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### Words from our Principal

#### RECONCILIATION WEEK

What a great day we had on Wednesday for Reconciliation Day. It was great to see our students getting involved - from the setup, BBQ, to the artwork, it was a team effort. I am very much looking forward to seeing the final footprint piece up on display! The symbolism of the footprint is abundant. It speaks not only to the idea that we all walk together but it also made me think about walking in the footprints of people who have gone before. Thank you to all the staff, students and members of the community who came to Gladstone State High School to celebrate with us. Note to self: follow advice of the students and get the sausage on bread early! Thank you to the boys for some great BBQ work!

#### RED SHIELD APPEAL

I would like to thank our students who participated in the Red Shield Appeal Doorknock on Tuesday. Community service is an important part of being a member of a community like Gladstone. It is important that our students have the opportunity to give back to others and be involved in making a difference. I hear that over \$500 was raised. Thank you also to the generosity of the people in the areas that surround our school.

#### MAYOR'S BALL

I hear from every report that the Mayor's Ball on Saturday was an amazing success with a great deal of money raised which can be used to make a difference in Gladstone and surrounding areas. Congratulations to all involved. I particularly want to acknowledge the great work of our Hospitality students who worked as wait staff at the function. The feedback about their presentation and work ethic has been excellent. I hear that they have picked up more jobs from their efforts on the night - what a great real life learning experience.

#### ENROLMENTS for 2016

Listen out for our new radio ads from this Friday. We have included the stories of some of our students at State High. Enrolment forms for year 7 will be available from the office on Monday 15 June. Calliope SS parents can pick up their forms from Gladstone State High School staff at Calliope SS on 15 June. Parents who are enrolling their first child at Gladstone State High will be asked for proof of residence as part of the school's Enrolment Management Plan. Prospective students who have a sibling at GSHS in the same calendar year they are enrolling are eligible for enrolment even though they may not live in the catchment. The Enrolment Management Map is available on our website.

#### 10 PHRASES YOU HEAR IN RESILIENT CHILDREN

I was interested to read a post on Facebook yesterday. It listed 10 phrases that can be used to help children make sense of their world. What we know to be true is that there are inevitably going to be some tough times for our children as they move through childhood and into adolescence. What is also true is that the end of school does not mean that everything magically gets better. The language of resilience is an important part of the parents' toolkit. An example is, "Don't let this spoil everything" and it is related to 'containing thinking.' It is a good strategy/ phrase to use in situations where children feel overwhelmed, children who experience rejection and perfectionists. It is an important skill to be able to compartmentalise thinking (and one that I suspect Manly is using a lot this year, considering our position on the NRL ladder.) I often find myself talking to kids about things they have experienced and trying to get through the 'all' and 'everything' language. "All the kids in my class hate me... I am going to fail all my exams... Nothing is going right for me..." It can be easy for a child to get into a negative spiral of thinking. A discussion with an adult who can help with compartmentalising thinking can be very helpful.



### 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

The Uniform Shop now has Spray Jackets in stock

### Student Absentee Line 4976 6158

## Quick News

### Potters Place Parking

The Parking area within the Potter Place is privately owned land and therefore parents should not be parking in there. The Potters Place are currently in discussion with Main Roads, Gladstone Regional Council and the Police regarding this issue.

### Years 7, 8, 9 Seussical The Musical Invitation

In 2011 it was Aladdin. In 2015 we would like to introduce to you our school musical - Seussical. Full of fun and frivolity, Seussical will be a musical for all ages. Based on the books of Dr Seuss, Seussical takes audiences on a magical journey with Horton the elephant. He discovers the Whos, he looks after an egg and along the way meets a number of well known characters; The Cat in the Hat, the Grinch, Yertle the Turtle, Gertrude and Schmitz are but a few. Eligible students in Years 7, 8 and 9 only are invited to attend an excursion to see the show next term. Performance Details

What: Seussical (Gladstone State High 2015 Musical)  
When: Friday 31st August, Period 2, Lunch 1, period 3.  
Where: Gladstone Entertainment Centre  
Cost: \$7  
Congratulations to eligible students, if you are not eligible.. please see your year coordinator asap.

## Chappy Chat!



Feeling disconnected? "Get amongst it"... One of the most satisfying, fun, and productive ways to belong is volunteering for community service projects or getting involved in activities. At GSHS we have service groups, musical and drama activities, intellectual challenges, scientific pursuits, chess, boardgames, sewing/craft projects, extra tuition and sport – all of which are offered during breaks.

As Marc Erbsleben, our guest speaker recently pointed out, "your future starts now". Your choices always lead to certain consequences. Use your time wisely right now. Learning to work as a team member, setting goals, and solving problems are some of the skills you'll learn by being involved. Listing these skills on your resume shows your prospective employer that you have commitment and a yearning to succeed – a preparedness to make something of yourself and your community. Showing that "you have a drive" means you have initiative and a willingness to learn new skills and make a difference. Ultimately, being involved is leading you to a satisfying and rewarding future. Remember, "Your attitude reflects your altitude."

You are unique and your presence may have an important impact on someone or something else. Find yourself exploring something new this week and see where it leads.

Enjoy the journey,

Yvonne

## Anime, 1st Break Thursdays in P4 with Shanna



18 JUNE 2015  
9AM – 4PM

COMMUNITY RESOURCE CENTRE (CRC)  
102 RAINBOW ST BILOELA

### INCLUSIVE SERVICES INFORMATION DAY

- Banana Shire Service Agency Presentations
- Information Stalls
- Networking Opportunities

#### Guest Speakers:

##### Raelene Ensbly (CEO Umbrella Network)

Dynamic leader in the disability sector, founder of the Umbrella Network Rockhampton; 2015 Australia Day Award Recipient (Community Service Award); member of the Central Queensland Regional Disability Advisory Award 2014; National Disability Award Finalist 2014.

