Spirit of Remembrance
Canberra Tour Set to Leave

The 29 students involved in this September’s overseas commemorative tour to Gallipoli, France, Belgium and Singapore will travel to Canberra at the end of next week for a 5 day tour that will encompass visits to key historical sites.

The visit is designed to help bond the group for the big tour as well as providing the students with the chance to spend quality time at the Australian War Memorial. The group will also visit the National Archives of Australia, where they will view original service records of soldiers they will be commemorating overseas.

Plans for the overseas tour are coming along very well, with over 60 soldiers on the list to research and commemorate. If any members of the school community have relatives buried in the areas to be visited, they can contact tour co-ordinator, Mike Goodwin at the school.
This Friday and Saturday nights will see the presentation of *A Fractured Musical*, the very special music drama production which has been devised to celebrate the 50th Anniversary of Mackay North State High. It cleverly includes elements from musicals performed in past years and has been written and directed by our very talented Drama Co-ordinator, Toni Cresswell.

Described as a “hilarious mystery romp”, the production features much loved characters who will be instantly recognised by the audience members. Music specialist, Rebecca Horton is the musical director and the choreography has been devised by the school’s Dance specialist, Rozlyn Goodwin.

The cast comprises over sixty students from Years 8 – 12 who have been rehearsing since January. A particular feature of the performance will be the spectacular costumes and props, many of which have taken the students and staff many hours to complete.

This production will also be enhanced by the sophisticated new sound system in the school hall which has generously been provided by the P & C Association.

Don’t miss it – it will be a fantastic night of entertainment! The performances begin at 7.00pm and entry is $10.00 for adults and $5.00 for students and pensioners.
Our Senior students are diligently preparing for their exams and it is often a very stressful time. Please support your students by ensuring they are well rested with a healthy diet. Checking in on your students is a parent’s key role at this time and to ensure your students balance their sometimes hectic lives with school, work and study.

We wish all our students well as they head to the exam blocks!

**Twilight Concert**

The Twilight Concert was an evening where again our very gifted music students demonstrated their talents. Each of the bands’ performances was exceptional and the choral group delightful. Then to witness the extraordinary talent of Louis Johnston with his guitar performance, just amazing. Congratulations to all students who performed.

**Fanfare**

Fanfare saw a host of students from a variety of schools in the Mackay Region coming to wow the adjudicators. Every school can be rightly satisfied their students performed to the best of the abilities and they should all be very proud.

The North High Fanfare Concert Band was comprised of 33 students and 16 students in the Fanfare String Orchestra. We were rewarded by the Adjudicator’s indication that both our ensembles played some of the most musical performances he had heard in Fanfare this year. Thank you again to the outstanding work of our highly regarded Instrumental Music Staff.

**Publication of Results**

The Queensland Studies Authority released the 2013 Year 12 results to the public recently. There was a range of information released including the number of students who achieved a QCE, OP results and Vocational Qualifications.

Many of our students performed very well in 2013 and we are already tracking our current Year 11 and Year 12 students to ensure we are providing them every opportunity to experience success in their chosen pathway.

We are proud of our results and pleased how our students’ achievements have helped with the next step of their education. I continue to believe that our mission is to help each student achieve their best and learn the most. When we do this the whole school results take care of themselves.

**Junior Secondary Peer Review**

We welcomed external visitors to the school on Tuesday to conduct the Junior Secondary Peer Review. During this reflective process of our current Junior Secondary Action plan we were able to articulate our progress and to ensure we are on track and progressing to full preparation for the Year 7 students in 2015.

The Junior Secondary Peer Review is a valuable process complimented with a reciprocal visit to our neighbouring high school, Mackay Northern Beaches State High. During the reciprocal visit we were able to reflect and learn from colleagues who are already experiencing Year 7 students in the high school setting and to share their best preparation strategies and practices.

**Community Events**

I have found that there is a huge range of community events the school participates in and I am continually surprised at how much and how often the staff and students are involved. It is a credit to the staff and a dedication to the wider community of which the school can be very proud.

At the recent *Pink Day*, most students and teachers all turned out in bright shades of pink! Heads were shaved, hair was coloured and pink striped football socks (sold by the Z Club) were worn; all contributed to the funds being raised for the McGrath Foundation (Breast Cancer) and the World’s Greatest Head Shave (Leukaemia Foundation).

The 2014 *Mackay Marina Fun Run* also saw the largest contingent of staff and students to date engage in active fundraising for the Leukaemia Foundation.

