FROM THE PRINCIPAL

TEEN CONFIDENCE – in this complex time, when as parents you navigate the interesting world of the teenager including phones, Instagram, cyberspace, COVID, puberty, social ups and downs, school, sport, work, and so much more, I thought I would include some information on strategies to support confidence. Our young people are currently in an assessment period of time, stress is not uncommon and many struggle with personal resilience. Developing confidence is important.

Self-confidence comes from within. It is about feeling good about yourself on the inside. 5 steps for developing self-confidence in your teen:

1. Get outside and get moving – good for the brain, good for the appetite, good for sleep pattern.
2. Celebrate the small stuff – a clean room, a smile, time spent with siblings – remind them they are great!
3. Find your tribe – finding a team gives teens a chance to unplug to have face-to-face interactions. It provides another circle of friends. Having a ‘group’ helps with the sense of belonging.
4. Calm the crazy – having quiet time, having spaces where there is no technology, finding the time for meditation (in whatever form works for them); all provide a calmness for a student that is important if they are to relax and recharge.
5. Focus on what their bodies can do – rather than what they look like. Self-image is tied to self-esteem. It is important to help your young person focus on what their bodies can do, how powerful they can be, rather than compare themselves to the images they are bombarded with by social media ‘ influencers’.

for more information regarding Teen Confidence go to www.empower360.com.au

TECHNOLOGY – as communicated in my briefing last week, there is a school wide change to our management platform (this impacts student access to school wifi and networks). In simple terms:

1. Everyone needs to download some software to enable their computers to connect with school wifi.
2. There are step by step instructions for the different devices that students own – ipad, Windows or Mac
3. If students do not download the software by the beginning of Term 4 their devices will not connect to school wifi or networks.
4. Nobody’s saved work, other files, emails or anything else are impacted / affected in any way.
5. It is easier if students do the download at home (doesn’t take long).
6. Our tech team will be visiting home groups over the next two weeks to remind and support students with this.
7. ACTION REQUIRED by the end of this term:
8. Open the relevant instructions – emailed last week
9. Follow the step by step instructions
YEAR 10 – well done to all the parents and students who attended Senior Education and Training Plan meetings this week. As anticipated there were a number of subject changes, after discussions relating to career directions, university pre-requisites and study habits. For those families unable to attend, we will be making contact for follow up interviews.

YEAR 6 INTO 7 – We have had visits from most of our future students over the past few weeks. Next week interview bookings open for the face-to-face enrolment interviews. These interviews will be held Wednesday 14th and Thursday 15th October. Interviews will be held in the hall, commencing at 3pm. Bookings are made on-line (preferred) or by contacting the school.

IMPACT PROGRAM – congratulations to the team of students who have participated in the IMPACT program over the past twelve school weeks, every Thursday after school. The team of students were developing their critical thinking skills.

REMINDER - TUTORING SESSIONS AVAILABLE – YEARS 7 & 8 ENGLISH & MATHS FOCUS – continue to be available to your students. We encourage you to encourage them to access this support. WHEN: Tuesdays & Thursdays first break  WHO: Years 7 & 8  WHAT: Maths & English support

REMINDER - COVID - Be Aware – if a student is unwell, they should not be at school. If presenting at school with cold or flu symptoms they will be sent home with a parent. Students need to bring devices to school, and be accessing some of the lesson materials on-line (as per teacher directions), to ensure they are comfortable with accessing school work on-line, in the advent of a COVID issue locally. If attending any school event you will be required to sign in and provide your contact details. By attending and providing those details you are agreeing to those details being shared with Queensland Health if there is a COVID case identified. The sign-in registers will be kept for a term (10 weeks), before then being destroyed. It is essential that visitors / adults coming into school premises practice social distancing.

Regards
Catherine Rolfe
Career Advice

Queensland Skills Gateway - Find out more information about occupations, courses and qualifications offered through universities, registered training organisations and agricultural colleges visit: Queensland Skills Gateway website: http://www.skillsgateway.training.qld.gov.au/

My future, My choice videos

The My future, My choice program consists of a workbook and a series of 4 videos that trace the stages of preparing for employment—from getting ready for an interview to understanding the job landscape. Visit https://desbt.qld.gov.au/training/training-careers/career/my-future-my-choice

Contact the Department of Employment, Small Business and Training on 1800 210 210 for more information

Queensland Ballet

Monday August 24th saw 23 excited girls meet Lydia, from the Queensland Ballet. After a quick introduction on what to expect during the workshop, it was straight into a ballet warm-up. Many of the girls have never really performed ballet before, but were all willing to bring out their inner ballerina.

