards include a free BBQ, as well as a free fitness boot camp with Personal Trainers from Snap Fitness Meadowbrook.

To be eligible for these rewards, students must:

- Have an attendance rate of at least 92%
- Positive Behaviour for the term (ie. have no planning room referrals or suspensions)
- Arrive to school on time (ie. have less than 5 late arrivals to school)

All pre requisites are based on term 2 only.

Students who achieve these standards will be in the running to be taken out of class on Wednesday during Week 10 to receive their rewards. More info to come

Logan District Sport



Year 7 Touch Girls after beating Kenmore 14-1 in Round 2 of the MET Finals with super coach, Miss Ward.

Marsden SHS have continued their dominance in Logan District Sport with 12 teams crowned district champions. A number of these teams competed in the Summer MET Finals with some to compete in the winter finals later in the year. Several teams are still competing to become Metropolitan Champions having won their Round 2 games.

Logan District Champions

Senior

1. Open Girls Basketball A
2. Open Girls Basketball B
3. Year 10 Girls soccer
4. Open Girls softball

Year 9

1. Boys Touch A
2. Boys Touch B
3. Boys Volleyball A
4. Boys Volleyball B

5. Girls Touch B
6. Girls Football

Year 7/8

1. Girls Softball
2. Boys Futsal A
3. Boys Futsal B
4. Girls Touch A
5. Girls Basketball B
6. Girls Football

MET Finals Round 2 Winners

1. 7 Boys Touch
2. 7 Girls Touch
3. 9 Boys Touch
4. 9 Girls Basketball

Gym Upgrade near Completion!

The gym is nearing its completion of an upgrade and installation of shower, toilets and change rooms. Looking to have it up and running by the middle of the term with a fresh coat of paint.



EALD@MARSDEN

This year at Marsden State High School we have introduced a class for learners that have English as an Additional Language or Dialect (EALD). This unique class is comprised of students from a diverse range of cultures and operates on the principles of cooperation, collaboration and tolerance. The EALD class is truly a team effort led passionately by Mrs Lisa Mahoney Beltran - EALD Teacher and Mrs Eula Arthur - Teacher Aide, however the success of this programme can be attributed to the contributions of a range of staff across the whole school that provide these students with superior opportunities for learning.



Mrs Mahoney Beltran and Mrs Eula Arthur with the EALD class of 2015



EALD students having a fantastic time at exploring ancient artefacts at the Queensland Museum in South Bank



Students learning about Aboriginal and Torres Strait Islander culture from the staff in the Deadly@marsden unit



If you would like more information about the EALD@marsden programme please contact Deputy Principal - Mrs Bindi Winterbourn Ph 32990555

Buddha festival



This year we had an excursion at the Buddha festival at South bank. This festival is held every year on Buddha's birthday,

during this event there are many activities to enjoy. My favourites had to be the lion dancing it was really funny and I had a blast doing it. Also we did a percussion performance together, we had a lot of fun and after that we took a group photo, everyone was scared to be at the front. There was much more to do even if we didn't get to do all of it, the ones we did do were very thrilling. When it came to lunch time there were shops lined up. You could buy fried rice, fried noodles, chips, dim sims even watermelon juice and a lot more, they were all exotic. After lunch we went back to doing activities, as the day was coming to an end there was still the show to watch before we left. Just as they were setting up we were allowed to bathe the Buddha. Bathing the Buddha is to pour scented, blessed water on his shoulder. This would purify our heart and mind. We do this because when Buddha was born nine dragons came down to him and bathed him in water. After we did the bathing of Buddha we watched the show. There was lion dancing, martial art demonstrations from a Chinese academy and a special performance from Taiwan. They did an amazing dance with a glass ball. Then a dance with hula-hoops it was sensational and then they also danced within a giant hula-hoop that surprised everyone. There was one last performance it was a Capella group that used their body to make sounds it was very funny. All up it was an unforgettable experience and hope I can go again and again.

