



MACKAY NORTH STATE HIGH SCHOOL

Issue 04 - 13 March 2023

We strive for the best

Newsletter

From the Principal

The year has got off to a flying start and our students are now busily completing assessments. Friday night saw our seniors at Mocktail, what a beautiful bunch of students! Lots of photographs and memories made! Year 12 really does fly past fast!



Our school offers such a wide range of opportunities for our students from the sporting field to the instrumental rooms. Our staff are a committed group of people who love providing the best of schooling to our students; and our students are definitely better for the opportunities. I'd like to thank our staff for their time, commitment and energy in providing these amazing options and spending their time investing in your child. If you get the chance, please thank the staff for their time, they really do go above and beyond.



Harmony Day is coming next week- Tuesday 21st of March-our Student council has been busily preparing for this and making sure that our students have a day to remember.

Date Claimer: Our annual May Fair is going to be held on Friday the 19th May. Stay tuned for more information.

P and C AGM : We all live busy lives but being a part of our child's education journey is an investment you will not regret. Our P and C needs you! Please attend our AGM on Monday the 27th March.

CONTACT US

57 Valley Street North Mackay QLD 4740

PO Box 8333 Mount Pleasant QLD 4740

Phone: 07 49631 666

Email: principal@mackaynorthshs.eq.edu.au

Website: <https://mackaynorthshs.eq.edu.au>

Facebook: <https://www.facebook.com/Mackay.North.SHS>

Instagram: <https://www.instagram.com/mackaynorthshs/>

IMPORTANT DATES

Year 12 Block Exams	9 - 14 March
NAPLAN	15 - 27 March
P&C AGM Meeting	20 March
Choral Festival	27 March
Cross Country	31 March

One Punch Can Kill

On Tuesday March 28, Tim Class-Auliff from the One Punch Can Kill organisation will be visiting Mackay North SHSH to give a presentation to year 7-10 around the immediate and ongoing effects of violence. His presentation will draw upon his own personal experiences relating to the loss of a family member, effects felt on that day and the following weeks, months, years as well as consequences for perpetrators and bystanders. Tim will also present information about finding help for violent behaviour, strategies to relieve stress and assisting friends to make better choices.



Wellbeing skills for Students

Planning Your Time

While students' Personal Timetables serve the purpose of allocating their time to do what they have to do, they also need to learn how they are going to organise that time to complete it:

- learning how to plan and set time targets is the growth mindset they need to overcome these challenges
- they need to mindfully use their strengths to achieve the time targets they created
- Students need to set time target for tasks such as:
- completing unfinished learning from the school day
- practising further subject material to reinforce and consolidate the concepts in their minds. (If they can do it at home on their own, then they know it.)
- connecting with and applying new knowledge learned to new situations.
- revising and practising what they have learnt to build strong and fast brain pathways
- reviewing notes from class in a structured manner; time targets are a must here.
- going off on tangents which interest them and investigating new possibilities to explore and experiment with.
- reading, researching, evaluating, reflecting, thinking and imagining.

Being able to plan and set time targets to accomplish what they set out to do broadens and engages their attention by connecting them with themselves and the moment to reduce anxious feelings.

"To master your time is to master your life." Alan Laekin

Prioritising

Prioritising is a self-regulation skill and strength which enables students to use their time more effectively:

- Mindfully reflecting on and then arranging their daily/ weekly activities and commitments in order of importance broadens their attention and engagement with what they are doing and need to do
- learning to prioritise gives them tools to develop growth mindsets to overcome setbacks and challenges
- most students find it very difficult to apply themselves to Home Learning/ Study unless it is planned ahead of time

The spontaneous approach of just letting it happen doesn't work.

To prioritise their activities, the Musts and Options is an effective Thinking Tool to use and it provides them with a valuable perspective on the activities they participate in which may include:

- Sport training
- Part-time jobs
- Study, reading and home learning
- Socialising and networking with friends
- Favourite television shows and games
- Family commitments
- Daily exercise and leisure activities

The learning of prioritising supports the development of their brain capabilities and enables students to mindfully practise using the character strengths of perspective, judgement, self-regulation and zest. Discussing these strengths in action is a way to develop students' brain pathways and willingness to use their strengths in everything they do.

