The entire North High Community was out on the oval this week just below the terraced seating which was shown, in the 1987 construction phase and full of students on Cross Country Day 2014, in the last newsletter. There are about 1600 students and staff here waving to the photographer atop the ladder of a Queensland Fire Services truck (with a fireman on the ladder below him in case he needed rescuing). At the edge of the oval you can see some of the trees that are abundant on the school grounds. Did you or one of your circle play football, run or jump on this oval or perhaps play cricket on the pitch at the top of the “5”? Further across to the right is the school hall and pool complex.

Celebrating 50 years in 2014

Friday 22nd August 7.00pm—8.30pm: Current Music students will perform in a concert especially for the celebrations. $10.00 donation for adults and school children and littlies free. Finger food and a complimentary first drink will be served.

Saturday 23rd August: An informal sit-down, four course dinner in the Hall. $45.00 per head (CLOSING SOON)

Sunday 24th August: Escorted tour of the school 10.00–12.00am Brunch available.

Memorabilia is available for sale

For all details see the website or email: 50thanniversary@macknortshs.eq.edu.au
HARBOUR BEACH EXCURSION

On 28th July the Year 11 Geography class took an excursion to Harbour Beach to see first-hand a local coastal environment. While there, students were fortunate enough to benefit from expertise of two project officers from the local Reef Catchment organisation, Claire and Kerensa. The focus of the morning was for students to learn about processes that support better management of the biophysical, social, political and economic aspects of our natural coastal resources. Since these areas are under increasing threat from development, climate change, population growth and recreational use, it’s important for the next generation to understand how valuable these processes are. Although the students were only at the beach for a couple of hours, they did their bit by collecting all the rubbish from the beach and the park areas. A quick evaluation of this rubbish and the surrounding coastal vegetation was done so students can compare the data from this location with the findings from a second location, Brampton Island next week.

Raymond Donohue
Geography teacher

Parents/Carers are reminded that Student Resource Scheme fees must be paid or students not be able to attend extra-curricular activities e.g. End-of-Year activities.

Inaugural Junior Secondary Leaders

Back row. L-R: Benjamin Mandall, Ellie Nixon, May-Lee Wilson, Taniesha Williams, Mickeley Sippel
Front row. L-R: Bradman Harvey, Tate Obst, Reanna Quinn, Dana Costigan, Hayley Berck

On July 9 an amount of money was Direct Credited to the school bank account. Unfortunately there was no reference to a student name. Please contact Helen or Tanya if you think this may be your Direct Credit.

MACKAY NORTH STATE HIGH CULTURAL CALENDAR – 2014

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)
**FROM THE PRINCIPAL**

**We Remember**

The Australian Government declared Thursday, 7 August 2014 to be a *National Day of Mourning* to honour the innocent victims of Malaysia Airlines Flight MH17.

A national memorial service was held to honour those who lost their lives and support those who have been bereaved, at St Patrick’s Cathedral, Melbourne.

As a mark of mourning and respect for the many victims, including Queenslanders, and in accordance with national protocol, the Australian and Queensland flags were to be flown at half-mast on the day, from all buildings and establishments occupied by government departments and affiliated agencies including state schools.

Whilst we were unable to fly flags at half mast, our Home Group teachers were reminded to take the time to reflect with students on the day.

Our sincerest thoughts and prayers go to the families who have lost loved ones.

**We Celebrate**

Monday began another very exciting time at Mackay North State High School with the induction of the very first Junior Secondary Leaders. There was a host of applicants for the ten leadership positions and all presented themselves with poise, commitment and enthusiasm.

Each applicant responded in a written application, was interviewed by Senior Leadership staff and then presented a speech to the year level cohort. It was a wonderful opportunity to embrace the calibre of students Mackay North State High School is so proud to present.

Our newly presented Junior Secondary Leaders will begin their role by leading initiatives within the school, leading year assemblies and presenting at information evenings. They will be provided with a range of leadership activities and will also be provided with opportunities to develop their skills in leadership. They are: Benjamin Mandall, Ellie Nixon, May-Lee Wilson, Taniesha Williams, Mickeeley Sippel, Bradman Harvey, Tate Obst, Reanna Quinn, Dana Costigan and Hayley Berck.

