10 February 2017

PINK STUMPS DAY

Guess what? Gladstone State High students are making a real difference to families with breast cancer by holding a #PinkStumpsDay, turning State High pink on Friday 17th February in support of the McGrath Foundation. #PinkStumpsDay helps raise funds to place McGrath Breast Care Nurses in communities across the country like Gladstone! For more info, visit the website and please donate to our GoFundraise page to help us on our way!

http://www.pinkstumpsday.com.au

SCHOOL DENTAL SERVICES

Attention: Parents of students enrolled in years 7-10

Free Dental health care examinations and treatment is currently available at Gladstone State High School for your child/ren. If you haven’t already received an appointment but would like to access our service please complete and return a Medical/Consent to the school office.

Attention: Parents of students enrolled in years 11-12 including Technical College students.

Free Dental health care examinations and treatment is currently available at Gladstone State High School for your child/ren enrolled in years 11 and 12 who receive the Child Dental Benefit Medicare Scheme. If you wish to access our service please complete and return a Medical/Consent to the school office.

JUNIOR SECONDARY NEWS

Welcome, Year 7s!

Following on from two very successful transition days last year, we have now officially welcomed our latest cohort of Year 7 students to Gladstone High. Our newest students have started off the year in an impressive fashion and are settling in well at high school. They have spent their first few weeks meeting new teachers and classmates, learning about many interesting new topics, getting an understanding of the school rules and expectations, and setting personal goals for the year ahead. They have been supported in this by a fantastic group of Year 10 peer mentors who have not only assisted the Year 7 students on Day 1 and in Care classes, but also at breaks through some lunchtime activities. It has been a great start to what will hopefully be a great year for this enthusiastic group of young people.

Year 7 Parent Meet and Greet

After meeting our Year 7 students, we also had the opportunity this week to meet their parents and families at our Year 7 Meet and Greet BBQ Breakfast. On Wednesday morning the parents and families of our students had the chance to meet their child’s teachers, see their classrooms and mingle with a range of other support staff while enjoying a delicious sausage sizzle, all cooked and served by our fabulous Year 10 Peer Mentors! We really value the contribution our parents make to Gladstone SHS and it was fantastic to get to meet some of them at the event.

Kate Townsend
A/Head of School (Junior)
For those that are unaware, Gladstone State High School has a school based Police Officer. I am Andrew Cary. I attend to any crimes that occur on school grounds (eg: assaults, drugs etc) or that involve GSHS students. I act as a liaison between the school and the Gladstone Child Protection and Investigation Unit.

I’m currently located in D block, opposite Administration and next door to the Chaplains. I will be moving into the old uniform shop which is in D block next to Guidance Officer Mr Luke Jackson in the near future. My shifts are Monday – Friday 8am to 4pm, however at times I will be at the Police station or over at Toolooa State High School.

Hi, I am Vanessa Bradley, the new School Based Youth Health Nurse for Gladstone State High School. I am employed by Queensland Health, working within Queensland Education.

My background most recently is working at Gladstone Community Health and also as a General Practice Nurse. I have a keen interest in Child & Adolescent Health and that is what has brought me to your school.

The SBYHN program is set up to allow students access to a health care service that promotes positive lifestyle & health information or advice, in a one on one confidential manner. It also means working alongside the school team to create a supportive & healthy school environment.

I can be found at GSHS on Tuesday, Wednesday and Thursday in the School Nurse office in D Block, up behind Administration.

I look forward to seeing all the new faces around the school over the next few weeks.

Welcome to 2017 and we’re “off and running”!

Both Jarek and I are full-time at GSHS.

Jarek has already begun a boys group and they are focusing on values such as commitment, strength, courage, respect, trust and trustworthiness. Unlimited is an activity-based team-focused program that brings positive growth to all participants.

I have begun a girls’ group in which each participant will design and paint wooden floorboards for a wheel-chair which will be sourced mostly from old bicycle parts under a Rotary Club of Gladstone - Port Curtis initiative. These wheelchairs will then be sent to poorer countries where there are millions of people needing mobility because of a variety of disabilities.

Opportunities to help others in greater need than us have remarkable benefits not only for the eventual recipient, but also for the volunteer (person serving another’s need). Studies have proven that dedicating your time for the benefit of others sparks happiness. It connects you to others and helps make the world a better place. It gives you the opportunity to interact with others and develop your social skills. Once you meet regularly with a group of people also working on the same common interest, you develop momentum and it’s easier to branch out and make more contacts (friends). Giving to others helps lessen the effects of stress, anger, anxiety and depression whilst also increasing your self-confidence and providing a sense of purpose. It brings fun and fulfilment to one’s life.

Both groups are enthusiastic about Term 1, which really speaks highly of the students wanting to grow and challenge themselves.

Have an awesome fortnight and if you have any questions or suggestions feel free to contact me at ykamh2@eq.edu.au or Jarek at jreah@eq.edu.au or phone 49766162.

