IMPORTANT DATES

TERM 2 STARTS
20 APRIL

APRIL

02 April Term 1 ends
03 April Good Friday
04 April Easter Saturday
06 April Easter Monday
20 April Term 2 starts
25 April ANZAC Day
27 April Year 7 & Year 9 Summit - CYC Burleigh Heads
29 April One Day of the Year - Gardens Theatre, Brisbane

IMPORTANT DATES

SOMERSET CELEBRATION OF LITERATURE

We were delighted to take a group of enthusiastic Year 7A and Year 8B students to the annual Somerset Celebration of Literature last Friday 20 March. In its 22nd consecutive year the festival brings together over 28 writers over three days in March to celebrate the value of reading and all the benefits it brings to adolescents and adults.

The event provided our Academic Summit students in the Junior School access to three professional author sessions and an opportunity to foster a love of literature within our local community. The first author was quirky children’s novelist George Ivanoff, followed by TV script writer and author R.A. Spratt and then well-respected youth author James Maloney.

We hope the students enjoyed their day at the literature festival with their English teachers Mrs Neilson and Ms Selwood, as well Deputy Principal Mrs Farrow, who came along to check out a few author sessions with the English HOD, Ms Wilson. A big thank you to our Summit Academic teachers and our talented extension English students for their diligence and passion for learning and literacy. Remember to keep reading!

“Deep reading is vigorous exercise for the brain…” - Helen Keller

Kylie Wilson
HOD English

PRINCIPAL’S MESSAGE
MR CHRIS TOBIN

DEAR PARENTS

Over the last few nights I have spent time reviewing many of the students’ report cards. Many parents and students will have reason to celebrate when they receive their emailed reports in the first week of the Easter vacation. It is very clear that the vast majority of students have been working hard to attain the best possible results for Term 1. I would also like to acknowledge the support and guidance offered by parents and caregivers to motivate their son/daughter’s performance. All this hard work and effort always reaps reward.

Another observation I made is the link between days away and poorer levels of performance. I know it seems so obvious that days away will have a detrimental performance result. Consequently, I would ask all families to review the Days Absent area of the report with a view to improving the attendance rate for Term 2.
PRINCIPAL’S MESSAGE

We are in the process of gathering opinion and data to inform the writing of the school’s “Four Year Plan”. To date we have surveyed 200 students and 200 parents, as well as all school staff and have had meetings with parent, community and industry groups.

The information and insight provided has been extremely valuable and has started to inform the school’s direction for the next four years. Thank you to the many parents who have shared their opinion. I greatly appreciate the time they have given to our data gathering. I look forward to sharing the draft version of our plan with all parents in Term 2.

I wish all students and families a safe and relaxing Easter break.

Chris Tobin
Principal

CONTINUED FROM PAGE 1

DEPUTY’S DESK
SUSAN BELL

As the assessment for Term 1 comes to an end, it is important to take a forward look at how to improve. One of the most common reasons students give for not doing well is that they are not organised or do not manage their time well. To become organised, one of the first steps is to focus on what are ‘time robbers’ in daily life. Some of these time robbers are imposed on us while others are self-inflicted. It is the self-inflicted time wasters that can be better managed to free up time for revision or study or assignments or homework.

In a recent study it was found that that the average young person was spending an average of 46 minutes per day on Facebook. Even if you added together the average minutes spent on other electronic programs Google (1.23), Yahoo (2.09), You Tube (1.02), Bing (1.35), Wikipedia (0.15) and Amazon (0.2), they still don’t beat Facebook – making it the largest ‘time robber’.

Considering that in Years 11 and 12, students should be spending between 8 to 12 hours per week on study/homework per week (depending on their chosen subjects), it is alarming that some students are spending more time on Facebook than their school work.

Here at 10 tips to help your student use their time more productively:

1. Take 1 week to record how you spend your time. Using a diary, record very honestly how long activities take – this will help you understand where your time goes during the course of the day. You will see how much time is spent doing productive things and how much time is being frittered away.

2. Plan your day and assign time to all high priority ‘must-do’ activities. Make sure the time you assign to the activity or task is sufficient to complete the task. Have the discipline to keep to your schedule.

3. Plan to spend at least 50% of your time in thoughts, activities and conversations that produce most of your results.

4. Schedule time for interruptions.

5. Take the first 30 minutes of every day to plan the day’s schedule.

6. Put up a ‘do not disturb’ sign when you are working on assignments or studying so that you are not interrupted.

7. Practice not answering the phone or emails whilst you are on task. Disconnect instant messaging.

8. Block out other distractions like Facebook and other forms of social media.

9. Schedule in time to relax. Reward yourself when you have completed a task successfully.

10. Remember that it is impossible to get everything done. Don’t be too hard on yourself as organising your time and sticking to your schedule takes a lot of practice and discipline.

