Dear Parents, Carers and Friends of Saint Mary’s,

Last Thursday and Friday, we celebrated NAIDOC week with a few events:

1. Adam Hill, an Indigenous musician and performer demonstrated Aboriginal and Torres Strait Islander musical instruments and shared stories from around Australia. Our Prep – Yr. 10 students really enjoyed his mix of humour, musicianship and story-telling.

2. NAIDOC assembly and activities: On Friday afternoon, Valerie Mathews and our Indigenous students led a wonderful NAIDOC assembly filled with music and dance. Following this, the entire College community took part in a wonderful Aboriginal and Torres Strait Islander activities led by staff and the Runya Murri Rangers.

3. Opening of our Wakka Wakka acknowledgement plaque: Darren Schmidt (Stanwell & ACICC) and representatives of the Wakka Wakka elders were present for the opening of our acknowledgement plaque at the front of the College. A number of students were also presented with their ACICC scholarships.

A huge thank you to Mrs Mathews, Mrs Arrell, Mr Schmidhauser, Mr Perrett, Mr Hutton, Mr Erwin, Mrs Hauritz and all of the staff who helped to make our NAIDOC celebrations such a huge success.

Last week, we also sent students off to the primary district athletics carnival and I received a wonderful email on our students' behaviour and sportsmanship:

“I have just returned from the second day of sports at Wondai and must say how very impressed I am, with all of the St Mary’s children. They were tremendously well behaved, showed awesome sportsmanship and all performed wonderfully in each event. Way to Go St Mary’s!!!”

It was also very pleasing to hear from Mr Medlen that we have had a 67% increase in our students qualifying for the secondary district athletics carnival with 55 students making it through this year.

The South Burnett Libraries are offering free online homework and assignment help from 4-8pm Monday to Friday for all Yr. 4 – Yr. 12 students. Students need to join the South Burnett Library and open the Your Tutor link their website (http://www.southburnett.qld.gov.au/libraries). Entry is using the student’s library card number. This is a great service that I would encourage all of our Yr. 4 – Yr. 12 students to access.

At 5 pm this Wednesday night, we will have our Indigenous family BBQ at the St Peter Claver Catholic church at Cherbourg. This is a great chance for our Indigenous families to catch up with our staff.

Finally, we had a couple of great country happenings this week.

At last week’s Ekka, Carmen and Lannah Sowden’s steer "Billy the Kid" won the Grand Champion Led Steer. He was firstly crowned the champion medium weight, weighing in at 458kg. He then went on to beat the light weight and heavy weight champion and champion school steer to be crowned Grand Champion led steer. In total, he beat 360 other steers.

The Ekka is the largest hoof and hook competition in Australia, and Billy was sold at auction for $23kg. This is a huge achievement, as the girls won with their very first led steer.

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On Tuesday 20th August and Wednesday 21st August:

- **Year 12 OP eligible students** will be doing a full 2 day QCS test practice.
- **Year 12 OP ineligible students** will have no classes for these days, and are encouraged to use the time to attend extra days in School Based Traineeships and complete modules of work associated with their VET training at home.
- **Year 11 students** will be attending an overnight Leadership Program being run by Mr. Nayler and Mr. Curran at Duckadang (near Linville). More information and consent forms will be arriving closer to the event.

On Tuesday 2nd September and Wednesday 4th September:

- **Year 12 OP eligible students** will be doing the 2 day QCS test.
- **Year 12 OP ineligible students** will again have no classes for these days, and are encouraged to again use the time to attend extra days in School Based Traineeships and complete modules of work associated with their VET training at home.
- **Year 11 students** will be attending a Personal Development Program being conducted by Mr. Curran and other providers. This event will be conducted at the College in regular school hours. More information will be arriving closer to the event.

The aim of this advance notice is to encourage students and parents to plan for these events and, especially, make early contact with employers for additional traineeship days.

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**Sports News**

We had two great days at athletics. The behaviour and sportsmanship displayed by the students on both days was excellent. They all tried hard and did their best. Some great results both days.

Tuesday

Nick Schmidhauser - 1st 800m, made the finals for 100m and came 4th. (Wide Bay Selection)

Tinh Nguyen - 2nd high jump, 4th shotput and made the 200m final. (Wide Bay Selection)

Lachlan Dolzan - 2nd shotput, 2nd discus (Wide Bay Selection)

Tessa Buzo - 4th long jump

Lindsay Kennedy - 2nd shotput (Wide Bay Selection)

Larna Buckle - 4th shotput

Wednesday

The following students made the finals for sprints:

- 9 years Boys - Fletcher Brown, Ned Madden. Ned then came 4th in the final.
- 9 years Girls - Maddison Sansby
- 8 years Girls - Georgia Stephens
- 7 years Boys - Mason Tones

Congratulations!!

To Mr Toms and all the students who played futsal against Kingaroy SHS last week. We had 5 teams playing and came away and winning 3 from 5. It was amazing to see our kids in their great strips competing against a worthy opponent.

**From the Guidance Counsellor**

Video games boost visual attention but reduce impulse control.


A person playing a first-person shooter video game like Halo or Unreal Tournament must make decisions quickly. That fast-paced decision-making, it turns out, boosts the player’s visual skills but comes at a cost, according to new research: reducing the person’s ability to inhibit impulsive behavior. This reduction in what is called “proactive executive control” appears to be yet another way that violent video games can increase aggressive behavior.

“We believe that any game that requires the same type of rapid responding, as in
most first-person shooters may produce similar effects on proactive executive control, regardless of violent content,” says Craig Anderson, Director of the Center for the Study of Violence at Iowa State University. “However, this is quite speculative,” he warns. But what is not so speculative is the growing body of research that links violent video games—and to a certain extent, total screen time—to attention-related problems and, ultimately, to aggression.

People’s ability to override aggressive impulses is dependent in large part on good executive control capacity, as will be presented at a symposium at the American Psychological Association (APA) annual meeting in Honolulu. And social psychologists are looking at how a variety of factors— including media exposure, anger, and alcohol—affect that capability.

Two types of cognitive control processes play a large role: proactive and reactive. “Proactive cognitive control involves keeping information active in short-term memory for use in later judgments, a kind of task preparation,” Anderson explains. “Reactive control is more of a just-in-time type of decision resolution.”

In three new, unpublished studies, Anderson and colleagues found that playing action video games is associated with better visuospatial attention skills, and to a certain extent, total screen time—to attention-related problems and, ultimately, to aggression.

In one of the studies, Anderson’s team had participants—none of whom were frequent gamers—either play the fast-paced and violent video game Unreal Tournament (2004), the slow-paced game Sims 2, or nothing for 10 sessions, each 50 minutes long over the course of 11 weeks. His team tested the participants’ proactive cognitive control and visual attention before and after the video game playing. They found marked decreases in proactive cognitive control among the action game players versus the Sims players or non-game players. At the same time, there were marked increases in the visual attention skills of action gamers.

Graham Turnbull
Counsellor

Year 12 Fundraising

Year 12 Lolly Jar
Come and guess the number of lollies in the jar at the office. 50c a guess

Tuckshop News
Friday’s extra choice menu

Morning Tea & Lunch: Chicken & Gravy Roll - $3.50
Lunch Only
Potato Bake—$3.50

The new tuckshop menu is enclosed and will be effective from Monday 19th August. It has been printed on blue paper to assist in identifying the most recent menu.

Mrs Michelle Davis
Tuckshop Convener
NAIDOC CELEBRATIONS