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Words from our Guidance Officers

Australia's top five sectors where a job boom is in the making

IBISWorld (an Australian organisation that provides independent market research on over 500 industries) has identified five sectors in the Australian economy which will offer opportunities for growth and employment in the future. These sectors are:

- Cloth retailing
- Physiotherapy services
- Meat processing
- Oil and gas extraction
- Private schools and government schools

Read about the premises on which they make these predictions at <http://www.ibtimes.com.au/ibisworld-maps-out-australias-top-5-sectors-where-job-boom-making-1486932>.

Are you interested in a career in Science?

The University of Queensland's Faculty of Science invites Year 10, 11 and 12 students to attend their virtual careers fair! Each afternoon from March 16-23 2016, UQ lecturers from a range of disciplines including vet science, computer science and environmental science are jumping online to talk all things Science. Students can login from school, their phone or from the comfort of their living room and ask their scientists about career options, study paths and life at UQ.

For the full list of sessions and registration information please direct your students to:
<http://ems.gs/3iGO0kZWZI>

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



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

SCHOOL ABSENTEE LINE

4976 6158

SCHOOL OFFICE LINE

4976 6111

Year 12 OP Coaching

All Year OP eligible students will be having a brief OP coaching session with either Mr Hooley, Head of School – Senior, Mr Jackson or Mrs Dalton, Guidance Officers to discuss their progress towards their OP and any plans they may be considering for 2017. Each student will be told an OP prediction based on their grades at the end of Year 11. It is important to be aware that this is only an estimate as it is not using the data that will be used to calculate their actual OP at the end of Year 12. However, this information can be useful in giving students an idea of how they are currently tracking. Further discussions and updated OP predictions will occur with the students each term throughout the year. It may be helpful to have a discussion with your child about their progress towards their OP. If you have any queries about this process please contact Mr Hooley, Mr Jackson or Mrs Dalton.

Chappy Chat

Quick News

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



Chaplain's Office located D Block beside the Administration office.

Chappy Jarek is away this week on a Study Intensive. SU takes training seriously and now that Jarek has Completed his CertIV, along with many other School Chaplains he is working on his Diploma .

Last week focused on being prepared to make changes. Another conversation that I've had recently with a student, indicated the necessity to continually and clearly revisit positive strategies to help navigate this difficult stage of life. The student themselves identified the need and explained the necessity to revisit these often. So, I'm listing a few "self-esteem survival guide strategies".

1. Got a problem? Don't stew on it - no matter how alone you may feel, TALK to someone. If you feel you can ask advice from teachers or coaches, it's a good way to go especially if it's about bullying. If you have an older sibling (AND I know they can make life difficult sometimes), but they do know things and might have a good practical idea! Remember, even though your parents seem SO old and uncool, they have been through everything that you are experiencing..... They might really appreciate it if you actually asked them how they dealt with it!
2. As a teenager, you will find yourself in "unchartered waters". So again, think about what is happening, and always have an escape route e.g. "if in doubt, don't"; if you're not sure where it will end up - respect yourself and do the best thing by Yourself; have a calm conversation about the situation with someone you trust.
3. "Someone has spread a nasty rumour" about you. Usually it's best to ignore it because YOU know the truth. You have 3 choices: ignore the rumour, go to the source, don't pass it on. It's important to discuss with a trusted person if you're finding the rumour is weighing you down. However, learning to stand tall trusting in what you know is the truth is always a good strategy to learn.
4. Your body is like a "volcano bubbling with hormones". Don't be shocked that you feel all over the place. Understand that it's normal, and find a positive way through it e.g. exercise, music, art, talk with trusted friend/relative
5. If you feel someone is "invading your personal space", making sexual remarks or comments that make you feel uncomfortable, chances are it's NOT appropriate. Trust your "gut instincts" and inform them to "stop what they are saying" and/or remove yourself from that situation. You don't need to explain yourself in detail. If they respect you, that will be the end of the matter. If they continue, tell someone you trust that can help.
6. Always respect yourself - that means - value and look after YOU. We teach other people how to treat us by the way we treat ourselves. You are unique. You have lots of great attributes. You are not perfect, but no one else is perfect either. Value Yourself starting now!
7. Run in a "good" pack. Keep positive company and talk positive "stuff".