"I do the very best I know how, the very best I can; and I mean to keep doing it to the end." Abraham Lincoln

The Art - Music News

MARCHING BAND TRIP TO THE STATE ANZAC PARADE

It has been extremely pleasing to see the level of enthusiasm and support from our Year 8 – 12 instrumental students for our 2023 Marching Band trip to the State ANZAC Parade in Brisbane. We can take 88 students, and 81 of these available places have been quickly filled by Year 8 – 12 students.

This is unfortunate for the large number of Year 7 students who desperately also wish to go, but they will have another five years ahead of them. Last Monday seven lucky Year 7 students were given offers to go on the trip. For those students who have missed out, there is still the option for parents to take them to Brisbane and they can join us on the march. Many families in the past have done this. If your family does decide to do this, please let me know so I can ensure you know all the arrangements.

For students who are going on the trip, please note the following points:

- The remaining \$560.00 for the trip is due **on Friday – Friday, March 17** as detailed on the original letter
- Students going on the trip all need to have a marching band polo shirt. We have a small number of second hand polo shirts for sale in the music faculty for \$20.00. Otherwise, you will need to order one from Uniform Solutions in Sydney Street and **the deadline is March 20.**
- The first mandatory rehearsal for the WHOLE Brisbane marching band is **Friday, March 24 until 4.30pm**. Students will be marching outside, so hats are advised.

The Year 7 students have done a wonderful job in their marching band training on Friday afternoons. They have worked extremely hard and their progress has been most impressive – along with their impeccable behaviour and work ethic. Their final training afternoon is this Friday – Friday, March 17 until 4.00pm.

VOCAL GROUP PERFORMING IN KMEIA CHORAL FESTIVAL – MONDAY, MARCH 27

The vocal group's first performance for the year is at the **KMEIA Choral Festival**. This is always a very popular event and this year, we have two renowned guest choral conductors working with the primary and community choirs - Dr Anthony Young and William Brown. Our vocal group students will be required to attend the Sunday afternoon rehearsal at the Mackay Entertainment Centre. On the Monday concert night, our students will need to be at the MECC at **5:15pm** (subject to change) for a final rehearsal. Tickets for the public are available at the MECC.

Full cultural uniform is needed for the concert. If you need to purchase a cultural uniform, there are a limited number of second hand uniforms available from our Music Department. New uniforms are available from **Uniform Solutions** in Wood Street.

Students will need to bring their music in a black display folder.

WORKSHOP

WHEN	Sunday 26th March
TIME	1pm – 4:30pm (students are to arrive no later than 12:45pm)
WHERE	MECC Foyer (<i>Mackay Entertainment and Convention Centre</i>)
DRESS	Smart casual clothes
WHAT TO BRING	Pencil, music in a black display folder, water and a snack, jumper (due to the air conditioning)

PERFORMANCE

WHEN	Monday 27th March
TIME	Concert Rehearsal 5:15pm – 6:45pm (compulsory)

Link and Launch

Completed Year 12 and still not sure what study, work or training is right for you? Link and Launch can help you discover opportunities you didn't even know you had!

Listen to Abeli talk about how Link and Launch helped him find his way, and then visit www.qld.gov.au/linkandlaunch to learn more.

Call or text Link and Launch officer, Jodie Ballard on 0491 222 714 to talk about your pathway.

