



MOSSMAN HIGH NEWS

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Year 10 – Jim Buckley
Year 11 – David Mathewson
Year 12 – Greg Cox

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Issue 7

21st October, 2014

Principal's Message....

I am sure we are all thinking this year has gone by so quickly. Term 4 is always such a busy one, as well as being a shorter one for our Senior School Students (Year 10, 11 & 12).

I reminded students at our first assembly this term that they need to remain focussed on their studies right up until the very last day. Our Year 12 students in particular need to ensure that they complete their assessment pieces to the highest possible standard to finish with the best possible outcomes.

Our Presentation Evening is being held on Thursday 30th October and I look forward to celebrating the success of our students across a range of academic, sporting, cultural and community service activities. This is an evening that showcases the many talents and abilities of our students and I encourage all families to attend.

As we complete the work for this term we are also preparing for 2015. We will be building on the successes of this year and improving on those aspects of our school that need strengthening. We are currently reviewing school camps and I encourage each of you to participate in the survey that has been included in this newsletter. It is important that we receive your feedback to improve this aspect of your child's educational experiences.

Attendance continues to be a focus for our school. Research and our data show that students who attend school more than 85% of the time achieve greater success in their studies, as well as engagement in a wide range of sporting, cultural, social and community activities.

Our Year 12 students' final day of school is Friday 21st November; Year 10 & 11 students final day is Friday 28th November; and Year 8 & 9 students complete their year on Friday 12th December. It is most important for all students to attend each day up to and including their final day.

I look forward to seeing each of you on Thursday 30th October at our Presentation Evening.

Kind regards,

Deborah Kachel
Principal

Year 11 Legal Studies

Year 11 Future Lawyers Face Off With Wall J!

As part of their assessment for Criminal Law, the entire Year 11 class prepared sentencing submissions and marched off up to the Mossman Court House last term.

The students worked in pairs, with one 'prosecuting' a defendant and the other 'defending' a 'client'. Some students were even brave enough to 'get their lawyer's kit on,' minus the wig!

Judge Wall was stern, but fair in his deliberations and decisions.

All Students performed well and the staff at the Mossman Courthouse were so impressed they noted that each one of them were skilled enough to apply for a 'Judge's Associate' position.

Written by Brooke Stapleton (Year 11 Legal Studies Teacher)



A SAFETY MESSAGE FROM MACKAY SUGAR

The sugar mills are crushing; please be aware of cane trains and trucks. Mackay Sugar urges all motorists to be alert when approaching cane train crossings – look out for cane trains; stop at the flashing lights, it's not worth the risk! **Children – don't play on cane train bins; near cane railway tracks, or on cane transport roads - it's not safe!** For all community enquiries, please contact Mackay Sugar on 4953 8300.

Japanese Homestay Experience

Marsh Family

Our Homestay Experience

I would like to share what a privilege it was for our family to be part of the recent homestay experience where we played host to students from Japan as organised by Mrs Stephanie Dunn-Balzer, Mr James Wall and the Mossman State High School. I must admit to being apprehensive at first, but all my fears were totally unfounded. From the moment we met the two students, who would be sharing our family home and routine for 4 days, we started to feel comfortable in each other's company so much so that we regretted that their stay would not be longer and tears were shed by all on their departure. The students were polite and helpful and their enthusiasm for trying new foods and everything our Australian culture has to offer, blew our family away, as we started to appreciate more the things we have at our own backdoor. I still smile when I recall the thrill our guests got just taking their shoes off and feeling the sand on the beach.

If this opportunity comes again, I know my family will eagerly embrace the chance to participate and we highly recommend it to other families in the school community to become involved.

The Marsh Family



Science

Year 10 students are studying Earth Science this term. Here they are looking at the Greenhouse Effect and how water temperature can influence ocean currents.



