SENIORS 2013

The seniors of Mirani High have been very busy over the past few months along with year coordinator, Mrs Pel, organising their senior gift for the school – a memorial garden. The memorial garden will commemorate past students of Mirani High who have passed on while still quite young, with two also passing whilst students at the school.

A group of seniors also volunteered their time on one of their last Access Days to finish the gardening after the foundations were constructed thanks to local company, Garden’s By Craig. By midday, the students had planted all the plants and finished the mulching after labouring in the hot sun that morning.

Before this edition went to print, the garden was waiting for the plaques that will honour the past students. It is also hoped that an official opening of the memorial will be held at a later date once final touches have been made.
I have just recently been to a conference outlining changes in how VET will be delivered to both school students and the general public. We will address these changes to make sure that Mirani SHS continues to provide as many quality vocational pathways for its students as possible.

Mirani SHS offers VET to students for a number of reasons:

- **Exploration** – wisely, some students undertake VET to ‘try before they buy’, to see if they enjoy a particular vocational pathway before fully committing to it as a career.

- **Education** – *Cert II in Workplace Practices*, which our students start studying in their Year 10 Work Ed classes, provide students with opportunities to improve their employability skills, becoming more skilled and world-wise in the demands of the workplace. For example, while the focus of the Flexi-school is for students to obtain a Cert I in Engineering or higher, all of the students in the Flexi-school program do Cert II courses in Business Studies and Information Technology to ensure that when they go for a job interview, they can offer a potential employer a range of relevant business and IT skills.

- **Employment** – for students willing to commit to a particular career, they can obtain occupation-specific skills and knowledge to the technical standard required in the workplace.

At Mirani, we have steadily been increasing the number of VET subjects offered to our students. We also have a proud record of not allowing our regional location to limit students in pursuing VET subjects outside of those provided by the school. In my last newsletter article I outlined changes to next year’s Senior timetable, whereby each term all Year 11s and 12s will be expected to attend school for three Senior Days, held on Wednesday Access Days.

One of the key goals of our Seniors when the attend school on these days is to ensure that they have sufficient time and support to complete their Cert II in Workplace Practices and all the other modules and literacy and numeracy requirements of their VET subjects. We hope that this change will help ensure that Mirani SHS’s students continue to maintain the proud reputation of being highly sought-after graduates in the workplace.

**PARENTS PLEASE NOTE WHEN ENTERING THE SCHOOL:**

Respect for others is one of the most important lessons that we want to teach our students at Mirani State High School. To learn respect children need to be able to see the adults in their lives show respect to each other. It is important that parents/caregivers, as well as school staff, show respect when dealing with each other. It is a way that we create a safe school environment for staff, volunteers, students, parents/caregivers and visitors.

People who enter the school grounds and are hostile or aggressive, this includes using abusive or profane language and threats to school staff or volunteers, students or other parents/caregivers, will not be tolerated.

It is an offence under the Education Act for one adult to insult another adult at a school in the presence or hearing of a student. It is also an offence for a parent to approach and admonish or question the child of another family.
The Education Act provides the Principal with the authority to provide a written direction requiring a person to immediately leave the school premises and not re-enter for a period of time. Conditions may also be placed on a person’s entry to the school premises.

If a member of the school community has an issue or concern the appropriate protocol is to make an appointment with the staff member, outside of student learning times, to discuss the matter in a calm manner. If the matter cannot be resolved the matter should be referred to the principal in the first instance.

All members of the school community are asked to abide by these protocols so that schools can maintain a safe supportive environment for our students to learn.

Matthew Horton
Principal

P & C SCHOLARSHIPS

Each year, scholarship holders are required to submit evidence showing that they are continuing to excel in the areas for which they were recognised. These students need to have their submissions in for review at the P & C Meeting to be held on 12th November.

CALENDAR OF EVENTS

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>22/10/13</td>
<td>Year 7 Parent Information Evening - 5.30 – 7.30pm</td>
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<tr>
<td>23/10/13</td>
<td>Year 7 Elective Orientation</td>
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<tr>
<td>25/10/13</td>
<td>Sports Awards – Period 7/8</td>
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<tr>
<td>25/10/13</td>
<td>Japanese Speech Contest</td>
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<tr>
<td>25/10/13</td>
<td>Year 12 Art Exhibition</td>
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</tbody>
</table>

ATTENTION PARENTS/CAREGIVERS

Mirani State High School DOES NOT have a pager system for students. Parents please arrange with your child prior to school any changes to their day. ONLY URGENT messages will be forwarded on to students as the school office is very busy and does not have the time or extra staff to find a student in their class and deliver unnecessary messages. Students will only be allowed to have use of the school’s phone for urgent requests at a cost of 50 cents. Thank you for your assistance and understanding in this matter.