Jennifer Skeahan  
**Principal**
Term 2 Senior Update

As the students enter the final weeks of Term 2 they should all be focussing on their exams and assignments, making sure they are using their Semester Planners to best effect, to maximise their study and revision time which will ensure they achieve the best outcomes possible.

It has been a busy term and the Senior student body should be commended for the way they have led the school, demonstrating to the Junior students, teachers and wider school community (including the whole state on ANZAC day) the calibre of leaders we have at North High. From the ANZAC Day marchers in Brisbane and Mackay, the Pink Day Head Shavers and Fund Raisers, Marina Runners, Cross Country reps, to the students who demonstrate leadership without a badge through the manner in which they conduct themselves in the school everyday, the Senior students have achieved a lot in the first half of the year. We hope this effort is reflected in their report cards at the beginning of Term 3. These results will form the basis of the Academic Reviews all Years 11 and 12 students will have in the first half of next term, giving them the opportunity to reflect on and improve their Learning processes in Semester 2.

Good Luck in Exam block and on Work Experience.

Mr Timothy Condren
Senior Secondary Deputy Principal
The end of the year is fast approaching and all Year 12s will be making decisions which will impact on the direction their lives will take in the future. For those students who are thinking about tertiary studies, the following points outline some key events which will be occurring to help students in their decisions.

1. Information, permission note and payment for James Cook Uni trip needs to be complete by June 20
2. June 13 – Mr Foley from St Leo’s at UQ will be available after assembly to speak with boys interested in finding out about accommodation in Brisbane, if they are planning to go to UQ, QUT or GU
3. June 10 – 13, students with tertiary aspirations please book in to see Mrs Van Der Veen over the exam block (See available times on her door and put your name in a slot that suits you). This is not compulsory but recommended, getting every bit of advice available before making a life changing decision is a good idea. Parents are welcome
5. July 1 – 3 CQU engineering university experience in Rockhampton
6. July 14 and 15 – residential trip to JCU
7. July 14 – 17 QTAC books available at GO’s office
8. July 15 – a representative from Women’s College accommodation at UQ will be available for any girls planning to study at UQ
9. July 17, Thursday, 7.00 pm in auditorium – University Student Forum. The University Student Forum consists of ex North High Students who are currently studying at the various universities across Queensland. There will also be a variety of courses represented. These students will give their insights on life at university, courses and accommodation
10. July 21 – 25 – lunch time sessions on How to Apply to University/QTAC will be offered
11. July 24 at 7.00 in the auditorium – a parents’ session on QTAC will be offered.
12. Term 3 – apply for accommodation
13. Term 3 – start looking for scholarships
14. Term 3 – Sept 30 have your QTAC application in on time
15. Term 3 – ensure you make an appointment with Mrs Van Der Veen if you have any questions.

DEFENSIVE DRIVING COURSE

Year 11 & 12 Students from this school are being invited to attend a ONE DAY driver safety education program aimed at reducing death and injury amongst young people on the road.

WHO: Any Year 11 or 12 student
DATE: Tuesday 29th July
TIME: 9.15 for a 9.30 am start – 2.30pm
VENUE: PCYC off Norris Road, North Mackay
COST: $10 (this covers a sausage sizzle lunch and fruit morning tea)
Permission forms available from Senior Centre.
Payment to the Office by Thursday 18th July
THE BEATLES toured Australia to the delight of many screaming teen-aged girls.

Since 1964
Celebrating 50 years in 2014

School Subjects

Grade 11 and Grade 12 (in 1972)
Six subjects chosen from:
1. English
2. French/Geometrical Drawing & Perspective/Biology
3. Maths I/Ancient History/Home Management
4. Maths II/Economics
5. Physics/Modern History/Accounting
6. Chemistry/Art/Geography

NOTE: In all grades availability of subjects will depend on sufficient staff and enrolment.

In 2014, Years 11 and 12 students are offered a choice of 6 subjects from 28 Authority Subjects (Tertiary Directed) and 12 Authority Registered Subjects (Vocationally Directed).

An Historical Tidbit

("An Historical Tidbit" —written in Old English Writing which many early students would have written with pen and ink at the top of their “exercise” which was a page of best copywriting.)

Over the 50 year history of North High School many young people have met and later married. Many of the children of these couples have also attended North High with quite a few having grandchildren attend also.

Donna Kenny and James Richardson met at North High in 1986 and married in 1990 and remain married today. Donna attended from 1985 to 1989 and James 1984 to 1986. Two of their four children are also past students of North High; Jamie-lee from 2004 to 2008 and Tameekah who attended from 2006 to 2008.

