



MOUNT GRAVATT HIGH SCHOOL

Let us seek worthy things

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5 February 2018

A MESSAGE FROM THE PRINCIPAL



The **2018 school year start** was particularly smooth by all accounts. I'd like to welcome new families to Mount Gravatt High and welcome back all students to what we believe will be another cracker year. Our enrolment will just pip the 1200 number this year at 1202 for our official census. It is hard to believe our first group of

Year 7s are now into their senior school years. Some thoughts below about our school culture to remind and reinforce that a "great" school requires attention and practice.

School community 'as one' is signature of Mount Gravatt High. It is down to the shared values and collective commitment to those things that make a great school. School culture has to be "right" and this comes about from an understanding that not only do we want our children to be happy, safe and productive, but it is also as important to be well disciplined, to learn self-management, be open-minded, thoughtful and to be aspirant – to look our best, be our best, be considerate of others. School rules and policies are drawn upon these goals and to an expected very high standard at Mount Gravatt High. Our rules and policies are carried out consistently.

A challenge I put to students in 2018 centres around our true behaviours and commitment to inclusion and respect for others. Never underestimate the capacity of Mount Gravatt High students as wonderful citizens. In particular, the digital age presents us with so many opportunities and advantages but also potential dangers and irresponsible behaviours. We pride ourselves on the depth of sense of community at Mount Gravatt

High. It is one uniting pillar of learning at Mount Gravatt High often cited as reason for parents choosing our school.

A growing trend is for schools to triage the fallout from irresponsible and uncaring behaviour on social media. It is a social problem. It is not a school problem. It requires a social response and the will. Social networking we have seen can be put to some heinous uses, including harassing others with merciless intent, and even swaying bigotry and election tampering because of its significant persuasive influence. Young people, and not so surprisingly the poorly educated, are most at risk as either targets of, or perpetrators where the social network provides a veil to cover one's personal responsibility of one human being to another. At Mount Gravatt High some policies and behaviours we have address the use of digital technology such as in our Acceptable Use Policy, Mobile Phone Policy for students and our Responsible Behaviour Plan for Students.

I ask parents to keep our young people happy, safe and respectful, consider what your expectations are for your son or daughter's use of social media in particular. Does your son or daughter sleep with the mobile phone under their pillow? Do they spend more time on WhatsApp, Snapchat or Facebook than actually visiting or being in the company of friends and family as first preference? Do you monitor use of social media and promote responsible use and discourage the 'group chat attack' or blog? Being hurtful to others is not a skill to be tolerated. Being kind, tolerant and respectful are far more creditable.

Every student being successful is the goal of State schooling and because at Mount Gravatt High we have our 'culture right' and great teaching has full impact and effect, our students get the best opportunity to learn and get the best outcomes. Last year our Year 12 students excelled with the best results had in the past four or five years. Almost 90% of our OP eligible

students achieved an OP of 1 to 15 and 98% of applicants to tertiary study received an offer. Every student received their QCE. At today's assembly we acknowledged the high achievers of last year's graduating group.

Parent engagement in our school is always a blessing for the number of parents actively working with us and just so pleased with the way their child progresses under the guidance and instruction of teachers. I thank parents for joining the Student Resource Scheme in such overwhelming numbers again over 98% joining the scheme. Laptops and textbooks were issued to all new students in the scheme. Years 7s have the latest tablet/notebook and the BYO for senior students has also had some take-up.

Year 12 leaders' induction was held this week with thanks to Messrs Ross Vasta, Federal Member for Bonner and Joe Kelly, State Member for Greenslopes acknowledging Captains, Vice Captains, House Captains, Junior Senior Leaders and Mentors. Student governance continues to be a symbol of the strong theme in our school of building community capacity, developing confident young people and good citizenship. Our students take their roles seriously and with greater good in mind. I wish them well as our student leadership group for 2018. Past Captains Elliott Jones-Perrin and Denae Moore returned to our school and gave terrific speeches of encouragement

Kitting out students in uniform this year seems to have taken another leap into the highest standard of presentation of our students. This year our new Year 7s join Year 8s with their formal hat in our smart and sun-safe addition to uniform from 2017. I am well aware of the costs of schooling to parents and we will endeavour to keep on providing value for money.

Renovations and re-arrangements in school facilities took place over the school holidays and they are quite significant, not only to the function of our school but in the learning benefit to students. The building of a new uniform shop beside the canteen perhaps the most obvious to parents, has proved to be great success and delivered on-time and on-budget.

Junior Secondary continues to be a signature point of excellence in our school since 2015, being the State winner in the EQ Showcase Awards in that year and our Junior Secondary school has evolved to remain contemporary to student needs. Year 7 to high school is no longer a novelty and our survey of past students indicated some changes we could make and these have been actioned.

