GSHS Take a Stand - Bullying NO WAY!

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 started with a month long series of events and initiatives to create a positive mindset within the school community. Both our Senior and Junior leaders believe the program has been proactive and a positive step towards developing a bully free culture at GSHS.

On Friday the 21st of March the students at Gladstone State High School organised a range of events to celebrate the National Day Against Bullying and Violence. This day was celebrated across the country with over 2000 schools registered. Here at Gladstone State High School we organised a whole school parade at 9am with invited guests and members of our local community present. It was a fantastic event that celebrated some of the work done by the students over the last few weeks as well as displaying the video created by the senior students. Every student and teacher was glued to the screen to see if their ‘selfie’ with Stan made it onto the big screen. One staff members, Miss O’Sullivan, shared her personal story of how bullying can affect a family. Everybody present was touched by this.
The 2014 leadership team ran this parade and were passionate about delivering a clear message about bullying. Often the word bullying instantly creates a negative response. This year the aim was to change this and put a positive spin on the topic with the hope of creating a shift in thinking so rather than saying STOP BULLYING it has changed to “Bullying…. NO WAY!” School Captain Taylah C believes “the brighter each star shines the more magnificent the galaxy. At Gladstone State High School our aim is to create unity within our school through the creation of a sense of belonging and a connection between students, school and wider community. Through this unity a happier and more effective environment is created where students are more capable and inspired to reach their full potential.”

Events that occurred over the month:

- Stan – GSHS mascot - Take a Stand against Bullying - Take a selfie with Stan to make your stand against bullying. Travelled around school every day and got over 1500 photos with staff and students.
- Education through the development of a “Take a Stand Video” which premiered at the grand finale parade - go to the Gladstone SHS home page to see this video.
- As part of the National Day against Bullying and Violence the Inclusive Team have been busy creating our whole school mural. This mural holds the hand print of every staff and student member in the school. Each hand print is different and as such is an individual representation of the person who put it there. The students and staff by putting their hand print on this mural are creating a clear visual message that at Gladstone State High School it is “Bullying … NO WAY!” This mural will now become a piece of Gladstone State High School History as it will be permanently set on the wall of the school for years to come – we believe it will provide a constant reminder and inspiration for future students and staff.
- Bullying. No Way! Wristbands sponsored by Arrow energy for every student handed out on Friday to provide a constant reminder of the day and message it represented.
- Anti-bullying shirts worn by senior students in the week prior and on the day to raise awareness of the day.

Bullying Facts

The types of bullying

What are the different types of bullying?

The types of bullying behaviours are physical, verbal or social. Bullying can be obvious (overt) or hidden (covert). Bullying can take place in person or online. Bullying – verbal or social – that happens online or via a mobile phone is referred to as cyberbullying. Research indicates the majority of young people who bully online also bully others in person.

What is covert bullying?

Covert bullying includes social exclusion and intimidation. The term ‘covert’ highlights the fact that not all bullying is physical or obvious in nature. Covert bullying can have the same harmful impacts as more obvious bullying, as it can be more isolating, can go on for longer before other people become aware of it, and can be more easily denied by the other person.

Covert bullying is a subtle type of non-physical bullying which usually isn’t easily seen by others and is conducted out of sight of, and often unacknowledged by adults. Covert bullying behaviours mostly inflict harm by damaging another’s social reputation, peer relationships and self-esteem. Covert bullying can be carried out in a range of ways (e.g. spreading rumours, conducting a malicious social exclusion campaign and/or through the use of internet or mobile phone technologies).

Captain Crosbie’s Report- Bullying NO WAY!

Our inclusive committee’s ‘Take a Stand - Bullying No Way’ program had more of an impact on our student body than I had first thought. I was so happy to hear that the entire school was able to contribute to the success of the initiative by painting their handprint on the mural that is now proudly displayed on O Block. In the lead up to the parade, the ‘selfie with Stan’ craze took over. Our anti-bullying mascot, Stan (without the d) featured in a stack of photos. We thought this was just another way in which you could take your ‘stand’.