Mr and Mrs Vic and Lainie (Martini) met at North and both graduated Year 12 in 1989 and later married.

There are many more such stories out there!

1970 Uniforms

I might teach I.T. at North one day

1964

Susan Le Garde & Lyn Simpson
Ronald Eddie, Lyn Simpson & Greg Deambrogio
Dianne Teale & Sharon Hansen
Year 8 Report

We have had an extremely busy few weeks and are now heading very quickly towards the end of the term. There has been much success to be celebrated and congratulations to all Year 8s who have been actively involved in many of the extra activities that have been offered recently.

McDonald’s Maths

Five Year Eight students, Hayley Berck 8B2, Bradman Harvey 8B2, Daniel Rowlands 8N3, Jonah Boal 8N3 and Kaylah Smith 8F1 worked exceptionally well as a team and were victorious in the district McDonald’s Maths on Tuesday 27th May. Congratulations to these five talented mathematicians.

Shave for a Cure

Over $14,000 dollars was raised by the school last Friday at our annual Pink Day. Some wonderful colours, crazy hair colours and shaved heads were seen all around the First Year Centre. Staff and Home Groups got into the spirit of the day with many of the students dressing in all shades of pink and our Senior leaders certainly set the bar high as well. A special congratulations to our six head shavers who raised an approximate $5,000 between them. Angus Nichol, Daniel Roberts, Keely Coburn, Savannah Potts, Reanna Quinn and Ellie Nixon are now sporting some pretty impressive bald heads!
SCHOOL-BASED YOUTH HEALTH NURSE

June is bowel cancer awareness month...

In Australia, one in 12 men and women will be diagnosed with bowel cancer by the age of 85. Bowel cancer is the 2nd largest cause of cancer deaths in Australia, accounting for 77 deaths each week but, if caught in time, 90% of cases are treatable.

Bowel cancer is a malignant growth that develops most commonly in the lining of the large intestine (bowel). Most bowel cancers develop from tiny growths called polyps. Not all polyps become cancerous but if they do they can narrow and block the bowel or cause bleeding. If untreated, the cancer can spread to other organs.

Almost all polyps, however, can be removed without surgery during a colonoscopy. Once removed from the bowel a polyp can no longer cause cancer but even early-stage cancer can be cured with surgery.

**Bowel Cancer Screening** involves a test for bowel cancer in people who do not have any obvious symptoms of the disease such as rectal bleeding, a persistent change in bowel habits, unexplained weight loss or a large mass in the abdomen/tummy. Bowel cancer can develop without any early warning signs. The cancer can grow on the inside wall of the bowel for several years before spreading to other parts of the body. Often very small amounts of blood leak from these growths and pass into the bowel motion before any symptoms are noticed.

A bowel cancer screening test called a Faecal Occult Blood Test (FOBT) can detect these small amounts of blood in your bowel motion. The FOBT looks for blood in your bowel motion, but not for bowel cancer itself.

If blood is detected, you should contact your doctor immediately to discuss the result. The presence of blood may be due to conditions other than cancer, such as polyps, haemorrhoids, or inflammation of the bowel, but the cause of bleeding needs to be investigated.

If you are turning 50, 55, or 65 between January 2011 and December 2014 (or turning 60 between January 2013 and December 2014) you are eligible to receive a free bowel cancer screening test kit from the Australian Government’s National Bowel Screening Program. The test should arrive in the mail around the time of your birthday. If not, contact the Program on 1800 118 868.

If you are younger than 50 or think that you have a strong family history of bowel cancer, you should make an appointment with your doctor to talk about your concerns. You may be referred to a bowel specialist to talk about what types of screening and/or surveillance they would recommend, at what age you (and/or other family members) should commence screening and/or surveillance and how often. Regular screening and/or surveillance will ensure that any signs of bowel cancer are picked at the earliest possible stage.

For further information visit [http://www.bowelcanceraustralia.org/bca/](http://www.bowelcanceraustralia.org/bca/)

**On a happier note, it is also men’s health week this week (June 9-15) so take a bit of time to celebrate the great things our boys and blokes bring to our lives and give them an extra big cuddle!**

Rachel Archer, SBYHN

Phone 4963 1606

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**Reminder:  Student Lateness & Absence**

The first bell rings at 8.40am and students must be at school and ready for Home Group.

