

# NORTH HIGH NEWS



Issue 16

15th October 2021

## From the Principal

### THANK-YOU:

To Mr Tim Condren, who was acting Principal, whilst I was away. Mr Condren confidently and capably lead the school; and I wanted to express my thanks to him for all the work and commitment.

Yes – I am back! For the past six months I have been working in regional office, which was a wonderful professional experience..... however I am VERY happy to be back at school, catching up on everything and with everyone. I look forward to seeing many of you over the coming weeks, at the various events that are scheduled.

Well done student council, with 'Do It in A Dress' + 'Crazy Socks' day today.

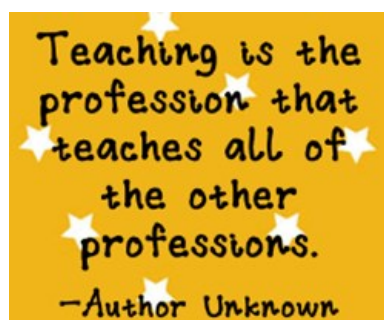
### TIMETABLES 2022

We are hard at work scheduling classes and confirming subject selections.

- Year 11s have progressed with Unit 2, with their study plans being reviewed by staff. At the beginning of 2022, all Year 11s (by then Year 12s) will have a face-to-face meeting with a staff member to discuss their progress.
- Year 10s have already had Senior Education & Training Plan meetings (last term, face-to-face). Whilst there are a few follow up conversations required, most students have had subjects confirmed. We will publish choices at the senior hub by Thursday 11<sup>th</sup> November at the latest.
- Year 8 & 9 – confirmation of subject choices will be published by Thursday 25<sup>th</sup> November.
- Year 7s – students do not yet have the opportunity to select subjects; details regarding subjects will be emailed home to all families, with further clarification.

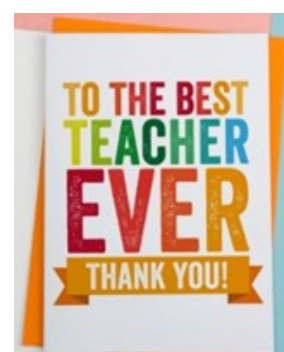
Stationery Lists for 2022 are available on the school website <https://mackaynorthshs.eq.edu.au>

### WORLD TEACHER'S DAY



## WORLD TEACHER'S DAY

World teachers day is Friday 29<sup>th</sup> October. I invite all parents and students to take the time to say thank-you – a note, a flower, a cupcake, an email or the simple words of thanks –any would be appreciated.



### Important Dates

P&C Meeting

Academic Awards Night

Sports Awards Night

Defence Force Visit

Year 7 Immunisations Round 2

18 October

20 October

22 October

27 October

2 November

# Issue 16

## HALL:

As many of you will have noticed our hall is undergoing some work. The roof is being replaced. We anticipate the work taking all of Term 4.

The hall remains available for use for Awards Nights; however will not be available for end of Year 12 activities. Details regarding year 12 events are summarised below, with additional information being emailed.

## AWARDS NIGHT:

The 2021 Annual Awards day is next week. Wednesday 20<sup>th</sup> October, commencing at 6:30pm in the school hall. All award recipients must be in formal uniform.

The 2021 Annual Sports Awards are then on the Friday, 22<sup>nd</sup> October, in the school hall, commencing at 6:30pm. Thankfully 2021 has seen the resumption of sporting opportunities and competitions.

Parents, family and friends are invited to attend the ceremonies, with COVID CR Code sign-in protocols being in place.

The event will be live streamed and recorded. Live streaming details will be emailed next week. Families and friends are invited to 'tune in' to view the awards ceremony.

## YEAR 12 EVENTS:

The end is rapidly approaching. I just wanted to summarise the details of the key events. Please check emails, specifically for year 12 students and parents for more information.

a) **EXTERNAL EXAMS** – from Friday 22<sup>nd</sup> October – Tuesday 16<sup>th</sup> November

◇ **WHO:** ALL year 12s have exams

◇ **DETAILS:** please check emails for updated details on exam block, exam requirements next week

b) **VALEDICTORY** – this is a student only event (sorry parents you are not invited).

◇ **WHO:** Students and staff of the school

◇ **WHEN:** Thursday (18<sup>th</sup> November).

