11 November 2016

Junior Secondary News

Melissa Daniels

With less than 25 school days to go until the end of the school year, things are really ramping up in the Junior School. There is plenty to look forward to at the end of the year: we will have our future Year 7 students visiting on November 29 and 30; Year 9 students will be heading south to Canberra in Week 9; our Junior School Awards Day in Week 10 is sure to be a wonderful celebration of student achievement; and our end of term Rewards Day on Thursday, December 8, is set to be a day full of fun and friendship, just to list a few events. But before we can play, there is important work to do. Students have important assessment pieces to complete and parents are encouraged to support their children in managing their time, balancing their workload, and making time to relax. Students: remember the most important thing is to put in a full effort into your work. We want to know that you have given your best and done all you can to show what you can do. I wish you all the best in your final assessment pieces for the year.

IMPORTANT DATE CHANGE

Please note: our Junior School Awards Day has been moved to the morning of Wednesday, December 7, 2016. It is no longer on the Tuesday as previously advertised.

YEAR 8 INTO 9 SUBJECT SELECTIONS

A large number of students in Year 8 are yet to submit a subject selection for their Year 9 elective subjects for 2017. As a result, these students have been asked to complete a form in their Care Class. These forms will be sent home to be signed by parents to finalise the process. If you have a student in Year 8 and know that you have not yet signed a subject selection form this term, please look out for this in the next week.

2017 JUNIOR STUDENT COUNCIL ELECTIONS

All the best to our Year 8 students currently working through the selection process for the 2017 Junior Student Council. Our Junior School Captain nominees presented speeches to their peers on Monday at an extended parade and should all be congratulated for the way they spoke with confidence and maturity. Students and staff are currently going through the voting process and candidates will soon learn if they have been short-listed for an interview. No matter the outcome, we are proud of all the students who have put themselves forward; that is no small feat in itself.

YEAR 7 2017 ENROLMENTS

As previously stated, we are looking forward to having our future Year 7 students here with us for two days in Week 9. It is important that students that know they are coming to Gladstone SHS next year are enrolled as soon as possible to be able to take advantage of these transition days. Enrolment packages are only available from our school office. If you have a student coming to Gladstone SHS next year that isn’t yet enrolled, or know of someone else who does, be sure to come and see our friendly office staff to finalise enrolments as soon as possible. For more information, call 4976 6111.
21ST CENTURY LEARNING SKILLS

At Gladstone SHS, preparing our students for life beyond school is of upmost importance. This year students in the Junior School have had the opportunity to complete a 10-week program on developing 21st century skills, focusing on the skills of working collaboratively, thinking creatively, and solving problems. This term is our Year 7 students’ turn. Pictured here are examples of the creative problem-solving students in 7A produced when asked to build the tallest tower possible with a few resources. Some of them managed to touch the ceiling! 21st century leaders in the making, no doubt!

North Australian Surf Life Saving Championships

Denise Marrable

There were five Gladstone State High School students who competed at the North Australian Surf Life Saving Championships in Mackay the weekend of the 22nd and 23rd October and they all achieved some great results.

Lincoln S - named in the QLD Country Team U13.
Jake D - named in the QLD Country Team U13.
Paris R - named Reserve member of the QLD Country Team U15.
Ella C - 2nd place in the U15 2km Beach Run.

Coby R won the U13 Pool Rescue Age Champion, U13 Ocean Events Age Champion and the U13 Overall Age Champion and was named in the QLD Country Team.

Year 12 Graduation Week

Tristan Nietfeld

The Year 12’s final week of school is rapidly approaching. The students have received a Graduation Booklet that contains all details of this week. All students have been issued a green medical consent form that needs returning to the Year 12 Co-ordinator in order to participate in these events. Below is a summary of the events taking place in Graduation week:

**Monday 14th November:** Celebration service held at Port City Christian Centre. 9.30am-11.30am. Full formal uniform required, for immediate family only due to limited seating

**Tuesday 15th November:** Alternative classes at school, Formal procession 5.30-7.30pm at Yaralla, Formal Function 7.30-10.30pm

**Wednesday 16th November:** Alternative classes at school

**Thursday 17th November:** Beach day at Canoe Point and alternative classes at school

**Friday 18th November:** Graduation Ceremony 10.00-11.30am in GSHS Hall. Full Formal Uniform required

No late payments for events this week will be accepted. For full information on events please refer to the Graduation Book which can be found on our school website. Any further questions can be directed to the Year 12 Co-ordinator, Tristan Nietfeld, at tniet3@eq.edu.au.

