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Chappies Chat



Chappies' Chat



We are close to the half-way mark for Term 2, and assignments and evaluation tasks are looming. Managing stress requires practise before it all becomes too hectic to deal with. Some possible strategies could be:

Nine steps to help lessen stress.

1. Be kind to yourself. When things are piling up on you, cut yourself some slack. Reflect and learn from your mistakes rather than berating yourself. Happier people achieve more.
2. Think of things in a different way e.g. instead of "I've got lots of homework" try "Doing my homework helps me get on top of my stress".
3. Making lots of decisions adds to your stress – so set some routines. If there's something you need to do every day, do it at the same time every day. Pack your school bag the night before. Pack your lunch the night before. Set a time and place to do your homework. Simple routines help take the stress out of decision making.
4. Take 5 or 10 mins to do something interesting – not necessarily easy/funny/but genuinely engaging and interesting – maybe even challenging. If something interesting engages you, it replenishes your energy levels and that means more energy to flow into whatever you are doing next.
5. Add where and when to your list so that you DO DO your jobs. E.g. "if it's 3:30pm then I will do my Monday night homework"; "If I've eaten tea, then I will pack lunch for tomorrow." Knowing when and where you will complete something, triples your chances of success.
6. Use "if-then" talks for positive talk. (essentially reprogram your brain for a less stressful emotional response) e.g. "If lots of assignments start coming my way, then I will remain calm." "If a deadline is approaching, then I will keep a cool head".
7. Are you comparing yourself to others? Have you got the "I need to have it perfect so I can show how smart I am"? Lessen the stress! Join the "Get-Better" mindset and instead of fearing how you'll come up against someone else's talents, try self-comparing how well you did today compared to yesterday, last week, last term etc Don't sweat the "perfect job": life is a journey and you will make mistakes and you will "get-better". Laugh as you go; your stress will lessen and you will have more energy and stay motivated.
8. Pause and reflect on how far you have come. The gap is lessening. Smile and appreciate what you've achieved.
9. Do your best and rest.

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

Chappies Chat continued...

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



HEADSPACE is now up and running! Whilst it's early days, services are now available for face-to-face information and support to young people aged 12 to 25 years, and their families and friends. Headspace Gladstone is a free and confidential service where young people between the ages of 12 and 25 can access qualified youth mental health professionals. Headspace Gladstone offers a range of supports for young people who are experiencing a tough time or are worried about their mental health. They provide access to services such as counselling, education, training and employment support, alcohol and drug support and information and mental health services. Referrals can be made by calling Headspace on 49 031921 from 9am to 5pm Monday to Friday.

HEADSPACE

Gladstone

Level 3, 93 Goondoon Street, Gladstone, Queensland
4680

P: (07) 4903 1921 F: (07) 4803 9100
info@headspacegladstone.com.au

www.facebook.com/headspacegladstone

Monday: 9:00am - 5:00pm
Tuesday: 9:00am - 5:00pm
Wednesday: 9:00am - 5:00pm
Thursday: 9:00am - 5:00pm
Friday: 9:00am - 5:00pm

SUPPORT GROUPS/COMMUNITY GROUPS – It is apparent from conversations with students, that many families have been affected by job cuts. I've included a few support groups in this newsletter.

Hopelink

- inSight Men's Circle - Support group for men in crisis that meets from 6.30pm every Thursday night.
- inSight Women's Circle - Support group for women who need a place to share and are looking for a path forward. Meets from 6.30pm every second Thursday.
- Teen Tribe - Support group that provides encouragement and wisdom for parents struggling with their teens. Held at 6.30pm every second Monday night.

• PlayLINK - Playgroups held on Tuesday and Thursday mornings.

All the above groups meet at Shed 19, 19 Dalrymple Drive, Toolooa, Gladstone.

• CAP Debt Centre: (Christians Against Poverty) Call 1300 227 000 for free debt help.

• Lifeline 13 11 14

• DV Connect Womensline 1800 811 811

• DV Connect Mensline 1800 600 636

• KidsHelpline 1800 551 800

National Disability Insurance Scheme; Rollout details of the NDIS has been announced with the Gladstone area to be between July 2017 and June 2018 see <http://www.ndis.gov.au/about-us/our-sites/qld>.