Richard Usher
Principal

UPCOMING EVENTS

| | |
|--|----------------------------------|
| Tuesday 06 February | Junior Interscholar Sport Trials |
| Wednesday 07 February | Senior Interscholar Sport Trials |
| Wednesday 07 – Friday 09 February | Year 11 International Camp |

| | |
|------------------------------|--------------------------------------|
| Friday 09 February | Year 9 BEC Excursion |
| | Year 10 Explore University Excursion |
| Tuesday 13 February | Junior Interscholar Sport Starts |
| Wednesday 14 February | Senior Interscholar Sport Starts |
| | Year 7 Parent Meet and Greet |
| Friday 16 February | Chinese New Year Lunch |
| | Year 12 Explore University Excursion |
| Wednesday 21 February | P&C Meeting 7pm (Upper A Block) |
| Thursday 22 February | QCS Parent Information Night |
| Friday 23 February | Years 10-11 BCT Excursion |
| Tuesday 27 February | Open Day 1 |
| Thursday 01 March | Years 8-12 School Photos |
| Friday 02 March | School Photo Catch-ups |

OPEN DAY

OPEN DAY

TUESDAY 27 FEBRUARY
9:00am-11:00am

All interested parents and students are invited to attend our Open Day which provides an excellent opportunity to view classrooms, facilities and be informed about our great school.

Our office will be making enrolment interviews from February 13 for Year 7 in 2019. Please phone our Enrolment Officer on 3291 5250 from this date onwards to arrange an interview time. Out of catchment enrolments are welcome.

For further information: 3291 5250
Email: admin@mtgravattshs.eq.edu.au
www.mtgravattshs.eq.edu.au

SCHOOL PHOTOS

Photo Day for Years 8-12 is on Thursday 1 March and a photo catch up day will be held on Friday 2 March. Please see instructions below on how to order online.

QParents – ARE YOU REGISTERED?

What is QParents?

QParents is a secure, online portal created by the Department of Education and Training to provide parents of Queensland state school students with twenty-four hour access to their child's information.



QParents provides an easier way for you to interact with our school. You will have secure, online access to your student/s information, anytime, anywhere, through a smartphone, tablet or computer.

QParents allows you to connect instantly with our school to access and manage student information, including:

- Attendance and absence details, as well as the ability to notify the school of an absence
- Behaviour information
- Academic report cards
- Class timetables
- Viewing unpaid invoice details, payment history, and making payments online
- Viewing and updating personal student details, including medical conditions and address
- Enrolment Details

Year 7 Students

QParents parent nominations for year 7 students will be processed after Wednesday 14 February. You will receive an email to action.

Register now!

Complete the nomination form (below) and return to the school office

If you require more information about QParents, or help with using QParents, please:

- visit the QParents online help guide
- call 13 QGOV (13 74 68)

SENIOR SCHOOLING

Key Roles in Senior School at Mount Gravatt High

Guidance Officers

We have had some key changes to the staff that will be supporting your child in the Senior School. Here are just a few that your student may need;

Mr Wilson, our Guidance Officer, is able to offer students career advice as well as counselling. He conducts talks with students on careers and school life balance. Students can make individual appointments to see him to discuss issues. He also organises TAFE and QTAC applications with students. Daniel is at school 3 days a week.

Penny Budge is primarily the Guidance Officer for Junior School however is able to assist students with their questions on the days that Daniel is away. Penny is available 5 days a week.

Deans of Senior School attendance goals of 95%+

This year, as the school has grown, we now have three Deans of Students – Senior School; Carla McConnell, Brett Murray and Melynda Everingham who will each take over one year level. Their news regarding each year level will appear in the Senior School section of the newsletter. They will work with students to ensure they meet their attendance targets and provide leadership and mentoring opportunities for students. They will also help look after the wellbeing of students.



Year 12 Brett Murray "Make the most of the best and the least of the worst" Robert Louis Stevenson



Year 11 Melynda Everingham "We rise by lifting others"



Year 10 Carla McConnell "Let's start the Journey"

Senior Schooling



*Sandra Wilson
Head of Department*

I am the Senior Schooling Head of Department and have the role of looking after students seeking alternative pathways through VET in School, School based traineeships and apprenticeships and work experience. Together with the rest of the Senior Schooling team, I will monitor QCE progress and oversee the Year Level Meetings and the QCS program. I can also assist students with career questions they may have and produce the Career Hub Newsletter you will find below. This newsletter contains information regarding Universities and TAFE, vacancies for traineeships and apprenticeships and information regarding

Career Open Days and Events. This newsletter is emailed out to all students in Years 10-12.