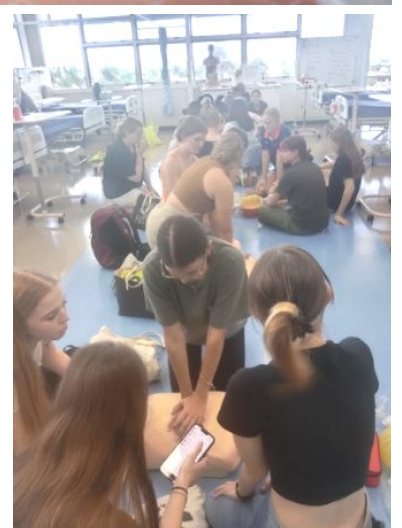
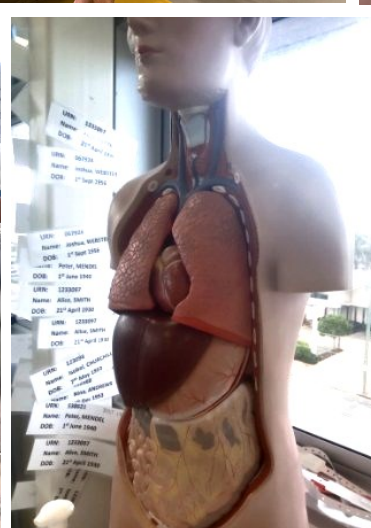
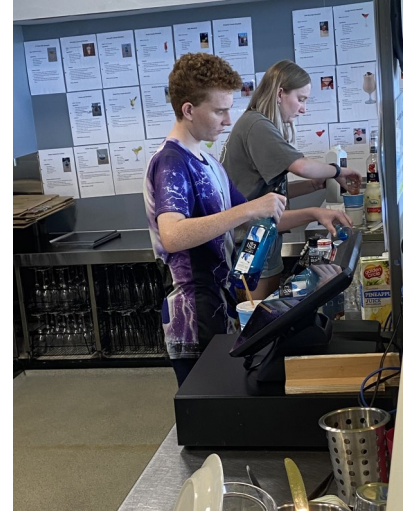
LINK AND LAUNCH

**Finished
Year 12 and
not in work
or study?**



CQU Year 12 Uni Experience Day

On Friday students attended CQUniversity Mackay information sessions for two of their chosen areas of interest, University and Trades.



Year 10 Excursion



International Women's Day

International Women's Day (March 8th) #IWD2023 #EmbraceEquity

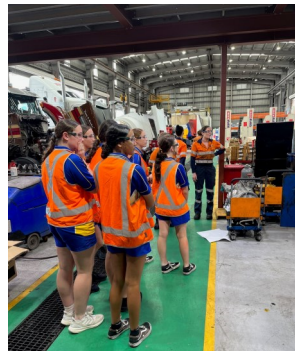
A group of Year 10 MNSHS female students visited Cummins at Paget. The day was coordinated by Lianne Wheeler – Industry Placement / Youth Support and hosted by Heather McCurry from Cummins.

The girls had the opportunity to zoom into the Cummins Asia-Pacific seminar with organisations sponsored by Cummins such as CARE, NASCA and the Global Rights for Women program.

They also had a site visit through the Cummins warehouse and workshop. The girls then enjoyed listening to the female employees share their career pathways about work, trades, apprenticeships and employment options. The Branch Manager Glen Jones also spoke to the group about good workplace ethics and equity balance within job roles. This round table discussion was empowering for the MNSHS students. Most of girls said they would like to work in that industry. They are very excited to share their new-found knowledge with their friends and family. Quotes from the students:

- ⇒ *"I was impressed by the number of female working there"*
- ⇒ *"I liked the advice that you don't have to stick to one career pathway, it's okay to change your mind along the way, don't be afraid to try their industry"*
- ⇒ *"It was empowering"*
- ⇒ *"It was helpful for me because I had no idea"*
- ⇒ *"That global zoom presentation was really interesting and cool it be part of"*
- ⇒ *"We give the Cummins visit a 10/10"*

The girls would like to give special thanks to the female employees Maddison, Jemma, Andrea, Kasey, Sienna, Elli, Felicity, Rebecca, Jo, Hannah L, Hannah O and Heather McCurry for organising the site visit, discussing the industry, empowering their future careers, and for driving the bus! Thank you to Paul Barfield (General Manager) from Ezy Group for donating the bus to Cummins and thank you Mrs Wheeler for giving us this awesome opportunity!



International Women's Day

INTERNATIONAL WOMEN'S DAY #EmbraceEquity



NORTH HIGH CELEBRATES

The yearly tradition of celebrating International Women's Day at North High was held on Wednesday 8th March. Once again, our male teachers cooked a delicious breakfast, while the Senior and Junior male leaders assisted with serving the Year 7 and 12 female students and staff. A gold coin donation, upon entry, was collected by our Junior leaders and all of the ladies received a purple ribbon to wear for the day.