News from the Guidance Officers

Katrina Dalton and Luke Jackson

Year 10 Mock Interviews

Both Guidance Officers conducted mock interviews with some Year 10 and would like to congratulate these students on doing a great job. They were generally well-prepared and conducted themselves with professionalism and maturity during these interviews.

Year 12 OP and Rank Estimates

Year 12 OP eligible and selection rank students have received their last OP and rank estimates based on their progressive grades at the end of term 3. The Guidance Officers have been working with Year 12 students who have applied to study at university to ensure that they have the best chance of getting an offer into a university course.

Year 11 OP and Rank Estimates

Last week the Year 11 OP eligible and selection rank students received their OP and rank estimates based on their progressive grades at the end of term 3. They will also be given
some basic information about how these ranks are calculated. These estimates will give them an idea of where they are currently tracking and what subjects they may need to improve in during Year 12. During Year 12 they will be given updated OP and rank estimates each term based on their progressive grades throughout the year.

New Senior Assessment and Tertiary Entrance Systems in 2019
The Queensland Government announced last week that the new senior assessment and tertiary entrance systems will now not commence until 2019. Therefore, today’s Year 8 students will be the first students to experience the new systems as they enter Year 11. Today’s Year 9 students will be the last students to receive an OP rank when they graduate high school.

Day for Daniel
On Friday 28th October 2016 was the Day for Daniel which is a National Day of Action to raise awareness of child safety, protection and harm prevention. It is about educating children and adults about keeping kids safe through child safety and protection initiatives. It aims to help empower our children to Recognise, React and Report if they feel something is not right. RECOGNISE encourages children to be aware of their surroundings and to recognise body clues in situations where they don’t feel safe. REACT helps children to consider choices that may keep them safe or help make them safe again as quickly as possible. REPORT encourages children to report unsafe incidents to an adult. Bruce and Denise Morcombe would like to encourage all parents, carers and guardians to have conversation with their children about personal safety in the real world and in an online environment. If you would like to learn more about this go to:

Chappy Chat

Yvonne Kamholtz and Jarek Reah
On Monday 24 October, our sewing group celebrated the completion of our Operation Xmas Child Skirts.

Students acknowledged:
- Many had learnt new sewing skills
- Many improved with their ability to remain committed
- “Enjoyed working together to give to others”
- “Chatting and helping the less fortunate”
- “To do sewing and spend time with friends”
- They were more able to look at things in a different way
- More able to ask for help if needed
- Gained a stronger sense of belonging
- Enjoyed a sense of accomplishment
- Enjoyed being busy
- Enjoyed challenging themselves to do something that they couldn’t do before
- More confident that if they run into a problem, they are more prepared to give it another go
- And overwhelmingly want this activity to happen again in 2017. We may extend it to different bags and perhaps include sewing shorts.

Thank you sincerely to Mrs J Blackman and to Mrs Sunny Kim for their committed support throughout the year!

Managing stress requires practise before it all becomes too hectic to deal with. Some possible strategies could be:

Nine steps to help lessen stress.

1. Be kind to yourself. When things are piling up on you, cut yourself some slack. Reflect and learn from your mistakes rather than berating yourself. Happier people achieve more?
2. Think of things in a different way e.g. instead of “I’ve got lots of homework” try “Doing my homework helps me get on top of my stress”.
3. Making lots of decisions adds to your stress – so set some routines. If there’s something you need to do every day, do it at the same time every day. Pack your school bag the night before. Pack your lunch the night before. Set a time and place to do your homework. Simple routines help take the stress out of decision making.
4. Take 5 or 10 mins to do something interesting – not necessarily easy/funny but genuinely engaging and interesting – maybe even challenging. If something interesting engages you, it replenishes your energy levels and that means more energy to flow into whatever you are doing next.
5. Add where and when to your list so that you do DO your jobs. E.g. “if it’s 3:30pm then I will do my Monday night homework” “If I’ve eaten tea, then I will pack lunch for tomorrow.” Knowing when and where you will complete something, triples your chances of success?
6. Use “if-then” talks for positive talk. (essentially reprogram your brain for a less stressful emotional response) e.g. “If lots of assignments start coming my way, then I will remain calm.” “If a deadline is approaching, then I will keep a cool head.”
7. Are you comparing yourself to others? Have you got the “I need to have it perfect so I can show how smart I am”? Lessen the stress! Join the “Get-Better” mindset and instead of fearing how you’ll come up against someone else’s talents, try self-comparing how well you did today compared to yesterday, last week, last term etc. Don’t sweat the “perfect job”: life is a journey and you will make mistakes and you will “get-better”. Laugh as you go; your stress will lessen and you will have more energy and stay motivated.