◇ **WHAT:** Parade with Yrs 10, 11 & 12, followed by guard of honour by staff and junior students.

◇ **UNIFORM:** FORMAL uniform

c) **GRADUATION** – this one is for families. Students do not sit with you, but with their home groups.

◇ **WHO:** Year 12 students, family, friends and staff

◇ **WHEN:** Thursday 18<sup>th</sup> November

◇ **WHERE:** McDonalds Mackay Multisport Stadium - **107 Juliette Street**

◇ **TIME:** 12:30pm.

◇ **UNIFORM:** FORMAL uniform

◇ **AT CONCLUSION:** Students are dismissed from the venue – they may depart with families.

d) **PROM** – time for family, partners, friends; before student only dinner and dancing.

◇ **WHO:** Graduating Class of 2021

◇ **WHEN:** Friday 19<sup>th</sup> November

◇ **WHERE:** Windmill Motel

◇ **TIME:** 6:30pm

## FORMAL UNIFORM / WEDNESDAY / TERM 4

As the weather gets hotter, some students have outgrown their current uniform, and there are awards nights to have uniforms ready for – for the rest of term 4 – students DO NOT have to wear their formal uniforms on the Wednesday (they may choose to, however they will not be required to).

## END OF SCHOOL YEAR

### REMINDERS:

- **Year 12 External Exams** – start next Friday
- **Technology Information Session** – Wednesday 10<sup>th</sup> November @ 5pm in the Auditorium
- **Year 6 into 7 Orientation Day** – Tuesday 30<sup>th</sup> November – students wear their current school uniform, and meeting on the deck.
- **Last school day for 2021**
  - ◇ Year 12 – Friday 19<sup>th</sup> November
  - ◇ Year 10 & 11 – Friday 26<sup>th</sup> November
  - ◇ Year 7, 8 & 9 – Friday 10<sup>th</sup> December

Regards  
Catherine Rolfe

## Performing Arts News

### AWARDS NIGHT – CULTURAL AWARD WINNERS

Congratulations to all students who will receive cultural awards and cultural awards with distinction next Wednesday evening at Awards Night. It is extremely pleasing to see so many students from all year levels involving themselves so enthusiastically in our many performing arts groups in the school. This year they have again been outstandingly successful in all competitions in which we have participated and that is a glowing tribute to the talent, hard work and dedication of our performing arts students and staff. Already, planning is well advanced for our 2022 cultural activities and the cultural calendar for next year will be published in the newsletter very soon.

### AWARDS NIGHT – MARCHING BAND REHEARSAL

All members of the marching band who performed at our annual Showcase Concert in September will be performing in the opening item at Awards Night. Hence, these students will all be needed next Wednesday afternoon from 3.00 – 4.00pm for a final rehearsal please. As well, our vocal group and our drumline ensemble will be performing on the night.

### MARCHING BAND TRIP 2022

We are delighted that we have been invited for the 27<sup>th</sup> consecutive time to march in the State ANZAC Parade next year. The marching band members look forward to these trips greatly and always do our school proud. This year, while in Brisbane, we will be visiting the Queensland Museum's highly enjoyable and educational Sparklab presentations along with Movieworld. More details on our 2022 trip will follow early next year.

### THANK YOU TO OUR 2021 YEAR 12 PERFORMING ARTS STUDENTS

This time of year is always tinged with a little sadness as we finally say farewell to our wonderful Year 12 performing arts students. This group has been outstanding leaders in our cultural ensembles and we thank you sincerely for your wonderful commitment and great leadership. We will miss you - every good wish for your future.

### SECOND HAND CULTURAL UNIFORMS

Our stock of second hand cultural uniforms, especially in the small sizes, is currently very limited. Numerous parents of incoming Year 7 students are very keen to purchase second hand cultural uniforms, so if you have one at home not being used, please send it in and we will sell it for you.

