Welcome Back to Term 4.

With the second week of Term 4 drawing to an end, it is frightening at how fast the weeks are passing. This term is the final stage of education for our Year 12’s and they have returned with a positive and committed focus for their final studies. In the coming weeks, the Year 12’s will be faced with final assessment, preparing for their pathways beyond High School and not to mention their Graduation Ceremony. This time of year for our Senior students is very busy and when faced with the not knowing what awaits them beyond the School gates, school life can become a bit daunting. I wish the Senior students all the best for the last 5 weeks of education at Monto State High and am confident that each and every student will make positive choices for success in their future.

Each Year, a review of the previous year 12 Cohort is conducted by Education Queensland. The Next Step Survey targets all students who completed Year 12 and gained a Senior Statement in 2014, whether they attended a government, Catholic or independent school, or a TAFE secondary college. The Queensland Government Statistician’s Office conducted the survey between March and June 2015, approximately six months after the young people left school.

In 2015, 55.6 per cent of young people who completed Year 12 at Monto State High School in 2014 continued in some recognised form of education and training in the year after they left school. The most common study destination was Bachelor Degree (29.6 per cent). The combined VET study destinations accounted for 25.9 per cent of respondents, including 11.1 per cent in campus-based VET programs, with 3.7 per cent of Year 12 completers entering programs at Certificate IV level or higher. 14.8 per cent commenced employment-based training, either as an apprentice (11.1 per cent) or trainee (3.7 per cent). In addition to the above study destinations, a further 7.4 per cent of respondents from this school deferred a tertiary offer in 2015. 44.4 per cent did not enter post-school education or training, and were either employed (33.3 per cent), seeking work. The Next Step Data reinforces that the drive and commitment displayed by the students to focus on their study will have a positive effect on their future pathways. The data also acknowledges the quality work provide by the staff in supporting the students to make informed decisions about their career choices. And it is also rewarding to acknowledge that students from Monto State High can and continue to achieve success in their chosen pathways.

Year 10 Subject Selection evening was held in Term 4. The Year 10 students will receive their final round of subject choices on Friday and these will determine the development of the timetable for 2016. The Year 8 into 9 Parent Information evening to be held next Thursday will provide both parents and students with the similar information to assist in the selection subjects for 2016.

The 2015 Monto State High School Award evening will be held on Wednesday 4 November. The planning for the evening is underway and we are excited to host Daniel Keighran, VC as our guest speaker. Daniel will also be attending two further presentations held by the school on Thursday 5 November supported by the Monto RSL.

On Saturday 17 October, the Pink Stumps Day will be held at the Monto Sports Grounds. This day is to support the Jane McGrath Foundation and with 9 teams nominated for the day, it is shaping up to be a fun day. If you still would like to field a team, registrations are open from 9.30am on Saturday. We look forward to hosting a great day and hope to see as many of our families there as possible.

Regards
Kylie
Welcome back to term 4. This term is going to be a whirlwind for our senior students as the end of formal schooling finishes for our year 12 students, the year 11 students begin the leadership selection process and our year 10 students undertake SETplan interviews and subject selections for year 11.

This week information will be sent home regarding year 10 subject selections and also SETplan interview dates and times. Please contact the school if you wish to change your time/date of the interview. Senior subject selections will be due back on Wednesday 21 October. I am sure that the year 10 students are also looking forward to their last week of school having the advantage of finishing two weeks earlier than last year. During year 10’s last week they will be heading off on their year 10 camp to the Sunshine Coast.

Year 11 students this week will receive information regarding the leadership process for 2016. During the last week for year 11 students we will be heading to Yeppoon for our leadership retreat. This is a time for the students to come together and plan for their final year as students and more importantly as leaders of this school. A reminder that we are again holding an exam block for year 11 and 12 students and this will be during week 6—9th November to 13th November.

Year 12 students have by now all received their very final piece of assessment. During the last week of term 3, students studying authority subjects had their work sent away for verification. Students exit results will be finalised after this piece of assessment. Year 12 students finish on the 20 November. Although this is an exciting time for year 12 students it is still vital that they don’t drop their standards with assessment.

This is such a busy term for everyone, if you have any questions regarding anything to do with Senior Schooling, please don’t hesitate to give me a call.

Thanks

Donna
Welcome back to Term Four. I trust that everyone had a great holiday break. Term Four is always an exciting one. Next week Year 6 students from our local primary schools will be making their first visit to the high school as part of their transition program. The students will have the opportunity to experience a range of learning areas offered at the high school. Miss Anderson and myself have visited each of the schools to meet the students before their arrival next week and thoroughly enjoyed this.

Next Wednesday evening our Year 8 parents are invited to attend a short information session outlining the subject selection process for students heading into Year 9 in 2016. A letter was sent home with students yesterday. Subject selection forms will be handed to students next Thursday 22nd October and are due back the following Monday. Our Year 8s are also currently applying for the positions of Junior Secondary leaders for 2016. I look forward to announcing these at our upcoming Awards evening.

Term 3 saw a number of Junior Secondary lunchtime events held. Readers Cup Challenge, a handball tournament and Family Feud competition kept students busy and engaged during the lunchtimes. It was great to see the number of students involve themselves in across these events and the Year 9 students are to be commended for their coordination and running of these. Thank you to Miss Anderson and Ms Robertson for helping to run these also.

The Year 9s have a number of events organised to run this term, including a Trivia Competition, Table Tennis tournament and Spelling Bee.

Our Shining Star Awards are proving a great success. These are awarded to students who have embodied our Junior Secondary motto, Healthy and Proud, Achieving Success. Congratulations to all students who were recipients of this award last term.

