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Relay For Life

Gladstone State High had 4 teams participate in Relay For Life which consisted of two Year 12 teams, the GSHS Interact Club team and a teacher’s team, the Caped Crusaders. Combined our teams raised a total of $9500 with the Caped Crusaders taking the honours of the highest fundraising team for the whole event. There was also a large contingent of other GSHS students and families participating in the event which was great to see. Special mention has to go to Sierra Knopke who has so far raised $3012 individually as well as Miss Rudd, Zoe Calis and Miss Dare who are all in the top 10 highest fundraisers for the event also. In total the event has raised over $85 000 this year. We would like to thank all the staff, students and families for participating and ensuring that the event was a success. We look forward to next year’s event.
Port Curtis Athletics Trials

The 13-19 years Port Curtis Athletics Trials were held over 2 days recently. All athletes represented GSHS extremely well and there were many notable performances which resulted in GSHS taking home the trophy as the winning school.

Some of these included:

- Ashley H being successful in 5 events to see her winning age champion for Under 14 girls
- Ilanda C broke the triple jump record for Under 14 girls with a jump of 10.04m
- Maddison S broke the discus record with a throw of 38.94m
- Jayden B came extremely close to breaking the high jump record and although not successful in doing this won the event with a huge jump of 1.88m, beating his open school record of 1.85m
- All relay teams performed very well with 2 first placings, 2 second placings and a third which greatly helped the overall point tally for our school
- A huge input from the multi class athletes who made valuable contributions to the overall total and showed excellent sportsmanship

There were many other great demonstrations of skill across a range of events which has resulted in 23 students being selected to represent Port Curtis at the Capricornia trials on the 22nd and 23rd August. We wish them all the best at this next stage to qualify for state titles.

The 12 and Under Port Curtis Athletics trials were also held on Friday 22nd July at Boyne State School. A small and very enthusiastic group of students competed in the 12 years events. From this, 3 students were selected to progress into the Capricornia trials which are being held at the same time as the 13-19 years students in Rockhampton. Notable performances from this day were Keeley H in the long jump and 100m, Morgan P in the 100m and Logan S in the 200m. Photo right: Keeley H
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.

Year 12 Business Management

On Monday the 1st of August the year 12 Business Management students were glad to arrive at school at 6:00am. Why were they there? For none other than the amazing Bundaberg Brewed Drinks trip. They arrived in Bundaberg full of joy and excitement as they got to finally see where all those beautiful drinks were brewed. The staff at the Bundaberg Brewed Drinks welcomed them with open arms and provided a wonderful experience in order to further their educational needs, specifically to assist on their Change Management assignment. Overall, it was a thrilling experience to take part in and the students hope that this trip continues for further classes in the future.
**CQ HPV (Human Powered Vehicle)**

Excitement is building for the Hopelink CQ HPV (Human Powered Vehicle) challenge held in Benaraby. Now in its fourth year and with its largest subscription of thirty teams, 2016 will be the first time GSHS has taken five teams of students. The event requires students to race a recumbent bicycle around a specified track for 8hrs. The event has become an excellent training ground for our teams as they gear up for the pinnacle event held in Maryborough during September where they will race for 24hrs.

The challenge allows students to practice riding the bikes, improve their changeover times as well as ensuring the bikes are mechanically sound. More importantly it will be a day of fun, cheering their team mates on as well as stretching themselves to new challenges.

Team makeups consist of two junior teams and three senior teams, with students prepping hard to ensure that there are no mechanical issues that effected the teams last year. Students are aiming to beat last year’s phenomenal times that allowed GSHS teams to take of 2nd, 3rd and 4th in various divisions.

Good Luck Students!

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**QLD Secondary Schools Team Tennis Competition**

Four students represented Gladstone SHS at a recent Regional competition for Team tennis. Dan C, Thomas L, Jonathan E and Mitchell S were fantastic sporting ambassadors for our school achieving second place overall. The students versed teams from schools in Biloela and Rockhampton up at the Rockhampton Tennis Centre. Students played a singles game and a doubles game against each participating school, which meant lots of tennis in just one day. These same boys can compete again next year, and we are expecting another tight tussle.
Chappies Chat

Goodness, it’s half way through the term! Students’ attentions are turning towards assessment. Help them to take a few minutes each day to “chill” (destress/relax): many examples can be found on the internet, but common ones include breathing exercises, music, exercise, mindfulness activities and prayer.

As I promised, I will continue sharing some of the information that I gleaned from our Scripture Union School Chaplains’ Conference. This week I will focus on “Girls and Women” (again presented by Steve Biddulph).

