



In this Issue

- Page 1**
- Nurse News
- Page 2**
- Chappies Chat
- Page 3**
- Guidance Officer News
- Page 4**
- Parent/Teacher Interviews
- Page 5**
- QLD State of Origin team visit
- Message from the YSC

Uniform Shop

NORMAL HOURS

MONDAY 8:15-11:15

WEDNESDAY 11:00 - 2:00

FRIDAY 8:15-11:15

Phone Chris on:
(07) 4976 6193



© Can Stock Photo

PLEASE BE AWARE **NO GLASS WATER BOTTLES** AT SCHOOL DUE TO SAFETY REASONS

SCHOOL ABSENTEE LINE

4976 6158

SCHOOL OFFICE LINE

4976 6111

Nurse News

With winter truly upon us it is a good time to remind students, parents and the school community not to be complacent about flu as it is a highly contagious and serious disease.

Symptoms may include sudden fever, cough, muscle aches and pains, fatigue, headache, sore throat or a stuffy or runny nose.

If your child has flu-like symptoms, the following is advised:

- keep your child at home and don't send them to school;
- avoid letting them visit aged care facilities and hospitals, if possible, so that they don't pass the infection to others who may be at risk of complications;
- ensure your child washes their hands regularly with soap and water or uses an alcohol based hand gel;
- encourage them to cough into a tissue;
- make sure they dispose of tissues quickly and wash their hands;
- if a tissue is not immediately available, sneeze or cough into elbow area, not into hands;
- use warm water and a neutral detergent to keep surfaces such as door handles, kitchen bench tops, phones and toys clean;
- ensure they drink plenty of fluids and get lots of rest; and
- paracetamol is useful for relieving symptoms, but please consult your GP or call 13 HEALTH (13 43 25 84) if you are concerned about their symptoms.

Children with some existing medical conditions are at increased risk of complications and **parents are strongly recommended to have them vaccinated against influenza each year.** These conditions include:

- heart disease;
- severe asthma;
- chronic lung condition;
- chronic illness requiring medical follow-up or hospitalisation in the past year;
- diseases of the nervous system;
- impaired immunity; or
- diabetes

Children aged six months to 10 years and on long-term aspirin therapy **are also at risk.** Flu vaccine is provided free for these children.



Arts & Craft Group Every Thursday at headspace Gladstone

headspace Gladstone weekly Arts & Craft Group with Sheree.

A great space to have fun, learn some great skills meet new people and connect.

- Weekly mental health theme based on issues that may affect young people in our community.
- If you are under 25 years old, come join us in the activities and share your project ideas.

Light snacks and refreshments will be provided!

Contact us today! To secure your spot...Limited numbers.



headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health under the Youth Mental Health

When
Every Thursday 1pm to 3pm

Where
headspace Gladstone Group Room
Level 3, 93 Goondoon Street, Gladstone
(Up the stairs from RM Williams)

Contact
Travis Rogers 0498 991 003
or 07 4903 1921



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

GLADSTONE

State High School



Chappies Chat



Chappies' Chat



Following last week's Chappies' Chat, I hope you managed to find some time to "be in the present" in the last week. But remember that it will take practice!

I also briefly mentioned that a common worry raised by teenagers themselves is "I've got anger issues" and their statement further demoralises their self-confidence. We point out that anger is a normal emotion, but it's how we deal with it that makes the difference.

Because the prefrontal cortex is still developing, teenagers mostly operate from a part of the brain called the amygdala to make decisions and solve problems. The amygdala is associated with emotions, impulses, aggression and instinctive behaviour. So hence, their emotions tend to lead their thinking and behaviour. http://raisingchildren.net.au/articles/brain_development_teenagers.html (an informative, helpful site on teenage brain development)

Over the next couple of weeks, I'm going to focus on some "Chill Skills" that may be useful to support you and your child.

Anger Management Tips for Teens

(Some ideas for calming down and dealing with anger in healthy ways)

Learn Acceptance: Everyone faces situations that are hard or unfair. If we hold our anger, it affects our whole lives. It's better to accept things that we can't change and do our best to deal with them in more helpful ways.
Be kind: Strange as it may sound, being kind toward others can improve our own mood and help keep angry feelings away.



Forgive others: Understand and accept that we all make mistakes – and that's all there is to it! If we can't forgive others, we can't expect them to forgive us. If we can't forgive ourselves, it's extremely difficult to forgive others. Forgiveness doesn't excuse their behaviour but it does free your heart.

