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Uniform Shop

MONDAY 8:15-11:15
WEDNESDAY 11:00 - 2:00
FRIDAY 8:15-11:15

Phone Chris on
(07) 4976 6193

Order Forms and Pricing Forms
can be collected from the
uniform shop

Student Absentee Line
4976 6158

Words from our Principal

Exam Block
We entered exam block this week. I have been impressed with the way many of our Seniors have prepared themselves for these very important exams. I met one senior student coming back from a study break at home for a Physics exam. She was confidently prepared and 'only had 4 more to go.' A great example of a student who is going to make a great future for herself. This exam block is very important given that the results contribute directly to end of year results including OP.

Student achievements
It is always rewarding to hear about the great achievements of our students. Many of our students have participated in representative trials in the last weeks and many have made Capricornia teams. Congratulations to all of those students. Congratulations also to Jack Ireland who is off to Ecuador in September to represent Australia as the 2015 INAS Global Games.

Enrolments for 2016
I had the opportunity to go to Calliope State School this week and to meet some of the parents of our next year 7 students. We will welcome a number of new students from Calliope in 2016. The parents we met with were very positive about the opportunities their children will have at State High. We are looking forward to enrolling the next year of Gladstone State High School stars! Enrolments for 2016 are now open.

Staff changes
In last week’s newsletter, I wrote that Mr Kevin Giles is on leave. He is being replaced by Mr Andrew Johnston. Ms Laura Simpson is the Acting Head of Department Mathematics. Thank you to all of these staff members for taking up the challenge of higher duties.

Eligibility
Since coming to State High, I have been learning about our Eligibility process. This is a recognition of the fact that we have some fairly simple expectations of our students at State High – that they attend school and that they behave in respectful and responsible manner. The Eligibility guidelines are on page 41a of the planner. There are Eligibility conditions for our Senior students to attend prom. Senior students especially need to be aware of these conditions and ensure that they are Eligible to attend their Senior events. Senior students should be well aware of the appeals process and need to follow this as well.

Student behaviour
Gladstone SHS enjoys an excellent reputation in our city. I have spoken to our students before about their role in leaving a legacy for all students who come to this school. The actions of a few can impact on the reputation of the school. We will work with members of our community to address behaviour that occurs by students of our school. It is important that the good name and reputation of State High remains as it is for every student who leaves this school. I have lost count of the times I have been asked, “Where did you go to school?” People do make judgments about us based on our old school. It is in all of our interests to keep the name of our school strong.
Quick News

Year 7/8 Only
You should have received an invitation letter to go and see the AWESOME author ANDY GRIFFITHS. This is a FREE excursion to the Gladstone Entertainment Centre on the first Wednesday back at school in term 3 (15th July) during lessons 2 and 3. Permission notes must be handed in at the library ASAP to be eligible to attend. Most people love the stories written by Andy Griffiths. There is a display with his books in the library. I am sure you will know them - they include such gems as “The Day My Bum went psycho” and the 13, 26, 39 and the latest book 52 storey treehouse. It is going to be great fun. Get amongst it and join us for a great experience.

Congratulations Madyson!
EQIP Technical College would like to congratulate Madyson Goggi who was signed up by Park Street News and Gifts into Certificate III in Retail Supervision.

Duke of Edinburgh participants begin their first of 4 training sessions this weekend. These sessions are aimed at equipping the students for their adventure weekend later this year.

SHINE girls were treated to a hair-dressing lesson which encompassed care of healthy hair, skin, up-styles and using a straightener for curling styles as well as straightening. The girls really enjoyed the session and a huge thank you must go to Mrs O’Brien for giving generously of her time. The focus was on love who you are and value the way you are made and care for yourself as part of self-worth.

Parenting Teenagers can be stressful. Roseberry Youth Services has several support programmes available – many of these are free. If you find yourself “at odds” with your teenager on a very regular basis and it feels like you’re in a war-zone, give Roseberry a call on 4972 8200. They can often tailor their support to your schedules. I’m sure it’s worth giving them a ring.

