On the September holidays we bid farewell to Stefano and Anna as they leave Gladstone to return to their homes in Italy and Austria. Stefano and Anna have been part of the GSHS International Student Program. Both students have said that they have had a great experience and will be sad to leave. Thank you to Stefano’s homestay family, Mr and Mrs Guerassimoff, Mitchell, Marcus and Bailey for ensuring that Stefano had a wonderful time and experienced some of our Australian culture. Thank you also to Mr and Mrs Milic for hosting Anna and making sure she saw some different local places and had a wonderful time in Gladstone. Thank you to the GSHS staff and students who have included these students in their activities and made them feel welcome at Gladstone State High School.
**Quick News**

**SWPBS Weekly Mission**

**What is SWPBS?**

Schoolwide Positive Behaviour Support (SWPBS) is a whole-school framework which helps Gladstone SHS to create positive learning environments. This is achieved by developing proactive systems to define, teach, and support appropriate student behaviours. One of the features of Gladstone SHS's approach is the missions that we give the students each week. These mission can relate to a policy or to something that will influence their mental health.

**HOLIDAY FUN!!!**

**Calliope Crafty Capers** - Girl friendly fun!, Fairy fun, Aliens, Knights, Science projects and more!!! Ages 5-16 years. Bookings Essential refer to Calliope Crafty Capers Facebook Page.

**Lego Movie Maker** - Thursday 25th September Gladstone Library 9:30am or Monday 29th September Boyne Tannum Library 9:30am, FREE! Ages 10-14 years.

**Inflatables at the pool** - Tuesday 23rd and Tuesday 30th September Gladstone Aquatic Centre 11am-3pm.

**UNIFORM SHOP OPENING HOURS**

FIRST WEEK OF TERM 4 WE ARE OPEN!!!

**TUESDAY** - 8:15-11:15AM
**WEDNESDAY** - 11AM-2PM
**THURSDAY** - 8:15-11:15AM
**FRIDAY** - 8:15-11:15AM

THEN BACK TO NORMAL HOURS! SEE YOU TERM 4!

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**Several Thousand Words**

By Lisa Clarke - From 500 Words: I broke it.

Last month I was lucky enough to spend time with the English as an Additional Language/ Dialect class at Gladstone State High School, to assist the students work on a series of stories for this month’s 500 Words theme, I broke it. The EAL/D program helps students who have come to Gladstone from all corners of the globe with their English literacy and numeracy skills (oral, verbal and written), in an environment developed to build their self-confidence and settle into regular school classes. In the past four years alone, 80 students between years 8-12 have gone through the program, many of whom have had little to no English skills to begin with, going on to graduate from year 12. That’s quite an achievement.

First we all did a brainstorming session to think about what we’ve all broken in the past. Bones were high up on the list, as well as glass, plates and cups.

**These are the stories they all came up with:**

Teacher (and ABC Open contributor) Yvette Luckock started the ball rolling with her story Egg Head, which is about her naughty childhood antics and the consequences that came as a result of ignoring her mother’s warning.

Muskan had played some Childhood Games in Pakistan, ending in a nasty trip to the hospital.

Shiyi also had a very Close Call in China, almost losing a finger.

Karen was a bit of a Bad Babysitter when she looked after her baby brother properly in the Philippines.

Broken Glass was shattered all over the ground when Cherub touched something that she shouldn’t have.

Jean’s Kitchen Clumsiness was a bit of a hindrance in his family.

Don’t Touch the TV is what Israa’s mother warned her after she broke the last one accidentally.

Christmas Woes came about when Jamie got into trouble with their cousin.

Suzy was paying attention when she broke The Precious Cup.

Night-time Nightmare occurred on the streets in the Philippines when EJ was pushed over.

Asfand got into some Rooftop Trouble in Pakistan when he did something a bit naughty to one of his cousins.

Que was Scooting Through Bangkok when he crashed into the back of a truck.

Hina was playing Catch Me If You Can which didn’t end nicely.

For most of these students, English is their third or fourth language. Several of them have goals to continue onto University after they graduate, and I have no doubt they’ll be able to achieve anything they set their minds to.

A big thank you to Lisa from ABC Open for allowing our State High students to participate in this activity. A thank you must also go out to Yvette Luckock (WIN Teacher) and the students who were involved! If you would like to check out the students' stories, please have a look on the ABC Open website.

