**Junior News**

**SUBJECT SELECTIONS FOR YEAR 8 AND YEAR 9 STUDENTS**

This week students in Year 8 and Year 9 will receive information regarding subject choices they can make for when they transition to Year 9 and Year 10 respectively in 2017. Heads of Department and teachers will speak to the students about their options and students will bring a form home with subject information to then make their selections. Parents are encouraged to discuss the choices with their children to help them make informed decisions. Please note all forms need to be returned with the signature of a parent/guardian in order to be processed. Forms from Year 9 students are due in on Friday, October 14 and Year 8 students are to submit their forms by Friday, October 21.

**YEAR 7 2017 ENROLMENTS**

Enrolments are now open for students entering Year 7 in 2017. All future Year 7 students, including those with siblings already attending Gladstone SHS, are required to have an interview for their enrolment to be processed. Details on how to book an interview are available on collection of an enrolment pack from the front office. Due to Gladstone SHS being enrolment managed, proof of residency (rates bill, lease agreement or utilities account) or evidence that a sibling currently attends the school is required to collect an enrolment pack. Our transition days for next year’s Year 7 students will be Tuesday, November 29 and Wednesday, November 30. Only students who have their enrolment forms submitted and had an interview will be eligible to attend.

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**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

**EXTENDED HOURS**

Mon 17/10 8:15 - 12:15
Tues 18/10 8:15 - 12:15
Wed 19/10 11:00 - 2:00
Thurs 20/10 8:15 - 12:15
Fri 21/10 8:15 - 12:15

Mon 24/10 8:15 - 3:30
Tues 25/10 8:15 - 3:30
Wed 26/10 11:00 - 2:00
Thurs 27/10 NOT OPEN
Fri 28/10 8:15 - 11:15

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**Absentee Notification Number Has Now Changed To 0400244477**

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

**GSHS Students Homework Centre**

Every Wednesday
3:15pm - 4:30pm
Contact: Mrs Margie Keefe
4976 6174

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**Step Wise**

**headspace Gladstone**

A social group that builds confidence, friendships, and new skills.

PLUS…. you get to try new things.

- Yoga
- Eyebrow Sculpting
- Interior design
- Nutrition
- Exercise
- Budgeting
And so much more…….

If you are 13–25 years of age you are welcome to participate

**NOTE:** Spaces are limited and pre-registration is essential

**headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health under the Youth Mental Health**
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.

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Chappy Chat

Chappies' Chat

I've reposted Annika’s newsletter item regarding helping the students who have given a lunch-hour every week for the entire year to sew skirts for Operation Christmas Child.

From Annika (Yr 8 student)

Operation Christmas Child donates shoe boxes filled with items for children from ages 2 – 14, both genders. These will be sent to South-East Asia and the South Pacific. Chaplain Yvonne Kamholtz, Mrs Sunny Kim and Mrs Jo Blackman host a weekly sewing group. During this time, students learn the basic sewing techniques and how to sew a gathered skirt. These skirts will then be sent off to operation Christmas Child in shoe boxes with other accessories. It would be greatly appreciated if any spare shoeboxes, something to play with, something for school, something to love, something special and something for personal hygiene could be donated to Chaplain Yvonne to fill the shoeboxes. Gladstone State High is targeting females ages 4 – 6. More information can be found at https://www.samaritanspurse.org.au/what-we-do/operation-christmas-child/

Your generosity and support sends a message that you value the work of the students, so I say a sincere “Thank you” in advance. The suggested items include (must be new) pens, pencils and sharpeners, Exercise books, Erasers, Scissors, colouring books, Dolls, Dress ups – crowns, fairy wands, etc., Toy jewellery, Ribbon wands, Balls with pump if necessary, Puzzles, Hand puppets, Plastic toys, Yoyo, Dress (size 4-6), Pants, Hat, T-shirts and tops, Socks, Shoes, Soap, Underwear, Facewasher, Toothbrush, Comb or brush, Hair ribbons, elastics, etc., Illustrated books or small Bags. These items will be packaged up in shoe boxes with the skirts that we have made for 4-6 year old girls. As Annika said, these items can be sent into the Chappy’s office under D block over the next two weeks. All packages will be sent on their way by the 24th October.

I will soon receive my full accreditation for Drumbeat. This will allow me to further the programmes within Drumbeat e.g. senior units of curriculum and explore therapeutic drumming for mental health as well as a host of other possibilities. This is very exciting because every time I run the programme (10 weeks), I can personally see many positive changes in the participants. It is fabulous to see them grow in confidence, preparedness “to have a go” and see them become more accountable and responsible for their own behaviour.

This Thursday I will be facilitating several Drumbeat groups to Agnes Water Primary students as part of Mental Health Week.

Michele Tory from the Gladstone Regional Council will be facilitating some exciting “FB no-sew crafts for 5 weeks beginning next week. I’m very excited about these lunch-time sessions!

On the 22nd October, School Chaplaincy will be running the BUNNINGS SAUSAGE SIZZLE, a 100’s board AND some games of Handball. I’d love it if you came along and said “Hi” when you buy a sausage!

Also a reminder that I am beginning to plan my 2017 programmes and activities. If you have suggestions that you believe would encourage, support and enrich the lives of our teenagers, please feel free to contact us and share your ideas. I can be reached on (ykamh2@eq.edu.au) and Jarek (jreah0@eq.edu.au) Our shared phone is Ph 49766162 and you are able to leave a message.