**By Grace Searle
Marsden State High School**



Jugglers Art Excursion

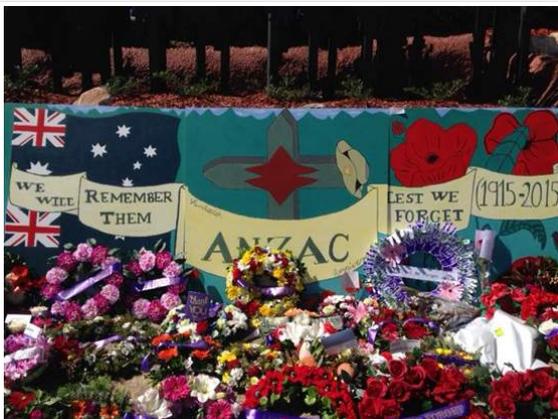
On Friday our year 12 Certificate Art students visited Jugglers Art Gallery and participated in a spray-painting workshop. The exhibition is a showcase of works by current and former Marsden SHS Visual Art teachers and helps students understand what is required to prepare, plan and present an Art Exhibition. This is part of the students units of competency they need to achieve to gain their certificate and seeing their own teachers work as practicing artists, teaches them every step of this process with great outcomes. Students also participated in

a graffiti art workshop where they got to create their own artistic tags and experiment with spraying sugar paint using calligraphy elements. They all had a great real world learning day. Thanks to Mr Smith and Ms Haigh for arranging the excursion.



Visual Art News!

Our year 11 Certificate Art students created an evocative mural for the 100th ANZAC ceremony for Greenbank RSL. We congratulate Xina Stenlin, Pa Xiong, Alexis Law, Jayden Morris, Dominic Warburton, Charmaine Alvarenga, Tahlee Singleton, Madeline Peace, Mikayla Jones and their teacher Mrs Kate Parrott on their dedication, talent and commitment to creating this work.



Film, TV & Media News!

Recently year 11 and 12 Film students participated in an Apple movie editing workshop at their flagship store in Brisbane City. In one short hour they created music video clips and film trailers using iPads ready to transfer their learning into their upcoming assessment pieces. They also got to visit the Hollywood Costume exhibition in the grand and newly restored City Hall. It was a very productive day.



Dance News!

MNB Entertainment

Year 11 SAS Dance students are currently undertaking a 10 week program with MNB Entertainment. We are incredibly fortunate to be given this opportunity, which was funded by Medicare Local. The program not only allows students to develop their Hip Hop performance skills but also has a strong focus on developing self-confidence as well as supporting and empowering students to find their creative strengths.



BALLET WORKSHOP

Year 12 Dance students were lucky enough to take part in a workshop with professional Ballerina, Claudia Dean. This workshop allowed students to develop their technical Ballet and Contemporary skills as well as gaining insight into the world of professional dance. Claudia has recently returned from studying and performing with the Royal Ballet, London (an incredible feat for such a young performer!)



MUSIC VIDEO AUDITIONS

Recently a number of our senior Dance students attended a music video audition. Ben Mitiau, Ina Faalavaau, Chloe Nicol, Mariah Pein and Madison Rhodes did themselves proud at this audition. They conducted themselves with professionalism and confidence and the judges were incredibly impressed by their talents! Well done to you all, you have all gained valuable audition experience and the only way is up from here!



Jak Reid-Nicholls and Ben Mitiau (year 12 Senior MCT Dance Crew Leaders) recently taught a Hip Hop workshop at the new Diversity Dance Company on Chambers Flat Road. They were offered the opportunity to work as paid choreographers in a studio environment. Being in a new setting meant that the boys were challenged and had to learn and develop their leadership and teaching skills. They both conducted themselves in a professional manner and continue to create a fantastic reputation for Dance@Marsden.



SENIOR DANCE CAMP

Week 4 saw our Year 11 and 12, along with a select group of year 10 students attend our annual Dance Camp at MAD Dance House in Brisbane City. 60 students undertook 3 days of intense training with 8 choreographers, specialising in styles such as Hip Hop, Jazz, Urban Contemporary and Musical Theatre. Marsden Alumni, Albert Tui and Tang Ngkau were amongst the professional choreographers who taught at the camp. Both ex-students are currently undertaking professional dance opportunities. A special thank you and congratulations to Jak Reid-Nicholls and Ben Mitiau (Year 12 – Senior MCT Dance Crew Leaders) who taught the students sets and received the 2015 Dance Scholarship for their time and efforts.