These Easter holidays, enjoy your break from the normal routine. Please enjoy and make your break a safe one. It is a very joyous time – just don’t eat too much chocolate!

Susan Bell
Deputy Principal

Merrimac Students in CREATIVE GENERATIONS

We are very excited to announce that Merrimac State High School’s dance and vocal auditions for the 2015 Creative Generations were successful. This event is televised and takes only the best state school performers.

We are proud of all of our students who were accepted into Creative Generations but a special mention must go to Lilly Jerret and Georgia Taylor who auditioned as feature dancers. It was a two day gruelling audition where the top dancers were selected out of hundreds. Lilly has been selected as one of the top 20 elite dancers for the feature group and Georgia made the second group of feature dancers – this is an outstanding achievement for both these girls. The Merrimac State High School Creative Generation participants are as follows:

Dancers – Jem Ada, Hannah Barber, Nolana Bell, Tahlia Blunsdon, Keely Burke, Ashleigh Dean, Jessica Goody, Freesia Huang, Tianne Hutchen, Rohini Ickrath-Johnson, Lilly Jerret, Bryli Hill, Ella Keys, Alicia Little, Makayla McGovern, Karin Mochizuki, Georgia Mollison, Olivia Patman, Courtney Quinn, Valeria Risotto, Gabriella Ritchie

Vocalists – Juliana Dalton, Starla Martineer, Demi Muir, Joely O’Brien, Taylor Paxtyn, Aizha Poynton, Chloe Radley, Kobi Rogers, Bree Wilkie, Sophie Zidar

Lynn Dyer
HOD Arts
JUNIOR MATHS

Students in the Junior Secondary school have been participating in our new numeracy programme. Earlier in the term all students in the Junior Secondary school undertook diagnostic testing. From this testing we have been able to develop Personalised Improvement Plans (PIPs). These plans inform our students of the areas in numeracy that they excel and also those in which they require further development.

Year 7 students are working in Personalised Learning Programmes (PLPs) for 70 minutes per week. These individualised programmes were developed from the results of the diagnostic testing and specially target areas for improvement. Students from both Year 7 and 9 have been attending Numeracy Master Classes before school. Year 8 will have Master Classes and Turbo Days in Semester 2. Much work has gone into providing these tailor-made programmes. We sincerely hope that we see improvement in all of our Junior Secondary students numeracy skills as we prepare them for their studies in the Senior School.

Paul Gray
HOD Maths

YEAR 7 & 8 CAMPS

Students from Year 7 and 8 participated in their annual outdoor education camps last week. The Year 8 students went to Tyalgum Ridge near Murwillumbah, while the Year 7 students visited the Thunderbird OEC at Tamborine. With the hot weather, students enjoyed the water-based activities the most and were tired and exhausted on their return to school. It is always quite revealing which students demonstrate leadership and coping skills when they find themselves out of their comfort zones in these outdoor experiences. Thank you to the Year Level Co-ordinators, Mr Watterson, Mr Howell and Mrs Irons and staff for providing the opportunity for students.

Warren Joseph
HOD HPE

Well done Jessica!

Congratulations to Jessica White, of 7B, who was awarded 1st place in Continuous Sparring, 2nd place in Sword Combat, 4th in Point Sparring and 5th in Traditional Forms for Queensland at the ISKA Awards Night, hosted by Combined Martial Arts Nerang. She also received a certificate for Level 1 ISKA Referee/Judge.
The discerning observer will know that Term 2 is unique to each Senior year level for very different reasons.

Our Year 12 cohort will be busy consolidating their efforts and results from the past two years to put themselves in their position of choice at the conclusion of formal schooling. Many students are completing work experience to hone the skills required in the current job market, while others are attending QCS Masterclasses in preparation for university entry.

Merrimac’s Year 11 students are just beginning to feel normal again after the shock of Term One. It is important next term to practice the productive habits of mind, routine and study that will assist you to stay on top of the workload and give yourselves every opportunity to achieve success.

Next year is the focus of our Year 10 cohort as they use Term 2 to decide what career pathway/s they wish to pursue. It is important that time is taken to research possible job aspirations and the skills or pre-requisites required so that the appropriate subjects can be selected next term. Focus on areas that you have proven to be good at or in which you exhibit a genuine interest and half the battle is already won.

Remember that although your road may be rocky and you may suffer bumps and scratches along the way, where someone only sees scars, others see perseverance and the journey of kings.

