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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



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

SCHOOL ABSENTEE LINE

4976 6158

SCHOOL OFFICE LINE

4976 6111

Words from our Guidance Officers

Harmony Day

Harmony Day, 21 March, celebrates Australia's cultural diversity. It's about inclusiveness, respect and a sense of belonging for everyone.

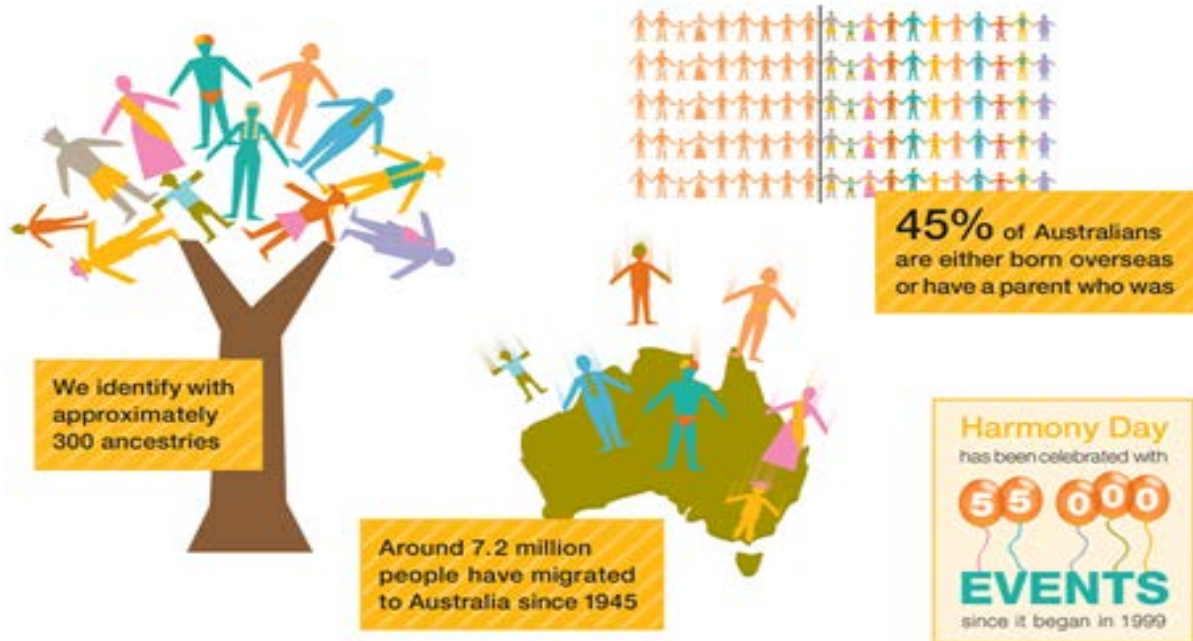
It is a day for all Australians to embrace cultural diversity and to share what we have in common. The central message for Harmony Day is that 'everyone belongs', reinforcing the importance of inclusiveness to all Australians.

At Gladstone SHS we have many students who were not born in Australia, have parents who were not born in Australia and/or speak languages other than English. We have students from the Phillipines, South Africa, New Zealand, Italy, Singapore, Hungary, Sri Lanka, Fiji, Thailand, Norway, China, Argentina, Spain, Venezuela, Jamaica, Palau, PNG, Hong Kong, Indonesia, UAE, Egypt, Malaysia, India and Russia. We have a policy of inclusiveness and work hard to ensure that all students feel as though they belong and are supported at school.

Did you know:

- around 45 per cent of Australians were born overseas or have at least one parent who was
- 85 per cent of Australians agree multiculturalism has been good for Australia
- apart from English the most common languages spoken in Australia are Mandarin, Italian, Arabic, Cantonese, Greek, Vietnamese, Tagalog/Filipino, Spanish and Hindi
- more than 60 Indigenous languages are spoken in Australia
- 92 per cent of Australians feel a great sense of belonging to our country?

These facts are taken from ABS 2011 Census Data. Check out the Australian Bureau of Statistics website and the Mapping Social Cohesion National Report 2014 from the Scanlon Foundation website.



Chappies Chat

Again this year, students aged between 15 – 17 years of age have an opportunity to attend RYPEN which is a Rotary activity provided to encourage and enrich youth in our community. This year it is being held from 1st – 3rd April at Tanyalla and Rotary covers all costs.

Participants are involved in a variety of sessions, workshops, and activities which provide an opportunity for them to personally develop, challenge themselves, build relationships with like-minded people, and build life skills and/or awareness in areas such as working in teams, goal-setting, contributing to the community, increasing confidence, self-esteem, explore values and a whole host more! Not to mention HAVE FUN!! If you would like to find out more, please send me an email (ykamh2@eq.edu.au) or Ph 49766162. I believe that students who attend will “walk out taller” feeling more confident, goal-focused and encouraged.

