Chappy Chat!

In the last couple of weeks some Year 11 and 12 students have approached me about dealing with rising stress. Three possible tips could be:

1. Be kind to yourself. When things are piling up on you, cut yourself some slack. Reflect and learn from your mistakes rather than berating yourself. Happier people achieve more.

2. Think of things in a different way e.g. instead of “I’ve got lots of homework” try “Doing my homework helps me get on top of my stress”.

3. Making lots of decisions adds to your stress – so set some routines. If there’s something you need to do every day, do it at the same time every day. Pack your school bag the night before. Pack your lunch the night before. Set a time and place to do your homework. Simple routines help take the stress out of decision making.

4. Take 5 or 10 mins to do something interesting – not necessarily easy/funny but genuinely engaging and interesting – maybe even challenging. If something interesting engages you, it replenishes your energy levels and that means more energy to flow into whatever you are doing next.

5. Add where and when to your list so that you do DO your jobs. E.g. “If it’s 3:30pm then I will do my Monday night homework”; “If I’ve eaten tea, then I will pack lunch for tomorrow.” Knowing when and where you will complete something, triples your chances of success.

6. Use “if-then” talks for positive talk. (essentially reprogram your brain for a less stressful emotional response) e.g. “If lots of assignments start coming my way, then I will remain calm.” “If a deadline is approaching, then I will keep a cool head.”

Perhaps you’d like to try some of these tips over the next week and then reflect on your stress levels.

On Wednesday February 18 we had PCYC facilitating the introduction of the Duke of Edinburgh Awards at GSHS during 1st break in the library. For the 11 to 13 yrs there was THE BRIDGE AWARD. For 14 – 25 yrs there was three levels of achievement. The Duke of Edinburgh Award is a personal, flexible amazing adventure that will be challenging, fun and recognised as the participant moves through the levels. It’s not easy, but it’s worth it! The great thing is that participants can piggy-back it onto activities they may already be doing e.g. surf-lifesaving, sport or band. It is an entirely voluntary programme that is structured so the participants can design their own unique programme centred around their interests and passions.

The awards are:
- A way to try out new things
- Hang with friends
- Make new friends
- Get active and improve your fitness
- Help out the community
- Gain confidence
- Build on your life schools
- Make a difference
- Challenge yourself
- Be recognised

Google it to check it out! Queensland Education supports The Duke of Edinburgh Awards. The only cost will be $45 per participant per year plus any costs for the adventurous journey camp which the organizers will keep as low as possible. Completion of the entire Duke of Edinburgh awards would give the participant an extra four QCE points.

I am available to meet with parents as well as support their students and may be contacted through the school; ykamh2@eq.edu.au or my school office 49766162.
SEP Swimming Carnival

As you know G.S.H.S went to the Gladstone Aquatic Centre for our swimming Carnival on Wednesday February 11th. The SEP students jumped in and had a go at nearly every race. They even cheered on their friends and house mates all day. We are very proud of our SEP students for everything they did. Even those who didn't race had a go at the novelty events, but most of all we had fun.

Quick News

Messages for Students
Please make sure your child knows before they leave home in the morning how they are getting home. If you require a message to be delivered to your child during the school day, it is necessary to let the office know before 2nd break which is 1.30pm. We understand that some messages after this time is unavoidable but also we would like you to be aware that these messages may not be conveyed to your child because of eg class changes where we cannot find where the teacher has gone with their class and are too late to get the message to them before they leave for the afternoon. We can only try our best to get these messages to your child so please be patient and understanding if a message does not make it to them.

Potters Place Parking
The parking area within the Potters Place is privately owned land and therefore parents should not be parking in there. The Potters Place are currently in discussions with Main Roads, Gladstone Regional Council and the Police regarding this issue.

Year 11 and 12 Study Day
Monday the 23rd February will be a year 11 and 12 study day. Students can either stay home for study purpose or come to school and use the resource centre for the day. The Tech College will be remaining on normal timetable and there will be no study day for them.

Buslink
Any parents requiring information about the Buses please contact Buslink on 4972 1670

SOME EXTRA NEWS......

Coming up - events for this term:
• Every day Monday to Friday there are activities at 2nd break.
• Year 7 camp is coming up and if you want to go you have to be at school 93%, of the time and hand in two positive behaviour cards and you can’t visit PBC more than 2 times a term.
• In week 10 this term cross country - if you want to sign up for it.

Student Interviews:
Students from SEP were asked:
1. How was the feeling coming to Gladstone state school?
Some students said they were nervous and others were very excited!
2. What are you looking for this year?
Students are looking toward different goals to achieve this year, including getting better at Math and some are looking forward to learning more about Drama.

