STEM Success

Year 10 students Marley Bobongie and Scarlett Penshorm have been successful in gaining places in two different STEM camps for the Christmas school holidays.

Marley will be heading to Adelaide to participate in the Aboriginal Summer School for Excellence in Technology and Science (ASSETS) program run by CSIRO and BHP Billiton. This is a one-week camp for students who are interested in science, technology, engineering and mathematics and also want to improve their leadership skills and build cultural connections. After the camp, the program helps students gain access to work experience, mentoring and tertiary education opportunities.

Scarlett will be travelling to Kyoto and Hiroshima Japan as part of the inaugural Education Queensland STEM study tour, being one of only 11 students chosen to take part. This two-week experience will see Scarlett participating in home-stays to develop her understanding of the Japanese language and culture as well as experience how STEM subjects are taught internationally. This once-in-a-lifetime opportunity will also let students see real-world examples of the importance of STEM.

Well done Marley and Scarlett, we wish you all the best for these exciting opportunities.

Valley Pride!

UNSW Maths Competition

Towards the end of term 3, approximately 80 students in years 7-11 participated in the University of New South Wales Mathematics Competition. All students performed well with 11 students achieving a merit, 17 students achieving a credit and 3 students achieving a distinction. Special congratulations go to Campbell Hardwick, Jayden Lin and Nathan Walker who were our distinction award recipients. Well done to all involved!

Miss Littee
HOD – Mathematics
Congratulations Jody Morton Year 10

Jody competed in the Australian Khanacross Championships on the 17 and 18th of September and finished not only 5th outright but first junior in Australia.

Congratulations Jody

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### Calendar at a Glance

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>17 October</td>
<td>Student Free Day</td>
</tr>
<tr>
<td>21 October</td>
<td>Yr 11/12 Geog Excursion</td>
</tr>
<tr>
<td>25 October</td>
<td>Yr 11/12 Daydream Exc</td>
</tr>
<tr>
<td>26 October</td>
<td>Yr 7/8 Vaccinations</td>
</tr>
<tr>
<td>26 October</td>
<td>Yr 10-12 Merit/Dist Awards</td>
</tr>
<tr>
<td>27 October</td>
<td>Band Camp</td>
</tr>
<tr>
<td>28 October</td>
<td>Sports Awards Night</td>
</tr>
<tr>
<td>31 October</td>
<td>Yr 8 Elphinstone Exc</td>
</tr>
<tr>
<td>2 November</td>
<td>Yr 10 Work Experience</td>
</tr>
<tr>
<td>2 November</td>
<td>Yr 7-9 Merit/Dist Awards</td>
</tr>
<tr>
<td>3 November</td>
<td>Constitutional Convention</td>
</tr>
<tr>
<td>4 November</td>
<td>Awards Night</td>
</tr>
<tr>
<td>8 November</td>
<td>P &amp; C Meeting</td>
</tr>
<tr>
<td>9 November</td>
<td>Yr 12 Exam Block</td>
</tr>
<tr>
<td>11 November</td>
<td>Remembrance Day</td>
</tr>
<tr>
<td>11 November</td>
<td>Senior Drama Night</td>
</tr>
<tr>
<td>11 November</td>
<td>Senior Formal</td>
</tr>
<tr>
<td>18 November</td>
<td>Senior Graduation</td>
</tr>
<tr>
<td>18 November</td>
<td>Last Day Year 12s</td>
</tr>
</tbody>
</table>

### Maths Tutoring

Need extra help with your homework, revision or assignments?

Then Maths tutoring is the place for you!

Maths tutoring sessions are run every week on the following days:

- Tuesday
- Wednesday
- Thursday

3:10 – 4:00pm in D04

### English Tutoring

English Tutoring is on Wednesday and Thursday from 3.15 to 4.15pm in the Library.

Students can receive assistance with homework and assignments.

### Mirani SHS P&C

P&C Meetings are every 2nd TUESDAY of the Month during school terms at 7.00pm in the Common Staffroom.
The administration of essential medications to manage students’ health conditions is part of the Department of Education and Training’s (DET) common law duty of care to take reasonable steps to keep students safe while they attend school and to satisfy legislative obligations under the:

- **Education (General Provisions) Act 2006 (Qld)** to facilitate the operation of schools as safe and supportive learning environments;
- the **Work Health and Safety Act 2011 (Qld)** to eliminate or minimise risks to the health, safety and welfare of persons at the school;
- **Disability Standards for Education 2005** to make reasonable adjustments for people with a disability so they may access education on the same basis as a person without a disability.

Having medications on school sites requires schools to implement systems to keep staff and students safe.

**Over-the-counter medications**

The Department recognise that all medications, including over-the-counter (OTC) medications, e.g. paracetamol or alternative medicines, may be drugs or poisons and may cause side effects. As such, schools are required to receive medical authorisation from a prescribing health practitioner (e.g. doctor, dentist, optometrist, but **not** a pharmacist) to administer any medication to students, including those bought over-the-counter.