Congratulations Junior Secondary Leaders.

**Our Celebrations**

Our Japanese students competed in the Matsuura-Mackay Japanese Speech Contest on Tuesday evening and were very well rewarded for their wonderful talents; Alesha Britanico (Year 10) and Rinalda Aay (Year 12) were Highly Commended and Year 11 student, Dominic Albertson won first place in his category.

Thank you to our excellent staff from the Japanese faculty especially Kate Zaghini.

Our athletics students competed in the District Athletics Carnival held here at North on Thursday and Friday and whilst we know we have had some wonderful results I will await confirmation of all events prior to publishing.

Many staff and families spent much of last Saturday at the School Working Bee and we thank everyone for their contributions as the school readies itself for the 50th Anniversary events.

**Junior Secondary**

We are continuing our final preparations and plans for the construction of the P & C funded Covered Area, between the Administration Block and the First Year Centre (soon to be renamed the Junior Secondary Precinct). Once this construction gets underway we will be able to complete plans for the construction of the decked area which will be utilised as an outdoor learning area, lunch area and waiting zone for parents of our new students.

We have also recently had delivered our three new flagpoles to be placed at the front of the school, where the Australian Flag, the Australian Aboriginal Flag and the Torres Strait Islander Flag will fly daily.

Our next P & C meeting is Monday 18 August at 6.30pm in the library; please take the time to come along and learn more about the School. We are currently seeking a president, if you are interested in learning more about this role please do not hesitate to contact me.

Jennifer Skeahan
PRINCIPAL
Senior Schooling Update

Academic reviews commenced this week for all Years 11 and 12 students. These reviews are done at significant junctures (the end of each semester), as a means of providing guideposts for you and your student as to how they are progressing along their chosen pathway, to their destination at the end of Year 12. The sheets they will bring home from these reviews will show your student’s predicted QCE (Queensland Certificate of Education) progression, and where appropriate, their provisional OP range and a “bubble graph” showing their position in each class.

These reviews started last week with students completing their Learning Processes Self Review to identify those learning strategies they are doing well at school and at home, and those they can improve on. Students this week are to now check at the Senior Centre to find the teacher with whom they are doing their academic reviews and then take their Learning Processes Review sheet to that staff member who will then discuss your student’s progress with them, affirming what your student is doing well and what they can work on.

All this information used together; your students report card, their Learning Process sheet, QCE progression, provisional OP and class position provide a detailed picture of how your student is progressing and what they can do to continually improve their results.

Mr Tim Condren
Senior Secondary Deputy Principal

If you have any questions in regards the Senior School:
Tim Condren, Deputy Principal (11/12) tcond11@eq.edu.au
Jane Grieger Deputy Principal (10) jgrie16@eq.edu.au
Ian Beanland, Head of Senior School ibean1@eq.edu.au

Try Trade 2014 Program

Mackay North SHS Year 10 students with Michael Williams from Global Welding.

Week 3 of the program saw our students undertaking a welding project at school with the help of Michael Williams from Global Welding under the direction of John McFadyen from Cigweld and with mentor teacher Mr Richard Sambell.

This anvil project was donated by Expert Laser Solutions and is the first welding project for our Try Trade students. The students completed safety training initially and then practiced their welds until they were competent in completing their project.

QKFS Plus Kindy Support

Is your child eligible for Kindy and not attending because of cost?
QKFS Plus Kindy Support is a new funding scheme to reduce costs for families.
QKFS Plus Kindy Support replaces the Health Care Card and multiple births subsidies and extends support to include Aboriginal and Torres Strait Islander children.

To be eligible for QKFS Plus Kindy Support a family must either:
* hold a current Health Care Card, Veterans Affairs Card or Australian Government Pension Concession card with automatic Health Care Card entitlements, OR
* identify as Aboriginal or Torres Strait Islander (or have a child who does), OR
* have three or more children, of the same age, enrolled in the same year. QKFS Plus Kindy Support will be provided directly to services to help reduce out-of-pocket expenses for eligible families.