Year 11 and 12 - Work Experience Tuesday 17 to Friday 20 April

This year work experience will only be four days due to the Commonwealth Games Student Free Day. Letters are now available and are being emailed out to students.

Year 11 and 12 students will have the opportunity to take part in work experience in week one of Term 2. This is the only opportunity that Year 12 students will have this year for a work trial.

There are two options – a paid option where students can register with an agency to find a placement for them or the free option – to arrange their own. All details necessary are on the Work Experience letter.

If you wish to arrange your own placement for this work experience week, please contact the employer to arrange a placement for Tuesday 17 to Friday 20 April. Once they have confirmed they are happy to assist, simply provide the details by filling in the attached work experience application form and return to Mrs Wilson as soon as possible. I will then be able to provide the necessary insurance paperwork required.

If you know of a business that can provide a work placement for other students, or if you would like to provide a placement please email me on swils118@eq.edu.au and I will advertise these to students.

QIMR Berghofer Work Experience Program

2018 program dates

Applications for the 2018 Laboratory Work Experience Program opened on Monday 22 January and closes on Friday 23 February 2018. The program runs from 8:50am to 3:00pm each day, on the following dates:

- Monday 14 to Wednesday 16 May
- Monday 2 to Wednesday 4 July
- Monday 24 to Wednesday 26 September

If a student's application is successful, they will need to complete a work experience agreement form which should be signed by their guardian, school principal and the QIMR Berghofer School's Education Coordinator. If interested please see Mrs Wilson to obtain an expression of interest or work experience form.

How to apply - due to high demand, places in the QIMR Berghofer Work Experience Program are competitive. Before you apply you will need to do some reading about QIMR Berghofer's research and laboratories. This shows that you are suitable for work experience at QIMR Berghofer, and helps us match you with vacancies in laboratories that suit your interests.

When you apply, it is important that you:

- show us you have read about laboratory projects at QIMR Berghofer in depth
- are a high achiever
- plan to study university science

- are considering a science-related career

We encourage you to apply with another student from the same school where possible as you will be working in pairs in the laboratory. Remember, completing an application form will not automatically qualify you for a placement as positions are merit-based. Please see below link for more information.

<http://www.qimrberghofer.edu.au/laboratory-work-experience-application/>

Year 12 QCS Test and Year Level Meetings

Year 12 students will receive their OP estimate and a letter explaining the QCS Test preparation program that will occur during Year Level Meetings this Friday. All students have the opportunity of preparing and sitting this exam in August in order to provide them with an OP (OP eligible) or improve their Rank (NON OP).

Students will have the opportunity of sitting a practice test in week three to see what a QCS Test is like and will then be provided with two more practices, as well as additional instructions and training during their Year Level Meetings.

Students who nominate not to sit the test will be involved in a Career Education Program that will assist them with their future study options as well as preparing them for the workforce.

Students will need to return their preferences for sitting QCS by Wednesday 7 February. Students needing the support of a mentor will also be able to nominate a teacher that will help support their academic decisions throughout the year. Students need to email Mr Beebe if they wish to participate in the Mentor Program.

Sandra Wilson

Head of Department – Senior Schooling

STUDENT ABSENCES

Please ensure that you contact the school on the day of your student's absence.

Absence Line: 3291 5266

Email: absence@mtgravattshs.eq.edu.au

JUNIOR SECONDARY

2017 Junior Secondary Celebration Assembly

Our celebration assembly was extremely well attended by our parent community, all keen to see their sons and daughters pass a small, but significant, milestone in their adolescent years. We are confident that their Junior Secondary schooling here at Mount Gravatt High will provide a strong foundation of social and academic skills - readying them to attack the rigours of senior schooling.

I would like to congratulate the 2017 recipient of the Junior Secondary Dean's Starfish Award – Shakira Martins. Shakira maintained a high level of attendance, a very high level of academic achievement, as well as an outstanding record of behavior and effort. On top of this Shakira was one of our Junior

Secondary Leaders, and was involved in many competitions, groups and activities including:

- Quest Academic Challenge
- Maths Team Challenge
- ICAS Science Competition
- Student Council
- High Resolves Project
- Drama Club
- Debating

We look forward to following the path Shakira paves through her senior schooling years.



Deans of Students in the Junior School 2018

Three Year Level Deans have been appointed in the Junior School for 2018. Their role is very important in maximising student engagement in all four pillars of life at Mount Gravatt High. They will again be unrelenting in their pursuit of 95% attendance rates; as to be engaged in school, one has to be at school.