The build up to Friday was exciting and immense, but it finished on, what I felt, was a more serious note. After hearing Miss O’Sullivan’s story, a tear welled in my eyes. It was so reassuring to see that the entire school literally took their stand when they all stood from their chairs. What a powerful moment.

I’d like to give thanks to the Year 12 Inclusive committee and the extras that helped out, all the teachers involved especially Miss O’Sullivan and those who created the video. I am so satisfied to see that at this early point in the year it already feels like we are well on our way to achieving our goal of unity.

- Capt’n Taylah :)=

GLADSTONE
State High School
Career Corner

ATTENTION YEARS 11 & 12
Gladstone TAFE has some vacancies available in the following courses, CIII in Business Administration, CII in Hairdressing and CIII in Aged Care. Any students interested can see Mrs Christopoulos in the Senior Schooling area asap.

Agricultural Skills & Technology Experience - Year 10, 11 & 12 students
Any Year 10, 11 & 12 students who are interested in following a career in Agriculture should see Mrs Christopoulos in the Senior School area for information on a programme to be held during school holidays.

SCHOOL BASED TRAINEESHIPS IN AGRICULTURE
ATTENTION YEAR 11 & 12 STUDENTS
Students who are interested in a school based traineeship in the agricultural field can see Mrs Christopoulos in Senior Schooling area for more information.

Quick News

ANZAC DAY PARADES
The 25th of April is ANZAC day (Week 1 term 2). We invite all students to be part of either the Dawn service at 5.30am or the midday service at 10.15am. If you would like to participate please sign up on the sheet outside the year coordinators staffroom and collect an information sheet.

GSHS International Student Program

We are currently recruiting more Homestay Families to register for our International Student Program. It is a wonderful opportunity for local families to learn more about other countries and their cultures. Enquiries welcomed for students arriving in Semester 2, 2014
Options of: 3 months, 6 months, 9 months or 12 months placements
Payment of $212 (tax free) per week for Homestay Families

Major Requirements
• Caring English speaking family willing to take a student into your home and fully integrate them with your family for the duration of their stay.
• Provide the student with individual bedroom which includes desk and chair.
• All meals and snacks must be provided.
• Access to internet. Students may bring their own laptop.
• Easy access to Gladstone State High School.
• All persons over the age of 18 living in your home must be eligible for Blue Card Suitability Check. We can assist you with the application.

For further information please contact:
Vanessa Randazzo or Lorraine McCamley
International Student Coordinator or International Homestay Coordinator
Ph 4976 6161 or Ph 4976 6104
Email: vrand2@eq.edu.au or Email: lmcca39@eq.edu.au

CRICOS Provider Code: 00608A Education Queensland International Department of Education, Training and Employment

Navigating the Teen Years.
Do you worry about your child and social media or substance misuse?
Up to date information for parents

Including:
- signs your child may be affected
- prevention
- medical, mental and legal consequences
Delivered by professionals working in the following fields: law enforcement, legal, counselling and medical.

Monday 7th April
Gladstone City Library
6.30-8.30pm

Tuesday 8th April
Castle Tower Building, Room 2
Boyne Tannum Community Centre
6.30-8.30pm

Bookings essential phone 4976 6306

GLADSTONE State High School

CRICOS Provider Code: 00608A Education Queensland International Department of Education, Training and Employment

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Quick News

Sign out Early
Parents are asked, where possible, to avoid making appointments for your student during school hours. However, if this occurs it is the student’s responsibility to catch up on work that is missed. Parents are reminded that if you are signing your student out it must be done through the office. If you meet your student at the gate, then our records will show the student as truanting.

Students Arriving Late
It is asked that all students make reasonable efforts to be in their Care Class on time. Students arriving late are expected to have a note of explanation from their parent / care giver or parents / caregiver to escort the student into the office. Parents are reminded that all late students even if they are only 5 minutes late are to be signed in at the office.

