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Uniform Shop

NORMAL HOURS

MONDAY 8:15-11:15
WEDNESDAY 11:00 - 2:00
FRIDAY 8:15-11:15

Phone Chris on:
(07) 4976 6193



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PLEASE BE AWARE **NO GLASS WATER BOTTLES** AT SCHOOL DUE TO SAFETY REASONS

SCHOOL ABSENTEE LINE

4976 6158

SCHOOL OFFICE LINE

4976 6111

Chappies Chat

At certain times in our lives, we are brought to a standstill and need to re-evaluate what is important in our lives. It's challenging, but as I wrote in last week's newsletter "Calm seas make poor sailors!"

Recently, trends seem to indicate an increase in high family stresses, worry over job security, worry due to job losses and increasing domestic violence in one form or another. These same issues appear to be impacting many regions in Queensland. When my children were young, our family also experienced joblessness and it certainly was a challenging time.

"Stress and anxiety are among the most pressing and far-reaching public health problems we face," says Tracy Dennis, Ph.D., professor of psychology at Hunter College. "Mental changes affect every part of our lives: physical health, sense of well-being, work, educational productivity and community involvement."

In the past few days I came across a FB article on "mindfulness". It was to do with washing the dishes. A mum was relating how much she had to do before she picked the children up from school AND she still had to do the dishes before she left the house. She had two choices: Firstly to add another job to her list thereby adding to her stress or she could choose to "wash the dishes to wash the dishes". The second choice is a decision to be mindful to what you are doing in the present.

One "mindfulness" strategy is to focus on your breath to bring you into the present moment. You can't breathe in the past, and you can't breathe in the future. You can only breathe here now in the present. (Just as anxiety belongs to the past or to the future, but is not in the here and now.) Thoughts and jobs will continue to flood through your mind. Don't fight with them but let them go by as you bring your focus back to your breath.

When you are washing the dishes, washing the dishes must be the most important thing in your life. Just as when you're having a cuppa, it must be the most important thing in your life.

Washing the dishes to make them clean adds to your sense of stress while washing the dishes and being present to that very moment allows you to be still, to be grounded, to have a sense of control over your decisions/actions. It's not about drifting off, but being aware of what you are doing, of regaining control over your body and mind, of developing concentration and wisdom in the simple moments of life. It allows you to develop a stronger sense of gratefulness and peace.

When you are "present in the moment", thoughts are observed as simple passing circumstances in the mind that do not require action. This makes "space" between your perceptions and your responses and allows you to respond more objectively, rather than very emotionally. As with anything, it takes practice. (It takes approximately 21 days of persistent practice to begin changing behaviour.) Try to observe yourself in a detached sort of way, and you will recognise that you are beginning to relax. A more relaxed you allows you to be the person you want to be in amongst the hurly-burly of our fast-paced life.

In a previous issue I listed several tips to lessen stress. Students can benefit by doing activities that require them to be mindful (gathered from discussions of things they like to do) e.g.

- A variety of brain exercise apps
- Disassemble/assemble motors, parts of motors, bicycles etc
- Mindfulness colouring in
- Creative pursuits
- Many sports e.g. golf, racquet sports, defensive sports (being in the moment takes the pressure off and improves ability)

Mindfulness can be many things e.g. focused on what you are doing, or meditating on the Word of God. Many mindfulness exercises can be found on the internet. Remember it is a skill and therefore takes practice to develop. However, daily persistence will bring positive benefits that allow you to enjoy daily life in a more relaxed way. I hope you find this article helpful.

Remember that we have our Tour de Chaplain happening and all details can be found at <http://gladstone-schoolschaplaincy.org.au/tour-de-chaplain/>

Jarek and I can be contacted by:

jreh0@eq.edu.au ykamd2@eq.edu.au or phone 49766162

Welcome to Gladstone State High School

Gladstone State High School is a dynamic, progressive and internationally accredited school which meets the needs of 21st century learners. Our school focuses on the development of positive relationships with students and the community, diverse and individual pathways for students, quality responsive teaching, improved learning and innovation. We have a strong focus on school improvement and the creation of quality pathways for all.

Our Vision:

Clever, skilled and creative students making healthy choices.

Our Purpose:

To provide students with the knowledge, skills and confidence to maximise their potential enabling them to make a positive contribution to society.

Our Values:

We value and build on our strong traditions of excellence, resilience and inclusiveness in a productive learning and teaching environment, where we are respectful, safe, responsible and engaged

GLADSTONE
State High School



Volleyball Report

Over the past few weeks, the 15 years and 19 Years Boys and Girls Capricornia teams have travelled to Brisbane and Bundaberg respectively to compete at the 2016 Volleyball State Championships. The 15 years girls (all from GSHS) had a great tournament defeating Darling Downs in the bronze medal playoff.

A huge congratulations to Kiarra H, Georgia D and Chelsea F who were selected in the Queensland school girls team. The 19 Girls (all from GSHS) stumbled at the final hurdle against Sunshine Coast, and placed 4th. Congratulations to Shania P on gaining selection in the Queensland team, along with Denzi P who was announced as shadow for the team.