MCT DANCE CREWS

Both the Junior and Senior MCT Dance Crews are working hard in preparation for their first performances at the end of this term. The students are learning about upholding the high expectations of a Dance Student @ Marsden while developing their skills as a performer. We are excited to see what they are capable of as they learn and grow.

NOTE: HOUSE OF CHAMPIONS Early Bird Ticket Sales for HOC 2015 are now available for purchase online via WWW.TRYBOOKING.COM or by clicking on this link <http://www.trybooking.com/Booking/BookingEventSummary.aspx?eid=135056> – Please note early bird tickets are only available until Friday 19th June then prices will increase.

Let's get behind our Senior MCT Dance Crew as they look to impress on stage!

REAL LIFE TEACHING OPPORTUNITIES

At the end of term 1, our year 8 Dance students thoroughly enjoyed the opportunity to be taught by the year 12 SAS Dance students for a lesson. The year 12's had just completed their unit on choreographing a cultural dance for children, hence the seniors were given the task of teaching this dance to our junior students. Both classes worked incredibly well together and had highly successful outcomes in just one lesson! Congratulations to all the students involved on your active participation and respect for one another!

NAPLAN

Last week, our students of year 7 took part in NAPLAN. Students of year 7 around the region have surprisingly enjoyed their time participating in NAPLAN. However, they all have similar opinions on NAPLAN. James Wood explained how he thought NAPLAN should not take part because the amount of peer pressure it puts on students. However Tyler Wills believes NAPLAN is a great test allowing mums and dads to see our progress.

Samar Issa and fellow advocates

Early Departures & Absences – Please notify us

Just a reminder to parents that apart from a family emergency, no student will be permitted to leave the school without prior written notice, so please ensure you provide a note or an email to advise us if your child will be leaving school early. The ladies in Student Foyer will then call you to confirm that they have received your notice. If your child will be away from school, please phone the attendance line on 3299 0555 then press '1' to report your student absent or you can email to parents@marsdenshs.eq.edu.au before 8am.

BACK TO SCHOOL 2016



Whilst starting back at school can be an exciting time, for many families it can be a struggle financially. Factor in the costs of keeping the kids entertained over the school holidays, Christmas, uniforms, shoes etc, and it can be a difficult time of year to find the money to cover all their back to school requirements.

You may not be aware that Schoolstuff.com.au has a solution for the 'Back to School Blues' by offering an easy Layby service. Simply contact one of our staff on (07)3391 7000 or email enquiries@schoolstuff.com.au and we can help you through setting up easy weekly, fortnightly or monthly payments to suit your circumstances. And remember, the sooner you start, the more credit you will accumulate to cover the cost of your booklist(s), so contact us today.

Dates to Remember

Monday 25 – 29 May	CELEBRATING READING WEEK @ Marsden
Tuesday 26 May	Ancient History/Legal Studies excursion to State Library
Friday 29 May	Visual Art GOMA Excursion

Monday 1 June	Round 5 SPL Competition against Kelvin Grove
Wednesday 10 June	Transition Day
Friday June 26	Term 2 Ends

Uniform NEWS

NEW OPENING HOURS:

The Uniform shop will be trialing new opening hours from Monday 25th May, as some parents have mentioned the inconvenience of having to take days off work to be able to buy uniform. I realise this will not solve everyone's concerns but hopefully will provide more options. If the afternoon opening is not utilised within this term and next term, I will reassess opening hours and may change back to a morning opening time. So, always check your newsletter or the website for current opening hours and days before coming to school.

Mon - 8am till 12noon
Tues - 9.30am till 1.30pm
Wed - CLOSED
Thurs - 12noon till 4pm
Fri - CLOSED

Mrs Pokoina
Uniform Shop

Health News: Influenza season

Influenza (more commonly known as 'the flu') is different to the common cold. Influenza is a highly contagious disease, caused by a virus that can be spread through people talking, coughing and sneezing. Symptoms include sudden fever, dry cough, muscle aches and pains, fatigue, headache, sore throat and a stuffy or runny nose. Immunising each year against the latest strains of influenza can help you stay clear of it and reduce your infection of others. If you have not yet had your flu vaccine, many chemists are currently advertising 'walk in' flu vaccinations. GPs and council immunisation clinics also offer the vaccine.

