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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- Becoming withdrawn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

If your child talks to you about bullying:

1. Listen calmly and get the full story.
2. Reassure your child that they are not to blame.
3. Ask your child what they want to do about it and how you can help.
4. Visit www.bullyingnoway.gov.au to find some strategies.
5. Contact the school.
6. Check in regularly with your child.



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



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

SCHOOL ABSENTEE LINE

4976 6158

SCHOOL OFFICE LINE

4976 6111

Chappy Chat

Quick News

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



Date Claimer:

**Tour de Chaplain
Saturday 23 July**

Details coming soon

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 than 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 ykamd2@eq.edu.au Ph: 49766 162 (Mon – Fri) And Jarek is jreah0@eq.edu.au Ph 49766183 (Tues-Thurs)



GLADSTONE
State High School

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!



National Youth Week Friday 8 - Sunday 17 April 2016

"Be the Future"

Mayors Youth Breakfast

Friday 8 April
Tondoon Gardens
7:30am
Invitation only
Recognition of our young people's achievements

Mosaic Stepping Stones Workshop

Friday 8 April
Garden Shed, Bunting Park, Calliope
Ages 10 - 25 years
10:30am - 1:30pm
bring snacks and drink
Bookings Essential

MakeUp Workshop

Friday 8 April
Gladstone Community Advisory Service
Ages 14 - 25 years
9:00am - 12:00pm
1:00pm - 4:00pm
Bookings Essential

Movie Night

Oddball
Saturday 9 April
BITS Oval
Community Event
Movie starts 6:30pm
Food and drink for sale

Skateboard, Scooter & BMX Comp

Photography Workshop
Sunday 10 April
Agnes Water Skate Park
Community Event
10:00am - 2:00pm

Nutrition - Cooking on a Budget

Monday 11 April
Government Building Cnr Oaka Ln & Roseberry Sts
Ages 15 - 25 years
10:00am - 12:00pm
Wednesday 13 April
6:00pm - 8:00pm
Bookings Essential

Resume Preparation

Monday 11 April
Boyne Tannum
Community Centre
6:00pm - 8:00pm
Thursday 14 April
Gladstone Community Advisory Service
Ages 15 - 25 years
10:00am - 12:00pm
Bookings Essential

Make your Money Work for you Tax and Superannuation

- Medicare Levy
- deductions
- private health

Tuesday 12 April
Community Advisory Service, Gladstone
Ages 15 - 25 years
6:00pm - 8:00pm
Presented by Tina from Sothertons Gladstone
Bookings Essential

Open Day @ Roseberry Community Services

Tuesday 12 April
Flinders Pde, Gladstone
Community Event
4:00pm - 6:00pm
For information phone 4972 8200

Social Entrepreneur Workshop

Wednesday 13 April
EQIP Gladstone
Boles St, Gladstone
Ages 15 - 25 years
6:00pm - 8:30pm

Presentation

Friday 15 April
Miriam Vale Library
Community Event
9:00am - 10:00am
Miriam Vale SHS students will present refurbished furniture to the Library

Lights On @ Calliope Skate Park

Friday 15 April
Bunting Park, Archer St
Community Event
5:00pm - 8:00pm
Random prizes to be drawn on the night

Futuristic Workshop

Saturday 16 April
Library Square
Goondoon St, Gladstone
Ages 10 - 18 years
10:00am - 1:00pm
Individual & team event
Bookings Essential
Make functional items from Recycled materials

Family Fun Day

Sunday 17 April
Yarvun Rec Grounds
Calliope River Road
Community Event
10:00am - 2:00pm
Young people aged 12-25 years will be in the running to win a scooter



FREE EVENTS



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

Bookings and information phone 07 4976 6300 or vermetap@gladstonerc.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



Michael Galonski 0400 746 801
gladstonemudcrabs@outlook.com

Register online:
www.mudcrabs.aflq.com.au

Careers Corner

Defence Force Experience

Students 15 years or older have the opportunity to do Defence Force Work Experience. Information on how to apply for this work experience is available from:

Mr. Hooley, Mrs Christopoulos both located in K Block or Mr. Jackson located in D Block.

With this work experience students will need to source their own transport and accommodation.

Quick News

Big Science ICAS Comp.

Applications for Big science and ICAS competitions are invited from students from year 7-12. If you are interested please come and see Miss. Mathew in science staffroom.

Action Against Bullying.

The 6th National Day of Action against Bullying and Violence is this Friday, 18 March. This annual day is a day for us to encourage us all to 'take a stand together' against bullying and violence in schools, the classroom and beyond. Together, we can all deliver a powerful message that bullying and violence is never okay. GSHS Bullying and harassment Policy is in the Planner pages 34 and 35.

PBL Winners

Congratulations to Bryan M 7P1 who has won the weekly PBL draw.

We have put all the signature cards and out of class cards to date together and the winner of this week's draw is Rosella G 10D3.

Well done!!

Nurse News

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.