Our Deans of Students in the Junior School are:

| | |
|---------------|-------------------|
| Year 7 | Ms Tara McKenzie |
| Year 8 | Ms Anita Brady |
| Year 9 | Ms Tanya Di Salvo |



Tara McKenzie



Anita Brady



Ms Tara McKenzie Ms Anita Brady Ms Tanya Di Salvo

Great Start for our New Year 7 Students

Our new Year 7 students hit the ground running on Day One 2018. This was largely due to the fact that 93% had already attended our Orientation Day. After a brief year level assembly, students were ready to join in their very first whole school assembly at 9:30am. By 10:00am they were in their classrooms, with their class teachers engaged in learning. Well done to our young students! A huge thank you to our parent community once again, for ensuring students arrive at school in immaculate uniform, with materials ready to learn.

Year 7 Parent Evening

Come along and meet your child's teachers on Wednesday 14 February. Teachers will be in the School Hall from 6:00pm onwards, ready for your child to introduce you to them. This informal session will be followed by a brief but informative formal presentation and official welcome into our school community from 6:30pm – 7:30pm, further email to follow.

Year 8 and 9 Student Performance Review

Congratulations to the many students who, in 2017, achieved to their ability level and beyond. As part of our ongoing improvement agenda those students who received two Ds in ACHIEVEMENT and/or the equally important EFFORT and BEHAVIOUR, will meet with a member of the Junior Secondary Team shortly. The purpose is to analyse how and where improvements can be made. At the conclusion of the meeting, students will have identified one goal that they wish to achieve during this next reporting period and identify three actions necessary in order for them to be successful. The Year 8 students will meet with either Ms Brady or myself, and the Year 9 students will meet with either Mr Kingston or Ms Di Salvo.

Junior Secondary Camp Program

Connectedness

The Year 7 Camp will be held at the Gold Coast Recreation Centre at Palm Beach (at Tallebudgera Creek mouth) in the first week of Term 2 – Wednesday 18 to Friday 20 April. The cost of this camp will be \$206. Specific details will be sent out at the beginning of February. The purpose of this camp is to heighten your child's sense of belonging to the Mount Gravatt High community and to have fun with new friends!

Challenge

Year 9 students will have the opportunity to attend a winter based camp at the newly refurbished Sunshine Coast Recreation Centre at Currimundi. The camp will run from Wednesday 25 to Friday 27 July. The activity focus will be Commitment to Challenge - offering the opportunity to work in groups in (mildly) challenging environments and of course have fun too! The cost of this camp will be approximately \$220.

Judy Andrews

Head of Department - Junior Secondary

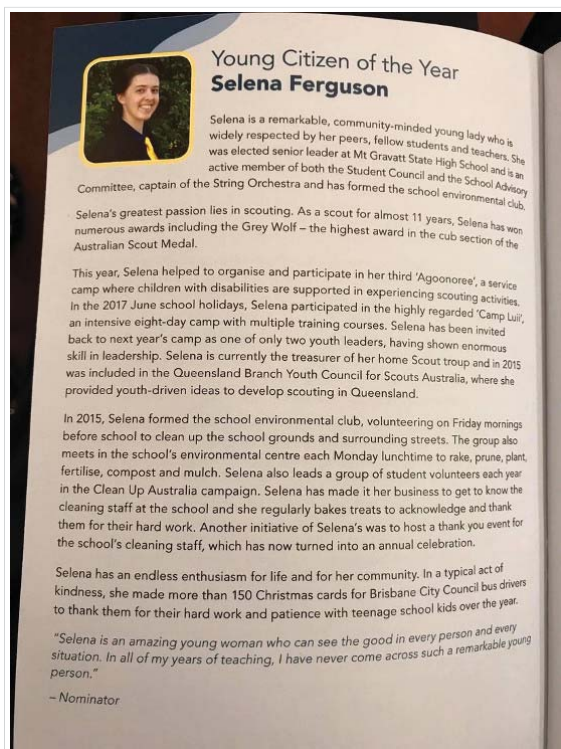
REMINDER: Please notify our school office of any changes in email or contact details.

Email: admin@mtgravattshs.eq.edu.au or Phone: 3291 5222

PAST STUDENTS

Brisbane City Council's Young Citizen of The Year

Selena Ferguson, a Senior Leader in 2017, was named Brisbane City Council's Young Citizen of The Year as part of the 2018 Australia Day Awards. Well done Selena!



Alumni

Be one of Mount Gravatt High's inaugural alumnus. Since 1960 Mount Gravatt High has prepared tens of thousands of students to step out into the real world and meet life's challenges. We take pride in each and every student and hope they find personal happiness and professional fulfilment in every aspect of their life.

The alumni association will allow students to stay in touch and maintain a connection between past students and the school and maintain an interest in the welfare of the school.