Artistic Impressions

On Friday the 10th October, family, friends and community members enjoyed an evening of artistic and performing arts talent. Subjects on display included Dance, Drama, Music, Film, Television and New Media, Photography and Visual Art. The event was very well received and showcased the remarkable creativity of the students and teachers of Mossman High School. The sense of achievement each student experienced confirms the importance of an Arts education in building self-confidence and promoting industry experience. A huge thank you to all involved for producing such a successful event.

Alisha Matthews (Dance Teacher)



From the SportsDesk

The flavour of this edition is very much Cricket!! Footy and Netball as our populous sports have finished, and Cricket is well underway, locally, nationally and internationally. How good is it that Cricket is back on our T.V's!!

Schoolboys Cricket:

Our grade 8 / 9 and Open Cricket teams have been busy traversing the countryside, from the brownness of Mareeba to the ever present green of Tully.



The Junior Team travelled to Mareeba late last term to play Mareeba High at Borzi Park. Bowling first, our boys played out of their skins, taking sensational catches and bowling tight lines. The bowling stars were Fraser Allen and Nathan Deuble, with Fraser taking 4 wickets. Nathan bowled good heat and had the batsmen ducking for cover. Mareeba finished with 103 – a more than gettable target. The lads started comfortably, working the bowlers around with minimal loss. However, once the 3rd wicket fell for 43, the remaining wickets then tumbled, to have us all out for 62.

The Open Team were successful at reaching the North Queensland regional final, against Ignatius Park College from Townsville. Travelling to Tully, the boys were in for a big day, leaving school at 8:30pm for a 1pm start. Once there, the boys were keen and warmed up well. With a regular captain, David Coulthard, out with injury, Hayden D'Addona stepped in to fill his shoes, and did so extremely well. Stepping up to the mark, Nathan Deuble, one of our year 8's, opened the bowling with Michael Schulz. Finding their range early, the opening pair had Iggy Park 2 – 35. With regular bowling changes and sensational fielding, Mossman kept finding wickets to stem the flow of runs. Run outs from Schulzy and Keel Sorensen (with a tap on to the stumps from a straight drive) highlighted a great fielding effort. Iggy Park, who had recently returned from a tour to England, finished with 6 – 127 – a below par score for the small Tully field.

Hayden and Kaiden Sorensen started positively, but Kaiden copped a rising ball and was dismissed early. Nathan Evans came to the crease and immediately showed the Evans natural confidence, taking the bowlers on at every chance. Pulling short balls to the boundary and driving comfortably. Iggy Park were looking shaken. This then resulted in a steady flow of wides, helping Mossman's cause. However, a couple of quick wickets saw the runs slow and the bowling tighten. This restricted Mossman, who ultimately finished with 7 – 93. This was a good total, and the boys should be proud of their efforts.

Both teams travel to Endeavour Park, Cairns, on the 16th October, to play against Good Counsel College, in their last game of the year. Good luck fellas.

At the Under 19 QSSS Cricket Carnival, David Coulthard and Ethan McCullough both performed outstandingly. David was the highest wicket taker for the carnival, and Ethan took the most dismissals by a wicket-keeper. Both awards have now finally arrived, and will be awarded to these students at the next whole school assembly. Congratulations boys.

Peninsula Athletics:

Week 3 this term will see Eleisha Mealing and Jessica Eagle-Rowe travel to Brisbane to compete at the QSSS Athletics Carnival. Eleisha is competing in Javelin and the 100m, and Jess is throwing Shot Put and Javelin. We wish these students the best of luck.



TCN Under 14 Cricket:

These trials were held on Monday, 13th October in Cairns. We had three boys trial for this team, which then attend the Peninsula trials. These boys trialled well, but weren't successful, however, they gained some good experience from this and hopefully they can make this team next year.

Peninsula Under 14 Cricket Trials:

This selection is on Monday 20th and Tuesday 21st October at Griffiths Park, Cairns. These run from 8:30am – 4:30pm both days. We may have one student attending, but it depends on how his injury progresses. For more info, please see Mr Vikionkorpi at HPE.

