27 November 2015

Principal’s Message

Thank you to our school community for the efforts in supporting our students and each other in the wake of Tiah Palmer’s death. The school was well represented at Tia’s funeral on Saturday 14th November, with our School Chaplain Ian Pratt doing an excellent job in representing the school during the ceremony. Anyone with information which could assist with this matter should contact Crime Stoppers anonymously via 1800 333 000 or crimestoppers.com.au 24 hours a day.

On Wednesday we had a Purple Free Dress Day, with all money going towards the Daniel Morcombe Foundation, to honour Tia. This is also occurred at a number of local primary schools and the joint approach was great to see.

Congratulations to our Year 12 Graduates who have successfully completed their final week of schooling. We’ve had a number of whole school celebrations including our Academic Excellence Night, Graduation and the Senior Formal which have all been highly engaging and effective nights to celebrate the achievements of our students. We also announced our 2016 School Captains at our Academic Excellence Night. Congratulations to:

Corilee Pitau
Rachel Pau
Alosina Lealaitafea
Clayton Po Ching

I’ve no doubt our 2016 Captains will continue the outstanding work of our 2015 Captains Glory-Anne, Armani, Jayden and Darren. This year’s captains leave the school after having successfully completed their Captain’s Legacy with work to occur over the holidays to install the new filtered water stations.

Our Year 11 students have begun their QCS preparation, with the first full scale practice held last Friday. The group has also undertaken a variety of hands on activities to help work through critical thinking and teamwork challenges. With the work underway through Academic Coaching our Year 11’s are already well advanced in their preparation and it was great to see the strong engagement from our staff in helping to support the program.

A reminder to parents and families that the first day of the school year in 2016 will be Wednesday, January 27th. All of our students will start on this day, with a return to our previous bell structure, with the first classes commencing at 8.35am and all students finishing at 2.30pm.

Andrew Peach
Executive Principal

The #MTC Mates Talk Change campaign

The #MTC Mates Talk Change campaign was launched on Wednesday night at the annual Marsden SHS Sports Awards. Over the last 3 months, nine of our senior Rugby League leaders have been developing a mental wellbeing campaign to promote education, awareness and communication around good mental health at Marsden. The league boys will be driving this campaign in 2016 and will be the face of hopefully, some incredible change in our school and local community. They have developed 10 mental health strategies and a campaign #MTC – mates talk change, to help drive their idea. We have sourced wrist bands with their hash tag and slogan on them, which the boys have given to all Junior League classes initially as part of the education process, to start bringing awareness to their campaign and to get mates talking to mates. The purpose of the wristbands is to give our kids a visual reminder to talk to a mate when they are not ok. The students are allowed to wear these wristbands at school. They have also designed a cap with their hash tag on it as well. Wristbands and our #MTC hats can be purchased from XBLOCK staffroom – please see Miss Megan Mulcahy. Wristbands are $2 and Hats are $10.
Successful work placements for Year 11 and 12 Cert II Work Practices

Week 4 marked the time when our year 11 and 12 Work Practices students entered the workforce for a five day block to meet their course requirements. Some of the students undertaking the challenge were finding themselves in a business environment for the first time and we are pleased to report that some of them were not only up to the task but exceeded the high bar set and did themselves and MSHS proud. For some, like Kenyi Taban, the five day program of working for a local construction company paved the way for a future in the industry. Kenyi’s employer singled him out as an industrious and committed assistant offering him a school-based apprenticeship. Dakota, due to his hard work and effort was offered a part-time job at Paul’s Warehouse in Woodridge. Furthermore, we received excellent reports about many of our pupils including Taylah Cue, Madeline Pierce, Tahlee Singleton, Fayrouz and Adrianna Lolo. This 5-day block helps to equip our students with necessary industry skills and an understanding of the world of work. As can be seen, this week-long challenge can also allow students to get their foot in the door and perhaps illuminate a future pathway.