Congratulations David!

Congratulations to David T who has been invited to be a member of the Queensland School Sport Squash team to participate in the Trans-Tasman Challenge to be held in Palmerston North, New Zealand from 22nd-25th August 2016. Well done David!

Important Notice to Parents

Dear Parents,

Just to inform you that there is a child within our school who is immunosuppressed, meaning that this child has a lower immunity and cannot fight infections in the normal way.

Viruses that cause measles, chickenpox and shingles could make this child extremely unwell. Therefore we would be grateful if you would contact the school immediately if your child was found to have one of these illnesses. If we know that there has been exposure to measles, chickenpox or shingles, medicine can be given to lessen the side effect of such an infection to this child. This medicine does need to be given as soon as possible after the contact has taken place.

I must assure you that your child is not at any risk because of this child.

Thank you,

Gladstone State High School.

Gladstone Reads Video Production

These students were recently selected to represent Gladstone SHS in a Gladstone Reads video production sponsored by the Brisbane Writer's Festival. We need more help however. Young people aged 12- 17 at Gladstone SHS are needed to fill out a survey found at this link <https://www.surveymonkey.com/r/GladstoneReads2016> It doesn't take very long and will help show the bigger picture of how high school students feel about reading etc in Gladstone. If there are any questions about this, please discuss with the Teacher Librarian, Sheryl Hipathite (shipa1@eq.edu.au).



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Careers Corner

Work Experience 2016

The work experience programme for 2016 has been opened and forms are now available from Senior Schooling for students who wish to attend placements. Cost is \$40 and students must be 14 years old. Medical and Gladstone Ports Corporation Limited work experience is available also. Forms will NOT be accepted during lesson time or without payment first. Please see Mrs Christopoulos in Senior Schooling.



Indigenous Apprenticeship Programme 2016 Intake

The Indigenous Apprenticeships Programme (IAP) is advertising a wide range of apprenticeship opportunities for 2016.

The positions are only open to applicants who are Aboriginal and Torres Strait Islander Australians. Any students who are interested should see Mrs Christopoulos in Senior Schooling K Block during break times for further information.



How liveable is Gladstone?



This week students across Year 7 from Gladstone State High School visited iconic sites around Gladstone to determine the liveability of our city. Students made observations about what our town had to offer when they undertook a tour around town followed by a visit to East Shores and Auckland Hill lookout. While out and about students took the opportunity to gather primary data to assist them with their decision about what makes Gladstone a great place to live.

With major developments in recent years in both the industrial sector and social/community sector students were able to see first-hand the positive impact that these were having on our community.

We asked the students from 7J what they most enjoyed about living here in Gladstone.

"I love Gladstone because of the community we have created. Gladstone facilities are excellent and there are so many sporting clubs that are welcoming and definitely interesting to join. Another thing I like Gladstone for is that the shops are located at the centre of town".

Kirsty L

"I like that Gladstone has a clean harbour. I strongly believe that it is important to keep our harbour clean and safe for the animals that live there".

"I like that Gladstone is a safe and healthy place to live. There are people that have smiles on their faces every day and most people in Gladstone are polite. There is lots of entertainment facilities and ample places to go and exercise".

Giselle L



"I like the city of Gladstone because there are many community events. The Harbour Festival is amazing! Gladstone also has a low crime rate making it a safe place for teenagers. I also like the sporting facilities – they provide a great place for fun and exercise".

Lilli

"East Shores is a great area for families. It has lots of open spaces for people to meet. I was surprised by how clean it was – there was no litter at all! It's fun to play in the water park or just run around. I love it!

Kaila K

"The thing I liked best was being out and about and seeing all the things that Gladstone has to offer. East Shores is a fantastic place with lots of facilities on offer. There is lots for teenagers to do in Gladstone I think kids just have to get out and enjoy it".

Kaitlyn O

"The reason why I like Gladstone is because of how many facilities for sport there is since I absolutely love sport. I also like all of the parks – especially East Shores because who doesn't like a picnic? One of my favourite things about Gladstone is how small it is because we can walk almost anywhere. The other things I like are the restaurants and cafes – there is lots of choice!"

Tyson S

"What I like about Gladstone is that there are plenty of things to do. These activities include water sports, swimming, fishing and skiing. Also, soccer, football, tennis, hockey, archery, squash and BMX".

Dylan W

"Gladstone has its own unique appearance. The environment is so clean and green. Something that I hardly see in towns is that every month or so, Gladstone organises an exciting and entertaining event for everyone. Lastly, Gladstone is a small town but it certainly has amazing opportunities for teenagers and children".

Fredrica T



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Quick News

BYOX Setup Schedule

All students that are currently enrolled in Gladstone State High School's BYOX program would have received a note in their form class over the course of the term with a scheduled time to complete the setup and installation of the BYOX program on their laptops.

Any students enrolled in the program that have missed their scheduled appointment should see the technicians in F Block before school or during either lunch break to arrange a suitable time to have the installation completed.



This weeks challenge:

Do you catch the bus?

You must stay on the school grounds until you get on the bus. Not to go to Nightowl.

