SPECIAL AWARDS WINNERS FOR 2014

SCHOOL STUDENT LEADERS –

STUDENT COUNCIL EXECUTIVE

Kate Cook Georgia Ramsamy
Jack Atkinson Isaac Fitzsimon
Steven McGiffin

SCHOOL CAPTAINS

Tess Van der Veen and Aidan Stafford

THE RITA STRANGE MEMORIAL TROPHIES

CONCERT BAND AWARD – Thomas Mandall
CRESCEndo AWARD – Dominic Albertson

DRUM MAJOR AWARD – Zoe Eisenmenger

DRAMATIC ARTS ENCOURAGEMENT AWARD – Lisa Grech

KAREN JACOBSEN AWARD FOR CULTURAL EXCELLENCE – Aisa Rodgers

PSW EXCELLENCE BURSARY (Cultural) – Jordi Scott

McKAY'S SOLICITORS LEGAL STUDIES ACHIEVEMENT AWARD – Charlotte Lambert

JAMES BIDGOOD SOCIAL SCIENCE & HUMANITIES AWARD – Georgina Jansen

THE IAN LUCK YEAR 8 ALL-ROUNDER AWARD – Dana Costigan

ADF LONG TAN LEADERSHIP & TEAMWORK AWARDS

YEAR 10 – Tahlia Flyen
YEAR 12 – Tess Van Der Veen

SCOPE WOMEN’S LEADERSHIP BURSARY – Claire Kelly

HOWW Z CLUB SERVICE AWARD – Madi Green

GRINDERS CORPORATE CATERING HOSPITALITY AWARD

YEAR 11 – Samuel Goodwin
YEAR 12 – Ryhs Kurtz

EXCELLENCE IN VOCATION EDUCATION AWARD – Nicole Donovan

NUNYARA SCIENCE AWARDS

JUNIOR – Michaela Cameron
SENIOR – Ningxin Zhanghou

LIONS CLUB BURSARY (Mackay North Lions) – Jonelle Christensen

ROTARY AWARD (Mackay Sunrise Rotary) – Isabel Crothers-Stomps

INDIGENOUS ARTS ENCOURAGEMENT AWARD

JUNIOR – Jasmine Lumb
SENIOR – Benjamin Netuschil

DAWSON MEDAL – Kate Cook

SPECIAL EDUCATION UNIT AWARD – Timothy Millers

SPIRIT OF NORTH HOUSE CUP – Spiller House

CITIZENSHIP ACHIEVEMENT AWARD – Ashleigh Christensen

CALTEX ALL-ROUNDER – Steven McGiffin

TONY WILLIS CHEMISTRY AWARD – Ningxin Zhangzhou

JUNIOR DUX and MARVIC ACADEMIC BURSARY – Michaela Cameron

DUX OF THE SCHOOL and TODD MAYCOCK BURSARY – Ningxin Zhangzhou

Congratulations to all award winners.
Opti-GALS off to New Zealand!

Fundraising is running smoothly, donations are rolling in, and the regular Icy Cup days are reeling in the dollars to ensure our Opti-MINDS team WILL make its way to Auckland on November 20th! One unique fundraising event hosted by the team will see teachers “tagged” by students to either “run”, “roll” or “reel” twice around the oval on Friday, November 14th. Thanks to our generous school community benefactors and supportive students, our Year 9 team is ready to represent our school, our state and our country at the Opti-MINDS cultural exchange in Waitara, New Zealand. This Opti-ADVENTURE will see students accommodated in a magnificent, traditional ‘Marae’, work together with local students and experience the warmth of genuine Maori hospitality. The ‘Marae’ is the traditional meeting house of the Maori people and is considered to be a sacred place where customs and protocols must be observed. Highlights will include the traditional Maori Greeting, storytelling sessions by the local Kaumatua (elders), a traditional ‘hangi’, and a bus trip through the mountains and to New Plymouth. It is a Maori custom to sing at the start and close of a gathering in order to bring everyone into harmony. Imagine the energy that will be generated by a bus full of Opti-Ambassadors as they practice their songs on the five hour bus trip from Auckland to Waitara on Friday, 21st November. We’ll be in touch. Check back soon for Opti-STORIES and photographs.


If you would like to donate to the Opti-FUND, please email either Helen Kajewski (hkaje2@eq.edu.au) or Sue Ilich (silic4@eq.edu.au) or contact the school on 4963 1666.