TCN and Peninsula Under 19 Cricket:

The TCN trials and Peninsula trials for the 2015 team have been moved forward to this year, due to the State Titles being moved to the beginning of March next year. Information regarding these trials will come out on student notices in the next week or two. The Peninsula trials will be held on the 24th November at Griffiths Park, Cairns. Please get your child to listen to notices to receive the appropriate information. Students in year 12 are unable to trial for this team, as they will not be at school next year. You can also talk to Mr Vikionkorpi for more information.

Peninsula Triathlon trials:

The trials for the 2015 Peninsula Triathlon team is being held on November 23rd, at Yungaburra. Please register with Mr Vikionkorpi for more information.

That's it for now.

Ben Vikionkorpi

Sports Coordinator

Mossman State High School



wishes to invite

Students, Parents, Guardians, Family & Friends

to our

Annual Presentation Evening 2014

To recognise and celebrate student academic, cultural and sporting achievements.

When - Thursday 30th October

Where - Indoor Sports Centre

Time - 7.00 pm

Date Claimer

Presentation Night

Thursday 30th October

Year 12 Block Exams

Wednesday 12th - Tuesday 18th November

Champion House Day

Wednesday 19th November

Year 12 Last Day and Graduation

Friday 21st November

Year 11 Block Exams

24th - 28th November

Year 10 & 11 Last Day of School

Friday 28th November

Year 6 Day

Monday 1st December

Year 7 Day and Junior Disco

Tuesday 2nd December

Last Day of School

Friday 12th December

Parents supplying alcohol to teens

In the largest study of its kind researcher's followed nearly two thousand parent/child pairs over four years in a bid to provide guidance to parents on how best to moderate their child's drinking.

Chief investigator of the study, Professor Richard Mattick, said there was a deal of confusion among parents as to how best to moderate their child's drinking and thereby hopefully minimise risks such as injury, violence, poisoning, risky sexual practices and future alcohol problems.

Teenagers whose parents supply alcohol in early adolescence are three times as likely to be drinking full serves of alcohol at age 16 as children in families that do not supply alcohol. Parental supply of alcohol in years 7 to 9 was the single biggest predictor of drinking in year 10.

Professor Mattick said the results showed that contrary to opinion among many parents, supplying children with alcohol did not moderate their drinking.

This excerpt was taken from the Media Release of the National Drug and Alcohol Research Centre, University of NSW, September 2014. The study was funded by grants from the Australian Research Council, Foundation for Alcohol Research and Education (FARE), Australian Rotary Health.

Wendy Kenna - School Nurse

Sleep - We all need it, but...Teens need it even more!

Teenagers need between 9.5 and 10 hours of sleep each night to function best. MOST teenagers do not get enough sleep - as a parent you need to make sleep for your teen a PRIORITY. Even half an hour more sleep a night can make a difference. Teens can have trouble falling asleep as their biological sleep pattern is changing. Reduce screen time close to sleep time.

The most common cause of insomnia (trouble falling asleep and staying asleep) is stress, emotional troubles (like family problems or relationship difficulties). If insomnia lasts for more than a month then seek help. *Lack of sleep impacts on -*

- Mental Health with, mood swings, lower self-esteem, anger, sadness, depression and behavioural problems.
- Increased stimulant use to deal with tiredness; caffeine, sugar, nicotine to wake, and alcohol and some illicit drugs to go to sleep.
- Increased risk of accidents and injuries - drowsiness and fatigue has been identified as the principal cause of many accidents involving teens.
- Physical illness, by lowering our immune system
- Weight Gain, because the chemical that suppresses appetite is made while we sleep and decreased school performance, as ongoing sleep deprivation can cause memory and concentration problems.

If you are finding it hard to get enough sleep, speak with your Doctor, School Support Team or Kids Helpline 1800 55 1800, 24 hours or Parent Helpline 1300 30 1300 8am to 10pm.

Taken from Kids Helpline information sheet : Wendy Kenna - School Nurse