From the Principal

Year 11 and 12 students begin their EXAM BLOCK this week.

It also means that I feel the need to write again about the importance of students using this time effectively. Time is provided so that students can focus their energy on their academic assessment. As such it is not appropriate for it to be used to engage in activities which are not related to this, such as shopping or seeing movies.

For students to make effective use of this time requires some planning, a nutritious diet, a little exercise and enough sleep. Experience, as a teacher and as a student, tells me that it is all too easy for hours and even days to be frittered away with little to show for them in terms of effective learning. I suggest that students spend some time creating a schedule for themselves which incorporates, learning sessions, rest/relaxation and other commitments. Sessions of no more than an hour are most effective to facilitate focused learning. A full study day which is organised into sessions will result in more productive learning than a day which is seen as a whole day of nothing but study. The below illustrates my point.

Planned day of study
8:00am - out of bed+ breakfast  3:00-3:30 Break (listening to music – not facebook)
9:00-10:00 Learning Session 1  3:30-4:30 Learning Session 5
10:00-10:30 morning tea and a walk  4:30-5:00 Break – exercise
10:30-11:30 Learning Session 2  5:00-6:00 Learning Session 6
11:30-12:00 break (relaxation)  6:00-7:00 Dinner Break
12:00-1:00 Learning Session 3  7:00-8:30 Learning Session 7
1:00-2:00 Lunch Break  8:30-9:30 TV
2:00-3:00 Learning Session 4  9:30 Bed
= 7.5 hours of work + some relaxation, rest and fun

Attendance is important in the last week of term

As we reach the end of Term 2, parents are reminded that children must attend school on every school day unless they have a reasonable excuse for being away, such as illness. Visiting family, being tired, or starting holidays early are not good reasons to be away from school. More information on the importance of regular school attendance is available at www.education.qld.gov.au/everydaycounts/docs/parent-fact-sheet.pdf

Farewell

I would like to say ‘thank you’ to all students, staff, parents and community members that have supported me during the first semester of 2014 at ‘State’. Friday 20 June will be my final day at the school as I am taking some leave to escort my daughter to Oxford as she is doing a summer school at the university. Ms Thompson will return to the Principals’ chair for the start of term 3.

Glen Donald
A/Principal
Career Corner

ATTENTION YEAR 10, 11 & STUDENTS

There are a number of positions vacant available. These include positions at Pizza Hut Gladstone, Coles Gladstone, Subway Gladstone and Eagle Boys Sun Valley. Any students who are interested can see Mrs Christopoulos in Senior Schooling during break times for further information.

Nurse’s News

Autism Awareness

How common is Autism?

A prevalence study by the Australian Advisory Board on Autism Spectrum Disorders in 2007 concluded that one in 160 Australian children aged between 6 and 12 years have an Autism Spectrum Disorder (Australian Advisory Board on Autism Spectrum Disorders, 2007) – that is over 10,000 Australian children in that age group. However some recent studies suggest this figure could be around 1:100 (Centre’s for Disease Control and Prevention, 2012).

What causes Autism?

While the cause of Autism is unknown, current research suggests biological or neurological differences in the brain that may begin during pregnancy or shortly after birth. Research also suggests that there may be a genetic basis in many instances although not all.

Is There a Cure?

There is no known cure for Autism. However, there are a range of education, therapy and support options for the person with Autism and their family which can:
- reduce some of the associated challenges,
- enhance the development of skills and
- improve quality of life.

After Diagnosis

Autism Queensland can help you to understand a diagnosis of Autism by providing:
- Information about Autism;
- Useful strategies and tips;
- Information about other agencies or professionals;
- General support.

Source: Autism Queensland
www.autismqld.com.au
More Information:
Telephone: (07) 3273 0000
Email: admin@autismqld.com.au
Local contact, Email: austismsupport4680@hotmail.com / ph: 49792777
Marisa Farlow
School based youth health nurse

Quick News

TALENT SHOW

The Arts department in conjunction with the year 12 leaders within the Cultural team, would like to announce the 2014 Talent Show.

Throughout the term students have been auditioning and now rehearsing for their performance Wednesday 25th June starting at 7pm. There will be a wonderful array of talent on display, including an art gallery, filmed performances, live music, dance and drama performances and the inclusion of a number of variety pieces which are sure to entertain.