Become a Barista competition

On Thursday 15th October, Year 11 student, Jessica Hazelton competed in the Become a Barista competition. This competition is open to students from Brisbane schools who have an interest in and display skills in the techniques required for coffee preparation and service.

The students were given 10 minutes setup time, 10 minutes for preparation and service of their beverages and 10 minutes to clean up. Within the 10 minutes of preparation and service time, it was expected that each entrant made 2 espressos followed by 2 lattes or flat whites and lastly presented 2 signature beverages.

Jessica performed extremely well on the day and was rewarded by winning Overall Gold Medal, Highest Sensory score and Best Signature Beverage. Jessica’s signature drink was called Cherry Blossom and used a secret mix of brandy flavour, coconut essence and chocolate syrup.

The FDT Department is very proud of the professionalism, maturity and dedication Jessica displayed throughout the lead up and during the competition.

Sports Awards Night 2015

On Wednesday the 4th of November, Marsden SHS held its annual Sports Awards Night at the Logan Rec Club. The night was a celebration of all the outstanding achievements of our student athletes and Sports Excellence Programs over the past year. For the first time in Sports Awards history, the House Leaders hosted the night. All leaders did an exceptional job but special mention must go to joint masters of ceremonies, Jake Sparey and Nadia. The success of the night is a reflection of the hard work and competency of this leadership team in partnership with the HPE department.

The night was very well attended by special guests, staff, students, award winners and parents. Highlights included special guests, Anthony Milford and Caleb Timu of the Brisbane Broncos, being interviewed by House Leaders, Josh Bernardin and Jayden Vitek. Anthony and Caleb provided valuable insight into the world of professional sport that all in attendance could learn from. The official launch of the MTC Wellbeing Project, headed by the Senior Rugby League boys and Ms Mulcahy, was another high point. The impressive attendance and special features ensured our award winners were celebrated in style.

Major Award Winners of the Night were:

<table>
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<tr>
<th>Category</th>
<th>Winner</th>
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<tbody>
<tr>
<td>Junior School Sportswoman of the Year</td>
<td>Lyvant'E Su'Emai</td>
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<tr>
<td>Junior School Sportsman of the Year</td>
<td>Taylah Su'Emai</td>
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<tr>
<td>Senior Sportsman of the Year</td>
<td>Corey Allan</td>
</tr>
<tr>
<td>Senior Sportswoman of the Year (Joint-Winners)</td>
<td>Tiarna Brott-Martin Nyapach Deng</td>
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<tr>
<td>Don Whitehouse Makos Spirit Award</td>
<td>Nadia</td>
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<tr>
<td>Ben Faalogo Award (Player’s Player)</td>
<td>Jake Sparey</td>
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<tr>
<td>Junior Rugby League Player of the Year</td>
<td>Cruise Ten</td>
</tr>
<tr>
<td>Senior Rugby League Player of the Year</td>
<td>Corey Allan</td>
</tr>
<tr>
<td>Junior Touch Football Player of the Year</td>
<td>Josephine Lifu-Bray</td>
</tr>
<tr>
<td>Senior Touch Football Player of the Year</td>
<td>Monique Nansen</td>
</tr>
<tr>
<td>Junior Football Player of the Year</td>
<td>Bayleigh Bootten</td>
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</tbody>
</table>
Senior Football Player of the Year  
Bill Hobbs

Volleyball Player of the Year  
Howard Utai

Junior Basketball Player of the Year  
Leec Ikitau

Senior Basketball Player of the Year  
Shelby Morrison

Team of the Year  
13 Girls All-Schools Touch

Star struck: Broncos stars, Caleb Timu and Anthony Milford, sharing their words of wisdom.

Crowded House: Special guests, staff and family packed out the Logan Rec Club.

Family Affair: Brother and sister, Taylah and Lyvant’E, won several awards on the night, including Junior Sportsman and Junior Sportswoman of the Year.