If students are late to school (after 8.40am when the first bell goes), he/she **must** report to the office with a note or prior phone call from the parent/caregiver.

North High has begun sending SMS to mobile phones after Period 1 with regard to student lateness and absence.

Please reply, as soon as possible, directly to these messages giving the reason for and duration of your child’s lateness or absence. This will save another phone call from the school to your phone and will ensure that you and the school know exactly where your child is and help ensure their continued learning and safety.

Remember: On time, all day, every day in 2014
UNIFORM SUPPLIERS (INCLUDING JACKETS)

Mackay North High School colours are Royal Blue and White with a touch of Golden Yellow.

Listed here are some companies who are suppliers of uniforms items and materials. We advertise these as a courtesy to parents/guardians and acknowledge that the list and details may not be exhaustive. Check local directories for more information.

UNIFORM SOLUTIONS, CNR SYDNEY & ALFRED STREETS, MACKAY
PH: 49513549 E-mail: sales@uniformsolutionsmackay.com.au
www.uniformsolutionsmackay.com.au (online shopping)
School polo shirt – unisex and fitted styles, girl’s white blouse, shorts, knitted shorts, girl’s skirt, pleated skirts, ties, boy’s shorts, socks, fleecy pullover, zippered fleecy jacket, royal blue/white microfibre jacket and track suit pants.

PSW QUALITY APPAREL (formerly Marvic), 17a EVANS AVENUE, NORTH MACKAY
PH: 49514892 Fax: 49530651 Email: mackay@psw.com.au
Unisex polo, fitted polo, girls sports shorts, ties, blouse, pleated skirt, boy’s shorts, girl’s skirt, royal blue/white jacket, royal blue fleecy zip jumper, royal blue pullover and Performing Arts uniform (band pants, band shirt, band tie and vest).

LOWES, CANELANDS (only) PH: 49440926
Unisex polo shirt, boy’s shorts, pleated girl’s skirt, royal blue/white microfibre jacket.

NOTE: UNIFORMS ARE NOT AVAILABLE FOR PURCHASE FROM THE SCHOOL.

Please ensure that the uniform pieces you are buying are compliant with Mackay North High School’s Uniform Policy. If in doubt, please contact the Year Coordinators to discuss this before purchasing uniforms. Students will not be permitted to wear an incorrect uniform.

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PH: 49513549 E-mail: sales@uniformsolutionsmackay.com.au
www.uniformsolutionsmackay.com.au (online shopping)
School polo shirt – unisex and fitted styles, girl’s white blouse, shorts, knitted shorts, girl’s skirt, pleated skirts, ties, boy’s shorts, socks, fleecy pullover, zippered fleecy jacket, royal blue/white microfibre jacket and track suit pants.

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PH: 49514892 Fax: 49530651 Email: mackay@psw.com.au
Unisex polo, fitted polo, girls sports shorts, ties, blouse, pleated skirt, boy’s shorts, girl’s skirt, royal blue/white jacket, royal blue fleecy zip jumper, royal blue pullover and Performing Arts uniform (band pants, band shirt, band tie and vest).

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Senior Jerseys – Year 11 & 12
Due to unforeseen production issues we expect a lengthy delay to the delivery of Senior Jerseys.
PERFORMING ARTS NEWS

FANFARE

On Tuesday our school hosted the Mackay Regional Final for Education Queensland’s statewide instrumental competition, Fanfare. It was a fantastic day of high quality performances as fourteen Primary and eleven Secondary ensembles vied to impress the adjudicator and win the right to represent the Central Queensland region in the state final in Brisbane.

Our two ensembles – our Fanfare Concert Band and our Fanfare String Orchestra acquitted themselves superbly, with the adjudicator giving them glowing reports. He indicated that our ensembles produced two of the most musical performances he had heard in his Fanfare travels this year. This is a great achievement for our students and well deserved after the many hours of intensive rehearsals. They did themselves and the school proud. Congratulations to all ensemble members and sincere thanks to their wonderful instrumental teachers, David Bayliss and Susan Mora.

The Central Queensland regional representative for the state final will be announced in the next couple of weeks.

MARCHING BAND AMERICA TRIP

Now that we have determined that we are definitely going to America next year, it is time for the students who submitted an Expression of Interest form to secure their place in the trip by paying a non-refundable deposit of $100 to the office by Friday, June 20. This will then give World Projects the exact numbers for the negotiations with Qantas.