Looking forward to hearing your ideas,
Yvonne and Jarek.
Quick News

BYOX laptop setup
Reminder to any students in 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.

AIMEE Indigenous Mentor Program
Any students who wish to participate in the AIMEE program need to see Mrs Keefe or Sherilee for permission forms and medical forms ASAP. This includes Year 7, 8, 9, 10 and 11 students.

Operation Christmas Child
Several students are sewing skirts to send overseas as Christmas presents for girls aged 4yrs - 8 years. We need new colouring pencils, erasers, soap, colouring books etc to go in the Shoe Boxes with these skirts. Check out Operation Christmas Child on-line for a list of suggested donations. All donations can be dropped in at the Chaplain’s Room under D block.

ATAP Regional Student Challenge

‘ATAP Regional Student Challenge’ is an Education Queensland Initiative and is being hosted by the Central Queensland University and Department of Education Training and Employment CQ Region Rockhampton Office. I am excited about our partnership with CQ University – Widening Participation, Engage Education Team helping to support our ATAP student challenge again this year. This partnership will help our Aboriginal and Torres Strait Islander students look at CQ University as an opportunity for further studies. The “Academic & Talent Aspirations Program” is a school and community based support program which aims to improve the educational and attendance outcomes for Aboriginal and Torres Strait Islander students. ATAP is designed for Aboriginal and Torres Strait Islander students who aspire to complete year 12 studies and enter higher education or reach their career potential by engaging in apprenticeships and training. It involves students, parents, communities and schools working together to enhance the educational opportunities of these students. The program encourages, supports and assists students at the primary and secondary level in the areas of academic skills, talent and career aspirations. The program also focuses on the students’ personal development and cultural identity.

Social and Community Studies Excursion

On Tuesday 11th October the Year 12 Social and Community Studies class undertook an excursion to Ribs and Rumps as part of their assessment task. Their task is to create an induction procedure for a new Gladstone food business, the induction procedure needs to reflect the core values of the new business. Students received a presentation from Ribs and Rumps Manager Matt Rauchle about how he ensures his employees demonstrate the core values of their business and ensure that customers have an amazing experience while at the restaurant. Students thoroughly enjoyed their time at Ribs and Rumps listening to Matt talk and then got to experience the quality meal service that Matt had spoken to the students about. The excursion provided students with an authentic opportunity to see how their assessment task can be applied to the workforce and provided with them many practical ideas for their own induction procedure.
Parents Have Much Farther Reaching Effects Than They Know

We were pretty good at keeping computers and televisions out of bedrooms, but as technology developed we somehow missed that phones and tablets ARE computers. Parents may sometimes feel out of control. The majority of families own a collection of iPads, iPods, other tablets, an Xbox, a Wii, a DS, iPhones and more…

Most parents wonder if their limit setting is actually worth it as they regularly have to remind children of the boundaries with technology.

Be encouraged, it IS worth it.

A study with over 1,300 families in the US indicated some powerful benefits for children when parents set healthy limits on entertainment screen time (TV and video games) and limits of the type of content viewed. Some effects are seen more immediately and others over time.

Please keep in mind that ‘limiting’ does not mean banning all technology or taking everything away – it indicates a healthy balance and an inclusion of many other actives, such as sport, drama, kicking a ball, going shopping, chatting over dinner…

Two immediate effects of placing limits on media (which seem obvious but are great to see):
- Those children spent less time on TV and video games
- Those children saw less violent media content

However, it is the long-term effects that surprised the researchers the most. Children whose parents set more limits on the amount of time spent with media 7 months before:
1. were now getting more sleep
2. were getting better grades in school
3. had an indirectly positive change in Body Mass (as children were simply moving around more)

Additionally, parents limiting children’s content exposure (to violent media) 7 months before resulted in:
1. increased prosocial behaviour – exhibiting more helpful and cooperative pro-social behaviours at school
2. less aggressive behaviour toward their peers

![Diagram showing the effects of parental monitoring on screen time, violent media exposure, weekly sleep, school performance, prosocial behavior, and BMI and risk for obesity.](image-url)
**Defence Careers Information Session**

**When:**    Thursday 20th October  
**Time:**    6:00pm – 8:00pm  
**Where:**    Gladstone PCYC  
53 Yarroon Street  
Gladstone QLD 4680  
**RSVP:**    cpttownsville@dftr.com.au

Walk ins welcome

Considering a career with the Navy, Army or Air Force? Come along to an Information Session to learn more about the jobs available in the Australian Defence Force.

The Navy, Army and Air Force are now recruiting for a wide range of positions such as Marine Technician in the Navy, Rifleman in the Army, and Air Force Security in the Air Force.

In these jobs you will be able to work with some of the country’s most advanced and highly technical equipment and hardware. You will also receive many great benefits such as free healthcare and subsidised accommodation.

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**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 from 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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**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

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**Ergon Energy**

Ergon Energy is looking for a range of apprentices to live and work all over this great state, including your local area. We offer you the opportunity to learn a trade, get involved in hands-on practical training, enjoy getting paid from your first day of employment and, at the end of the apprenticeship, you become a qualified tradesperson.

A bright future for apprentices.

So don’t wait! If you want to know more or to apply, visit ergon.com.au

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**Call 13 19 01 or visit www.defencejobs.gov.au**