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HPV Challenge

A few weeks ago, Gladstone State High took 3 teams to the Hopelink CQ HPV (Human Powered Vehicle) Challenge. Now in its third year, the event has become a signature event in its own right in the lead up to the RACQ Technology Challenge that is held in Maryborough in September each year.

Students had an opportunity to practise riding the bikes, improve their changeover times as well as ensuring the bikes were mechanically sound. More importantly it was a day of fun, cheering their team mates on as well as stretching themselves to new challenges.

The students competed in 2 categories, Junior Mixed and Senior Mixed. The competition was fierce and with some mechanical issues with a couple of the bikes early on, it was going to be an uphill battle to secure back to back wins from last year.

The Junior Mixed Team placed a respectable 2nd whilst in the senior division our teams placed 3rd and 4th behind very strong teams from Maryborough.

Students are now madly preparing for is the RACQ Technology Challenge which will be held on September 13 and 14. Thousands of students from schools across Queensland take part in the ultimate test of physical and mental endurance; racing their Human Powered Vehicles (HPVs) through the streets. The event is a gruelling 24-hour race, where teams pedal non-stop to win and take out the Maryborough Technology Challenge title. Gladstone State High has had a team place in the top 10 (with over 125 teams competing) for several years, even taking out the coveted Gold in the Senior Girls Division 3 years ago.

Good luck students!

Uniform Shop

MONDAY 8:15-11:15

WEDNESDAY 11:00 - 2:00

FRIDAY 8:15-11:15

Phone Chris on
(07) 4976 6193

Order Forms and Pricing Forms can be collected from the uniform shop



HPV



HUMAN

POWERED

VEHICLE

Student Absentee Line 4976 6158

Chappy Chat!

Quick News

Interschool Touch Football Comp

Interschool Touch Football is on again this year.

Teams to nominate are:

Year 7/8 Boys

Year 7/8 Girls

Year 9/10 Boys

Year 9/10 Girls

Open Boys

Open Girls.

Nominate in the PE staffroom by Thursday 10th September.

VENUE: Briffney Creek Junior Rugby League, Gladstone Touch Association Fields.

DATE: On Tuesdays, beginning Week 2, Tuesday 13 October and goes to Week 7, Tuesday 17 November.

TIME: Two time slots: 4.00 pm to 4.45, 4.45 to 5.30. (Perhaps 5.30 to 6.15 for a round)

The Open Comp will only go for 4 weeks, finishing Week 5, Tuesday 3 November (Melbourne Cup Day). Because the last week of the Opens is Melbourne Cup Day and a number of teams may not be available, this comp may only go for 3 weeks.



I had a bit of a chuckle the other day when a student commented on how tough life was because they didn't know which movie to watch! (FWP First World Problems). Following on from last week, it's in the struggles that we grow character and wisdom. It's in growing resilience that we cope with life's ups and downs and continue to grow no matter what is happening around us.

Positive Psychology (the study of 'how to amplify the good stuff in life') is about growing gratitude – a fundamental value needed for resilience. Being thankful (grateful) is really important to make the most of our everyday lives.

When we notice and appreciate the people/events/things in our life, the sense of thankfulness not only feels good, but also improves how happy and healthy we are. Even though things may not be perfect, noticing how lucky we are helps us feel better, enjoy our life, be closer with friends and family, lower our negative emotions, bounce back from hard times and fight off the black dog (depression).

Make your fridge a Thank Tank by posting all the little (and big) good things and share the awesomeness in your life with your family and friends. Sharing the thanks increases your well-being. Try to add to your Fridge Thank Tank regularly.

Go to <http://www.biteback.org.au/> for more helpful tips in making positive changes that support growing resiliency.

This week I challenge you to find at least one thing each day that you are grateful for and share it with someone. Perhaps you could set a family challenge? Maybe even talk about it over a meal? Try it for a couple of weeks and see if the family well-being has become more positive/fun? I'd love to hear your results.



Have fun, make friends and learn more about yourself

When: Monday 21st Sept till Friday 25th Sept

Who: Students in grades 5 - 6 - 7 - 8

Cost: \$300

(this includes all activities, Accommodation & all meals)

Location:

170 Matthew Flinders Drive, Yeppoon Qld 4703

Capricorn Coast PCYC Leadership Development Centre

To register, head here!

