TAURUS RUNS AWAY WITH ANOTHER TROPHY

Taurus are back! The running of the annual interhouse cross country carnival saw a new track, new records, new format and a new champion house. Last minute rain forced a change of track resulting in some fast times. Four students blitzed the track to put their names in the record book. Tyson Reed, Magnolia Smith, Courtney Perna and Rachel Silvestri all ran fantastic times to be new record holders.

Age Champions on the day were:

<table>
<thead>
<tr>
<th>Age</th>
<th>Champion</th>
<th>Record</th>
<th>Runner-Up</th>
</tr>
</thead>
<tbody>
<tr>
<td>12 Girls</td>
<td>Safire Smith</td>
<td></td>
<td>Molly Fehlberg</td>
</tr>
<tr>
<td>12 Boys</td>
<td>Cliff Sheehy</td>
<td></td>
<td>Kodie Stebbings</td>
</tr>
<tr>
<td>13 Girls</td>
<td>Chloe Findlay</td>
<td></td>
<td>Ruby Holmes</td>
</tr>
<tr>
<td>14 Girls</td>
<td>Rachel Silvestri</td>
<td>New</td>
<td>Indiana Sheehy</td>
</tr>
<tr>
<td>14 Boys</td>
<td>Kepler Bourke</td>
<td></td>
<td>Kade Starrett</td>
</tr>
<tr>
<td>15 Girls</td>
<td>Mikaela Gee</td>
<td></td>
<td>Sabrina Black</td>
</tr>
<tr>
<td>15 Boys</td>
<td>Braden Stanieg</td>
<td></td>
<td>Tom Anderson</td>
</tr>
<tr>
<td>16 Girls</td>
<td>Courtney Perna</td>
<td>New</td>
<td>Keflen Peter Elias</td>
</tr>
<tr>
<td>16 Boys</td>
<td>Jayden Paull</td>
<td></td>
<td>Coby Zarb</td>
</tr>
<tr>
<td>17 Girls</td>
<td>Magnolia Smith</td>
<td>New</td>
<td>Jessica Muscat</td>
</tr>
<tr>
<td>17 Boys</td>
<td>Tyson Reed</td>
<td>New</td>
<td>Hayden Nielsen</td>
</tr>
</tbody>
</table>

The day also included a colour run/walk for non-competitors and tug-o-war events. These events were a popular inclusion with all lining up to be involved. Tug-o-war challenges were fiercely fought leaving many tuggers on their backside exhausted from the challenge. After these events we included interhouse novelty events before cross country champions were announced. Next level (Mackay Districts) is at Sarina Golf course on Monday 18th May. Good luck.

Tyson Reed Open Boys Champion and new record holder.

Boys close finish between eventual winner Cliff Sheehy and runner-up Kodie Stebbings.
Interschool sport is in full swing with popular sports starting this week. Students need to attend listen to notices and attend meetings to receive important information. At times organisers have to change details and we need to be able to efficiently pass on this information. Sport uniforms have been ordered but due to change in supplier and difficulties the order has been delayed. We are working with the supplier to get order here in the next couple of weeks.

Good luck to all competitors.
YEAR 11 NEWS - With Elizabeth Elms

Raoul Mackenzie attended the Youth Parliament Forum in Brisbane over the holidays:

I am the Youth Parliamentarian of the Mirani electorate with a portfolio of Health and Sport. During the Easter holidays, I attended a Youth Parliament Forum in Brisbane. There I met the youth parliamentarians of all the electorates in Queensland. At the Forum, we discussed issues within our communities, learnt about the processes of parliament and how to deal with the media. I will attend another Forum in Brisbane in September to pass a Bill in parliament. If this Bill passes, there is an opportunity for this Bill to be presented to the Queensland Premier and Ministers of Parliament for them to consider.

My team in Health and Sport are gathering evidence to put forward a Bill on obesity. We consider this is one of the major issues facing Queensland’s population. If anyone has any ideas on how to tackle this issue, you can find me at lunch breaks sitting in between H Block and C Block.

I would also like to thank the Valley District Youth Council for sponsoring me.

JERSEYS:
Jerseys should be arriving in week 6 of this term. Please listen for the notices.

MIRANI SHS WANTS YOU!
We are on the lookout for our 2016 senior leaders already.