**Kathy George**  
**HOD Performing Arts**

## CULTURAL CALENDAR - 2021

May 15-16 Australian Pinnacle Dance Challenge	July 24 Lions Sugartime Rock Pop Mime	Sept 7 Showcase Concert
May 21 Fair (Jnr Secondary Concert & Stage Band)	Aug 5 Junior Parade	Oct 20 Awards Night
June 8 Twilight Concert	Aug 10 Dance Showcase Evening	Nov 3 String Orientation
June 25 Variety Concert	Aug 11-22 Eisteddfod	Nov 3 Scholarship Presentation
June 26-27 Aussie Gold Cheer Competition	Aug 27-29 State Honours Program	

*Bringing ideas to life*

## Cadetship @ Aurecon

*Designing my career*

**What is a cadetship?**  
An Aurecon cadetship offers you employment while paying for you to complete your studies!

**Aurecon's Cadet program provides:**

- full time employment
- paid study time
- funding to cover a qualification

**Why a cadetship?**  
You get to work in a paid, full-time position in the discipline area of your study, gaining practical on the job experience while studying the theory.  
Aurecon pays the course fee costs associated with the qualification studied under Aurecon's Cadet policy.

**Will I have time to study if I am working fulltime?**  
Cadets are allocated up to **8 hours per week** to attend lectures or to study at work (of a 38hour full time week).  
Where there is a requirement to attend a residential or block program, you will be entitled to up to one week's paid study leave and additional costs relating to food and accommodation.

**Example pathways**

- Aurecon's Mackay office currently has two cadets studying towards an Associate Degree of Engineering with a major in Civil Engineering at the University of Southern Queensland.
- Their qualification is completed over 4 years (2 subjects per semester). They study via the external study mode and attend residential schools on-campus.
- They work within our Design team alongside an experience team of drafters and engineers.
- Once they have completed their qualification, they have the option to continue their studies and Complete a Bachelors in Engineering (self supported).

Note: information provided is based on the Aurecon Australia Pty Ltd Cadet Policy as at November 2020 and may be subject to changes

**āurecon**

*Bringing ideas to life*

## Student Engineer @ Aurecon

*Designing my career*

**What is a Student Engineer?**  
An Aurecon Student Engineer position offers you employment in the engineering field while you undertake study for a Bachelor of Engineering!

**Aurecon's Student Engineer program provides:**

- Full time employment
- Practical experience within the engineering sector while you complete your study
- Flexible work/study arrangements

**Example pathways**

- Aurecon's Mackay office currently has two student engineers studying towards a Bachelor of Engineering with a major in Civil Engineering at the University of Southern Queensland.
- Their qualification is completed over 6-8 years (2 subjects per semester). They study via the external study mode and attend residential schools on-campus (typically 1 week/year).
- They work within our Design team alongside an experienced team of Drafters, Designers and Engineers.

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*Bringing ideas to life*

## What are the areas of study?

*Designing my career*

Area of study	Qualification			
	Associates Degree	Advanced Diploma	Diploma	Certificate IV or III
➤ Agricultural Engineering	✓			
➤ Business Administration				✓
➤ Civil Engineering	✓		✓	
➤ Computer Systems Engineering	✓	✓	✓	
➤ Electrical and Electronic Engineering	✓			
➤ Electrical Engineering	✓		✓	
➤ Electrical: Technology		✓		
➤ Engineering Design: Structural Specialism		✓		
➤ Engineering Drafting			✓	✓
➤ Engineering Technology: Civil Engineering		✓		
➤ Engineering Technology: Mechanical Design		✓		
➤ Engineering Technology: Mechanical Engineering		✓		
➤ Engineering Technology: Robotics and Mechatronics		✓		
➤ Environmental Engineering	✓			
➤ Geographic Information System Mapping (GIS)	✓			
➤ Mechanical Engineering	✓		✓	
➤ Power Engineering	✓			
➤ Spatial Information Services		✓		
➤ Spatial Science		✓		
➤ Surveying			✓	
➤ Surveying: Mining and Engineering		✓		

**What's next after the Cadetship?**  
You can either decide to continue your studies (self supported), or at this point you will be qualified and working in the Design team with Aurecon.

**āurecon**



### Artwork of the Month



Aisha Adams, 'Dēcadere' –  
3 colour photographs

Life and decay are key components in every ecosystem. Without the decay of leaves and plant matter on the forest floor, there would be no nutrients for new life to grow. This delicate balance is often overlooked and the beauty within these processes underappreciated. Flowers, so often seen as objects of beauty have been allowed to *dēcadere* (fall into decline), the frail and delicate surfaces captured for the audience to appreciate. The photographs are reminiscent of 17th Century still life Vanitas and Memento Mori and serve to remind us of the fragility of life.