It is also exciting to see how many supportive parents wish to go on the shadow tour. Can you please ensure you fill in an Expression of Interest form by Friday, June 20. If you email me on kgeor21@eq.edu.au, I can email the form to you or your student can collect a hard copy from the music staffroom. After Friday June 20 I will collate the list of parents and send it to Chris Gibbs in Sydney who will then invoice the parents directly for their deposit.

THANK YOU

It has been a very hectic term with numerous performance events for our performing arts students. Sincere thanks to all parents and students for your ongoing, steadfast support.

Kathy GEORGE
HOD – Performing Arts

North Queensland High School Cultural Calendar – 2014

June 13/14 School Drama Production
A Fractured Musical

July 26 Lions Sugartime Rock Pop Mime

August 22 50th Anniversary Celebrations concert

Sept 4 Senior Drama Production (Tech Run 3 Sept)

Oct 6-25 Eisteddfod

Oct 28 Showcase Concert

Nov 5 Awards Night

Nov 6 Year 6 & 7 String Orientation (Ice-cream Party)

Nov 19 Junior Drama Production (Tech Run 18 Nov)
CHESS

Mackay North State High School Chess Team, with 14 members, was the biggest entry at the Mackay/Whitsunday Chess Tournament recently.

James Bradley was our top player on the day, followed by Jacob Cavaliere, Bivual Ezekial, Jesse Johnson, Bill Chen, Cali Jayden and Sophia Valdez who all ranked in the top twenty out of 43 high school players.

The chess team practises every Friday at second lunch in the school library under the watchful eye of Mr. Earl McCann.

DATES FOR THE SCHOOL YEAR

When making family plans, please refer to these dates so that your child may attend school everyday, all day.

Term 2: Tuesday 22nd April – Friday 27th June (inclusive)  
Thursday 19 June – Mackay Show Day Holiday

Term 3: Monday 14 July – Friday 19 September (inclusive)

Term 4: Tuesday 7 October – Friday 12 December (inclusive)  
Monday 20 October – Student Free Day  
Friday 21 November – Last day – Year 12  
Friday 28 November – Last day – Years 10 & 11
Home Economics
Rotary Young Chefs Competition

The Rotary Young Chefs Competition is held every year to provide students with the opportunity to demonstrate cookery, organisation and planning skills. School heats were held on 26th May with seven junior teams competing to go through to the finals held at TAFE on 31st May. Charli Stewart and Kayla Stott were judged to be the best team and represented our school proudly at the finals. Students had to consider nutrition, time management, appearance, costing and teamwork to prepare a two course meal in a set time frame. The competition was fierce, making judging difficult in the school heats and especially hard for the judges in the finals. Thanks must go to Rotary and Mackay TAFE for supporting this competition.

Students involved in the Young Chefs Competition 2014

Kayla Stott  Codey Sterling  Emmerson Rebetzke
Charli Stewart  Paige Butz  Stephanie Wade
Charlotte Wilcox  Sarah-Jane Munchow  Latesha Tuihenburg
Charlea Donohue  Zoe Rodgers  Christine McCurley
Jarrod Bradshaw  Hope Ashford
CALLING YEAR 12'S - DREAM JOB WORKSHOP

Are you having trouble deciding on your dream job?

Then whatever you do, book into this incredible workshop with Career Coach Melissa Schembri to help find your dream job and learn how to land it.

By the end of the workshop, you will have a clear plan on what you want to do with your life after year 12 - whether that’s Uni, trade, traineeship or job AND get all the hot tips on how to win a job interview.

DON’T MISS this one time opportunity for North High year 12 students on Thursday June 26, 2014 from 9am-3pm at the North High Auditorium. The cost is only $20 including the best selling book “How To Find Your Dream Job In 21 Days” but you must book and pay for your ticket at the school office ASAP to reserve your seat. Please bring your favourite magazines to cut up, scissors, glue and biro.
G’DAY USA JANUARY 2016

LIVE WITH AN AMERICAN FAMILY

Tour Highlights include:

- Disneyland
- Universal Studios
- Knott’s Berry Farm
- San Diego
- San Francisco
- Stay with a host sister or brother
- Visit an American High School

You will stay with your host family in their home, get to know them, see their town, meet their friends and enjoy their favourite activities. You will probably try new foods, play new sports, see new places, have a unique experience and make lifelong friends!

“I wish all kids could have the amazing experiences EWT provides. Travel truly is the best gift we can give our kids!”

To find out more information contact:

Ms Phillips OR Narelle @ EWT

Visit: www.ewt.com.au

Email: info@ewt.com.au

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