Benefits of life membership of Mount Gravatt High alumni:

- Stay connected with class mates
- Stay connected with Mount Gravatt High
- News and event information
- Invitations to networking and social functions

To join simply download the application form from our website or contact Mount Gravatt High on 3291 5222 or email admin@mtgravattshs.eq.edu.au

TEACHING AND LEARNING

Areas of interest for 2018

Welcome back to school 2018! Once again, as we continue to refine our practice and hone in on precise and effective teaching practices, a busy year looms ahead. This year the Teaching and Learning portfolio includes responsibility for the following areas:

- Teaching and Learning Framework
- EDGE
- Information, Resource and Research Centre
- eLearning
- Tactical Teaching Team

The vision for this year is simple: Supporting every student. In the newsletter this year I will keep you informed about the ways we will be supporting every student across those portfolio areas.

Teaching and Learning Framework

Term 1 priority is ensuring tight alignment between the requirements of the Australian Curriculum and the Learning Intentions, Success Criteria and Proficiency Scales that our teachers use in their classrooms. The Australian Curriculum describes precisely what students should be able to do in the Achievement Standard. At Mount Gravatt High, we want to have a direct line of sight that connects Achievement Standard, through our Unit Plans into the Learning Intentions that we give our students in the classroom. Thus, we will teach the Australian Curriculum with rigour and appropriately enact Design Question One of the Art and Science of Teaching framework ("What will I do to establish and communicate learning goals, track student progress and celebrate success?").

Tactical Teaching Team

An innovation at Mount Gravatt High this year is the establishment of the Tactical Teaching Team (T3). The T3 has been created by bring together highly experienced teachers to support every student. This includes providing learning support to those students who need it and helping students who are doing well to attain the next level. A key focus of the T3 is to assist teachers through pedagogical coaching and the provision of resources and strategies to further refine the already outstanding level of teaching at this school.

The members of the T3 are:

- Mrs Sue Janke
- Ms Shauna McVie
- Ms Catherine Millsom
- Mr Andrew Walsh

The T3 will also be working closely with the Master Teacher, Mrs Linda Richards, and the Key Teacher – Reading and Research, Ms Helen Fisher.

Information, Resource and Research Centre

The Information, Resource and Research Centre is going to be key focus in developing our student's reading, research, academic writing and critical thinking abilities. Ms Fisher will be working with students and also providing pedagogical coaching to teachers. I encourage you to read her article in this newsletter for more information.

Debating Program 2018

Debating is one activity that is provided to hone students' critical thinking abilities. Once again, Mount Gravatt High will be entering teams in each year level of the Queensland Debating Union (QDU) competition, and at the time of writing we are also likely to enter a team in the Brisbane Girls Debating Association competition.

Our Year 8, 9 and 10 teams are now full and only limited places remain on the senior teams. I encourage any senior students who might be interested, regardless of previous experience, to consider debating. It is an excellent activity to improve argument writing, critical thinking and public speaking skills. Any enquiries can be directed to Mr Miles.

Mr Dan Miles

Head of Department – Teaching and Learning

READING, INFORMATION AND RESEARCH CENTRE: RIRC

The year has started off with a flurry of activity in the RIRC. A number of initiatives have already begun to take shape. Our focus in 2018 will be on 'Reading for Enjoyment' and promoting what the RIRC has to offer in the 'Research Process' - where to find the very best of resources for assignments.



Reading

Reading Room

The Reading Room is now open at lunchtimes in the 'Nick Earls Reading Room'. It can cater for around 12 readers in a quiet and comfortable area. It is already proving a popular space and is open to all year levels.



New Books in

Mrs Whitmore, the Librarian, has been busy filling the shelves with some wonderful new fiction books. She is up to date on the most popular new reads and is always willing to help out with a suggestion for your next read.



When accessing the RIRC at Mount Gravatt High catalogue, students need to logon via:

<https://mtgravattshs.concordinfiniti.com/login>

Please use 'reading is fun' as the initial password to logon to the system. This is a terrific resource to keep a track of what you have borrowed and what reading materials are available in the RIRC.

Book reviews

Over the summer break a number of staff read fiction materials from the 2018 Reader's Cup potential shortlist. Thanks to Mr Toomey, Mr O'Neill and Mrs English for their contributions. We are placing reviews inside book covers on display throughout the RIRC.



Reviews of new reads

Book Review by Mr Toomey: The False Prince by Jennifer Nielsen

"Never Judge a Book by Its Cover" - I always say it to my students and yet I didn't follow my own advice. After looking at the cover I was very reluctant to start reading. I imagined a world of dragons and magic, which isn't my favourite genre. However, my initial reluctance was soon removed by what turned out to be an exciting page-turner (thankfully, not a dragon in sight).