See Miss Elms if you want to be considered for a leadership position.

Dodge Ball Tournament
McGrath Foundation

On the 29th of May, as part of our class unit, our year twelve English communication class are raising funds for the McGrath Foundation by holding a, teachers vs students dodge ball tournament. $2 entry fee coin or 50c to watch. Every dollar goes straight to the McGrath Foundation. The two teams that win will proceed to the final tournament to win a mystery prize. Get involved and sign up outside K block staffroom!

We would like to ask anyone who is willing to donate a prize for our assignment, please contact Miss Smith via esmit528@eq.edu.au.

We would strongly encourage all students and teacher to participate in the dodge ball tournament. The cause is worth getting involved for, so show your support and join! Let the best team win!

Eloise Smith
English Teacher
World Asthma Day is May 6 and Food Allergy Awareness week runs from May 17th - 23rd.
Asthma is a condition of the airways which affects people of all ages. People with asthma have sensitive airways. Certain triggers cause the lining of the airways and lungs to become inflamed, muscles around the airways to become tight and extra mucus to be produced. Breathing becomes difficult as a result.

There are many different triggers that cause an asthma attack these include, tobacco smoke, aerosol sprays, dust mites, mould, pollens, chemicals and infections. Tobacco smoke is one of the most common so it is essential that sufferers do not smoke or be subjected to second hand smoke.

If asthma is well controlled attacks will occur less often. It is recommended that a preventer medication be used (see a GP to discuss this). Using a spacer to administer both preventer and reliever medications gives a better result because it delivers 50% more medication to the lungs.

In Australia 1 in 10 people (2million people) have asthma. It is not surprising therefore that many students at Mirani State High School have asthma. It is very important that you inform the school if your child suffers from asthma. It is also helpful to know what medications they take, what triggers the asthma and specific emergency treatment.

Informing the school of changes in emergency contact phone numbers is essential.

Learning asthma first aid can save a life and on notice boards around the school you will see posters giving instructions of what to do in a severe asthma attack. If someone is not improving with use of a reliever puffer medication or their ability to breath is worsening call 000 for an ambulance.

For further information about asthma I would suggest contacting Asthma Australia 1800 278 462 or asthmaaustralia.org.au

PS: Don’t forget to return Year 10 immunisation Consent forms to the school ASAP

Work experience agreements will be issued to all year 10 students on Tuesday 5th May, 2015.
Students are required to contact their employer to arrange a suitable time for an interview and have their agreement signed. As this is their work experience, please encourage and support your student to make this contact themselves. Employers appreciate this level of maturity and independence. Information regarding work hours and suitable attire etc are to be discussed at this time. Employers prefer the student to take the initiative and ask questions regarding their work experience week.

Students unable to attend work experience due to sickness are required to contact the employer as soon as possible and advise Mrs Post on 49667104 or leave a message with front office on 49667111.

It is NOT necessary for students to have the Principal sign. Agreements are to be returned with 3 signatures only direct to Mrs Post on or before FRIDAY 15th MAY. Enjoy your week of work experience year 10’s and I look forward to hearing positive comments from you and your employer on your return to school.

Cathryn Post
Work Experience Coordinator.
KNUKELA BINBI BEERKOU

Knukela Binbi Beerkou translates to “See Good Tomorrow”. This program is delivered to Indigenous and Australian born South Sea Islander Year 10 students by MARABISDA in partnership with Yuibera Aboriginal Corporation, Central Queensland Institute of TAFE, the Department of Education, Training and Employment and Skills Training Mackay.

Mirani State High School has ten students who have accepted to participate in this program. Throughout the program the focus will be on developing their literacy and numeracy skills, learning life skills such as developing a resume, how to apply for employment, interview skills and cultivating their cultural knowledge. Ten very excited and nervous students started their first day on Wednesday 22nd April. Upon final completion, the students who have successfully completed will be awarded a Certificate 2 Skills for Work and Training and will receive six (6) points towards their Queensland Certificate of Education (QCE).

Our Elders from the Indigenous and Australian born South Sea Island community will be involved with delivery of cultural knowledge. The RESPECT expectation will be high from these Elders.

The students participating in this program will benefit culturally, academically and community links will be established. CONGRATULATIONS TO OUR STUDENTS for taking this great opportunity on board.

