



30 June 2015

## Principal's Message



Thank you to all members of our school community for an excellent semester one. 2015 has seen many changes in our school, with the arrival of Year 7's bringing new students, families and staff to our school. With our final day of the term being our whole school athletics carnival I look forward to seeing our students in action in

the various events over the day. Keep an eye out for results and information about what is sure to be a great day.

Semester one reports are being emailed to all parents this week. Parent Teacher interviews are being held on Monday 20th of July. Bookings can be made through the process outlined in the reports (via the Parent Teacher Interview link on our website). Please also note that the interviews will be held in X Block.

The annual School Opinion Survey will be conducted between 29 June and 31 July 2015. All families, school staff and a random sample of students will be invited to participate. We encourage you to take this opportunity to have your say about what Marsden State High School does well, and how we can improve. Online access letters will be forwarded to families, with support and computer access available at our Parent Teacher Interviews on July 20th.

On the Parent Teacher Interview night we will also have an initial parent information session at 5.30pm in X Block for students currently in Year 9 who may wish to be considered for the September 2016 Student Study Tour to NASA's Johnson Space Centre in Houston, USA. The school has been invited to send twenty passionate maths and science students to NASA's headquarters in what promises to be the trip of a lifetime. Information letters will be distributed to interested students in week one of next term, with parents encouraged to attend the information session for more details.

I would like to take this opportunity to congratulate two of our Year 9 students who have demonstrated the values of Marsden State High School on the way home during the week. Gianni and Ryan were walking home after school when they saw one of our neighbour's dogs had escaped from their home. They

contacted the owners who were very thankful, but half an hour away. Both boys stayed with the dog until the owners were able to get back to their house. I was contacted by the very relieved members of the community who wanted to pass on their thanks for the extra commitment and care shown by the boys. Well done to Gianni and Ryan for demonstrating what is great about our school and our students.

I wish all families a safe and happy holiday break and look forward to seeing everyone back at school on Monday 13th of July for the start of Semester two.

**Andrew Peach**  
**Executive Principal**

## ELP Students on a Mission

Term two was a massive term from the students enrolled in the Exceptional Learners Program. Students across all faculties competed in a range of competitions and extra curricula activities ranging from Science to Geography. Year 10 ELP students travelled to Canterbury College to compete in the Science and Engineering Competition and held their own amongst other schools in the region. Earlier in the term, 8Z travelled to the PA Hospital with Mrs Atmeh to work with the staff there in their cells laboratory. Mrs Gill organised and facilitated the Big Geography Competition with numerous Year 9 students achieving high distinctions in the final exam.

This year saw Marsden SHS compete in the Enable Debating Competition. All of our Year 7 and 8 teams competed extremely well, with our Year 8 Team coming third in the competition. This was no easy feat considering our Year 7s were the youngest competitors in the draw and they were competing against already established teams.

This term, our Immersion Day focused on leadership and communication with students participating in a range of activities that took them out of their comfort zone. Feedback from the day was positive with students outlining that the day inspired them to be a better leader and that they enjoyed the opportunity to meet a range of students across different year levels.

Thank you to all of the teachers and students that have worked hard this semester to make the ELP the amazing program that it is! Have a relaxing holiday!

## Coming up in ELP:

Week 6: Opti-Minds Competition

Week 9: Year 6 Selection Day for ELP 2016

Week 10: Immersion Day



## INDUSTRIAL TECHNOLOGY & DESIGN



Congratulations to Senior ITD Teacher and Literacy Coordinator Mr Adam Cheesman, who was responsible for the recent successful application for funding for the Marsden Sustainable Career Prospects for Girls Program.



Mr Cheesman's proposal was based on securing funding to enable whole day experiences and training for 'girls only' in traditionally male dominated vocations. The programs activities will include excursions to industry workplaces and external industrial training centres, trade taster workshops, presentations and information sessions with industry mentors, and work experiences. Furthermore, Mr Cheesman is allocating a large proportion of the funding towards purchasing CNC and Laser technology for his industry current training program.