Set in a fictional kingdom, it follows the trials and tribulations of four orphan boys who are kidnapped by a nobleman. They soon discover that the reason they are kidnapped is that one will be chosen to impersonate the kingdom's missing prince.

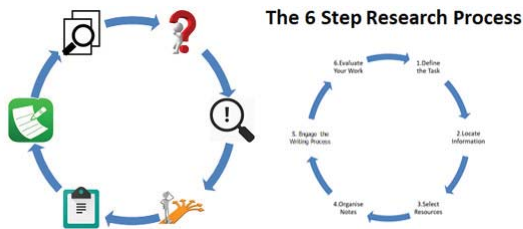
To say any more about the plot would be to give away too much. Let's just say that if you like novels full of adventure and mystery you will be impressed. I tried to predict what would happen as the novel progressed and was often surprised. Highly recommend it. Four stars!

Mr Toomey
SOSE Teacher

Research

The Research Process

The process of the six steps Research Process has started throughout the school. Classes will become accustomed to following the six steps of the process. They will be developing skills to support them in making better choices in source selection. This will be an ongoing process in 2018.



The 6 Step Research Process

Senior Study Room

A new initiative in 2018 is the Year 12 senior study room in the RIRC available to all Year 12 students at lunchtime in the **Alan Marshall Annexe**. It has already been popular and great to see so many senior students taking up the option to complete some quiet study, planning and homework activities.



Ms Fisher
Key Teacher
Reading and Research

CREATIVE ARTS AND INDUSTRIES

Vocal Ensemble

Mount Gravatt High consistently gives students opportunities to develop their talent and artistry in music. In 2018 we are proud to continue the vocal program to assist students in finding their singing voice and to share their talents with the school community. Students are welcome to attend the weekly rehearsals in H Block. The vocal ensembles are free, fun and the students love working with their vocal teachers.

Junior Vocal Ensemble:

Day and Time: Wednesdays 7:40am – 8:25am
Teacher: Ms Katie Simmons

Senior Vocal Ensemble:

Day and Time: Tuesday 12:45pm – 1:25pm
Teacher: Ms Natalie Richards



Instrumental Music

Auditions for Instrumental Music (IM) are now complete. Lessons and ensembles commence from Monday 5 February. The new year will be a big one for music-making and

performance. Should you wish to know more about your child's participation in the school's music programs, we welcome your contact.

| | |
|--|---|
| Mr Matt Fellows (Thursday and Friday) Wind Ensemble and Stage Band Director mfell12@eq.edu.au | Instrumental teacher (Woodwind and Percussion) Wind Ensemble and Stage Band Director |
| Ms Grace Liang Instrumental teacher (Strings) (Monday and Tuesday) String Ensemble Director glian4@eq.edu.au | Instrumental teacher (Strings) String Ensemble Director |
| Mrs Robyn Forshaw (Thursday) rfors2@eq.edu.au | Instrumental teacher (Brass) Brass Ensemble Director |
| Ms Helen Lowe hlowe1@eq.edu.au | Instrumental Music (Woodwind) Concert Band Director |



Anthony Pirovich
Head of Department – Creative Arts and Industries

MATHEMATICS DEPARTMENT

Maths Tutorials

Maths tutorials are starting in Term 1 week three on Wednesday and Thursday afternoons.

Junior Tutorials:

Day and Time: Wednesdays 3:00pm – 4:00pm
Rooms: K4, K3 and K2

Senior Tutorials:

Day and Time: Thursdays 3:00pm – 4:00pm
Rooms: K4 and K3

What to bring:

- Mathematics book
- Laptop
- Pencil case

Liliane Wissa
Acting Head of Department – Mathematics

We would like to remind you of our office hours

General Administration Office hours - 7:30am to 3:30pm

Accounts Office for Parents and Students - 7:00am to 3:30pm (Monday - Friday)

EARLY DEPARTURE PROCEDURE

If you need your student/s to leave school before 2:40pm, please give them a note of explanation to be signed by a Deputy Principal before school. Parents will receive a SMS which they will need to reply to before Students will be issued with a leave pass showing details of the leave time. This must be shown to their class teacher and then carried with them when they leave the school grounds. Due to school security, teachers cannot allow students to leave class without prior written approval.

GUIDANCE OFFICERS



Ms Penny Budge Mr Daniel Wilson

The Guidance Officers at Mount Gravatt High, Mr Daniel Wilson and Ms Penny Budge would like to warmly welcome returning and new students for 2018.