### Donation Tracking Log

**Opti-MINDS NZ**

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<td>Katrina Ilich</td>
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Thank you so much to the generous people who have already donated to help get us to New Zealand. We will report back here with lots of news after our return on Nov. 26th.

The Optiminds Girls
Awards Ceremony

Last Wednesday we had the privilege of acknowledging the outstanding work of our students at our Annual Awards ceremony. While I am proud of all our students it is great to reflect on the outstanding achievements of these students on these occasions. We awarded subject prizes, cultural and citizenship awards. We recognized many students on this night, similarly at the Sports Awards evening on Friday, we again celebrated the excellent efforts of many very talented young people.

Future Leaders

Our Year 11 students with leadership aspirations completed the challenge to be announced School Captain for Mackay North SHS on Thursday. There were so many worthy applicants, they are a credit to their families and we are very proud of them all.

At the Valedictory Assembly we were very pleased to announce Holly Ryan and Kyle Costigan as our new leaders. Congratulations; we look forward to having you be the leaders of our student body in 2015.

We were exceptionally pleased with the extensive list of excellent candidates offering their services to be part of the Student Council Senior Executive. From this list we are very proud to announce our six Student Council leaders for 2015 (in no particular order) will be: Dominic Albertson, Lachlan Webb, Emily Whitehead, Isobel Crothers-Stomps, Karrie Hayward and Josiah McCarthy. We congratulate them and look forward to working with a strong and confident team who we know will represent our student body well.

World Teacher’s Day

On Friday we celebrated World Teacher’s Day. We reflected on the powerful difference teachers make in the lives of young people and their families. At this school we are pleased to have a dedicated staff who take pride in their work. We thank all our teachers on this day.

End of the School Year

As our Seniors come to the end of their formal schooling days, we know that there will be mixed feelings for all of them as they come to the realisation that twelve years of schooling are finishing. There have been so many wonderful successes for so many of our students and they are well on their way to the next journey of their life. For some students there are still decisions to be made as they find their way in the world and still others who would like to stay within the secure environment of the school bounds. Therefore I would ask that we all look out for all of our students especially during this time of change. They need supporting, guiding and sometimes even re-reminding that there is a new life ahead and decisions they make need to be clearly considered during the looming celebratory times.

We wish all our students well in their final exams and congratulate them all on this milestone of their life.

Junior Secondary

Our Junior Secondary preparations are continuing well, with further collaboration with our colleagues from the Primary sector who are joining us next year. Our focus on Quality Teaching has been relentless throughout the year and we have made much progress across the school with our whole school pedagogy, The Art and Science of Teaching and also with the Regional pedagogy, Explicit Instruction. We are very excited to be welcoming Year 7 students at Mackay North State High School in 2015.

Our aim for the whole school is 95% attendance!

It is important we remain focused until the last day of school. An unexplained absence of a student from school can lead to a number of issues both socially and academically. Every day is essential, every lesson is crucial to success and every student is our focus. Please make sure your student is not letting the North team down.

Respectful  Resilient  Confident

These are the values we would like all our graduates to have when they leave Mackay North SHS.

Our next P & C meeting is Monday, 17th November; 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
Congratulations to our latest recipients…

**Year 9**

Genevieve Lambert
Week 5
Genevieve was nominated for her involvement in the Optiminds team.

Meghan Malone
Week 5
Meghan was nominated for her involvement in the Optiminds team.

Latesha Tuinenburg
Week 6
Latesha was nominated for her consistent effort and great attitude in English.

**Year 10**

Cameron Ballis – Week 5
Cameron was nominated for his effort and behaviour in English.

Apryl Aperios – Week 6
Apryl was nominated for being part of the Informal Committee.

**DATES FOR THE SCHOOL YEAR**

**Term 4:**
- Friday 21 November – Last day – Year 12
- Friday 28 November – Last day – Years 10 & 11
- Friday 12 December – Last Day – Years 8 & 9

School recommences in 2015:
Tuesday 27 January 2015

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

**Make every day count in 2014**

Make 2014 the year when your child doesn’t miss a day of school. Research shows that students who have good patterns of attendance are more likely to achieve at school. If students aren’t at school or don’t stay the whole day, they are missing valuable lessons.