Jason Gibbs
HOD Senior School

Positive Behaviour

This week sees the end to another busy term. For students, it’s a great time to relax and have a bit of fun, but it also provides an opportunity to reflect on effort and behaviour from the past term. In order to maximise learning opportunities, students should sit down with their parents and discuss their report card to identify where there are deficiencies in effort and / or behaviour. It is also imperative that students come into school on the Parent/Teacher Interview Night. This is a fantastic chance to get some advice and become involved in conversations on how to improve the working relationship with their teachers.

This year has also seen the implementation of a new ‘boys only’ Cognitive Adolescence Program (CAPs) that assist those students who need help in focusing and working with others. In the CAPs program students have an opportunity to receive exceptional one-on-one help from an experienced professional, Mr Ross Thorley. CAPs allows students to become engaged in a small group environment and examine attitudes and approaches to study. We are really looking forward to next term when a new group of boys will enter the ten week program, aimed at assisting them with their ability to reflect on choices and examine ways to build stronger, positive working relationships. If you feel your son may benefit from this unique opportunity please contact the school for more information.

Andrew McMahon
HOD Positive Behaviour Management

At a special morning tea Mr Tobin announced the Leaders of our Girls’ Rugby League Program for this year.

Congratulations to:

CAPTAIN
Josephine Dalby

VICE-CAPTAIN
Lara Edwards

The girls were selected through a rigorous process which included formal interviews, coach feedback and on and off field leadership and participation.

We wish all girls a successful, rewarding year!

Dave Maccoll
Girls’ Rugby Coach

At a special morning tea Mr Tobin announced the Leaders of our Girls’ Rugby League Program for this year.
**CANTENE NEWS**

Thank you so much to the kind parent who donated a box of Granny Smith apples to the Canteen this week.

The students have had a great week enjoying apple turnovers, apple crumble, stewed apple and custard and extra apple in their fruit salad. It is amazing how far a box of apples can go and how refreshing and healthy they are on a hot, humid day.

Have a safe Easter and enjoy the holidays.

See you next term.

Maryanne Cherry  
Canteen Manager

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**JUNIOR RECRUITMENT PROGRAM**

As it is drawing near to the start of baseball season, the Robina Braves Baseball Club is 'stepping up to the plate' with their 2015 recruitment program.

If you are interested in your child participating and helping to grow baseball in Australia, take them along to their "Come and Try Days".

For details visit their website - www.robina.baseball.com.au - or phone 0449 866 143.

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**SCHOOL NOTICES**

**NOTICE BOARD**

Stay informed about what’s happening around our school

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**FROM THE INDUSTRY LIASON OFFICER’S DESK**

**Improving the Employment Prospects of Young Australians**

The Federal Department of Employment has identified the following information for families to assist young Australians successfully transition to employment:

- Attitude, Responsibility, Reliability, Presentation, Work Experience, Further Education / Training, Job Search and Application Skills.

This two page document is available for further reading on the school based apprenticeship webpage at the end of the Vacancies section.

**Culinary Excellence Program - June 2015**

Icon Training, in partnership with Echo Entertainment Group, just advertised their inaugural Commercial Cookery (Chef) school based traineeship program with Jupiter’s Hotel and Casino. Information has been sent to senior student email accounts and is also uploaded to our school based apprenticeships webpage for parents and students to review during and outside school hours. Applications close 15 May 2015. A wonderful opportunity for those interested in cooking as a career pathway here or overseas in the future.

**Robina Hospital Nursing Midwifery Workshops – FULL as at 25 March 2015**

**School based Apprenticeships Webpage**


**Current Vacancies**

Advertised on our school based Apprenticeship Webpage, senior student school email accounts and Jobs Notice Board outside our school office.

**Other**

Apprenticeships Info - 1800 210 210

Rachel Skrabanich  
Industry Liaison Officer

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CRICOS Code 00608A

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FATIGUE AND BURNOUT

Fatigue is a feeling of weariness, tiredness, or lack of energy that does not go away when you rest. Fatigue can be in body or mind. Sometimes it can be due to lifestyle (working too hard, poor diet etc.) but it can also be a symptom of other medical problems which you may need to see your Doctor about. Tips to prevent or minimize include:

DIET:
- Drink lots water, be careful with caffeine, eat breakfast, don’t skip meals, don’t crash diet, eat well, eat iron rich foods. (See recipes page 3)

LIFESTYLE:
- Don’t smoke, increase physical activity, limit the time you sit down, decrease alcohol and recreational drug usage.
- Improve sleep patterns (See over page)

WORKPLACE:
- Recognise that workload, time lines, conflicts, lack of recognition, all contribute to stress, fatigue and burnout. Discuss with Employee Assistance, School Nurse, or your GP. The sooner you act the sooner you will feel better.

