

Miami State High School

"LEARNING THROUGH A TEAM EFFORT"



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September Newsletter

Principal's Report

Welcome to our September edition of the Miami SHS newsletter. This term has certainly been a busy one for all staff and students with numerous events taking place. Thank you to all parents, staff and students who have engaged in these events. Working together productively in partnership certainly contributes to the positive culture at Miami SHS.

Community Connect Forums

Thank you to all parents who participated in the recent community connect survey I distributed. The data collated certainly helped to prioritise what is important to our parents for upcoming forums. The top three being:

1. Coping with stress and anxiety in your child
2. Helping your children with homework and study skills
3. Social issues with teenagers – peer pressure, body image, nutrition, cyber bullying

Based on the above, I am currently organising a forum for term 4 for the parent community on how to support your child when they display symptoms of stress and anxiety. In addition, I am making a commitment to an additional two forums a year for the Miami community that showcase amazing stories of resilience and success from Australians to align with our school value of "Inspire". The first one will be on September 19 at 6pm in the

Great Hall where well known DEAF CEO of the NSW Deaf Society Leonie Jackson will share her story of resilience, leadership and the importance of inclusion. I encourage all families to attend to hear Leonie's amazing story. Light refreshments will be available on the evening.

School Sports Uniform Update

Following on from communication via email last month from the P&C Secretary, the school is upgrading both junior and senior sports uniforms for the commencement of 2020. A generous transition period will be given to support families financially. Shortly two designs will be displayed in the uniform shop for the community to view and to provide feedback on voicing your choice. The two designs in each of the junior and senior phases will reflect the results of the student voice survey and the collective view of P&C Members.

Winter Uniform Guidelines

A reminder that as we end the term, so does the wearing of the optional winter uniform (track pants). Upon return to school in term 4 track pants should not be worn, in order to align with the guidelines created between the school and P&C for the wearing of a winter uniform.

NAPLAN Results Released

Last week NAPLAN results were released nationally and staff are currently in the process of packaging all individual reports to send home via hard mail. Initial analysis of the results are very positive – particularly in our school priority of improving upper 3 band results. I look forward to sharing the analysis shortly.

QCS – The End of an Era

For the final time, earlier this week our year 12 students sat the annual QCS test. After hours of preparation our students were put to the test over two days. All students who sat this test should be congratulated for their commitment and focus shown during the test. A huge thank you to Grant Webster (HOD – Senior Secondary) for all his work behind the scenes in making sure that these days ran smoothly. By all reports the students were very happy with the testing this year, which is a testament to the meticulous preparation by our QCS Teachers.

Primary School Visits

Over the past few weeks we've had had the pleasure to visit Miami, Burleigh Heads and Broadbeach State School to chat with students and answer some questions before they transition into high school.

Given the planning our Junior Secondary staff are now doing to ensure year 7 classes are compiled for 2020 to meet the needs of every student, I encourage all families who have not yet made the initial steps to enrol a grade 7 child for 2020, to please do so by contacting our Enrolments Officer, Voula Parker on 5554 0340 or vmiha4@eq.edu.au as soon as possible to ensure a smooth start to 2020.

Thank you and Happy Holidays

Our students have been very busy in the past few weeks with assessments, exams and planning for their final term. Thank you to all of our parents, carers, and teachers, who supported our students in numerous ways to ensure their individual success and personal best was achieved.

I wish every family of the Miami State High School Community a safe and relaxing spring break and I look forward to welcoming everyone back on Tuesday 8 October.

Mrs Sue Dalton

Principal



12 - 13 September	Year 8 Miami Challenge
13 - 20 September	Year 10 & 11 Exam Shutdown
13 September	Year 7 Stellar English Excursion
16 September - 1st October	Spain Trip
16 September	Ormeau Woods Touch Competition
17 September	P & C Meeting
18 - 20 September	Year 7 - 10 National Youth Touch Football Championships
19 September	Leonie Jackson - Deaf/HOH Community Connect Forum
20 September	Starbound Eisteddfod
20 September	Term 3 Ends

