Sports Shorts

MORNING TEA & LUNCH TIME EVENTS

Congratulations to those who achieved 1st, 2nd and 3rd in your athletics events. Ensure you collect your place ribbons after the race or event. Continue to represent your house with pride and check the schedule for changes and updates daily. Well done to all competitors who have been participating and trying to get their house as many points as they can. Great job keep it up!

FUTSAL

On Monday the 3rd and Tuesday the 4th of June, seven teams contested the Fraser Coast School Futsal Titles at the Hervey Bay PCYC. Teams included the U13 boys, U14 boys and girls, U16 boys and girls and the U19 boys and girls. All teams played with great sportsmanship and displayed great team morale. These teams played against teams from Hervey Bay, Maryborough, Gympie and the Sunshine Coast. The U14 girls made it to the finals with no subs all day, but unfortunately just lost the game. They fought very hard right until the final whistle. Congratulations to those girls, who also won in Brisbane earlier in the year. The U14 boys played very hard in their tough matches throughout the day. U16 girls played very well as a team in all their matches and the U19 girls also played with great determination and never gave up, no matter what the score line was. All these teams were excellent ambassadors for Maryborough SHS and the sport. A huge thank you to all the parents who helped with transport and drove to the competition each day. Your time and support is greatly appreciated.

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Congratulations to all the students who won prizes in the raffles by doing the right thing.

School Wide Positive Behaviour Report

The focus for this fortnight has been RESULTS. This is an important part of Maryborough State High’s school wide positive behaviour strategy. Tips given to students in their Connect class to highlight this aspect, have been:

- Attempt all set tasks to best of ability and in time provided.
- Access appropriate resources and teacher assistance to meet curriculum requirements to complete assessment items.
- Use personal time in breaks to access toilet, food and drinks.
- Interact positively with peers through recreation and rest.

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DUKE OF EDINBURGH AWARD

Sunday morning June 2 four Dukes students and three staff members set out on the first bike ride of the new Dukes program. It was only a short ride from near Andys IGA to Baddow House and return via Ululah Lagoons but a great time was had by all. When we cycled to Baddow House GPSs were handed out and students set out on foot along the river bank following the co-ordinates as they looked for the Tom Thumb geocache which proved to be a tiny metal container tied to a tree branch. Next stop was a secret location, where students laid their own geocache which they aptly named “Mary Dukes”. That new geocache is currently being reviewed, and Dukes students will receive a copy of the acceptance email when it comes in. At Ululah Lagoons our students showed us how well they could cook up a storm on a barbecue before we cycled back to our finish point. Many thanks to Ms Romba and Mr Skinner who took turns driving support and cycling.

Tuesday following we downloaded the tracks and waypoints students had made and created our own maps of the ride in Google Earth (see pic).

In Term 3 there will be an overnight camp in Wongi State Forest for the Dukes students- tentative date is Sat 17 - Sun 18 August, cycling to and from Wongi Waterholes.

Young Achievers

The 2013 Neighbourhood Centre Maryborough Youth Achievement Awards were held in May, Maryborough State High School students Amber Louise Sleight and Jacquelyn Jolly were acknowledged for their outstanding achievements as young people in the community.

Year eleven student Jacquelyn received the Fraser Coast Regional Council Academic Achievement Award for the second year running. Year twelve student Amber received the Lioness Club of Maryborough Voice of Youth Award and runner up for the Cultural Involvement Award.

This award ceremony has been running since 2001 and is sponsored by local businesses in the Maryborough area. The awards also includes Sporting Achievement, Musical Achievement, Personal Achievement and Overall Young Achiever of the year.

FOR SALE:

“Yamaha Alto Saxophone for sale - $600 ONO. Ph. Michael - 0448514798”
Good luck to all students with their exams. Did you know: 100% of year 12 students at Maryborough State High in 2012 received a QCE, a vocational education qualification or a school based traineeship or apprenticeship. Two students received an OP 1 and 97% of all students who applied to university received an offer. Well done Maryborough State High!

Every day counts
Parents are reminded of the importance of sending students to school every day. Being at school every day counts. Just one day absent each week adds up to two months of missed lessons in a year. Unless your student is ill, it is expected that they will be at school learning every day of the school year.