Use deep breathing: This is another way of being mindful. If you are paying attention, on purpose, in the VERY PRESENT, then it takes your mind off the growing anger. A simple way is to count to three as you breathe in, hold for the count of three and then count to three as you breathe out. The counting helps you to be in the moment (focus ON THE PRESENT).

Repeat as many times as you need to.

Sometimes it's helpful to discuss possible scenarios with your child e.g. How would you deal with concentrating on reading a book in the library when someone comes from behind you and takes your book? Then, when you're trying to get it back the librarian orders you to the office, no questions asked. What would you do?

Next week, I'll list some other possible strategies. Enjoy the growth in your child as you support them. A plus you might notice, is the growing trust and enjoyment your teenager might indicate in spending time with you. Although your parent-child relationship is changing, teenagers really need the love and support of their parents.

A reminder that we have our Tour de Chaplain happening and all details can be found at <http://gladstone-schoolschaplaincy.org.au/tour-de-chaplain/>. Perhaps you cycle regularly and would enjoy a pleasant ride from Many Peaks to the Yarwun Skate Park? Maybe you'd like to get a team together and fund-raise? Check out the above link for more information.

We welcome back Andrew Cary as our GSHS School Based Police Officer. Andrew brings with him a wealth of knowledge and skills and a warmth that encourages the students to be the best that they can. So welcome back, Andrew!

This week we have our Drumbeat Performances and hopefully all parents who have children in this term's Drumbeat should have been given an invitation to attend. Whilst the performance is only brief, it's an opportunity for students to feel good about themselves, experience a sense of achievement and share with you something new they have accomplished.

Jarek and I can be contacted by: email jreah0@eq.edu.au; ykamh2@eq.edu.au or phone 49766162.

Careers Corner

Work Experience 2016

The work experience programme for 2016 has been opened and forms are now available from Senior Schooling for students who wish to attend placements. Cost is \$40 and students must be 14 years old. Medical and Gladstone Ports Corporation Limited work experience is available also. Forms will NOT be accepted during lesson time or without payment first. Please see Mrs Christopoulos in Senior Schooling.



Indigenous Apprenticeship Programme 2016 Intake

The Indigenous Apprenticeships Programme (IAP) is advertising a wide range of apprenticeship opportunities for 2016.

The positions are only open to applicants who are Aboriginal and Torres Strait Islander Australians. Any students who are interested should see Mrs Christopoulos in Senior Schooling K Block during break times for further information.



Guidance Officer News

Preparing for, and Understanding the Adolescent in your house

Anyone who has a child will one day have an adolescent and for some parents with good memories this might be a little scary. The best advice for parents of adolescents, you will be surprised to know, is the same for parents of newborns:

Enjoy your child! Love your child!

This time in a child (and parent's) life is about change and discovery. The reality is that despite the challenges, most adolescents thrive and survive the teen years while managing to maintain a healthy relationship with their families. As kids grow they gradually demand more independence, and parents must gradually grant it. Even as adolescents pursue independence and want to spend more time with their peers they still want to know they have mum and/or dad there for them, as well as a safe home base to retreat to. When kids feel connected to their parent/s, they are less likely to partake in risky behaviours, and more likely to emerge healthier and more secure.

Here are 5 keys to raising teens:

- Love and connect with them – these 2 factors needs to be practised from birth, but while they change don't let your love for them change.
- Monitor and Observe – know where they are, what they are doing, who they are with (early practise of this makes it easier to perform)
- Guide but limit – loosen up when you know they are ready for it but don't let go
- Model and Consult – talk to them, ask their advice, include them, help them through tough times by showing them how to problem solve
- Provide assistance and Advocate – although they want to be independent in many respects they also need you to help them to reach their goals.

Remember: Parents are the most important adult in adolescents' lives. Adolescents crave their parent's love, respect, dependability and guidance. By being there for your child he/she will have a greater chance of becoming a physically, mentally, and emotionally healthy adult AND your good example will live on when they have their children.