Second Round - Excellence Program Applications

MIAMI STATE HIGH SCHOOL
EXCELLENCE PROGRAMS 2020

SECOND ROUND
APPLICATIONS NOW OPEN

DANCE - YEAR 7, 8 & 9

CONTEMPORARY INSTRUMENTAL MUSIC - YEAR 7, 8 & 9

TOUCH FOOTBALL - YEAR 7 to 12

SURFING - YEAR 7 to 12

TENNIS - YEAR 7 to 12

ATHLETE EXCELLENCE - Year 7 ONLY

GIRLS RUGBY 7s - YEAR 7 to 12

Applications close September 13

More information

miamishs.eq.edu.au

Miami State High School
First Class Location, World Class Education.
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Dates to Remember

2 - 13 September	Year 12 Exam Shutdown
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IDEAS Program

Check out this new specialisation program on offer to Year 7 2020 students.



2020 will offer a new Technology opportunity for Miami year 7 students or students who would like to enrol at Miami in a specialised program. This specialised program will allow students to participate in Independent learning classes through a variety of Digital, Design, Graphical and Food Technology topics. Students will work individually and in groups to solve real life problems through hands on tasks and activities. Students will learn life long communication and problem solving skills while exploring the world of Technology. IDEAS will be studied for 3 terms in year 7 2020.

Contact Lee Wilkinson -HOD Design Technology (lwilk14@eq.edu.au) or Michaela Hoy -HOD Digital Innovation (mhoy5@eq.edu.au) for further details

ENGINEERING



EXPRESSION OF INTEREST IN BEING PART OF THE NEW YEAR 7 IDEAS PROGRAM IN 2020 AT MIAMI STATE HIGH SCHOOL

NAME: _____

PRIMARY SCHOOL CURRENTLY ATTENDING: _____

HAVE YOU ALREADY ENROLLED AT MIAMI STATE HIGH SCHOOL FOR 2020?

Yes/No

Parent/Guardian Name: _____

Parent/Guardian Signature _____

MOBILE _____



Please return this completed form to Miami State High's front reception or email to mhoy5@eq.edu.au or post to Miami State High School
Po Box 242
Nobby Beach QLD 4218
By Friday 30th August 2019

Leonie Jackson - Community Connect Forum



LEONIE JACKSON

*TEACHER, LEADER AND CEO
OF THE DEAF SOCIETY*

~ Sharing her story of strength, resilience and persistence on the journey to leadership and her inspiring message for our young Deaf and Hard of Hearing people. ~

Wednesday, 18th September - 6:30pm - 8:00pm

**The Great Hall,
Miami State High School**

Cost: FREE

Light refreshments from 6pm

**RSVP by 11th September to
Clare Best - 0488 090 310 / cbaam20@eq.edu.au**

Congratulations Lani Gibson

Congratulations Lani Gibson.

We know she has talent, but now one of Australia's best-selling authors knows it too!

The 2019 John Marsden & Hachette Australia Prize for Young Writers is awarded exclusively to an Australian secondary school student. It is a creative writing developmental award and recognises writing excellence in three categories: Fiction, Creative Nonfiction and Poetry. This year there were just under 500 entries from across the nation.

Lani Gibson in year 10 is one of 15 shortlisted writers invited to participate in a writing masterclass, and have the chance to meet and chat with John Marsden himself later this year in Melbourne.

Named after and supported by international best-selling author John Marsden, this Prize gives young writers the opportunity to hone their skills under the guidance of some of Australia's favourite authors. It aims to ignite passion for creative writing and poetry in the minds of Australia's secondary school students, and to encourage them to pursue writing and publishing opportunities inside and outside of the classroom.

Prize winners will receive \$500 and a book pack of YA titles, courtesy of Hachette Australia, publication of their work on the Express Media website plus their names and an

acknowledgement printed in Voiceworks, Australia's premier youth literary journal.

The prize is judged by John Marsden, alongside representatives from Hachette Australia and Express Media and we wish her all the very best in her pursuit of following her dreams as a writer.



High with the utmost pride demonstrating professionalism as performers and as wonderful ambassadors for the school.