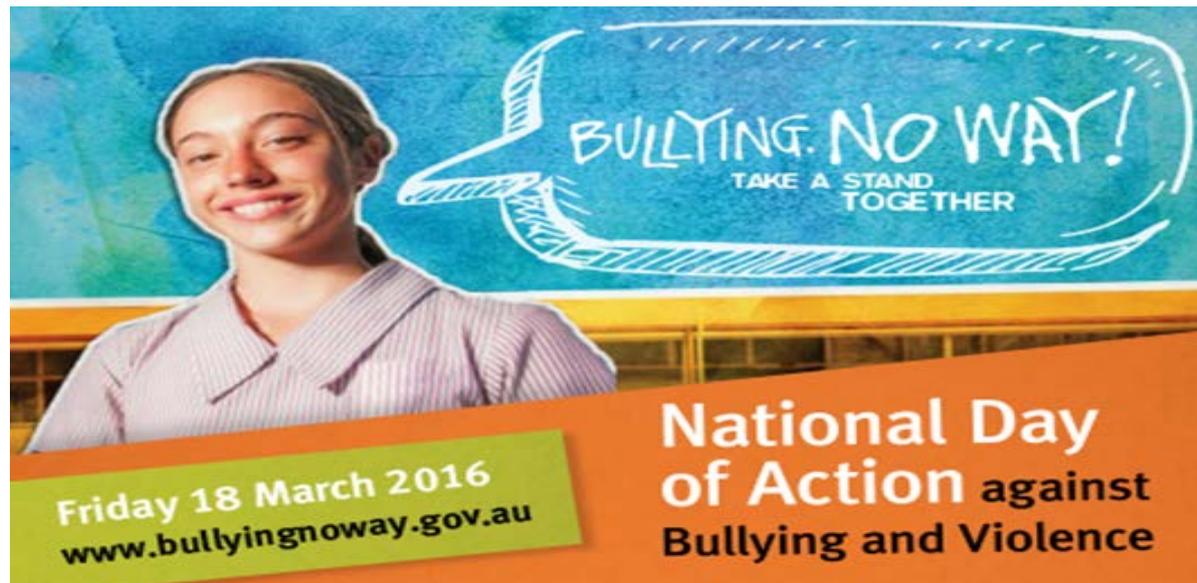
Some signs of bullying are:

- 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

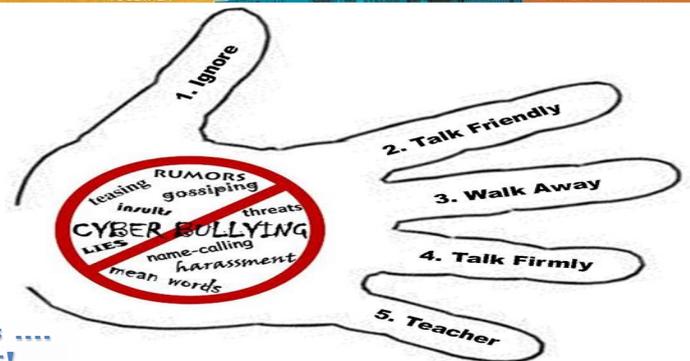
This information is from - The Bullying No Way website - www.bullyingnoway.gov.au

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



Can be you, me, all of us
Take a stand together!



Career Corner

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

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
- Cherside
- Indooroopilly
- Mt Ommaney
- Redbank
- Ipswich
- Sunnybank
- Calamvale
- Loganholme
- Woodridge
- Mt Gravatt
- Wynnum
- 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 Certificate 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 Kelder.

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

Applications are to include cover letter, resume and most recent school report. **Applications close on Thursday, 24 March 2016, 5.00pm.**

Toni Meyer-Gleaves
Administration Officer
toni.meyer-gleaves@afisportsready.com.au
(07) 3217 3500

Port Curtis School Sport Trials

Date-claimer for Term 1, 2016

Monday 1st February	Boys Cricket	15 - 19 Years
Monday 8th February	Boys & Girls Swimming	10 - 12 Years
Monday 1st February	Boys & Girls Tennis	U19 Years
Monday 1st February	Boys & Girls Softball	16 - 19 Years
Nominations close N/A	Boys & Girls Water Polo	13 - 17 Years
Nominations close Tues 9th February	Boys & Girls Swimming	13 - 19 Years
Tuesday 9th February	Boys & Girls Volleyball	13 - 19 Years
Tuesday 9th February	Boys & Girls Basketball	16 - 18 Years
Nominations by Thursday 11th February	Boys & Girls Surfing	U18 Years
Thursday 11th February	Boys Rugby Union	16 - 18 Years
Tuesday 16th February	Girls AFL	13 - 16 Years
Tuesday 16th February	Boys Rugby League	13 - 18 Years
Tuesday 16th February	Boys Hockey	U19 Years
Tuesday 16th February	Girls Netball	13 - 19 Years
Tuesday 16th February	Boys & Girls Squash	U19 Years
Monday 15th February	Boys & Girls Basketball	10 - 12 Years
Tuesday 16th February	Girls Hockey	U19 Years
Thursday 3rd March	Boys & Girls Football	16 - 19 Years
Thursday 3rd March	Boys & Girls AFL	10 - 12 Years
Thursday 3rd March	Boys AFL	13 - 15 Years
Friday 4th March	Rugby League	10 Yr & 10 - 12 Girls
Thursday 10th March	Boys Rugby League	11 & 12 Year Boys
Thursday 10th March	Netball	10 - 12 Years
Thursday 10th March	Boys & Girls Hockey	10 - 12 Years
Thursday 17th March	Boys & Girls Football	10 - 12 Years
Tuesday 22nd March	Boys & Girls Touch Football	13 - 18 Years

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



Dates to Remember

18th March 2016 - Anti Bullying day

21st - 24th March 2016 - Year 12 Exam Block

23rd March - 7/8 Immunisation

24th March - Free Dress Day

28th March 2016 - Public Holiday

29th March - 10th April 2016 - School Holidays

11th April - Term 2 starts



P&C AGM and General Meeting

Is on the 21st March 2016 in the Administration Block
AGM starts at 6.30pm
Followed by a General Meeting at 7pm
All parents/carers are welcome



SCHOOL PAYMENTS

- BPOINT - AVAILABLE FOR PAYING INVOICES. PLEASE SEE BOTTOM OF INVOICES FROM NOW ON

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

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