URGENT REMINDER

We have recently had a number of incidents where parents have arrived at the school office looking for their child who has messaged them that they are sick and want to go home. The office staff has had no knowledge of the student being sick nor is the student in sick bay under the care of a staff member. When this situation arises, and the student is found in class, the students will be referred to the Deputy Principal before they are permitted to leave the school. We remind you: Please instruct your child that if they are sick they MUST come to the school office and the office staff will phone and make arrangements with you for your child to be collected. This reflects the Education Department Duty of Care Policy for all students.

EMAIL ADDRESS / MAILING ADDRESS

Reminder to parents/guardians if you have not already given the school your email address and you would like to receive communications/newsletters by email, please email your address to the.principal@miranishs.eq.edu.au. Alternatively, newsletters will be put on our website which we encourage you to visit. http://www.miranishs.eq.edu.au/or you may go on our mailing list.

If you have changed any of your details, please inform the school so we can update this information on our system.
Thank you so much to all of the Mirani High Relay for Lifers who spent some time adding a little extra to the day at our face painting stall. Your colourful work spread cheer around the track!

Mrs Larsen

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**Eisteddfod performances**

On Tuesday 15th October, our Small Group Ensemble played in section 179 for any acoustic instruments secondary school students earning a very credible 79 points against some stiff competition. Congratulations to Kaitlyn Hall, Melissa Hall, Anna Elms, Alana McAnulty, Keflen Peters and Amy Stratford on a job well done.

Late in the afternoon, it was our Concert Band’s turn playing Galaxies. They did not get a placing but were only five points away from the school in second place. Thanks to Band members for their tireless patience as we were waiting in the dressing room for almost two hours with concert bands from three other schools.

Our vocal group get their chance on the 27th October. Good luck, choir members.

Val Clark
MIRANI STATE HIGH SCHOOL
GRADUATING ART STUDENTS 2013

Official Opening by artist
Wanda Bennett
Friday 25th October @ 6pm

With thanks to Margaret Burgess
Paxtons Creative Space
10 River Street, Mackay
Opening hours // 10-4pm // 7 days

NATASHA BOATH
MIKAELA BOSWELL
MADDISON BRYANT
NICOLE CURRAN
KAYLA DAY
LUKE DIXON
EDEN DUYKER
HEATHER FULLER
NIKALA GIBSON
KAITLYN HALL

BAYLEE HARDWICK
LUCY LOWE
ANNELISE OXENBRIDGE
LISA PURVYS
MIKAYLA SOPER
COLE SOUTHWELL
SHANNON STANIEG
VICTORIA STROPPIANA
ERIN VOLLMERHAUSE
JAMIE WOOD
Year 10 Work Experience paperwork will be distributed to students next week.
Each student will receive:

- **Work Experience agreement** (to be returned to Mrs Post signed by student, parent and employer – **DO NOT SOURCE PRINCIPAL’S SIGNATURE**)
- **Medical Information** with **insurance information for Employers** (given to Employers/Supervisors at commencement of work experience)
- **Student Placement form** (for students records)
- ‘**What I need you to know for Work Experience**’ plus **insurance information for Parents** (information for students and parents)
- **Employer Evaluation form** (to be completed by employer and returned to school on completion of placement)

Students are required to contact their employer and arrange a suitable time for an interview and have their agreement signed. Please encourage your student to make contact as soon as possible to allow sufficient time for the interview process.

If students have difficulty in contacting their work experience provider, they are to see Mrs Post immediately. **DO NOT LEAVE THIS TO THE DAY BEFORE AGREEMENTS ARE DUE BACK!!**
Signed agreements are due back to Mrs Post no later than MONDAY 11TH NOVEMBER.

I wish all year 10 students an enjoyable and productive week at work experience and look forward to seeing you in 2014.

Cathryn Post
Senior Schooling Teacher Aide / Work Experience Coordinator

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Aurecon Australia Pty Ltd is seeking Expressions of Interest for a potential position within our organisation in Mackay.

**Cadetship in Civil Engineering**

*(Design Office Technician)*

This position involves the application of design and drafting software (eg. AutoCAD) to practical engineering situations and would be suited to high school students planning to graduate year 12 at the end of the year.