Tackling cyber bullying
Adolescents today are proficient in technologies such as mobile phones, email and the internet, however they don’t always have the knowledge to deal with cyber bullying.

To help parents keep their children safe from online bullying visit www.dela.qld.gov.au/docs/cybersafety.pdf

Final Thoughts
Wishing all students well in their exams. Have belief in yourself and all your hard work will pay off.

The Catering Team

Overcoming test and exam anxiety
Most students experience some level of anxiety during an exam or test. However, when anxiety affects exam performance it has become a problem.

What students can do:
- Develop good study habits and skills. Your teachers can help you with strategies specifically helping studying for their subjects.
- Learn how to manage your time. If you have problems with this, see a teacher or guidance officer.
- Organise the material to be studied and draw up a study schedule
- Exercise regularly
- Review your past tests and exams and learn from experience
- Be well prepared (study EVERY day) and then approach the test or exam with confidence
- Get a good night’s sleep the night before
- Eat before you write the test or exam. Fresh fruits and vegetables are often recommended to reduce stress. Stay away from: processed foods, artificial sweeteners, carbonated soft drinks, chocolate, eggs, fried foods, junk foods, pork, red meat, sugar, white flour products, chips and similar snack foods, foods containing preservatives or heavy spices
- Avoid speaking with friends who have not prepared or who will distract you.

What parents can do:
- Ensure that there is a calm atmosphere in the home
- Support your child by providing healthy meals and snacks
- Encourage your child to get enough exercise and sleep
- Be emotionally present, listen to their concerns and support them with helpful thinking “I will give it a go” or “I can do it” instead of “I can’t do it”
- Encourage them to practice relaxation skills such as taking slow deep breaths

Chaplaincy Dinner - Monday 17th June 2013
You may be aware that Maryborough and Aldridge SHS hospitality students, with the help of their teachers, will cater for this event at the City Hall. In order to ensure the success of this important fundraiser for our local chaplaincy, we attempt to cut costs as much as possible. We are catering for 400 or more guests. Donations of ingredients or cash are being sought from our generous community and may be left at the school office.

If you are able to help out, we will need your donations by Tuesday 11th June so that purchasing of remaining ingredients may be made.

Items needed include:

- Lots and lots of fresh basil
- Pine nuts (cheapest are from Aldi)
- Extra virgin olive oil
- Plats grated parmesan cheese
- Tetra packs of chicken stock
- Flaked almonds
- Cumin

Thank you in anticipation of your wonderful support.

The Catering Team

Blast from the past
David Theile – Maryborough Boys Grammar Legend
At the 1956 Olympics in Melbourne, only a 100 m backstroke event existed, in which there were 25 competitors. In the final Theile made a good start and seized the lead from the start, never relinquishing it to win by more than a metre and a half from Monckton, setting a new world and Olympic record.

Theile won the 1960 Australian Championships before deciding on an attempt to defend his Olympic title. He was able to train with Cusack in Townsville, who was appointed as a team coach. Theile won the final trials in Townsville to gain selection for his second Olympics, along with Monckton.

After the games, FINA announced that the 100 m would be dropped in favour of the 200 m backstroke. Theile, a sprinter, immediately announced his retirement thereafter. He completed his medical studies in 1982, and the University of Queensland pool was later renamed in his honour. He was inducted into the International Swimming Hall of Fame in 1968 and was part of the organising committee of the 1982 Commonwealth Games held in Brisbane. Today David Theile lives in Brisbane where he practiced medicine for many years.

Family Portraits!
Help Tinana Kindergarten and Pre-School’s fundraiser on August 11th to support our students. Advancedfie's professional photographers will provide you with a Family Portrait for only $20. For $20 you receive a professional 10” x 13” Family Portrait (in colour OR black and white) PLUS a bonus key-ring with your family photo inside. 100% of the money raised from the day goes to Tinana Kindy. Please email Stacey Ryan at tinanakindy@bigpond.com or Phone Monday, Wednesday & Friday’s ONLY on 4122 3608 to book your appointment before they are all gone! Payment is required to secure your booking. Check out our event on Facebook by searching Tinana Kindy Family Portrait Fundraiser!!!