Words from our Guidance Officers

Career Information Bulletins

Gladstone State High School subscribes to a fortnightly careers information bulletin. The Options Career Information Bulletin provides current and informative career information and opportunities for all high school students. It covers information about university offerings, alternative pathways, QTAC updates, rewarding GAP year options, information about occupations and much more. These bulletins will be emailed to all families and Year 10, 11 and 12 students each fortnight. It may be helpful to read and discuss this information with your children as a way of assisting them with their career journey.

You should receive the first career information bulletin shortly. The below information regarding skills shortages in Queensland is provided in the first bulletin and may be useful for students who are still considering their future job options. If any student would like to discuss their career journey the Guidance Officers, Luke Jackson and Katrina Dalton are available for appointments in D block.

Skill shortages in Queensland.

Something to consider when exploring future jobs is employment prospects i.e. what are your chances of getting a job when you finish your education/training. One step in this process is to explore the skill shortage areas in Queensland.

The latest Queensland skill shortage information (assessed 2014-2015) from the Commonwealth Department of Employment (see http://docs.employment.gov.au/documents/skill-shortage-list-queensland) includes the following jobs:

State-wide shortages
- Surveyor
- Sonographer
- Motor Mechanic (General)
- Sheetmetal Trades Worker
- Metal Machinist (First Class)
- Cabinetmaker

Regional shortages
- Child Care Centre Manager
- Special Education Teachers
- Medical Diagnostic Radiographer
- Optometrist
- Midwife
- Registered Nurse
- Civil Engineering Draftspersons and Technicians
- Diesel Mechanic
- Motorcycle Mechanic
- Welder (First Class)

Metropolitan shortages
- Plumbers

Guidance Officers
Luke Jackson and Katrina Dalton
Located D Block
Chappy Chat

I’m excited about being trained in Drumbeat this week. Drumbeat is an acronym for Discovering Relationships Using Music, Beliefs, Emotions, Attitudes, and Thoughts.

On an individual level, evidence suggests that participants develop a more:
• Positive mood (Enjoyment, Cathartic drumming to release stress, Reduced negativity – increased empathy)
• Increased sense of achievement (Increased aptitude, Improved levels of concentration, perseverance and commitment)
• Increase in levels of self-confidence and self-esteem (positive feed-back from others and increased self-regard)

On a group level, evidence suggests that participants develop in:
• Goals reached through cooperation with others (Greater ease in group situation, opportunities to grow unselfishness, Recognition of the rewards of positive group membership)
• Feeling of belonging with more trust and less antagonism (Exposed to positive rolemodelling, Supporting relationship with facilitators, Improved attitude towards others)

On a broader/school level, evidence suggests that Drumbeat:
• Promotes constructive & cooperative behaviours (Interact with others, Listening & Empathising, Problem-solving, Sharing, Tolerating difference, Developing social skills, Increased awareness of the effect of behaviours on others, Raised self-awareness around relationship issues)
• Develops Building positive relationships with peers, family & community (Increased feelings of selfworth, Improvements in social participation in other learning situations, Improved school performance, Reduced school absenteeism, Increased level of social interaction, Increased levels of social confidence, Increased community connection)

Last year we ran our initial Drumbeat program, and I know it had a positive effect on the participants. So I’m looking forward to enhancing student success and learning through this program. At present, PCYC is delivering the program and lending us their drums. So once again, we thank our community groups for supporting student learning at GSHS.

I’ve also begun several lunch time activities. On Mondays, SNAP THAT briefly meets in the library before borrowing cameras and taking photos around a set theme. Black Dog has several initiatives to help strengthen mental health in youth. One is called “Snap That” - essentially a mindfulness exercise which encourages youth to pause and enjoy the moment by taking photographs of a specific theme. They then upload a chosen photograph to the Biteback website. They will NOT be photographing people. It’s about giving students a tool to slow their thinking and enjoy the moment. I would hope that we could eventually put together a powerpoint which illustrates “moments in time” to play in the library. The following two links give more information if you’d like to learn more.

On Tuesdays at second break, we have begun sewing simple skirts which will be put in shoe boxes as part of Operation Christmas Child (https://www.samaritanspurse.org.au/operation-christmas-child/)

Spotlight has generously donated 6 metres of cotton fabric and together with some other cotton remnants, students have begun learning how to machine sew. This group will run for all of Semester 1 and it is hoped that not only will they learn new skills, but they will develop their desire to help those in more difficult circumstances. Mrs Blackman and Mrs Kim have also generously donated their time to support the students throughout this project. The Home Economics Department staff have also been giving us their total support with use of machines and experience. If you have any COTTON remnants, lace, buttons, ribbons, threads that you are able to donate, we will be most appreciative.

I can be contacted at ykamh2@eq.edu.au or 49766162.

Jarek (our second chaplain) can be contacted at jreah0@eq.edu.au and will be working on Wednesdays and Thursdays at this stage.

Looking forward to supporting students, staff and parents in 2016

Yvonne and Jarek
Quick News

Jewellery and Makeup
Jewellery and Make-up are also part of our Student Dress Code Page 38a.
You may wear a watch, sleepers or studs, one flat ring, one fine necklace.
Some students choose to wear different necklaces (leather and larger pendants) however if seen they will be treated as “out of uniform”. They need to behind your shirt (button up shirt helps) and lower the pendant/item on the necklace to prevent it from falling out of your shirt.

New students to GSHS
If you are a new student and still have not received a hat please come to the office before school, at first or second break or at the end of school to be given one.