Senior Jerseys 2015
As part of the final year of school, your son/daughter has the option of purchasing a senior jersey. This will be the final order placed for Senior Jerseys as one order has already been placed at the end of last year. This is an optional part of the school uniform. It is highly recommended that students purchase a school formal shirt prior to purchasing a jersey as there are many occasions during the year where this formal uniform is required for seniors.

As part of the school's jersey policy, the student's order will not be placed until the following has occurred:
1. Paid in full all 2015 school fees, paid in full any outstanding school resource fees & returned any outstanding textbooks
2. Paid in full the cost of the jersey before 27/02/2015
3. Provided the Year 12 Coordinator with a size and name for jersey (first name or surname only)
4. Checked and signed for the jersey at the Year Coordinator’s staffroom in the week of 2-6th March.

The confirmed price of this year’s senior jersey is $75 through Canterbury.
Quick News

Positive Behaviour Cards
Don't forget to hand your signature cards (back of planner) in at the Year Co Staffroom at 2nd break, first 20 minutes and you will receive an ice-block. If you don't want an ice-block you can put them in the tin box outside PBC. We will write your name on the number board (1 to 100). When the board is full, a lucky number will be drawn and the winner will receive tuckshop vouchers to the value of $10.

Positive Behaviour Cards
“OUT OF CLASS”
By displaying positive behaviours when in the playground you may receive a Positive Behaviour Card - “Out of Class”. You simply need to write your name and care class on the card and drop it into the tin box that is on the wall outside of PBC. Each Friday we draw one lucky winner who will receive tuckshop vouchers to the value of $10. Placing rubbish in the bin, keeping pathways clear, walking to class when the bell goes, practicing sun safety are just some examples of the positive behaviours to display when “Not in Class”.

School Hats
If you are a year 7 or 8 or New student to GSHS please come to the office before school, first break or second break to collect your hat. Please be aware you will need to know your care class and what sporting colour you are in.

Timetables
If you lose your timetable there is a fee of 50c to print a new copy. Your timetable should be kept in your planner at all times!

Words from our Principal Christine Hill

It has been a couple of very big weeks at Gladstone State High as we have begun our new school year. For me it is an honour and a privilege to be appointed to State High. It is an impressive school. In 2015, the staff and students of this school will be focussed on three areas:

- Improving outcomes in writing
- Ensuring our year 12 students graduate with outstanding options for the future
- Building a sense of community within the school and connection with the broader Gladstone regional community.

Gladstone State High is now the largest school in Central Queensland with an enrolment of 1600. We have welcomed 470 year 7 and 8 students to our community this year. The first few weeks have proven to be exciting, engaging and successful for all of our new students. We look forward to being a part of your journey into high school. I would like to thank the Junior School staff, led by Lisa Donohoe, Head of Junior School, for their work with our students. A snap poll taken at the end of the first week showed that 85% of our students had a GREAT week. No students responded that they did not have at least a good start to the year at State High.

I would also like to thank and acknowledge our year 10 & 11 mentors for their support of our new students. We certainly have a great group of leaders in the making.

The year 12 students were involved in making my first Valentine’s Day at State High very memorable. The efforts of this cohort, under Mr Nietfeld, were certainly appreciated by our students. The school was awash with roses, face painting, chalked inspiration and a flash mob. Well done for making the day memorable.

One of the challenges in an organisation as large as State High is to ensure that your students feel a part of a community of students and that they have clear access to support when they need it. Each year level has a YEAR LEVEL CO-ORDINATOR who will oversee the students in that year level. The “Year Cos” are:

- Year 7 - Janelle Haigh
- Year 8 - Denise Marrable
- Year 9 - Angela Rowe
- Year 10 - Rob Grayson
- Year 11 - Braiden Ruge
- Year 12 - Tristan Nietfeld

If you have an issue or matter about your student that you need to discuss with a member of staff, the Year Level Co-Ordinator will be your first point of contact with the school.

Ms Lisa Donohoe oversees the Junior Program as Head of School-Junior and Mr Brendan Hooley is the Head of School- Senior. These staff members are also available to assist your student with issues and concerns. The creation of these positions means that our students have layers of support available to them to help academically, socially and emotionally.

Our year 12 students effectively have about 9 months of school to go. In the next weeks, we will hold an information meeting for students and parents to explain tertiary entry pathways and to help you understand the mysteries of the OP score. Keep an eye out for these dates as it is important that parents and students have a strong understanding of the processes around university study so that no students are left disappointed come 1st round offers in January 2016.

This Weeks SWPBS Mission...

Be the PRIDE of Gladstone State High School

GLADSTONE State High School
Junior Secondary News

I feel very privileged to be speaking to you, the parents and carers of students at Gladstone State High, as Head of School (JNR). As many of you are aware, I am new to Gladstone and Gladstone State High. During my first few weeks, I have been in awe of what a great school State High is, how friendly and dedicated the staff are and what great teachers and students we have. You can rest assured that you have made a fantastic choice in choosing State High for your child's education.