And if all else fails - find a way to look at it and laugh. Laughter really is great medicine.

I hope you find some of this a good reminder. Have a great week.

Thanks,
Yvonne



GLADSTONE
State High School

Quick News

Junior Secondary Phase of Learning

Junior Secondary refers to the education of students in Years 7, 8 and 9. At Gladstone State High School we strive for the best with our students in all areas by setting high expectations and valuing individuals.

Philosophy
Success in Junior Secondary comes from engagement in learning and building relationships. Junior Secondary at Gladstone State High is built around a caring, supportive environment enabling students a smooth transition from Primary school and into senior studies. Students feel a sense of belonging and in such an environment strong teacher-student relationships are created, developed and nurtured so each student can Reach for the Stars!

Shared decision-making and active participation along with a rigorous curriculum help to cultivate successful lifelong learners. Students are able to strive for success by harnessing their individual strengths to ensure they become strong, independent learners well equipped to choose the right pathway for senior and beyond.

Junior Secondary News

YEAR 7 'DAY IN THE PARK'

The wet weather didn't dampen the spirits of our Year 7 students during their excursion to the Gladstone Marina on Wednesday, March 2. The day's program was designed to support the Year 7 students in their transition to high school, with students participating in a variety of team building and sporting activities. They got to meet many new students and complete challenges. A very big thank you needs to go to the staff members who supported the students on this day as well as the Year 10 peer mentors who did a fantastic job leading activities. There were smiles all day and many new friendships developed.

Janelle Haigh
Year 7 Co-ordinator



YEAR 8 ELECTIVE SUBJECT SELECTION

Next week (Week 7 of Term 1), students in Year 8 will be issued forms to select their elective subjects for the rest of the year. Electives run for a term and students will complete a different elective each term. Students will choose subjects from The Arts (Music, Art, Drama) and Technology (Home Economics, Design & Technology [IDT], Business & Technology), and will be required to complete at least one subject from each Key Learning Area. Students who successfully auditioned for The Performing Arts Academy Class last year will be issued a different form on which they need to pick a Technology elective; this class will be enrolled in The Performing Arts class for their elective for all of Semester 2. Forms will need to be returned by Monday, March 14, 2016. Any questions regarding this process to be directed to Mrs Melissa Daniels.

Melissa Daniels
A/Head of School – Junior
mdani61@eq.edu.au

JUNIOR SECONDARY
BUILDING
LOCATED E BLOCK
GLADSTONE STATE
HIGH SCHOOL



Quick News

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.

Positive Behaviour rewards

Signature Cards - (Positive Behaviour Cards)

These cards are in class rewards and are found in the back of the planner. Once you have a signature card completed you can either swap it for an iceblock at the Year Co Staffroom 2nd break only OR simply put it in the tin outside PBC for the weekly draw.

Out of Class Rewards - These are business size cards that you may receive when on break. Remember to write your name and care class on the card and drop it into the tin box outside the PBC for the weekly draw.

From all the Positive Behaviour Cards we have a weekly draw and one student will win a \$5 tuckshop voucher. We then have a second draw of all the cards we have received to date and one student will win a \$5 tuckshop voucher.

Congratulations Sophie and Patrick!

The Technical College Gladstone would like to congratulate its leaders for 2016 – Sophie Mc and Patrick G.



Congratulations!

Clinical Nurse Vacancy

Clinical Nurse Vacancy Part time (0.6 full time equivalent)

State Schools Nursing Service Department of Education and Training Supporting students and schools in Gladstone and surrounding area. Key Duties: Provides educationally relevant nursing services that enable student access and participation in education for students with specialised health needs. Skills/Abilities: Level 2/Grade 6 Registered Nurse. Experience in paediatrics, disability and/or emergency nursing desirable.

