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## 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 28 July 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 during term 3 week1 (commencing Monday July 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](http://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 Thursday 21 July through to 8.00am Thursday 28 July 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:

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

We look forward to seeing you there

Tameeka Schelks  
Deputy Principal

## 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

**ALL JACKETS HAVE NOW  
ARRIVED AT THE UNIFORM  
SHOP**



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

## 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



# Chappies' Chat



Last week I began with some Anger Management Tips and as promised, have some more information on the same topic.

### (Anger Management Tips for Teens contd)

In learning to control your emotions, the key is to catch yourself reacting before your emotions become too heightened. Usually, it's because you feel as though you're not getting or won't get something (like the following) that is important to you: e.g.

acceptance	respect	be liked
be understood	be needed	be valued
be in control	be right	be treated fairly
attention	comfort	freedom
peacefulness	balance	consistency
order	variety	love
safety	predictability	included
fun	new experiences	independence

So, if you can learn to identify the needs that usually trigger your anger, you can then think about whether you are really losing whatever is important to you. Perhaps you are taking the situation too personally? Maybe you can ask that your need be considered? If it doesn't really matter, can you let it go? If you are honestly able to name what the trigger is, you can find a healthier way of dealing with it and feel more in control and see life more objectively. Often, if we can put it into words, we can act rather than react - "I feel angry because..."

**Tour de Chaplain: A reminder that we have our Tour de Chaplain happening and all details can be found at <http://gladstoneschoolschaplaincy.org.au/tour-de-chaplain/>. Perhaps you cycle regularly and would enjoy a pleasant ride from Many Peaks to the Yarwun Skate Park? Maybe you'd like to get a team together and fund-raise? Check out the above link for more information.**

This week three Drumbeat groups performed in front of invited loved ones. As usual, there's real panic because they have to perform, but a real sense of achievement afterwards. The performance is an essential component of the program, as it helps to build resilience and confidence in themselves as both individuals and as a team.



**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

**On Friday I was one of the very few lucky parents that got to watch some very talented young ladies perform in DRUMBEAT. I was told that they had only an hour to organise the songs and speeches that they were going to present. They did an amazing job with such little time they had. I believe that the chaplain's DRUMBEAT program has brought out the self-confidence and willingness to work in a team while also being individuals. I hope to see more people participate in this program. A big round of applause to the chaplain, Mr Dennis and the amazing young ladies! Mrs Kelly (one of the wonderful parents who came along in Period 3 to watch )**

Jarek and I can be contacted by:  
email jreah0@eq.edu.au; ykamd2@eq.edu.au or phone 49766162.  
Until next week,

Chappies' Jarek and Yvonne

## 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

### Our Model



Building

Strengthening

Consolidating

Grandfather sat contemplating.  
`What's wrong?' asked the grandson  
'Grandson I have 2 wolves fighting inside me.  
One is anger. One is peace.'  
The grandson asked 'Grandfather, which one will win?'  
In his wisdom, the old man replied,  
'The one I feed?'

American Indian Proverb

We all have anger. It's a normal human emotion. At times it is useful to express strong feelings as it helps us deal with situations that trigger those strong feelings. However management is the key. If anger is expressed in harmful ways then it can lead to problems in relationships and affect the overall quality of one's life.

### Recognizing Anger

Our bodies are great indicators of anger. When you get angry, your heart rate and blood pressure rise and stress hormones are released. This can cause you to shake, become hot and sweaty and feel out of control. You may then yell, throw things, criticise, ignore, storm out, and sometimes withdraw and do nothing. Take note of your body as it can help you control the extent of your anger.

### Anger is a problem when:

- It involves verbal, emotional, physical or psychological abuse.
- You feel angry a lot of the time.
- People close to you are worried about your anger.
- Anger is leading to problems with personal relationships and work.
- You think you have to get angry to get what you want.
- Anger seems to get bigger than the event that set it off.
- Anger lasts for a long time, and well after the triggering event has passed.
- Anger affects other situations not related to the original event.
- You are becoming anxious or depressed about your anger.
- You are using alcohol or other drugs to try to manage your anger.
- You are getting angry with the people who are closest to you, or with people who are less powerful than you, rather than dealing with the situation that sparked off your anger in the first place.

Anger can often lead to violence if not properly controlled and some people use anger as an excuse for being abusive towards others. Violence and abusive behaviour gives someone power and control over another person, usually through creating fear.