DEADLY CHOICES

A selection of Year 10, 11 & 12 students started this health program on Monday 27th April. The Deadly Choices program encourages Aboriginal and Islander people to make deadly healthy lifestyle choices.

This program embraces 8 subjects: Leadership; Chronic Disease; Smoking; Nutrition; Physical Activity; Harmful Substances; Healthy Relationships. Completed forms should have been returned back to the school’s office.

EYE AND HEARING SCREENING

This health service has taken place at our school on Monday, 4th May and was available to all Indigenous students. The Eye and Hearing Screening was conducted by the Mackay Aboriginal and Torres Strait Islander Community Health Service.

NATIONAL INDIGENOUS PNEUMOCCAL AND INFLUENZA PROGRAM

The Flu vaccination program is available to students 15 years and over. Vaccinations have taken place at school on Wednesday 6th May.

We would like to send out a BIG THANK YOU to parents for encouraged your child/children to take up these opportunities. Together we can make a difference to their future.

Lanie Contor and Deb Francis
ANZAC Day

Anzac Day is not only a day of remembrance about the spirit, courage, mateship and values etched into history by the ANZACs on the Gallipoli peninsula, but all Australian defence forces from the Boer war to current serving members in Afghanistan and Iraq, who continue in this proud tradition. We strive to develop these qualities within our students and develop respect for those who have paid a price through service, death, injury or the loss of a family or community member.

The school’s ANZAC service is important in ensuring that all students learn the cultural traditions and behavioural expectations of this important day. It was very special to have a past student Wing Commander Tracy Douglas speak of her experiences serving in Afghanistan and the meaning of ANZAC day. Again almost 200 students proudly represented their community at thirteen (13) ceremonies in Mackay and surrounding districts.

Lest we forget.

Scott Cage
Principal

Junior Secondary News

Welcome back to Term 2! The term started in a flurry with many academic, cultural and sporting activities participated in by Mirani SHS students. Of particular significance was the 100 year centenary of ANZAC Day. Students from our school did us proud with their participation in the school services on the Friday and the many services around the region on the Saturday. Some Mirani SHS students were present at dawn services and the final evening services, as well as attending services during the day. The feedback about our students from community members has been overwhelmingly positive regarding this.

Mirani SHS students have also been prominent on the sporting front of late. Several Mirani SHS students represented the school at the Pioneer Valley cross country trials. Several students performed exceptionally well and will represent the Pioneer Valley at the Mackay District trials. Kodie Stebbings gained 1st place in the 12 Years boy’s race, with Kaiu Tipa placing 3rd. Safire Smith won the 12 Years girl’s race with Molly Fehlberg placing 5th. During the holidays Year 7 student, Jordan Scullie competed in the Australian Junior Open Golf Championships in Rockhampton. Jordan finished in 5th place in the U13 Years division. A fantastic effort.

Accolades also to Year 8 student Jessica Grech. Jess has been selected in the Regional Australia Team to compete at the Oceania Athletics Championships in Cairns next week, in the U18 5km Race-walk. Again, a magnificent effort. This is Jess’ first international competition and we wish her all the best.

The next Junior Secondary newsletter item will celebrate some of our recent academic and cultural achievements as well as addressing some issues around bullying.

Michael Post
Deputy Principal Junior Secondary School
Local partnership to boost Mackay’s skill base

A new partnership between Rio Tinto’s Hail Creek Mine and the Mackay Engineering College will look to boost the local trade skill base in the Mackay region. Representatives from each party gathered at the Mackay Engineering College campus yesterday to sign a two-year Memorandum of Understanding and celebrate the partnership. Hail Creek Mine general manager operations Rowan Munro said “It is with great pleasure that Hail Creek Mine has formalised its long-standing relationship with the Mackay Engineering College”.

“The Memorandum of Understanding builds on the success of several programmes Hail Creek Mine has with the Mackay Engineering College, now aligned under one robust partnership. We look forward to seeing how learning opportunities presented to students from today will evolve into a stronger local skills base for Mackay in the future”.

This partnership is just one way Hail Creek Mine continues to invest in building capacity and securing a sustainable employment future for the Mackay region. Head of Mackay Engineering College Frank Duthier said “The Mackay Engineering College and Hail Creek Mine partnership is a great development for the Mackay region. The partnership will provide many opportunities for students to show initiative, develop a technical and diversified skillset and adopt a mature workplace mind-set through access to a ‘real life’ work environment and industry personnel at Hail Creek Mine”.

