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## Well done Jack!

Last week Jack competed across 3 days, in the QLD School Swimming Championships in Brisbane. Jack qualified for the maximum 9 individual events in MultiClass Boys 16-19 Years.

- He contested:
- 50 Freestyle
  - 50 Backstroke
  - 50 Butterfly
  - 50 Breaststroke
  - 100 Freestyle
  - 100 Butterfly
  - 100 Backstroke
  - 200 Freestyle
  - 200 Individual Medley



Jack won 7 Gold medals, taking the State Champion Title in 50 Free, 50 Fly, 50 Back, 100 Free, 100 Back, 100 Fly, 200 Free. Jack took the Silver medal in the 200 Individual Medley, and the Bronze in the 50 Breast, he also broke 2 Swimming QLD 16 Years Boys Records.

To top off his fantastic meet, Jack was also awarded with the Swimmer of the Championship Award, and will represent both Gladstone State High and QLD School Sport in the Australian All Schools Championships in Darwin in September.

Outside of School Sport, Jack competed in Adelaide at the Australian Age Championships 2-4th April, then backed that meet up with competing at the Australian Swimming Championships from April 7th. The Australian Swimming Championships doubled as the Olympic/Paralympic Trials for Rio later this year.

Jack competed against Australia's current Paralympians in the hope of making the Paralympic Shadow Squad, which will serve as a feeder to the Olympic/Paralympic Games.

Well done Jack! As always, we are very proud of you!

## Uniform Shop

### NORMAL HOURS

MONDAY 8:15-11:15  
WEDNESDAY 11:00 - 2:00  
FRIDAY 8:15-11:15

Phone Chris on:  
(07) 4976 6193



PLEASE BE AWARE **NO GLASS WATER BOTTLES** AT SCHOOL DUE TO SAFETY REASONS

### SCHOOL ABSENTEE LINE

4976 6158

### SCHOOL OFFICE LINE

4976 6111



# Guidance Officer News

## Coping with Teenagers

### 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

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State High School



As our children get older we are thrown into a new stage - how do we manage them, what are our parental duties, and how do we balance their need for independence. Many parents mistakenly believe that by the time children have reached 12 years olds, there's nothing more a parent can do. Wrong. Studies show that good parenting continues to help pre-teens and teenagers develop in healthy ways, stay out of trouble and do well in school. The following ideas for managing your pre-teen and adolescent child have been adapted from 'Basic Principles of Good Parenting' by Laurence Steinberg.

1. You can't be too loving – Don't hold back when it comes to pouring on the praise and showing physical affection. There is no evidence that adolescents are harmed by having parents who are unabashedly loving – as long as you don't embarrass them in front of their friends.
2. Stay involved – Don't withdraw from your child's life. Be involved – even more so now – know where they are, what they are doing, who they are with. Take them to venues, pick them up. Know their friends. Be involved in school activities. Spend time with them. Talk to them.
3. Adapt your Parenting - When children are little you mostly make the decisions. Where possible give your maturing child opportunities to make decisions. Decide what is not negotiable (e.g. You picking up your child after an event) and what is negotiable (e.g. Pick up time).
4. Set Limits – While love is the most important thing a child needs, the second most is structure in the form of rules and limits. Be firm but fair, and be consistent. As your child matures relax your rules bit by bit, but be prepared to tighten the reins if needed.
5. Be aware that independence doesn't mean rebelliousness, disobedience or disrespect. It's healthy for adolescents to push for autonomy.
6. Explain your decisions – Know why you have certain rules and expectations – your rules and decisions have to be clear and appropriate. It's no longer good enough to say 'because I said so' And - you can change your mind.
7. If all else fails seek outside help. Don't feel you have to parent alone. There are many experts out there to help restore broken relationships.

## 'Engaging Adolescents' Parent Course

Roseberry Community Services have offered to run their 'Engaging Adolescents' parent course at the school for any interested parents/carers. It will be ran over three 2 hour sessions. Parents/carers can learn:

- Some common ground shared by parents & reasonable expectations to hold about adolescents
- New understandings of adolescence
- A three-option model & flow chart for decision-making
- Self check-in, first - for parents.
- Building relationship with your teenager and making the best of your non-crisis conversations with them
- Skills for tough conversations for handling those problems you just can't ignore

If you are interested in attending this course please contact either of the Guidance Officers at the school.



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## Careers Corner

### Work Experience 2016

The work experience programme for 2016 has been opened and forms are now available from Senior Schooling for students who wish to attend placements. Cost is \$40 and students must be 14 years old. Medical and Gladstone Ports Corporation Limited work experience is available also. Forms will NOT be accepted during lesson time or without payment first. Please see Mrs Christopoulos in Senior Schooling.

### Eagle Boys Pizza

We are currently looking for enthusiastic and quick thinking staff members that have a knack for customer service.

Applicants need to be available to work from after school until 9/9:30 and until 10pm Friday/Saturday.

During a school week applicants would be rostered to work a maximum of 12hrs/week, 4hrs/day, until 10pm on applicable nights.

We are looking for delivery drivers specifically.

Drivers must have access to their own car for delivery in the event the company cars are already in use.

Please note - a delivery driver's car is covered under the business insurance policy and these details can be provided to the successful applicant.

All necessary training will be provided.