“For what it’s worth: it’s never too late to be whoever you want to be. I hope you live a life you’re proud of, and if you find you’re not, I hope you have the strength to start over again.” (F. Scott Fitzgerald)

Be encouraged, Yvonne

On Friday June 12, Animal Throwdown treated us to some fabulous live music.

One student took up the invitation to sing with the band and won herself 3 free passes; so - Congratulations on “getting amongst it.”
Career Corner

School Based Apprentice Carpenter
GAGAL has a School Based Apprentice Carpenter position available. Year 11/12 students interested can see Mrs Christopoulos in K Block.

ZONTA - Zeal Program
Zonta has developed a program for young women aged 14 - 17 years, who are currently completing secondary education in the Gladstone Region. The program aims to foster personal growth and the development of leadership skills in young women in the Gladstone area. Any female students interested in this program can see Mrs Christopoulos in K Block for further information.

GAGAL Registration
Any students in Year 10, 11 and 12 who are interested in following the career pathway of an Apprenticeship or Traineeship might be interested in registering with GAGAL (Gladstone Area Group Apprentices and Trainees). Please see Mrs Christopoulos in K Block for more information.

Congratulations Jack!
Jack has been selected as part of the Australian Swimming Team to compete at the INAS Global Games in September in Ecuador!!! ...his first big international meet.

We are so super excited for him, and HUGELY proud of his achievements! For more information, please check out the following website


He is certainly an athlete to watch - Is this going to be Gladstone’s next Olympic Star? This is a name to remember! Congratulations Jack.

Seussical
Presented by
Gladstone State High School
Gladstone Entertainment & Convention Centre
School Matinee Performance
Friday, 31st July 2015
Period 2, Lunch 1, Period 3
$7 per student
*must meet eligibility criteria to attend
Quick News

Adolescents need at least 8-10 hours of deep sleep per night. Are you getting enough sleep?

Problems with sleeping (insomnia), is very common with teenagers. Sleep deprivation can cause irritability, moodiness and difficulty learning and concentrating with can affect a teenager's performance at school. Insomnia can be caused by stress whether it is at school, like peer pressure, or any other stress in their life. Worrying about not being able to sleep can worsen insomnia.

Ways of managing insomnia
- Simple measures may help i.e. A warm milk drink or hot bath
- Avoid caffeine in the evenings i.e. Coke, coffee. Some people cannot have caffeine after lunch as it affects them.
- Do not use your bedroom for watching television, reading etc.
- Read out in the lounge room to make yourself tired
- Use relaxation exercises prior to bed
- If you cannot fall asleep within 30 minutes, get up out of bed and try again later when sleepy
- Sleep restriction - spend less time in bed instead of lying awake for extended periods
- Daytime exercise may help you sleep regularly, but evening exercise may contribute to insomnia
- Have a good sleeping environment - quiet, dark and comfortable room. Also can purchase foam ear plugs or eyeshades if noise and light is a problem
- Try to have regular routine of going to bed and getting up
- Remove or turn your clock around so you are not tempted to keep looking at the time, as this stress can make insomnia worse
- If worried about things to do the next day, make a list to eliminate anxiety for the moment.

If these suggestions do not help, contact your local GP for advice. Yours in health, Jan Guerassimoff
School Based Youth Health Nurse
Ph 49766171 Tuesday, Wednesday and Fridays Room DO5

Athletics Carnival 2015

It is that time of year for the Gladstone State High Athletics Carnival. Lunch-time events for the track 1500m final, 3000m final and 200/400m heats have all taken place. Students will be participating in mini-carnivals in week 10 in their grades 7-12. However student results for their 3 field events and 100m heats will be placed in age groups so Age Champions can be awarded for years 12 and under (2003) up to Open Boys/Girls (1998 and above). Ribbons for mini-carnival events will be given out on Athletics Day next Term. It is therefore extremely important that student's make sure that their Date of Birth is placed beside their name on the results sheet. This is particularly imperative for Grades 7 and 8 who have split cohorts e.g. approximately 50% of students in year 7 are 2003 and 50% are 2002. Every endeavour will be made by Teachers to assist in this process at mini-carnivals. On the Athletics day itself, students will participate in their age groups for all track and field events.

