Broncos Welcomed at Tech College

The Technical College had the pleasure of welcoming the Broncos this week to do a career pathways talk, which really focussed on how to be successful. Former Broncos legend and 5-time premiership winner Michael Hancock lead the way by divulging what made him successful and what makes all people successful. The students really enjoyed the talk and left with the idea of what makes a person successful.

First photo from left to right Paul Dyer (Broncos Development Officer), Carine G (Student Leader), Mitchell R (Student Leader), Michael Hancock

In 2014, the Science Department will provide an opportunity for science students to challenge themselves in the Big Science Competition. This one-hour international competition is open to students of all abilities at three different levels: Junior (Years 8), Intermediate (Years 9 and 10) and Senior (Years 11 and 12). Questions test students’ critical thinking and problem-solving skills as well as their science knowledge. Each student who takes part will receive a certificate as well as detailed feedback on his or her performance in the competition. They also go into a draw to win hundreds of iTunes and movie vouchers.

Our school will receive a comprehensive report for each paper level showing how each student performed on each question, the percentage of students in the cohort who answered correctly, and a comparison with the national results.

The Big Science Competition will be held in school between 21 and 28 May 2014.

The Big Science Competition is organised by Australian Science Innovations, a non-profit organisation committed to providing high quality science extension programs that inspire, challenge and raise the aspirations of students in science.

For more information visit www.asi.edu.au

2014 Photo Day
Tuesday 18th February.

Photo will be taken by Silver Rose Photography. Photo envelopes must be returned to photographers on Photo Day. Orders are welcome to be placed with Silver Rose for group photos only.

Payment can be made by cash, credit card (Visa or Mastercard), Cheque or money order.

Students must wear correct uniform - Grade 12s ONLY to wear formal white shirt and tie, with Grades 8 - 11 in the navy and gold shirt.
Buslink Info
The following bus routes will be departing GSHS at 3.10pm.
- 20 Emmadale
- 47 Diamintina / Calliope
- 41 Jeffreys / Calliope
- 40 IGA/Calliope
- 46 Riverston
- 22 Airport / Clinton

The following buses will be located above the pedestrian traffic lights outside GSHS front gate.
- 20 Emmadale
- 47 Diamintina / Calliope
- 41 Jeffreys / Calliope
- 40 IGA/Calliope
- 32 Benaraby /Tannum
- 501s Stockland / Boyne / Glen Eden (Stay on the 501s to go to Boyne Is. Transfer to 505 bus to go to Glen Eden)
- 27 Penda/Clinton
- 27b Clinton
- 21 Clinton/ Harvey Rd
- 23 Seaview / Clinton

For further inquires please email Buslink on the following email address:
gladstone@buslinkqld.com.au

UNIFORM SHOP
OPENING HOURS
Monday: 8:15am-11:15am
Wednesday: 11:00am-2:00pm
Friday: 8:15am-11:15am

Nurse News

What is an e-cigarette?
The e-cigarette is a device for inhaling nicotine. It does not contain tobacco leaf. The e-cigarette consists of an electronic tubing device resembling a conventional cigarette that heats a replaceable cartridge filled with liquid nicotine and other chemicals. The heating process creates a mist that resembles cigarette smoke and is inhaled by the user.

Nicotine is a tightly controlled, highly toxic and dangerous chemical.
E-cigarettes containing nicotine are illegal in Queensland and throughout Australia.
Nicotine in liquid form is listed as a dangerous (Schedule 7) poison under the Standard for the Uniform Scheduling of Medicines and Poisons (SUSMP). This is a national standard which is reflected in Queensland through the Health (Drugs and Poisons) Regulation 1996. Poisons listed in Schedule 7 of the SUSMP are subject to strict regulatory controls due to their highly toxic nature and the extreme poisoning risk these chemicals pose to humans.

Only certain forms of nicotine are allowed to be supplied to the public in Australia and this includes the nicotine in manufactured tobacco products, and nicotine in approved quit smoking therapies, like patches and nicotine gum.

There is no evidence to support claims that e-cigarettes help smokers to quit.
Some overseas websites marketing e-cigarettes indicate that they may be used as an aid in quitting smoking. There is no evidence for the effectiveness of these items in helping smokers to quit. In fact, little is known about the properties of e-cigarettes and the true extent of their potential hazards or effects on health.

E-cigarettes are promoted as a way of getting around no-smoking laws.
Worryingly, a number of e-cigarette websites heavily promote e-cigarettes as a way of ‘beating the smoking ban’ and encourage their use in enclosed places, like workplaces and restaurants where smoking is banned. In this way, e-cigarettes actually strongly encourage continued smoking behaviour across all settings, and not quitting, as is claimed. This goes completely against all the great progress that has been made in recent years to encourage smoke-free places, reduce opportunities to smoke to support smokers to quit, and educate people about the dangers of smoking in enclosed places.

There are no legal ways of importing e-cigarettes containing nicotine into Queensland.
Some websites suggest that e-cigarettes can be imported into Queensland under the Therapeutic Goods Administration’s (TGA’s) personal importation scheme for the purpose of quitting smoking. This is misleading and deceptive. This is because these products once imported, are classified as a poison, not a therapeutic good.