Whilst parents may administer OTC medications to their child without medical authorisation, they are aware of the child’s complete medical history, and are able to provide ongoing, direct supervision for the course of the child’s illness. Due to these circumstances, a parent is also more likely to recognise if their child is having adverse effects and requires immediate medical attention.

The student’s prescribing health practitioner also has the knowledge of the child’s medical history to determine the appropriate OTC medication to administer and is therefore able to determine dosage and provide advice regarding potential side effects or interactions with other medications.

For these reasons, OTC medications will only be administered to students at school if medical authorisation has been received.

Kind regards

Jodie Battese | Business Services Manager
We all know we should eat 5 serves of vegetables a day...
But did you know that the average person only eats half that?

Whether they’re fresh, frozen or canned, eating more vegetables is one thing we can all do for better health and wellbeing!

They burst with flavour and they're packed full of important vitamins and minerals, disease-fighting antioxidants and gut-healthy fibre.

And they're so versatile. They can be eaten raw, cooked, baked, mashed, grated, chopped, diced, sliced - you name it!

Here's 3 great ways to add veg to your day

**Eat a rainbow**

Have a bunch of different coloured vegetables every day to get the max variety of beneficial nutrients, PLUS you’ll love the variety of tastes and textures!

**New!**

**Try something new every day**

Try a new vegetable, a new recipe, or try eating vegetables in a way that you don’t normally eat them. Or get more bang for your buck by using up ageing veggies, and eating the parts that you usually throw away!

**Love your legumes**

Did you know that 2016 is International Year of the Pulse? Or that legumes are in the vegetable AND protein food groups? Pulses, beans and legumes are a cheap and versatile source of fibre, protein plus many other important nutrients.
CONGRATULATIONS!

to

Katelyn Armbruster,
Tahli Watts,
Chloe Simmonds,
Maddie Smith,
Alyssa Irwin,
Danielle Bryan,
Latisha Perry, Molly King

For completing the ‘real me’ program for teenage girls

Fabulous work!! Well done girls
In the June-July school holidays, Shannon Leahy and Braiden Wilson in year 12 along with Cameron Myers in year 10 attended the Spark Engineering Camp at the University of Queensland. This is an annual event run by the organisation Youth without Borders. Their aim is to provide a university experience to students who have an interest in engineering as a career and may not, for a variety of reasons, consider university to be a viable option. These three students underwent a thorough application process and were successful in gaining a place in this fantastic experience.

**Shannon Leahy:** “Going into the Spark Engineering Camp 2016 I had no idea what type of engineering I wanted to pursue. I went in with an open mind, which is probably the best thing you can do. Not only did Spark have a lot of fun events from bridge climbing to robotics, I also got to experience all the different engineering fields at UQ and QUT. I got to see everything from chemical engineering all the way to mechatronic engineering. Because it was run by students, I got a lot of one on one conversation with students currently studying engineering which really opened up my mind to what university life will be like. Spark also gave me the opportunity to network and meet respected engineers who told me what it is to be an engineer out there in the real world. Altogether the Spark camp was a very insightful experience and extremely fun!”

**Braiden Wilson:** “Upon arriving at Spark we were introduced to the Spark staff members (‘staffies’) who were all university engineering students. They were super relatable and showed us respect, compassion and were full of great ideas and lessons that helped us prep for the future. We spent the week pursuing engineering interests and partaking in several events like the Storey Bridge climb, building stage 1 rockets, robotics and even learning about and creating a prosthetic leg. While my plan of pursuing electrical engineering has not changed, I have learnt that keeping an open mind is the best preparation you can have. I made several new friends not only with the other participating students but also with the ‘staffies’. The experience completely knocked me out of the water; the activities were fun, the company was amazing and the experience and lessons learnt will stick with me forever.”

**Cameron Myers:** “I was lucky enough to attend the Spark Engineering Camp during the holidays and I was able to take a lot away from this wonderful experience. I have always been looking towards engineering as a career option but originally I thought I wanted to be an electrical engineer. However, the camp helped me learn new things and build on my strengths and I am now leaning more towards civil engineering. The thing I loved most, besides learning new things, was meeting people who have been down the pathways I am looking down and getting an insight into my career possibilities.”
Term 4 and the year is racing away! Year 11 Leadership Camp’s over and the Yr11’s are faced with becoming Yr12’s, passing their Learner’s test, negotiating extensions, completing those pesky assignments and gearing up for exams. For Yr12’s the panicking is over, just the final surge to finish well, wrap up the assessments and get ready for Graduation. And then there’s ‘Schoolies’!

SU-Schoolies is the Ultimate Way to Finish. 5 very different adventures that create an AWESOME start to the REST of YOUR Life! Party Time on the Sunny Coast. Chill in the City – Melbourne! Lazy Dayz on Fraser Island. Cruizin-the –Whitsundays or if you really want to GETAWAY – Surfing Hawaii – Yeah! Each year Scripture Union QLD organises these brilliant, safe, and incredible Schoolies Events for Year 12’s. If you want to know more, go to; su-schoolies.com

PS: Year 11’s; start thinking about going NEXT YEAR!!!