Next week sees the conclusion of our first DRUMBEAT program. We sincerely thank the PCYC (especially, Mike Newell, Tess and Bec) for their continued investment of time, energy and encouragement and we are very thankful for the use of PCYC drums. Our final performance will be held in the last week and participating students have invited special family/friends that they would like to perform in front of. Although a shortened term necessitated an abridged programme, we have clearly seen growth in all our students. Whilst the programme doesn’t “magically fix” anything, it practically demonstrates principles underlying effective and positive communication, resilience and emotional well-being. It has provided a window for students to reflect and change/modify values or behaviours. All participants acknowledged that they have learnt new skills and a majority said they feel more confident. Next term, PCYC have generously offered to allow us to borrow drums so that GSHS DRUMBEAT can continue – again illustrating that it really takes a whole community to raise our youth.

Thought for the week: “The mouth speaks what the heart is full of.”

Have an awesome week!

If you would like to contact either Jarek or myself, please know that you are welcome.

I can be reached on ykamh2@eq.edu.au Ph: 49766 162 (Mon – Fri)

And Jarek is jreah0@eq.edu.au Ph 49766183 (Tues-Thurs)

Yvonne Kamholtz.



 **RYPEN**

 **DRUMBEAT**
BUILDING RESILIENCE THROUGH RHYTHM

LOCATED IN D BLOCK (NEXT TO ADMIN)

Quick News

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



GLADSTONE
State High School

Quick News

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:

- 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)

Gladstone State High Tuckshop
Direct Line Ph— 49722318
Our Convenor is Cathy Thone, Team Members are Trish, Janine, Jody, Paula, Lorraine & Maree.

Tuckshop opens for breakfast everyday. 7.30-8.45am. You are also able to pre-order during this time for the 1st or 2nd break on that day.

Chillers (icy/milky drinks) Chocolate, strawberry, caramel, vanilla and iced-coffee all \$4.00 hazelnut, chai and butterscotch all \$4.50

Smoothies are made on coconut water. 99% fat free. Flavours available are Banana, Mango and Berry. \$4.50

Fruit salad is on offer everyday. Contains approx. 8 different fruits. \$4.00 a container. Fresh Juices daily \$4.00 Assorted sandwiches available daily. Also wraps available both hot and cold varieties. Milk drinks and water is also available daily.

Everyday we offer different burgers, different wraps and different salads. We always have our board out advertising the daily specials. We aim to offer freshly made food which is of a very high quality. 100% delicious. 100% great value.

Speciality salads, varieties change daily. Some of our ingredients are, rocket, feta, dryslaw, sundried tomato, cherry tomatoes, cucumber and red onion \$6.50
All sauces used on our salads are gluten free and some are dairy free.
Snack packs, carrot sticks, celery sticks, gluten free dips, biscuits, kabana & cheese \$3.50 offered daily.
Yoghurt, cereal and fruit cups available all day \$4 each
Every Friday we have speciality pie made from the bakery \$4 each
We also sell Sushi on Fridays this is made by *Wok Me*—2pces for \$5
Freshly made meals, fried rice, pastas, stir fries, stuffed potatoes to mention a few of the delicious items we prepare. Variety of prices.

The Tuckshop Team run several RED DAYS. These are fun days which allow us to have a broader selection of items from all food categories, These days are major fundraisers for our wonderful school.
RED DAY DATES:
* **13TH MAY**
* **26th/27th JULY (sports days)**
* **28th OCTOBER**

Looking forward to meeting you. Come and try our delicious menu. You will love it!

Careers Corner

Defence Force Experience

Students 15 years or older have the opportunity to do Defence Force Work Experience.

Information on how to apply for this work experience is available from:

Mr. Hooley, Mrs Christopoulos both located in K Block or Mr. Jackson located in D Block.

With this work experience students will need to source their own transport and accommodation.

Quick News



<https://gladstonshs.eq.edu.au/Pages/default.aspx>



<https://www.facebook.com/GladstoneStateHighSchool?ref=hl>



<https://www.youtube.com/channel/UCoQgIKvKSywhmlnT-Jmak4hQ>



Nurse News

WHY DO BULLIES DO THIS?

There are many reasons why some students bully others, which may include

1. The bully may have low self esteem where they don't feel very good about themselves. Making fun of others makes them feel better.
2. Sometimes they are trying to impress friends by hurting others
3. It may make them feel powerful. However, deep down they are generally lonely and insecure
4. The bully may have been bullied themselves and they want to get even
5. They may just be bored
6. The bully may have grown up in a household with violence and the way they cope is taking it out on others
7. Some bullies may not get much attention at home. Bullying is one way of getting attention.

For whatever reason, the bully often finds enjoyment and satisfaction in being cruel to others. They can be female or male. In some cases, the bully doesn't even realise the mental health implications or long term problems it can have on their victim. Some people who are continuously bullied or teased may experience various problems such as depression, anxiety, eating issues, self harming and also not wanting to go to school. This is not an outcome that occurs to everyone that is bullied, but it does happen. The key is to address any behaviors that are not acceptable.