Enquiries: (07) 48428347 Helen.McCullagh@dete.qld.gov.au

Applications: smartjobs.qld.gov.au

Nurse News

Will you be brave and shave? Or can you sponsor someone who's brave enough to shave or colour their hair to help people with blood cancer?

Today, 34 Australians will be given the devastating news that they have a blood cancer such as leukaemia, lymphoma or myeloma, and they will turn to the Leukemia Foundation for help. While decades of research have improved survival, sadly, not everyone survives. Blood cancer is the biggest cause of cancer death in Australia after lung cancer. It claims more lives each year than more well-known cancers, like breast cancer and melanoma.

Blood cancer and related blood disorders can develop in anyone, of any age, at any time, with few clearly identified risks and sometimes no real warning. The impact is immense for the person and their loved ones.

The money raised will go towards research, which is needed to discover kinder and more effective treatments for blood cancer. It will also support families when they need it most, providing people with leukaemia, lymphoma and myeloma a free home-away-from-home near to hospital during their treatment. It will also mean they can be transported to appointments and be provided with as much practical assistance and emotional support as can be given. The Leukaemia Foundation receives no on-going government funding, so supporting this event makes the Vision to Cure and Mission to Care possible.

<http://www.leukaemia.org.au/about-us>

Shave for a cure will be taking place at GSHS on Friday 11th March.

Seniors are walking around collecting money for the cause. With the money raised so far Matt Lynch, Scott O'Sullivan and Andrew Pening will be shaving their heads. Keep donating to find out who else will get shaved. The goal is \$3000. On the day there is a wax strip auction and hair colouring also. See link below to the team page. See the Year 12 Coordinator for further details.

<https://secure.leukaemiafoundation.org.au/registrant/TeamFundraisingPage.aspx?TeamID=96174>

Yours in Health

Amanda van der Wegen, School based Youth Health Nurse



Career Corner

Eagle Boys Pizza

We are currently looking for enthusiastic and quick thinking staff members that have a knack for customer service.

Applicants need to be available to work from after school until 9/9:30 and until 10pm Friday/Saturday.

During a school week applicants would be rostered to work a maximum of 12hrs/week, 4hrs/day, until 10pm on applicable nights.

We are looking for delivery drivers and in-store staff.

Drivers must have access to their own car for delivery in the event the company cars are already in use.

Please note - a delivery drivers car is covered under the business insurance policy and these details can be provided to the successful applicant.

All necessary training will be provided.

Application forms can be downloaded via the link at the bottom of this website <https://www.eagleboys.com.au/Corporate/Careers>



**EAGLE
BOYS**
PIZZA

SOE 2016

Congratulations to those girls who have been selected in to the 2016 SOE squad. The squad will be divided into an Open Team, under 17 Team and two Under 15 teams.

Players will contest the State Championships in: Open Girls Honours and Senior Girls Honours competition in August, under 15 and under 16 teams will compete in May and the year 8s will play as a team in October. All players will play in Melbourne at the Nationals as under 14,15,17 and 19 (under 14, year 7s to be selected later). Players have begun training and it is exciting to see so many fresh faces. The team is listed below:

Skye A	Cassandra A	Jaylah A	Macauley A
Regan B	Millah B	Natalie B	Abbey B
Kiera D	Jo De	Keeley D	Georgia D
Aimy E	Lanie E	Chelsea F	Rachel H
Georgia H	Ruka K	Jessie K	Abbey L
Alyssa M	Sarah M	Frances M	Monique M
Charlotte O	Samantha P	Shania P	Laura P
Denzi P	Georgia S	Greer S	Leah S
Shontae S	Lacie T	Jasmine T	Georgia W
Sophie W			

Capricornia Sport 2016 – Volleyball

The trials for this year's Capricornia Volleyball teams have just been held and again our SOE girls have done extremely well. All of the Open and U15 teams have been selected from our State High SOE girls. Congratulations to:

Open Team		U/15 team	
Denzi P	Lacie T	Macauley A	Abbey B
Rachel H	Shania P	Ainsley D	Chelsea F
Kiera D	Georgia W	Kiarra H	Ruka K
Sam P	Fances M	Abbey L	Sharnie S
Georgia H	Skye A	Laurien W	

Good luck at the State Compétition girls.