EQIP Work Experience Newsletter

Work experience counts!
Work experience provides valuable opportunities for students to learn more about potential occupations, explore career pathways and gain skills and experience in different jobs and sectors. Through work experience employers can talk to students about the industry, its career paths and future directions, and potentially identify future employees. Work experience can be hands-on with a range of entry to mid-level tasks, shadowing an expert in the field, or structured to apply theoretical learnings in a practical work environment.

EQIP works with Gladstone schools, business and industry to provide Year 9, 10, 11, and 12 students with valuable work experience opportunities!

FAST FACTS

- EQIP is a not-for-profit and acts as the central point of contact for all schools and employers in the Gladstone region for work experience
- Work experience is available to Year 9 (over 14), 10, 11, and 12 students
- EQIP provides support to employers and training where required
- Work experience is typically 1 day up to 1 week, however, can be longer blocks of time
- Students can participate in vocational, structured, work sampling, shadowing, or research work experience
- Students are covered under Department of Education and Training Work Cover and Liability Insurances
- Work experience is unpaid

For more information contact:
EQIP Gladstone Incorporated
Cnr Bole Street and Dawson Road,
Gladstone QLD 4680
07 4976 6128
admin@eqipgladstone.com.au
www.eqipgladstone.com.au

Calliope Crushers Netball Club Inc.

Seeking Coaches for Junior Teams & Umpires for the upcoming Season

For Further Information please Contact
Laura Ferguson on 0439014355

GLADSTONE State High School
Quick News

Yaralla Jnr Football
Yaralla Jnr Football are urgently seeking males and females born in 2001 & 2002 for the upcoming season. Any interested players please contact Mandee on 0459135537.

Chess Competition
Any student interested in participating in an interschool Chess competition on March 1 needs to collect a permission form from Ms Hipathite in the library ASAP.

2016 QLD Training Awards
Nominate now for the 2016 Queensland Training Awards. The search is on for Queensland's best and brightest in vocational education and training as nominations open for the 2016 Queensland Training Awards (www.qta.qld.gov.au). Recently completed and completing school-based apprentices and trainees are encouraged to nominate — in recognition of their outstanding achievements and hard work. Vocational students and VET teachers can also apply, along with schools operating as registered training organisations. For more information and to nominate, visit www.training.qld.gov.au. Nominations close Thursday 31 March 2016.

Thank you from EQIP

EQIP Technical College Gladstone Region would like to thank Aurizon, Veolia and Bill Robertson Toyota for their sponsorship of the Work Experience Journal. The Work Experience Journal is vital to the success of the students at the College as it;
• is a running record of skills learnt on the job
• provides students with feedback from employers
• helps employers evaluate skills that students have learnt for future placement/employment
• can be added to the student's resumes as proof of capabilities

Important Information
Silver Rose Photography will be at the school on the above date to photograph groups and student portraits. To ensure you have no problems with your order please read your school photo envelope carefully.
• Your child must return their envelope on PHOTO DAY.
• If your child does not hand an envelope to the photographer, they may not be photographed for individual portraits.
• You can place a late order with Silver Rose but usually only for group photos.
• Make your payment by cash, credit card (Visa or Mastercard), cheque or money order.
• If you have any questions about Photo Day please call Silver Rose on (07) 32625788

Sports and Special Groups
You can order sports and special groups from our website. Simply proceed to the schools section of our website and choose Co-Curricular Ordering from the menu.
www.silverrose.com.au

Gladstone State High School
Monday 15th & Tuesday 16th February, 2016

PHOTO DAY

GLADSTONE
State High School
Dates to Remember

29th Feb 2016 - Photo catch up day
4th March 2016 - Induction ceremony
18th March 2016 - Anti Bullying day
21st - 24th March 2016 - Year 12 Exam Block
28th March 2016 - Public Holiday
29th March - 10th April 2016 - School Holidays
11th April - Term 2 starts

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Port Curtis School Sport Trials

Date

Boys Cricket
15 - 19 Years

Boys & Girls Swimming
10 - 12 Years

Boys & Girls Tennis
U19 Years

Boys & Girls Softball
16 - 19 Years

Boys & Girls Water Polo
13 - 17 Years

Boys & Girls Swimming
13 - 19 Years

Boys & Girls Volleyball
13 - 19 Years

Boys & Girls Basketball
16 - 18 Years

Boys & Girls Surfing
U18 Years

Boys Rugby Union
16 - 18 Years

Girls AF
13 - 16 Years

Boys Rugby League
13 - 18 Years

Boys Hockey
U19 Years

Girls Netball
13 - 19 Years

Boys & Girls Squash
U19 Years

Boys & Girls Basketball
10 - 12 Years

Boys Hockey
U19 Years

Boys & Girls Football
16 - 19 Years

Boys & Girls AFL
10 - 12 Years

Boys AFL
13 - 15 Years

Rugby League
10 yr & 10 - 12 Girls

Boys Rugby League
11 & 12 Year Boys

Netball
10 - 12 Years

Boys & Girls Hockey
10 - 12 Years

Boys & Girls Football
10 - 12 Years

Boys & Girls Touch
Football
13 - 18 Years

Please come along to Gladstone Special Olympics Sign on day!

Special Olympics
Gladstone

Learn to play bocce, socialise with current athletes and meet the coaches.

Sports on offer for 2016:

- Basketball
- Soccer
- Swimming
- Bocce

Date: Saturday 20th of February

Time: 5:30 – 9:00pm

Location: Calliope Bowls Club

Come along and Sign Up 😊

Dinner Meals are available for purchase from the Bowls club, light refreshments will be provided.

Contact Suzie Lawler on 0428750049 for more information.

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

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