In Memory of a dear Friend and Staff Member

Vale Loris Corowa
Recently we were informed of the passing of one of our key staff members, Mrs Loris Corowa, the Community Education Counsellor who worked not only at ‘State High’ but across all three local state high schools. Loris was a person with an infectious smile and inspired all of us with her optimism for life. She guided and mentored many indigenous students over 21 years with Education Queensland, of which 15 of those years was with us at State High.

Loris passed away in the comfort of family and will have her funeral on Friday 21 March in Gladstone. The students and staff of the school will honour her well-spent life and generous service of others by forming a ‘guard of honour’ outside the school at approximately 11.00 am on Dawson Rd.

Our thoughts are with family and friends. Vale Loris!

Harmony Day

What amazing students we have here at Gladstone State High School!!!!

14th of March was GSHS Harmony Day. GSHS Korean class students and GSHS Interact Club students worked as a team to deliver the awesome Harmony Day to our school students.

The Interact club students came to school early in the morning to decorate C block for the day and Year 9, 10, 11 and 12 students were working extremely hard to make yummy Korean pancakes, ‘Ho-Dduhk’. Our GSHS students came to C block during the first break to taste ‘Ho-Dduhk’ to share the meanings of ‘Harmony Day’. It took 3 hours to make dough and another 3 hours to cook them. However all 500 pancakes were gone in 10 mins. All students were enjoying the Korean pancakes.
North Keppel Camp

We had finally arrived when Gundoo Spirit dropped the ramp, to North Keppel Island where we were going on camp.

For a five day adventure, full of laughs and good fun, with lots of activities planned to keep us on the run.

Roger took us walking out on the reef flat, where a few baby reef sharks ran into our feet, splat!

The cultural walk was interesting, lots of history on show, of the Kanomi and Woppaburra people who lived there long ago.

Snorkelling was fun and we learnt lots of skills, we couldn’t see much but still had lots of thrills.

Queensland’s Shark Safety Program was a topic of debate, we agreed to disagree because it got rather late.

We outrigged around to Considine Bay, where we camped out and fished the evening away.

At the crack of dawn we awoke to Gilly’s rooster cries, and bush whacked up to Bald Hill to see the sun rise.

Working in small groups we built rafts out of stuff, and paddled them through the surf, luckily we'd built them tough.

We sat around the fire with Miss Lambert, Miss McLeod and Lee, told stories, played games and looked out over the sea.

Throughout the week we worked on creating a tree, the past, present and future all about me.

On the last day we had mixed feelings about leaving, But we remembered what we'd done and all that we were achieving.

There were highs and lows and challenges too, now we're home and we've got Action Plans to pursue.
Bullying Facts

Impact of bullying

Is bullying really something to be worried about?
Bullying affects everyone involved, including people who witness it. It can have serious and long-term emotional or psychological consequences in addition to the immediate harmful effects. Communities that condone or ignore bullying may create an environment where more serious anti-social behaviour is condoned.

Bullying undermines key values that schools aim to promote in students – respect, trust and honesty.

Isn’t bullying just a normal part of growing up?
Bullying is not a normal stage that all children and young people pass through, and it is not just something to put up with as ‘part of life’. Behaviour that is intended to harm can impede healthy development.

Ignoring bullying or thinking that it is just something that children and young people do or that it will be ‘character building’ can give silent approval for bullying to continue and further traumatising those who are bullied.

What are the impacts of bullying on those people who are bullied?
Being bullied can result in a person feeling miserable and powerless, so the response of those around that person is important in making a change. Research shows that bullying can have a negative impact on students’ academic performance, self-esteem, coping skills, and can increase anxiety and unhappiness. It is important that students, staff and parents get involved to make a positive change. Bullying can negatively affect how children and young people see themselves and how they feel about themselves.

Hot FM’s Browny and EJ Visits GSHS

On Thursday the 14th of March, Hot FM’s fantastic morning radio hosts Browny and EJ visited Gladstone State High School to join in promoting awareness of Bullying and Violence. They were greeted by a parade of grade 8 and 9 students with lots of enthusiasm. Browny and EJ shared the STOP BULLYING video that they had created with the celebrities around central Queensland with the aim of raising awareness of this issue. The response they got was fantastic with all students clapping and cheering. This visit was only one of the many parts of the BULLYING. NO WAY! campaign at Gladstone State High School. Browny and EJ also had the opportunity to take a photo with STAN our mascot against bullying.

Friday the 21st of March is National day of action against bullying and Violence and as such the school will have a full school parade at 9 am to highlight some of the amazing work that the senior captains have done to raise awareness. The main highlights not to be missed is the year 12 production of a video against bullying and the unveiling of a collage of 1400+ staff and students handprints who took a stand against bullying. Stay tuned next week to see some highlights of the day!
**Police News**

This last week has been road safety week which is designed to raise awareness of road safety issues. Perhaps on your way to or from school or work you noticed a greater policing presence on the road. Each day Police focused on the FATAL 5. These include speeding, drink and drug driving, failure to wear seat belts, driving whilst fatigued and driver distraction and inattention. These fatal five greatly contribute to much of the trauma that is experienced on our roads. Parents – If you have children who are learning to drive, please take the time to discuss the fatal 5 and the unfortunate consequences of not being responsible on the road.

Most of you reading this would have by now heard that Daniel Morcombe’s killer was sentenced to life in prison. This was a great result for the Morcombe family and the community. This case has created a huge awareness of child safety issues and now is a good time to remind students to be vigilant when coming to and from school. Over the last week, I have seen students arrive by bus before school and walk straight over to the Nightowl centre to purchase food and drinks. The school does not encourage this behaviour as it exposes your child to unknown dangers. I’m sure many parents reading this put their children on the bus, expecting them to walk straight into the school grounds after being dropped off. If you are one of these parents, please discourage your children from walking and hanging out at the night owl centre before school as you never know when they may be at risk.