Aisha was awarded a Commendation at the recent Creative Generation Regional Competition.



Tie Dye Summer Outfit by Kala Jackson Yr 10 Applied Art.

**Kerry Anne Smith**  
**HOD Art & LOTE**

Mackay North State High Seniors  
Present

# FINALE ART EXHIBITION



Oct 15 - 26 2021

Mackay  
Jubilee  
Community  
Centre



Artwork  
Mltchell Wyman



## From the School Based Nurse



Queensland

Mental Health  
Week

9 - 17 October, 2021

**Where to start | Mental health and wellbeing:** If you are worried about your mental health or the mental health of your child or teenager, you might feel unsure about whether you should seek professional help. Because everyone experiences mental health issues differently, there's a variety of signs you should look for to work out when to seek help. Making the decision to get help can be hard. You might feel uncomfortable asking for support or worry that the mental health concern isn't 'bad enough' to bother a professional, however, when it comes to mental health, **there is no wrong time to ask for professional help.**

If you or someone you know is not feeling like themselves, don't 'wait to see if things get worse' before seeking help. Research shows that early treatment can reduce the length and severity of mental health issues.

**Signs you should reach out:** Mental illness affects everyone differently. It can range from subtle feelings that something is not right, through to overwhelming physical, emotional or behavioural changes and reactions. In general, you should seek mental health support if:

1. You or someone you know has been feeling worried, sad, down, angry, anxious, depressed, numb or 'not yourself' for several weeks or more, and/or
2. the way you're feeling is affecting your ability to cope at work, school or in your relationships.

**Why getting support is important:** Whether your mental health concern is mild or very serious, a mental health professional can help you manage it. They will work with you to figure out what's going on and help you develop a range of coping and resilience-building strategies. For some issues, they may also prescribe medication to help you feel better. You won't need to sit on a couch and talk about your past. Today's treatment approaches have a focus on the future, giving you the tools to play an active part in your recovery. The first step is as easy as talking to your GP. [Find out more about the pathways to get support for your mental health.](#)

**Isn't it normal to feel down sometimes?** Everyone feels low from time to time, especially when faced with stressful life events. But while many people bounce back quickly, others may continue to struggle and experience a decline in their mental health. If you've noticed a change in your feelings, thoughts or behaviour, pay careful attention to: how long the changes last, whether they come and go, or if they are noticeable most of the time, if they are disrupting your daily life in a negative way.

You should seek help as soon as these feelings last more than a few weeks, or if they start affecting your relationships, or your ability to work, learn or participate in your usual social activities. If you don't feel ready to seek professional help, there are other steps you can take to improve and protect your mental health and wellbeing, including:

1. **Practising daily mental wellbeing activities;** Taking some 'you time' each day can improve your mood and resilience to stressful situations. Learn how on Queensland Health's [Your Mental Wellbeing website](#).
2. **Using your existing supports;** Connect with friends and family to talk about how you're feeling.
3. **Looking to past experience;** Try using the same strategies that have helped you work through low spots in the past.
4. **Accessing online or telephone supports;**

There are a range of organisations that can support you if you're not ready to meet face-to-face, including:

- Lifeline 13 11 14
- Beyond Blue 1300 224 636
- Find more [support services](#) on the Your Mental Wellbeing website

**If you need help now or are in immediate danger to yourself or others, call Triple Zero (000) or Lifeline on 13 11 14.**

<https://www.qld.gov.au/health/mental-health/get-started/when-to-seek-help>

# 2021 Annual Academic Awards Night

The Annual Academic Awards night is on Wednesday 20th October, in the School Hall.

We have changed the way we send out invitations to email this year, from the usual method via Australia Post. The invitations do not require you to RSVP.

The event will be livestreamed to ensure everyone has the opportunity to view the presentation, if in the event you are unable to attend in person.

The livestream will be available through our Facebook page <https://www.facebook.com/MackayNorthSHS>

All students and parents/carers have been notified if they will be receiving an award, the awards and student names are on display in the Office window.

## Breakfast Club

**You may have noticed Breakfast Club has changed this term.**

Due to the Hall being out of action all this term, Breakfast Club is now being served out of the Home/Ec Room (Block 1200).