Marsden SHS students won the fantastic prizes of the Chinese Language Competition.

In the beginning of this term, three Marsden students participated in Chinese Writing Competition which organised by University of Queensland. They are Mai Xiong (Year 12), Jenny Park (Year 11) Native Speak Group. Mai Xiong won the Merit Award in her group. Allan Chen got the participated Awards. Congratulation to their excellent achievement.

Schoolies

Schoolies is upon us and many young people, most under 18, will be converging on beachside locations (Gold Coast, Sunshine Coast, Stradbroke Island) to let their hair down and celebrate the end of their schooling years.

The experience of schoolies is different for everyone. For many it is a memorable experience for all the right reasons. For some those memories are not pleasant and may be associated with regret, embarrassment and guilt. Unfortunately for some teenagers and their families and friends, schoolies can mean being a victim of a crime, being arrested for illegal behaviour and may even mean death.

Part of the culture of schoolies in Australia is drinking alcohol - often binge drinking and/or drinking every day for the duration of schoolies. There will be a lot of pressure on parents from their son/daughter and possibly other parents to supply alcohol to their teenagers for reasons of cost as well as them not legally being able to get it themselves. An argument used by teenagers to sway their parents into allowing and supplying their alcohol for schoolies is that “It is better that you know how much we are having and what we are having”.

What we know –

When alcohol is consumed by young people, the risk of sexual assault (and the consequences from this including unwanted pregnancy and STIs as well as the emotional and psychological trauma), accidental injuries (falls), MVAs, and being a victim or perpetrator of violence, increases.

The damage to the developing brain from alcohol is now widely recognised. The brain does not fully develop until early to mid 20s.

It is illegal to supply alcohol to a person under the age of 18 unless it is in a private home and a responsible adult is supervising. If you get caught providing alcohol to your underage child for consumption in an unsupervised environment, you will face penalties of up to $9108.

If you supply your teenager with alcohol you are putting them at risk. You are condoning their drinking and you are breaking the law.
Meet with other parents who your son/daughter is staying with to have a united stance on your position on alcohol use. If you do allow your son/daughter to drink ensure they are aware of risks, limits, drink spiking, and the law.

Schoolies puts all young people who attend at risk by the very nature of the event. An unfamiliar place, a lot of young people in one area, very low adult to teenager ratio, alcohol use, high drug use, and an infiltration of toolies.

While the opportunity to be with friends, taking responsibility for accommodation, feeding themselves, and negotiating transport etc are all great skills for young people and developmentally appropriate, please consider that the circumstances are unusual and a lot of maturity and common sense will be necessary.

Develop a safety plan with them

Be prepared to be rung at any hour of the day and night and communicate this to your son/daughter in case they are in trouble.

Be prepared to pick them up early if they feel unsafe or are just not enjoying their time

Red Frogs volunteers will be on-hand to assist and can be contacted 24/7 during Schoolies on 1300 557 123.

Check out the Queensland Government schoolies website for detailed information on safety plans, activities and events, contact numbers, identification bands, and volunteers.


Vote for our entry in the My Park Rules Competition!

Our school is entering a competition to win a creative green space. Sponsored by the 202020 Vision organisation and the Australian Institute of Landscape Architects (AILA), My Park Rules is a national competition which aims to create opportunities for every child in Australia to access a well-designed green space. Finalists are selected from every state and teemed up with a registered landscape architect to help design and plan the best use of their space. Their final designs are assessed by a panel of judges, with the national winner to have their designed park built for them.

We have chosen the area around our sports fields and would love a grandstand, amphitheatre style seating and some shaded areas.

Community involvement is important so please VOTE for our school’s entry!

