Words from our Guidance Officers

National Day of Action against Bullying and Violence

The sixth National Day of Action against Bullying and Violence is being held on Friday, 18th March 2016. This annual day is Australia’s key anti-bullying event for schools, and encourages all students to ‘take a stand together’ against bullying and violence in schools, the classroom and beyond.

Bullying is when a person hurts someone else on purpose, time and again. The hurt can be physical or emotional. Bullying can be physical, verbal (also can be via the mobile and computer), social, racial or sexual. It happens at any age (and is not just limited to children). Its effects can be lifelong and may contribute to depression, low self-esteem, shyness, poor academic achievement, isolation, and even threatened or attempted suicide.

What can parents do?
Look for the possible signs of bullying

Is your child:
• frightened of walking to or from school, or going on public transport, or going to a certain place that didn’t disturb them previously
• Feeling ill in the mornings – tummy ache, headache, nausea
• Becoming withdrawn
• Having possessions ‘go missing’ or regularly having their possessions/clothes destroyed
• Becoming aggressive and unreasonable and may begin to bully others
• Having nightmares
• Getting hurt or bruised regularly with no given explanation
• Putting themselves down, unhappy
• Doing poorly in their school work
(NB: Some of these signs may also be the signs of an unwell child)

If you are worried:
• Ask your child directly and encourage them by saying you are concerned and want to support him/her. Make time to listen – encourage your child to describe what happened, how often, when, where
• Avoid passing judgement, interrogation, over-reacting or offering advice too soon – it may backfire, and they clam up and don’t want your involvement
• Ask your child what they have tried already to deal with the problem – did it work, what happened when they tried a particular strategy
• Acknowledge that a problem exists – Let them know that bullying is not acceptable and that you both will figure out a constructive way of sorting out the problem (brainstorm ideas). Get them to give one of the ideas a go. Review the outcome. Praise your child for trying new strategies and evaluate if things are improving
• Support your child to report the bullying using the Bullying and Harassment form available at school
• Consult the Bullying No Way! Website www.bullyingnoway.com.au
• If the problem persists or escalates, if it is happening at school arrange a conference with the child’s teacher, Year Co-ordinator, Deputy Principal or Guidance Officer.

You are the best advocate for your child. Keep pushing until the matter is resolved.

Adapted from Relationships Australia Info Sheet #18 December 2000
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.

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.

Chappy Chat

Only 2 weeks to go to the end of Term 1. At this stage of the term teenagers can sometimes become quite stressed with their upcoming assessments. They may be unable to explain their heightened anxieties and fears and may become more difficult at home. Whilst their emotional brain pathways are certainly operational, their “long-term decision making/rational reasoning” connections are still developing. So at this stage of their lives, they tend to be driven by their hormones and passions and haven’t quite nailed the discernment required for lots of decisions. They are vulnerable to irrational feelings and decisions and so more than ever, need quiet effective communication and a strong sense of love from those that they value.

Sometimes, as parents, we try to show our interest with a barrage of questions “How was school? Did you get that result back on your spelling test? Did Jo finally talk to you?” etc. Sometimes, being still and waiting for them can be more helpful e.g. “Hi, budd/sweetie. Nice to see you. Hope your day was good. Love to hear what’s on your mind if you feel like talking.” Then be still and wait for them to share. Keep your responses less talkative then theirs and don’t worry about silences or their choice to listen to their music.

When it comes to corrections, they know when “it’s all gonna come down” and your agenda will be sabotaged by arguments over their angry/accusing responses. Instead, a simple (but quiet) “we need to talk about this, so if you just can give me a minute” and briefly acknowledge that the deal you agreed on doesn’t appear to have worked, acknowledge that it’s not about punishing or making them feel guilty, but about putting a plan together that gets the job done. A big part of our role, as a parent, is to teach our child how to achieve what they need to in this world, use their strengths to have success and encourage them so that they feel valued and resilient throughout their ups and downs.

It’s obvious that teenagers love fun rather than pain – the pain of jobs that have to be done, the pain of adult responsibilities, the pain of unhappy adults. Teenagers are passionately drawn to fun and hence they will tend to follow an adult who’s having fun in life rather than being problem orientated.