As we move into the influenza season it is important to be aware that many common respiratory infections are spread from person to person via coughing and sneezing. The best way to protect yourself and others from influenza type infections is to be proactive and adopt good hygiene practices for infection control.

One of the ways to avoid spreading infections is to have good hand washing practices. If hands aren't visibly dirty, then alcohol based rubs have been shown to be more effective than soap and water. After using a restroom, avoid touching the taps after you have washed your hands. Taps that turn themselves off are great or use the paper towel to turn the tap off. The posters below, from the World Health Organisation, show how it is supposed to be done.

How to Handrub?

RUB HANDS FOR HAND HYGIENE! WASH HANDS WHEN VISIBLY SOILED

1 Duration of the entire procedure: 25-30 seconds



How to Handwash?

WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB

1 Duration of the handwash (steps 2-7): 15-20 seconds

2 Duration of the entire procedure: 40-60 seconds



For an entertaining look at just how far and wide germs spread with a single sneeze, have a look at this clip of the Myth Busters. They are experimenting with the best way to minimise the spread of germs.

<http://www.youtube.com/watch?v=3vw0hls2LEg>

Mandarins

With the cold and flu season approaching, it's time to make sure you are getting enough vitamin C in your diet. Why not try mandarins, which are now available from your supermarket/green grocer. They're like small oranges with a flattened top and bottom their skin is a deep orange colour, soft, glossy, often smooth and it peels away easily from the flesh.

Did you know?

- Two small mandarins will supply 35% of the daily recommended allowance of Vitamin C
- Low in kilojoules
- Eaten raw we're one of the important cleansing fruits

Why Mandarins Are Good To Eat

- High in vitamin C (48-58 mg per 100g - which is more than a day's supply)
- A source of dietary fibre.
- Have about 8g of natural sugars per 100g, so we're sweetly delicious.

Fun Ways to Eat and Cook Mandarins

Mandarins are a convenient food, great for school lunches, snacks and picnics. They are easier to peel than oranges and the segments separate easily.

Here are a few mandarin ideas to try:

Chocolate Crepes With Mandarins

Whisk 2 eggs with 2 tablespoons sugar in large jug. Beat in 1/2 cup plain flour and 1 tablespoon cocoa powder alternatively with 1 cup milk until smooth. Cover and stand 30 minutes. Melt 150g dark chocolate, 2/3 cup cream and 1 teaspoon mandarin zest. Cook crepes in greased pan. Mix 3/4 cup sour cream with peeled mandarin segments. Spoon onto pancakes, roll up and serve.

Mandarin Marshmallow Kebabs

Thread peeled mandarin segments onto bamboo skewers alternatively with peeled kiwifruit pieces and marshmallows. Puree strawberries and season with honey to taste. Pour over kebabs and serve. For a creamier texture stir in strawberry yoghurt.

Mandarin and Chicken Salad

Mix 1/4 cup each marsala and mandarin juice, 1 teaspoon each salt reduced soy sauce, grated mandarin rind and grated ginger and marinate 4 chicken breasts for 2 hours. Bake chicken, covered, in moderate oven for 20 minutes or until tender. Cool. Serve with mandarin segments, sliced nectarine and lettuce. Mix 1/4 cup each of yoghurt, sour cream and mandarin juice with fresh mint and drizzle on top with pecans.

Join Australia's Biggest Morning Tea this May and help beat cancer

When it comes to beating cancer, we all have what it takes to help. You can make a difference this May by hosting a biggest morning tea and supporting the 1 in 2 Australians who will be diagnosed with cancer by age 85.



Getting involved is easy. Simply get together with your friends, family or workmates, put the kettle on and make your cuppa count.

Register at www.biggestmorningtea.com.au or call 1300 65 65 85

Lisa Davies

School Based Youth Health Nurse

Ph: 3820 1444

Every Monday, Thursday and 2nd Wednesday