To vote for our school go to this link


Challenge of the Nations Netball Carnival

Early this month a number of Marsden students past and present participated in the Challenge of the Nations. Challenge is a Netball tournament that sees over 600 people come together to play the great sport that is Netball. Marsden was represented well in under 13s, under 16s and Opens. Eleven Nations were represented on the day Cook Islands, Fiji, Indamu, Kiribati, New Zealand Maori, PNG, Samoa, Indigenous Australians, Tahiti, Tokelau and Tonga. It was fantastic to see so many Marsden staff and students, both past and present at the even representing their cultural background. See some photos below from the event.

Christmas

Christmas can be a challenging time for our stress levels and it’s even harder for those of us with mental ill-health.

So many things that are part of our routines and we take for granted become disrupted by the change of pace in our lives.

Leaving all your preparations for Christmas until the last minute can cause unnecessary stress, but planning ahead can save you time and money.

Alcohol

The celebratory spirit of Christmas and New Year often involves social drinking and although the consumption of alcohol might make you feel more relaxed, it is important to remember that alcohol is a depressant and drinking excessive amounts can cause low mood, irritability or potentially aggressive behaviour. By not exceeding the recommended number of safe units, you will be better able to sustain good mental and physical wellbeing.
Food

The festive period has become synonymous with over-indulgence, which in turn prompts a pressing desire for many of us to lose weight in the New Year. Where possible, maintain a good balance of fruit, vegetables, carbohydrates, protein and omega 3 sources throughout the year in order to be in good physical condition and have sufficient energy. Maintaining a healthy diet and weight can improve your mood and can work towards preventing symptoms of lethargy and irritability that many of us feel during the busy festive season and dark winter months.

Exercise

Physical activity releases the feel-good chemicals, endorphins, which help you to relax, feel happy and boost your mood. By undertaking simple tasks such as cycling to work, walking in the park, or joining in with Christmas games, you can benefit from experiencing reduced anxiety, decreased depression and improved self-esteem. In addition, recent research has indicated that regular exercise can help to boost our immune systems, enabling us to better fight off colds and flu viruses that are prolific in winter months.

Get involved

The festive period provides us with an ideal opportunity to talk to, visit or engage with the people around us. Face-to-face communication has been shown to improve our mental and physical wellbeing as this interaction produces the hormone, oxytocin, which can benefit our immune system, heart health and cognitive function.

If you are apart from your family then volunteering for a charity or local community organisation can provide that same human contact, as well as help provide essential support and encouragement for others in need. These interactions can easily be sustained throughout the coming year and need not just be for Christmas.

Stay in touch

There’s nothing better than catching up with someone face-to-face, but that’s not always possible. Give them a call, drop them a note or chat to them online instead. Keep the lines of communication open - it’s good for you! If you’re feeling out of touch with some people, Christmas can be a good opportunity to reconnect with a card, email or phone call. Talking can be a good way to cope with a problem you’ve been carrying around in your head. If something is worrying you, whether it’s work, family problems or other feelings, just being listened to can help you feel supported and less alone. It works both ways: if you open up, it might encourage others to do the same and get something off their mind.

Try to relax

Christmas can be a very busy and stressful time as we prepare to entertain family and friends, worry about cooking a delicious Christmas dinner, and fit in some last minute present shopping. These feelings of being under pressure can produce symptoms of anxiety, anger and difficulty sleeping which, if prolonged, could have a long-term detrimental impact on your mental health and wellbeing. By exercising more regularly or practicing mindfulness – a combination of meditation, yoga and breathing techniques – you can help to both alleviate the symptoms of your stress and gain more control when coping with difficult situations.

Do good

Helping others is good for your own mental health and wellbeing. It can help reduce stress, improve your mood, increase self-esteem and happiness and even benefit your physical health.

Christmas is a good opportunity to volunteer for a charity or local community organisation and provide essential support and encouragement for others in need. You can find lots of suggestions of how to make doing good part of your life in our pocket guide.

