



# MOSSMAN HIGH NEWS

PRINCIPAL  
Deborah Kachel

DEPUTY PRINCIPALS  
Jeff Umback  
Stephen Guthrie

HEADS OF DEPARTMENTS  
Christina Uhlik  
Jim Murdoch  
Leanne Stollery  
James Wall  
Julia Toft  
Tracy Butland  
Cassie Morris

YEAR CO-ORDINATORS  
Year 8 – Ben Vikionkorpi  
Year 9 – Anita Harrold  
Year 10 – Jim Buckley  
Year 11 – David Mathewson  
Year 12 – Greg Cox

ATTENDANCE OFFICER  
Kim Edwards

BUSINESS SERVICE MANAGER  
Cindy Chamberlain

COMMUNITY EDUCATION  
COUNSELLOR  
Eileen Burchill

GUIDANCE OFFICE  
Denise Landers

SENIOR PATHWAYS COORDINATOR  
Greg Hamilton

SOCIAL WORKER  
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Issue 3

7th May, 2014

## *Principal's Message....*

Dear Parents/Guardians

While we were able to ease into Term 2 with a three day week, it was a very busy one. We held our Pre-ANZAC Day Ceremony on Wednesday 23 April and students and staff attended the Dawn Service and ANZAC Day Ceremony in Port Douglas on Friday 25 April.

Our students are to be commended on their outstanding conduct and participation in each of these events. Our Senior and Junior Leaders carried out their duties with pride and our concert band performed brilliantly. I thank Jenny Guyatt for her dedication to ensuring our music students are so well prepared for these events.

The Year 11 Hospitality class, under the guidance of their teacher, Andrea Gard and teacher aide Cathy Verri, prepared a fabulous lunch for our guests attending the Pre ANZAC Day Ceremony.

The Mossman RSL have very generously donated \$350 to our music program and this is greatly appreciated. Our Instrument Music Program is an important part of our school and our students achieve great success in a wide variety of performance events.

It was pleasing to see many parents attending interviews with teachers last week. Conversations between teachers and parents are so important in supporting our young people reach their potential. If you were not able to attend, please contact us to make other arrangements to meet with your young person's teachers.

Our school has experienced a number of incidents of vandalism over the past month. We have been fortunate to have lived in a community where this is a rare occurrence in the past. This vandalism is the very worst we have ever experienced and has resulted in many thousands of dollars of damage to computers, buildings, a photocopiers, telephone system, student and staff resources.

We are not only extremely disappointed that this has happened in our community but saddened that so many resources have been damaged beyond repair. The local police are investigating and we would appreciate any information that may assist them in this process. Please contact us or the police if you have any information.

I will be away on long service leave for the next six weeks and Stephen Guthrie will be the Acting Principal, Tracy Butland the Acting Deputy Principal and Ben Vikionkorpi the Acting Head of Department – HPE, Sport and Junior Secondary. I know that they will perform the duties of their new roles with enthusiasm and professionalism.

The coming weeks are filled with many and varied opportunities for our students and I ask that you encourage your own students to get involved. These include our Interhouse Cross Country, Music Camp, NAPLAN (for Year 9), Indigenous Leaders for Tomorrow Conference, School Disco, Year 10 Work Experience and Year 8 Camp to name but a few.

I look forward to hearing about all the achievements of our students when I return in the final weeks of this term.

Kind regards

*Deborah Kachel*



# RYDA

## Road Safety Education Program

### Year 11 participants

On Friday 2nd May, 48 of our Year 11 students attended the RYDA Road Safety Education Program at the Mossman Showgrounds. The students participation in the course was only made available by the generous financial support of the Mossman Rotary Club. A big thankyou to Rotary in conjunction with Lyons club and Mossman police for organising and volunteering their time for the RYDA Program for not only our Year 11 students but our community at large.



Speed is a serious concern for new drivers. After attending a RYDA Program, a total of 96% of Year 11 students report that they are less likely to drive 5km above the speed limit; up 8% from pre-program.

Awareness of fatigue as an important factor in contributing to a crash is improving. As a result of the RYDA Program, 89% of students would stop and revive, even if close to their destination. This is an improvement of 10% from pre-program surveys.