Ms Miranda van't Hof

Teacher - Dance

SEP Showcase

At the end of Term 2, the SEP again welcomed parents and carers to a showcase of student work. Students guided their families through classrooms to share their achievements and demonstrate the various technologies used within the SEP and throughout the whole school community. The Deaf and Hard of Hearing support team provided an opportunity for all our visitors to learn some Auslan (Australian sign language) and the visual displays included amazing artwork, informative posters and wacky science experiments.

Teachers and support staff were on hand to talk with parents and students about their accomplishments and future goals and the afternoon was wrapped up with refreshments prepared and served by the QCIA Community and Citizenship Studies students.



Abi Grant

Supportive Education Teacher

2019 Gold Coast Eisteddfod - Dance Xtreme

Congratulations is extended to the Miami High Dance Xtreme students for their outstanding performances in the secondary schools sections (Years 7 – 12) of the Gold Coast Eisteddfod held on Thursday 15 August at HOTA. Miami High Dance Xtreme competed in the Contemporary/Lyrical section performing *Leave a Light On* and in the Any Style (except contemporary/lyrical and hip hop) section, performing *Another One Bites the Dust*. Both routines were choreographed by Ms van't Hof, receiving honours and wonderful comments from the adjudicator however *Another One Bites the Dust* was also awarded Highly Commended. The students should be very proud of their performances, particularly as 15 of the 17 students are junior students from years 7, 8 and 9. Congratulations girls on your efforts and for representing Miami

Gold Coast X Over Finals

Last Wednesday the Gold Coast X Over finals were held between all four sporting clusters on the Gold Coast. This was a gala day in which winners versed winners to determine the champion school in each sport. Miami High sent away 18 teams to compete over six different sports including volleyball, soccer, touch, netball, table tennis and rugby league. Congratulations to all teams on your sportsmanship and tenacity on the day. We had many teams make the Grand Final round and it's fantastic to announce that Miami High won three Cross Over Finals. Well done to the Yr7 Girls Touch team, Yr 9 Boys Touch team and the Yr7 Boys Soccer team.

From the Coaching log of Paul Barber: Yr 7 Boys Soccer team

“One goal behind in a penalty shoot out and with the pressure of knowing if he missed we had lost the semi-final, Captain Conan Minami scored a brilliant penalty to keep us alive. In the same shoot out goalkeeper Finlay Gray went on to save a penalty and put us through, and followed up with a man of the match performance to keep a clean sheet in the final. Both games were huge challenges against soccer excellence squads, and with skills evenly matched, strong character and mindset in our players got us over the line!



Ms Danielle Gardiner
Sports Coordinator

2019 – ‘We’ll Rock You’ Miami State High School Dance Excel Showcase

The Miami Great Hall was certainly rocked on the 7 August for the 2019 Dance Excel Showcase, *We’ll Rock You!* It was a spectacular evening of dance, full of energy and fun. The evening showcased the amazing ability of our Dance Excellence students, Dance Xtreme and the extra-curricular acrobatics and hip hop crews that rehearse before school under the direction of Ms Miranda van’t Hof. The ever popular Miami High Dance Excellence Primary Links performance where a talented group of students from a number of state schools was a hit once again and this year the showcase included a solo and duo performances. Congratulations to all involved especially, the dance students for their dedication and commitment. A special thank you must go to the Arts staff, Supportive Education Program staff and the many Miami staff who supported and assisted with the showcase. Finally, thank you to everyone who came on the night to support Miami Dance Excellence!



Ms Miranda van’t Hof
Teacher - Dance

Wellbeing Update

On the 8th of August we had the year 9 well being day that covered the topics of cybersafety, drugs and alcohol, self regulation, being your authentic self and drumming. The feedback from the students we very positive with 80% of the students rating the day a 8 out of 10 or higher. The presenters were very impressed with our students involvement and their array of questions.

The next well being day will be the 5th November for year 8.

As we are heading into the business end of the term with students meeting the assessment needs, it is important to remember the need for effective time management to ensure we complete all the required tasks. One of the essential parts of busy schedules is to ensure we are getting enough sleep.

Adequate sleep is important for the brain and body to recover from daily activities and ensure we are at our best for learning each day.

The article below talk about why we need sleep.