8. Pause and reflect on how far you have come. The gap is lessening. Smile and appreciate what you’ve achieved.

9. Do your best and rest.

https://hbr.org/2012/12/nine-ways-successful-people-de

Just a reminder to all that if you have any 2017 suggestions that you believe would encourage, support and enrich the lives of our teenagers, please feel free to contact us and share your ideas. I can be reached on (ykamh2@eq.edu.au) and Jarek (jreah0@eq.edu.au). Our shared phone is Phone 49766162 and you are able to leave a message.

Looking forward to hearing your ideas,
Yvonne and Jarek.

Certificate II Health Support Services (HLT21212)

Karen Dixon
Calling on all nurturers and carers who have a passion for health.

EQIP Technical College have opened the doors to a rewarding career in one of Australia’s fastest growing sectors. Careers in Health Support Services provide an array of diverse career paths to enter such as a Hospital Assistant, Pathology Courier, Clerk, Housekeeping assistant, Orderly or Ward Assistant. This is an entry level qualification that is suited to Australian Apprenticeship pathways.

If you are interested in finding out further information contact:

Karen Dixon
EQIP Technical College
4976 6175

5-a-side primary school carnival

Denise Marrable

On Friday 4th November, a group of 7 Year 9 girls spent the day refereeing at a 5-a-side primary school carnival at Benaraby. Feedback from organisers of the carnival said that the girls showed outstanding behaviour and were a credit to State High.

Well done to these outstanding students and a big thanks to Miss Hayden-Brooks who accompanied the girls on the day and helped out with the refereeing.

Quick News

Awards photos!

Images from the AWARDS have now been uploaded to the Stephen Mills website and can be viewed from there as per the details listed on the student sheets.


Client log in: Gladstone
Password: awards16

Also a reminder that they have shortened the ordering period to December 30 as they get few orders after that time and they will be unable to process them for several months as they will be away.

BYOx Laptop setup

Reminder to any students that are a part of the BYOx program that have not yet been connected to the school internet to see the IT technicians in F Block during either break times or before school to have this work completed.

 Careers Corner

Gladstone Regional Council has the following Traineeships available:
Trainee Water Industry Operator – Level III
Trainee Hatchery Technician – Level III


For more information please see Mrs Christopoulos in K Block.

Apprenticeships available to year 12’s:

List of apprenticeships we can help with:

- Certificate III in Parks and Gardens - Apprenticeship
- Certificate III in Printing and Graphic Arts (Graphic Prepress) - Apprenticeship
- Certificate III in Jewellery Manufacture - Apprenticeship
- Certificate III in Landscape Construction - Apprenticeship
- Certificate III in Meat Processing (Retail Butcher) - Apprenticeship
- Certificate III in Printing and Graphic Arts (Print Finishing) - Apprenticeship
- Certificate III in Printing and Graphic Arts (Printing) - Apprenticeship
- Certificate III in Printing and Graphic Arts (Screen Printing) - Apprenticeship
- Certificate III in Retail Baking (Combined) - Apprenticeship
- Certificate III in Signage - Apprenticeship
- Certificate III in Sports Turf Management - Apprenticeship
- Certificate III in Hairdressing - Apprenticeship
- Certificate III in Retail Baking (Cake and Pastry) - Apprenticeship
- Certificate III in Hospitality - Apprenticeship
- Certificate III in Commercial Cookery - Apprenticeship
- Certificate III in Retail Baking (Bread) - Apprenticeship

Please see Mrs Christopoulos for more information.

TAFE 2017 Applications

Any students who have applied to attend TAFE for 2017 need to respond to TAFE emails immediately. The information emailed is extremely important to your enrolment next year.

Uniform Shop hours

Normal opening hours:

Monday 8:15am – 11:15am
Wednesday 11:00am – 2:00pm
Friday 8:15am – 11:15am
Phone: Chris 4976 6193

Homework Centre

Homework Centre is on every Wednesday from 3:15pm – 4:30pm.
Contact Mrs Margie Keefe 4976 6187.

Community News

Removal of Pine Trees

Tank Street will be closed from 8am to 4pm on Wednesday 16 November between Fowler Lane and Boles Street due to the removal of pine trees.

2017 U18 Rep Netball Team

Wanted Girls Born 1999/2000 for 2017 U18 Rep Netball Team. If interested please email gnarepnetball@gmail.com with your details.

Upcoming Events

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