The initial intention of Mr Cheesman's innovative and exciting program is to recruit junior female students into ITD and expose them to a variety of trade training and employment options which they may have been unaware of. The culmination of his programs activities will enable the girls to be streamed into targeted work experiences appropriate to their personal preferences and allow them to make informed employment choices.

Any girls who are not yet part of the program and would like further information or to register their interest can do so by contacting Mr Cheesman [achee1@eq.edu.au](mailto:achee1@eq.edu.au) and /or the Marsden SHS Women in Trades Coordinator Mrs Renee Grasmeder [rgras7@eq.edu.au](mailto:rgras7@eq.edu.au)



## Sports Excellence Celebrate Success Rewards

Wednesday the 24th of June saw over 300 Sports Excellence Students take part of the Celebrate Success Rewards Program. Students were invited to these sessions if they:

- Had an attendance rate of 92% or above
- Had less than 3 late arrivals for the term
- Displayed positive behaviour for the term

As a result, students were treated to some boot camp session from the Personal Trainers from Snap Fitness Meadowbrook. They were also rewarded with a free BBQ with the bread kindly donated from Coles Marsden and Super Butcher Waterford helping out with the Sausages.



## Year 6 Sports Excellence Trials for 2016

On Thursday the 18th of June, 50 Year 6 students from Out of Catchment regions attended the first ever trial for Sports Excellence Students for year 7 enrolment for 2016. Students participated in fitness tests as well as trialling for the various Sports Excellence Programs Marsden State High School has to offer (for year 7 students, this includes Rugby League, Football, Basketball and Girls Touch Football). Successful students who trialled have been invited back for a second trial against other year 6 students who live in the Marsden State High School catchment area for a final trial for the Sports Excellence Program in 2016.

**Mr Warren Camps**  
**Director of Sports Excellence**



## Rugby League

Well done to our Open Rugby League team who raised awareness and money for Beyond Blue at Wednesday night's game against Wavell SHS. The team wore blue socks and

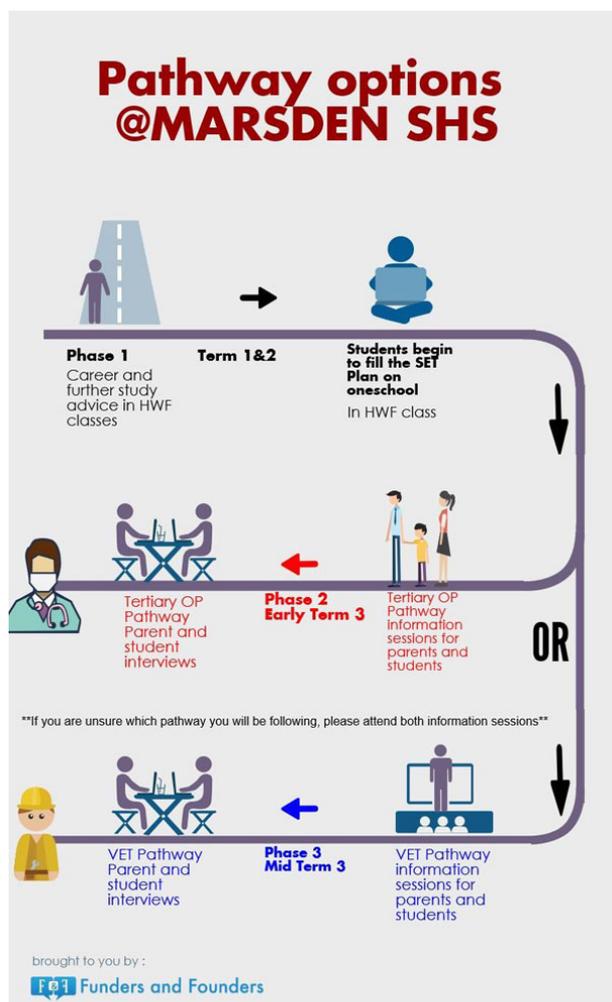
organised for donations from the crowd (thank you Ms Mulcahy and Ms Symko) of nearly \$200. Both teams played very well but unfortunately lost their games in very close encounters.