Andrew CARY  
Acting Senior Constable  
GSHS School Based Police Officer.

**Nurse News**

**What causes epilepsy?**

There are many causes of epilepsy, which vary with the age at which seizures begin and the nature of the seizures. However 50% of cases, the cause is unknown.

We know that structural abnormalities in the developing brain, infections such as meningitis or encephalitis, or lack of oxygen to the brain during birth or after a stroke, can cause epilepsy. A brain injury, which results in scar tissue, predisposes individuals to developing epilepsy, although there can be a long period, often years, between the damage occurring and the seizures commencing. Why this occurs, we still do not know. Epilepsy can result from a tumour (an uncommon cause in children) and, in the over 65s from degenerative conditions such as Alzheimer’s disease.

Current research has identified that in many cases of epilepsy in very young children, genetics play an important role. But genetics can be a factor in developing epilepsy at any age. It appears that certain people are simply more prone to having seizures than others. This is, at times, described as having a ‘low-seizure threshold’. A history of seizures in the family makes it more likely for them to develop epilepsy.

What is a seizure?

Our every thought, feeling or action is controlled by brain cells that communicate with each other through regular electrical impulses. These impulses travel along the network of nerve cells, called neurons, in the brain and throughout the body via chemical messengers called neurotransmitters. A seizure occurs when the brains nerve cells misfire and generate sudden, uncontrolled burst of electrical activity in the brain. The orderly communication between nerve cells becomes scrambled and our thoughts, feelings or movements become momentarily confused or uncontrolled.

Seizures can be subtle causing momentary lapses of consciousness, or conspicuous causing sudden loss of body control. Seizures are episodic and unpredictable, and may occur as frequently as every day, or just occasionally in a lifetime.

While seizures can be frightening, in most instances they stop without intervention. Once the seizure is over the person gradually regains control and re-orients themselves to their surroundings, generally without any ill-effects. Approximately 70% of people diagnosed with epilepsy will have their seizures controlled with medication.

Source: Epilepsy Australia www.epilepsyaustralia.net  
Epilepsy Queensland 1300852853  
Local Contact: Caroline Allen 4974 4339  
Marisa Farlow  
School based youth health nurse
HONESTY
• Be truthful and sincere
• Be trustworthy
• Admit your mistakes
• Learn by your mistakes
• Seek truth, good and right

VALUES
To empower students to reach their full potential through quality learning experiences in a supportive and challenging school environment.

RESPONSIBILITY
• Give your best
• Be dependable
• Make appropriate choices
• Be fair
• Have a go
• Take your opportunity to lead, otherwise be a good team member

EXCELLENCE
• Doing your best
• Seek to accomplish something worthy and admirable
• Try hard
• Keep trying and pursue excellence
• Expect high standards

RESPECT
• Value yourself and others
• Respect your environment
• Act and speak courteously to everyone
• Be kind to animals
• Foster good relationships
• Foster school pride

HONESTY
• Be truthful and sincere
• Be trustworthy
• Admit your mistakes
• Learn by your mistakes
• Seek truth, good and right

SAFETY
• Look out for yourself and others
• Practice safe and hygiene habits
• Follow the rules

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@gladstoneshs.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.

GSHS CORE VALUES

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

Chaplain’s Chat
Finding peace amongst the storm ... At this busy time of Term One, it’s essential we discover ways to find peace from within. There are huge demands on each of us: students, parents, families and staff.

“When you find peace within yourself, you become the kind of person who can live at peace with others.” (Anon)

“Peace is not something you wish for: it's something you make, Something you do, Something you are, And something you give away” (Robert Fulghum) It’s a decision you make. It means that even in the midst of noise, trouble or hard work, you are still calm in your heart.

Some ways to find peace within include:
• Mindful breathing (being aware of the moment, right now. This means not focusing on the past or the future; but focusing on the here and now.) Breathing in calmness and breathing out worries and stress is one method. There is a whole host of different types of breathing.
• Reflect on things you feel good about.
• Relaxation is a great way of gaining control over our body and it helps us to manage feelings and situations more effectively.
• Have some quiet time.
• Prayer
• In times of high tension, choose to use relaxation techniques instead of negative reactions.
• Mindful eating. We often gulp our food and can’t recall what we ate, let alone what it tasted like. Sitting, focusing on the smell, colours, textures, flavours and visual appeal and enjoying your favourite food, making it last by eating it slowly one bit at a time gives us a break from our worries and helps us to feel refreshed.
• Laughter

The SU Queensland “Little Yellow Bus” will be visiting Gladstone on March 24 – 25. Support for chaplaincy is growing in the face of a second high court challenge by the very same person. In our city, we are fortunate that our community recognises the importance of upholding our youth and 7 school chaplains are fully employed to support about 9 schools. In this era of diminishing services, it is even more important that Chaplaincy be able to continue supporting our students. Monday 24th March at 7pm will be an Information Evening about School Chaplaincy at the Gladstone Assembly of God. Please let Paul Dendle (0404 245 025) from SU know if you wish to attend.

1. On the Tuesday morning (March 25), there will be a Business Breakfast Appeal to support school chaplaincy in Gladstone. If you are interested in financially supporting youth through school chaplaincy in our Gladstone district and would like more information, please contact me at school. (Yvonne 49 766 162 or 0417 743 016) The online link for donations to Gladstone School Chaplaincy is : http://donate.to.suqld.org.au/once-off/index.php?for=chaplaincy&id=14405