Please see below for a list of Pre-carnival events thus far, and when your child will be attending their Mini-carnival.

Participation has been quite good thus far in track events. I am looking for even better involvement at mini-carnivals and on the 1st Tuesday back for the major carnival itself. Feel free to come down and support your child on Athletics Day and see the students of State High show their skills at Track and Field.

I would also like to acknowledge the following students who are achieving sporting excellence in our school.

Student Sporting Achievements
- Jack I has been selected for the Australian Swimming Team to compete in the INAS Global Games on the 20th to 27th of September in Ecuador.
- Nicholas L has been invited to be a member of the Queensland School Sport (Squash) to participate in the School Sport Australia (Trans-Tasman Challenge) to be held in Sydney from 24-27 August 2015.
- David T has been invited to be a member of the Queensland School Sport Squash team to participate in the School Sport Australia Trans-Tasman Challenge to be held in Sydney from 24-27 August 2015.

Regards
Matt Shallcross
(Gladstone State High School Sports Coordinator)

DATES TO REMEMBER...

23rd June
Year 10 Period 1/2 and Year 9 Period 3/4

24th June
Year 12 Period 1/2 and Year 11 Period 3/4

26th June
Year 7 Period 1/2 and Year 8 Period 3/4

14th July
Athletics Carnival

22nd July
Secondary Schools Port Curtis Athletics Carnival TAFE

23rd July
Secondary Schools Port Curtis Athletics Carnival TAFE

24th July
Primary Schools Port Curtis Athletics Carnival
The ZEAL PROGRAM
Presented by the Zonta Club of Gladstone
Zonta
Excellence
And
Leadership

The ZEAL Program has been developed for young women aged 14-17 years, who are currently completing secondary education in the Gladstone Region. For the pilot program, we are looking for a group of 15 - 20 young women to attend in Term 3 this year (3 Monday evenings, 4.30-7.30pm, 27th July, 3rd & 10th August).

The program aims to foster personal growth and the development of leadership skills in young women in the Gladstone area. Content will be delivered by the Zonta Club of Gladstone as well as independent professional women (aged between 18-30 years).

The ZEAL Program will focus on understanding and developing a Personal Brand. Some of the skills to be explored include professional presentation, first impressions, professional communication skills and confidence building.

Upon completion, attendees will have a broad understanding of their personal brand as well as the different aspects of leadership and what is required of professional women. We also hope to connect these young women with their peers from different schools, as well as with potential mentors in the community.

During each session Guest Speakers will share real life experiences, deliver course content and give related advice. Content will be interactive, with a combination of theory as well as group and individual activities.

2015 FRAMEWORK

Monday 27th July (4.30-7.30pm) Session 1 – Presenting Professionally
• Professional presentation
• First impressions
  o Unconscious bias
• Introductions and networking
• Your social networking profile and public image

Presenters: Kiara Austin, Gemma Pirie & Grace Duckham

Monday 3rd August (4.30-7.30pm) Session 2 – Professional Communication
• Building confidence: delivering presentations and public speaking
• Remaining professional in difficult situations (dealing with criticism, customers, competitors and peers)
• Identifying and understanding different communication styles (personality types, verbal & non-verbal)

Presenters: Ellen Terry, Giorgia Pap-Morini & Jennifer Ross

Monday 10th August (4.30-7.30pm) Session 3 – Networking evening
• Giving back (volunteering and community service)
• Exploring and explaining your ‘Personal Brand’
• Completion Ceremony and Dinner

Applications close 26th June, 2015

Please direct enquiries and/or application forms to the Zonta Club of Gladstone. zontagladstone@gmail.com
Jody McMullen 0438 846 669 jrmcmull@bechtel.com - Colleen Tribe 0417 309 443 Colleen.Tribe@roseberry.org.au

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Student Absent from School:
Parents are required to authorise all student absences. This can be done by the following ways:
Email – absentees@gladstonshs.eq.edu.au
Phone: 49766158
Written Note
Notification Slip found in Newsletter (to the left of this article)
Text Messaging Only – 0407 096 034 (reply only to schools text message)
Details that need to be included on each of these are:
* Student’s Full Name
* Care Class
* Date/s
* Reason

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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