"A brave man is not a man who is not afraid, but one whose will is stronger than his fear." "Deeds – not words are what count the most."

This week, keep strong, look for the little blessings that really do matter and find something good to laugh about....

Date Claimer: Sunday 29 May at Shed 19 from 6pm – You are invited to a short, lively celebratory Chaplaincy Service followed by a light supper.

Chappy Yvonne and Chappy Jarek



GLADSTONE
State High School

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.



Premier's Reading Challenge 2016

We are delighted to invite all year 7, 8 and 9 Gladstone State High School students to join in the 2016 Premier's Reading Challenge.

As well as being fun, the challenge aims to boost children's literacy skills by encouraging students to read widely for pleasure and learning, to develop their imagination, and to cultivate a passion for literature.

Last year, more than 138,000 students and 830 schools registered for the program. More than 89,000 students successfully completed the challenge reading 1.95 million books.

The reading period for the 2016 Premier's Reading Challenge commences on Monday 16 May and closes Friday 26 August.

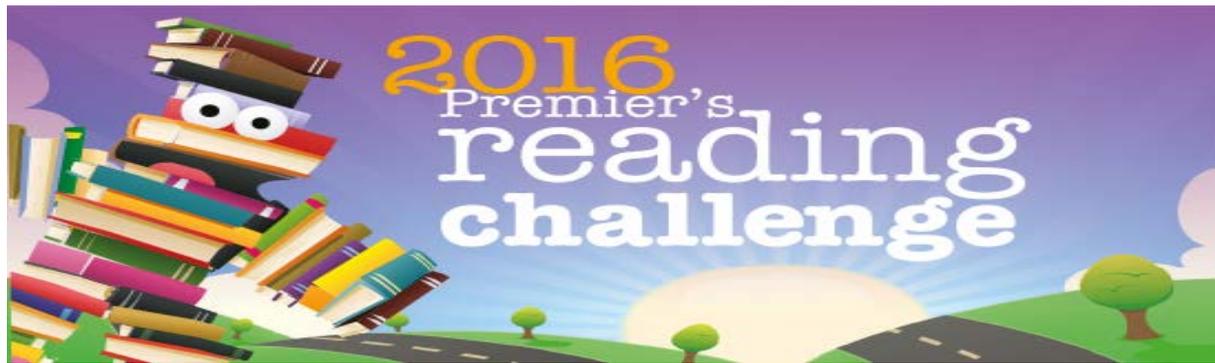
This year the Premier has challenged all state and non-state school students from Years 7 to 9 to read 15 books. The aim for the 2016 challenge is to reach a total of two million books read.

Students wishing to take part in this year's challenge can register by talking to Ms Sheryl Hipathite (Teacher Librarian), our school's Premier's Reading Challenge coordinator.

Every student who completes the challenge will receive a Certificate of Achievement signed by the Premier and all registered students receive a Certificate of Participation.

For more information about the Premier's Reading Challenge, please visit:
<http://education.qld.gov.au/schools/readingchallenge/>

You can play a big part in your children's future by encouraging them to be part of this positive initiative.



Brainstorm Productions

Award-Winning In-School Theatre Performances Verbal Combat

On 9th June Brainstorm Productions will be presenting their student wellbeing program 'Verbal Combat' for year 7 and 8 students. Words are powerful. Words can hurt and cyber bullying is devastating. Verbal Combat is a live theatre program that follows three friends who learn that their online words can last forever. The desire to fit in and be liked is strong and when one friend starts to post witty, but mean rumours to get more online likes, the play takes a cruel twist. All too soon, the posts are wreaking havoc in all their lives and the characters quickly discover that there is no easy way out. Verbal Combat is essential learning, that addresses the dire consequences of cyber bullying and will help students understand that their digital footprints are hard to erase and so are their mistakes. Verbal Combat is part of our student wellbeing curriculum and the program has been developed in consultation with teachers, psychologists, as well as real-life student experiences. The methodology of the program is safe, supportive and nonjudgmental and designed to provide students with positive and useful tools that they can use in their everyday lives. More than 350,000 Australian students have already benefited from Brainstorm Productions multi award-winning educational theatre programs over the past twelve months. Their programs cater to the specific wellbeing needs of students, helping to create a healthy and harmonious school environment. If you would like to know more about Brainstorm Productions, visit their website at www.brainstormproductions.edu.au



GLADSTONE
State High School

Red Food Day!!!!