Please contact your local Kindy to talk about your costs for enrolling your child.

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Please contact your local Kindy to talk about your costs for enrolling your child.
Would you like to be part of Mackay Engineering College? If you do and you would like to submit an application of enrolment simply go to www.mec.eq.edu.au (click on Enrolments tab - download the Application Form for Mackay Engineering College) or see your Manual Arts Department and they will be able to issue you with an Enrolment Application Form which you must submit by the 10th October 2014.

What Makes the MEC Stand Out?
- Industry standard work shop, machinery and training rooms
- Industry standard trainers
- Preparing students to be work ready
- Strong focus on safety
- Strong links with the local industry and business
- Structured work placement

What does Mackay Engineering College offer?
- Certificate I Engineering
- Certificate II in Engineering Pathways
- Computer aided drafting
- Introduction to Mechanical & Fabrication Trades
- Work Placement for students
- Skill Development for Employment Program
- School-based Apprenticeships & Traineeships (SATs)
- Try Trade Program for year 10s

Mackay Engineering College is an industry standard facility developed by the five Education Queensland high schools in the Mackay Region, in partnership with Registered Training Organisations (RTOs), Universities and Industry Partners to provide entry level career pathways into the manufacturing and engineering industry. Students attend one day per week in conjunction with their standard school studies.

If you require any further information about Mackay Engineering College please contact Frank Duthler (Head of Mackay Engineering College) on 0467 705 992 or Sylvia Warren (Business Manager Mackay Engineering College) on 0467 702 981 or 4898 0333. Or you can email your queries to Frank Duthler fduth3@eq.edu.au or Sylvia Warren swarr33@eq.edu.au or contact Mr Gary Collins or Mr Richard Sambell from your school.
Here are our North Stars for the end of Term 2 and beginning of Term 3. Congratulations everyone!

<table>
<thead>
<tr>
<th>Year 9</th>
<th>Year 10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wade Phillips-Brown</td>
<td>Kassandra Powell</td>
</tr>
<tr>
<td>Tahlia Luttgens Chard</td>
<td>Ashlee Watson</td>
</tr>
<tr>
<td>Isabel Mehaffey</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>Jacob Anderson</td>
<td>Cameron Hiskens</td>
</tr>
<tr>
<td></td>
<td>Bianca Lowth</td>
</tr>
</tbody>
</table>

**Matsuura-Mackay Japanese Speech Contest**

This Tuesday evening, three of our students from the Senior School participated in the inaugural Matsuura-Mackay Japanese Speech Contest at Central Queensland University. The contest was held in honour of the 25th anniversary of Mackay’s sister city relationship with Matsuura and the theme was Celebrations. Our students competed against others from Holy Spirit College and St Patrick’s College, with great results. Alesha Britanico (Year 10) and Rinalda Aay (Year 12) were Highly Commended, with Rinalda also being awarded a runner’s up prize of a sports camera donated by Mitre 10. Year 11 student Dominic Albertson won first place in his category and received a monetary prize of $250, donated by the Sister City Advisory Committee. Our three competitors did the school proud with their efforts. おめでとうございます ~ Congratulations!

Pictured L-R: Rinalda Aay, Ms Zaghini, Alesha Britanico, Dominic Albertson

**A Recollection from a Member of Grade 8 of 1964**

It was with great excitement and anticipation I arrived for my first day at the newly built Mackay North State High School on Tuesday 28th January 1964. Most noticeable was the unfinished buildings, lack of furniture and lots of mud in which bicycle wheels were sinking (due to the annual wet season). There were two buildings (100 block and Manual Arts).

I was one of around 100 North High students commencing Grade 8 for the first time in a secondary school; long-lasting friendships were quickly made and have continued for the past 50 years. It is a tradition to get together for a pre-Christmas lunch and at other times of the year.