Winter is coming!!!

Uniform Shop is open Wednesdays 11.00 to 2.00 pm and Mondays and Fridays 8.15am to 11.15am to purchase GSHS jumpers.

Remember no hoodies are allowed on grounds. If you choose to wear a hoodie you will be directed to PBC where you will have 3 options:

- hand in the hoodie and collect at 3.05pm
- A GSHS jumper will be provided for the day (if available)
- Remain in PBC until home has been contacted and an alternative jumper has been brought in.

How liveable is Gladstone? Continued.



"There are many reasons why I like my home town, Gladstone. Firstly, it has many healthy, green spaces. Secondly it has great facilities and finally it is a safe place for teenagers".

Cameron W

"I like that Gladstone has a wide range of facilities for all ages. I also like Gladstone as it is a very pretty city, even though it is an industrial one. It has a great variety of recreational activities including parks and green spaces, sporting fields, swimming pools and beaches".

Kate

"I enjoy that Gladstone has lots of open green spaces. I also like that we have lots of facilities and services. Gladstone is also a safe place to live in".

Diaz B

"What I like about Gladstone is how small it is, making it safe and secure. It is a humble little town full of greenery and lush areas. It's harbour is always an amusing sight making it, in my opinion, the best place to be".

Michaela G

"The liveability of Gladstone is exceptional! The facilities offered provide us a much better lifestyle that lots of other places in Central Queensland. I really enjoy seeing that our water is not polluted and that there is very little crime making it a safe place to live".

Ben P

"The things I like about Gladstone are all the large parklands and variety of educational facilities not to mention job opportunities. We also have a lot of entertaining events such as EcoFest and the Harbour Festival. There are so many sporting groups too!"

Jordana K

"I like that Gladstone has many community events to attend such as fun runs, Harbour Festival, Parades, Relay for life and markets. All these events bring our community together and that is what I really like. Gladstone residents don't have the biggest shopping centre but we do have shops, movies, East Shores and so much more".

Anna K

"There are many things I like about Gladstone. One is how serene the town is. There is never too much traffic and it's never too busy. We always have amazing events such as the Harbour Festival, EcoFest and the Multicultural Festival. This really is a magnificent little city. There are beautiful, clean parks and so many sporting clubs and facilities".

Bethany M

"Four things about Gladstone? Where do I start...I love the beautiful green spaces. The harbour is so gorgeous and there are so many parks to meet up with family and friends. East Shores is definitely the best. I love that we are so close to the beach and other bigger centres that have all the things that we don't have. I believe that Gladstone is a great place to live and we are a very lucky little city".

Emily D

"I enjoyed driving around Gladstone and seeing what there was here. Stopping at East Shores was the highlight of our recent field trip as it is such a nice place to go".

Alisa C



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Dates to Remember

6th - 10th June - Student Led Conferences

10th June - Readers cup

13th - 17th June - Yr 11/12 Exam Block

20th - 24th June - Early Childhood year 12 workplacement

22nd - 23rd June - Athletics Carnival

25th June - 10th July - School Holidays

19th July - Volunteering New Auckland Place

25th - 29th July - Work Experience block two

30th July - Relay For Life



ATTENTION YEAR 7's

There has been an adjustment to the year 7 assessment schedule for PE. The Risk Taking exam is being brought forward from week 9 to week 8 (30th-3rd of June).



SCHOOL PAYMENTS

BPOINT - AVAILABLE FOR PAYING INVOICES. PLEASE SEE BOTTOM OF INVOICES FROM NOW ON OR YOU CAN REQUEST A COPY OF YOUR INVOICE BY EMAILING accounts@gladstonshs.eq.edu.au

- PLEASE BE AWARE THAT WE DO NOT PROCESS EFTPOS TRANSACTIONS UNDER THE LIMIT OF \$10

How liveable is Gladstone? Continued.

"I like Gladstone because of its wonderful green spaces. There is always somewhere you can sit down on the lovely green grass. Gladstone has so many social events it is hard to list them all. Another think I like about Gladstone is the people, they are so nice and everyone should feel welcome in the community".

Chloe B

"I love how Gladstone has many wonderful community events such as the Harbour Festival. Also, I love the entertainment venues – particularly the cinemas and the Entertainment Centre. It's also great that Gladstone is still small enough that everything is so close together".

Georgia S

"I like Gladstone because it has many facilities for all age groups. I also like the community events such as BAM, the markets and the festivals held here each year".

Imogen P

"Gladstone has many beautiful places to visit. I love walking around East Shores and looking at all the things there for families to do".

Gerimie



Harmony Day

The Gladstone State High School Interact Club hosted Harmony Day in conjunction with the EAL/D and Korean staff and students and the Indigenous staff and students celebrated the start of Reconciliation Week at the same time. Staff and students enjoyed tasting Korean pancakes, an Indian rice dish - Palou and Indigenous tucker including Kangaroo stew. Students were entertained by a Filipino singer, KPop dancing, Bollywood dancing and Indigenous craft.



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
- Practise safe and hygienic habits
- Follow the rules



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