Safer Internet Day 2016: Be Smart, Play your Part!

Tuesday 9th February was Safer Internet Day. The start of a new school year is often accompanied by new devices: smartphones, tablets, laptops and gaming consoles. Therefore, it is also a good time to encourage students to reflect on the way they use digital technologies in their lives. The Office of the Children's eSafety Commissioner's website www.esafety.gov.au provides information for students and families on dealing with the following issues on the internet:

- Balancing online time
- Cyberbullying
- Online gaming
- Photos, videos and social media
- Protecting personal information
- Sexting
- Digital Reputation
- Offensive or illegal content
- Social Networking
- Trolling
- Unwanted contact

If you have specific concerns about any of these issues our Guidance Officers, Mr Jackson and Mrs Dalton are available for appointments.
Chappy Chat

What a busy year 2016 has been so far! Coming back to work after the wonderful Christmas holidays and getting back into the swing of things has been great! Meeting a whole bunch of new Year 7 students at the year 7 breakfast was an awesome experience and I can’t wait to get to know a whole bunch more of you!

I’ve already had the opportunity to catch up with some students that I worked with last year, and I have also had the chance to work with a whole bunch of new students. I’m looking forward to working with these young people and seeing them become the best they can be.

This year we already have a whole bunch of exciting things happening! Drumbeat is up and running again. Drumbeat is a Ten week program, which uses music and drums to teach young people about themselves and their relationships. It is a great program and we have 3 groups running with the help of the PCYC.

Yvonne has also been away this week as she has been down in Toowoomba doing Drumbeat training which means she will be able to run more sessions of Drumbeat on her own!

2016 is already shaping of to become a great year! I can’t wait to see where it goes!

Chappy Jarek.

Nurse News

THE ROLE OF THE SCHOOL BASED YOUTH HEALTH NURSE

My name is Amanda van der Wegen and I am the School Based Youth Health Nurse for students from Year 7-12 at Gladstone State High School. My role includes working within the school community on issues that may affect the health and wellbeing of young people.

I provide information through whole of school health promotion, classroom education and individual consultations with students on various issues such as growth and development, relationships, stress, self esteem, personal problems, healthy lifestyles, sexual health and drug and alcohol awareness. I can also provide information on other services and community agencies.

The program is a brief intervention service and can refer clients to other services. As an employee of Qld Health within QLD Education I am confidential but as per the law if you are at harm of hurting yourself or someone else or where your safety is at risk, I am mandated to report it.

I work at Gladstone State High School on Tuesday, Wednesday and Thursday. Students can make an appointment with me directly on the days I am at the school.
Junior Secondary News

We are one month into the 2016 school year and almost half-way through the first term. Students across Years 7-9 will find they are starting to move into the assessment phase of their learning. For our students in Year 7 this process is another new high school experience, but we recognise that we need to teach and support all our students right across the Junior Secondary school to achieve success. This is most effectively accomplished through support from both school and home.

Ways Families Can Support Students with Homework and Assignments:
• Familiarise yourself with the GSHS Assessment Policy (page 20a of the Junior Secondary Planner) and make sure your child is using the school’s referencing guide (page 22a of the planner).
• Make sure your child has a designated study area at home, free from distractions (including unnecessary screens and noise) (see page 32 of the Junior Secondary Planner for more information).
• Students should have their assessment schedules for Semester 1, which show which tasks they have coming up and when; be aware of what is on the schedule and which dates are relevant to your child.
• Help your child organise their study time. Students in Years 7-9 should have been 6-10 hours of homework a week – which is approximately 1-2 hours a night (school nights) (see page 28a of the Junior Secondary Planner). Working in 30 minutes blocks is more effective than working for 2 hours straight. Encourage your child to move every half an hour to help them focus better on his/her work. NOTE: these times refer to homework – they may increase when assignments are to be completed. However, if you find your child is spending more than this recommended amount of time on homework on a regular basis and/or you’re concerned about the volume of work to be completed at home, please contact me (Melissa Daniels).