Those first years were most enjoyable and I have maintained an association with the school, with my two sons and a granddaughter, Hayley currently in Year 10, also students of North High. [Hayley is 15 yrs Girl Champion athlete for 2014 – see the athletics report]

I look forward to joining in the 50th anniversary celebrations this month.

Cheryl Heel (Voltz)

25TH ANNIVERSARY OF MACKAY NORTH STATE HIGH 1989 (1964 STUDENTS) GAIL LAIRD; IVY JENSEN; DIANNE WOODS; MARY FIELD; CHERYL ADAIR; COLLEEN STEVENS; JOYCE LOVE; AVIS STEVENS; LINDA CALLIGAN; GAIL TEMPLETON
INTERHOUSE ATHLETICS CARNIVAL

In 1965, Mackay North State High School held its first Athletics Carnival and saw Fitzgerald have the prestige of being the first house to win an Athletics Carnival. As North celebrates its 50th year, would the result be repeated?

Over the first two weeks of term, students competed in lunchtime events and also a preliminary day in many athletic events, which built the hunger for glory at the Athletics Carnival on Friday 25th July. After these early events, Norris had a lead of approximately 90 points over Spiller, followed by Bagley then Fitzgerald. With Spiller keener than ever to win their first carnival since 2008, Bagley hungry to repeat their success of 2013 and Fitzgerald looking to re-write history, Norris had their work cut out for them.

The day began with a stirring speech from the House Captains to their fellow team mates to gain the upper hand in the participation stakes – a strategy which has won many a carnival. Early on it looked like the army of Norris frogs had the participation, however some results would not go their way as Bagley and Spiller clawed their way back. Over hurdles and around the track they went, before some battles were had in the 100m sprint. Some quick times were seen and the winners took part in the Bromiley Gift. This is a handicap race over 100m to see who is the fastest sprinter in the school. The race (and the oval) bear the name of long-serving staff member, Mr Graeme Bromiley, who had a very keen interest in all things athletics. In the 3rd running of this race, there was the first male winner – Steven McGiffin, who started off a handicap of 3.7m. Steven and Mr Bromiley are pictured above.

After the excitement of the 100m, students then competed in the remaining events including the 200m, 1500m and the 4x100m relay. To finish the day, the House Captains challenged the teachers to a relay – no prizes for guessing who won that...

In the end, it was Norris who ran, jumped and threw their way to a narrow victory – only 8 points! – over Bagley. An unlucky Bagley had fought hard and nearly overcome a 150 point deficit at the beginning of the day. Spiller’s enthusiasm throughout the day saw them finish in third, and Fitzgerald could not repeat the victory of 1965 and finished in 4th.

A special congratulations goes to Megan Eisenmenger and Georgia Sellings who broke records during the carnival. Some of these records have been long standing at North and to better the standard was a massive achievement. Their records are overleaf.

Approximately 90 students were selected in the Mackay North SHS team to participate in the Mackay & District Secondary School Sports Athletics Carnival was held at school on Thursday 7th & Friday 8th August. To all of the students competing did yourselves and your school proud. Congratulations! Results will be in a later issue of NorthNews.
2014 INTERHOUSE ATHLETICS CARNIVAL RESULTS

AGE CHAMPIONS

<table>
<thead>
<tr>
<th>AGE</th>
<th>BOYS</th>
<th>GIRLS</th>
</tr>
</thead>
<tbody>
<tr>
<td>13yrs</td>
<td>Benjamin Mandall (Spiller)</td>
<td>Paige Steindl-Corrie (Fitzgerald)</td>
</tr>
<tr>
<td>14yrs</td>
<td>Jarrod Jones (Bagley)</td>
<td>Georgia Sellings (Norris)</td>
</tr>
<tr>
<td>15yrs</td>
<td>Todd Lichtenwohrer (Fitzgerald)</td>
<td>Hayley Heel (Spiller)</td>
</tr>
<tr>
<td>16yrs</td>
<td>Josiah McCarthy (Spiller)</td>
<td>Sara Storeshaw (Bagley)</td>
</tr>
<tr>
<td>17yrs</td>
<td>Steven McGiffin (Norris)</td>
<td>Tess Van Der Veen (Fitzgerald)</td>
</tr>
</tbody>
</table>

