HPV Technology Challenge

A few weeks ago, Gladstone State High took the largest number of teams to the HopeLink CQ HPV (Human Powered Vehicle) Challenge.

Students had an opportunity to practice riding the bikes, improve their changeover times as well as ensuring the bikes were mechanically sound. More importantly it was a day of fun, cheering their team mates on as well as stretching themselves to new challenges.

Students are now madly preparing for the RACQ Technology Challenge which will be held next weekend (9-11 September). Thousands of students from schools across Queensland take part in the ultimate test of physical and mental endurance; racing their Human Powered Vehicles (HPVs) through the streets. The event is a gruelling 24-hour race, where teams pedal non-stop to win and take out the Maryborough Technology Challenge title. Gladstone State High has had teams place in the top 10 in various categories over the years and the students are determined to do it all over again.

Good luck students!
Chappy Chat

“Love is not something you feel. It’s something you do.” (David Wilkerson)

How do I love the “unlovable”? I think back on my life and I know there were times when I was pretty unlovable. Sometimes, I “got what I deserved” and it really only exacerbated the situation or broke relationships. When I was unwilling, uncaring or unloving and the hand of grace was held my way, I did not always value (at the time) what was being offered. But then do we always remember every meal we have eaten? And yet, the sum of those meals is that my body is nourished and grows. Experiencing grace, experiencing forgiveness may not change me immediately, but it allows for me to grow in empathy and compassion towards people around me and eventually to extend that same infinite love to those in my life.

“Hurting people hurt people” and it’s often easier to return hurt with more hurt. But in doing so, we actually condemn ourselves to misery, self-doubt or unhappiness. To love without limits, expecting nothing in return sometimes costs something – perhaps your time, money, or even a change of heart.

We don’t always “get it right” with our loved ones, but may you grow in strength to be more sensitive and generous towards those that seem to irritate, agitate, and generally don’t seem to deserve your love. May you feel enabled to choose love today.

“The measure of love is to love without measure.”

Enjoy the possibilities it offers,

Yvonne and Jarek
(ykamh2@eq.edu.au) (jreah0@eq.edu.au) Ph 49766162

NDIS READINESS WORKSHOP

TAKING PART IN THIS WORKSHOP WILL INCREASE YOUR PREPAREDNESS FOR THE FUTURE AND READINESS FOR THE NATIONAL DISABILITY INSURANCE SCHEME (NDIS) WHICH WILL BE ROLLED OUT IN QLD FROM 1ST JULY 2016.

Date: 13th September 2016
Location: Gladstone Community Hub
5 Buler Street
GLADSTONE QLD 4680
Time: 10.00 am – 12.30pm
Register Now – reserve a seat
Places limited

OTHER SUPPORT IS AVAILABLE.

If you would like to discuss any of the topics further or would like to speak to someone at a later date please mention this to the Presenter or phone Parent to Parent.

Free call 1800 777 723 or Ph: (07) 5472 7072.
E: info@parent2parentqld.org.au

This workshop is an NDIS Participant Readiness activity funded by the Department of Communities, Child Safety and Disability Services.

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
Do you like to work outdoors?

EQIP Technical College will be providing students the opportunity of gaining their Certificate I in Construction

This qualification will provide entry level skills and knowledge to work in the building and construction industry. A broad range of skills will be learned to help students decide which area of building and construction they wish to follow, for example, bricklaying/blocklaying, carpentry and joinery, and painting and decorating.

This qualification provides an introduction to the construction industry, its culture, occupations, job roles and workplace expectations. The units of competency cover essential occupational health and safety requirements, the industrial and work organisation structure, communication skills, work planning, and basic use of tools and materials.

For further information contact Karen or Natasha at the Technical College on 49766175.
Online Safety

Parents and caregivers urged to talk to their children about their online safety.

A few weeks ago it was brought to Police attention that a website was set up that facilitated the trading of images of nude school girls online. The report and its details were quite shocking, with 71 Australian schools being targeted. Gladstone State High School was not identified as being targeted.

The website was shut down, however another website of similar nature has re-emerged.

The Australian Federal Police (AFP), including ACT Policing, is continuing to work with New South Wales Police, South Australia Police, Northern Territory Police, Victoria Police, Queensland Police and Tasmania Police, and relevant government agencies, including the Office of the Children’s eSafety Commissioner, as well as international law enforcement partners to evaluate this offshore website and determine the appropriate course of action. Websites hosted overseas create jurisdictional difficulties and investigations of this nature are complex. Police urge victims of this website to come forward and speak to their local police. Australian law enforcement agencies are committed to following all avenues of enquiry and should offences within Australia be identified, action will be taken.

It is critical for parents, caregivers and teachers to talk to their children about the importance of respectful relationships, both on and offline. Many children and young people are unaware of the legal and ethical consequences of sexting. Under Commonwealth law, an image of someone under the age of 18 in which they are naked, in a sexualised pose, or engaged in a sexual act may constitute child pornography.

It is important to note that creating, accessing or distributing child pornography is a serious offence, even if you are a child yourself. Such offences have a maximum penalty of 15 years’ imprisonment.

We must work together to educate and empower young people to use technology safely and responsibly. Giving young people strategies to say ‘no’ to inappropriate requests or to report suspicious behaviour are paramount to keeping them safe from harm.

The national ThinkUKnow cyber safety education program is focused on preventing children from being groomed or mistreated online. For more information and to book a free cyber safety presentation, visit www.thinkuknow.org.au.

If you are a victim or you believe your child is a victim, talk to your local police or call Crime Stoppers on 1800 333 000. Offensive and illegal content can also be reported to the Office of the Children’s eSafety Commissioner, who can investigate and take action on content that is likely to be prohibited under law. The Children’s eSafety Commissioner also has information to assist parents and caregivers in educating children around the safe use of the internet via its website. The impact of this issue can be devastating for victims. If your child needs further support, please encourage them to contact Kids Helpline on 1800 55 1800.

Media enquiries:
Dates to Remember

Exam block years 11 and 12
5th September - 9th September

HPV Competition
9th September - 11th September

Year 7 Camp
12th September - 16th September

School Holidays
17th September - 2nd October

Awards Night
25th October

Senior Awards day
2nd November - 9:30am start

Junior Awards day
TBA

Public Holiday
3rd October

Pupil Free Day
17th October

SCHOOL PAYMENTS
BPOINT - AVAILABLE FOR PAYING INVOICES. PLEASE SEE BOTTOM OF INVOICES FROM NOW ON OR YOU CAN REQUEST A COPY OF YOUR INVOICE BY EMAILING accounts@gladstoneshs.eq.edu.au

- PLEASE BE AWARE THAT WE DO NOT PROCESS EFTPOS TRANSACTIONS UNDER THE LIMIT OF $10

Asthma and Hay fever

Asthma affects 3.3 million Australians

People with asthma and hay fever experience:
- Increased number of asthma flare-ups
- Increased number of visits to their GP and asthma-related hospitalisations
- More time off work or school
- Higher annual medical costs

80% of people with asthma also have hay fever.

Hay fever can make asthma worse and more difficult to control.

Asthma Week 1-7 September

Contact your local Asthma Foundation 1800 ASTHMA HelpLine (1800 278 462) or visit www.asthmaaustralia.org.au

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