Steve began by saying that if a “girl is going off the rails it comes to the fore at fourteen, but the reasons begin very young at about two years of age. He expressed his concern at how our current world treats women. Not too long ago, the corporate sector hired psychologists to find a niche gender difference between boys and girls. They identified that girls are socially tuned and advertisers realized that that made girls vulnerable. They have basically targeted the eight year old market knowing that if you can create “the need” to be dressed in certain ways, then the corporate sector would have girls on board for the rest of their life. This has become very evident in the premature sexualisation of young girls. The media teaches girls that:

- Your appearance is the most important thing about you
- Your body is never good enough
- Sex is what you trade for love and affection
- It’s fine/normal to have sex with people you don’t know/even like

There’s a third parent in every family – that being social media/television. It is really essential that we sit and hear our girls (listen to their story) regularly and let them know that they are loved JUST as they are and encourage them in their strengths. We all face the ravages of time as our physical body ages, but our inner self can continue to grow in love and compassion making our own lives peaceful as well as though around us.

If there is anything in what I’ve said that matches your heart/mind, then trust your quiet sense to take it with you in your journey.

Have a great week,

Yvonne and Jarek (ykamh2@eq.edu.au) (jreah0@eq.edu.au) (Ph 49766162)

Quick News

AIME Students
AIME Year 9, 10 and 12 Indigenous Students
18th August is our next AIME day. Please collect forms if you have not already done so from Mrs Keefe or Mr Beezley.

Year 7 All Rounder Awards
The All Rounder Award recognises efforts in Academic, Cultural, Sporting and Service Achievements. To be considered for this award you need to come to E block to collect nomination forms and have them submitted to your year level coordinator (Mrs Sheppard) by Term 3 Week 8, Friday 2nd September.

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.

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**Junior Secondary News**

In Junior Secondary at GSHS, we are continually encouraging our students to ‘Reach for the Stars.’ This is not only achieved through our better known opportunities such as sporting competitions, academic excursions and community involvement but also through programs that focus upon the development of resilience, persistence and increased self-awareness of personal strengths and weaknesses etc. These attributes are vital for the development of future leaders and well-rounded citizens.

This term, as a result of the hard work of our school support staff, we are able to deliver such programs to 11 separate groups of students. This is no mean feat, and one that we are very proud of. Our aim is for all students in Junior Secondary to be able to participate in such a program (one that we are still working towards).

The programs this term include: **Drumbeat, Strength, My Life Rules, Shine, BRICKS and VITAL**. Below are some comments from our students about the programs so far……

“It’s fun!”

“We are making relationships while we are having fun.”

“I’ve got a better understanding of how relationships work.”

“It’s good how we all get a long together”.

“I love that there’s lots of laughing.”

“It’s calm, stress free.”

“I feel safe, as though I won’t be embarrassed.”

“We learn the different rhythms and how we can express ourselves.”

“I like the way it helps us deal with stress.”

“Brick is a lovely safe place where you can be yourself and it amazing to feel like that.”

If you would like any more information about these programs, please contact Vanessa Randazzo at GSHS.

**Dental Assistant Position**

Fanelli Dental are looking for a young person to take on as a Dental Assistant/Nurse.

They would ideally like a Year 12 student who is not planning on leaving town and would like to make a career of the position.

No prior experience required but they want someone with lots of personality who would be able to speak with patients.

If you have any students who would be interested in this role please have them go into Fanelli Dental (Goondoon street) with a resume and see Judy Fanelli.

**Year 12 Eligibility**

The current Eligibility status of the Year 12 students is published outside the Year Co-ordinator staffroom. If students have not met this criteria they are able to submit a written letter of appeal to the principal for consideration. This letter must be received by Friday 19th August in order to be considered eligible for the Year 12 Prom. Students must then remain eligible until officially being invited in Term 4. This date has been set for appeals to be received to allow for a review time and for organisation of the event. Any questions regarding this process can be directed to the Yr 12 Co-ordinator Mr Tristan Nietfeld on 49 766 179.
Dates to Remember

40 Hour Femine
19th August - 21st August
Volunteering New Auckland
Place
23rd August
QCS Testing
30th August - 31st August
Exam block years 11 and 12
5th September - 9th September
HPV Competition
9th September - 11th September
Year 7 Camp
12th September - 16th September
School Holidays
17th September - 2nd October

Readers Cup 2016

The team, Sazha M, Allison C, Sarah W, Sierra K and Ashlei B performed extremely well. For the second year in a row we came second by a very small margin. This was extremely frustrating as there are lots of students involved from many schools in our region, but the winning school gets to host the next year’s cup. So this year we went to Blackwater SHS and that is where teams must go again next year!

Students all enjoyed reading the five allocated books and then showing off their knowledge about them. This competition is open to students in year 7 and 8 and we are allowed to enter two teams from a school. I would encourage other students to become involved in this fun challenge in 2017.

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@gladstoneshs.eq.edu.au

- 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