Should a position become available, the successful applicant will be required to complete a full time 38 hour working week and will be offered in house training as well as study assistance towards the 4 year part-time Associate Degree in Engineering through the University of Southern Queensland. Applications should be anticipating an OP suitable for acceptance to this course.

Interested persons should forward written applications outlining academic and personal details prior to **Friday 22 November 2013** to:

Mackay Office Manager  
Aurecon Australia Pty Ltd  
PO Box 1060  
MACKAY QLD 4740

For further information please contact  
Mr Justin Harris on (07) 4977 5224 or email Justin.Harris@aurecongroup.com
Hi,

Welcome to the final chapter for 2013. The Year 11’s are recovered from their Leadership Camp and some have stepped up in anticipation of the responsibilities coming their way in under 100 days.

Hayden McFaul and Kaitlyn Hall are back from Palm Island and wow! What a trip; very intense, different, challenging, tiring yet exhilarating, fun, supportive and very satisfying. Hayden loved the Medical Ship Project information and sees career possibilities there. Visiting the nursing home & the rehab centre were highlights but sand-fights on the beach with the local kids was tops. Evening meetings were awesome with a few unexpected outcomes that really energised Hayden. For him, the biggest “take-away” was, ‘happiness is to be found in giving to others’!!

Chappie Games has started up with a number of new faces and some unlikely champions which is really neat. Have you got a family-favourite, non-electronic board game happening at your house? Tell us which one, maybe we could add it to Chappie Games.

Mackay Chappies have a Photo-Competition happening this month. Check the details and if you want to enter it’s free, if you want to be in the running for PRIZES, then a $10 donation towards Chaplaincy in schools puts you in the draw for best photo & caption – lots’o’fun! Mr Johnson has more details.

Rex the Chappie

The Mirani SHS Sports Department are hoping to upgrade our Rugby League uniforms for the 2014 school year. If any local businesses would like to sponsor the teams their generosity would be greatly appreciated. We are looking at buying 3 sets of jerseys and shorts which will be used for our year 8, under 15 and open boys teams. Local businesses who donate money will have their companies logo on the uniforms to show recognition. If you are interested can you please contact Ashleigh Machin in the sports department by November 30th in time for orders to be placed. More than one company can be involved.

Ashleigh Machin
Sports Co-ordinator
Laughter .... is good for your health:

- **Laughter relaxes the whole body.** A good, hearty laugh relieves physical tension and stress, leaving your muscles relaxed for up to 45 minutes after.
- **Laughter boosts the immune system.** Laughter decreases stress hormones and increases immune cells and infection-fighting antibodies, thus improving your resistance to disease.
- **Laughter triggers the release of endorphins,** the body’s natural feel-good chemicals. Endorphins promote an overall sense of well-being and can even temporarily relieve pain.
- **Laughter protects the heart.** Laughter improves the function of blood vessels and increases blood flow, which can help protect you against a heart attack and other heart problems.

... LAUGH ....

<table>
<thead>
<tr>
<th>Physical Health Benefits:</th>
<th>Mental Health Benefits:</th>
<th>Social Benefits:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Boosts immunity</td>
<td>• Adds joy to life</td>
<td>• Strengthens relationships</td>
</tr>
<tr>
<td>• Lowers stress</td>
<td>• Eases anxiety and fear</td>
<td>• Attracts others to us</td>
</tr>
<tr>
<td>• Decreases pain</td>
<td>• Relieves stress</td>
<td>• Enhances teamwork</td>
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<tr>
<td>• Relaxes your muscles</td>
<td>• Improves mood</td>
<td>• Helps reduce conflict’s</td>
</tr>
<tr>
<td>• Prevents heart disease</td>
<td>• Enhances resilience</td>
<td>• Promotes group bonding</td>
</tr>
</tbody>
</table>

Creating opportunities to laugh

- Watch a funny movie or TV show.
- Go to a comedy club.
- Read the funny pages.
- Seek out funny people.
- Share a good joke or a funny story.
- Check out your bookstore’s humour section.
- Host game night with friends.
- Play with a pet.
- Go to a “laughter yoga” class.
- Goof around with children.
- Do something silly.
- Make time for fun activities (e.g. bowling, miniature golfing, karaoke).

Doro – School Nurse 😊

**HOSPITALITY STUDENTS START EARLY**

As our Year 12’s prepare for life after school, two of our Graduating Hospitality students have already started their new careers in the industry.

Jaimee Lee Grov and Stephanie Naughton have already secured positions in the Hospitality industry and will graduate this year with their Certificate 2 in Hospitality.

