



GLADSTONE STATE HIGH SCHOOL

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3 November 2017

SENIOR SCHOOLING

Welcome to TASTE (The Agricultural Skills & Technology Experience)

Queensland Agricultural Training Colleges is running an **Introduction to Agriculture program** at Emerald Agricultural and Longreach Pastoral Colleges from the **3rd– 8th of December**, and we invite GSHS students to attend.

If they're thinking of a career in rural industry or are thinking of attending Emerald Agricultural College or Longreach Pastoral College, the TASTE experience will allow them to find out what it is really like. They will get hands on experience at our farm scale properties, and meet experienced instructors who are working in the industry. If students want to work with livestock and horses, learn how crops are grown, how to operate machinery, or manage the environment, they should come to TASTE.

The \$500 fee includes all meals, accommodation, travel between Emerald and Longreach colleges and activities for the duration of the program. Please note: travel to and from Emerald is at participants cost.

Please note students will need to arrive at Emerald Agricultural College on **Sunday the 3rd December between 2pm - 4pm** and will be ready for departure/pickup from Emerald Agricultural College after **3.30pm on Friday 8th December**. Travel between Emerald Agricultural College and Longreach Pastoral College will be provided by QATC.

Interested students to contact Mrs Christopoulos for an enrolment pack.



GUIDANCE OFFICER NEWS

Important Dates for Year 12 Students Applying to University

10 November	QTAC closes for Open (non-OP) courses and due date to submit documents for these courses.
14 November	Last day to change QTAC preferences for Open (non-OP) courses.
15 November	QCS test results available in student learning accounts.
17 November	Final day for Year 12 students. They must stay at school up to this day to be eligible to receive a QCE and OP. QTAC university offers start for Open (non-OP) courses for Semester 1, 2018.
8 December	QTAC closes for all other courses and due date to submit documents for these courses.
16 December	Year 12 results and OPs published in student learning accounts on the Student Connect website.

18 December	Last day to change preferences for offers from 21 December.
21 December	QTAC University offers start for some other courses and early offers for Semester 1, 2018.
Late December	OP ineligible selection ranks available on QTAC applications.
9 January	Last day to change QTAC preferences for offers from 16 January.
16 January	QTAC major round university offers for Semester 1, 2018.

National Psychology Week 2017

This week will be held from 12 – 18 November 2017. It is an initiative of the Australian Psychological Society (APS) to increase public awareness of how psychology can help Australians lead healthier, happier and more meaningful lives. This year the focus will be ‘Thriving in the digital age’. During the week, the APS will publish results from a national survey measuring the impact of technology and social media on the wellbeing, self-image and life satisfaction of Australians. Visit the website for news, activities and tips for a healthy digital life. Some tips from the website are shared below.

Ways to Thrive – 8 tips for a healthy digital life

Many of us welcome easy access to technology, lured by the promise of better connection with others, greater engagement and a more efficient life. But psychological research confirms that social media can actually increase stress, disconnection, inefficiency and feelings of inadequacy.

So how can we harness technology to boost wellbeing and create a healthy digital life?

1. Check less

A recent survey of social media users found that ‘constant checkers’ – or those who frequently view social media updates and get notifications pushed to their phone – report greater overall stress than adults who check less often. Research also suggests that receiving constant email notifications reduces productivity, while limiting email checks to three times a day lowers stress and increases wellbeing.

Change your settings so you don’t get constant notifications, and limit when you check to certain times of the day.

2. Take care when posting

An interesting study found that the use of anger-laden words on Twitter predicted heart disease. Other studies have found that those who receive or engage in negative interactions online also suffer.

Think about the impact of your online behaviour on your own or others’ health and do your bit to create a positive online social environment.

3. Take an active role

Passive use of social media often leads to increased stress, social comparison, and envy. But being an

active, constructive and respectful contributor has been shown to have mental health benefits by building positive social connection.

Rather than engaging in a passive way, actively create an online world tailored to your interests and values. Seek out social connections that boost your wellbeing rather than undermine it, just as you would offline.

4. Block the bullies

Social media has fuelled the rise of cyberbullying, but one improvement is that it is now easier to report and block individuals who post malicious content. Be selective about who you involve in your social networks, and ensure your online social network enriches your life.

5. Maintain perspective

Seeing a constant stream of friends or celebrities’ career and social successes can be a stark reminder of how ordinary your own life is, fostering envy and a sense of personal inadequacy. Remember that people post edited highlights that create an image they want the world to see.

Research shows people who are genuine on social media are less stressed and feel better connected than those who present a false image. So avoid competing within your network and be authentic instead.

6. Set boundaries around work

Constant access to email increases the risk of never really clocking off from work. This can result in work issues spilling into family time and can affect other aspects of health, such as sleep. Unless your work involves being on-call, consider turning off email notifications outside of work hours.

7. Guard your sleep

Research suggests that people who use social media before or in bed, and those who keep notifications turned on overnight, are more likely to experience sleep problems, decreased productivity and poor wellbeing during the day. Experts advise turning off all screens, including phones, computers and television, at least an hour before bed.

8. Connect offline

Remember the ‘constant checkers’? They report feeling more burdened by online discussions, less likely to catch up with family and friends, and more likely to feel disconnected even when they do meet loved ones. Psychologists know that those who mindfully engage with people and connect with their environment are healthier and enjoy a greater sense of wellbeing.

If you find that your online world is taking over, take a break to reconnect with the people and world around you. Connect face-to-face, put the phone away and really engage.