We are proud to continue to create and sustain partnerships across the community to develop work-ready students and provide pathways for youth into manufacturing and engineering careers.

Signing of the Memorandum of Understanding – Rowan Munro (General Manager of Operations Hail Creek), Frank Duthier (Head of College), Jane Grieger (Acting Principal Mackay North SHS), Scott Cage (Principal Mirani State High School)

Sarina SHS MEC students with representatives from Rio Tinto, Principals and MEC teachers.
Anzac Day

Amy Stratford – Premier’s Anzac Prize Winner
Each day, over the last few weeks, students have been keeping track of where Amy is and what she is doing on her tour of Gallipoli and the Western Front. We said goodbye to her when she left Mackay on Tuesday 21 April and she is due to arrive back this week. What an awesome adventure. Can’t wait to hear her stories.

Anzac Day School Service
For any of the 500 students, staff members or invited guests who attended the Mirani High School Service on 24th April, the message was clear. We should never forget our brave soldiers who have fought for us, not only in the Gallipoli Campaign but in conflicts before and since, so that we can live in freedom and peace. Our guest speakers Chief Petty Officer Chris Hagerdoorn from HMAS Albatross and Wing Commander Tracey Douglas from RAAF Headquarters - Plan Jericho gave us an insight into what it is like to be on the front line and lose mates.

We had over 45 guests including defence force personnel from HMAS Albatross, HMAS Kuttabul and 27 Squadron RAAF Townsville, Cr Kevin Casey, (Deputy Mayor of Mackay Regional Council), Nanet Pagsanja (electoral officer for Michelle Landry (Member for Capricornia)), members of the Walkerston, Marian, Mirani, Finch Hatton and Kuttabul RSLs, and Nanyima Aged Care residents.

Anzac Day Marches
Almost 200 Mirani high Students attended 13 different Anzac Day services on Saturday 25th April with the first group marching at 3.45 a.m in Marian and the last group still marching at 7.30 p.m. at night in Finch Hatton. Some of our senior students attended 5 different services including the morning march in Mackay and the afternoon service in Mirani, proudly displaying our banner.
We had three amazing guest speakers at these services. Bennett Hardwick spoke at Marian dawn, Linley Creese spoke at the Mirani service in the afternoon and Angel Parsons spoke at the Evening service at Finch Hatton. Each of these students provoked much emotion in the gathered audience with many people empathising with their thoughts. Here are some extracts from their speeches:

Angel’s speech extract:

His name was John August Emile Harris, he was from Waverly, Sydney and was a clerk...that was before the war. He claimed to be 18 years old, when he enlisted in June 1915. Within two months of his service he had been promoted to Lance Corporal. John was killed in action at Lone Pine in Gallipoli, on 8 August, 1915. He is buried in the Lone Pine Cemetery. After the war his father wrote that John was 15 years and 10 months old at the time of his death.

Hearing this story I can’t help but think of how hard it would’ve been for John’s father to write that in the Australian War Memorial’s records; I can only imagine the pain felt by that young boy’s family. Thinking of what my brother means to me, I do find it hard to comprehend the strength, bravery and faith needed to utter the words that construct a silent wall of longing and unknown happenings; I am in awe of those who had the strength to utter the word: goodbye. I am forever grateful that I don’t need to explain to my little sister where our brother is going; why he is going. I’d hate having to hold back the fact that he may not come back to annoy us again.

Linley’s extract:

Today Australians will march in their local town, at their local service to commemorate all men and women who have served in the Australian Defence Force. In that march, we wear pride on our sleeves. We march with our head held high, because we are so proud to be a part of this mighty country, where the ANZAC spirit is the Australian spirit. This is where we will, forevermore, remember the men and women who we’ve lost as well as the soldiers that fought in past and present battles. The ANZAC spirit will live on forever, because of this pride that we hold in our hearts.