SDS Training

A mixture of Gladstone State High and Technical College year 12 students have started the Infrastructure and Resource program with SDS Training.

These Students will gain vital industry relevant skills and a Certificate II RII201 13 in Resources and Infrastructure Work Preparation.

Gladstone High School will get to showcase the talents of their participating Students in a very tangible way by working on projects around the school which will see Gladstone State High resources repaired and rebuilt. First stage the students are concreting the terraces that are located on the top oval in front of the hall.



Nurse News

SCHOOL IMMUNISATIONS

On 25th May Gladstone Regional Council is providing free vaccinations for all Year 7 and 8 students at Gladstone State High School as part of Queensland Health's annual School Immunisation Program (SIP).

The vaccines listed below will be offered to all students in Years 7 and 8:

- Human Papillomavirus – HPV (2nd Dose)
- Varicella / Chickenpox – VZV (1 dose)

The vaccinations will be conducted by a team of specially trained registered nurses.

Only students who have a completed and signed YES consent form will be vaccinated. If you do not wish for your child to receive the vaccine and/or your child is already vaccinated, please write your child's name at the top of the form and NO in the consent section and return to school. This helps to ensure all students have been given the opportunity to participate in this program.

The clinics will be scheduled during March, May and October. The second clinic for Gladstone State High School will be 25th May 2016.

Parents are encouraged to ensure their child has eaten breakfast on the morning of vaccination.

For more information about diseases, vaccines or the School Immunisation Program, visit www.health.qld.gov.au/clinical-practice/guidelines-procedures/diseases-infection/immunisation/default.asp or call 13 HEALTH on 13 43 25 84.

Alternatively, contact Gladstone Regional Council's Regulatory Services Department on 07 4977 6821.

Yours in health
Amanda
School Based Youth Health Nurse
Gladstone State High School
Ph. 4976 6171.



GLADSTONE
State High School

Dates to Remember

20th - 23rd May - Intermediate Schools Cup

29th May - 3rd June - Out-back Safari

13th June - Queens Birthday

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

20th - 24th June - Early Childhood year 12 workplace-ment

22nd - 23rd June - Athletics Carnival

25th June - 10th July - School Holidays



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

Guidance Officer News

News from the Guidance Officers

Staff from headspace Gladstone visited Gladstone State High School last week to talk about their service to all our senior students. They also provided resources for support staff to use in supporting students with their mental health and wellbeing. Headspace staff will also be running some information sessions on stress and managing stress with our senior students. Later in the year information will also be shared with our junior students about this great new service available for Gladstone's youth.

Key Messages headspace Gladstone

headspace is one of many services our lead agency Roseberry Community Services manage.

headspace Gladstone is for young people aged 12-25, and is an early intervention service that provides health advice, support and information around 4 key areas that include:

- general health
- mental health and counselling
- education, employment and other services
- alcohol and other drug services.

headspace Gladstone can help young people if they:

- are feeling down, stressed or can't stop worrying
- can't deal with school or finding it difficult to concentrate
- are feeling sick or worried about their health
- want to cut down on drinking or drug use
- want to talk about sexuality, identity or relationships
- are having difficulties with friendships
- have sexual health issues or want to find out about contraception
- are being bullied, hurt or harassed
- are worried about work or study or if they're having money trouble

headspace is a place young people can go to talk to someone about any of these issues – make an appointment today!

Our primary focus is the mental health and wellbeing of all Australians. We know that getting help early is the key to resolving these problems quickly.

headspace is making a difference where it is needed most - our young people.

We've got your back! If you're 12-25, you can get mental health advice, support and information from headspace Gladstone.

Mon Fri 9am - 5pm

(07) 4903 192

info@headspacegladstone.com.au

Street Level 3, 93 Goondoon Street, Gladstone, Queensland 4680

headspace.org.au/gladstone

facebook.com/headspacegladstone



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



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