Audiences will also have a role to play during the evening with blind votes for both the most popular art piece (People’s Choice Award) and the Audience Favourite Award in the performance category.

Families, friends and students are invited to attend the show 6:30 for a 7pm start. Hope to see you there!

24th-30th June is World Continence Week.

You need good bladder habits for a healthy life. Here are some easy steps that everyone can take to keep their bladder healthy:
- Use good toilet habits. It’s normal to go to the toilet 4-8 times a day.
- Keep good bowel habits. Eat plenty of fruit and vegetables to keep regular. Do not strain to go to the toilet.
- Drink 6-8 cups of water per day.
- Look after pelvic floor muscles. This includes men.
- Seek help if you are concerned about urinating excessively, is painful or wet yourself with sneezing, coughing or lifting.

Teenage bedwetting

The medical name for wetting the bed is enuresis (pronounced: en-yuh-ree-sis). Bed wetting is fairly common among ordinary, mature and healthy teenagers with one in every 100 wetting the bed at some stage. It can be embarrassing and difficult to talk about for your teenager and can make every day social situations difficult.
While doctors and other health professionals are not always sure why bedwetting occurs, certain conditions may cause the problem. Often bedwetting has been a problem since childhood. It happens to boys more than girls. Luckily, most outgrow the problem with time and/or treatment.

What can I do?
If you, or a teenager you know, still wet the bed, it is important to seek help rather than just accept or hide the condition. Discuss your concerns with your doctor or a continence advisor as soon as possible. Help is available. For further information see:
• Bed Wetting in Young Adults Brochure - Provided by the Department of Health and Ageing
• Watertight Booklet - Provided by the Department of Health and Ageing

To learn more about bladder and bowel health, incontinence risk factors and treatment and management of incontinence.

Visit this website:
www.bladderbowel.gov.au
Or free call 1800 33 00 66
Yours in health.
Marisa Farlow
School Based Youth Health Nurse Ph 4976 6171

**GSHS students benefit from major film being produced locally**

Gladstone is the host to a major feature film called Broke and State High students have been getting involved. On Sunday, the stars Steve Le Marquand and Claire Van Der Boom, along with writer and director, Heath Graham, hosted an interesting Q & A session at the PCYC. The students who attended, were entertained with stories of how to get into show business and what to expect, as well as some insights into the acting process. They also were able to have a quick screen test, in high definition. Some students were asked to be extras in the film so there are some exciting times ahead!
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
- Practice safe and hygiene habits
- Follow the rules

PROCEDURE FOR STUDENT ABSENCES
If your student is away for any reason there are several ways of notifying the school.

- Phone on 07 4976 6158
- Email on absentees@gladstonshs.eq.edu.au
- Use the notification slip in the Newsletter each week
- Use the slip in your student's diary
- Text absences on 0407096034

We appreciate and thank-you for your cooperation.

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: __________________________

UNIFORM SHOP
OPENING HOURS
Monday: 8:15am-11:15am
Wednesday: 11:00am-2:00pm
Friday: 8:15am-11:15am

Gladstone State High School Cultural Committee is proud to announce the 2014 Talent Show

Come and join us for a night of entertainment in the areas of dance, vocals, chest beating, beat boxing, drama, art, film, bands and ensembles, to name a few.

Details -
Wk 10 Wednesday night
25th June 2014
6:30 for a 7pm start
Price - Free
(A light supper will be available)

Students, families and friends are all invited to attend. Please contact Mrs Peta Pitt, with any enquiries regarding the show Ph: 49766168.

DATES TO REMEMBER
18th - 23rd June
Year 11 Exams
23rd June
P&C Meeting
18th - 24th June
Year 12 Exams
24th June
Careers Expo year 10
25th June
Talent Show
Year 11 Mini Carnival
26th June
Year 12 Mini Carnival
25th - 26th June
Rugby League Carnival
27th June
Wide Bay Volleyball Comp
Last Day of Term 2
14th July
First Day of Term 3
15th - 20th July
Creative Generations
Arts Tour
15th July
CSIRO Regional Tour