Sleep

Despite many of us having time off work during Christmas and the New Year, our sleep patterns can be disturbed between catching up with friends and family and partying late in to the night. There is mounting evidence on the link between sleep and mental wellbeing, meaning improvements in the quality of your sleep could result in improvements to your overall mental health.

http://www.mentalhealth.org.uk/
Stay safe happy and healthy throughout the 2015 Christmas period.

Sarah Mitchell.

**PLEASE RETURN ALL SCHOOL RESOURCES NOW**

We would like to remind you that all resources belonging to the school must be returned before the end of the week. This includes laptops (with chargers and carry cases), library books and text books. Any resources that are not returned will be invoiced to your account and debt collection processes undertaken. Unreturned laptops will be reported as stolen. Please make every effort to ensure these items are returned so you can relax and enjoy the last days of school for 2015.

**DENTAL VAN NOW AT MARSDEN SHS**

Make an appointment by ringing 1300 300 850 or pick up a form from the nurse. Book your free check and clean NOW.
ARTIE: Parent Survey

Dear Parents

Has your child had a free healthy mouth check-up this year, especially those children starting or finishing school?

Metro South Oral Health is committed to improving the oral health of our children.

Simply call 1300 300 850, Tue-Fri 7:30-4:00pm to arrange a free dental appointment.

Our dental clinics are open over the school holidays so call to arrange a dental appointment today.

1300 300 850

Reporting Your Student’s Absent

As you know, it is a legal requirement for your child to attend school regularly. It is part of your obligation as a parent at Marsden SHS to ensure that you advise the school when and why your child is absent or late and to complete an exemption form for absences longer than 10 days. You should also ensure that your student comes to school in full school uniform, with the equipment they need to engage in active learning.

There are many ways you can advise the school of your child’s absence – the easiest is to phone our dedicated absence line on 3299 0555 and press 0. Alternatively, you can email us at parents@marsdenshs.eq.edu.au. We would also encourage you to register for QParents where you are able to enter detailed information regarding your student’s absence, as well as check invoice and payment details, make online payments, check and print school reports and assessment, timetables and class times. To register for QParents visit www.qparents.qld.edu.au

Please remember that ‘every day counts’ – we cannot educate your children if they are not at school.

QParents is here

Our school now has QParents. Parents should have received an invitation email or letter by now and it’s great to see that so many parents have registered already.

If you have not received an invitation, please advise us immediately.

Over time, QParents will become an integral part of how we communicate with parents. Get on board now to enjoy the ease and convenience that QParents offers.
Logan FC Trials

**2016 TRIALS**
SPM, SATURDAY 26 NOVEMBER 2016
CAPTAIN’S & FIRST X 11 TRIALS
LOGAN FC
UNDER 10 ACADEMY TRIALS
LOGANMETROPOLITAN.COM
LOGANMETROPOLITAN.COM
LOGANMETROPOLITAN.COM WEARLOGAN

Dates to Remember

<table>
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<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Wednesday 25th November</td>
<td>Year 10 Semi-Formal</td>
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<tr>
<td>Tuesday 1st December</td>
<td>Year 6 Transition Open Day</td>
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<tr>
<td>Friday November 27th</td>
<td>Last day Year 10 &amp; 11</td>
</tr>
<tr>
<td>Friday December 11th</td>
<td>Last day Year 7, 8 &amp; 9</td>
</tr>
<tr>
<td>Tuesday 26th January</td>
<td>Australia Day Public Holiday</td>
</tr>
<tr>
<td>Wednesday 27th January</td>
<td>Term 1 2016</td>
</tr>
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**Do you know someone with an intellectual disability or ASD who is 8 years or older and would enjoy participating in sports training and competition?**

Special Olympics provides regular sports training and competition for athletes (8 years and older) who have an intellectual disability and/or ASD. The Special Olympics Logan Allstars Club was established in 2013 and now has sports programs in aquatics, basketball, futsal and tenpin bowling in the Logan area. As membership grows, new sports will be added to the offerings. An information evening is being held for all interested athletes, coaches, families and carers on Monday 15th February at 7pm at Logan Metro InSports (357 Browns Plains Rd, Crestmead). You will have the opportunity to learn more about Special Olympics and hear from current athletes and coaches.

