Words from our Guidance Officers

**Interested in a Career in the Australian Defence Force?**
The Australian Defence Force provide opportunities for work experience, Gap Year employment, technical and non-technical jobs and university study.

A community information session is being held in Gladstone. 19 April: Defence Careers Information Session at Gladstone PCYC, Yarroon Street, Gladstone. Walk ins are welcome. To book your spot, email your details to cpttownsville@dfr.com.au.

The Australian Defence Force will also be coming to Gladstone SHS on Thursday 19th May to hold an information session with interested students. Any students in Years 10, 11 or 12 who are interested in attending this session need to advise either of the Guidance Officers, Mr Jackson or Mrs Dalton.

**Defence University Scholarship**
Start studying a degree of your choice at the university of your choice and then join the Australian Defence Force under the Defence University Scholarship scheme. Through this scheme, you will have your fees paid, receive a salary while you complete your degree and walk straight into a ADF job following graduation. See a video of Dr Elissa who joined this scheme at: https://www.youtube.com/watch?v=1KnolU3wwr4&feature=em-subs_digest.

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**Nurse News**

**WHY SHOULD TEENS EAT BREAKFAST?**

Teens lead very busy lives, and between school, part time jobs, extracurricular activities and an active social life, they don't often have time to sit down for a morning meal. According to the Healthy children website, by the time kids hit adolescence, about 30 per cent of them no longer eat breakfast. But skimping on the early morning fuel up session can take a toll on a teenager’s health.

Breakfast is the most important meal of the day. It gives you energy for the rest of the day; it has shown to increase a student’s ability to concentrate in class and it helps maintain a healthy body weight. Breakfast also gives you a chance to get in some vitamins and nutrients that you would otherwise miss out on.

Body image is important to teenagers. What most of them don't realise is that eating breakfast lowers fat intake. This is because it can limit snacking of unhealthy foods throughout the day or overeating at other meals. Skipping breakfast is generally linked to greater body fat and sets up extreme hunger patterns later on in the day. Eating breakfast and small frequent meals throughout the day can prevent this.


In the next couple of newsletters I will discuss why students skip breakfast, suggestions for breakfast foods and how to get your teenager to eat breakfast.

Amanda van der Wegen
GSHS School Based Youth Health Nurse
Ph 4976 6171 or Mobile Number 0410 631
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 Values:
We value and build on our strong traditions of excellence, resilience and inclusiveness developing personal awareness and understanding, using stress reduction strategies and making healthy choices provides a healthy resilience toolkit.

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 Vision:
Clever, skilled and creative students making healthy choices.

Chappies Chat

We ended the term on a high with our first Drumbeat Performance. I am so very thankful to all the parents who came along and listened to their child perform as part of a group. The performance went well, I believe, and it was really interesting to see the change from some very stressed students prior to the performance to very excited and proud students after the event.

As much as the students would have preferred to not perform, the sense of accomplishment and connectedness was an integral part of the program’s goals. Resilience encompasses such factors as self-efficacy, social skills, sense of humour, positive attitudes, work success, connectedness, qualities valued by the family, success, fun and responsibility. It was very encouraging seeing students deal with their concerns in a positive way. Life is a journey and they will need to apply this learning in many different experiences so that it becomes core to their life skills.

Both of us chappies have been extremely busy listening to students who are really struggling with stress, anxiety, behaviour issues and giving students strategies to help take care of themselves. Learning to manage stress, reduce stress and keep it at a level that is useful rather than harmful enables us to develop, adapt and make our way successfully through life. Taking action and speaking to someone is an important first step. Developing personal awareness and understanding, using stress reduction strategies and making healthy choices provides a healthy resilience toolkit.

As parents, we know how difficult it is to love someone when they are being rather unlovable. The ones who act like they don’t need love are the ones who need it more. People need the most love when they are the most unlovable! I only have to think what I’m like when I’m at my “least lovely”. Really, I just need someone to give me some time, sit with me a while, and to know that I am loved.