Next Tuesday **we're changing the menu to (Grab'n'Go) Yoghurt-Muesli and Fruit Cups** - which should be a nice cool change now that it's getting hotter. These will be served from the walkway near the Art Block.



## Chappy's Bike Club



**Each Tuesday second break in Block 400**, all students are invited to participate in Chappy's Bike Club, facilitated by Chappy Rob. The aim of the Bike Club is to offer a chilled out social environment in which students can form friendships and acquire new skills as they learn to repair and maintain bicycles.

## Zonta Club

Sunday was the ZONTA Club of Mackay's Birthing Kit Assembly Day. The morning at Holy Spirit College saw many helpers from the ZONTA and High School Z Clubs pack 1 200 kits to be distributed to New Guinea, Asia and Africa.

Thank you to Trista Nelson and Ioane Kaono who had a very busy two hours of assembling the kits.





## Defensive Driving Course



Students attend six sessions during the day - an overview of each session follows:

- **Stopping Distances:** Demonstrating the impact of differing speeds, reaction times and vehicle traction on the time it takes to stop a vehicle, students are given the opportunity to travel in a vehicle, driven by a licensed driving instructor, as well as observe from outside.
- **Hazard Perception & Distractions:** A high energy session familiarizing students with the most common crashes involving young people and how to avoid or minimize their impact.
- **Plan B: Alcohol, Drugs, Fatigue and Driving:** An interactive workshop focusing on the impact that alcohol, drugs and fatigue have on driving ability.
- **Police:** A Police Officer led discussion on the consequences of poor choices on the road, from the tragic human toll to the financial and legal ramifications.
- **Crash Survivor:** A powerful presentation by a crash survivor who has a brain or spinal injury as a result of a vehicle crash.
- **My Wheels:** Students learn about vehicle safety, covering such topics as ABS brakes, car maintenance and insurance.

Year 10 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 10 student

**DATE:** Wednesday 10<sup>th</sup> November

**TIME:** 9.15 for a 9.30 am start – 2.30pm

**Venue:** PCYC off Norris Road, North Mackay (we will walk over together after the marking of Home Group roles)

**COST:** \$10 (this covers lunch: a sausage sizzle and fruit). Students may bring their own morning tea

Signed permission forms must be returned to the Senior School Year Coordinators Office by:

**Forms available from the SENIOR COORDINATORS**

**Payment must be made by Wednesday 20<sup>th</sup> October**

**Cash payment to the Office is appreciated**

## Year 12 Formal

Year 12 students on a Bronze, Silver or Gold Level are invited to 'A Night in the Enchanted Forest' Formal.

**Friday 19<sup>th</sup> November**

**Windmill Convention and Reception Centre**

**6.30pm until 10.00pm**

**\$70.00**

**RSVP: Monday 18<sup>th</sup> October**

**(PAYMENT WILL NOT BE ACCEPTED AFTER THIS DATE)**

**6.30 – 7.30 all welcome on the lawn for pre-dinner drinks (no cost)**



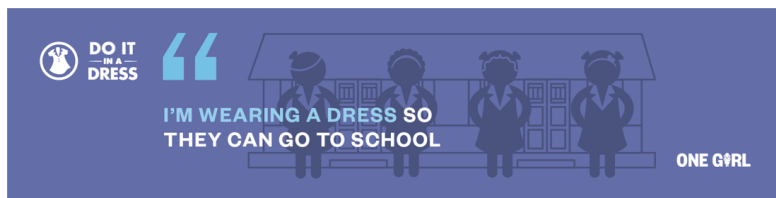
## Do It In a Dress

**Friday 15<sup>th</sup> October**

**Year 7 – 10 crazy socks**

**Year 11 – 12 choice of Crazy Socks or Do it in a Dress (previously ordered)**

**Gold coin donation.**



This is an annual fundraising campaign organised by Australian not-for-profit, One Girl.

This organisation dedicated to supporting girls without access to education in two of the worst places in the world to be born a girl: Uganda and Sierra Leone. One Girl raises funds and awareness through national campaigns like Do It In A Dress to provide thousands of girls and young women with access to education.

Since 2009, One Girl has worked with well-established local organisations to reach more than 38,000 women and girls with access to high-quality education programs.