REMEMEBR TO DISCUSS WITH YOUR GP IF YOU HAVE CONCERNS

(Source: www.betterhealth.vic.gov.au)

Self-Care is a priority and necessity - not a luxury - in the work that we do.
BURNOUT MANAGEMENT

Burnout is a state of emotional, mental, and physical exhaustion caused by excessive and prolonged stress. It occurs when you feel overwhelmed and unable to meet constant demands. As the stress continues, you begin to lose the interest or motivation that led you to take on a certain role in the first place. Burnout reduces your productivity and saps your energy, leaving you feeling increasingly helpless, hopeless, cynical, and resentful. Eventually, you may feel like you have nothing more to give. -Burnout is a gradual process that occurs over an extended period of time.

Behavioral signs and symptoms of burnout
- Withdrawing from responsibilities
- Isolating yourself from others
- Procrastinating, taking longer to get things done
- Using food, drugs, or alcohol to cope
- Taking out your frustrations on others
- Skipping work or coming in late and leaving early

Emotional signs and symptoms of burnout
- Sense of failure and self-doubt
- Feeling helpless, trapped, and defeated
- Detachment, feeling alone in the world
- Loss of motivation
- Increasingly cynical and negative outlook
- Decreased satisfaction and sense of accomplish-

Physical signs and symptoms of burnout:
- Feeling tired and drained most of the time
- Lowered immunity, feeling sick a lot
- Frequent headaches, back pain, muscle aches
- Change in appetite or sleep habits

Burnout prevention tips
Start the day with a relaxing ritual. Rather than jumping out of bed as soon as you wake up, spend at least fifteen minutes meditating, writing in your journal, doing gentle stretches, or reading something that inspires you.

Adopt healthy eating, exercising, and sleeping habits.

Don’t overextend yourself. Learn how to say “no” to requests on your time.

Take a daily break from technology. Set a time each day when you completely disconnect. Put away your laptop, turn off your phone, and stop checking email.

Nourish your creative side. Try something new, start a fun project, or resume a favourite hobby. Choose activities that have nothing to do with work. Listen to music, dance, walk, fish, swim, movies, garden, cook.

Seek professional help if you are unable to de-stress or symptoms do not dissipate.

(Source: www.betterhealth.vic.gov.au)
**Baby Beetroot Salad**

The health benefits of beetroot are endless. Not only are they packed with iron, folate and potassium, but their blood cleansing actions are antioxidant, anti-inflammatory and detoxifying.

I can whole Baby Beetroot cut in wedges
1 Orange, peeled and cut in wedges
Crumbled Fetta Cheese
Rocket leaves
Roasted Pinenuts
Drizzle of Olive Oil
Lemon Juice

Arrange rocket, beetroot, orange, feta cheese and pinenuts in a bowl. Drizzle with olive oil and lemon juice.

Just Delicious!

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**Tuna Nicoise**

2 tins of Tuna in springwater (approx. 400g)
6 baby Potatoes cooked and sliced into quarters
1 dozen Green Beans blanched
4 Eggs boiled and cut in quarters lengthways
6 Roma Tomatoes cut in quarters lengthways
2 Lebanese Cucumbers cut in half and in quarters lengthways
1 medium Spanish Onion halved and sliced lengthways
Salt and Pepper
Extra Virgin Olive Oil
Balsamic Vinegar

Lightly blend all ingredients together and season with salt and pepper, oil, and a drizzle of balsamic vinegar.

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**Caesar Salad**

This is a little twist on the traditional Caesar Salad. I like the Baby Cos Lettuce.

Leave the leaves whole and place the mixed ingredients within each leaf, making a healthy salad wrap. Lettuce leaves make a nice alternative to a bread based wrap.

1 Cos Lettuce, washed
(Baby Cos is ideal for the lunchbox)
6 slices Leg Ham
Homemade Croutons
Block of Parmesan Cheese, shaved
Dressing (choose your favourite variety)

In a bowl lightly toss, sliced ham, shaved Parmesan cheese, croutons and a little drizzle of your favourite dressing. Place filling inside the lettuce leaf. Place in the lunchbox ready to 'wrap and go'!

**Croutons:**
(can be made from old bread, cut or torn in small pieces, placed on an oven tray, drizzled with olive oil and baked until just golden and crisp) Store in airtight container

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**Salsa Salad**

2 ripe Mangoes diced
2 ripe Tomatoes diced
1 small Red Onion diced
2 ripe Avocados diced
1 bunch chopped Coriander
Juice of 1 Lemon and Olive Oil to blend
Dash of Sweet Chilli Sauce

Gently mix all these ingredients together. This is a delicious summer salad, light and tangy. It is also fabulous with fresh grilled fish at dinner time. (Just make a little extra at dinner time and the lunchbox is taken care of)