Our Annual Awards night is fast approaching, and I would like to encourage students and parents to attend this evening. It is a great night which showcases the many wonderful achievements of our students and school.

Have a wonderful week.

Stacey Hyland
Head of Department – Middleschooling

Shining Star Recipients
Hogan, Mitch, Ryan, Tyrell, Jasmina

Declan, Madison and Claire received recognition for their outstanding work and effort in
**Body image**

Body image is about how you see yourself—your perceptions and feelings about your own body. This may include your height, shape or weight.

If you have a healthy body image you feel comfortable in your own skin, are happy most of the time with the way you look, and feel good about yourself. It’s about valuing who you are not what you look like.

If you have negative body image, you have a false view of you body size or shape and may feel uncomfortable, ashamed or self-conscious. Poor body image is often linked to ‘fad’ dieting or [eating disorders](http://eda.org.au/).

**Potential causes of unhealthy body image**

- Being pressured to measure up to certain social and cultural ideals of what is attractive
- Being pressured to look slim or athletic
- Comparing yourself to celebrities and media personalities
- Listening to negative comments from friends or family about your shape or size
- Being bullied or teased as a child/adolescent.

**Tips for a healthy body image**

- Remember that health and appearance are different things
- Keep a list of your positive qualities that have nothing to do with your appearance
- Surround yourself with people who are supportive and who make you feel good about yourself
- Treat your body with respect and kindness.

**Achieving a healthy weight**

Achieving a healthy weight is important to reduce your risk of many chronic diseases. However, you can go a long way to achieving good health with regular physical activity and eating a healthy well balanced diet, regardless of your body weight.

To [achieve and maintain a healthy weight](https://www.qld.gov.au/health/staying-healthy/diet-nutrition/diet), you need to balance your energy needs with regular physical activity and a wide variety of nutritious foods from the 5 food groups every day.

For ideas and tips check out our [healthy recipes](https://www.qld.gov.au/health/staying-healthy/diet-nutrition/recipes) and [fitness programs](http://www.qld.gov.au/recreation/health/) to help get you started.

**Further information**

- [Consult a dietitian](https://www.qld.gov.au/health/staying-healthy/diet-nutrition/dietitians)
- Read more [information for young people](https://www.qld.gov.au/youth/health-looking-after-yourself/body-image/)

Get information about eating disorders—[Eating Disorders Association Inc (Qld)](http://www.eda.org.au/)

Find out about media messages and their effect on body image—[About Face](http://www.about-face.org/).


If your student needs assistance, I am here on Fridays.

Yours in health - Leanne Davis School Based Youth Health Nurse.
Nominations are being taken for the 2015 Lionel Cavanagh Memorial Award
This award is open to any student attending Monto State High School.
The student should reflect the following qualities:
- Involvement in a range of community events, organisations and school activities
- Loyalty to school and community shown through commitment, reliability, and dedication to subjects, extra-curricular activities and school involvements in the wider community.

Please forward a letter with your nomination, addressing the criteria to:

Monto State High School
PO Box 141
MONTO Q 4630

Nominations close: 31st October 2015
Monto State High School

Awards Night

Wednesday 4 November

6.30pm

Guest Speaker: Daniel Keighran VC

Notice of Monto SHS P&C Meeting

All parents, caregivers and community members are invited to attend the upcoming Monto SHS P&C meeting.
Date: Wednesday 11 November 2015
Time: 6.00pm
Location: Monto SHS Library
Agenda items: School Resource Hire Scheme; other general business.

Driving Lessons

A Note from Kristine

Biloela Driving School

If you travel to Biloela over the school holidays and have a driving lesson.
Mention that you are from Monto State High School and the fee will be $55/hr. (for students only)
THINK OF THE ANIMALS!

"Oh no, not homework again."

HOMEWORK CLUB,
TUES / THURS 3.05 - 4 PM

The Cancer Council

pig
dayout

OCTOBER 31ST 2015

‘MONTO RACE CLUB’ PIG RACES
AND FAMILY FUN DAY!

GATES OPEN AT 11AM - BAR OPEN UNIL MIDNIGHT
LIVE MUSIC - JUMPING CASTLE - SKY & BOOKMAKERS
FOR ENQUIRIES CALL 0488 508 987

NOAH'S
RACING PIGS
Monto Magic Tourism Action Group Inc.

Presents

Last Post

Written by Gerry O’Connor

LAST POST is based on the real letters Gerry O’Connor’s parents sent to each other while his father was stationed in New Guinea during World War II and is poignant to all those who experienced regional life during the war. Gerald & Dot were the proprietors of “The Monto Herald” newspaper. The show is a funny, informative and eminently moving piece of theatre. The play includes songs of the war era. An intimate look at the hardships faced on both sides of the war. The script has been composed of letters detailing actual events. Last Post is also a great production to introduce younger generations to how life was for regional Australians at the time of Pacific War.

Starring-
Brendan O’Connor (Australian Shakespeare Company, Neighbours, Stingers, Blue Heelers and Ned Kelly as well as Mitre 10, RACC and Campbell’s Soup) as his grandfather Gerald.
Terri Brabon (Australian Shakespeare Company, Neighbours, Underbelly, John Doe and Carlton Draught, Kraft & McDonalds) as Gerald’s wife Dot.
Emily Edwards
Michael Gleeson

Monto Community Hall
Newton Street, Monto.
Friday 13 November 2015 1pm matinee
Friday 13 November 2015 7.30pm Evening
Saturday 14 November 2015 Evening 7.30pm
Tickets $30 adults
$25 Pensioner
$5 Student
Bookings at Monto Livestock Phone 41661766
Or contact
MMTAG at montag.monto@gmail.com

Supported by Monto Rail Adventures and Monto RSL.