2014 Induction Ceremony

Our Gladstone State High School Leaders were inducted into their leadership positions on Wednesday. This was a very proud day for all involved. We would like to congratulate all of our students who have taken on Senior and Junior Leadership roles. We know you will fulfil your roles admirably and help make 2014 at GSHS a great year.

We would like to introduce our School Captains and Vice Captains.

School Captains Taylah C and Dylan W

Vice Captains Michael E and Emma W

2014 Technical College Leaders

Gladstone Technical College would like to introduce their captains for 2014 and wish them all the best in their leadership roles for the year.

Justus P (Captain), Clarke E (Vice Captain), Jeremy R (Captain)

Cara G (Captain), Mitchell R (Vice Captain), Gaby P (Captain)
Is every conflict between students bullying?
Not all aggressive or harmful behaviour between people is bullying. While conflict and aggressive behaviour needs to be addressed, it is important to be clear when these behaviour are NOT bullying.

3 critical aspects of Bullying:
• A repeated pattern
• The misuse of power within the relationships
• Behaviour that causes harm

All 3 must be present in order for the behaviour to be called bullying.

WHY DOES IT HAPPEN?
Bullying, like harassment and discrimination, can happen for many reasons. People may bully because they:
• are angry or sad and take it out on others
• may have been bullied themselves
• think it will make them popular
• they struggle with school work
• have problems at home
• don't respect people who are different
• think it is funny.

What does ‘misuse of power’ mean?
Power imbalance occurs when one person or group has significant advantage over another, and if this power is misused, this enables them to coerce or mistreat another for their own ends.

This could occur due to
• Context - Having others to back you up
• Assets – Access to a weapon
• Personal Characteristics – being stronger, more articulate or more able to socially manipulate others.

2014 Canberra Trip

Students from Gladstone SHS have recently undertaken an education tour of the national capital. Students were given the opportunity to participate in a variety of educational programs with a focus on Australia’s history, culture, heritage and democracy.

The Australian Government recognises the importance of all young Australians being able to visit the national capital as part of their Civics and Citizenship education. To assist families in meeting the cost of the excursion the Australian Government is contributing funding of $80 per student under the Parliament and Civics Education Rebate program towards those costs. The rebate is paid directly to the school upon completion of the excursion.

CANBERRA TRIP 2014

By Amy A – Year 12 Legal Studies student

Our bags were all packed, pillows underarm, Excitement galore we just couldn’t stay calm.

That is until we entered the bus
20 hours straight with Mark and Russ

We arrived at the zoo, spirits were high;
Lions and tigers and bears, OH MY!

A jam packed week, sight after sight,
Museums, memorials morning till night

Political embassies powering on
Nothing could stop us, still going strong!

That was until disaster did strike
Eighteen down on that grim Tuesday night

Still there was fun, much more to explore
So hey, you sick kids, get up off the floor.

The Magistrate’s Court was next to do,
We had to be quiet or the judge’s glare grew

And as quick as it started, it came to an end.
We farewelled good ol’ Canberra, we’ll visit again.
CONGRATULATIONS TO OUR GSHS GOLFERS

Congratulations to the boys who represented GSHS at the recent CQ golf Championships in Rockhampton. GSHS Team 1 Jayden B, Rhian H and Cameron H won the Team Gross Championship. Jayden B was also runner-up in the Individual Gross. The students who made up our other team also played very well.

Quick News

PETER PAN MUSICAL: Permission forms and payment for those students that are eligible to attend the Peter Pan Musical are due ASAP.

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

APPRENTICESHIPS AND TRAINEESHIPS: There is a website available for any students who are interested in an apprenticeship or traineeship. The website is www.ctcltd.com.au (CTC Apprentices). This is a good website with good information.

MURRI STUDENTS: ARTIE forms are due - please return them to Miss Polglase in the Year Coordinators Office in D Block.

SWPBS

This week's 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

Nurse News

Suggestions for breakfast

As previously discussed breakfast is the most important meal of the day. Teenagers need breakfast for energy and concentration during the day at school.

There are many suggestions for breakfast –
- Porridge – use quick oats
- Whole-wheat or wholegrain breakfast cereals such as wheat biscuits, muesli or bran cereals
- Fresh fruits
- Wholemeal or multigrain bread or toast
- Muffins or crumpets
- Toast toppings, such as baked beans, eggs, cheese or spreads
- Fruit or plain yoghurts
- Fresh fruit juices
- Milk / Smoothies

Some people find that the thought of food first thing in the morning turns their stomach. If this is the case, switch your breakfast to morning tea or mid-morning snack time instead. However, really try to eat something, instead of nothing for breakfast.

This information is from the website www.betterhealth.vic.gov.au – fact sheet on breakfast

For further information contact Marisa:
School Based Youth Health Nurse (Monday, Tuesday and Wednesdays) Ph 49766171
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

8th - 12th March
Year 8 Camp Classes A,B,C,D

12th - 14th March
Year 8 Camp Classes E,F,G

14th March
Harmony Day

15th March
Brainbee Online Comp

17th - 20th March
Year 11 Exam Block

17th - 19th March
Year 8 Camp Classes I,J

21st March
National Day against Bullying

24th - 29th March
Combined School Musical

26th - 31st March
Year 12 Block Exams

1st April
Cross Country

2nd - 3rd April
MST Boating

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 25th 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.

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: __________________________

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.

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