### Tips to Manage Anger

- Make a list of the things that often set off your anger e.g. running late, your children not cleaning up after themselves, or a co-worker blaming you for something you didn't do. If you know ahead of time what makes you angry, you may be able to avoid these things or do something different when they happen e.g. for lateness set your clocks ahead of schedule.
- Use strategies to calm yourself – deep breath, count to ten, punch a pillow, walk away, put your anger into getting a job completed, talk to a friend (but when calm).
- What you think affects how you feel so CONTROL YOUR THINKING - self-talk yourself into rational thinking. Know you are in charge of you. Choose to act and think calmly. It will win more friends and achieve better outcomes.
- Be assertive - Being assertive means being clear with others about what your needs and wants are, feeling okay about asking for them, but respecting the other person's needs and concerns as well and being prepared to negotiate. Avoid using words like 'never' or 'always' or 'should' (for example, 'You're always late!', 'you should do this'), as these statements are usually inaccurate, make you feel as though your anger is justified, and don't leave much possibility for the problem to be solved.
- Seek professional help if your strategies aren't working

Remember – how we respond to anger will set the example for our children to follow. We can help our children to learn recognise if their have a problem with managing their anger and learn to use these strategies.

Our behaviour is a choice. When dealing with anger which wolf do you want to feed?????

Adapted from Anger Management: [http://www.psychology.org.au/publications/tip\\_sheets/anger/#s5](http://www.psychology.org.au/publications/tip_sheets/anger/#s5)

## 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.



## Year 8 Outback Safari Adventure 2016

It was a brisk cool Sunday morning as 49 Year 8 students from Gladstone State High School stood outside the school waiting for the coach to arrive. A few nervous faces, from students and parents, but there was a glimmer of excitement in everyone's eyes. It was the morning they had been waiting for, the start of the Year 8 Outback Safari Camp. The camp which was organised by the Humanities department ran from the 29 May till 3 June 2016. The purpose of this experience was to evaluate the location of a theoretical placement of an eco-resort within the Carnarvon Gorge National Park in Central Queensland.

Over the first three days students camped at the Takarakka Bush Resort & Caravan Park within the Carnarvon Gorge National Park. Students took part in various activities which included; bush walking, night bush walking, preparing and organising meal times, leadership skills and working effectively as a team. The bush walking which consisted of over 22 kilometres for one group allowed students to explore the Boolimba Bluff, the Moss Garden, Ward's Canyon and the Art Gallery. All of these sites are natural wonders within the gorge and all displayed breath-taking experiences. I personally watched the students become speechless, it was a stunning sight! Students, once in the gorge, focused on the development of their geographical skills which allowed them to evaluate the location of the two proposed sites for an eco-resort. We focused on pH levels of water and soil, developed field-sketches, analysed fauna and flora observations, created quadrats work, worked on their photography skills, developed knowledge around turbidity testing and finally used this information to evaluate and justify their decision as to which site should be chosen for their eco-resort. Alongside this, there was of course countless types of wildlife walking around camp. Students got to experience first-hand the kangaroos, swamp wallabies, kookaburras, a baby sugar-gilder and platypus that all live within the park boundaries.

The encouragement that I heard with this group is unforgettable, whether it was supporting each other with setting up the tents, providing assistance on the hiking trails, giving encouragement when climbing up over 200 metres of straight cliff faces – they were all highly supportive and really showed the State High difference! On the last night, students got the chance for a late night walk up to a local lookout, and the ability to see the entire Milky Way with no light pollution at all. Truly an amazing experience.

On our third day we made our way out to Longreach via Barcaldine. However to our surprise, it had rained so much overnight that the roads were flooded. We had an emergency over-night stay in Barcaldine which involved dorms, an exceptionally yummy BBQ and a chance to promote those leadership and team building skills. Students learnt a bit of history from the Tree of Knowledge and its significance to Queensland. The following morning, with some good luck and positive karma – the roads were opened and we made our way to Longreach. A truly adventurous time.

At Longreach, we all experienced the Qantas Founders Museum and for a few of us it was the first time we had been on an airplane. With our guide Tom, we explored an old 747 Qantas aircraft from top to bottom, inside and out and side to side. This was followed by the museum, which housed a large range of artefacts and interactive displays. I do admit, students did enjoy the interactive flying simulator the most. Students had the chance to experience what it was like in the outback before Qantas arrived, with a stage coach ride through the town. Over 12 students and a driver all packed into a small stage coach, pulled by six horses that thundered through the streets of Longreach. Students made links and observations between Gladstone and Longreach, with some similarities and differences being presented. In the evening we visited the Stockman's Hall of Fame and were treated to a dinner and a show explaining the life of a stockman. Our students got involved by running around with the animals on stage, participating within the act and lastly able to get up close and personal with some lovely animals for a photoshoot at the end of the show.

