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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 the Principal

Preparations for the Queensland Core Skills test are well underway with only about a week to go. This test is one which our OP eligible students complete – it has a range of papers including Multiple Choice, Short Response and a Writing Task. The results of this test are used as part of the process which calculates OP scores. Overall Position (OP) scores are the most common instrument used to allocate students positions in university courses. The year 12 students have been working very hard preparing for this series of tests and the staff, led by Mr Brendan Hooley have also put in many hours of preparation. You should be receiving a letter in the next couple of days outlining some information about the tests. The most important thing is that our students stay healthy, rested and give it everything they have.

The year 12 class needs to be completely focussed as their year draws to a close. 11 weeks to go until the last week of school but there is still much to do. In order to get the Queensland Certificate of Education (QCE) students must have 20 curriculum points as well as a pass in a Semester of English and Maths. We have a number of students who still have points to finalise. Given that more than 95% of students graduate with a QCE, it would not be a good position for your son or daughter to be in on the open job market next year. It is important that our Senior students prioritise their academic outcomes at this time of the year. It is also important that parents are aware that Authority Subjects where student work is moderated by external panels have very specific requirements around absence from tests and assessment due dates. **Medical Certification must be provided.** This is an external measure and not one that Gladstone SHS can overrule or make exception for. A continuing medical certificate is not sufficient.

Mr Ruge is putting together the year 11 Leadership Camp at this point. This is an opportunity for our students who are thinking about Leadership positions in 2016 to participate in some learning around concepts like group work and leadership skills. I encourage our students to take up the opportunity to go on this camp and to get involved in leadership. It is certainly a great part of a student's education.

One of the best things that adolescents can do for themselves is to stay physically active. It is interesting to watch students go from madly running around an oval in year 6 to standing around in groups in year 7. The Year Level and House Coordinators do a lot of work in the area of pastoral care for our students. Much of their job is about ensuring that our students stay connected and on track. There are a number of lunch time activities being held in the school at the moment which provide an opportunity for students to get active, and burn off a little extra energy in a supervised environment. 7-9 Basketball is available as well as Dodgeball. The role of sport in maintaining physical and mental health is well documented.



Mrs Christine Hills
Principal



GLADSTONE
State High School

Quick News

All Rounder Awards

Have you achieved/participated in the following areas during 2015: Academic, Cultural, Sporting and Service? If you have you may be the All Rounder for your year level for Awards Night. Please collect a nomination form from your year coordinator and complete and return by Friday 4th September.

Free Dress Day

Friday 28th August is Free Dress Day and Red Day at the tuckshop. The Theme is Thrift shop to support our local charity shops. Cost is Gold coin donation with money going to Gladstone Schools Chaplaincy. Dress up in your best Work wear, Formal wear, Hippie wear and Sports wear and compete in the fashion parade First Break in the Hall to win prizes. Register on the Friday morning outside tuckshop. School free dress policy applies, see page 39a of the planner.

Chappy Chat!



Recently I attended our SU Chaplaincy Conference where we were able to learn from many talented and professional speakers. I particularly enjoyed a session focused on Building Resiliency in families. Resiliency was described as a combination of skills and positive attributes that people gain from their life experiences and relationships and then use these attributes to help them solve problems, cope with challenges and bounce back from disappointments. It's interesting that today's social media would have us believe that we should be laughing and happy 24/7. That is not reality. We find that in reality, everything doesn't always go smoothly. It is absolutely normal to feel upset, sad, worried, and angry and a whole host of emotions. As individuals and as a family we need to acknowledge that it's okay to feel upset or sad for example. Accepting that life is sometimes challenging is the first step in being resilient. Our children need to learn that this is okay. Intervening prematurely doesn't help our children to become resilient. It actually prevents them from developing their skills to manage how they are feeling. They lose the opportunity to learn about themselves. Supporting our children to develop positive skills to help them when life has thrown a curved ball will make a big difference in their lives. They are more likely to be happy, more sociable, keen to learn and will cope better with setbacks. Research has shown that "children who are emotionally and socially skilled are more successful at school" and "Children who have learnt empathy, emotional and social competence show significantly less behavioural problems at school, even if they are in adverse life circumstances."

Many of our programs at GSHS support the development of resiliency. Recently, our Deep Blue Line program went fishing. As pleasant as the morning was, there was lots of learning to be had about thinking of others, personal responsibility, trust and trustworthiness and respecting ourselves so that we aim to be the best person we can be.



This week, let go of being perfect – mistakes are part of learning and that's an awesome lesson for our youth!



student. As with anything, each of us is responsible to make the most of our opportunities.

On Tuesday I was very privileged to join a Year 12 Korean lesson and share Samgyupsal with them. Not only was the food delicious, but the students were so positive and independent. Thank you for a wonderful experience.

Vietnam Veterans day

EQIP Technical College Leader's Kurt and Chloe attended the Vietnam Veterans day



GLADSTONE
State High School

Quick News

Premiers Reading Challenge

YRS 7-9

Now is the time to start handing in those forms with the list of books that you have read over the past couple of months. Ms Hipathite is eagerly waiting for them. Even if you don't get to 15, submit the books that you have read. Any questions - please come to the library and have them answered! Final opportunity to submit your reading record - Friday August 28.