Oh my – I read that and shudder! In this ever-demanding world, we are more often than not, too overtired and stressed and it’s difficult to just be content that we are alive and have all sorts of possibilities. Sometimes as an adult, I forget to laugh – laugh at the little things, laugh at mistakes, laugh just to bring a smile to someone’s face. Be honest and open. If you’re too stressed to negotiate, ask that they “get going on what homework you can do” and “once I’ve got my emotions under control, I will sit down and together we can come up with a plan.” Take some time to be still/make you smile for your own sanity and be sure to stand by what you have said and find time to discuss ideas that are “do-able” for your situation. Try to have some fun amongst your discussions rather than “a straight down the line mission to be accomplished”. Enjoy the person within your child. Be honest and if there’s a lesson that you want them to learn, stay clear about what you see as important, your reasons, and your hopes. Enjoy the journey of helping someone you love to develop a picture of what they want to be like as an adult, and to grow in them a sense of hope and promise for a successful future.

The best chance you’ll always have is to “be quick to listen and slow to speak.” Sometimes, to be a good sport, you have to lose to prove it. Understand that you may not always be right. You need to be able to disagree without being disagreeable. There’s an old Chinese proverb that says “If you are patient in one moment of anger …, you will escape a hundred days of sorrow.” And every relationship needs forgiveness. Be it adult or child, life is the continuous process of getting used to things we hadn’t expected – making the best of it all allows you the presence of mind to enjoy the journey.

If you would like to contact either Jarek or myself, please know that you are welcome.
I can be reached on ykamh2@eq.edu.au Ph: 49766 162 (Mon – Fri)
And Jarek is jreah0@eq.edu.au Ph 49766183 (Tues-Thurs)

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.

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Quick News

Junior Secondary Phase of Learning

Junior Secondary refers to the education of students in Years 7, 8 and 9. At Gladstone State High School we strive for the best with our students in all areas by setting high expectations and valuing individuals.

Philosophy

Success in Junior Secondary comes from engagement in learning and building relationships. Junior Secondary at Gladstone State High is built around a caring, supportive environment enabling students a smooth transition from Primary school and into senior studies. Students feel a sense of belonging and in such an environment strong teacher-student relationships are created, developed and nurtured so each student can Reach for the Stars!

Shared decision-making and active participation along with a rigorous curriculum help to cultivate successful lifelong learners. Students are able to strive for success by harnessing their individual strengths to ensure they become strong, independent learners well equipped to choose the right pathway for senior and beyond.

Congratulations Alana!

Technical College would like to congratulate Alana on gaining her traineeship in Certificate III in Retail operations with Park Street News and Gifts. Well done Alana!

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National Youth Week

Friday 8 - Sunday 17 April 2016

Be the Future

Mural Youth Breakfast Friday 5 April 7:00am Recognition of our young people’s achievements

Move Night weekend 8-9 April Glenwood Community Event More time to relax and have fun

Mosaic Sleek Stone Workshop Friday 4 April Garden Street Bunting Park, Collopa Ages 16 - 25 years 10:00am - 1:00pm

Share Night Govan Community Event Food and drinks for sale

Skateboard, Scooter & BMX Camp Photography Workshop Sunday 10 April Ages 16 - 25 years 10:00am - 2:00pm

Nutrition - Cooking on a Budget Monday 18 April Maitland Library 5:30pm - 8:00pm Eligible for one free tickers to Gladstone Boulders Essential

Resume Preparation Workshop Monday 14 April Gladstone Community Service 6:00pm - 8:00pm

Open Day @ Rosedale Community Services Tuesday 12 April Rosedale Memorial Gladstone Community Event 9:00am - 10:00am For information phone 4972 9000

Social Entrepreneur Workshop Wednesday 13 April CQUni Gladstone UQ Gladstone 6:00pm - 8:00pm Free tickets to Gladstone Boulders Essential

Presentation Friday 15 April Kimba Vale Library Gladstone Community Event 9:00am - 10:00am 16am Vale SHS students will present multimedia book to the Library

Futuristic Workshop Saturday 16 April Gladstone Technion Quton Rd Gladstone 16 - 25 years 10:00am - 1:00pm Individual & team event Bookings Essential Make functional designs from Recycled materials

Children under 12 years must be accompanied by an adult at all community events and workshops

Bookings and information phone 07 4976 6300 or verenett@gladstone.qld.gov.au

Half Price Registration!

The Gladstone Mudcrabs are offering half price registration for all u13, u15, & u17 players

18 years old but never played before? You are still eligible to play with u17s!

