Valentine’s Day with a Difference saw GSHS Unite

Valentine’s Day with a Difference saw GSHS Unite together!

On Friday 14th February 2014 the Senior Class of 2014 created a Valentine’s Day to remember. The leaders banded together to promote community values of sharing, love, hope and unity through the organisation of lunch time activities over both breaks with the aim of including everyone within the school. School Captain Taylah Crosbie and Vice-Captain Emma Wood explained that their wish was “To unite our school community with loads of love and affection, warm fuzzies and hugs for all.”

During both breaks on Friday, music played, students danced and faces were painted as students and teachers joined in the festivities. There were also free hugs, lucky dip ‘pick me ups’ and a photo booth.

Judging from the response from staff and students, the plan was an outstanding success. The atmosphere on the day was euphoric with hundreds of laughing faces, dancing students and excited chatter.

School captain Taylah C, whose leadership group organised the event, explained that “For a number of years now Gladstone State High School has celebrated Valentine’s Day. Traditionally this has only included the giving of roses and cards. In 2014 the student leaders decided to take it a step further with the aim of including the entire school community. This meant even our extended school community of teachers, administration staff, cleaners and groundsmen all of whom received a small token of thanks in the form of a red heart lollypop and a poem.”

Vice Captain Emma W believes that Valentine’s Day should include everyone and that the Senior Class of 2014 held the view that Valentine’s Day each year presents everyone with a day to hope and to share life with a person or people whom we love.

“For little kids, Valentine’s Day is about friendship; cards and candies are given to those who they care about. For adolescents, Valentine’s Day is about the hope of love and the promise of the future. With their offerings of cards, letters, candies and flowers, they anticipate that someone special will return their feelings.”

Year 12 Coordinator Kim-Maree Lambert said that she feels extremely privileged to work with such an outstanding group of students whose initiative and creativity is limitless.
New Classes Created
Due to recent higher than expected enrolments it has been necessary to create new classes. In Year 10 we have over 290 students and hence a new class has been created in each of the core subjects. Enrolments in Year 11 English saw all classes oversized so an additional class has been created. This has meant timetable changes for a number of students. We realise that not all students will be happy with the changes after 3 weeks with a particular teacher and with this in mind we have kept changes to a minimum. We have been able to employ an additional teacher as a result of the higher than expected student numbers with the new teacher starting this week. The additional teacher allowed us to staff the new classes but did mean some teachers also had timetable changes.

GOOD LUCK
We would like to wish two of our students, Josh F and Nathan C, the best of luck when they head off to the State Tennis Titles later next month.

CAPRICORNIA GOLF
Anyone interested in golf please see Miss Hanisch ASAP.

UNIFORM SHOP
OPENING HOURS
Monday: 8:15am-11:15am
Wednesday: 11:00am-2:00pm
Friday: 8:15am-11:15am

Nurse News
WHY TEENAGERS SHOULD EAT BREAKFAST
It never ceases to amaze me when I talk to students how many can’t be bothered with breakfast.
Breakfast is the most important meal of the day.
The reasoning behind this is because:

- It gives you energy for the rest of the day
- It has shown to increase a student’s ability to concentrate in class
- Helps maintain a healthy body weight.

Body image is important to teenagers. What most of them don’t realise is that eating breakfast lowers fat intake. This is because it can limit snacking of unhealthy foods throughout the day or overeating at other meals. Skipping breakfast is generally linked to greater body fat and sets up extreme hunger patterns later on in the day. Eating breakfast and small frequent meals throughout the day can prevent this.

This information is from—
www.betterhealth.vic.gov.au
www.breakfastfirst.org

In the next two newsletters I will discuss why students skip breakfast, suggestions for breakfast foods and how to get your teenager to eat breakfast.

Marisa Farlow
School Based Youth Health Nurse
Monday, Tuesday and Wednesdays
PH: 49766171

Chaplain Chat
This year sadly began with a memorial for a much respected teacher, Sheelagh Hutton. As Chaplain, my part was to bring the memorial to a respectful and positive conclusion. The students were exemplary and the day reflected the honour that Sheelagh deserved through her devotion to supporting both staff and students.
SHINE 2014 has begun with 10 students. Our first day focused on developing our understanding of the concept of value and we all enjoyed a hand massage. The girls were then challenged to give a hand massage to someone they valued before the next lesson. Each girl received a photo frame to put their photo in.
This week, we had three Zonta ladies attend. The girls thoroughly enjoyed being spoilt by Allison, Anne and Karen who arrived bearing a beautifully wrapped generous gift of nail products. Karen even brought some home-made cupcakes and Year 12 Home Economic students made us lovely Hot Chocolates and Cappuccinos. It was a great opportunity to share thoughts, build conversations and enjoy our uniqueness. No two girls had the same nails! There were some very creative creations. Our personal style and creativity is one-of-a-kind and that is to be celebrated. Everyone agreed it was such a good idea to have the Zonta members join in. Zonta is a non-sectarian and non-partisan service group which intentionally aims to strengthen the status of women through service and advocacy. Our Gladstone branch generously sponsors Shine in our local state high schools.
Each time I run programmes, I am so thankful for the financial, emotional and spiritual support given by all those who value Chaplaincy and the difference it makes to our young people’s lives.
We have now begun a lunchtime Boardwalk – board games for new students, English as an additional language students, and an opportunity for anyone wishing to make new friendship networks. This will be happening Monday, Wednesday and Friday at 2nd breaks.
On Tuesdays at 1st break, Year 8 students can enjoy THREADS. Thanks to a wonderful volunteer, we are at the moment making friendship bracelets. Throughout the year, other year levels will be able to join in different, simple embroidery-type activities. At the moment, Threads is meeting in B4.
In Make8, we are exploring Social Justice through gaining knowledge and understanding of the Millenium Development Goals in conjunction with a text entitled “When Helping Hurts”. So often our best intentions to help the poor actually wind up hurting them – and us. This group is facilitated by Michael Trafford from the Baptist Church and meets every Wednesday during first break in AV1 in the library.
I want to congratulate the Senior Leadership Team on their energy and availability in supporting fellow students in our school. Thank you – it makes our school the awesome school that it is! Remember, Sri Lanka as an Alternate Schoolies! Come see Yvonne in the Chaplain room and find out some more details.
An Amazing Adventure