Distractions such as mobile phones are well advertised in our community. Indeed there is even legislation to reduce their use in vehicles. Despite this, students reported pre-program surveys that only 63% would turn off (or to silent) their phones before driving. Post program this climbs to 77%. Other in-car distractions shift from 79% to 93% post program. Whilst a marked improvement, there is still much to be done in relation to better managing these distractions.

Crash avoidance is obviously an important component of the RYDA Program. Understanding an appropriate following distance and the required stopping distance is fundamental to crash avoidance. Pre workshop, only 70% of students understood there are actions they can take to avoid a crash which rose to 85% post workshop. This is supported by an improvement of 13% of students understanding appropriate stopping distances post workshop.

Car choice and vehicle safety features play a crucial role in keeping drivers safe. Following the RYDA Program, 82% of students better understand the issues of a safe car; an improvement of 29% from pre-program.

The RYDA Program continues to make significant gains to students knowledge and understanding concerning the key issues of road safety and the strategies they need to keep safe.



# Science



The year 8's are simulating open-cut mining this term as part of their 'Extracting Minerals from Rocks' unit. Here they are 'fruit cake' mining.



## FORENSIC SCIENCE WORKSHOP

An exciting hands-on programme will be coming to our school this year. Students will get the chance to explore the fascinating world of Forensic Science by becoming Investigators and solving a crime. Forget TV myths, it is time to see how it really happens!

*The case highlights the importance of cyber safety and the risks of drink spiking in everyday situations.*

*A school girl is found in a Sydney national park. How did she get there and what happened to her?*

Evidence includes Fingerprints, Digital Microscopy, Toxicology, DNA Profiling, Autopsy, Fibres and More!



## Bama (Indigenous) Girls Talking group

Bama (Indigenous) Girls Talking group was run at Mossman High in Term 1 during first lunch break on Thursdays. Year 8 & 9 Indigenous girls were invited to come along and enjoy each other's company and talk with health care providers from different Qld Health Services. The group happened to meet during National Close the Gap week which aims for Indigenous health equality.



This group is an initiative of the Child and Youth Mental Health Service, Indigenous Support worker, Dannielle Gillespie. She visits the school every Thursday with a Queensland Health psychologist offering support to students.

The group was supported in house by Eileen Burchill, Community Education Counsellor, Dione Rodgers Teacher Aide and Carla Papas Chaplain. The girls utilised the new K block facility and enjoyed the kitchen facilities with toasted sandwiches and fruit over the first couple of weeks.

Speakers from Queensland Health came along to chat with them on different issues. They included Leiah Walker and Eunice Smith Indigenous Health Workers, Wendy Fry School Based Youth Health Nurse, Kerrin Param Alcohol, Tobacco and other Drugs Nurse, Danielle Gillespie Child and Youth Mental Health Services.



# Need for Feed

Need for Feed is a cooking and nutrition program for Queensland students in years 8 to 10. Need for Feed aims to improve students confidence to prepare and cook healthy snacks / meals and improve attitudes and behaviours associated with healthy eating, all in a fun and interactive environment. The program also ran again in 2013 at MSHS at the end of Term 4.

15 students from years 8 & 9 participated last term in a weekly lunch time cooking class run according to Diabetes Queensland guidelines. It was supported by Wendy Fry School Based Youth Health Nurse, Tinn Yeoh, Chaplaincy volunteer and Carla Pappas Chaplain.

This is the second time the school has secured the \$800 funding to educate students in practical ways about making healthy choices with their food and drink. The program culminated in the last week of school at the Mossman Community Centre where students cooked a 3 course meal on one day for some of their friends and on the other day another 3 course meal for their family members and school staff.



## Chaplains Chat



It is with mixed feelings that I write this update for the newsletter. The news is that I have resigned from Mossman High School and am taking up a similar position back in Cairns where my family live. I have to say that the school community has been very welcoming and in my short time here, together with the Support team, we have initiated a number of activities and programs. If only my family were here with me in Mossman, it would be ideal, but sadly that is not the case. There is a desire to keep activities running that have commenced, so for that reason there will be a couple of volunteers coming in from the community to the school to keep things humming along until a new chaplain is appointed. All going well, that will be at the beginning of third term,

2014. Once again I want to thank the staff, students, my chaplaincy committee and particularly Mrs Kachel for making me feel very welcome. I wish Mossman High only the very best for the future. You are in good hands.