Already a Junior Mudcrab?

- Register a friend in u13s, u15s or u17s and get free merchandise!
- Register more than one friend & go in to the draw to win a new Sherrin football with Muddies logo!
- Remember, girls play too!

Training times:

15s & 17s: Mon & Wed @ 5pm

13s: Tues & Thurs @ 4:30pm

Lights On @ Collopa Skate Park Friday 15 April Bunting Park, Avenue St Community Event 6:00pm - 9:00pm Random prize to be drawn on the night

Futuristic Workshop Saturday 16 April Gladstone Technion Quton Rd Gladstone 16 - 25 years 10:00am - 1:00pm Individual & team event Bookings Essential Make functional designs from Recycled materials

Family Fun Day Sunday 17 April Yarraman Park Urraween Gladstone Community Event 10:00am - 2:00pm Young people aged 12-25 years will be in the running to win a scooter
WHAT IS BULLYING?
Bullying is any repeated action against a person that is done on purpose to hurt, offend or upset them.
1. It can be verbal such as name calling and spreading nasty or untrue rumors.
2. It can also be through text messages and over the internet, which is known as cyber bullying. Some examples where it occurs are through Facebook, MSN and My space
3. Physical bullying is pushing, shoving, kicking, hitting or throwing things at the person.

People can also get picked on due to cultural background, sexuality or even the way they look or dress. Other examples of bullying is being excluded from friendship groups and even staring and giving dirty looks at someone in order to intimidate them. Others find their personal belongings taken from them and hidden.

Bullying can happen anywhere but it is totally unacceptable. If you are on the receiving end it can really affect one's mental health.
Some signs of bullying are:
• loss of confidence
• changes in eating or sleeping habits
• headaches or stomach aches
• unhappiness or mood swings
• reluctance to go to school
• drop in grades at school

This information is from - The Bullying No Way website - www.bullyingnoway.gov.au
For further information contact one of the school support staff or Kid’s Helpline by phoning: 1-800-55-1800
Why bullies do this and what one can do if being bullied, will be discussed in the next couple of Newsletter articles.

Regards Amanda, School Based Youth Health Nurse
Eagle Boys Pizza
We are currently looking for enthusiastic and quick thinking staff members that have a knack for customer service. Applicants need to be available to work from after school until 9/9:30 and until 10pm Friday/Saturday. During a school week applicants would be rostered to work a maximum of 12hrs/week, 4hrs/day, until 10pm on applicable nights. We are looking for delivery drivers and in-store staff. Drivers must have access to their own car for delivery in the event the company cars are already in use. Please note - a delivery drivers car is covered under the business insurance policy and these details can be provided to the successful applicant. All necessary training will be provided.

Application forms can be downloaded via the link at the bottom of this website https://www.eagleboys.com.au/Corporate/Careers

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.

Next Step Survey
Dear Parents, 2015 graduates and siblings of 2015 graduates, The Next Step survey is a statewide destination study of all students who completed Year 12 in the previous year. The 2016 Next Step survey of 2015 Year 12 completers will soon commence. The survey provides a comprehensive picture of the employment, study and life choices made by Queensland school completers, and allows schools to track local trends with statewide and regional trends. We are encouraging all 2015 graduates to complete the survey, when it is sent out. The data that we receive as a school, helps as to make decisions about future pathways that we can offer the students at GSHS.

So please spread the word, to all the 2015 graduates, about the importance of completing this survey when it arrives. Thank you.

ABORIGINAL AND TORRES STRAIT ISLANDER PEOPLES SCHOOL BASED TRAINEESHIP PROGRAM

AFL SportsReady, through our Warumilang Program, have partnered with Kmart for a few years now, to provide young Aboriginal and Torres Strait Islander People with employment opportunities.

Kmart would like to host Aboriginal and Torres Strait Islander Students in Year 10 or Year 11, who may be interested in undertaking a School Based Traineeship with them. They are looking to employ two trainees, so that the trainees can support each other, at each of the following stores:

- Cairns, Smithfield
- Cairns, Mt Sheridan
- Cairns, Central
- Innisfail
- Townsville, Fairfield Central
- Townsville, Aitkenvale
- Mt Isa
- Mackay
- Gladstone
- Bundaberg
- Hervey Bay
- Maroochydore
- Caboolture
- Chermside
- Indooroopilly
- Mt Ommaney
- Redbank
- Ipswich
- Sunnybank
- Calamvale
- Loganholme
- Woodridge
- Mt Gravatt
- Wynnnum
- The Pines, Elanora
- Victoria Point
- Oxenford
- Helensvale
- Robina
- Tweed Heads
- Lismore
- Ballina
- Armidale

We are looking for young people who are motivated, reliable, would enjoy a customer service role and learning the operations of a big business which may lead to employment after school.