Bennett’s extract:

I never got the chance to meet my great uncle, who was a Prisoner of War in World War Two. In a way I guess this means I can’t remember him. However, what I can do is spend a moment to think about what he and many others like him would have lost, and the fear they must have felt. For me, the most important thing about the 25th of April, every year, is to acknowledge those who fought for freedom, so that I and so many others don’t have to lose ours. This, for me, is the true Australian spirit. Selfless, brave and strong.
Chappie Update

The ‘COOL’ has arrived but we still need more rain. Keep praying! How busy was the ANZAC weekend? Some students and staff needed a holiday. Feedback from Friday’s school ceremony was very positive. Well done Mirani High! The Anglican Pioneer Valley Parish Debutante Ball was a wonderful night of beautiful young women and handsomely presented young men. The families partied happily and didn’t want to stop. Dr Seus got a very special mention and we wish the girls the best of futures.

SU-QLD looks after Chappies and a restructure means the Central QLD region now has a Field Development Manager; Fred Power, in charge. He’s based in Rocky supporting all the region. Less money flow in the Chaplaincy service is the cause for change and here in the Pioneer Valley our schools would welcome improved community involvement.

Perhaps you could be a volunteer “Chappie Advocate” or co-ordinate a fundraising idea in your community for the chaplaincy service?

Last Thursday the PVCC meeting saw the “School Chaplaincy Snapshot” and you can too at: www.suqld.org.au/snapshot There are 126 Central QLD schools with Chappies and 873 across the State. Lots of other interesting snippets are in the snapshot. Be bold, take a look.

Coming up at the end of May is the Secondary Camp Eagle. Starting on the 28th, Thursday evening and running until the 31st Sunday lunchtime, the Camp is run by Chaplains and volunteers from Mackay’s Christian community.

Year 7’s to 12’s are invited to “escape the pressures of life” for a long weekend of camping out, sharing, and fun with students from other High Schools.

Information and registration forms are available from the front office and the Chappie.

Cheers
Rex
Mackay Engineering College partners with prominent local businesses to give you insight into what a career in the Manufacturing and Engineering Industry would be like.

**The Checklist**

- Are you in Year 10?
- Do you attend Mackay North, Sarina, Mackay, Pioneer, Northern Beaches or Mirani SHS?
- Are you interested in trying boilermaking, diesel fitting, auto electrics, fitting & turning or electrical (just to name a few)?

If you ticked all 3 boxes, you should consider applying for the Try Trades program with the Mackay Engineering College. It’s held in term 3 during which you’d try a range of trade experiences associated with the Manufacturing & Engineering industry such as:

- Field trips and industry tours
- Mentoring by tradespeople in their workplace
- Completing welding projects
- Tour Rio Tinto Hail Creek Mine
- Tour BMA Hay Point Coal Terminal
- Underground mine simulator (MyneSight)
- Electrical session at CQU
- Activities at the Mackay Engineering College

Chat to your IT&D teacher today about how to apply or simply download an application pack from [www.mec.qa.edu.au](http://www.mec.qa.edu.au)

**Applications to be handed to your IT & D Teacher by Friday, 22nd May!!!**
YOGA CLASSES

Venue: Mirani State High School

New evening classes added!

TIMETABLE
Power Yoga - Monday 6.15 - 7.15pm
Power Yoga - Tuesday 6 - 7am
Power Yoga - Wednesday 6.15 - 7.15 pm
Power Yoga - Thursday 6am - 7am
Yin Yoga (Relaxation) Friday - 5.30pm - 6.30pm

1st Class - Free Trial!

For more information
CONTACT US NOW!

Email: prana_energy@hotmail.com
Phone: 0407 393 444
Prana Energy

FINCH HATTON RSL SUB BRANCH
INVITES YOU TO ITS INAUGURAL
Country and Western Harvest Festival and Work Ute Muster

Entertainment by local artists

When: Saturday 16 May from 1pm till late
Where: Finch Hatton RSL Hall grounds
Cost: $10/adult; children free. Tickets at the gate.
Ute Muster Entry: $10; entry forms at the gate; ute must be on-site by 12 noon; judging at 5pm; prizes awarded for ‘Best Kept Ute’ and ‘Hardest Worked’
Food and refreshments on-site; no eskies please

Contact: Graeme Ware on 0427583166;
email - teemburrstation@activ8.net.au

Proudly supported by: Eungella Realty, Bushman’s Bread, Croker Fuels and Oil Pty Ltd, Lazy Flats Hay, Marian Dingo Hire, McGill’s Butchery - Kuttabul