JUNIOR SECONDARY SCHOOL LEADERS

One of the guiding principles underpinning Junior Secondary schooling is Leadership. At Gladstone SHS our students in Years 7-9 have multiple opportunities to contribute to our school community as a leader. On Monday, February 22, we will induct 24 Junior Student Councillors from Year 9 at the Junior School parade. By the end of Term 1 we will have selected Class Captains from Year 7 and Year 8 to join these students for a half-year term (until mid-Term 3) to serve as class representatives in our Junior School. Applicants will present as short speech to their class group as part of this selection process. Please encourage your child to listen out for more details in student notices and consider applying for these positions.

Melissa Daniels
A/Head of School – Junior
mdani61@eq.edu.au

UPCOMING JUNIOR SCHOOL EVENTS

Monday, February 22: Junior School parade & Junior Student Council induction
Wednesday, February 24: Visit from the Brisbane Broncos: Wellbeing & Welfare talk (P2)
Wednesday, March 2: Year 7 students ‘Day at the Park’ excursion
Thursday, March 10: Combined Schools Musical Performance – show for students
Quick News

Well done Reo and Jakob

Technical College would like to congratulate Reo & Jakob who gained a full time apprenticeship in Certificate III Automotive Mechanical Technology with Reef City Ford. Well done Reo and Jakob.

Mission:
This week’s mission is BE ON TIME

Page 8a Achieving High Behaviour Standards Together – Starting Lessons will be the focus.

2016 QLD Training awards
Nominate now for the 2016 Queensland Training Awards
The search is on for Queensland’s best and brightest in vocational education and training as nominations open for the 2016 Queensland Training Awards (www.qta.qld.gov.au). Recently completed and completing school-based apprentices and trainees are encouraged to nominate — in recognition of their outstanding achievements and hard work. Vocational students and VET teachers can also apply, along with schools operating as registered training organisations. For more information and to nominate, visit www.training.qld.gov.au. Nominations close Thursday 31 March 2016.

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.

2016 Combined Schools Musical - The Addams Family

The Addams Family is the culmination of many months of work for a number of our Gladstone State High School students. This 2016 Combined Schools Musical promises to be a lively, fun production with more than a few laughs. Audiences will be entertained by this musical comedy as the devilishly, delightful Addams family is brought to life on stage. The show is a partnership between Gladstone Entertainment Convention Centre, Gladstone schools and the Gladstone community and for others it represents a wonderful opportunity to see live theatre and their peers at work.

Come and support local talent. Come and marvel in the magic of the theatre. Come and meet the Addams family.

Our School Trip details are:

Event: Combined School Musical The Addams Family – years 7 – 10 invited to attend.
Date: Thursday 10th March (Payment Due Monday 7th March)
Venue: Gladstone Entertainment Centre
Cost: $13.00
Time: 10:30 – 2:00 (Show at 11am)
Travel: Bus to and from the Theatre
Other important details to Note: Bring lunch for the day as there will be no time to order or eat food from the tuckshop.

Information and Permission forms can be collected from the Arts Staffroom. See Mrs Pitt or any Arts staff member in P Block for more details.

I hope to see you there.

Peta Pitt
Head of Department - the Arts.
Dates to Remember

29th Feb 2016 - Photo catch up day
4th March 2016 - Induction ceremony
18th March 2016 - Anti Bullying day
21st - 24th March 2016 - Year 12 Exam Block
28th March 2016 - Public Holiday
29th March - 10th April 2016 - School Holidays
11th April - Term 2 starts