During the Easter Holidays, Gladstone’s Rotary Clubs did just that for teenagers aged 15 – 18 for two days and nights at a RYPEN (Rotary Youth Enrichment Program). Thirty-four students from the Gladstone Region (including two from GSHS) are raving about the positive impact it had on their lives. If you are on facebook, check out the Rotary RYPEN District 9570 FB and see why they want to go again.

This week, Lilliahn will share some of her insights about Rypen.

RYPEN – Lilliahn

At first I didn’t feel that happy/comfortable when I turned up because I felt really anxious and it was difficult to relax.

I didn’t feel as though I would fit in – most of them looked as though they were popular or confident people.

We did a variety of activities including yoga, laser skirmish, free time on the beach, and tug-o-war.

In laser skirmish it was fun to see how our team pulled together and planned tactics. The activities really helped connect us together.

Ross Thompson delivered The One Punch Can Kill campaign which I found really interesting.

Self-defence techniques were also demonstrated and practiced. This was fun, interesting, and useful. Some of it was confronting and some of it we had a bit of a laugh in amongst the seriousness.

Camouflage night – jamming around the fire

Minute to win it activities – getting to know one another and having fun

Dream – vision board – thinking about how we would like our life to be. Set ourselves some goals. The activities were a lot about getting involved which helped us feel more comfortable and to be prepared to try things. This was a way of illustrating that we need to be involved in life.

Activities illustrated the need to take action. Don’t let things or other people stop us. We need to take control of what we say or do and make changes and start to feel better about ourselves.

“I have realised to always be involved. To make friends. I learnt stuff that could help later in life. At the start, I didn’t know what RYPEN was about and I wasn’t all that keen when I first arrived, but by the end, I had had so much fun and learnt so much that I’d like to do it again. My profile quote is “never let the fear of striking out keep you from the game” and this weekend just proved that is so right!”

Thanks for sharing Lilliahn and hopefully this will be inspirational in encouraging others to step outside their fears and give things a try.

Have an awesome week!

Yvonne and Jarek
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.

Parent Teacher Interviews

At Gladstone State High School, we view the partnership between home and school as central to improving student outcomes and helping young people reach their full potential both academically & socially.

For this reason, we invite you to take part in our Parent/Teacher Interviews to be held on Thursday 21 April 2016, for all year levels between 3.30 and 6.00pm in E Block. An information letter will be sent home with students' report cards which you should receive early in term 2, week commencing Monday April 11 2016. This includes details on how to make appointments using the web-based booking system, Parent Teacher Online. The link to the system can be found on the school website: www.gladstonshs.eq.edu.au. If you do not have access to a computer you can phone the school on 49766130 to make appointments over the phone.

Appointments must be booked with the applicable teacher before the day and, to avoid disappointment, it is advised to book as early as possible. Bookings can only be made from 9:00am Friday April 15 through to 8.00am Thursday 21 April 2016.

Parent/Teacher Interviews are a wonderful opportunity to discuss your student’s progress at school. Some points you may like to raise in the interview are:

- Ways of working with your student towards improvement in achievement.
- Specific areas of your student’s strengths.
- Specific area in which your student is experiencing difficulty.
- How much effort is my student putting into the subject?
- What type of homework should I be monitoring?
- How is my student progressing in life long skills such as teamwork, communication, leadership, organisation, literacy, good manners and so on?
- How is my student progressing socially?

We look forward to seeing you there

Gladstone State High School.

Well done Liam

EQIP Technical College would like to congratulate Liam on gaining a full time Electrical Apprenticeship with Barnes Electrical. Well done Liam!
**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.

**Eagle Boys Pizza**

We are currently looking for enthusiastic and quick thinking staff members that have a knack for customer service. Applicants need to be available to work from after school until 9/9:30 and until 10pm Friday/Saturday.

During a school week applicants would be rostered to work a maximum of 12hrs/week, 4hrs/day, until 10pm on applicable nights.

We are looking for delivery drivers specifically.

Drivers must have access to their own car for delivery in the event the company cars are already in use.

Please note - a delivery drivers car is covered under the business insurance policy and these details can be provided to the successful applicant.

All necessary training will be provided.