RESULTS

<table>
<thead>
<tr>
<th>BOYS</th>
<th>GIRLS</th>
<th>OVERALL</th>
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<tbody>
<tr>
<td>NORRIS</td>
<td>1267</td>
<td>1</td>
</tr>
<tr>
<td>SPILLER</td>
<td>1234</td>
<td>2</td>
</tr>
<tr>
<td>BAGLEY</td>
<td>1131</td>
<td>3</td>
</tr>
<tr>
<td>FITZGERALD</td>
<td>878</td>
<td>4</td>
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RECORDS SET IN 2014

(Note: all Girls)

<table>
<thead>
<tr>
<th>OLD</th>
<th>NEW</th>
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</thead>
<tbody>
<tr>
<td>EVENT</td>
<td>NAME</td>
</tr>
<tr>
<td>14yrs Girls Long Jump</td>
<td>J. Heel</td>
</tr>
<tr>
<td>14yrs Girls Triple Jump</td>
<td>S. Mackenzie</td>
</tr>
<tr>
<td>14yrs Girls 90m Hurdles</td>
<td>E. Viti</td>
</tr>
<tr>
<td>16yrs Girls Triple Jump</td>
<td>A. Pratt</td>
</tr>
</tbody>
</table>

QUEENSLAND CROSS COUNTRY CHAMPIONSHIPS

At the recent Queensland Cross Country Championships, Year 11 student Josiah McCarthy competed as part of the Capricornia team in the 16yrs Mens team. His team finished 3rd in the relay. This continues the great results that Josiah has been achieving over the longer distances this year, at both school and club level. Congratulations Josiah!
PERFORMING ARTS NEWS

50TH ANNIVERSARY CONCERT

As a special part of our school's 50th Anniversary celebrations, the music students have been requested to present a concert on **Friday night, August 22 in our hall from 7.00 – 8.30pm** to mark the commencement of the weekend of festivities. This is indeed a privilege for our current students as there will be former North High students in attendance from all over Australia as well as overseas.

All music ensembles (including the vocal ensemble and marching band) will be performing at this concert. The night will begin with the marching band and finish with the school song.

Admission is a $10.00 donation for adults (includes a drink and finger food) and school age children (and younger) are free. Please do come along – it'll be a great night of entertainment featuring very significant repertoire from down through the years.

IMPORTANT REHEARSAL – FRIDAY AFTERNOON, AUGUST 22

There are a couple of surprise items planned for the Anniversary Concert – and to rehearse these, it will be necessary for **ALL** members of the senior/intermediate concert bands and the string orchestra to rehearse on the Friday afternoon in the hall.

Non marching band students will be able to leave by 4.00pm and the marching band students will finish at 4.30pm.

Kathy GEORGE
HOD – Performing Arts

ARTWORK OF THE MONTH
YEAR 12
WIRE SCULPTURES

PROM PRINCESSES 2000

**Back L – R** Janice Scott, Jade Smith, Kylie Howard (daughter of former teacher, Mr John Howard), Carla (Surname unknown)

**Front L – R** Tida (a Thai exchange student), Fiona Saxby (daughter of long serving P & C President, Mr Brian Saxby), Sarah Chenery, and Krystal Fraser (formerly Cole, now CTC Tutor at North)
IMPORTANT IMMUNISATION REMINDER

All students should now have had their first and second Human Papilloma Virus (HPV) vaccination to be on schedule for round three in October. Those students who missed any immunisations at school and did not catch up at Child Health during the holidays will need to make arrangements through their GP.

Vaccination dates for Term 3 are October 14 for Year 10 and October 28 for Year 8.

Students that were in Years 8 and 10 last year (2013) will also need to contact their GP to finalise outstanding HPV, Hepatitis B and Boostrix vaccinations. This must be done by December 2014 or parents will be required to pay for the costly vaccinations as students will no longer be covered by the National Immunisation Program.