Regards and blessings,

Carla Pappas.

# From the Sports Desk

Welcome to the May edition of 'From the Sports Desk'. Our big ticket items this term are the Inter-House Cross Country, Inter-house Athletics Carnival and the Open Age Cricket Competition. We also have a number of students again involved in Peninsula teams playing at their sports State Carnivals.

**Cross Country:** This year's Cross Country was supposed to be held the first week back of term, just before Anzac Day. However, due the untimely Cyclone Ita, the course was simply too wet. We normally hold the Cross Country across the Mossman Showgrounds and Drumsara, but the headlands were unable to be slashed. The Cross Country was postponed to Wednesday 7<sup>th</sup> May, in the hope that Drumsara would dry out enough. This was not to be, and so an alternative course was devised with the generosity of Brie Brie Estate Pty Ltd. The Cross Country is literally being run as this edition goes to edit, so full results will be posted in next month's edition.



The top six finishers of the each age group and gender will then represent Mossman State High School at the TCN Carnival on Monday 19<sup>th</sup> May at the Aeroglen Touch fields in Cairns. To run in this team, the students will need to purchase the Mossman SHS Athletics singlet, sports shorts and socks, if they do not already have them. These can be paid for at the office and collected from the HPE staffroom. A bus will be taken to Aeroglen which the students (parents) will need to pay for. We are hoping for great success at the competition. Successful students will then represent TCN at the Peninsula trials that same week.

**Open Age Cricket:** Our Mossman State High School 1<sup>st</sup> XI Cricket team is competing in the first round of the state-wide Open Age Cricket Competition. This competition is generally played in three rounds; the first being the local competition, which consists with a number of T20 games, with the top two finishing teams playing off in a 50 over final. Round 2 sees the round 1 winner play against the North Queensland winner sometime in term 2 or 3. Round 3 is the state finals series which is played in Brisbane. The first games of round 1 are being played on Thursday 8<sup>th</sup> May against Trinity Bay SHS and St Augustine's College at T' Bay. This is again as this newsletter is being edited so full results will be posted next edition.



**Athletics:** This years' Athletics Carnival is being held in week 7, term 2, June 5, instead of the usual term 3 date. This is due to the TCN carnival being brought forward as a result of the Rabbitoh's home game at Barlow Park later in the year. So that we can complete as many events as possible, we conduct pre-carnival events for a variety of ages prior to the actual date. This year, the year 11 Cert III Sport and Recreation students will be running the pre-carnival events during lunch times. It is imperative that your child listens to morning notices during Form Class to hear when, where, which events and who they are for are being held. These will start on Tuesday week 5 and continue all week. They will **not occur in week 6 for year 8 and year 10 students** due to year 8 camp and year 10 work experience. The other year levels may still have some events held during this time. To find out more, students must listen to morning notices.

**Sport Representatives:** We have had a handful of students representing the TCN District and Peninsula region across a range of sports this term.



Quinlyn Cannon has successfully returned home representing the Peninsula Under 15 Rugby League team at the State Titles. This team won the state competition just after the full time siren sounded. The score was locked at 12 all, with a kick to come after the hooter. The kick was successful and Peninsula won 14 - 12. Congratulations Quinlyn and the rest of the under 15 team. Quinlyn is hopeful of making the Queensland team, which is being announced as this newsletter goes to press. Good Luck Quinlyn.

Aidan Chesterfield, captained the Under 18 Rugby Union team that played in Toowoomba during that recent cold snap. Although not winning the carnival, the team and Aidan all performed exceptionally well.

Wade Duncan and Mikaela Goodwin both trialled for the Under 18 Peninsula golf team. Enjoying a round in the fabulous weather at present, Wade and Mikaela both performed exceptionally well. Wade stood out on the day though and was selected in the senior team as a year 9 student. Great Effort Wade and good luck at the next level.

## Homestay families for 2014

*'international experience without leaving home'*

We are anticipating that a group of students from Japan may visit our school in August.

We would like to extend the opportunity of hosting a student from Japan to students who are currently studying Japanese or who have a keen interest in developing a deeper understanding about Japan.

