Garden Club

Last term, SEP English B looked at the benefits of recycling and the positive benefits for the environment. As a class we worked together to tidy, replant and maintain the garden beds in the O block courtyard. Each lesson we started with a ‘Toolbox Meeting’ where we made lists of the jobs to be completed, the equipment needed and the safety we all needed to be aware of. Much thanks has to go to Mr. Kamholtz for the cuttings he provided, his expertise and his patience to help us re-establish what is now a beautiful, thriving garden. As part of our studies, to extend how items can be recycled, we collected a range of bottle caps and lids to create a mural, which has the words ‘Garden Gnomes’ on it. This is the name the students voted to be the name of their garden group.

Rugby 7’s tournament

At the end of Term 3, 2 girls’ teams from State High had the opportunity to play in a Rugby 7’s tournament. Both teams played extremely well and developed their skills in a game in which many of them had never played. A big thanks to Trent Sullivan, participation manager from Queensland Rugby, for giving the girls pre-tournament coaching and for running such a successful event.
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.

It is wonderful to welcome everyone back after a safe and hopefully refreshing holiday.

From Annika (Yr 8 student)
Operation Christmas Child donates shoe boxes filled with items for children from ages 2 – 14, both genders. These will be sent to South-East Asia and the South Pacific. Chaplain Yvonne Kamholtz, Mrs Sunny Kim and Mrs Jo Blackman host a weekly sewing group. During this time, students learn the basic sewing techniques and how to sew a gathered skirt. These skirts will then be sent off to operation Christmas Child in shoe boxes with other accessories. It would be greatly appreciated if any spare shoeboxes, something to play with, something for school, something to love, something special and something for personal hygiene could be donated to Chaplain Yvonne to fill the shoeboxes. Gladstone State High is targeting females ages 2 – 6. More information can be found at https://www.samaritanspurse.org.au/what-we-do/operation-christmas-child/

For girls: PINK SALT will have its inaugural teen camp for girls aged 11 – 16. This camp has a Christian component, fun games, beach, campfire and a carnival night. It will be held from 6pm Friday the 14th October to 1pm Sunday 16th October at Tanyalla Recreation & Conference Centre at a cost of $70 per person. For further information contact Sonia Hain (0487 514 513) or email pinksaltteencamp@gmail.com.

I am beginning to plan my 2017 programmes and activities. If you have suggestions that you believe would encourage, support and enrich the lives of our teenagers, please feel free to us and share your ideas. I can be reached on (ykamh2@eq.edu.au) and Jarek (jreah0@eq.edu.au) Our shared phone is Ph 49766162 and you are able to leave a message.

Looking forward to hearing your ideas,
Yvonne and Jarek.
Nurse News

BYOX laptop setup
Reminder to any students that are part of the BYOX program that have not yet been connected to the school internet to see the IT technicians in F block during either break or before school to have this work completed.

Tonka Magazine
Order your copy of the 2016 Tonka magazine now. Magazines are $18 each.

Interschool Touch Football
Touch Football begins next Tuesday 11th October. The following teams have enough students signed up to participate in this competition: 7/8 boys, 9/10 girls, 11/12 boys and 9/10 boys. Please collect green forms from the PE staffroom and return these ASAP. Check the roster and your name on the sign up sheet.

Book Club Catalogues
Available in year 7, 8 and SEP care classes and also from the front counter of the library. Orders and money need to be given to Ms Hipathite in the library by Friday 14 October.

AIMEE Indigenous Mentor Program
Any students who wish to participate in the AIMEE program need to see Mrs Keefe or Sherilee for permission forms and medical forms ASAP. This includes Year 7, 8, 9, 10 and 11 students.

What is Queensland Mental Health Week?
Mental Health Week in Queensland takes place in the week of World Mental Health Day on 10 October. This year, Mental Health Week will be celebrated in Queensland from Sunday, 9 October to Saturday, 16 October.

Did you know that 20% of Australians live with some form of mental health issue and approximately one in four young Australians experience a mental health or substance use disorder in any given year? However of those experiencing an emotional or behavioural issue only one in five (21%) seek help through services. (Australian Child and Adolescent Survey of Mental Health and Wellbeing 2015)

Each year, Mental Health Week provides an important opportunity for our community to acknowledge and reflect upon mental health, take action to highlight the importance of mental wellbeing, reduce stigma, and celebrate the service of mental health workers.

Mental Health Week in Queensland raises awareness of mental health and wellbeing in our communities, whilst working to reduce stigma through public awareness. After all, mental illness can affect anyone. Participation in events and activities during Mental Health Week provides a practical and engaging method for all Queenslanders to get involved.

The goal in 2016 is to encourage Queenslanders to share what mental health really means to them at an individual level, a corporate level and at a community level, and how we can work together to reduce stigma.

For more information, visit www.qldmentalhealthweek.org.au

Yours in Health
Amanda van der Wegen
School based Youth Health Nurse
Ph: 4976 6171
avand227@eq.edu.au

FREE safeTALK Workshop
Suicide Awareness
BECOME SUICIDE ALERT!
safeTALK
suicide awareness for everyone

When
Tuesday 11th October 4:30pm to 7:30pm
Where
headspace Gladstone Group Room
level 3, 93 Goondoon Street,
Gladstone
(Up the stairs from RM Williams)
Contact
Joye or Lois on 07 4903 1921 or
info@headspacegladstone.com.au

safeTALK prepares anyone over the age of 15, regardless of prior experience or training, to become a suicide-alert helper.
Spike Zone

On the 14th of September, Spike Zone Primary Volleyball Schools Cup was run at Gladstone State High School. There were 8 Primary schools involved with 45 teams in total. The schools were; Clinton SS, Calliope SS, West SS, St Stephens, St Johns, Tannum SS, St Francis Primary, and Star of the Sea. Gladstone State High School convened the event with the help of players from our Volleyball School of Excellence, as well as other students from the school. The day was a great success with the primary school students being exposed to the game of volleyball. Thank you to all the students and staff involved in organising the event.

Defence Careers Information Session
Time: 6:00pm – 8:00pm
Date: Thursday 20th October 2016
Location: Gladstone PCYC – 53 Yarroon Street, Gladstone QLD 4680
RSVP: cpttownsville@dfr.com.au or 13 19 01. Walk ins welcome.

Year 7 Camp

145 Year 7 students participated in an amazing team building week away at Maranatha on the Sunshine Coast. The students completed mid ropes course, leap of faith, Possum Pull, Tower of Tremble, River Rafting, Archery, Challenge Trail, as well as completing the Education Team Challenge at Dreamworld. The week was designed to challenge the students to develop leadership, communication, physical coordination, balance, agility, cooperation and improve decision-making processes.

EAL/D Excursion to Headspace

These young people had a brilliant opportunity to visit Headspace Gladstone, as a group. The staff at Headspace engaged all the students in a dynamic conversation about life in the modern world, social media and its impacts, mental health awareness in the community and much more. The interactive session was very motivating and left the students with very positive attitudes towards mental health and mental health matters.
Dates to Remember

- Year 10 Work Experience: 10th - 14th October
- Pupil Free Day: 17th October
- Year 10 Mock Interviews: 18th - 21st October
- Awards Night: 25th October
- Senior Awards day: 2nd November - 9:30am start
- Junior Awards day: TBA
- Year 12 Church celebration: 13th November
- Year 12 Prom: 15th November
- Year 12 Graduation day: 18th November

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

APPLICATIONS FOR 2017
CLOSING 14 OCTOBER

EQIP provides opportunities for Year 10, 11 & 12 students to complete qualifications and authentic work experience onsite at local business and industry.

EQIP partners with Tannum Sands, Tooowa, and Gladstone State High Schools to offer the following pathways:
- Automotive
- Mechanical
- Civil Construction
- Building Construction
- Engineering
- Manufacturing
- Process Plant Operations
- Hospitality
- Tourism
- Business Services
- Health Support Services

Contact EQIP today to learn more about our programs!

www.eqipgladstone.com.au
Phone: 07 4976 6129 | 0418 745 846
admin@eqipgladstone.com.au

Notice to all Schools in the Gladstone Region

All schools are cordially invited to participate in this year’s Remembrance Day Service for 2016.

A service to remember all Australian Service men and women, who paid the supreme sacrifice during war or subsequently from the effects of war, will be held at Anzac Park on Friday 11th November commencing about 10.30am.

This service will commemorate the 98th anniversary of the signing of the Armistice in 1918 on the 11th hour of the 11th day of the 11th month that ended what we now call the First World War or known then as the Great War of 1914-18. It was predicted to be the war that ended all wars. Over 100,000 Australian servicemen and women have lost their lives in all wars.

All students are welcome to attend and lay a wreath. Wreaths are available from the RSL, drop-in-centre for $25.00 and participants are encouraged to contact me so that your school can be mentioned during the wreath laying ceremony.

Hoping to see you there.

Yours faithfully,

Peter Young
Secretary
RSL, Gladstone Sub Branch – 0408 753 420

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