Jaimee-Lee has begun work in her position with the well-renowned restaurant “Church On Palmer”. Stephanie Naughton hopes to begin her position as Apprentice Chef with the Mirani Hotel in the very near future.

We wish both students success and congratulate them on their achievements.

Patricia Fitzgerald
UNIFORMS FOR SALE

- 3 small polo shirts
- 1 x extra small polo shirt
- 1 x new formal shirt size 36
- 1 x tie

Phone: Robyn on 49592873 or 0448857580

A short 3 hour workshop which aims to introduce the basics of social media to the beginner. This course covers the fundamentals of the popular social media applications of Facebook, Twitter, Pinterest, BlogSpot, Tumblr, Google+ and Instagram. Build your confidence in working with social media and being fully aware of privacy and security point. Communicate with new and old friends and develop your social and career networks. This course assumes a basic knowledge of computers and the internet.

Participants shall receive a Statement of Attendance.

Times: 6pm to 9pm
Cost: $99

Dates: Friday, 15 October 2013 or Friday, 15 November 2013
Where: CQ TAFE Mackay Campus, Sydney Street, Room J2.17
SUMMER OF 2013

- Saturday 16th November 2013
- Australian South Sea Islander Lagoons Meeting Hut,
  Ram Chandra Place, City Gates, WEST MACKAY, Qld, 4740

**Twilight Markets by the Lagoons:** Calling for stall-holders to sell cakes, slices, preserves, plants, fresh fruit & vege, ASSI 150 memorabilia, T-shirts, hand-made arts & crafts, drinks & artifacts.

Time: 5:00—8:30pm

**Christmas Carols by the Lagoons:** What a way to end a significant year for our Australian South Sea Islander community! Bring your family and invite your friends to join us in sing ing Christmas Carols. You will need a blanket/chair, insect repellent and your singing voices to enjoy the great outdoors, under the stars, by the Lagoons.

Time: 7:00 - 8:30pm

For further information contact:
Noelene: 4953 2413
Elizabeth: 4957 8121
Donnielle: 0456 152 157
BECOME A VOLUNTEER HOST FAMILY – IT’S FUN!

World Education Program (WEP) is inviting you to experience another culture in your own home by becoming a volunteer host family to an international student arriving in January 2014. Students from Switzerland, Finland, the Netherlands, Brazil, Italy, Japan and Thailand are looking forward to experiencing life in Australia, making new friends and becoming a member of an Australian family.

"Another excellent experience for the family. We learned a lot about Italy. Virginia was very helpful and cooperative at home. It is a wonderful thing to give people new experience. Virginia had never eaten mango, been to ten pin bowling or held a crocodile or koala. This is the part I enjoy most about the exchange experience. Virginia will never forget Australia."
- Susan and Anthony, host parents of Virginia (Italy)

It’s easier than you think and a fantastic experience for all!

Find out more!
To help you make this important decision, contact WEP today to receive a full information pack for your family.

Sylvia Kelly
Manager Inbound Exchange Programs
Phone: 1300 884 733
Email: wep@wep.org.au
Online: www.wep.org.au

ST JOHNS PARISH FAIR
SATURDAY 2ND NOVEMBER 6.00PM

COME ALONG AND ENJOY A GREAT NIGHT OUT

- BBQ
- Ham Wheel
- Meat & Assorted Wheel
- Cent Sale
- Bottle Stall
- Sputnik
- Pick of the Shelf
- Jumping Castle
- Merry-Go-Round
- Padlock
- Home Baking
- Santa
Indigenous Teacher Training Opportunities at Mackay

RATEP, a community-based Indigenous teacher education program, is seeking suitable applicants to study for the Diploma of Education, Certificate IV in Education and Certificate III in Education at Mackay in 2014 (with Certificate III being for high school students as part of their senior studies).

The courses are for Indigenous people interested in a career in education or further professional development in the field.

The Diploma course leads into a Bachelor of Education degree and the Certificate courses provide qualifications at teaching assistant level. All courses, including the degree course through James Cook University, can be undertaken at the Mackay RATEP Centre, located at Andergrove State School.

For further information please contact Lorraine Idai on 4998 9333, 0429 568 681 or email lidai1@eq.edu.au

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foster CARER could you be one?

Foster carers are as different as the young lives they transform

Churches of Christ Care Pathways support their carers with training, advice and access to local resources to enable them to provide the best home environment for the children and young people in their care.

Contact us for a foster care information pack.

Churches of Christ Care Pathways
4953 5097
carepathwaysqld.com.au