Passion for Pink

GSHS STEPS UP TO THE PITCH FOR PINK STUMPS DAY TO RAISE MONEY FOR THE MCGRATH FOUNDATION

On Friday the 21st of February 2014 the Senior Leaders, students and teachers at Gladstone State High School all displayed their passion for pink through participation in a free dress day, cricket competitions, cupcakes and “GSHS - So you think you can dance!”.

Gladstone State High School has been celebrating Pink Stumps Day, and in the process helping the McGrath Foundation hit a “six”, since Pink Stumps day began in 2011.

Taylah C said “Pink Stumps Day demonstrates the power of communities coming together to achieve something quite extraordinary and thanks to this support, we are very proud of being able to raise $1500 to contribute to the vital work of the McGrath Foundation”

The money raised goes towards helping fund McGrath Breast Care Nurses. These nurses provide an invaluable service for families experiencing breast cancer and the McGrath Foundation is working to ensure every family experiencing breast cancer in Australia has access to a breast care nurse, no matter where they live or their financial situation.

School Captain Dylan W said “To help raise awareness of the fantastic work the McGrath Foundation does within our community we decided to run a number of activities before school and over both breaks. We started the day with a teacher’s vs student cricket game. Unfortunately the teachers were victorious. Then at first break the Peer Mentors and Mr Neitfeld ran a bowling competition. Second break students all gathered in the hall for “GSHS So you think you can dance”. It was fantastic to see the student level of involvement at all three events”.

Other events that occurred on the day include the selling of cupcakes and a cricket set was raffled. The winner of the raffle was Year 10 student Sam B. The Senior Leaders would like to extend a special thanks to the Junior Student Council, Peer Mentors , Mr Meredith and Mr Neitfeld for the support and help with GSHS Passion for Pink day.

CRAZY HAIR FESTIVAL: 7th March come to school with crazy hair and some extra change most activities will be 50 cents or a gold coin donation with all money raised going towards the Leukaemia Foundation.

BE BRAVE AND SHAVE: Are you brave enough to shave? 7th March, to show your support of the Leukaemia Foundation we are asking student to volunteer to shave, wax or spray. Permission and sponsorship forms for shaving and waxing can be collected from outside the Year Coordinators Office.

30 Dawson Highway, PO Box 260, Gladstone, QLD 4680
Phone: (07) 4976 6111 | Fax: (07) 4976 6100
Absentee Notification: (07) 4976 6158
the.principal@gladstonshs.eq.edu.au
www.gladstonshs.eq.edu.au
absentees@gladstonshs.eq.edu.au

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RESPONSIBILITY | SAFETY | HONESTY | EXCELLENCE | RESPECT
UNIFORM SHOP
OPENING HOURS
Monday: 8:15am-11:15am
Wednesday: 11:00am-2:00pm
Friday: 8:15am-11:15am

Take a Stand - Bullying NO WAY

Senior Leaders lead the way with
“Take a Stand – Bullying NO WAY!”

The 2014 School Captains believe that the brighter each star shines the more magnificent the galaxy. In 2014 at Gladstone State High School the senior leaders aim to create unity within their school through the creation of a sense of belonging and a connection between students, school and wider community. It is their belief that through this unity a happier and more effective environment is created where students are more capable and inspired to reach their full potential.

This year the senior leaders will achieve this by breaking down existing barriers and changing the culture within our school community. Take a Stand – Bullying NO WAY movement at GSHS is an initiative that has been developed by the students for the students. Take a Stand – Bullying NO WAY will start on the 24/2/2014, with a month long series of events and initiatives to create a positive mindset within the school community. Vice-Captain Michael E said, “The aim of the movement is to have all students at GSHS develop a positive viewpoint about bullying and be able to say that at GSHS ‘Bully – NO WAY!’ Both our Senior and Junior leaders believe that program will be a proactive and positive step towards developing a bully free culture at GSHS.” The movement will culminate with a grand finale on Friday the 21/3/2014 at 11.15am with invited guests and members of our local community present.

Events to look out for over the coming weeks:
• Make sure you get to meet “Stan” – GSHS Bullying NO WAY mascot (Take a selfie with Stan to make your stand against bullying.)
• Education through quick facts and staff promotions will occur every day.
• Student survey on bullying.
• Education through the development of a “Take a Stand Video” which will be premiered at the grand finale.
• “Take a Stand – Bullying NO WAY” mural - every student at GSHS will place a handprint onto the mural to signify commitment to taking a stand against bullying.
• Open forum for students, parents, teachers and local community input into initiative.
• Dare to be square – design a square for UNITY against bullying.
• Flash mob @ school.
• Freeze mob @ school.
• Bullying NO Way Wristbands and badges for every student.