A big thank you to all the staff that turned up to support the boys, I know they were really excited to see so many staff there to watch and I'm certain it spurred them on to a good performance.

**Kevin Stephensen**  
**Rugby League Excellence Coordinator**



## Year 10 SET Plan Process



## SCHOOL BASED YOUTH HEALTH NURSE NEWS

### 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.

1. **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.
2. **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.
3. **Be aware of serving size**  
Preparing the right amount discourages you from coming back for seconds or putting too much on your plates.
4. **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
5. **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
6. **Praise children when they choose healthy foods**  
Try to avoid nagging or making eating a battle or power struggle.
7. **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.
8. **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.

9. **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

10. **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.

11. **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.

12. **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](http://www.nhmrc.gov.au)

**Sarah Mitchell**

**School Based Youth Health Nurse  
Children's Health Queensland**

## 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.

## Parent Teacher Interviews

Parent Teacher Interviews will be held in X Block, on Monday 20th July from 2pm until 6pm. On this day all students will finish at 12:35pm.

Appointments can be made online through the school website, between 9am Friday 26th June and 9am Monday 20th July.

## 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](mailto:parents@marsdenshs.eq.edu.au) before 8am.

## School Stuff



How are your child's stationary supplies at the end of Term 2?

Do they have all they need for Term 3?

Do they need a funky new lunch carrier or drink bottle?

We will be open all through the school holidays, making it easy to order everything you need online, phone or by browsing in our retail shop located in East Brisbane, Mon to Fri 9- 4pm.

Happy Holidays!!!

## Uniform Shop News

### Jacket Update

Once again I apologise about our jacket situation and I still have no further information as to a realistic estimated date of arrival (my guess will be end of July/beginning Aug). I will let you all know via this newsletter as soon as I know, as well as phoning those who have placed orders when they arrive.

For the jackets that have been received, there are some parents who are not answering their phones or answering the multiple messages I have left. As of next term, any jackets that haven't been collected yet will be offered to the next on the list.

Have a great holiday and thank you for your patience and understanding.

**Pauline Pokoina**  
**Uniform Shop Convenor.**

Please remember the new shop days and hours are:

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

## Asthma? Allergies? Ask the Experts!

Asthma Foundation Queensland is hosting an 'Ask the Expert' session for parents of children with asthma or allergies.

The session will provide parents with the invaluable opportunity to learn more about their child's asthma or allergies, and to have their questions answered by experts in the field.

Details for the session are below:

Date: Wednesday 29th July  
Time: 6:30pm—8:00pm  
Venue: Meeting Room  
Carina Leagues Club  
1390 Creek Road

Carina QLD 4152  
Cost: FREE

Registrations can be made online at [asthmaaustralia.org.au](http://asthmaaustralia.org.au) or by phoning 1800 ASTHMA (1800 278 462). Registration includes a 'goodie' bag and light refreshments.

## Positions Vacant:

### **Marsden State High School**

#### **School's Officer – Grounds**

A permanent School's Officer- Grounds position is currently available at Marsden State High School.

Applicants are required to hold a Working With Children Blue Card or be willing to apply for one.

To apply, please contact the Business Services Manager on 32990555 or collect an application package from the Admin Office. Application packages will also be available on the Marsden SHS website.

Closing date is close of business Friday 17 July 2015.

Applications will remain on file for 12 months.

### **Marsden State High School**

#### **Teacher Aide Position - Permanent Vacancy – 25 hours per week**

A permanent teacher aide position is currently available at Marsden State High School in the Special Education Program. Applicants are preferred to have had experience working with students with disabilities, hold a current First Aid certificate and Certificate in Education Support.

Applicants are required to hold a Working With Children Blue Card or be willing to apply for one.

To apply, please contact the Business Services Manager on 32990555. An application package will be available on the Marsden SHS website.

Closing date is close of business Monday 13 July 2015.

Applications to remain on file for 12 months.