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## Words from our Guidance Officers

### 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](http://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.

### 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

Australian Government | Office of the Children's eSafety Commissioner

## eSafety health check

Treat your password like your toothbrush—don't share it with anyone and change it regularly.

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Revisit your privacy settings to protect your personal information.

When cyberbullying gets you down, report it: [esafety.gov.au/reportcyberbullying](http://esafety.gov.au/reportcyberbullying)

Don't act in the heat of the moment—stay calm and chill.

What you post online stays online—think about your digital reputation.

**OMG!** Nude pics can spread quicker than a virus—reconsider the types of pics you send.

**\*explore safely**

[esafety.gov.au](http://esafety.gov.au)

# Chappy Chat

## 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



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 up 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.



**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.

## 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 a 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

# JUNIOR SECONDARY BUILDING LOCATED E BLOCK GLADSTONE STATE HIGH SCHOOL



## Quick News

### 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 bright-  
est in vocational education  
and training as nominations  
open for the 2016 Queensland  
Training Awards ([www.qta.qld.gov.au](http://www.qta.qld.gov.au)). Recently completed  
and completing school-based  
apprentices and trainees are  
encouraged to nominate — in  
recognition of their outstand-  
ing achievements and hard  
work. Vocational students and  
VET teachers can also apply,  
along with schools operating  
as registered training organi-  
sations. For more information  
and to nominate, visit [www.training.qld.gov.au](http://www.training.qld.gov.au). Nomi-  
nations 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.

## 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.



## 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



### 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

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

## 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

## 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