Adapted from 'Healthy Teens, Body and Soul, A Parent's Complete Guide' by Marks, A & Rothbart, B. 2003

RioTinto

2017 EQIP Information Session

Wednesday 15 June 2016

6PM to 8PM

EQIP Technical College, Boles Street, Gladstone

CHOOSE YOUR PATHWAY

- | | | |
|---------------------------|--------------------------|-----------------------|
| Automotive Mechanical | Civil Construction | Building Construction |
| Engineering Manufacturing | Process Plant Operations | |
| Hospitality | Tourism | Business Services |
| Health Support Services | Start Uni now | |



admin@equipgladstone.com.au
www.equipgladstone.com.au

07 4976 6129



GLADSTONE
State High School

Quick News

BYOX Setup Schedule

All students that are currently enrolled in Gladstone State High School's BYOX program would have received a note in their form class over the course of the term with a scheduled time to complete the setup and installation of the BYOX program on their laptops.

Any students enrolled in the program that have missed their scheduled appointment should see the technicians in F Block before school or during either lunch break to arrange a suitable time to have the installation completed.



Jellybean Jar Guess!

\$1 a guess or 3 for \$2. This is raising money for the Interact Club's relay for life team. If you would like to have a guess and support the Queensland Cancer Council at the same time, bring your money to the library and see if you can guess the number of jellybeans in the jar!!!!

Athletics Carnival Theme

The theme for this year's Athletics Carnival will be "American Superbowl/Football".

Some dress up ideas could be:

- Football players
- Cheer squad
- Marching Band
- Coach
- Media/Reporters
- Sports Presenters
- Umpires
- Spectators
- Avid fans

Start getting ready for 2 fun filled days of athletics and novelty events. Remember school dress rules still apply - no singlets, hoodies or denim.

Parent/Teacher Interviews

At Gladstone State High School, we view the partnership between home and school as central to improving student outcomes and helping young people reach their full potential both academically & socially.

For this reason, we invite you to take part in our Parent/Teacher Interviews to be held on **Monday 25 July 2016, for all year levels between 3.30 and 6.00pm in E Block**. An information letter will be sent home with students' report cards which you should receive during term 3 week 1 (commencing Monday July 11 2016). This includes details on how to make appointments using the web based booking system, Parent Teacher Online. The link to the system can be found on the school website: www.gladstonshs.eq.edu.au. If you do not have access to a computer you can phone the school on 49766130 to make appointments over the phone.

Appointments must be booked with the applicable teacher before the day and, to avoid disappointment, it is advised to book as early as possible. **Bookings can only be made from 9:00am Monday 18 July through to 8.00am Monday 25 July 2016.**

Parent/Teacher Interviews are a wonderful opportunity to discuss your student's progress at school. Some points you may like to raise in the interview are:

- o Ways of working with your student towards improvement in achievement.
- o Specific areas of your student's strengths.
- o Specific area in which your student is experiencing difficulty.
- o How much effort is my student putting into the subject?
- o What type of homework should I be monitoring?
- o How is my student progressing in life long skills such as teamwork, communication, leadership, organisation, literacy, good manners and so on?
- o How is my student progressing socially?