Information in this article is from "The Straight Talk Manual" by Diane Brokenshire. It is a self esteem and life skills workbook for young people.

For further information contact one of the school support staff or Kid's Helpline by phoning: 1-800-55-1800 or information can be found on The Bullying No Way website - www.bullyingnoway.gov.au

What to do if being bullied will be discussed in the next Newsletter.
Regards Amanda, School Based Youth Health Nurse

Harmony Day

Harmony Day, 21 March, celebrates Australia's cultural diversity. It's about inclusiveness, respect and a sense of belonging for everyone.

It is a day for all Australians to embrace cultural diversity and to share what we have in common. The central message for Harmony Day is that 'everyone belongs', reinforcing the importance of inclusiveness to all Australians.

The theme for Harmony Day 2016 is our diversity is our strength. We want to hear how diversity makes you or your community stronger 'Our diversity is our strength, because together we...' share your thoughts with us using #harmonyday From the biggest businesses that together are more connected to the world right through to the smallest pre-schools who together can learn about the world with their friends.
<http://www.harmony.gov.au/>



Career Corner

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 and in-store staff.

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>

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.

Fire Ant Eradication

Gladstone is on the verge of complete fire ant eradication

Throughout March and April this year, the Fire Ant Program will be conducting the largest fire ant community engagement campaign that has been undertaken in Gladstone, calling on all residents and businesses to be on the lookout for fire ants.

It is important that all Gladstone residents get involved in the coming months. It's as simple as having a look around your yard for suspicious ants and then letting Biosecurity Queensland know what you find.

It is just as important that you report to us if you haven't found fire ants as this information is needed to verify that Gladstone is fire ant free.

We aim to declare that fire ants have been eradicated from Gladstone in July 2016, which will be a world record timeframe in pest eradication, and will be due to the combined efforts of the Gladstone community and the Fire Ant Program.

Join the ant hunt! Check your yard today and report your findings online at www.anthunt.daf.qld.gov.au or call Biosecurity Queensland on 13 25 23

Additional information:

Although small, fire ants are one of the worst invasive species to hit Australia's shores. Fire ants can ruin our lifestyle, and have serious environmental and economic impacts. They inflict a terribly painful sting and can restrict everyday activities, such as barbeques, picnics and sporting events.

Join the ant hunt and check the top five spots for fire ants. On residential properties: lawns, footpaths, garden beds, outside taps and sprinklers, and electricity and water metre pits. On rural properties: dams and irrigation lines, edges of cultivated land, cropland post-harvest, fence lines and piles of organic matter.

A typical fire ant nest looks like a mound of loose dirt, with no visible entry or exit holes. Nests can also be found under logs, rocks or gardening materials.

Fire ants are small, varying in size between 2-6mm and are coppery-brown with a dark abdomen. They are aggressive and inflict a painful sting which can be life threatening.

Take a look around your property and if you see a mound of dirt that could be a fire ants nest, stand well back and poke the nest with a long stick. Never use your hand. If it's a fire ant nest you'll notice ants of varying sizes swarming out to attack.

Join the ant hunt! Check your yard today and help us get rid of fire ants for good.

For more information about the National Red Imported Fire Ant Eradication Program, visit www.daf.qld.gov.au/fireants.



Dates to Remember

21st - 24th March 2016 - Year 12 Exam Block

22nd March 2016 -Boys and Girls Touch Football 13-18 years

23rd March - 7/8 Immunisation

24th March - Free Dress Day

25th March - Good Friday

28th March 2016 - Public Holiday

29th March - 10th April 2016 - School Holidays

11th April - Term 2 starts



P&C AGM and General Meeting

**Is on the 21st March 2016 in the Administration Block
AGM starts at 6.30pm
Followed by a General Meeting at 7pm**



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

WALLABY JUNIOR LEAGUE FOOTBALL CLUB

Want to be a Wallaby?



Registrations for all age groups (U6 – U17, including girls' teams) are now open.

Register online at sportingpulse.com or follow the links on our Facebook page (**Wallaby Junior Rugby League**)

Contact: wallabyJRL@hotmail.com

BYOx News

If you have returned your BYOx application to the office and have not yet paid your \$50, please do so as soon as possible at the Cashier window Gladstone State High School office. **You will not be receiving an invoice for this program.** If you require further information on this program, please email byox@gladstonshs.eq.edu.au



Instrumental Music

On Tuesday the 22nd of March our Instrumental Music ensembles will be performing in the Gladstone SHS Hall.

This will showcase what the students have been learning so far this year. The concert will start at 6:30pm and will go for approximately half an hour. If you are available, please come along and support our Instrumental Music students. It will be a fantastic night!

If you would like any more information regarding this event, please contact either Angie Clifton or Shanice Anderson in the Arts Staffroom on 4976 6168.

Enjoy!

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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