<http://www.sucamps.org.au/blast>

For more information please call Camp Directors:

Rodney Dare - 0487113646 or **Robyn Spowart** - 0431459165

Email: blast@sucamps.org.au

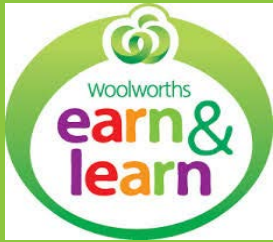


GLADSTONE
State High School

Quick News

Woolworths Stickers

Don't forget we are collecting the woolworths stickers. Please either hand in at the Year Co staffroom or give to your care teacher for collection or you can place in the sticker bin in the Admin office. The more stickers we get the more resources we get for the school.



Compass Program

Compass is a program based here in Gladstone who work directly with senior students and post school clients, teaching them household management, yard maintenance and craft activities. As they have limited funds donations help the program function. Some of the items they require are beads, wire, hooks & loops for making jewellery, material, empty soft drink bottles, wood panel or squares, teapot lids, glue gun, hammer, knives, forks, spoons, wire, table cloth and tea towels. They also require some larger items; a washing machine and fold up table and chairs. Any of these items would be greatly appreciated. Please contact Maria on 0447667822



School Based Traineeship Application

This project aims to help secondary students explore the enormous range of career opportunities within the Health and Community Care sector . Potential opportunities exist to gain a School Based Traineeship with the Endeavour Foundation .

A total of 15 positions are available throughout Queensland .

Expressions of interest have been received from 28 different Endeavour locations throughout Queensland. As there are more Endeavour sites wishing to have a School Based Trainee than we have placements available students should be aware that the standard of their application needs to be high and be received within the stated timeframes stated within this application

The Application Process

- Seek permission from your parents/guardians and relevant school personnel
- Choose the work location closest to you - take into consideration;
 - o Your career aspirations
 - o Your transport options
 - o Your SET Plan
- Complete the application (including your resume & cover letter)
- Email or Post your application, resume and cover letter explaining why you are seeking a position within the Endeavour Foundation . Address your completed application to;

Karen Brodribb

Manager- Training Services

Post: PO Box 3555 Tingalpa , DC QLD 4173 or Email: k.brodribb@endeavour .com .au

Applications close 5.00pm, Wednesday 30th September 2015

- All applicants will be notified of the outcome of their application .
- Successful applicants will invited to attend an information session at the nominated work site, followed by an interview (students will be advised via email re: information & interviews dates & times)
- As part of the interview/application process students will be required to apply for a 'Positive Notice Card' . Once in receipt of the Positive Notice card students are to complete two concurrent days of work experience at the potential work site .

If you have any further questions please contact Karen Brodribb (Endeavour Foundation) or Mrs Christopoulos in K BLOCK.

Nurse News

August was the month for the self-detection of:

ADOLESCENT SCOLIOSIS SPINAL CURVATURE

(National Self- Detection program or NSDP)

Better late than never, it recommended that all girls in grade 7 and grade 9 take part in the NSDP utilising the Scoliosis Australia Self Detection brochure. It is designed to make parents of girls at this age aware of the outward signs of scoliosis. The causes are unknown but 80%-90% of cases occur in otherwise healthy adolescents.

Scoliosis is not a disease, but rather a term used to describe any abnormal, sideways curvature of the spine.

Adolescent Idiopathic Scoliosis is not caused by bad posture; exercise or sports; carrying heavy school bags or bad sleeping positions.

HOW DO YOU DETECT SCOLIOSIS

Simply look for it!

It only takes 30 seconds.

Please visit www.scoliosis-australia.org to download the brochure or for further information on the treatment and diagnosis. If after reading this brochure you or your parents think you may have this condition, please consult your family doctor.

Yours in Health

School Based Youth Health Nurse

Amie Griffin



GLADSTONE
State High School

Careers Corner

KFC Gladstone

KFC Gladstone Restaurant is re-opening their new Restaurant soon and are looking for Part-Time and Casual positions for individuals aged 14 – 17 years (Junior Wages Rates apply) to work day, night, weekend and public holiday shifts. After successful employment, KFC can also offer individuals the opportunity to participate in School Based or Work Based Traineeships, completing a CIII in Business. Interested students can apply online at www.kfcqld.com.au

Port City Air Conditioning

Port City Air Conditioning is looking for a highly motivated young person to fill a Refrigeration Mechanic Apprentice position they have available. Any students interested can call Brendan (Branch Manager) on 0400 093 040.