Bullying Facts

What is Bullying?
Bullying is a repeated pattern of harmful verbal, physical or social behaviour that is directed towards a specific student by someone with more power and intended to cause harm, distress and/or create fear. Cyberbullying is bullying through the internet or mobile devices. Bullying might involve repeatedly:
• Physically hurting someone
• Leaving someone out
• Saying mean or humiliating things
• Using technology to send Nasty messages or images.

Students and Stan “Take a stand against bullying”
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.

HEADLICE:
There has been several cases of headllice throughout the school please check your students head for headllice and treat accordingly.

VACCINATION FORMS:
Please return vaccination forms for Year 8 and Year 10’s as soon as possible

Career Corner

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.

SWPBS
This weeks mission is:
Be organised for class.
Make sure that before you enter the classroom you have:
- Your planner.
- All necessary stationary.
- The correct books.
- A water bottle.

School Wide Positive Behaviour

Nurse News

WHY TEENAGERS SKIP BREAKFAST AND WHAT YOU CAN DO ABOUT IT

As mentioned in the last newsletter, teenagers need to eat breakfast. Reasons why teenagers often skip breakfast include:
- No time, want to spend extra time in bed
- Too tired to care
- Weight conscious
- Not liking breakfast foods in the house
- The thought of food in the morning makes them feel sick

Ways of changing these bad habits are:
- Setting the alarm 5 to 10 minutes earlier each morning and encouraging them to get out of bed
- Some teenagers find food in the morning makes them feel sick. Encourage them to eat a small portion of food and then eat a more substantial meal at morning tea. They may actually feel sick in the morning because they are not used to eating breakfast
- If possible, eat breakfast with your teenager
- Create a weekly breakfast menu – ask your teen to offer suggestions for this. This will create some sense of responsibility and ownership to the plan
- Teach them to cook and what is healthy and what is not healthy. Sometimes, teenagers actually don’t know this information.

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

Next newsletter will include food ideas for breakfast
Marisa Farlow
School Based Youth Health Nurse
PH: 49766171
**GSHS Core Values**

**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

**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 hygienic habits
- Follow the rules

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**Immunisation Program**

**Vaccination Day to be Advised**

This year, Gladstone Regional Council is providing free vaccinations for all Year 8 and 10 students as part of Queensland Health’s annual School Based Vaccination Program (SBVP).

The clinics will be scheduled during the 18th March 2014. The vaccines listed below will be offered to students in the following year levels:

* Year 8 - Human Papillomavirus – HPV (3 doses over 6 months)
* Diphtheria Tetanus Pertussis – dTpa (1 dose)
* Varicella / Chickenpox – VZV (1 dose)

* Year 10 - Diphtheria Tetanus Pertussis – dTpa (1 dose)
  - HPV (3 doses over 6 months – male students only)

The vaccinations will be conducted by a team of specially trained registered nurses.

A consent form for each vaccination offered will be given to your child to bring home. Please read the information carefully, sign the consent form irrespective of whether you wish your child to be vaccinated or not and return the consent form to the school by 11th March.

Only students who have a completed and signed consent form (YES consent) will be vaccinated. If you do not wish your child to be vaccinated, or your child has already been vaccinated with the offered vaccine, it is still important that you complete the form/s (NO consent) and return them. This helps Queensland Health to ensure all students have been given the opportunity to participate in this program.

Parents are encouraged to ensure their children have breakfast on the morning of vaccination.

For more information about diseases, vaccines or the School Based Vaccination Program, visit www.health.qld.gov.au/immunisation/sbvp/default.asp or call 13 HEALTH on 13 43 25 84. Alternatively, contact Gladstone Regional Council’s Regulatory Services Department on (07) 4976 6996.

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**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.

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**Dates to Remember**

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<th>Event</th>
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<td>3rd-7th March</td>
<td>North Keppel Camp</td>
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<td>5th March</td>
<td>Senior Leaders Induction Day</td>
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<td>7th March</td>
<td>Shave for a Cure</td>
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<td>10th-12th March</td>
<td>Year 8 Camp Classes A,B,C,D</td>
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<td>12th-14th March</td>
<td>Year 8 Camp Classes E,F,H,G</td>
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<td>24th-29th March</td>
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<td>MST Boating</td>
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**Student Absence Notification**

Student Name: ____________________________

Care Group: ____________________________

Date: ___ / ___ / ___  
Reason (Circle): Sick  Personal  Family  Other

Date: ___ / ___ / ___  
Reason (Circle): Sick  Personal  Family  Other

Date: ___ / ___ / ___  
Reason (Circle): Sick  Personal  Family  Other

Parent’s Signature: ____________________________