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

Port Curtis School Sport Trials

Date-claimer for Term 1, 2016

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Monday 1st February</td>
<td>Boys Cricket 15 - 19 Years</td>
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<tr>
<td>Monday 8th February</td>
<td>Boys &amp; Girls Swimming 10 - 12 Years</td>
</tr>
<tr>
<td>Monday 1st February</td>
<td>Boys &amp; Girls Tennis U19 Years</td>
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<tr>
<td>Monday 1st February</td>
<td>Boys &amp; Girls Softball 16 - 19 Years</td>
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<tr>
<td>Nominations close N/A</td>
<td>Boys &amp; Girls Water Polo 13 - 17 Years</td>
</tr>
<tr>
<td>Nominations close</td>
<td>Boys &amp; Girls Swimming 13 - 19 Years</td>
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<tr>
<td>Tuesday 9th February</td>
<td>Boys &amp; Girls Volleyball 13 - 19 Years</td>
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<tr>
<td>Tuesday 9th February</td>
<td>Boys &amp; Girls Basketball 16 - 18 Years</td>
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<tr>
<td>Nominations by</td>
<td>Boys &amp; Girls Surfing U18 Years</td>
</tr>
<tr>
<td>Thursday 11th February</td>
<td>Boys Rugby Union 16 - 18 Years</td>
</tr>
<tr>
<td>Tuesday 16th February</td>
<td>Girls AFL 13 - 16 Years</td>
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<tr>
<td>Tuesday 16th February</td>
<td>Boys Rugby League 13 - 18 Years</td>
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<tr>
<td>Tuesday 16th February</td>
<td>Boys Hockey U19 Years</td>
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<tr>
<td>Tuesday 16th February</td>
<td>Girls Netball 13 - 19 Years</td>
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<tr>
<td>Tuesday 16th February</td>
<td>Boys &amp; Girls Squash U19 Years</td>
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<tr>
<td>Monday 15th February</td>
<td>Boys &amp; Girls Basketball 10 - 12 Years</td>
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<tr>
<td>Tuesday 16th February</td>
<td>Girls Hockey U19 Years</td>
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<tr>
<td>Thursday 3rd March</td>
<td>Boys &amp; Girls Football 16 - 19 Years</td>
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<tr>
<td>Thursday 3rd March</td>
<td>Boys &amp; Girls AFL 10 - 12 Years</td>
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<tr>
<td>Thursday 3rd March</td>
<td>Boys AFL 13 - 15 Years</td>
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<td>Friday 4th March</td>
<td>Rugby League 10 Yr &amp; 10 - 12 Girls</td>
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<tr>
<td>Thursday 10th March</td>
<td>Boys Rugby League 11 &amp; 12 Year Boys</td>
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<tr>
<td>Thursday 10th March</td>
<td>Netball 10 - 12 Years</td>
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<tr>
<td>Thursday 10th March</td>
<td>Boys &amp; Girls Hockey 10 - 12 Years</td>
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<tr>
<td>Thursday 17th March</td>
<td>Boys &amp; Girls Football 10 - 12 Years</td>
</tr>
<tr>
<td>Tuesday 22nd March</td>
<td>Boys &amp; Girls Touch Football 13 - 18 Years</td>
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</tbody>
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Work Experience

Students in Grade 9 (MUST be over 14 at the time of application), 10, 11 and 12 can apply for holiday work experience. Forms can be collected from Mr Hooley or Mrs Christopoulos in Senior Schooling. Work experience fee for 2016 is $40. Students must pay the $40 at the school cashier before returning the forms to Mr Hooley for signing.

Students wishing to do Work Experience over the Easter Holiday MUST pay at the cashier and return the forms to Mr Hooley by Monday 29th February.

Interschool Cricket Competition win!

Congratulations to the Intermediate Boys Cricket team who won both their games on Monday as part of the interschool cricket competition. They will now head off later in the year to represent the Gladstone Region at Central Zone. Congratulations also to the Open Boys Cricket team who started their defence on a winning note, taking victory against Chanel and Tannum. The Open Boys play again next week to decide the overall champions. Huge thanks to Mr Balfe for coaching the Intermediate boys.

Miss Lambert-Open Boys Coach