If your child is new to the school, you need to provide evidence of their immunisation history so they are eligible for the next round of school vaccinations. You can contact me via email: rarch48@eq.edu.au or, alternatively, phone Child, Youth and Family Health on 4968 3863.

For more information on the School-based Immunisation Program please visit either of these Queensland Government websites:

YEAR 9 GIRLS – SCOLIOSIS SELF-DETECTION PROGRAM

On Tuesday, August 5, I gave all Year 9 girls a brochure with information on Scoliosis and how you, as parents, can play a part in this health promotion program. It only takes 30 seconds! The school-based screening program has been discontinued and the Spine Society of Australia has designed a brochure to make parents of schoolgirls aware of the outward signs of scoliosis.

Scoliosis is a sideways curve of the spine that usually develops during early adolescence when growth is most rapid. If treatment is required, the earlier it is undertaken, the better the long-term result. If, after reading the brochure a student or her parents think the student has this condition, please consult your family doctor.

You can get more information at: http://www.scoliosis-australia.org/

YEAR 9 CONTRACEPTION TALKS

As part of the Year 9 curriculum I have been asked to speak to Year 9 students regarding contraception and “staying safe”. I use the Family Planning Contraceptive Kit to show students the different forms of contraception available and discuss sexually transmitted infections. Students have been encouraged to talk to their parents if they have any questions but I let them know I am available as well. All students were given a postcard with the Qld Government “I Stay Safe” website recommended for teenagers – have a look please take a look at the site!

Thank you for taking the time to read these notices and support the healthy growth and development of your children.

Rachel
School-based Youth Health Nurse
**North High P & C**
**Supporting Student Achievement**

For more information contact:
Sherri Savage at the school

P & C Meetings are held in the school library from 6.30pm every 3rd Monday of the month

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**DATES FOR THE SCHOOL YEAR**

Term 3: Monday 14 July – Friday 19 September (incl)
Term 4: Tuesday 7 October – Friday 12 December (incl)
   Monday 20 October – Student Free Day
   Friday 21 November – Last day – Year 12
   Friday 28 November – Last day – Years 10 & 11

In 2015 all State Schools will re-open for classes on January 27.

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

---

**THE ART AND SCIENCE OF TEACHING**

**WALT, WILF & TIB**

These are the acronyms that your student will see every day on the board in their classrooms.

- **WALT** *(We are learning to …)* the teacher identifies the learning intentions/goals at the start of each class.
- **WILF** *(What I am looking for …)* the teacher identifies what is required to achieve success with the learning goal.
- **TIB** *(This is because …)* the teacher identifies the connections with the learning goal, giving meaning to the work being covered in the lesson.

---

**EXPLICIT INSTRUCTION**

*I do…; We do…; You do…*

Your student will see these words every day in their classrooms.

*I do…*  **ACTIVE LISTENING**
*We do…*  **WORKING TOGETHER**
*You do…*  **BY MYSELF**

---

**Working Bee - Thank you**

Dear Parents/Guardians

Thanks so much to people who gave up their precious time to help out with gardening at the Working Bee last Saturday. Numbers were down this time so we didn’t get all our jobs done but there is certainly a big improvement around the grounds. I understand that Saturday is a very busy day for a lot of people, particularly those with kids, so I am very grateful to people who found some time to help us out.

Regards
Sherri Savage
Secretary - MNSHS P and C

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**Is this American, International, Men’s or just plain Basketball?**