2017 QLD OPEN WATER SWIMMING CHAMPIONSHIPS

Congratulations to Coby and Paris who recently competed in this event held at Kawana on the Sunshine Coast.

Coby came 2nd in Queensland in the 13yrs Male 2.5km race and then backed it up two hours later with a 3rd place in the 13yrs 1.25km race.

Paris came 4th in the Over 15yrs Female 2.5km race (she was the second 15 year old across the line but was against girls a lot older).

It's the first time they have competed in open water swimming (other than surf/ocean competitions) and had a great time despite cold, windy and rainy weather.



THANK YOU TO OFFICEWORKS

On behalf of the students and staff at GSHS we would like to acknowledge Officeworks Gladstone who were gracious to reprint our formal tickets at no extra expense when we had found an error with the original print.

JUNIOR STUDENT COUNCIL – STASH YOUR CASH

This term the Junior Student Council (JSC) placed a considerable amount of energy to create an initiative that aimed to keep the school clean. We all put our minds together to create the “Stash your Trash” project that gave incentive for picking up rubbish by rewarding students with house points. Our first run (Friday 20th October) saw collaboration between the JSC and the Senior House Captains to encourage participation. Many GSHS students were actively involved and enjoyed the friendly competition between house groups. In the end Parnka came out on top, scoring themselves 100 points, followed by Kougari, Damala and Tylan. Congratulations to David T and Jessica M who successfully gathered Parnka students from all grades to participate. They displayed outstanding leadership skills.



JOHN DICKSON CULINARY AWARD

Congratulations to Cloe Z who currently has a hospitality traineeship with the Keppel Bay Sailing Club and recently won the John Dickson Culinary Award. Well done Cloe!



INSTRUMENTAL MUSIC NEWS

Twilight Concert – Marina Stage – Friday 3rd November 6pm

GSHS Instrumental Music students will deliver their final concert for the year this Friday at the Marina Stage. Featured will be the Concert Band, Symphonic Band, String Ensemble and Big Band. All welcome. Open from 5pm with free entry. BYO seating and there will be food vans available.

Music Trade Show

GSHS will host Music shops from Brisbane to Rockhampton next Wednesday night 8th November from 6pm. Entry is free and light entertainment provided. Come and check out the latest in orchestral instruments and accessories from Brass Specialists, Masson Music and Green Brothers.

2018 SENIOR JERSEYS

In care classes this week, all Year 11 students will be receiving the attached letter regarding senior jerseys for next year. We are placing our first order this year so that the jerseys will be ready during term 1, 2018. If Year 11's would like a senior jersey it is strongly recommended they place their order this year. A second round will be done early next year; however, they would not receive their jerseys until mid-year.

Important information:

- Cost: \$75 for long sleeve; \$72 for short sleeve.
- Payment due (in full): Friday 17th November to cashier. No late payments can be accepted.
- Name for back of jersey and signed-off with Year Co-ordinator by Friday 24th November (last day of term for Year 11).

If you have any questions, please contact the Year 11 Coordinator, Kate Rudd, on 4976 6179 or krudd12@eq.edu.au

QMEA AMBASSADORS FOR 2018

Congratulations to Year 11 students, Rosella G and Joshua M who have both been selected as a 2018 Queensland Minerals and Energy Academy (QMEA) Student Ambassador.

Throughout next year Rosella and Joshua will participate in a number of QMEA activities that will increase their understanding of the resources sector, provide opportunities for networking with other students and industry representatives as well as develop leadership skills.

Quick News

- Parent of GSHS student are asked not to park on the grounds of the Potters Place Art Gallery on Dawson Road, This is private property and parking is intended for their customers only. This is not a council carpark.
- **DIRECTIONS TO THE UNIFORM SHOP DURING CONSTRUCTION:** For parents trying to access the Uniform shop the easiest way to get there will be via the Tech College side of the school (Boles Street) and follow the footpath to the Trade Skills Centre. The Uniform Shop is on the right hand side of this building.
- **MEDICATION AT SCHOOL:** Reminder to parents that any medication that your student takes at school must come through the office or first aid. A letter from your GP needs to be provided along with the chemist labelled medication. Each time a student takes the medication it is recorded. Ventolin is the only medication a student is allowed to administer and carry them self.

Payment options at Gladstone State High School

- **BPOINT:**
<https://www.bpoint.com.au/payments/dete>
- **PHONE PAYMENT THROUGH BPOINT**
Call 1300 631 073. Please quote CRN and invoice number

- **BANK ACCOUNT TRANSFER:**
Gladstone State High School
BSB: 064-705
Account: 00090235
Reference: *Insert debtor ID here*
- **CENTREPAY DEDUCTION**
Payment by Centrepay deduction can be arranged through the school office.
- **IN PERSON AT GLADSTONE STATE HIGH SCHOOL**
You can pay: Cash, Eftpos, Money order or a cheque payable to "Gladstone State High School"
Note Payment plans are available at Gladstone State High School as per approval process.

School Calendar

Year 12 EXAM Block	6th – 10th November 2017
Remembrance Day	11th November 2017
Year 12 Graduation week	13th – 17th November 2017
Year 12's Finish	17th November 2017
Year 11 EXAM Block	20th – 23rd November 2017
Year 10's and 11's Finish	24th November 2017
Year 6 into 7 2018 Transition Day	28th - 29th November 2017
Years 7, 8 and 9's Finish	8th December 2017