## Education Queensland International Guidelines

- All people over 18 must hold Volunteer Blue Card issued by Commission for Children and Young People and Child Guardian
- Treat the student as part of the family
- Communicate with student in English
- Clean household with safe, secure and adequate sleeping arrangements with suitable space
- Three meals a day plus snacks
- Supervised transport to and from school
- Access to bathroom and laundry facilities

No other international students from same country should be in house during dates of study tour program

Please collect required EQI documentation to be completed from  
Mrs Dunn-Balzer

## ART STUDENTS PRESENT RSL WITH MURAL



The Mossman branch RSL was the venue last Sunday for a great public event for our staff and students. Teacher, Nada Petrasevic was very proud to present the students who painted the RSL mural late last year. These students were photographed for newspapers, magazines and online news, and the presentation was celebrated with a very tasty BBQ. RSL President Ron Savage was extremely impressed with the professional standard of the mural, and the commitment, passion, ability and enthusiasm of our (then) year 9 students. The mural has been well received by the RSL members, visitors, locals, families and the general public. Well done to a very talented and hardworking team of students and staff.



# From the Art Department

The talented students of Mossman have done it again. This is just a glimpse of some VET Visual Arts Certificate students' portrait work, as seen here. They are excelling. Well done!!! Students responded to a drawing task that challenged them to re-create an excellent portrait with accurate measurement of proportions and shapes. They were tasked with using graphite pencils only, and responded with amazing results. Once again the Art Department is proud of the students in our school.



Juniper Hind



Eliza White



Leanne Doran

## Yr 11 Digital Photography



Holly Brown's  
photograph of her horse.



Left: Bella Baxter's re-creation of a snake shot with  
Juniper Hind as the model.

Right: The original photograph

# Junior Secondary News

It is an exciting year for myself and the Junior Secondary students as we prepare for the first group of Year 7 students in 2015. This change to the high school model will affect staff, students (both primary and secondary) and parents. All staff will be participating in a range of Professional Development to improve their understanding of the Junior Secondary agenda. In the coming months, Year 6 and 7 primary school parents will be invited to attend Parent information evenings at the high school to help prepare themselves and provide valuable information to their students, while members of the high school staff will be visiting students in their primary school to start our annual transition process.

Currently, our junior secondary students have settled into term 2 very well and it has been pleasing to see a lot of teaching and learning happening in the classrooms with all students engaged in the learning activities.

Our Junior Leaders have been busy thus far, with a range of events including:

- Organising a very successful Valentine's Day Roses campaign, raising nearly \$300.00

- Participating in the Induction ceremony

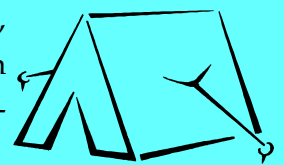
- Working the Senior leaders to collect donations on Pink Stumps Day and Harmony Day

- Participating in the ANZAC Day parade



One of the most pleasing aspects of working with the junior leaders has been watching them develop their leadership skills while running the Year 8 and 9 Year level parades as well as the Junior Secondary parades. All leaders are progressing well with their speaking and organisation of these parades.

The organisation for the camps is well underway and all students should have received their invoices and camp information. Any students / families that are yet to receive this information should contact Mr Ben Vi-kionkorpi (Year 8) and Mrs Anita Harold (Year 9) to collect this information. Camps are an invaluable experience that students should work towards attending. The positive effects of new friends, improved teamwork and decision making skills and the working relationships between students and with their teachers carry much longer into the school year than just the duration of the camp.



Students and parents are reminded that students must have Good Standing in order to attend the camp. Students who have lost their good standing and would like to attend the camp, should start the process of reinstating this now before it is too late.

Please remember that myself, the Year level co-ordinators and form teachers can be contacted at the school or on email, if there are any problems or concerns,

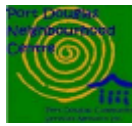
Tracy Butland

HOD - Junior Secondary, HPE / Sport





Expressions of  
Interest Starting May  
2014



**Is Parenting becoming painful?  
Tell us about it!**

**P5 is a six week parenting program where parents can discover tools to turn things around and discover pleasurable parenting!**

**P5 stands for Participatory Program  
Promoting Pleasurable Parenting**

Come along and explore the challenges we all face as parents. Discover some new responses to children's behaviour and feel renewed confidence in your relationship with your child/children. And have some fun!