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Kirby Polglase
Gladstone District Human Powered Vehicle Race

Recently four State High teams competed in the Gladstone District Human Powered Vehicle Race at Benaraby Raceway track. This eight hour race serves as a wonderful warm up for the upcoming 24 hour race in Maryborough. 16 teams from 5 schools competed and our teams were of magnificent placing:

• 1st in Junior Girls
• 1st Junior Boys
• 1st Senior Mixed and 4th overall
• 2nd Senior Boys and 3rd overall

Thanks goes to the sponsors of the event: Bob Jane T-Marts; Benaraby Raceway and Boyne Island Environmental Education Centre.

2014 Arts Excellence Program

Junior Musical

The Year 8’s have started working in their major project for the year - the musical performance of The Lion King. In Art classes with Miss McCulloch, students have worked on masks for the production as you can see in the pictures. In Drama, with Miss Strudwick, students have been rehearsing scenes and dances for the production. Next term they will be polishing the songs when they do Music with Miss Clifton.

Performance is December 10th Wednesday 7pm GSHS Hall!
Quick News

GSHS Dog Kennels
Each year our 11 and 12 Construction students cost, plan and then make a kennel in a small work group as part of their assessment. These are now ready to be sold to students, staff and parents. They are $150 and come in small, medium and large sizes, have been undercoated and weather proofed ready for your own touch of DIY colour. The Kennels can be viewed in the locked area behind B Block (see the ITD staff for the key for a close look) Once you have decided to purchase one of these you can place your name against one and pay through the front office. Picture of Kennel below.

Affordable Housing Gladstone Project

On the 4th of September, 14 of our year 12 volunteering students attended the Sod Turning for Gladstone Affordable Housing's new development project on Glenlyon Street. Students assisted by welcoming guests and serving food and beverages throughout the morning. In attendance were members from both local and state government, community leaders and representatives from gas companies Santos GLNG, QGC and Australian Pacific LNG. On the day I received wonderful feedback on the presentation and professionalism displayed by our students. I can proudly say that they were outstanding ambassadors for Gladstone State High School. Thank-you students – you are a credit to yourselves and to our school.

I would also like to acknowledge and thank our school tuckshop staff who catered for this event. The food was beautifully presented and tasted amazing!

Zimbabwean Forgotten Children Staff Relay!

There is still no official decision as to the overall winner – a great cliché that holds true – all were winners on the day! Staff members from all corners of the school participated in the event and their involvement supports the Interact Club student endeavours to make a positive difference to the world we live in. Over $600 was raised and this will be matched by the Port Curtis Rotary club going to Nhutungwe School in Zimbabwe. Students had the chance to throw wet sponges at the staff members of their choice on the day whilst the staff members relayed together. The Interact Club students enjoyed hosting this event.
Quick News

International Student Program
Gladstone State High School is currently recruiting more Homestay Families to register for our International Student Program. It is a wonderful opportunity for local families to learn more about other countries and their cultures. Enquiries welcomed for students arriving in Semester 1, 2015. Options of 3 months, 6 months, 9 months or 12 month placements. Payment of $212 (tax free per week for Homestay Families. For further information please contact; Vanessa Randazzo on (07) 4976 6161 or Lorraine McCamley on (07) 4976 6105.

BSL Apprenticeships 2015
Boyne Smelters Limited are advertising their Apprenticeships for 2015. Any students who are interested can see Mrs Christopoulos in Senior Schooling (D Block) for more information.

Position Vacant Year 10 Girls
Piping Hot Wood Fired Pizza are seeking three reliable Year 10 girls to work weekends in Gladstone. Duties would include topping pizzas, taking orders and cleaning. Interested Students can contact Belinda on mobile 0422470414 to arrange an interview.

Hi from Chappy Yvonne!
It's been another busy term! I love being part of Gladstone State High School. Students have such a variety of wonderful activities to take part in, to learn from and to have fun. In many cases, it's challenge by choice – and staff whole-heartedly model how to make a difference. From Administration down to the “coal-face”, there's commitment, strength, hope, courage, value and a sense of fun. Perhaps we don't get it right 100% of the time, but it's a case of accepting we are human and moving forward with integrity again and having another go.
This is positive mentoring in action. Congratulations to everyone at GSHS for another great term!

