**Hervey Bay Volleyball**

On the last day of term, 4 teams travelled to Hervey Bay to compete in the Wide Bay Challenge. The teams used this tournament as valuable practice for the upcoming Junior Schools Cup in Brisbane. The Year 8 A team remained undefeated throughout the day winning the gold medal match 25-12, against Aldridge SHS A. The year 10 boys contested the final after not losing a match, however went down in the final to a strong Aldridge team. The year 9 girls and year 8 Girls B team had mixed results and finished 5th in each of their divisions.

Thanks to:

Bianca McLeod (year 10 Boys coach)  
Emily B (Year 8B girls)  
Kara Brooks (Year 9 Girls)

...for a great day to finish off term 3. Good luck to all the teams competing at Junior Schools Cup next week.

DJ Lambert (Year 8 A girls Coach)
Chappy’s Chat

Tuesday the 7th I had the privilege of working with Year 11 for their Leadership Day. Not only was I really impressed with how well the Group Leaders met their challenges, but I was also pleased to see the vast majority of students pick up on the team spirit and support each other throughout the learning and practical activities. Through a series of practical activities we experienced and then explored such values as: communication, listening, trust, teamwork and respect for each other. We explored situational leadership and hopefully increased their self-belief in that we are all leaders to someone. Working in groups/teams requires us to sort out our personal significance and roles within that group and to appreciate the positive qualities of each person in that group. As the students entered into the activities, and felt safe in participating, there were lots of smiles and the day proved to be a fun learning experience!

Our current SHINE girls have just enjoyed making our own healthy wraps and had an opportunity to talk about the need to eat healthy foods each day. We also discussed healthy sleep habits, the need for exercise and to stay hydrated by drinking approximately 2 litres of water per day. A sincere thank you to our school nurse who facilitated the lesson so well!

Recently, in discussing eating habits with one group, I was alarmed to learn that almost half the group did not eat breakfast and did not choose to eat anything at first break. Very few of this group had had a drink of water for the morning. Most had consumed milk drinks or caffeinated drinks. Needless to say, many were quite lethargic and finding it difficult to concentrate.

The Butterfly Foundation represents all people affected by eating disorders and negative body image – a person with the illness, their family and their friends. Butterfly operates a national support line, which is staffed by counsellors and psychologists experienced in assisting with eating disorders. Throughout its work Butterfly emphasises the critical importance of prevention and early intervention strategies in limiting the development of, and suffering from, negative body image and eating disorders. If you know of someone who is currently experiencing an eating disorder and they are willing to talk to someone: Call 1800 ED HOPE / 1800 33 4673 (Monday - Friday 8am to 9pm except public holidays) You could also check out The Butterfly Foundation website.

ALSO...

Aliens in the Attic - (a five session) Parenting Program which will offer parents an insight into their adolescent, skills and information to understand their adolescent's behaviours and choices, and highlights parenting styles and how these impact on the relationship between parent and adolescent.

Commences at 10am on the 31st October, cost is $20 per family (negotiable in certain circumstances)

To secure a place contact the Youth & Family Support Team on 4972 8200.

If you are interested, please ring the above phone numbers for further information.
Position Vacant: Eagle Boys Sun Valley are looking for Drivers. Applicants need to be available for approximately 12hrs of shifts per week covering both weekdays and weekends. The application form can be downloaded via the link below: https://www.eagleboys.com.au/Corporate/Careers or contact us via email; lucas-doc@hotmail.com, or you can apply instore.

Position Vacant: Schools Officer (Grounds)
Part-time
Flexible working hours, negotiated with the successful applicant. The position would suit a semi-retiree. If you are interested in the position or have any questions please contact Courtney Rowe, Business Services Manager, 07 4976 6110. The position will close on 24 October 2014.

Attention Year 12 Students
There is an opportunity for Year 12 students to follow a healthcare career pathway. The following course Diploma of Nursing is being offered at the Mater Hospital in Brisbane. Any students interested can see Mrs Christopoulos in Senior Schooling during break times.

MENTAL HEALTH WEEK – INFORMATION FOR YOU.

Mental Health Week takes place in the week of World Mental Health Day, which is marked each year on October 10. It is a chance to reflect on mental health and take some positive steps to highlight the importance of mental wellbeing. This year, the theme in Queensland is “MIND-CLICKS – where minds meet”. MIND-CLICKS is a campaign under which individuals and organisations can generate a groundswell of thought-provoking outcomes. MIND CLICKS focuses on the moment you click with a person, activity or group and find a sense of understanding and support that helps you feel more positive, more in control and more aware of your mental health. It’s the ‘ah-ha’ moment where understanding the importance of proactive mental health clicks into place.

RELAX AND RELEASE YOUR TENSION
The many health benefits of relaxation include:
• Improved blood pressure
• Improved quality of sleep
• Reduced resting heart rate
• Increased feelings of well-being
• Improved work efficiency
• Reduced perspiration
• Reduced risk of disease

Find out more:
http://www.youthbeyondblue.com/factsheets-and-info/fact-sheet-12-staying-healthy/

KNOWING WHEN HELP IS NEEDED
Everybody feels sad or down sometimes. But depression is more than short-term sadness. It’s a medical condition that can change how someone thinks, feels and behaves and affects his or her enjoyment of life. People experiencing depression may feel hopeless or helpless, lose interest in what they usually enjoy, lack energy, experience changes in sleeping or eating patterns, or cry a lot for no reason. See how you can help!
http://www.youthbeyondblue.com/factsheets-and-info/fact-sheet-6-helping-a-friend-with-depression-or-anxiety/