**For:** All parents and carers of children from baby to teenagers.

**Where:** Port Douglas Neighbourhood Centre

**When:** May 20th to June 24th 2014

**Time:** 5.30pm to 8.00pm

**Runs till:** For 6 sessions

**Cost:** \$60 per course. Covers course materials and snacks.

**Babysitting:** Limited babysitting available; please contact us

**All Welcome**

**Call - 074099 5518 to book**

**Email - family2@pdnc.org.au**



# Helping Friends

Helping Friends is a peer support program that offers senior secondary school students the opportunity to learn and practise skills that can help their friends when they experience problems. The National Youth Survey 2013 (Mission Australia), showed young people turned to friends most, for information and support in relation to issues. This was even above parents and relatives/family friends. The purpose of the program is to improve the health and well-being of young people through peer listening, education and referral. By identifying students who are already seen as helpful people and providing them with additional training, the program increases the likelihood that students will receive appropriate help when they need it. Using existing networks inside and outside school allows a greater use of school and community resources to address the many and varied issues confronting young people in secondary school.



14 Mossman High year 11 students participated in the course on the last Monday and Tuesday of Term 1. It was facilitated by Carla Papas Chaplin, Wendy Fry and Christine Gray School Based Youth Health Nurses and Mr Mathewson year 11 Coordinator. It was held at Mossman State Primary School in their well-appointed training room. Students participating in the Helping Friends program have received instruction and practised skills in the following areas: Helping Relationships (self-awareness, trust), Communication (facilitative listening-content and feeling, spatial distance, non-verbal cues, reflective responses), Decision Making (assessment, options, evaluation), Referral (referral processes, knowing limitations, knowledge of resources) and Self Care.

They have a workbook for future referral and have received their participation certificates. They will all meet again in 3 and 6 months to see if they are using their new skills.



Education Queensland - (Far North Queensland Region) invites parents of adolescent students to attend a FREE twilight workshop presented by the well-known and internationally acclaimed Clinical Psychologist:- Andrew Fuller.



## Raising Resilient Adolescents

ANDREW FULLER

Come along for a fun and informative time. Andrew's talks are lively and very useful to parents needing some parenting ideas & suggestions.

Andrew is the author of *LIFE: A GUIDE*, *TRICKY KIDS* (Finch), *HELP YOUR CHILD SUCCEED AT SCHOOL* (Inyahead Press), *TRICKY PEOPLE, RAISING REAL PEOPLE* (ACER), *FROM SURVIVING TO THRIVING* (ACER), *WORK SMARTER NOT HARDER* and *BEATING BULLIES*.

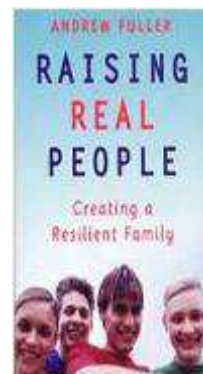
Andrew has also co-authored a series of programs for the promotion of resilience and emotional intelligence used in over 3500 schools in Britain and Australia called THE HEART MASTERS. He is a Fellow of the Department of Psychiatry and the Department of Learning and Educational Development at the University of Melbourne.

Resilience and emotional intelligence contribute more to career and life success than academic intelligence.



### Topics to be covered will include:

- The active ingredients of resilience
- How parents can develop these in their children
- Friendship skills
- Parenting tricky kids
- Creating happy kids
- Building self-esteem and dealing with set backs
- How to talk to boys and girls



### Session Details:

- Date:** Monday 26th May, 2014
- Place:** Cairns Colonial Club, Behan Street, Manunda (Convention Centre)
- Time:** 6:00pm - 7:15pm
- Cost:** FREE (includes Tea/Coffee on arrival)
- Register:** No formal registration required. Just turn up.

Organised by:

Qld Department of Education, Training and Employment:- Far North Queensland Region (Junior Secondary)



## Date Claimers

**Naplan**

13th - 15th May

**TCN Cross Country**

19th May

**School Disco**

22nd May

**Year 10 Work Experience**

26th - 30th May

**Year 8 Camp**

27th - 30th May

**MSHS Athletics Carnival**

5th June

**Queens Birthday Public Holiday**

9th June

**Year 11/12 Block Exams**

16th - 20th June

**Year 10 Camp**

24th - 27th June

**Year 9 Camp**

25th - 27th June