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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


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/3iGO0kZWZl

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

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.

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 "uncharted 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
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 (DDT), 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
Congratulations Sophie and Patrick!
The Technical College Gladstone would like to congratulate its leaders for 2016 – Sophie Mc and Patrick G.

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 Leukaemia 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.

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.
Yours in Health
Amanda van der Wegen, School based Youth Health Nurse
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

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
Regan B
Kiera D
Aimy E
Georgia H
Alyssa M
Charlotte O
Denzi P
Shontae S
Sophie W

Cassandra A
Millah B
Jo De
Lanie E
Ruka K
Sarah M
Samantha P
Georgia S
Lacie T

Jaylah A
Natalie B
Keeley D
Chelsea F
Jessie K
Frances M
Shania P
Greer S
Jasmine T

Macauley A
Abbey B
Georgina D
Rachele H
Abbey L
Monique M
Laura P
Leah S
Georgia 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:

<table>
<thead>
<tr>
<th>Open Team</th>
<th>U/15 team</th>
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<tbody>
<tr>
<td>Denzi P</td>
<td>Lacie T</td>
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<tr>
<td>Rachel H</td>
<td>Shania P</td>
</tr>
<tr>
<td>Kiera D</td>
<td>Georgia W</td>
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<tr>
<td>Sam P</td>
<td>Fances M</td>
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<tr>
<td>Georgia H</td>
<td>Skye A</td>
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<td></td>
<td>Macauley A</td>
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<td>Abbey B</td>
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<td>Ainsley D</td>
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<td></td>
<td>Kiarra H</td>
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<tr>
<td></td>
<td>Abbey L</td>
</tr>
<tr>
<td></td>
<td>Sharnie S</td>
</tr>
<tr>
<td></td>
<td>Laurien W</td>
</tr>
</tbody>
</table>

Good luck at the State Competition 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 -
**Port Curtis School Sport Trials**

**Dateclaimer for Term 1, 2016**

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

**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

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**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

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**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

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**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