We have certainly hit the ground running! And some very fast. Congratulations to all of our competitors in the Gladstone SHS Athletics carnival and the Age Champions. Given the dire weather predictions which were circling earlier in the week, our Sports Day was perfect weather for a day on the oval. It was great to see our students demonstrating sportsmanship and house spirit. Congratulations to Damala who won the champion house trophy. Thank you to the staff who organised the day and the Tuckshop staff who provided a wonderful range of nourishment for our athletes. Students may now be eligible to attend the Port Curtis Trials. Please ensure forms are returned quickly.

Student reports for Semester 1 were released this week. Just over 10000 individual subject gradings were given and of these, 85% were C or above. The vast majority of our students have applied themselves to the task at hand and given themselves the best start for the year. Well done. 95.1% of our students exhibited the behaviour we expect at Gladstone State High School. There is a distinct link between behaviour and achievement. We are proud of the work our teachers and student have done in Semester 1. The staff at Gladstone SHS stay in regular contact with many parents over the course of the year. If you have any concerns re your child’s report, please contact the relevant teacher to discuss.

We celebrated NAIDOC week today with the theme, “We all stand on sacred ground.” I would like to thank the staff and other organisations who contributed to the NAIDOC celebrations at State High today. We began with a robust game of Touch Football with members of community and staff vs students. Thankfully we were able to appeal to some of our Technical College students to bolster our chances. Still the students ran out winners – which is becoming a bit of a pattern at State High. Staff may need a more focussed training regime – or maybe a couple of younger, fitter players – no disrespect to those of us of a certain vintage who still had a go. The students, family members and guests were treated to a lunch by the students form our Hospitality Department. These students do a great job under the supervision of Jacqui McDonald and the rest of the staff. It was a great celebration day.

As we enter the second half of the year, it is important that our year 12 students particularly keep their eye on the finish line. For some this may mean the Queensland Core Skills Test and an OP which can set them up for university. For some it may be the Queensland Certificate of Education, for other, employment, a traineeship or apprenticeship. I said to the students at the beginning of the year that the last thing that I want them to say when they finish at State High is, “I wish I had.” Keep focus and see it out to the end – and make sure you set yourself the best foundation for a future where you have opportunities, not roadblocks that you created for yourself at school. We will continue to support our students to make the most of the opportunities that they have at State High.
Quick News

Potters Place Parking
The Parking area within the Potter Place is privately owned land and therefore parents should not be parking in there. The Potters Place are currently in discussion with Main Roads, Gladstone Regional Council and the Police regarding this issue.

Botanic to Bridge
Botanic to Bridge is on again on 16th August 2015. Every year Gladstone State High is well represented by both students and families and are now seeking even more participants for this year’s event. All student nomination fees and portions of all other registrations from the GSHS community are donated back to the school for funding sport and recreation equipment and initiatives. For more information on registering please visit our school website or http://www.botanicobridge.com.au/register

Congratulations Mickayla!
Technical College would like to Congratulate Mickayla who was signed into a Cert III Hairdressing with Naomi from Innovations Hair Studio.

Chappy Chat!

In the last week of Term 2, SHINE participants celebrated the end of their programme. Year 10 Hospitality decorated the table superbly and the waiters waited on us most attentively. The girls were truly surprised when they walked in the door and saw the beautifully prepared banquet. There was an alternate drop of Gluten Free Butter chicken or Gluten Free Gnocchi for the Main Meals. Our desserts were a choice of Gluten Free Pavlova or Gluten Free Flourless Chocolate Cake. The drink options consisted of Lemonade Mocktail (a Brazilian delicacy) or Shirley Temple (“a Fijian sunset captured in a mocktail”). They truly felt special and were lost for words!

Some of their feedback about Shine included:
• “This was a good boost to my self-esteem”
• “I’m more confident about dealing with bullies.”
• “I think better of myself now.”

• “This program is worth it. It helps girls going through a tough time and makes them feel better about themselves.”
• They liked the positive quotes that we shared e.g. “What you allow is what will continue.”
• “It helped me to learn to let go of things easier.”
• “It’s really enjoyable.”
• “I’m not really into the whole idea of nails and doing my hair, but it was good. In fact, I still have some of my nail polish on”
• “Shine is very helpful to me because in here I don’t get judged and can learn to be myself.”

The general agreement was that they loved the food, the nails and the hairdressing. They loved making lip gloss and air freshener with Mrs Corones!

Congratulations girls and remember that the future really does depend on what we do in the present.

PS...
All the girls say they are good to have their photos in the newsletter - Chloe T 9T1; Maddison C 9K2; Jessica S 9P2; Kasey R 9K3; Jessica W 9K1; and Lelah B 9P2

Yvonne Kamholtz
School Chaplain
Gladesville Musical
Roll up, Roll up... Welcome to the show, introducing Gladstone High's Musical... ‘Seussical’. We think you should go.

Get your tickets online http://www.glaecc.com.au/whats-on/seussical/ or at the at the Entertainment Centre Box Office, or by calling the GECC ph: 49722822.