This year, Mr Wilson is available on Mondays, Thursdays and Fridays with a focus on Senior Schooling Years 10-12. Ms Budge is full time with a focus on Junior Schooling Years 7-9. Appointments for Mr Wilson and Ms Budge can be made in the school office.

Mr Wilson will again take students on a range of career excursions, including;

- A full Year 10 excursion to the National Careers and Employment Expo on Friday 11 May
- Year 10 students Explore University at QUT on Friday 9 February
- Year 12 students Explore Uni on Friday 16 February and Careers that Shape the World at the University of Queensland on Tuesday 5 June
- The Year 12 Careers Expo in the school hall will be on Friday 4 May

Mr Wilson will also manage Year 12 QTAC applications for university and TAFE entry, with assistance from Ms Budge

who will focus on OP-ineligible students. Individual student interviews run in Term 3 however, senior students are encouraged to make a guidance appointment early in the year to start exploring their options. Information sessions for Year 10 students also run in Term 3 to assist with subject selection and career planning. These students are also encouraged to see Mr Wilson or Ms Budge to discuss their pathways through senior schooling and beyond.

Ms Budge will be organising and running the school's resilience program which will be delivered over Term 2 and Term 3. Expressions of interest are sought from parents who believe their child may benefit from the program which supports students who struggle to form good relationships with parents and peers, experience excessive stress, anxiety or depression or who are interested in gaining strategies in helping them cope with the transition between primary and high school.

Ms Budge is also running sessions for Year 10 students on stress and time management during Term 1 Year Level Meetings and resilience in Term 2 Year Level Meetings, and encourages students to attend lunch-time sessions throughout the semester to assist junior and senior students in a range of mental health and wellbeing areas. Students are also welcome to book an appointment with a Guidance Officer for individual assistance.

Guidance Officers — Here To Help

Guidance Officers are registered teachers with special training in personal and careers counselling. You can talk to your Guidance Officer about things like:

- Jobs and Career Pathways
- Entrance to University or TAFE
- Choosing Subjects
- Friends and Relationships
- Teasing and Bullying
- Schoolwork and Stress Management
- Grief, Loss, Anger, Anxiety and Depression
- Drugs and Alcohol
- Sleeping or Eating Problems
- Family Hassles

What Can We Do?

Guidance Officers are trained to carry out:

- Confidential counselling for careers and personal issues
- Conflict resolution and mediation
- Meetings with teachers, parents and other professionals to arrange help for students

Your Guidance Officer can also refer you to the right person for expert advice.

Confidentiality

Guidance Officer counselling is confidential, which means that we don't tell anyone else. The only exceptions to this are:

- If you ask us to tell someone else for you, or get someone else to help
- If someone is in danger

Making an Appointment

During most lunch breaks the Guidance Office is open for walk-in questions and advice. Appointments for other times can be made in the school office. You will be given an appointment slip which must be shown to the teacher whose class you will miss. You may also receive an appointment slip in your roll, don't be concerned! The Guidance Officer is constantly contacting students to discuss a range of issues, jobs and opportunities. Before you come to your appointment please ask your class teacher to sign the appointment slip. If you can't make that time, please let the Guidance Officer know beforehand and book another appointment that suits your needs.

Mr Wilson/Ms Budge
Guidance Officers

SCHOOL BASED YOUTH HEALTH NURSE



Hello – my name is Megan Smith and I am the School-Based Youth Health Nurse at Mount Gravatt High. The Youth Health Nurse works with the school community on issues that may affect the health and wellbeing of young people and the community as a whole. Young people learn best and are able to manage their life if they

are physically and emotionally healthy. I am available for individual consultations with students every Tuesday and Thursday from 8:00am–3:00pm to talk about anything that affects health and wellbeing. This covers a broad range of issues such as:

- Healthy eating and physical activity
- Relationships
- Feeling unhappy or stressed
- Personal and family problems
- Smoking, alcohol and other drugs
- Sexual health
- Growth and development
- Healthy skin

All consultations are voluntary and confidential. Parents of the school community are also very welcome to contact me during these hours to discuss any health issues your student may have or for general information. Please call me directly on 3291 5258 (Tuesday and Thursday) or via the school administration 3291 5222.

Transition times for young people can be challenging

A new school year brings with it new challenges of starting school, moving into high school or adjusting to a new class, new timetable and changed social relationships. The following website might be helpful for tips for young people in your care who are experiencing such transitions.

http://raisingchildren.net.au/articles/secondary_school.html

If you are a parent or guardian of a student attending school and have concerns about your student adjusting, please feel free to talk to a member of the admin team, School-Based Youth Health Nurse or the school Guidance Officers.