Tiffany Grant –Wellbeing Coordinator

Why Healthy Sleep Is Vital For School Success – (Studiosity)

[Sophia Gardner](#)

Not only is sleep critical in the functioning of all body systems, scientists have found a distinct correlation between our ability to learn and process memories, and our sleeping habits. Studies show too little sleep can contribute to many physical and mental health issues, including poor ability to learn, depression, high blood pressure and disease.

For many parents, ensuring their children get the right amount of sleep can be stressful. Here are some facts on why it’s so important they get the shut-eye they need, and how you can help them get into good habits.

How does sleep affect learning?

For all of us, memory and learning are consolidated during sleep. For adolescents, this mostly happens during REM sleep - which is a phase in the sleep cycle that happens after deep sleep. During high-pressure times such as exams, students are often tempted to pull all-nighters to cram for the next day. Unfortunately, this is often counterproductive - because with fewer hours to reach the REM phase, the teen brain doesn’t get enough time to lay down what they’ve studied the night before.

While the old advice is that it’s important to get a good night’s sleep before an exam the real benefits occur when teens get a good night’s sleep after studying for the exam.

In her groundbreaking book *The Teenage Brain*, neuroscientist Dr Frances Jensen explains ‘Bedtime isn’t simply a way for the body to relax and recoup after a hard day working, studying or playing. It’s the glue that allows us not only to recollect our experiences but also to remember everything we’ve learned that day.’

Not only does sleep strengthen learning and memories - it also has the ability to prioritise memories by breaking them up and organising them according to their emotional importance.

Essentially the more you learn, the more you need to sleep which is why a good sleep is critical in achieving success at school.

How much sleep do we need?

There is no magic number for exactly how much sleep we need, but the Australian Centre for Education in Sleep (ACES) suggests the following as a guide:

Primary school: 10-12 hours per day

High school adolescents: 8-10 hours per day

Adults: 7-9 hours per day

During adolescence, melatonin (a sleep hormone) is released later in the evening compared to adults, which explains why your child may fight sleep in the evening. Because of the delayed release of this hormone, it also sticks around longer, making teens sluggish in the morning.

A healthy sleep routine with adequate time to wind-down at the end of the day is important to ensure you teen gets the sleep their brain needs to develop and consolidate everything they've learnt that day.

What happens if they don't get enough?

According to the ACES, 35 - 40% of children and adolescents experience some form of sleep deprivation during their development.

A short-lived bout of lack of sleep is generally nothing to worry about: the bigger concern is sleep deprivation - a longer period of time where you are not getting the hours you need to function and learn.

Poor sleep will have all sorts of adverse physiological, emotional and cognitive effects on children and particular teenagers, including:

- Susceptibility to serious illness
- Rise in blood pressure
- Eating too much, or eating the wrong foods
- Mood swings
- Aggressive, impatient behaviour
- Low self-esteem

Without adequate sleep our focus and attention drifts making it harder to receive information. When we are sleep-deprived our overworked neurons can no longer function to coordinate information properly and we lose our ability to access previously learned information.

So, how can parents help?

If you think your child needs more sleep, try making gradual changes to their sleeping habits. Small increments have been shown to be effective in changing sleep patterns.

- Be aware of the signs of fatigue in your children and speak to them if you're worried they are sleep deprived.
- Be clear about how much time your kids can spend on their computers and phones - a limit of no more than one to two hours a day is ideal.

- The light from LED screens delays the release of melatonin and makes it difficult for the brain to wind down. Enforce a no screen policy one hour before bedtime if your children are fighting sleep.
- Take their phones out of their rooms when it comes to bedtime, or turn the setting to 'Airplane Mode' to disconnect it for the night.
- Limit soft drinks, fried food, sweets and caffeine (even tea) before bed.
- Regular exercise will help tire their bodies and get them ready for sleep.

And remember, your children are going through a period of their lives where their brains and bodies are going through a lot of change. Not only is your job to set these firm guidelines and support them along the way, it's also to be patient and ride the wave with them. It may not be easy, but they will thank you for it (eventually!).

Mrs Tiffany Grant

Wellbeing Coordinator

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