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1970 OPEN RUGBY LEAGUE TEAM

IMPORTANT DATES TO REMEMBER

<table>
<thead>
<tr>
<th>TERM 3</th>
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<tbody>
<tr>
<td>Week 4</td>
<td>Thurs 7 August</td>
<td>Australian Maths Comp</td>
</tr>
<tr>
<td></td>
<td>Thurs 7 and Fri 8 Aug</td>
<td>Interschool Athletics</td>
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<tr>
<td>Week 5</td>
<td>Sun 10 – Wed 13 Aug</td>
<td>Year 11 Geography Trip</td>
</tr>
<tr>
<td></td>
<td>Mon 11 Aug</td>
<td>QCS Practice</td>
</tr>
<tr>
<td></td>
<td>Tues 12 – Wed 13 Aug</td>
<td>Sailing Excursion SEP</td>
</tr>
<tr>
<td></td>
<td>Wed 13 Aug</td>
<td>Careers Market</td>
</tr>
<tr>
<td>Week 6</td>
<td>Wed 20 Aug</td>
<td>Shake and Stir</td>
</tr>
<tr>
<td></td>
<td>Fri 22 Aug</td>
<td>Titration Competition</td>
</tr>
<tr>
<td></td>
<td>Fri 22 – Sun 24 Aug</td>
<td>50th Anniversary Celebrations</td>
</tr>
</tbody>
</table>
### INTERHOUSE SPORTS WINNERS SINCE 1964

Gaps in results means that particular Carnivals were not held in that year.

<table>
<thead>
<tr>
<th>YEAR</th>
<th>ATHLETICS</th>
<th>CROSS COUNTRY</th>
<th>SWIMMING</th>
<th>YEAR</th>
<th>ATHLETICS</th>
<th>CROSS COUNTRY</th>
<th>SWIMMING</th>
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<tr>
<td>1964</td>
<td>FITZGERALD</td>
<td></td>
<td></td>
<td>1990</td>
<td>SPILLER</td>
<td>FITZGERALD</td>
<td>SPILLER</td>
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<tr>
<td>1965</td>
<td>FITZGERALD</td>
<td></td>
<td></td>
<td>1991</td>
<td>NORRIS</td>
<td>SPILLER</td>
<td>SPILLER</td>
</tr>
<tr>
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### Cross Country Races through the years

**Polaris 1970**

“This year’s cross country course was one richly endowed in mud. At some places the mud was three feet deep and about twenty-five feet across. This, coupled with long stretches along the river rocks and the long drag up Mt Oscar, the course was designed to test the competitors. There were even added hazards of herds of wild cows and marauding bands of ambushing mud-slingers.”
Mackay Surf Lifesaving Club Open Day
August 31st, 10am – 2pm
Mackay Harbour Beach

Join the nippers, our nipper sessions are held on Saturday afternoons and focus on teaching kid’s beach safety and surf skills in a fun and active environment. Children from 5 years of age can become a nipper.

Mackay Surf Lifesaving Club offers its members Education and Training with the opportunity to attain nationally recognised awards including Bronze Medallion and First Aid qualifications, and a further opportunity to become a Volunteer Lifeguard.

Mackay Surf Lifesaving Club offers a competitive sports program from the beach to the surf and the adrenalin pumping IRB racing, with volunteer run coaching and training sessions.

Want more information? Come along to the clubs open day we will have members available to answer your questions and show you around the facilities, as well as games, activities and demonstrations. You can call us on 4955 5630 or email mackayslsc@bigpond.com

Our doors are open
2014 Surf Club Open Day
Sunday 31 August 2014 | lifesaving.com.au/open-day
Mackay District Junior Rugby Union
2014 Season
Its Time to get into Rugby!

- Starts Friday 29th August
- 10 week season (with three week break over September School holidays)
- Great Friday night Family Friendly Atmosphere
  - Open to Boys and Girls
  - All games at Quarry Hill
- $95* player registration includes training shirt
  (*Discounts for Siblings, Rookie to Reds & Country Muster Players and Qld Government ‘Get Started’ funding available)

U6s (2008, 2009): 4pm til 5pm (includes training)
U8s (2006,2007): 4pm til 5pm (includes training)
U10s (2004,2005): 5pm til 6pm (includes training)
U12s (2002,2003): 6pm til 6.45pm (training mid week)
U14s (2000,2001): 6.50pm til 7.25pm (training mid week)
U16s (1998,1999): 7.30pm til 8.35pm (training mid week)

SIGN ON at Quarry Hill
5pm til 6pm Fri 15th & 22nd August
Or online at

Stay up to date by liking our facebook page, search "Mackay District Junior Rugby Union".
Contact us at secretary.mdjru@gmail.com

Proudly Supported by: