Year 9 Boys OED Class Update

This term we have participated in many activities that have shown us new skills and taught us a lot about teamwork and about what we can do ourselves. The first thing we learnt this term was how to tie knots. The four knots we learnt to tie were the reef knot, square lashing, cow hitch and the clove hitch.

Another skill we learnt was to make a shelter out of minimal resources. This shelter had to be strong enough to protect us from the elements. We had one tarp, 2 pieces of rope, a long pole and a short pole. Every group was able to make a reasonable shelter.

Everyone in the class needed to learn how to use first aid in a bush situation. This included DRSABCD and making a sling and a stretcher. These skills are very important as one day they could possibly be able to save a person’s life.

The class learnt how to use a compass and to hone our skills we went around the school on a scavenger hunt finding clues which would give us the next step.

For one of the parts to our assessment we were made to make an amazing race that could be around the whole school. In this amazing race we needed to use all of the skills which we had learnt this term to be able to make a successful race.

The first week of this term we went to 1770/Agnes for a 3 day camp. We went on a kayak adventure out to the headland and through the waves, learnt to Surf with Grom and JD, went fishing, body surfed, participated in beach games and heaps more. Thanks to Madonna’s café at Agnes for the fish and chips, all of us boys appreciated the great food.

Luke, Jason and Cooper.
Nurse’s News

**ATTENTION YEAR 11 STUDENTS**
Any Year 11 students who are interested in a School Based Traineeship in Childcare, please see Mrs Christopoulos in the Senior Schooling office asap.

**Quick News**

**PIERRE DE COUBERTIN AWARD GRADES 10-12 (PE/SPORT)**
If you would like to nominate for this years award you need to see Mr Shallcross in D2 and collect a nomination form. The eligible criteria you must meet are the following:
1. School representation at interschool sport or above in at least 3 sports.
2. Submit an original piece of literary or artistic work showing an appreciation of the aims of the Olympic movement.
3. Not received the award previously.

**Calling All Girls Interested in AFL:**
There is an open interschool trial for Girls AFL on the 27th May after school. If you are interested see Mr Shallcross in the PE staffroom to sign-up.

**ICAS ENGLISH AND WRITING COMPETITIONS**
Have you got a passion for English? A flair for writing? Come sign up for the 2014 ICAS English and Writing Competitions on the noticeboard outside the English staffroom or see Miss Dwyer.

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**Treatment for Epilepsy**

**Epilepsy Awareness**

**Seizure Triggers**

The next 2 newsletters will be dedicated to information about Epilepsy Types of Seizures.

Generally, seizures fall into two categories: partial or focal seizures and primary generalized seizures. The difference between these two types is in how they begin.

**Seizure Triggers**

Some people, although not all, find that certain factors induce seizures. You may not become aware of your trigger factors unless you keep a seizure diary for a period of time. The following list of trigger factors is a guide but it is by no means an exhaustive list.

**Alcohol**

Excessive drinking can result in:
- Poor seizure control due to late nights
- Missed meals
- Forgotten doses
- Hangover seizures as the alcohol level in the blood falls.

**Diet**

Coffee, tea and drinks with cola contain caffeine. In some people caffeine can trigger seizures while others are susceptible to having seizures if they miss meals and have a low blood sugar level. Regular meals and eating immediately after getting out of bed in the morning will protect you against large swings in blood sugar levels.

**Infections and illness**

Children are particularly likely to have more seizures when they develop infections such as tonsillitis and earache. This is possibly due to high temperature and usually eases within a few days. Allergies may provoke seizures in some people with epilepsy. Diarrhoea and vomiting can trigger seizures because they can prevent your body from absorbing your antiepileptic medication. Ask your doctor what you should do if this occurs.

**Lack of sleep**

This is a common trigger factor. Everyone differs in the amount of sleep they need, however avoid wild fluctuations in the time you go to bed and make sure you get enough sleep to feel rested.

Source: Epilepsy Australia [www.epilepsyaustralia.net](http://www.epilepsyaustralia.net)

Epilepsy Queensland 1300852 853
Local contact: Caroline Allen 4974 4339

Marisa Farlow School based youth health nurse

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**STUDENT HEALTH PROMOTION SCHOOLS SURVEY 2014**

We are asking the whole school community to complete a survey so that we can get a broad view about health issues within our school community. This information will be utilised to improve our service to our community and our students. Please note this survey is voluntary and the information you provide us is confidential. Evidence has shown that if we enhance a student’s health status this will improve their educational achievement. The link below will take you to the quick and easy to complete survey.

[https://websurvey.eq.edu.au/efm/se.ashx?s=0B87A62B09F63E1B](https://websurvey.eq.edu.au/efm/se.ashx?s=0B87A62B09F63E1B) for Parents
As students progress through school they will become increasingly reliant on the school library and Teacher Librarians for guidance on a variety of researching needs. Their positive growth mindsets will build considerably when they acquire resourceful habits; knowing what to do when they don’t know what to do.

When many parents and teachers attended school resources were limited to mainly books. Today there are a myriad of accessible resources on offer for students and ourselves; it is proactive to make the most of them.

All too often when looking for resources students just Google the topic and accept the presented information as fact; at times it is not.

The internet is a resource that has the capacity to provide a rich source of information for both our students and ourselves. It also has the capacity to provide inaccurate information and be a major time waster when used in an undiscerning manner. We all need to learn effective techniques to build both our capabilities and those of our children and students.

Librarians are highly trained teachers who are skilled in collecting, resourcing and providing accurate and meaningful information. In the world today, it is suggested that the volume of information is doubling every 4 to 5 years. Therefore, it is vital for students who are preparing for a lifetime of change to learn how to learn effectively by getting to know their librarians well.

Gone are the days when libraries were thought of as a collection of dusty old books. Today they are lively and vibrant places with a variety of effective and efficient methods of data collection, with the world at students’ fingertips. The key is to cultivate in our children lifelong habits of intuitive inquiry and critical logic and analysis.

“I’ve never made a mistake, I’ve only learned from experience.” Thomas Edison

**Anzac Parade**

The Anzac Parade held last Thursday here at school was a wonderful chance for our students and staff to pay their respects to past and present servicemen and servicewomen. We would like to commend our students for the respect that they displayed during the ceremony. Their behaviour was of a very high standard throughout the ceremony.

Thanks to Trish, Angie, Peta, Greg and the Concert band for sound along with all other staff that have helped in some way. It ensured that the ceremony ran very smoothly and on time.

We also had a very good representation of students at the dawn service on Friday and as we marched we could clearly hear members of the public commenting on how many students we had paying their respects. Truly a great reminder of the fantastic students we have here at State High!
HONESTY
• Be truthful and sincere
• Be trustworthy
• Admit your mistakes
• Learn by your mistakes
• Seek truth, good and right

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
• 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
• Practice safe and hygiene habits
• Follow the rules

UNIFORM SHOP
OPENING HOURS
Monday: 8:15am-11:15am
Wednesday: 11:00am-2:00pm
Friday: 8:15am-11:15am

Gladstone SHS students are participating in the 2014 Gladstone Mater Little Miracles Walk on the morning of Sunday 25 May. The Zonta club did some fundraising in memory of Sheelagh Hutton, and kindly donated these funds to the Interact Club earlier this year. The club members have decided to use these funds in our annual participation of the 5km walk as this was a cause close to Ms Hutton’s heart, as her twin boys were born prematurely and she believed the special care that was provided to her and her sons by the Mater Hospital in Gladstone was an important part of her life.

We would like to encourage the involvement of all members of our school community to participate in this event. To be a member of our team, it will cost $15 and you can pay and register at this secure website: https://secure.artezpacific.com/registrant/TeamFundraisingPage.aspx?langPref=en-CA&TSID=(Team-SolicitationID)

From our Team Page, click on the ‘Join My Team’ button to register and help us raise funds. If you can’t join us, you can also sponsor our team by making a donation online. If this doesn’t work, just join our team – called Gladstone State High School Interact Club. The more the merrier we think!!!

Gladstone SHS Interact Club

Student Absence Notification

Student Name: ____________________________
Care Group: ____________________________
Date: ___ / ___ / ___
Reason (Circle): Sick   Personal   Family   Other
Date: ___ / ___ / ___
Reason (Circle): Sick   Personal   Family   Other
Date: ___ / ___ / ___
Reason (Circle): Sick   Personal   Family   Other
Parent’s Signature: _______________________

PROCEDURE FOR STUDENT ABSENCES

If your student is away for any reason there are several ways of notifying the school.

• Phone on 07 4976 6158
• Email on absentees@gladstonshs.eq.edu.au
• Use the notification slip in the Newsletter each week
• Use the slip in your student’s diary
• Text absences on 0407096034

We appreciate and thank-you for your cooperation.