The trainees will undertake a nationally recognised Certificable II or III Retail qualification as part of their senior studies.

Our Warumilang Mentor, Marcia Laurie, will play a key role in coordinating, monitoring and mentoring the successful applicants, along with our Field Officers, Kylie Drum and Christine Keider.

For more information or to apply, please contact Toni Meyer-Gleaves on the below details.

Toni Meyer-Gleaves
Administration Officer
toni.meyer-gleaves@aflsportsready.com.au
(07) 3217 3500
Port Curtis School Sport Trials

Date-claimer for Term 1, 2016

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<thead>
<tr>
<th>Date</th>
<th>Sport</th>
<th>Age Group</th>
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<tbody>
<tr>
<td>Monday 1st February</td>
<td>Boys Cricket</td>
<td>15 - 19 Years</td>
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<tr>
<td>Monday 8th February</td>
<td>Boys &amp; Girls Swimming</td>
<td>10 – 12 Years</td>
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<td>Monday 1st February</td>
<td>Boys &amp; Girls Tennis</td>
<td>U19 Years</td>
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<td>Monday 1st February</td>
<td>Boys &amp; Girls Softball</td>
<td>16 – 19 Years</td>
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<td>Nominations close</td>
<td>Boys &amp; Girls Water Polo</td>
<td>13 – 17 Years</td>
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<td>Nominations close</td>
<td>Boys &amp; Girls Swimming</td>
<td>13 – 19 Years</td>
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<td>Tues 9th February</td>
<td>Boys &amp; Girls Volleyball</td>
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<td>Tuesday 9th February</td>
<td>Boys &amp; Girls Basketball</td>
<td>16 – 18 Years</td>
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<td>Nominations by Thurs</td>
<td>Boys &amp; Girls Surfing</td>
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<td>Thursday 11th February</td>
<td>Boys Rugby Union</td>
<td>16 – 18 Years</td>
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<td>Tuesday 16th February</td>
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<td>Tuesday 16th February</td>
<td>Boys Rugby League</td>
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<td>Tuesday 16th February</td>
<td>Boys Hockey</td>
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<td>Tuesday 16th February</td>
<td>Girls Netball</td>
<td>13 – 19 Years</td>
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<td>Tuesday 16th February</td>
<td>Boys &amp; Girls Squash</td>
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<td>Monday 15th February</td>
<td>Boys &amp; Girls Basketball</td>
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<td>Tuesday 16th February</td>
<td>Girls Hockey</td>
<td>U19 Years</td>
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<td>Thursday 3rd March</td>
<td>Boys &amp; Girls Football</td>
<td>16 – 19 Years</td>
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<td>Thursday 3rd March</td>
<td>Boys &amp; Girls AFL</td>
<td>10 – 12 Years</td>
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<td>Thursday 3rd March</td>
<td>Boys AFL</td>
<td>13 – 15 Years</td>
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<td>Friday 4th March</td>
<td>Rugby League</td>
<td>10 Yr &amp; 10 - 12 Years Boy</td>
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<td>Thursday 10th March</td>
<td>Boys Rugby League</td>
<td>11 &amp; 12 Year Boys</td>
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<td>Thursday 10th March</td>
<td>Netball</td>
<td>10 – 12 Years</td>
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<td>Thursday 17th March</td>
<td>Boys &amp; Girls Hockey</td>
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<td>Thursday 17th March</td>
<td>Boys &amp; Girls Football</td>
<td>10 – 12 Years</td>
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<td>Tuesday 22nd March</td>
<td>Boys &amp; Girls Touch Football</td>
<td>13 – 18 Years</td>
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BYOx News

If you have returned your BYOx application to the office and have not yet paid your $50, please do so as soon as possible at the Cashier window Gladstone State High School office. You will not be receiving an invoice for this program. If you require further information on this program, please email byox@gladstonshs.eq.edu.au

GHS 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