The first task was to learn a small section of the bluebird dance from Sleeping Beauty and spins from the corner. Nobody fell over and they did look rather pretty.

The next section of the workshop ventured into the choreography aspect of dance. The students had to think of words they associated with graphite and diamonds. They then created movements to depict those words, experimented with ways to change these, then manipulated them creating a movement phrase.

The students showed real creativity and seemed to enjoy every moment and were a little crazy at times.
Welcome to Growth Mindset.

Teaching and reminding students about Growth V Fixed Mindset is a really great way to encourage participation and risk taking in the classroom. I am working with a classroom teacher to infuse this into the daily routine of her English class and it is working!

We have put up posters encouraging participation and Growth Mindset. ‘Learn to Fail or Fail to Learn’ is another great saying that we are bandying around in the room. We go over the School values every couple of lessons and Resilience is one of them. We speak to students about how resilience is developed through trying, risk taking, sticking at something, failing in it but learning from that, failing again and finding improvement. We are tying the conversation to their classroom and personal goal setting, to success experienced by athletes, scientists (Edison’s lightbulb) artists etc. and the skills that employers are looking for above all...creativity, curiosity, perseverance, group work, resilience.

Tying GM to real life success means that students are more willing to be vulnerable and take the chance. We celebrate incorrect answers as part of SWOT analysis, 6 thinking hats, alternative perspective thinking and I tell the story of Spanx Underwear creator Sara Blakely (worth $1.1 billion) who puts her entrepreneurial success down to her father’s daily question ‘So, what did you fail at today at school and what did you do learn from it to help you grow?’

It’s all about our Growth Mindset. Read *Growth Mindset* By Psychologist Carol Dweck and when a student says ‘I can’t do it’ remember to say ‘yet!’

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**Are you studying AND looking after a loved one?**

Carers Australia is promoting the 2021 Young Carers Bursary Program, which offers a limited number of $3000 bursaries to young carers aged between 12 and 25 years of age to support them to continue with their education. Applications close 8 September 2020.

STATE HONOURS ENSEMBLE PROGRAM

Congratulations to all of our instrumental students who represented our school so wonderfully in the State Honours Program last weekend at North High. Over 250 students nominated for this program and we were delighted that over 30 of the students chosen (from the total of 114) were students of North High. In total, 24 schools were represented.

The program ran all weekend and gave young Mackay region instrumental students the opportunity to work with a team of eminent Queensland Conservatorium, Griffith University conductors. Participants travelled from throughout Central Queensland for this innovative and intensive weekend program. The concert band was led by Ms Jeanette Douglas and the string orchestra by Mr Mark Sullivan.

What a delightful weekend of music making it was – the students can be very proud of their achievements which were showcased in the Grand Finale concerts on Sunday afternoon. Many thanks to all parents who supported the concerts – and in particular, thank you sincerely for your understanding in that only one parent could be accommodated in the audience as a result of the strict COVID guidelines to which we had to comply.

Sincere thanks to the music staff for their steadfast commitment to the weekend, and in particular, a big thank you to Mrs Rolfe who attended the whole weekend and whose assistance was invaluable.

SHOWCASE CONCERT

There have been a number of staff meetings looking specifically at whether we can actually make our Showcase Concert a reality, given the strict COVID guidelines we are obliged to follow. We have now worked out how we can make it happen, so it will be held as published on **Tuesday evening, October 13, starting at 6.00pm.** It will incorporate all the instrumental groups and some dance items, as well as some short excerpts from the musical. More details will follow in the next newsletter.

INSTRUMENTAL REHEARSALS

Please note that **ALL** instrumental ensembles are now back to rehearsing as full groups on the stage – in preparation for the Showcase Concert and the Awards Ceremony.

MARCHING BAND REHEARSALS

There are **TWO mandatory marching band rehearsals** for the Showcase Concert: Friday, September 11 from 3.00 – 4.00pm and Friday, October 9 from 3.00 – 4.00pm. Due to space restrictions in the hall, ONLY the junior and senior concert bands will be required for marching band this year.

CULTURAL AWARD NOMINATIONS

It has been very pleasing to see so many students applying for cultural awards. The deadline for the submission of the nomination forms is **Friday, September 11.**

Kathy GEORGE
(HOD – Performing Arts)

From the Art Department

Year 10 Fine Art student Kyle Bites wonderful ceramic sculpture...