CHAPPY CHAT!

Visual Art
This year, Gladstone State High School's students and teachers had the 1 and 7 year experience of hosting, curating and managing the ‘Golding Showcase: Port Curtis Callide Valley Youth Art Exhibition’ and Opening Night at the Gladstone Regional Art Gallery.
“A massive 500 votes were tallied and a winner was found! Congratulations Kaitlyn D. Her work was voted in by the public as '2014 People's Choice'. The artwork titled 'Still' will now become the face of all promotion material in next year’s exhibition. Well done Kaitlyn and thanks to all involved, it was a spectacular exhibition!” (Courtesy of the Gladstone Regional Gallery & Museum Facebook Page 16/9/2014 and images: EH. Gallaher

Senior Art student Gemma D was selected to be one of the twenty four that will feature in Write about Art, a full colour anthology of essays written by senior students in Queensland State and non-State schools about contemporary visual art, craft and design. The Write about Art publication will be launched in early 2015. It will be distributed to schools, libraries and selected bookshops throughout Queensland.
Gemma D will head to Brisbane for two days where she will have the unique opportunity to participate in a critical writing workshop and work with experienced writers and editors in the development of her work. Congratulations to Gemma, we look forward to reading your essay early next year.

3d Painting Installation 'Still' by Kaitlyn D.
Model: Kerry V
What is asthma?

Asthma is a condition of the airways. People with asthma have sensitive airways in their lungs which react to triggers that set off their asthma. This makes it harder for them to breathe.

Three main factors cause the airways to narrow:

• The inside lining of the airways becomes red and swollen (inflammation)
• Extra mucus (sticky fluid) may be produced, which can block up airways
• Muscles around the airways squeeze tight. This is called ‘bronchoconstriction’

One in ten people in Australia has asthma - that’s over two million people!

Asthma affects people of all ages. Some people get asthma when they are young; others when they are older.

What should I do if I think I have asthma?

If you suspect you might have asthma, you should see your doctor for a professional diagnosis. The good news is that most people can control their asthma with medications and lead a normal life. Once your asthma is well controlled you should experience only occasional symptoms, and asthma attacks (or flare-ups) should be rare.

Note: If asthma is left untreated the long term inflammation of the airway can cause permanent damage to the airway. This can lead to chronic obstructive pulmonary disease (COPD) so it’s important to see your doctor if you have any concerns.

Anyone with asthma can have an asthma attack if they are exposed to certain amounts of one of their triggers. The treatment for an asthma attack is the same, no matter how mild or severe your asthma is.

Symptoms

The most common asthma symptoms are:

• Shortness of breath
• Wheeze
• Chest tightness, and/or
• a dry, irritating and continual cough (especially at night/early in the morning, or with exercise or activity)

If you have asthma, your doctor will prescribe medication to help control your asthma. The type and amount you need to take will depend on your symptoms, and how often you have them.

Diagnosis

There is no single test for asthma. Your doctor will decide if you have asthma based on talking to you, examining you and performing some objective breathing tests. If you have eczema or hay fever or have close relatives with allergies and/or asthma, you are also more likely to have asthma.

Asthma treatments

Managing your asthma means taking control of your health and ensuring that you are taking the right medication in the right way. With the correct knowledge, skills and medication you can do just about anything - asthma shouldn’t stop you!

There are many different medications and treatments available for asthma which can sometimes be confusing. Relievers, Preventers, Symptom controllers, Combination medication, Spacers, Nebulisers, Inhalers

If you need further information talk to your doctor, come and have a chat to your school nurse or visit the Asthma Australia website.

Source: www.asthmaaustralia.org.au
Marisa Farlow
School Based Youth health Nurse
TURN the TIDE on Trash... International Coastal Clean up day Saturday September 20th.

Start Spring 2014 and save your ocean.
Join Conservation Volunteers on Saturday 20th September
Canoe Point Tannum Sands from 2-4pm.
Be part of a the Global effort that unites ½ a million participants in 100 countries want to turn the tide on trash and save our oceans.
Bring along Hats Sun Cream, Gloves, Covered shoes and Water bottle.
Afternoon tea provided.
To register please contact Jodi at the CVA Gladstone office on 0418630503 or email jjones@cva.org.au

Connecting people with our environment