Do It In A Dress is about choosing to put on a school dress, having some fun, and standing up for every girl's right to an education. Through this campaign, participants raise money to support One Girl's education programs in Sierra Leone and Uganda. To date, Do It In A Dress has successfully raised over \$4.4 million dollars, which has helped changed the lives of girls across Sierra Leone and Uganda.

## Guidance Officer News



**Australian Government**

**Department of Defence**



Army – Navy – Air Force



Army Cadets



Navy Cadets



Air Force Cadets

**ADFA will be at school:**

**Week 4 – Wednesday**

**27<sup>th</sup> October**

**1pm – 2pm**

**in the School Hall**

**Come and talk to them about Defence Careers!**

**Army – Navy – Air Force**

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

Facebook:

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

Instagram

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



## Community Notices

3 days only, 14<sup>th</sup> - 16<sup>th</sup> October, for Zero & Rewards Members || Shop online & in-store

MENS | BIG MENS | WORKWEAR | NEW ARRIVALS | SALE

### 3 DAY EVENT

14<sup>TH</sup> - 16<sup>TH</sup> OCTOBER

ZERO & REWARDS CARD HOLDERS

# 20% OFF\*

## SCHOOLWEAR

& EVERYTHING ELSE!

DON'T HAVE A CARD? APPLY IN-STORE OR ONLINE & START ENJOYING THE BENEFITS

\*T&C'S APPLY. SAVINGS OFF ORIGINAL PRICES. IN-STORE & ONLINE

SHOP SCHOOLS ONLINE

SHOP SCHOOLWEAR

LOWES PRACTISES COVID SAFE MEASURES.

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**PLUS** take an **EXTRA 5% OFF** your purchases.

CLICK TO FIND OUT MORE ABOUT LOWES ZERO CARD >

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FIND A STORE

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\*Offer ends 16<sup>th</sup> October. Excludes gift cards. Available in-store & online.

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## Mackay Musical Comedy Players & Ma's Pizza Kitchen

PRESENTS

# MUSIC THEATRE INTERNATIONAL

# ALL TOGETHER NOW!

a global event celebrating local theatre

FEATURING SONGS BY  
(in alphabetical order)

Lynn Ahrens, Kristen Anderson-Lopez, Benny Andersson, Billie Joe Armstrong, Howard Ashman, Sara Bareilles, Lionel Bart, Jerry Buck, Leslie Bricusse, Jason Robert Brown, Johnny Burke, Martin Charin, Mendi Dickstein, Anthony Drewe, Jack Feldman, Stephen Flaherty, Matthew Gerrard, Zina Goldrich, Green Day, Sheldon Harnick, David Hein, Marcy Heisler, Jason Howland, Herbert Kretzmer, Jonathan Larson, Alan Jay Lerner, Frank Loesser, Frederick Loewe, Robert Lopez, Alan Menken, Tim Minchin, Robbie Nevil, Anthony Newley, Benj Pasek, Justin Paul, Tim Rice, Irene Sankoff, Dick Scanlan, Claude-Michel Schonberg, Stephen Schwartz, Marc Shaiman, Richard M. Sherman, Robert B. Sherman, Glenn Slater, Stephen Sondheim, George Stiles, Charles Strouse, Jeanine Tesori, Bjorn Ulvaeus, Jimmy Van Heusen, Frank Wildhorn, Scott Wittman

**November 12 & 13**

| Central QLD Conservatorium, Boundary Rd Ooralea |

Friday 12th - 7.15pm Pre-Show Platter, 8pm Show  
Saturday 13th - 1.15pm Pre-Show Platter, 2pm Show  
Saturday 13th - 7.15pm Pre-Show Platter, 8pm Show

| Ticket price includes Pre-Show Platter |

Directed by Leah Harford, Shasta Baxter & Stancia Guthrie  
Choreographed by Kyra Geoghegan, Robyn Franke & Cicely Baira  
Vocal Coaching by Molly Rossetto & Sandy Conroy  
Mentor Direction by Tonia Beckmann

**Tickets on sale now!**

[www.trybooking.com/BUPYD](http://www.trybooking.com/BUPYD)

Presented through special arrangement with Music Theatre International (MTI).  
All authorized performance materials are also supplied by MTI ([mtishow.com](http://mtishow.com))