Students studied Ancient Cultures and their task was to create a sculpture based on The Gods.
The school is upgrading to a new Wi-Fi system over the September holidays. This new system is called Intune. All students will be required to install Intune before they return to school in term 4. Intune can be installed at home. Follow the instructions Mrs Rolfe sent out to all students and parents this week by e-mail. The instructions cover Windows, OS and iOS devices.

You can also find the instructions on the school website as well as the student intranet.

**School website address:**

https://mackaynorthshs.eq.edu.au/facilities/computers-and-technology

**Student intranet address:**

https://qedu.sharepoint.com/sites/2096/Students

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**COVID OPTI-MINDS - Regional Final Winners**

What a twist to Opti-Minds for 2020. This year all participating schools had to submit videos of their long term problem solutions as well as videos of their Spontaneous Challenge responses. It was not without its dramas.

Accepting this challenge, our “**Shew Crew**” won the regional finals for Social Sciences Division II. Mr Shew was the facilitator of the team who came with many years of experience; both as a competitor and a facilitator.

The Shew Crew members were Year 8 students - William Baulch, Paige Herewini, Ameila James, Elijah Sanderson and Eroni Tagicakitai. All students enjoyed the challenging competition. They shone not only with their creativity and problem solving skills but were able to organize and motivate themselves to complete the 6 week long challenge and Spontaneous Challenge.

The next step, due to COVID, is the sending of their video to Brisbane where they will compete in the State Finals.

Mackay North High Community has their fingers crossed for the Shew Crew!

**Helen Kajewski (Opti-Minds Coordinator)**
From the School Nurse

TAKE A BREATHER THIS ASTHMA WEEK

(1-7 SEPTEMBER) This Asthma Week is about YOU – putting your health and wellbeing at the forefront, even for just a few minutes each day.

Here are some ideas and activities that might help you take a break and help to get your asthma well controlled:

1. Get some sun: there is a growing source of interest and research about the role of Vitamin D in asthma management. Plus, being outdoors is also great for your immune system and overall health and wellbeing. Sit in the sun during your lunch break, knock off 30 minutes early and go for a walk or if you are at home, take time to enjoy your yard in the glorious sunshine. Just remember to be SunSmart when you are outside.

2. Take the opportunity to start kicking bad habits, such as smoking. This will improve your asthma and overall health. Smoking makes your asthma worse by:
   • Increasing asthma symptoms (feel worse, more often)
   • Increasing the risk and frequency of asthma flare-ups
   • Reducing the likelihood of achieving good asthma control
   • Accelerating long term decline in lung function
   • Reducing the effectiveness of preventer medications, which can mean higher doses of preventer to receive the same benefits on asthma as non-smokers

You probably know that second-hand smoke is also bad for those around you. Kids who are exposed to second-hand smoke have a higher likelihood of getting symptoms earlier in life and having more symptoms and asthma attacks. Quitting smoking isn’t always easy. However, there are many effective treatment options available which you can discuss with your doctor or pharmacist. Take time to read our guide on asthma and smoking, and take the first step toward making a positive change and living well with your asthma.

3. Have a chat: Speak with our Asthma Educators. Give them a call today on 1800 ASTHMA (1800 278 462) Have you registered for Asthma Assist? Join more than 32,000 Australians and get support to manage your asthma. Did you know Asthma Australia has three apps to assist people with asthma and their carers? Find out more about why we created each app, how it can help you, and where to download it.

4. De-stress; did you know that more than two million Australians have asthma and more than three million Australians are living with depression or anxiety? There are a range of ways to engage and work on your mental wellbeing. To find a mental health practitioner in your area, contact your Gp or see the organisations below:

Stress and extreme emotions can trigger asthma symptoms and flare-ups. Download our guide on mental health and asthma, to better understand how it could be a trigger for your asthma and take a step towards improving your mental wellbeing.

5. Have a laugh: There’s nothing like a catching up with friends and having a good laugh to make you feel better. You could also try watching a good comedy or other light-hearted, feel-good entertainment.

6. Get cooking: We know that healthy eating and a diet of fresh foods and vegetables is an important part of asthma management.

7. Reach out: Book in to see your doctor for an asthma review. This is an opportunity to talk a doctor about the management of your asthma or that of someone you care for.

For more information go to: https://asthma.org.au/
Community Notices

NEW MEMBERS WANTED

If you’re thinking of joining a family friendly swim club for fun and competition, come and give it a go at Club Nights, First Visit is FREE!
Thursday evenings from 5.30 pm
Venue: Pioneer Swimming Centre, Malcomson St, North Mackay
5.30pm BBQ then Swimming at 6.00pm