Winton was our last stop, and what outback experience isn't complete without a trip to the Australian Age of Dinosaurs museum. Students got to touch real dinosaur bones, experience what it was like to be in the time of the dinosaurs and lastly, the fact we almost got stuck on this mountain in the rain with the bus brought some added excitement.

Students went away from State High not knowing each other and came back the best of friends. They developed their leadership skills, built on their social and encouragement skills, pushed their own personal boundaries, experienced what it felt like to walk over 20 kilometres in a day and lastly, had the ability to develop their geographical inquiry skills which will highly benefit them in their future schooling.

- Mr. Rick Harting



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## Quick News

### BYOX Setup Schedule

All students that are currently enrolled in Gladstone State High School's BYOX program would have received a note in their form class over the course of the term with a scheduled time to complete the setup and installation of the BYOX program on their laptops.

Any students enrolled in the program that have missed their scheduled appointment should see the technicians in F Block before school or during either lunch break to arrange a suitable time to have the installation completed.



### Queensland Signed Jersey

The Senior Council is fundraising this term by selling Raffle tickets for a signed & framed Queensland Origin Greats Jersey. The jersey is located in the resource centre. Tickets are \$2 each either from the resource centre or from any student leader. Jersey drawn Week 1 Term 3.

### Student ID Cards

A reminder to students that if you have not had your photo taken for a Student ID Card please see Mrs Winyard in the Resource Centre.

Students that have had their photo taken for an ID Card please go to the Resource Centre to collect them as they have arrived.

Thank you

## Year 8 Outback Safari Adventure 2016

Below are some comments from the students and parents regarding the experience:

"I enjoyed the trip. Loved every minute of it and what we did and saw. I thought the best thing about the trip was the Age of Dinosaur Museum, but in saying that I loved everything about the trip!"

**Jake M. (Student)**

"Thank you to all for a wonderful camp! Kelsey has not stopped talking about camp since her return. She had a wonderful time and got so much out of it. It was a wonderful week by the sounds of it and well organised."

**Julie (Parent)**

"Firstly we would like to thank you for your time and effort in putting together a camping trip that Koen enjoyed very much. He had a really good time and enjoyed every bit of it. Thank you for giving the kids an opportunity to experience something different and exciting."

**William (Parent)**

"I loved how we could be outside in the Outback with our friends. It was a scary yet exciting experience and I wish we could go back!"

**Kelsey (Student)**

"I really enjoyed the camp, there was plenty of amazing food. We had the chance to stay in cabins as well as tents, the experience overall was amazing and I really enjoyed the bunch of students that were on the camp"

**Logan (Student)**

"I loved all the sites within the Carnarvon Gorge and I really loved the whole experience. It was something that was awesome!"

**Koen (Student)**

"Samaya hasn't stopped raving about everything they did so obviously she has enjoyed all the opportunities given and made some new friendships."

**Sue (Parent)**



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## Dates to Remember

20th - 24th June - Early Childhood year 12 workplacement

22nd - 23rd June - Athletics Carnival

25th June - 10th July - School Holidays

19th July - Volunteering New Auckland Place

25th - 29th July - Work Experience block two

30th July - Relay For Life



**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@gladstonshs.eq.edu.au](mailto:accounts@gladstonshs.eq.edu.au)

- PLEASE BE AWARE THAT WE DO NOT PROCESS EFTPOS TRANSACTIONS UNDER THE LIMIT OF \$10

## Indigenous Warehouse Trainee - MRAEL Group

Mrael Group - Gladstone QLD

### The Opportunity :

This is your opportunity to join the dynamic and growing Liquefied Natural Gas (LNG) industry. This role offers a challenging and rewarding opportunity where safety, production targets and plant availability must be balanced in the most efficient way.

You will be part of the warehouse team providing efficient, safe and continuous supply of goods to ensure the effective running of the Australia Pacific LNG operations.

The traineeship will be delivered in Gladstone and on Curtis Island, and may require some travel. On successful completion of the traineeship program, you will receive a nationally recognised Certificate III in Warehouse Operations and Certificate IV in Logistics.

### To be successful, you will:

- Be able to work as part of a team with good communication skills;
- Be open to acquiring new skills through theoretical and on-the-job learning;
- Have a minimum year 10 education completion;
- Be a current Gladstone resident;
- Have a current C class drivers licence;
- Possess basic to intermediate computer skills.

### Aptitude Testing

You are required to complete the below testing as a requirement for applying for this position.

### Basic Literacy & Numeracy Test

Please click on the following link to be taken to the apprentice and trainee recruitment assessment site Log in to the site using your MRAEL profile username and password

<https://wic.mrael.com.au/register/jobdetails.php?ID=1420>

MRAELGROUP  
The People People



## 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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