Cheers in Christ
Rex the Chappie

ST JOHNS PARISH FAIR

SATURDAY 5TH NOVEMBER 6.00PM - WALKERSTON
COME ALONG AND ENJOY A GREAT NIGHT OUT!!!

- BBQ
- HAM WHEEL
- MEAT/ASSORTED WHEEL
- CENT SALE
- BOTTLE SALE
- SPUTNIK
- PICK OF THE SHELF
- JUMPING CASTLE
- MERRY-GO-ROUND
- PADLOCK
- HOME BAKING
- SANTA

CHRISTMAS FAIR
Term 3 was an exciting one for our sporting students with our school being represented in several sports. Our Mirani mixed 7/8 soccer team had a great season and made the semi-finals. They were unlucky to go down fighting in that game. Congratulations to Mr Miles and his team for a great effort. Our Open Boys soccer team also went well this season, and was a little unfortunate to miss out on finals due to goal difference. The team benefitted twice from town schools not being able to travel to Mirani for games, however the goals received in the forfeits were not enough for them to make the finals. All the same, the students involved had a great time, and there was some excellent play witnessed.

Our intra-school basketball competition is also drawing to a close, and what an outstanding display of Valley Pride we have seen. It is very hard to imagine students across all year levels engaging at such a level at any other school. Seeing these students playing basketball on a Monday afternoon, having fun and displaying great sportsmanship has been a highlight of the sporting year.

At the end of last term we had several athletes attend the Capricornia Athletics trials in Rockhampton. Congratulations to the following students for representing themselves and Mirani very well.

- Chloe Findlay
- Miranda Creese
- Renae Hill
- Rachael Norman
- Rachel Silvestri
- Alyssa Irwin

Mikaela Gee
Meghan Post
Natalie Sant
Kepler Bourke
Jessica Grech

Alyssa, Jessica and Rachel Silvestri were all successful in being selected for Capricornia for the upcoming QSS State titles in Brisbane in a couple of weeks’ time. We wish these girls all the very best in their respective events at this competition.

Another student has gained Capricornia selection for the sport of cricket. Congratulations to Kepler Bourke on this achievement and we wish you the very best for your upcoming QSS State Titles in Charters Towers later this month. We hope the heat is kind to you. Well done!

The final inter-school sport for the year is AFL 9s which will be kicking off in Week 3. It is a 4 week competition between schools in the Mackay Region. We have three teams competing and wish them the best of luck. Please note the change of venue from Harrup Park to Queens Park.
You are invited to attend the
2016 Mirani State High School Sports Awards Evening

Friday 28th October

Mirani SHS Sports Hall, 7pm for 7:30pm start

Special Guest: Melinda McLeod (5x World BMX Champion and Olympian)

For seating arrangements please RSVP to Brianna Clancy via email at bjcla0@eq.edu.au or at the school office on (07) 4966 7111 by Friday 14th October.

DRESS CODE:

Students: Formal Uniform

Parents and Guests: Smart casual (no heels please)

Please note: If your student has been involved in any school sport this year including the below examples, they are required to attend to receive their award or certificate. Sports awards night will be holding ALL sporting awards this year, relieving time from both Merit and Distinction awards and Academic Awards night.

The following will be presented:

- Age champion
- Record breakers
- Team sport participant (for each team there will be a best & fairest, most valuable player and valley pride award given)
- Mackay school sport representative
- Capricornia school sport representative
- Qld school sport representative

Other awards also presented on this night will be:

- Champion House
- Leadership in Sport
- Sportswoman of the Year
- Sportsman of the Year
- Elite Athlete of the Year

Brianna Clancy
Western Districts Junior Rugby League Football Club Inc.

Good Sports
Always

ARE HOLDING A

MONSTER CENT SALE

SUNDAY 23RD OCTOBER 2016 AT 1:00pm
AT WESTS LEAGUES CLUB, WALKERSTON

• Over 200 Prizes
• Jackpot Prizes
• Lucky Door Prize
• Snap Raffles

West JRLFC 2017 Tour would like to thank those following for their support:
WALKERSTON FUEL
CORAL COAST HELICOPTERS PTY LTD
KUTTABUL ABATTOIR
SAVANNAH BRAHAMS
RAILWAY HOTEL MARIAN
CELLARBRATIONS WALKERSTON
MITRE 10 MARIAN
ABSOLUTE ENTERPRISES
SPORTSPWER MACKAY
MACKAY SUGAR LTD
TORQUE ORTHODONTICS
LOTTIE JEAN’S HAIR STUDIO

TICKETS GO ON SALE AT 11:30AM
BOOK YOUR TABLE TODAY AT WESTS, 49 592 480

Fundraising for West JRLFC U14 & U15
Teams Tour 2017 to the Gold Coast