Please register your interest in attending the information evening by email at info@soqlogan.com or contact our club registrar, Joy Gavin on 3208 0174.

**Saver Plus**

What is Saver Plus?

Saver Plus is a 10 month financial education and matched savings program that assists people to improve their financial education and develop a savings habit for their own or their children’s education costs.

As part of the program, participants receive:

- one dollar in matched savings for every one dollar they save, up to $500, funded by ANZ;
- free MoneyMinded financial education; and
- personal support and guidance from a trusted community organisation.

At the end of the program participants use their matched savings to purchase an education-related goal, which can include school uniforms, computers and text books.

**Benefits of Saver Plus?**

By joining the program participants will:

- be motivated to save by receiving a financial reward for their saving efforts, up to $500;
- strengthen their financial skills;
- improve their ability to save in the long-term; and
- increase their financial confidence.

**How it works**

Participants:

- work with their Saver Plus Worker to identify an educational expense for which they intend to save;
- open an account with their local ANZ branch and begin making deposits;
- attend MoneyMinded workshops to improve their financial management skills;
- continue to make regular deposits into their ANZ Progress Saver account over a 10 month period.

Once participants reach their savings goal, participants savings are matched dollar for dollar, up to $500 by ANZ.

**To be eligible, participants must:**

- have a current Centrelink Health Care or Pensioner Concession Card;
- be at least 18 years old;
- have some regular income from work (themselves or their partner) including casual, part-time, full-time or seasonal employment;
- be a parent or guardian of a child at school OR be attending or returning to vocational education themselves; and

**How to apply**

For further information contact your local Saver Plus Worker Luke Desmond on 0431 076 012 or email luke.desmond@benevolent.org.au.
Is your child at school or starting next year?  
Would you like $500 to help pay for uniforms, books, excursions or a laptop?

To be eligible you need to:
- have a Health Care or a Pensioner Concession Card
- have a child at school now or starting next year
- have some form of household income, for example, your partner or yourself may have casual, part-time, full-time or seasonal employment.

Saver Plus can match your savings for school costs, dollar for dollar, up to $500. Saver Plus is looking for new participants so enquire about signing up today!

To find out more, phone or SMS your name and postcode to 1300 610 355, or email saverplus@tas.org.au

Saver Plus Fact Sheet

What is Saver Plus?
Saver Plus is Australia’s largest and longest running matched saving and financial education program.

Who can join?
to be eligible, participants must:
- have a health care or a pensioner concession card
- be at least 16 years old
- have some regular income from work, earnings or their partner including casual, part-time, full-time or seasonal employment, and
- be intending to enroll or continue a study or course of education or training at the same time.

How does the program work?
Saver Plus participants are matched to Saver Plus through a network of financial organisations and schools. Schools have account at their local ANZ branch, into which they make regular deposits. They also distribute leaflets and brochures to explain how financial management works and what they can do to help participants reach their goals. Participants save $5 for every $1 they save, up to $500, for the purchase of the matched educational items.

Since 2003, Saver Plus has supported more than 23,000 Australians to save.

How did the program start?
Saver Plus is an initiative of the Brotherhood of St Laurence and ANZ, delivered in partnership with Savvy Street, the Benevolent Society and The Smith Family and other local community agencies.
The program is funded by ANZ and the Australian Government Department of Social Services.

What are the benefits of the program?
In three years, Saver Plus has provided approximately $50 million to support students who have completed a program.

Participant feedback shows that:
- Saver Plus has helped participants save $500.
- Participants have improved their financial planning skills.
- Participants have increased their confidence in managing their money.

How to find out more
To find out more, contact Saver Plus on 1300 610 355, or visit saverplus@tas.org.au