##### Marlena Katene – Journalist

Marlena has a degree in Journalism and a very successful career as an AAC Journalist. High-tone cerebral palsy and verbal communication challenges did not stop Marlena from fulfilling her dream and reaching her goals. Come and hear about Marlena's journey through the education system and how she navigated a successful path to University, and beyond.

### Banana Shire Post-School Options (BSPSO)

Invites You To....

### CONNECT WITH SERVICES IN YOUR COMMUNITY

... and find practical information about what has worked for us, and who to go to for help.

### FREE ENTRY MORNING TEA PROVIDED

BSPSO's Mission Statement  
To assist young people with special needs to participate in the community in a worthwhile and fulfilling way.

COORDINATED BY:  
BANANA SHIRE POST SCHOOL  
OPTIONS GROUP  
If you would like to have a  
stall at the Information Day  
Please RSVP by 3<sup>rd</sup> June to

Maureen  
mdurn1@eq.edu.au

or...

Judy  
Judy.mazzer@communities.  
qld.gov.au



**GLADSTONE**  
State High School

# Welcome Jan

## Career Corner

### TASTE Program

The Agricultural Skills & Technology Experience (TASTE) is a program for high school students aged 15 and over held at the Emerald Agricultural College, Longreach Pastoral College and Dalby Training Centre during certain school holidays. The four day program is designed to help young people explore the many career options available in rural industry. Any students interested can see Mrs Christopoulos in K Block.

### Well done Georgia

EQIP Technical College – Gladstone Region would like to congratulate Georgia M Year 12 student on her Traineeship in Certificate III – Education Support with Central State School

Well done Georgia !



For those who don't know me- my name is Jan Guerassimoff and I'm the School Based Youth Health Nurse for Gladstone State High School, for the next 5 weeks.

### What does the School Based Youth Health Nurse do?

The School Based Youth Health Nurse works with the school community- students, school staff and parents to:

- Provide health information and advice, either 1:1 or in the classroom
- raise awareness of and assist the school community to create a more supportive, healthy school environment ( a health promoting school)
- connect people to appropriate support services within and outside the school

### Some reasons for accessing my services may include any concerns regarding young people's health and wellbeing such as:

- health concerns
- relationships
- personal and family problems
- smoking, alcohol or drug use
- sexual health
- feeling unhappy or stressed
- puberty, growing up
- healthy eating, exercise, weight and eating problems
- getting in touch with the right service
- anything that affects your health and wellbeing

### Confidentiality

The Youth Health Nurse working in any state school is employed by Queensland Health; therefore information is kept confidential unless the young person agrees the nurse can do otherwise or they are at significant risk of harm.

I look forward to meeting the new staff and working with you all .Please feel free to contact me by phone 4976 6171 or email (jguer0@eq.edu.au) if I can be of any assistance.

Regards,  
Jan.



**GLADSTONE**  
State High School

## Dates to Remember

8th June 2015 - Queen's Birthday (PUBLIC HOLIDAY)

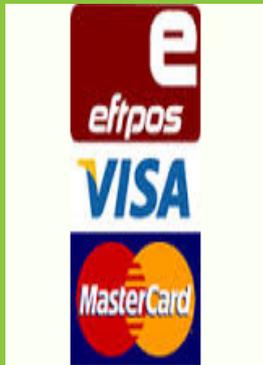
17th-23rd June 2015 - EXAM BLOCK

23rd June Year 9/10 Mini Carnival

26th June - Year 7/8 Mini Carnival

27th June - 12th July 2015 - School Holidays

13th July 2015 - School resumes



### SCHOOL PAYMENTS

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

## Position Vacant

Gladstone State High School  
Permanent Full-Time  
Schools Officer (Grounds)

An Application Package with the Role Description is available from the school website <https://gladstonshs.eq.edu.au/Ourschool/Employment/Pages/Employment.aspx> or by collection from the school.

To be considered for the position applicants are to provide a covering letter of no more than 2 pages outlining their experience and suitability for the role under "How You Will Be Assessed (outlined in role description). Applicants must also include a detailed resume outlining key responsibilities and achievements including contact details for 2 referees, one of which must be a current supervisor.

Applications must be received by close of business Monday 22 June. Applications to be marked "Private & Confidential" and returned to:-

Business Services Manager  
Gladstone State High School  
PO Box 260  
GLADSTONE QLD 4680  
Email: [crowe50@eq.edu.au](mailto:crowe50@eq.edu.au)  
Fax 07 4976 6199

Suitable applicants will be subject to a Working with Children Check as part of the employment screening process. Further details regarding this check may be obtained by accessing the web Blue Card Services website: <http://www.bluecard.qld.gov.au/>

Applications will remain current for 12 months.

Should you have any queries please contact Courtney Rowe, Business Services Manager on 4976 6111.

### Student Absence Notification

Student Name:

Care Group:

Date:  
Reason (Circle): Sick Personal Family Other

Date:  
Reason (Circle): Sick Personal Family Other

### Student Absent from School:

Parents are required to authorise all student absences.

This can be done by the following ways:

Email – [absentees@gladstonshs.eq.edu.au](mailto: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



**GLADSTONE**  
State High School

## 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