Sick Students
Parents and students are reminded that if a student becomes unwell at school they are to report to the sick bay not text or phone their parents to come and get them. The school will phone parents on behalf of the student to come and collect them. If you collect your sick student without informing the office, our records will show the student as truanting.

Absentees Notes
Parents are asked when notifying the school of a student’s absence via a written note, email, SMS or message on the absentee phone line to please include the student’s full name, care class, dates that they are absent and reason for being absent.

Nurse News

Epilepsy Awareness Month

How is epilepsy diagnosed?

Epilepsy is not one condition. There are numerous epilepsy syndromes and each has its own symptoms, seizure types, causes, methods of diagnosis, outcomes and management.

In diagnosing epilepsy, the presence of seizures is often the determining factor. An eyewitness report of the event and the person’s own description of what happened prior to the event and how they felt afterwards can be your doctor’s best diagnostic tools. All the tests the doctor might order are to gather specific data on the kind of seizures experienced and to confirm what is basically diagnosed through observation.

A neurological examination will be conducted that generally includes a test to measure the electrical activity of the brain (EEG). This will help determine where in the brain the electrochemical activity that is generating the seizure activity is occurring. Specialized imaging tests such as computerized tomography (CT) scans and magnetic resonance imaging (MRI) scans may be required, along with blood tests. For some tests may require hospitalization while the seizures are observed and recordings taken during the event. This kind of testing is not always called for and nor is it always conclusive.

Diagnosing epilepsy in a child can be a harrowing experience. Many a parent has observed seizures at home that are not subsequently picked up in hospitals by the most sophisticated scanning. They are sometimes told to stop imagining that their child has epilepsy. This is a frustrating situation for a parent to be in and fortunately most doctors will now listen sympathetically to parents and treat them as a primary information source in helping to manage and correctly diagnose their children’s health.

Source: Epilepsy Australia www.epilepsyaustralia.net
Epilepsy Queensland 1300 852 853
Local Contact: Caroline Allen 4974 4339
Marisa Farlow
School based youth health nurse.
School Wide Positive Behaviour

When students enjoy transparent, honest and caring relationships with their parents, friends and teachers, they feel positive about their lives, are happy in themselves and approach their learning with positive growth mind-sets. Also, having trusting, clear and open communication lines between their parents and teachers provides a fertile environment in which students can flourish.

We all need feedback on how we are travelling in order to make necessary adjustments in our lives and our students are no different. To build students’ self awareness and ownership of their attitudes and behaviours, they need regular developmental, non judgemental feedback, even though they will probably disagree.

The adolescent brain is a turbulent place, with the good decision making centre, the Pre-frontal Cortex, not completely wired up as yet. As such, while they can create emotions like adults, they don’t yet have the capabilities to consistently control them. This often leads to any advice or feedback to be seen by them as criticism and put downs.

Building relationships is a two way street, which is sometimes quite a challenge with many teenagers preferring a one way street; my way or the highway. To encourage them to think beyond me, myself and I, a beneficial exercise is to ask them to do a self-analysis of their emotional intelligence. In completing this they will have to reflect on their input into relationships with others.

The focus should be on encouraging them to adopt positive attitudes and approaches in all their pursuits including health, friendships, leisure, hobbies, sport and their learning. When parents and teachers put an extra emphasis on school, the turbulence of their brain often kicks in and defiance and/or indifference arise.

When a “Team” approach is fostered both at school and in the home, students tend to see parents’ and teachers’ advice more as positives to adopt rather than something to rebel against.

“All for one and one for all.”* Alexandre Dumas

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**Student Absence Notification**

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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@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.

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**UNIFORM SHOP OPENING HOURS**

- Monday: 8:15am-11:15am
- Wednesday: 11:00am-2:00pm
- Friday: 8:15am-11:15am

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**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

**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