Application forms can be downloaded via the link at the bottom of this website https://www.eagleboys.com.au/Corporate/Careers

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**Library News**

**TERM 1 LIBRARY NEWS**

What a fantastic term we have had here in the Resource Centre, the hub of the school. We have been very busy with many students utilising the cool and safe environment, particularly on what were the hottest days of February and the wet days of early March.

With so many students accessing textbooks, library books, chess sets, laptops, groupwork and lounge social settings, the Library has certainly been a less than quiet space during most lunchtimes. There have been many meetings held in library spaces, including Senior Student Executive, Junior Student Executive, Interact Club etc. Also there have been a range of opportunities for students to interact with the library through events such as the SOLO CHESS Challenge (thanks Mr Reah) and an anti-bullying tree of messages (thanks Mrs Winyard).

Our display boards have been changing over the term and included a massive display for International Women’s Day featuring many incredible women’s photos and brief biographies. We also have another section of the library featuring amazing feats of Construction. With beautifully displayed black and white feature pictures on the walls, and lego constructions in the display cases, many student eyes have been turned in wonder as it has evolved.

I would like to thank students ordering from the Scholastic Book Club catalogues. We love to see that you are enjoying books. Look out for more catalogues next term. Stay tuned for more exciting news from the library next term, including results from students participating in our Region’s Reader’s Cup competition.

Sheryl Hipathite

Teacher Librarian

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**Games Afternoon**

**SUNDAY 17 APRIL**

Join us for an afternoon of fun and games at Lightbox Espresso & Wine Bar.

- **Sunday 17 April 12 - 6pm**
- **55 Goondoon Street, Gladstone**

Games for hire on the day include Monopoly, Articulate, Connect 4, Pick up Sticks, Jenga, Cluedo & more!

Competitions will be held throughout the afternoon and individuals or teams can pay to enter.

All proceeds will be donated to Autism Queensland Gladstone

Lunch and Blue Cocktails / Mocktails will be available to purchase.

If you have any questions please contact the Autism Queensland Gladstone office on 07 4977 9600
Dates to Remember

19th April - Yr 12 Cert 2 Volunteering
19th April - Volunteering New Auckland Place
20th April - Cross Country
21st April - Parent Teacher Interviews 3:30-6pm
22nd April - Capricorn Film Festival
24th April - North West Trip 1 (to the 1st May 2016)
25th April - ANZAC Day
26th April - Volunteering New Auckland Place

WHAT'S YOUR DREAM JOB?

2016 GLADSTONE CAREERS EXPO

This important community event provides the perfect platform for students wanting to learn more about specific career and education pathway opportunities. The Gladstone Careers Expo features a wide range of information and trades demonstration stalls. Students will have the opportunity to speak with trained staff in various fields to get a real understanding about potential further study options, industries and occupations.

The Gladstone Careers Expo includes event exhibitors from a variety of fields including Tourism, Hospitality, Construction, Manufacturing, Community Services, Colleges and Universities, Training and Employment Providers, Police Recruitment, Defence Forces, Retail amongst others.

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

Notice to all Schools in the Gladstone Region

An invitation is extended to all schools to attend this year’s 101st Anniversary of Anzac Commemorations.

Gladstone schools are renowned for their community spirit and have always been great supporters of Anzac Day and other days of remembrance. It is hoped that this year a record number will participate.

Monday 25th April - Dawn Service commences about 5.45am at Anzac Park that is situated on the corner of Goondoon and Tank Streets. Students are welcome to attend the service and lay a wreath in memory of those who have died for Australia in all wars.

Monday 25th April - Anzac Day Parade and Service commences in Goondoon Street outside the council chambers and the march off is about 10.30am. Students are welcome to march in school groups behind the veterans, then attend the service. During the service students can lay a wreath.

If schools intend laying wreaths or have any marchers please call me and let me know so that the wreath parties can be called forward and also so marchers can be allocated a place in the parade.

If there are any enquiries please do not hesitate to call me.

Harry Tattersall
Anzac Day Convener
0429.321050

WHEN: 10th May, 9:00am – 4:30pm
WHERE: Held at CQ University Marina Campus - Leo Zunino Building

The Gladstone Careers Expo 2016 is open to year 10, 11, and 12 school students in the Gladstone region. Parents are welcome to attend.

www.gladstonecareersexpo.com