Check out the new Every Day Counts videos live on DETE TV. [http://www.youtube.com/DETQueensland](http://www.youtube.com/DETQueensland)

**TERM 4 DATES TO REMEMBER**

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<th>Event</th>
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<tr>
<td>7</td>
<td></td>
<td>Year 12 Exams Last day – Year 12 Friday 21 November</td>
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<tr>
<td>7/8</td>
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<td>Year 11 Exams &amp; Camp Last day – Years 10 &amp; 11 Friday 28 November</td>
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<td>9</td>
<td>Tuesday 2 December</td>
<td>Year 7 and 8 (in 2015) Orientation Day</td>
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<td>10</td>
<td>Monday 8 December</td>
<td>Year 10 &amp; 11 Report Cards issued</td>
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<td></td>
<td>Thursday 11 December</td>
<td>Year 8 &amp; 9 Report Cards issued</td>
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<td>Friday 12 December</td>
<td>Last day – Years 8 &amp; 9</td>
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**Fees and Resources**

Please ensure that all outstanding fees are paid now and all resources are returned to the school as directed by the classroom teachers. Students may not be eligible to participate in End-of-Year Activities if these conditions are not met.

**Email addresses & Mobile Phone Numbers**

All PARENT EMAIL ADDRESSES and MOBILE PHONE NUMBERS should be up to date on your child’s records at all times as we use them frequently for important and sometimes urgent contact with parents. This reflects the Department Duty of Care policy.
School-based Youth Health Nurse

With exams looming, I thought now would be a great time to remind all students (and sleep-deprived parents) about the power of sleep. It might be tempting to stock up on energy drinks but no amount of caffeine or guarana can compensate for the healing properties of a good night’s rest.

Here are a few facts you might not know:

- Seventeen hours of sustained wakefulness leads to a decrease in performance equivalent to a blood alcohol-level of 0.05% (so pulling an all-nighter before a big exam means you are effectively going in drunk).
- Tiny luminous rays from a digital alarm clock, mobile phone or TV screen can be enough to disrupt the sleep cycle even if you do not fully wake. The light turns off a "neural switch" in the brain, causing levels of a key sleep chemical to decline within minutes.
- Some people cope with a lack of sleep much better than others. But everyone who is very sleepy loses concentration easily and experiences mood changes. The usual mood changes are feeling more depressed and irritable.
- Teenagers need as much sleep as small children (about 10 hrs) while those over 65 need the least of all (about six hours). For the average adult aged 25-55, eight hours is considered optimal.

So how can you get the sleep you need when you’re stressed out about exams or life in general?

- Have a regular sleep pattern - try to go to bed at the same time every evening and get up at the same time every morning. This will help your body to work out a healthy sleep routine.
- Bed is for sleeping, not entertainment - television, computers and other distractions can interfere with your sleep. It is better not to sleep with your TV on. Your mind needs to be in the habit of knowing that if you are in bed, you are there to sleep. Don’t stay in bed if you are wide awake.
- Wind down and relax before going to bed - have a buffer zone before bedtime. Sort out any problems well before going to bed. This may mean setting aside a “worry time” during the day. Use this time to go over the day's activities and work out a plan of action for the next day. Try to avoid using your computer within one hour of bedtime. Exercise is fine, but not too late in the evening. Find a relaxation technique that works for you.
- Make sure your bedroom is comfortable - you should have a quiet, dark room with comfortable bedding and good temperature control.
- Avoid alcohol, caffeine and cigarettes - alcohol may help you to get off to sleep, but will disrupt your sleep during the night. Caffeine (tea, coffee, cola drinks) and the nicotine in cigarettes are stimulants that can keep you awake.
- Don’t lie awake watching the clock -watching the time on a clock just makes you anxious about not being asleep. If possible take the clock out of your bedroom. If you need the clock for the alarm, turn it around so that you cannot see the time.

If you are still having trouble sleeping, if you have persistent problems with mood, restlessness in bed, severe snoring or waking up unrefreshed despite what should be adequate length sleep, make sure that you go and see your doctor.

GOOD LUCK WITH YOUR EXAMS!

Rachel Archer
School-based Youth Health Nurse


50th Anniversary Christmas Art Union

1ST PRIZE  Ticket No. 3114  Bethany Rogers
2ND PRIZE  Ticket No. 2183  Andrew Wisewould
3RD PRIZE  Ticket No. 3116  Jason Devine

Congratulations! All proceeds will improve student facilities at North High.
WELLBEING UPDATE

Student wellbeing is an area of importance in Education Queensland, and at North High we are implementing a new program in 2015 which centres around the wellbeing of all our students. The program is to be called WAVE.