AURIZON Positions

Please see Apprenticeships for AURIZON for their 2016 apprenticeship intake. Electrical, Mechanical and Heavy Fabrication (Boilermaking) Apprenticeship positions Like last year (Gladstone) advice – Encouraging ALL applications regardless male, female or Indigenous http://www.seek.com.au/job/29379516?pos=1&type=standout&engineConfig=control&tier=no_tier&where-id=5006

Position Vacant

Toolooa State High School is recruiting for a Permanent Part-time Scientific Operations Officer. This position is 18 hours per week worked over 4 days and will commence the first week of term 4. Additional information has been uploaded to the school webpage www.toolooashs.eq.edu.au. Enquiries should be directed to the school Business Services Manager on 49714310.

Botanic to Bridge 2015

We would like to thank all students, families and GSHS community members that took part in the Botanic to Bridge this year representing our school. Due to your efforts we have done better than 2014 raising a total of \$2535! We look forward to even more participants next year.



Congratulations to the TOP 5 fundraising schools for the 2015 Botanic to Bridge!

A special congratulations to Gladstone State High School for taking out the top spot of highest fundraising school for the 2nd year in a row.

SCHOOL	AMOUNT RAISED
Gladstone State High School	\$2,535.00
Toolooa State High School	\$1,635.00
St John the Baptist Catholic Primary School	\$1,550.00
Gladstone West State School	\$1,505.00
Chanel College	\$1,465.00

TOTAL FUNDS RAISED FOR SCHOOLS IN THE GLADSTONE REGION: \$20,690

Energy for the Future Event

On Thursday, August 13th, the year 8 Science Academy class had the opportunity to attend the Queensland Minerals and Energy Academy's "Energy for the Future Event". The class joined almost 100 students from Toolooa, Tannum and Channel. GSHS had 3 teams representing Australia, New Zealand and Denmark. They worked with First Year Engineering Students and saw presentations from Energy experts and learned about all the different energy options available to power countries. At the end of the day, each gave a presentation to all the students, mentors and on the best ways to power their country for the next 50 years into the future. After the presentations, they had to answer difficult questions from the experts and the students from other schools. Students worked hard on their presentations, learned a lot from their mentors and the experts and enjoyed a fun and challenging day.

Pamela Syposz



GLADSTONE
State High School

Dates to Remember

11th September - HPV Maryborough Event

7th-11th September - EXAM BLOCK

14th - 18th September - Hospitality Melbourne Trip

19th September - 4th October - School Holidays

5th October - Public Holiday

6th October - School Resumes



SCHOOL PAYMENTS

- BPOINT - NEW PROCESS 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

On Tuesday 1st September, you'll have the opportunity to chat to our senior military staff from Brisbane, who specialise in Trade Recruitment for the Australian Defence Force (ADF).

Warrant Officer Ted Grygorcewicz and Chief Petty Officer Jarrod Murfett of the specialist recruitment team are joining us for an Information Session to discuss trade opportunities in the ADF.

You'll find an extraordinary variety of trades in the ADF, from electronics, mechanics and carpentry to cooking and plumbing, every role comes with job security, a great salary plus benefits and a supportive team environment. You'll get to travel, enjoy exciting new experiences, make friends for life and gain nationally-recognised qualifications.

GLADSTONE TRADE INFORMATION SESSION

When: Tuesday 1st September, 6pm sharp

Where: Oaks Grand Gladstone, 79 Goondoon St, Gladstone City QLD

RSVP: cppttownsville@dfr.om.au or call 13 19 01

* When responding, please let us know your full name and contact email for confirmation purposes, as well as how you found out, and if you are bringing any guests

What should you expect?

Members of the ADF enjoy a range of excellent benefits including:

- Great pay
- Free medical and dental care
- Subsidised housing
- Great mates and meeting new people
- Exciting jobs
- Travel
- Training/learning new skills
- Fitness and health

Student Absence Notification

Student Name:

Care Group:

Date:

Reason (Circle): Sick Personal Family Other

Date:

Reason (Circle): Sick Personal Family Other

Date:

Student Absent from School:

Parents are required to authorise all student absences. This can be done in the following ways:

Email - absentees@gladstonshs.eq.edu.au

Phone: 49766158

Written Note

Notification Slip found in Newsletter (to the left of this article)

Text Messaging Only - 0407 096 034 (reply only to schools text message)

Details that need to be included on each of these are:

* Student's Full Name

* Care Class

* Date/s

* Reason

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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