We look forward to seeing you there

Tameeka Schelks
Deputy Principal

2016 - JUNE/JULY SCHOOL HOLIDAY ACTIVITIES
25 JUNE TO 10 JULY

Gladstone Regional Libraries <ul style="list-style-type: none">Gladstone Library Tuesday 28 June 9.30am Sean Murphy Kids Party Confidential Bookings essential 4976 6400 Tuesday 5 July 9.30am Big Games NAIDOC CraftCalliope Library Wednesday 29 June 9.30am CD Owls, Magazine blackout and mystery bag creations Wednesday 6 July 9.30am Dot Painting, Rock art stencilling, Paper plate penguins and paper snowflakes Thursday 7 July 9.30am Design your own tote bag and tangle art bookmark (ages 8 and over)Agnes Water Library Wednesday 29 June 10am Sean Murphy Kids party Confidential Booking Essential 4976 6400 Wednesday 6 July 10am NAIDOC CraftBoyrne Library Wednesday 29 June 3pm - 4pm Sean Murphy Kids party Confidential Booking Essential 4976 6400 Thursday 7 July 9.30am - 11.30am Games at the LibraryMiriam Vale Library Tuesday 28 June 9.30am Beading Galore Tuesday 5 July 9.30am NAIDOC CraftMount Larcum Library Tuesday 28 June 1.30pm Sean Murphy Kids Party Confidential Thursday 7 July 9.30am Big Games NAIDOC Craft	Gladstone Gymnastics Vacation Program PCYC Building, Yarroon Street Girls and Boys Ages 5-12 years Monday 27 June - Friday 1 July 9am - 12noon \$30 per day or \$120 for 5 days Bookings 4972 0300 Payment required when booking	Bunnings Warehouse 25 June - 10 July Free Kids Workshops bookings online www.bunnings.com.au/gladstone Horse Riding at Harmony Farm Prizeman's Road, Ubobo \$60 per hour, discount for families Horse Riding Camp Monday 4 July - Wednesday 6 July \$240 per person, food supplied. For further information and bookings 4974 1267 or 0429 741 267 HarmonyFarm@me.com
Lake Awoonga Boat and Leisure Hire Open over the school holidays Bookings recommended for equipment. 0547 929 889 or 0413 148 476	Roseberry Community Services Ages 12 - 18 years Monday 27 June BITS "Turtle Way" walk & Picnic Lunch Tuesday 28 June In House Games / Minute To Win It Wednesday 29 June Beach and BBQ Thursday 30 June Rockhampton Zoo Friday 1 July Fishing Day Monday 4 July Crocodile Farm or Mt Morgan Trip Tuesday 5 July Mt Larcum Climb Thursday 7 July Art Day Friday 8 July Pyjama / Onsie Movie Day Small Fee may apply Phone to secure your spot 4972 8200 Transport can be arranged.	Calliope Crafty Capers 1 Sutherland Street Monday 27 June Monster High Girlfriends, 5-14 years Tuesday 28 June Indian Warriors, 5-12 years Shenanigans with Shopkins, 7-16 years Wednesday 29 June Fluttering Fairies, 5-12 years Jurassic Adventures, 5-14 years Thursday 30 June Magical Moments, 5-14 years Ride 'em Cowboy! 5-12 years Friday 1 July Space Galaxy Nine, 5-12 years Skateboard Graphic Art, 6-17 years Monday 4 July Melted madness, 5-14 years Minecraft lamp shade, 5-16 years All workshops \$20, plus product costs. Bookings essential 0428 871 010 If you have a youth event contact michelet@gladstonerc.qld.gov.au



GLADSTONE
State High School

Dates to Remember

13th - 17th June - Yr 11/12 Exam Block

20th - 24th June - Early Childhood year 12 workplacement

22nd - 23rd June - Athletics Carnival

25th June - 10th July - School Holidays

19th July - Volunteering New Auckland Place

25th - 29th July - Work Experience block two

30th July - Relay For Life



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

QLD State of Origin team visit

Dear Parent / Guardian

As has been advertised recently the Qld State of Origin team will be in Gladstone on Tuesday 14th of June. As a school we have 62 students participating in the coaching clinics. Those students will have received a letter and permission forms.

As a school we will not be participating in the street parade.

It is exam block for year 11 and 12 students and we have not scheduled any exams for this time. For years 7-10 it will be a normal school day. If students are going to the parade they need to be with their parents and will need to be signed in and out of school. No student will be allowed to sign-out without a parent present.

Message from the YSC

I would like to introduce myself to the Gladstone State High School community. My name is Tim Andersen and I have taken over as Youth Support Co-ordinator for Matt. We are heading into the business end of term and students can start to feel a lot of pressure. There are a few easy habits we can do every day to ensure we have better days.

1. Have a drink of water as soon as you wake up.
2. Eat Breakfast (avoid high sugar, high fat content).*
3. Sleep 8 hours a night.
4. Exercise/ stretch your body daily.
5. Plan time for assignments
6. Talk to someone if you feel like if your work load is unmanageable, help is available for every single student.

Parents/ carers:

- Raising children can be difficult. Gladstone State High would like to support you as much as possible. If you are having a hard time at home with your children there is no need to suffer in silence, you have not failed. Support is available for everyone wanting to improve their situation. If you know you need assistance in any area of life please contact us, your families -wellbeing depends on it.

- We understand parenting is hard at times. Especially when life seems to be working against you. If you do feel like you're not coping there are several ways we can help. Get in touch with me on 0413 199 506 or email tande255@gmail.com.

Community assistance:

- I am putting out a call for any assistance from the community in regards to engaging our students in employment, so if you own a business or know of a business looking for junior staff please email me at tande255@eq.edu.au and I will call you directly.

- PCYC is running a program called 'Brake the Cycle'. It is aimed at getting students drivers' licences. They are looking for adults who can donate an hour or so a week to mentor a student. If you can help out call Melissa Mayers on 0417 076 462.

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



GLADSTONE
State High School