Wow! To think we are at the end of the third week of school already... Time is an interesting concept; from one point of view so much has already happen at school this year, yet from another it feels like we have just begun. As people, mastering our relationship with time and making it work for us is key to our success and level of contentment in life and this is one skill we hope to cultivate in our students. For one, our society is currently wired to want things instantaneously. As an example, you may be wondering why there are no pictures from our swimming carnival in this newsletter, given that it was held on Thursday. Well, articles for our school newsletter were due in on the Wednesday (in this case the day before the carnival) to be included for publication – and no matter how well we master our time-management, we have no knowledge of time-travel... Nonetheless, there are many different ways you may keep up-to-date with school-related happenings and events. I highly recommend liking our school’s Facebook page for regular updates. Another tool is the QSchools phone app (search for Gladstone State High) to have a quick link to notifications, our school calendar and our school website. In the near future we will be ready to offer parents and guardians the use of the QParents phone app to quickly access information on their student electronically – stay tuned for more information on that one.

One key lesson related to time is that things worth having often are a long-term investment. However, good things do
not come unless we put in effort into the right things – and that effort needs to be the sum of small acts and habits on a regular basis. In 2017, our whole-school priority is to have every single Gladstone SHS student show noticeable improvement in their writing. This will not happen quickly: to see meaningful improvement, we need to make sure this is addressed each and every day in each and every classroom across the school. Our students also play a huge role in achieving this goal – we cannot improve their writing for them. Together, our staff are working to guide students to set goals for themselves and identify where and how they need to improve. By continuing this conversation at home, families may further enhance this work by highlighting its importance simply by taking an interest. There are 37 school weeks left this year – fewer for our senior students. Depending on your perspective, that may seem like a lot or not much at all. Regardless of how you see it there is no doubt we have some important work to do in that time, of which we will be most successful if we continue to have strong home/school working relationships. I for one am excited to think of what we may achieve this year, working together and using our time as wisely as possible.

**WELCOME TO THE NEW STAFF**

Gladstone SHS is delighted to welcome the following teachers to our team in 2017: Georgie Barker (English); James Barrago (Junior Secondary); Samantha Bianchi (Junior Secondary/English); Liam Callaghan (Physical Education); Breeannah Cobham (English); Devon Fisser (Science); Sigourney Gultzow (Learning Support/Junior Secondary); Simone Henderson (Humanities); Zoe Kevers (Business); David McMaster (Junior Secondary); Chantelle Morrison (Physical Education); Jamie Lee Neil (English); Kathryn Oakley (Special Education); Michele O’Connor (Business); Erin Payne (Junior Secondary); Courtney Richardson (Humanities); Kate Shannon (The Arts); and Steve Webb (Technical College). In addition we are pleased to have Michael Sly join us as our Youth Support Co-ordinator, Rachel McGaw in administration and Vanessa Bradley as our School-Based Youth Nurse for Term 1.

There have also been some changes in our leadership team structure this year. Katrina Burdett and Melissa Daniels will be Acting Deputy Principals alongside Dave Romagnolo and Tameeka Schelks in Semester 1. We welcome Kate Townsend to the team as Acting Head of School – Junior. Vanessa Randazzo will be the HOD (Physical Education) this term, so our HODs for Social Justice are currently Deidre Burrell (Senior) and Tristan Nietfeld (Junior).

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**2017 Calendar**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>17th February</td>
<td>Pink Stumps day</td>
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<tr>
<td>21st February to 23rd February</td>
<td>Year 9 North Keppel</td>
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<td>23rd February</td>
<td>School Photos Catch Up day</td>
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<td>23rd February</td>
<td>International Students – Wombat Sanctuary visit</td>
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<tr>
<td>24th February</td>
<td>Year 7 Day in the park</td>
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<td>1st March</td>
<td>Year 8 Leadership day 1</td>
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<td>2nd March</td>
<td>Food and You Year 10 Hospitality Restaurant</td>
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<td>3rd March</td>
<td>Food and You Year 9 Buffet Restaurant</td>
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<td>3rd March</td>
<td>World Science festival</td>
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<td>10th March</td>
<td>Shave for a cure</td>
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<td>17th March</td>
<td>Bullying NO WAY day</td>
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<td>28th March</td>
<td>Harmony day</td>
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<td>30th March</td>
<td>International Students – Caves visit</td>
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<td>29th March to 31st March</td>
<td>Brisbane University Tour</td>
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<td>31st March</td>
<td>End of term celebrations years 7-9</td>
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<td>1st to 16th April</td>
<td>School Holidays</td>
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<td>17th April</td>
<td>Public Holidays</td>
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<td>18th April</td>
<td>School returns</td>
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**Careers Corner**

- Year 11 and 12 students only, there is an opportunity available for a Marine Mechanic Apprenticeship. Any students interested can see Mrs Christopoulos in K Block for further information.

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**Quick News**

- The Uniform Shop has moved to the Trade Training Centre. Opening times are as normal Monday 8:15am to 11:15am, Wednesday 11:00am to 2:00pm and Friday 8:15am to 11:15am. Please contact 4976 6193 for further queries.
• The first P&C meeting for 2017 will be on Monday the 27th February.
• School hats – If you have a student starting year 7 this year or a new students you would have noticed they have come home without a school hat. The order for the new school hats has not arrived and is expected to be here end of February or early March. Your student will be notified of when to collect their hat by the office.
• Years 7 to 12 Assessment Schedules are now available on our school website. You will find this under the Forms and Documents/Student Forms tab at the top of the page.

https://gladstonshs.eq.edu.au/Pages/default.aspx
https://www.facebook.com/GladstoneStateHighSchool/