Gabye Plumley and Alayna Lewis chaired the event and introduced our guest speaker, school captain, Phoebe Holmes who delivered an inspirational speech to the group.



MACKAY INTERNATIONAL WOMEN'S DAY EVENT AT MECC

Three of our students, Ella Gow, Alexandra Penrose and Lilly Woods, represented our school at the International Women's Day Luncheon on Sunday 5th March. Once again, we would like to thank [Kay Direen from Aussie Homes](#) for her generous sponsorship of the girls to attend the event. We appreciate your support Kay.

During the event, we sold Jelly babies in bags of 10 for \$5 to raise money for Birthing Kits - we sold our whole basket. After we took our seats, the guests were introduced by the Mackay Zonta representatives. We watched 'Siri' perform and tell us her life story about 'Redirecting'. We were introduced and chatted with our ... who sponsored the tickets to the luncheon. Our Mayor, Mr Greg Williams, was also in attendance. I was very excited to talk Kiera Brown - Junior Citizen of the Year. A live and silent auction and a raffle were also fundraisers held during the luncheon. Our sponsor purchased us a signed 'Siri's' book, to share and pass on.

Ella Gow



Community Notices

MACKAY YOUTH SUPPORT SERVICE

Who's in Charge?

Do you feel you are losing control?
Want to better handle conflict?



Reclaim respect and calm in your family!

The *Who's in Charge?* group is 8 week program for parents or carers

The group aims to

- Provide a supportive environment to share experiences and ideas
- Reduce the guilt and shame which most parents feel
- Offer ideas to help you develop individual strategies for managing your child's behaviour
- Explore ways of increasing safety and well-being
- Help parents feel more in control and less stressed

FREE PROGRAM FOR PARENTS OF TEENS

Starting: 2023 TERM 2

Tuesday 18th April 9.30am – 11.30am

Thursday 27th April 10.30am – 12.30pm

INDIVIDUAL SESSIONS ALSO AVAILABLE BY APPOINTMENT

ADDRESS: MACKAY YOUTH SUPPORT SERVICE
ACT FOR KIDS OFFICE, 15 PEEL STREET, MACKAY

CONTACT: KAREN - PHONE 4865 1255 0417 223 747
u-nite@myss.org.au

Whitsundays – Digital Addiction? Addiction Rehab? Cyber Safety!

Community presentation by:
Brad Huddleston and Sgt Nigel Dalton.

Come and learn how to identify digital addiction, some of the issues that can result and then how rehabilitation could look.

Consequences of inappropriate behaviour online and how to protect young people from predators will be discussed

Date: 16th March 2023

Time: 6.00 - 7:30pm followed by Q&A

Location: Emmanuel Catholic Primary
School Marist Centre.

30-42 Baxter Dr, Mount Pleasant QLD 4740



MACKAY WOMEN'S CENTRE PRESENTS Pregnancy Care

PLEASE JOIN US FOR A SESSION WITH DR SALLY TO DISCUSS ALL THINGS PREGNANCY AND BIRTHING. INFORMATION WILL BE PROVIDED ABOUT NORMAL AND ABNORMAL SYMPTOMS IN PREGNANCY AS WELL AS WHAT TO EXPECT WHEN IN LABOUR. COME ALONG AND MEET OTHER MUMS AND ASK ANY QUESTIONS YOU MAY HAVE IN A SAFE AND RELAXED ENVIRONMENT



PLANNED DATES:

16TH MARCH - 2 PM

27TH MARCH - 10 AM

28TH MARCH - 1PM



PLEASE CALL TO REGISTER
4953 1788

MACKAY WOMEN'S SERVICES, 418A SHAKESPEARE STREET



YOU FOR 20 32

Queensland
Academy of Sport

Queensland
Government

The Queensland Academy of Sport (QAS) are hosting a YouFor2032 Daredevils Talent Search looking for young athletes between 9–15 year olds for the sport of Skateboarding.

They will be testing at the Mackay Sugar bowl skatepark on the 18th of March (Saturday), event times will be available to those who register.

<https://youfor2032.initiatives.qld.gov.au/sports/daredevils/>

Participants who meet the criteria for testing must complete an online application form (at the link above) and register for the specific testing session to be included in the talent search.