STRESS
Stress is a normal part of daily life. It’s a natural physical and mental response that is designed to help you cope effectively with emergencies.
Most people, whether they are young or old, get stressed sometimes. Stress can be caused by a lot of different things, but common causes in young people are to do with school, work, family or relationships. Whatever the cause, the results are usually the same. Learn More: http://www.youthbeyondblue.com/factsheets-and-info/fact-sheet-7-dealing-with-stress/

HOW MUCH SLEEP DO WE NEED?
A good night’s sleep is important for maintaining good health. Sleeping problems are common and can leave you feeling irritable and without energy. If this goes on for too long, you may end up feeling anxious or depressed. But there are a number of things you can do to improve your sleep so your mind and body can recharge from the day’s activities. Read how: http://www.youthbeyondblue.com/factsheets-and-info/fact-sheet-13-getting-the-sleep-you-need/

Come and have a chat to your school nurse Marisa for more information or visit: www.beyondblue.org.au

WATCH VIDEO ON RELAXATION
http://www.youthbeyondblue.com/factsheets-and-info/fact-sheet-12-staying-healthy/mindfulness-dvd/
Quick News

Year 8 talks
Last week Year 8s were visited by some special community members. They came to outline and discuss the topics around healthy adolescence. This was an opportunity for Year 8s to ask questions and freely discuss those topics which are important within and beyond a school environment. Year 8s were split up to specify matters according to their gender.

White Card Training
Any students interested in receiving their White Card, which is necessary to have when working on site in Industry, please see Mr Wiebusch at the year Co’s room to sign up and for permission forms. Mr Wiebusch will work in supporting you to complete the course online during week 5. The cost is $39 and payment can be made by credit card online upon completion.

Unexplained Absences
Year 12 students, remember to ensure you have all absences explained. You can do this at your year Co’s office or at the Admin building.

Library Books
All students please remember to return your library resources when you are finished using them.

Year 12 Students/Parents
Information regarding Grad week will be sent via email. If you need to update/add an email to your students file, please contact the office on 4976 6111.

SCHOOL PAYMENTS
PLEASE BE AWARE THAT ALL EFTPOS TRANSACTIONS HAVE A $10 CARD LIMIT

All Schools Touch Competition
On Wednesday the 8th of October, 11 eager girls travelled to Brisbane for the annual All Schools Touch Competition. This was the first time in nearly 10 years that Gladstone State High School had submitted a team for the competition. Playing 6 games for over 3 days, we played some of the strongest teams in the state such as Palm Beach Currumbin, Fairholme College and even a team from Singapore. For a first year team and playing against the toughest teams in the tournament, we finished off 5th in our pool and were successful against Emmaunel College. We improved each game and represented Gladstone State High School with pride. As seniors we are sad to not participate in the carnival next year and encourage all to gather a group of friends within the school and get involved next year. We would like to thank Mrs Jo Dahl and Miss DJ Lambert for their involvement within the team and for travelling to Brisbane with us and to Callan R for being our referee.

Madie O and Amy A
Co – captains
HONESTY
• Be truthful and sincere
• Be trustworthy
• Admit your mistakes
• Learn by your mistakes
• Seek truth, good and right

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
• Practice safe and hygiene habits
• Follow the rules

PROCEDURE FOR STUDENT ABSENCES
If your student is away for any reason there are several ways of notifying the school.

• Phone on 07 4976 6158
• Email on absentees@gladstoneshs.eq.edu.au
• Use the notification slip in the Newsletter each week
• Use the slip in your student’s diary
• Text absences on 0407096034

We appreciate and thank you for your cooperation.

Community Leadership Awards
Wow, what an experience!!! As Captains of GSHS we would like to start by thanking each and every member of the school community. This year has been jam packed, and without the help of everyone in our galaxy, none of it would have been possible. From the office staff to the cleaners, from the gardeners to the teachers, from the students to the parents, every one of you has played a crucial role in ensuring that 2014 has been successful and memorable year.

Last night we attended the Community Leadership Awards in Brisbane. What an inspiring night, it was truly humbling to share with other schools their 2014 journey. GSHS unfortunately did not receive a place in the top 3, however during the night a number of our initiatives were given special mention. We are incredibly proud of what has been achieved this year as a school. Never forget that the brighter each star shines the more magnificent our galaxy.

There are available positions in the EQIP Process Plant Operations program for 2015.

If you are interested in obtaining a Certificate II in Process Plant Operations, please contact Tracy Buchanan directly on 49766129.

Information on program can be collected from the Gladstone Technical College or visit the EQIP Website on; www.eqipgladstone.com.au

Dates to Remember
21st October
Year 8 and 10 Immunisations
21st October - 24th October
Year 10 Mock Interviews
28th October
Awards Night
4th November
Senior Awards Day
6th November
Junior Awards Day
17th November
Year 12 Church Celebrations
18th November
Year 12 PROM
20th November
Year 12 Beach day
21st November
Year 12 Graduation Ceremony and also Year 12 Last day!
24th November
P&C Meeting
28th November
Year 10 and 11 last day of school
12th December
Year 8 and 9 last day of school

Student Absence Notification

Student Name: __________________________
Care Group: __________________________
Date: ___ / ___ / ___
Reason (Circle): Sick  Personal  Family  Other
Date: ___ / ___ / ___
Reason (Circle): Sick  Personal  Family  Other
Date: ___ / ___ / ___
Reason (Circle): Sick  Personal  Family  Other
Parent’s Signature: __________________________

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