Whooping Cough

Pertussis (whooping cough) is an acute illness caused by the Bordetella pertussis bacterium. It is spread by airborne droplets when an infected person coughs or sneezes, or via direct contact with secretions from the nose or throat. Symptoms usually develop within 7–20 days of exposure. People with pertussis are most infectious in the early stages of illness and remain infectious for up to 21 days after the onset of symptoms.

Pertussis illness begins with an irritating cough that gradually becomes spasmodic and lasts for 1–2 months or longer. The illness is characteristically known for causing repeated violent bouts of coughing followed by a characteristic high-pitched whooping inspiration. However, the high-pitched whoop may be absent in older children, adults and very young infants.

Further information can be found on the following website -

<http://conditions.health.qld.gov.au/HealthCondition/condition/14/33/150/whooping-cough-pertussis>



What you MUST
know About
**WHOOPING
COUGH**

Port Curtis School Sport Trials

Date-claimer for Term 1, 2016

Monday 1 st February	Boys Cricket	15 - 19 Years
Monday 8 th February	Boys & Girls Swimming	10 - 12 Years
Monday 1 st February	Boys & Girls Tennis	U19 Years
Monday 1 st February	Boys & Girls Softball	16 - 19 Years
Nominations close N/A	Boys & Girls Water Polo	13 - 17 Years
Nominations close Tues 9 th February	Boys & Girls Swimming	13 - 19 Years
Tuesday 9 th February	Boys & Girls Volleyball	13 - 19 Years
Tuesday 9 th February	Boys & Girls Basketball	16 - 18 Years
Nominations by Thursday 11 th February	Boys & Girls Surfing	U18 Years
Thursday 11 th February	Boys Rugby Union	16 - 18 Years
Tuesday 16 th February	Girls AFL	13 - 16 Years
Tuesday 16 th February	Boys Rugby League	13 - 18 Years
Tuesday 16 th February	Boys Hockey	U19 Years
Tuesday 16 th February	Girls Netball	13 - 19 Years
Tuesday 16 th February	Boys & Girls Squash	U19 Years
Monday 15 th February	Boys & Girls Basketball	10 - 12 Years
Tuesday 16 th February	Girls Hockey	U19 Years
Thursday 3 rd March	Boys & Girls Football	16 - 19 Years
Thursday 3 rd March	Boys & Girls AFL	10 - 12 Years
Thursday 3 rd March	Boys AFL	13 - 15 Years
Friday 4 th March	Rugby League	10 Yr & 10 - 12 Girls
Thursday 10 th March	Boys Rugby League	11 & 12 Year Boys
Thursday 10 th March	Netball	10 - 12 Years
Thursday 10 th March	Boys & Girls Hockey	10 - 12 Years
Thursday 17 th March	Boys & Girls Football	10 - 12 Years
Tuesday 22 nd March	Boys & Girls Touch Football	13 - 18 Years

BYOx News

If you have returned your BYOx application to the office and have not yet paid your \$50, please do so as soon as possible at the Cashier window Gladstone State High School office. **You will not be receiving an invoice for this program.** If you require further information on this program, please email byox@gladstonshs.eq.edu.au



Dates to Remember

11th March - Shave for a cure
- Lunch Activities

18th March 2016 - Anti
Bullying day

21st - 24th March 2016 - Year
12 Exam Block

23rd March - 7/8
Immunisation

24th March - Free Dress Day

28th March 2016 - Public
Holiday

29th March - 10th April 2016 -
School Holidays

11th April - Term 2 starts



P&C AGM and General
Meeting

Is on the 21st March 2016 in
the Administration Block
AGM starts at 6.30pm
Followed by a General
Meeting at 7pm



SCHOOL PAYMENTS

- BPOINT - AVAILABLE FOR
PAYING INVOICES. PLEASE
SEE BOTTOM OF INVOICES
FROM NOW ON

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

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