Megan Smith
School Based Youth Health Nurse
Children's Health Queensland

OUR SCHOOL OUR ENVIRONMENT

Bird, Bee, Butterfly, Gardening



Mount Gravatt Environmental Group; volunteer their time each month to maintain the food forest and many plants on the bottom oval, the Butterfly Corridor and our resident bees. If you would like to go along for an afternoon outing, contact Laurie or Sheamus on 0409 273 874 or just turn up. Guaranteed fun and fitness, you will meet locals, school students and Griffith University students and afternoon tea is provided.

Venue: Mount Gravatt High above Soccer Oval

Date: Every second Sunday of every Month

Time: 3:00pm–5:00pm with Mount Gravatt Environment Group

Contact: or just turn up on Sunday afternoons

Bring: hat, water bottle and walking shoes

Sam Jeffs
Business Manager

P & C NEWS

P & C Executive 2017

Vice Presidents: David Heape
and Simon Rofe

Secretary: Joseph Kapeleris

Treasurer: Helen Koppenol

E:

pandc@mtgravattshs.eq.edu.au

P: PO Box 2515 Mansfield DC
QLD 4122

Uniform Shop

If you are interested in selling your unwanted uniforms, please bring in freshly washed and ironed items to the uniform shop. A 50% commission is deducted from sold items and cheques are issued twice a year.

Uniform Shop Relocation

The Uniform Shop is located in new premises, adjacent to the Canteen in E Block.

Opening Hours

Monday, Tuesday and Thursday: 8:00am - 10:00am
Wednesday and Friday: 7:45am - 11:45am

If you have any enquires or wish to place an order, please phone 07 3291 5209 or email mghsuniform@hotmail.com I also do credit card over the phone.

Gayle Brown
Uniform Shop Convenor

LOST PROPERTY

The amount of lost property that we have on hand continues to grow and it is overwhelming how many hats, clothing and other items we have mounting up. We are confident parents do not want to continue to pay for the same items over and over again. Please NAME your student's items. If named, we are able to return the items to students through student notices and emails to parents. If you do receive an email from the school advising of lost property being held, please ask your student to come and collect the item as soon as possible. The school will hold the items for two weeks after the email is sent. If it is still uncollected, the item will be used for general distribution to all students. We do not have the space to keep items indefinitely.

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Mt Gravatt High School P & C Association

Contact: Helen Kopperl Phone: 0732915222 Email: hkopp1@eq.edu.au

To order your Book or your Digital Membership securely online visit:

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International Students Homestay Program

Become an EQI homestay host

GREAT OPPORTUNITY:

Bring a new perspective to your life; become a host family for a high achieving, international student completing their studies in Australia

For a generous reimbursement, all you need to provide is:

- A separate bedroom with bed and desk
- Three meals a day plus morning and afternoon tea
- Internet access to meet study requirements
- A friendly, supportive family environment
- English must be your primary language spoken at home

For more information please contact:

Alice Clarke
 International Homestay Coordinator
 Email: aclar72@eq.edu.au

Comments from our host families about the program:

"Our family explored parts of our State and country we didn't know existed"

"We have made life long friendships with our student and their overseas family"

"We loved learning about other customs and traditions"

"It encouraged our family to do more things together"

"My children found it a great learning experience"



Trading Name: Education Queensland International

CRCOS Provider No: 00608A



Tarragindi Tigers Football Club

INVITES YOU TO

2018 Football Grading

Under 9

Tue 30 Jan 5.30-6.30pm HPSHS
 Thur 1 Feb 5.30-6.30pm HPSHS
 Tue 6 Feb 5.30-6.30pm HPSHS

Under 10

Mon 29 Jan 5.30-6.30pm HPSHS
 Wed 31 Jan 5.30-6.30pm HPSHS
 Mon 5 Feb 5.30-6.30pm HPSHS

Under 11

Tue 30 Jan 6.35-7.45pm HPSHS
 Thur 1 Feb 6.35-7.45pm HPSHS
 Tue 6 Feb 6.35-7.45pm HPSHS

Under 12

Mon 29 Jan 6.35-7.45pm HPSHS
 Wed 31 Jan 6.35-7.45pm HPSHS
 Mon 5 Feb 6.35-7.45pm HPSHS

Under 13

Mon 29 Jan 6.30-8.00pm Griffith Uni, Mt Gravatt Campus
 Wed 31 Jan 6.30-8.00pm Griffith Uni, Mt Gravatt Campus

Training for U13, U14, U15 & U16 age groups will begin the week commencing 5 February, with further details to be announced shortly.

Please register your interest via email to ttfcdc@yahoo.com.au

HPSHS - Holland Park State High School, Bapauine Rd, Holland Park West

WWW.TARRAGINDITIGERS.COM.AU