There are proven smoking cessation products available.
A number of smoking cessation products are legally available in Australia. These products have been thoroughly tested and researched prior to marketing as meeting appropriate public health standards in terms of their quality, safety and efficacy and are approved for therapeutic use by the TGA, Australia’s medicines regulator.

There is overwhelming evidence to support the effectiveness of both nicotine replacement therapies (patches, gum, inhalers and mints) and related medications (Bupropion, Champix) as aids for quitting smoking. The latest research suggests that the use of nicotine replacement therapy can triple the chances of a successful quit attempt.

To improve the chances of quitting and staying stopped, it is a good idea to plan ahead. The following tips may be useful for smokers:

Get support.
Call Quitline 13 QUIT (13 7848) for free information, practical assistance and support. Quitline’s trained counsellors are available seven days a week to help you get through the process of quitting.

Talk to your health professional.
Discuss quitting smoking with a general practitioner, pharmacist or community health worker, and plan your quitting strategy together.

Consider using pharmacotherapy.
Different products are available to help you quit smoking. Nicotine Replacement Therapy (NRT) includes patches, gum, lozenges, sublingual tablets and inhalers. The aim of NRT products is to replace some of the nicotine from cigarettes without the harmful chemicals found in tobacco smoke, thus reducing withdrawal symptoms such as cravings and anxiety. Bupropion and Vareniclin are non-nicotine medications that are also effective in helping smokers to quit.
School Wide Positive Behaviour

STUDENT PLANNERS

Each student must have their planner at every lesson, every day. Students are "out of uniform: if they do not have their planner and must bring a note explaining why they don't have it. No note will result in a 20 min PBC lunch detention.

If a student loses their planner they are required to purchase a replacement planner within a week. New planners can be purchased from the School Cashier for $10.

You may wish to use the planner to communicate with the school at the bottom of the right hand side page.

You will notice two lots of page numbering:
• Our school pages (policies and procedures) are numbered 1a, 2a, 3a, etc.
• The Learning Curve planner pages are numbered 1, 2, 3, etc.

Page 3 explains the best way to use the learning curve planner.

Each week in the newsletter we will highlight the weekly focus.

Nurse’s News con’t

The Quitline is there to help.

The Quitline 13 QUIT (13 7848) is available to help all smokers wanting assistance with quitting. For more information about smoking, or support with quitting, call 13 QUIT (13 7848) and ask to speak to a Quitline counsellor. They have lots of experience in helping people to quit and are available 7 days a week. Visit www.health.qld.gov.au/quitsmoking for more information.

Career Corner

Eagle Boys Pizza Sun Valley are looking for in store staff and delivery drivers. They hire from 13 years and are looking for staff that are available for approximately 12hrs after school Mon-Fri and weekends. It works out to be 3 to 4 shifts over the week. Resume can be addressed to Luke Dahtler Manager and delivered to the store.

To get done what they need to do, it is essential for students to apply themselves for well structured periods of time out of school time – home learning. The key is to spark in them a willingness to build these study sessions as everyday habits in their lives. They pursue their interests, hobbies and sport with enthusiasm; we need to encourage them to extend these attitudes to their learning.

In each session they should have a number of things they set themselves to achieve; little targets to aim for. These sessions vary in time and intensity according to their year level and are very much dependent on the students’ concentration spans. The suggested duration of Study/ Home Learning Sessions for each year level is a follows and can include activities such as reading, net searching, discussing learning topics with friends and family and so on; it’s not just same old study, study, study:

<table>
<thead>
<tr>
<th>Year Study Sessions</th>
<th>Yr 8 - 14 x 30mins</th>
<th>Yr 9 - 12 x 45mins</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Yr 10 - 14 x 45mins</td>
<td>Yr 11 - 15 x 50mins</td>
</tr>
<tr>
<td></td>
<td>Yr 12 - 21 x 50min.</td>
<td></td>
</tr>
</tbody>
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On the right hand page margin in the planners is a Home Learning/ Study Session Log for home study sessions. This is intended to assist students to be self-managed, resilient and prompt their consciences. After a student completes a session they should cross it off the Log. The aim is to have the required number of sessions completed each week and achieving this will have a positive effect on their self-esteem and build their living, learning and thinking power. Having it initialled by parents will help the students take more responsibility for their learning and increase parental involvement.
School Wide Positive Behaviour

Prioritising is a life skill that enables students to become self-aware and self-managing in using their time more effectively. Reflecting on and then arranging their daily/weekly activities and commitments in order of importance build their self-awareness and independent learning power.

The reality is that most students find it very difficult to just sit down to complete a Home Learning Session unless it is planned ahead of time. The "spontaneous" approach of just letting it happen doesn’t work, even though our students may disagree because they may believe they have their acts together. The best way for students to build their resilience is to prioritise their activities and then design a structured timetable that includes all the activities that occupy their time, including:

- Sport training
- Part-time jobs
- Study and home learning
- Social networking sites
- Favourite television shows and games
- Family commitments
- Leisure activities

Because students' brains are not fully developed, they need our support and guidance in learning how to arrange activities in the right order. It's not that they won't do it, they haven't the anatomical brain capabilities to do it consistently as yet.

Their attitudes towards achieving life balance will benefit considerably when they are willing and able to become more discerning in identifying "musts" and "options" in their lives and the time they allocate to each of them. Prioritising will actually create more "me" time for them.

A journey of a thousand miles begins with a single step.