Hi, my name is Tully, and on the 25th of February, my family and I are going on a once in a lifetime adventure to look after an island in the Bass Strait for 3 months. The island is called Deal Island. We have to look after a lighthouse, take visitors up to the museum, we have a whole island to ourselves. Sure we’ll get visitors and yachts occasionally, but most of the time, the island is deserted.

Deal Island is located approximately 75km off the mainland which is Wilsons Prom, so it will be a long and painful journey for a broken bone or a dislocated knee. It is about 3635 acres so that means there is a lot of exploring to do! Deal Island winds can reach up to 80 knots, so I am taking a kite. It is also described as four seasons in one day, so you never know what to expect. You can visibly see the weather patterns coming in. This is why we have to report 3 times a day to the Bureau of Meteorology.

We get to have our own gorgeous beach which has turquoise water and a pier running into it. This is where we will be having our barbeques. There are lots of different walks to do, each is about 3km and finishes at beautiful beaches. Another amazing thing is there is so much wildlife. There is cape barren geese, wallabies, kangaroos and a colony of little fairy penguins.

In the Christmas holidays, our time was mostly occupied by sorting out our food. It has been long and frustrating working out what we need, because you can’t exactly nip off to Woolies to get that chocolate you have run out of. There is a garden that we have to maintain for ourselves and the next caretakers to provide fresh vegetables. I found out we were going August last year, and it is now less than a week until we go. It is unbelievably exciting, but also a little nerve wracking. We will be getting back on approximately the 18th of June. I will miss a lot of people so much. If you want to know more about Deal Island, go to Friends of Deal Island.

Bye!

Career Corner

Eagle Boys Pizza Sun Valley are looking for in store staff and delivery drivers. They hire from 13 years and are looking for staff that are available for approximately 12hrs after school Mon-Fri and weekends. It works out to be 3 to 4 shifts over the week.

Resume can be addressed to Luke Dahtler Manager and delivered to the store.

Quick News

PLASTIC BAG COLLECTION
Have you got a draw full of plastic bags taking up space in your kitchen? Don’t know what to do with them all? Bring them in and drop them off in the pink bin in the library so we can use them as part of our Rubbish Race and Hot Spot Clean Ups.

MEDICAL WORK EXPERIENCE
Any Year 10, 11 or 12 students interested in gaining work experience in the Medical field please see Mrs Christopoulos in D Block ASAP.

BOOK CLUB
Book Club order forms to be returned with money by Monday 24th February

BEING GREEN IS ALWAYS IN STYLE!
Is it time to clean our your closet?
The environmental team is hosting a Clothing Swap. This is an eco-friendly opportunity to get rid of your unwanted clothes and pick up some new stuff absolutely free! Drop your clothes at the PE Stadium all this week ready for the swap. All clothes left over will be donated.

CLOTHING SWAP
Thursday 22nd February
Library AV1 at 1st & 2nd Break
GOSF’s Clean Up Australia Day Initiative

Mad Hatters School Picnic
What to Bring:
A crazy HAT and your Lunch

Where: School Amphitheater

GLADSTONE State High School
Cricket News

On Monday, the first of the GSHS cricket teams took to the pitch to participate in the annual interschool competition. The team mainly made up of Year 8 and 9 students, ably guided by 4 of our senior students, took on Chanel and Biloela. The boys played extremely well in the open division facing boys a number of years their senior, although we went down in both games. Great batting performances from Jayden F who made a half century. Nathan C and Dylan W, also had exceptional performances in both games. The boys all contributed in the field, with great encouragement from Sam C and Nathan C who led the team, with most of the boys claiming a wicket or catch in either of the games. It was a great opportunity for the younger students to play with and against boys older and gain invaluable experience for future years. We have some great talent and I look forward to coaching these boys in the future. Thanks to Judy Larsen for the great team photo and all the parents that were able to come along and support the boys. The GSHS B team will be playing this Monday at Clinton for a place in the finals.

DJ Lambert-Cricket coach

PROCEDURE FOR STUDENT ABSENCES

If your student is away for any reason there are several ways of notifying the school.

- Phone on 07 4976 6158
- Email on absentees@gladstonshs.eq.edu.au
- Use the notification slip in the Newsletter each week
- Use the slip in your student’s diary
- Text absences on 0407096034

We appreciate and thank-you for your cooperation.