W – Wellbeing
A – Academics
V – Values
E – Education

Each WAVE lesson will assist students in one of the identified areas and will include guest speakers, performances focused on teen issues, goal setting and techniques on how to develop social, emotional and intellectual skills. Our overall aim is to allow the student the tools to become RESPECTFUL, RESILIENT and CONFIDENT citizens.

If you would like any more information on the WAVE program, please call me.

Mrs Lisa Veney
Acting Junior Secondary Deputy Principal

SEP students can achieve their goals and dreams

Australian National Gold Medal

Recently Shane Cooks was selected for the Special Olympics Queensland State Team to compete in the Special Olympics Australian National Games in Melbourne.

Shane played in the Men's A grade division 2 Basketball team against N.S.W, Victoria and ACT, winning all games, then played Victoria for the Gold Medal, winning 27 -23.

This Australian Gold medal now adds to Shane’s three Queensland Silver Medals

Special Olympics is a world wide organization, which has the World Games every four years. Shane is Squad Captain of the Special Olympics Mackay Region, Athlete Delegate, Captain Men's Basketball and Ten Pin Bowling Team. He has been selected to train as an Ambassador for Special Olympics; he will speak to service clubs and the public about sports and disabilities.

Being involved in Special Olympics has given Shane confidence and increased his self esteem.

I am proud of his achievement at school for which I thank Anne Clutterbuck and her very capable team in SEP and also his achievement in Special Olympics and his sports.

Contributed by:
Mrs Lynette Southerwood (Grandmother/Carer)

North High P & C
Supporting Student Achievement

MEETING: MONDAY 17 NOV

Our P&C is still in search of a President. If you see yourself or know of someone interested in this role, please make contact with a P&C member or call Sherri Savage at the school on Phone 49631666.

For more information contact: Trina Saunders 0414 480 737 kerry.trina@gmail.com

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

“CELEBRATION/GRADUATION NIGHT” for Year 12s

Mackay Engineering College held its Celebration/Graduation night on Monday 3rd November at CQU. The night was to congratulate our year 12s on their completion of their Trade training course and to award them for their performance over the 2 year course.

Mackay North State High School students who successfully completed the Mackay Engineering College program have obtained a Certificate I Engineering and a Certificate II Manufacturing with most students also obtaining a Certificate I Resources & Infrastructure Operations.

The graduating students from the MEC are: Sheldon Bates, Jayden Bugeia, Curtis Cheetham, Mark Chetcuti, Shaun Edwards, Jesse Fleming, James Harris, Zachary Manning, Kyle Peterson, Blake Purvis, Jacob Reynolds, Jesse Scott, Jarod Vella, Brandon Watts and Mitchell Worthington.

Certificates were presented to the team leaders: Mitchell Worthington and Jayden Bugeia.

The Mackay North State High School student with the best performance for 2014 was Mitchell Worthington. This was awarded to Mitchell as he showed excellent work ethic, commitment to task, and safety awareness throughout his time at Mackay Engineering College. Mitchell was presented with tools from Auslec, Whitlaw Tooling, BOC, Wallers Precision Tooling, and Total Fasteners.

Also awarded during the night was the most outstanding work experience student. This award was presented by Kylie Bollard of MRAEL to Jayden Bugeia. Jayden was nominated by Expert Laser Solutions.
Enrol Now
Mackay North State High School
In-catchment enrolments for Years 7 & 8 in 2015 are being finalised NOW!
For further information phone 49631666

Mackay North SHS Catchment Area
www.qgso.qld.gov.au/maps.edmap
28 Penn St, South Mackay
1pm - 4pm Friday 21st Nov 2014

We have over 12 displays of products & services relating to the local trades industry!

Giveaways, prizes & lots of information will be on display. For your ticket in the BIG giveaway prize, grab your ticket on entry.

Prizes include:

2015 Season Ticket CUTTERS Home Game

QUEST TOWNSVILLE (1 nights' accom. in a 1 Bedroom Apartment, valued at $264)

Half Vehicle Wrap Valued at $1000 Central Signs & Graphics

PORTERS promoting their Trade Reward Loyalty Card & iPod giveaway in November

CHASING THE JEFFREY performing Live!

THE CUTTERS free Sausage Sizzle