Our first few weeks have included settling our new Year 7s and 8s into secondary school as well as greeting parents and carers at morning Meet and Greet events where teachers appreciated the opportunity of making connections with our school families. Thanks to Mr Grayson and the Year 10 Peer Mentors as well as Mr Ruge and the Year 11 Mentor Mentors for coming to school so early in the morning to cook for and greet our guests. Also, a sincere thanks to our Junior Secondary teaching staff for their dedication to settling in our students so well. Their care and nurture of the Junior students in both academic and social/emotional needs is to be commended.

Students and staff had a great time together at the Interschool Swimming Carnival which has sparked friendly yet competitive school spirit among the different Houses. The excellent organisation by the HPE staff enhanced the atmosphere of a fantastic day. Another occasion which was a pleasure to be involved in was on Valentine’s Day (Friday 13 February) when the Year 12s went on tour to the Junior Secondary building and treated us all to a special performance, culminating in Year 12 students teaching our Junior students how to dance. It was amazing to watch and I hope I’ve captured some of the moment in the pictures shown here. This event was evident of how the Seniors go above and beyond to ensure the welfare and happiness of our younger cohorts. Thank you to the Year 12 Coordinator, Mr Nietfeld, for organising this special treat for us.

It is my role to ensure that your child receives quality education in literacy and numeracy skills as well as the curriculum subject areas, that they have regular attendance at school to ensure consistency in their education and that there are no behaviour issues impacting on their academic performance. The two overarching rules that encompass our school expectations are: (1) Keep hands, feet and objects to yourself and (2) Do as you’re instructed. These rules will be consistently adhered to.

I am also very passionate about looking after the wellbeing of your child at school. For this reason, I personally run a Board Games group in E013 (daily and both lunches) where students can come and chill out, play board games or Chess, and meet new friends. There are also plenty of other activities the students can engage in at lunchtimes. Year 7 and 8 students are given their own lunch area at E Block that older students are not allowed to enter. However, Year 7 and 8 students are not confined to this area and can branch out into other areas of the school as desired.

As in Senior School, in Junior we have systematic processes for ensuring that all enquiries are handled efficiently and effectively. If your child has a problem in a particular class or subject area, please direct your enquiry to the Head of Department of that subject area. If the problem is more behaviour or welfare related, please contact your child’s Year Coordinator. We also have a Head of Social Justice and a Guidance Officer in Junior Secondary for welfare issues. Please do not hesitate to contact us on 4976 6111 if you have any questions or concerns. Communication between parents and carers and the school is imperative in ensuring that your child’s needs are attended to. Thank you for your contribution to our school so far in partnering with us to ensure your child’s successful education. We look forward to working with you for the remainder of the year. If you have any feedback, questions or concerns, you are very welcome to email me on ldono28@eq.edu.au.

Kind regards
Lisa Donohue – Head of School JNR
Dates to Remember

- 23rd February 2015
  P&C Meeting 7pm
  Yr 11&12 Study Day

- 2nd - 6th March 2015
  Year 7 Camp

- 2nd March 2015
  Photo Catch Up Day

- 4th March 2015
  Year 8 Vaccinations

- 16th - 20th March 2015
  Year 11 Exam Week

- 23rd - 27th March 2015
  Year 12 Exam Block

- 31st March 2015
  Cross Country

- 2nd April 2015
  LAST DAY OF TERM 1

- 3rd - 19th April 2015
  Easter Holidays

Valentine’s Day at GSHS

Gladstone State High School welcomed Valentine’s Day last Friday. In the week leading up to it, the Senior Student Council sold love heart candy bags and roses that were delivered in care class to acknowledge those special people in their lives. Throughout the school were chalked ‘feel good’ messages in walkways, face painting to brighten people’s day and entertainment at both breaks. The next Senior Student Council event is Crazy Hair Day on 13th March.

SCHOOL PAYMENTS
PLEASE BE AWARE THAT

Student Absence Notification

- Student Name: ____________________
- Care Group: ____________________
- Date: __/__/__
- Reason (Circle): Sick Personal Family Other
- Date: __/__/__
- Reason (Circle): Sick Personal Family Other
- Date: __/__/__
- Reason (Circle): Sick Personal Family Other
- Parent’s Signature: ____________________

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 school text message)

Details that need to be included on each of these are:
- Students Full Name
- Care Class
- Date/s
- Reason

GSHS Core Values

VALUES
To empower students to reach their full potential through quality learning experiences in a supportive and challenging school environment.

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
- Practice safe and hygiene habits
- Follow the rules

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

GLADSTONE State High School

Gladstone State High School

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