Presented at the Gladstone Entertainment and Convention Centre, Friday 31st July and Saturday 1st August, 7:30pm.
Career Corner

KFC Gladstone

KFC Gladstone Restaurant is re-opening their new Restaurant soon and are looking for Part-Time and Casual positions for individuals aged 14 – 17 years (Junior Wages Rates apply) to work day, night, weekend and public holiday shifts. After successful employment, KFC can also offer individuals the opportunity to participate in School Based or Work Based Traineeships, completing a CIII in Business. Interested students can apply online at www.kfcqld.com.au

Apprenticeship Intake 2016

The major industries in Gladstone have commencing advertising their Apprenticeship intake for 2016. The industries include NRG, GPC, QAL, Ergon Energy. Most of the industries will be advertising in The Gladstone Observer this coming Saturday (18/7/15). Students interested can see Mrs Christopoulous in K Block for further information.

Junior Secondary News

Wow! What a great start to the term we’re having … on Monday our students enjoyed inspirational Motivational Media presentations, the Athletics Carnival on Tuesday where our Year 7 students shone in both participation and achievement, and an excursion to the Gladstone Entertainment Centre on Wednesday to be yet again inspired by prolific and popular children’s writer, Andy Griffiths.

We are getting down to business though with work starting in core subject areas and our writing program rolling out with Year 8s this semester. Writing continues to be our focus this year as we prepare Junior Secondary students for success in Junior and Senior School and life beyond.

Our Wellbeing Program for the first two weeks focuses on defining bullying and harassment, building student resilience and preventing bullying from happening at our school.

Our Junior Secondary teachers continue to showcase their expertise in the teaching and learning of early adolescents. At the end of last term, we had a special visit by the legendary Dr Indiana (aka Mrs Trish Wilson) and Dr Jones (aka Mrs Bec Scriven). Dr Indiana and Dr Jones prepared a dig in the State High rainforest area. Year 8 Science students were tasked with laying a grid over the dig and searching for geological artefacts such as dinosaurs, rocks and bugs. The students excelled in their efforts and dug for two hours, surpassing the task expectations! Their enthusiasm is captured in the photos shown.

Photo 1: Vincent M, Photo 2: Harmony D and Photo 3: (L to R) Maddison M, Teah D, Holly C

The lunchtime Board Games/Chill Out Room continues to be popular with Year 7 and 8 students and is a great way to develop relationships between students and staff and ensure that support is on hand whenever students need it.

Our School Nurse, Jan, has been very proactive in building relationships with Junior students and participates in our lunchtime activities. Jan is at school on Tuesdays, Wednesdays and Fridays and parents are welcome to refer students for brief intervention / health promotion for mental health, including social and emotional wellbeing, relationships, stress, eating issues, sexual and reproductive health, drugs (including tobacco and alcohol) and growth and development. Jan’s service is confidential and the students do have the right to not attend. The best way to contact Jan is via email: Jguer0@eq.edu.au or leave a message on 49766171.

We are looking forward to an excellent term and continuing to help students Reach for the Stars through academic rigor and a wellbeing focus. If there is anything I can help you with, please feel free to contact me on ldono28@eq.edu.au or my direct number 0749766102.

Thank you for your continued support.

Lisa Donohue
Head of School JNR
Dates to Remember

25th/26th July - Relay for Life
31st July 2015 - School Performance Seussical
31st July and 1st August - Seussical Public Performance Entertainment Centre
16th August - Botanic to Bridge
7th-11th September - EXAM BLOCK

School Nurse News
National Diabetes Week
12.7.15 to 18.7.2015

National Diabetes Week is an annual week to raise awareness of diabetes, its seriousness and its complications.

Did you know that:
• 1.7 million Australians are living with diabetes and a further 280 Australians develop diabetes every day.
• Diabetes is serious and can have life threatening complications including heart attack, stroke and kidney disease.
• Anyone can develop diabetes – you don’t have to be old and you don’t have to be overweight. Managing diabetes is a 24/7 effort.

Diabetes is the fastest growing chronic disease in Australia. An estimated 2 million Australians are at high risk of developing type 2 diabetes and are already showing early signs of the disease.

Diabetes is a serious complex condition which can affect the entire body. It is described as a “Chronic” condition, meaning that it lasts a long time, often for someone’s whole life. Diabetes requires daily self care and regular monitoring from health professionals.

There are different types of diabetes; all types are complex and serious. The three main types of diabetes are type 1; type 2 and gestational diabetes.

There are serious complications common to all types of diabetes including heart disease, stroke, kidney disease, limb amputation, depression, anxiety and blindness but with careful management people with diabetes can live well with their condition.

Want to know more – then check out www.diabetesaustralia.com.au
Or come and see the SBYHN on Tuesday, Wednesday and Friday’s in room DOS

Yours in Health
Jan Guerassimoff
SBYHN

Career News continued...

NRG Apprenticeship 2016
Please be advised that the NRG Apprenticeship Intake 2016 will be advertised in the Gladstone Observer (15, 18 and 25 July) and NRG Job Board. Applications close 3 August 2015. Aptitude Testing Date: Sunday 23rd August 2015
If any of your family or friends have a strong interest in learning a trade and would like to commence their career at NRG, please direct them to our Job Board to apply. www.nrggos.com.au/page/Careers/Vacancies.
Any further queries contact Julie Evans, Employee Relations Advisor on ext 150 (4976 5150 or 4976 5211)

ERGON
The educational requirements we are looking for our Electrician Apprentices are a sound result in Maths B, English and a Science at yr 12 level and for our Distribution Linespersons Apprenticeships they must have sound result in Maths, English and a Science at yr 10 level but must be 17 yrs of age when they start their apprenticeship in February 2016. We have information on the Ergon Energy Website about our apprenticeship types and video statements from some of our existing apprentices that students may find interesting. https://www.ergon.com.au/about-us/careers/apprenticeships.