Sporting Awards

All students please check the lists outside the PE staffroom and Office to make sure you are getting credit for your sporting achievements this year. Whether it be Interschool, Port-Curtis, Capricornia or State Level achievements in and out of school time. If you are not on the list, or something has been left off please see Mr Shallcross (in the PE staffroom) with a note from your teacher/coach so I have proof you have represented the school/district in your chosen sport. Students have until the end of August to sort this out. In September Sporting Awards will be short-listed and put on display outside the office.



School Nurse News

HEALTHY SNIPPETS

HAVING FUN AS A FAMILY:

Being a parent can be hard work. Organise things you will enjoy both by yourself and as a family. It is easy to forget to make time for yourself. Taking time out is important. Spend time with the people you are close to. Parents need support. Ask friends and family to help you out and give you a break.

Spend time individually with each of your children. Every child is different. Adolescents and children learn from their parents. They watch to see how you express your feelings. Children are affected by their parents arguing, try not to involve your children or argue in front of them.

Parents are always learning and as your children grow their needs change, you will keep learning with them and make mistakes along the way. Be consistent with your parenting and set limits that are suitable for your child's age. Discuss these limits with your children.

Anxiety and depression are common and many children, adolescents and families have mental health problems. Getting help early is important and will make a difference.

For more information contact the community health centre on 49 763130 or speak to the school nurse.

Yours in Health

Amie Griffin

School Based youth health nurse



ROSELLA PARK SCHOOL

Permanent Cleaner



Rosella Park School is seeking a **permanent cleaner (20.5 hours per week – single shift)**. Applicants will be subject to a probationary period. Selection Criteria & Work Profile application packs can be collected from the School's Administration Office – 20 Park Street, Gladstone during office hours 9:00am – 3:30pm. Package will **not** be sent out by post. Further enquiries can be made by contacting the school office on 4976 8333.

Application close at 3:00pm on **Friday 28th August 2015**

Applications can be returned, marked "Confidential" to:-

The Principal, Rosella Park School

PO Box 1145, Gladstone Q 4680

Or Email – the.principal@rosellapkspecs.eq.edu.au

Applicants must address the selection criteria and submit a detailed resume and two current referees. Applications will remain current for a 12 month period and may be used to fill future vacancies.

"The Commission for Children and Young People and Child Guardian Act 2000 requires the preferred applicant to be subject to employment screening."



GLADSTONE
State High School

Careers Corner

KFC Gladstone

KFC Gladstone Restaurant is re-opening their new Restaurant soon and are looking for Part-Time and Casual positions for individuals aged 14 – 17 years (Junior Wages Rates apply) to work day, night, weekend and public holiday shifts. After successful employment, KFC can also offer individuals the opportunity to participate in School Based or Work Based Traineeships, completing a CIII in Business. Interested students can apply online at www.kfcqld.com.au

Port City Air Conditioning

Port City Air Conditioning is looking for a highly motivated young person to fill a Refrigeration Mechanic Apprentice position they have available. Any students interested can call Brendan (Branch Manager) on 0400 093 040.

Cockatoo Coal Recruitment

Cockatoo Coal Recruitment are looking for expressions of interest for trainee operators at Baralaba Mine. Closes Monday 31st August 2015. Please see Mrs Christopoulos in K Block for further information.

Every day counts

Did you know?

Research shows that in Queensland, higher student attendance at school is associated, on average, with higher student achievement.

Additionally, attending school every day helps children to build social and emotional skills such as communication, teamwork and resilience.

Why must I send my child to school?

Under Queensland law, you must make sure your child of school age is enrolled and attends school all day, every school day unless they have a reasonable excuse. Illness, doing work experience, competing in a school sporting event or going on a school excursion are reasonable excuses for being absent from school.

Do I need to let the school know if my child has been away from school?

Yes, you must let the school know the reason why your child is absent from school, if not beforehand, then within two school days of their return to school.

Principals decide if the excuse given for your child's absence is reasonable.

Avoid keeping your child away from school for:

- o birthdays,
- o shopping,
- o visiting family and friends,
- o if they sleep in,
- o looking after other children,
- o minor check-ups or
- o care such as haircuts.

What should I do if our family is going on a holiday in school time?

You are encouraged not to schedule holidays during school time. If your family holiday is during school time, you must inform the school in writing, stating the dates and reason why the holiday must be taken in school time. This is to be submitted to the Year Coordinator. Once approved by the Principal, the student will need to request work or special arrangements for assessment which will be missed, with their Head of Departments.

What should I do if my child won't go to school?

You should contact the school (Year Coordinator) as soon as possible for advice and support.

A set routine can help

- o have a set time to go to bed
- o have a set time to get out of bed
- o have uniform and school bag ready the night before
- o have a set time for starting and finishing breakfast
- o set a time for daily homework activities
- o speak about school positively
- o be firm, send your child to school every school day including their birthday and the last day of term!

Remember, school absenteeism and truancy can impact significantly on students' learning and wellbeing. A low level of school attendance is associated with poor academic achievements, early school leaving, and leaving school with fewer qualifications, subsequent unemployment and a lower level of health/life expectancy.

Congratulations Brad!

Congratulations to Year 10 student, Brad H and the Under 15's Capricornia Boys Touch team, who dominated from the 6th to the 9th of August at the State Touch Championships in Brisbane and came home State Champions.

The Capricornia under 15 Boys team won all five of their round games, to top their pool and progress straight into the semi-final. They won the semi-final in a nail-biting drop-off and went on to beat South Coast in the Grand Final, 9-7.

The last time Capricornia won the State Championship was 2001. Congratulations Capricornia, 2015 State Champions.