Application forms can be downloaded via the link at the bottom of this website <https://www.eagleboys.com.au/Corporate/Careers>

## Nurse News

### PARENTS/GUARDIANS- WORRIED ABOUT CYBER-BULLYING.

Around 463,000 young people are bullied online in Australia each year with victims being impacted by cyber-bullying to the point where some engage in self-harm and suicidal ideation.\* The National Day of Action Against Bullying and Violence, Australia's largest anti-bullying event in schools which was held on 18 March also coincided with the launch of new technology aimed at helping prevent online bullying.

**Reword is the first technology of its kind in Australia. It works by identifying cruel or intimidating words in real time to prompt online users to reword their message or post.**

Similar to spellcheck functionality, a red line appears through words to highlight bullying behaviour, encouraging online users to reconsider their choice of words.

Testing has shown that 79 per cent of young people (12-25 years) are willing to reword when they see the red line. The tool also encourages the online population to collaborate and become co-authors of new bullying terms, giving them ownership over reword while building the tool's intelligence and lexicon. Youth groups have been heavily involved in the creation and testing of the tool and three schools in Melbourne are piloting reword. All young People are encouraged to download this free tool by visiting : <http://reword.it>

<http://headspace.org.au/news/new-online-technology-aims-to-change-bullying-behaviour/>

### BRAINY BREAKFAST IDEAS

Setting up healthy eating habits during formative teenage years is critical for creating a lifetime of good decision-making when it comes to overall wellness. If teenagers become used to skipping breakfast and opting for snacks instead, they are likely to become habitual breakfast-skippers, a routine that increases their risk of remaining overweight or even obese as adults. Regular breakfast routines translate into healthier diets overall -- teens who eat healthy breakfasts most days of the week are also more likely to make more filling, less fattening food decisions throughout the day. The sooner these healthy habits become routine, the better off your teenager will be as a healthy adult

It is important to encourage teens to eat breakfast. A good night's sleep followed by breakfast in the morning helps children stay active, concentrate at school and not get too hungry during the morning. Skipping breakfast can diminish mental performance. Eating breakfast assists in learning, as teens are better able to pay attention and therefore are more engaged and interested students. Teens who skip breakfast may lack sufficient vitamins and minerals including iron, calcium, zinc and vitamin B2.

A nutritious breakfast does not have to take a long time to prepare or eat. The best breakfasts should include fruit or vegetables, a dairy product (or alternative) and a wholegrain bread, cereal or grain product.

### Try these suggestions or mix and match to your taste:

- Raisin bread or fruit loaf: plain or topped with ricotta cheese, and chopped strawberries or banana
- Wholegrain cereal with milk and chopped fruit such as banana, berries or pureed fruit
- Hot porridge with milk, chopped banana or berries
- Yoghurt topped with a muesli style cereal and chopped or pureed fruit.
- Baked beans with wholegrain toast and a small glass of diluted fruit juice
- Scrambled or poached egg with toast and a glass of milk
- Wholegrain muffin with slice of cheese and tomato and a piece of fruit.
- Toasted bagel with avocado and a glass of milk.
- Wholegrain toast with a thin spread of jam or honey plus sliced banana and a small tub of yoghurt
- Fruit smoothie (blend milk, yoghurt, soft fruit and a sprinkle of wheatgerm or psyllium)
- For an on-the-go breakfast—take a piece of fruit , cheese stick and a few low fat crackers

Check out the website [www.nutritionaustralia.org](http://www.nutritionaustralia.org)

Amanda van der Wegen  
School Based Youth Health Nurse  
Ph 4976 6171 or Mobile 0410 631 846



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# Year 9 Urban Design class

## Year 9 Urban Design class get a taste for big city life in Brisbane

- Written by Laney S-M (year 9 Urban Design student)

In term one a small portion of year 9's were lucky enough to participate in the Urban Design Elective class, which involved a four day trip to Brisbane. This trip consisted of many fun activities including a day in the life of a university student at UQ's St Lucia campus where we participated in an architectural design workshop; a treasure hunt in South Bank; and meeting Brisbane City Council's Urban Design Team. Most students from this camp stated that **"this was the best camp,"** and **"super fun."**

On this camp we were really excited to experience the city life, from cooking our own food at the Korean Restaurant Hanwoori, to riding the City Hopper around the Brisbane River, the Gladstone State High Students were especially impressed with how well the city life ran in the mornings with the efficient (and fast) bikeways. We went ten-pin bowling and laser-skirmishing one night and experienced eating at different cultured restaurants, Greek and Korean on the other nights.

The Brisbane trip really added to the overall concepts and themes of the subject. The trip made us realise how much hard work, time and commitment is put into the design of a city, from the smallest street sculpture or alleyway to entire parklands and streetscapes. Seeing what professional urban designers were doing in Brisbane City really helped when we came back to school and had to design a urban school space for our assignment.

When students were asked about highlights of the trip they replied:

*" - going to the university because we were able to learn about all the different jobs and courses we could do in the future" - Leah S.*

*"- the different foods and trying octopus for the first time!" - Laney E.*

*"- the architectural workshop at UQ because of how creative it was" - Blaydon K.*

Everyone on this trip had a lot of positives to say about how fun it was and how awesome it was to have a fun teacher to make it even more memorable. "This was an amazing trip plus class and I would definitely do the subject again." - Keeley D. "This subject taught us a lot and it was one of the best subjects I have picked" - Katie R. The Urban Design elective will also be running again in semester two as well as the Brisbane trip. Our semester one class was very disappointed when Ms McKenzie told us we were not allowed to go on the Brisbane trip a second time!



## Excellence in Teaching award

Congratulations to two of our teachers at Gladstone State High School, Shelley Slade and Roslyn Donohue who were both nominated for the Officeworks Excellence in Teaching awards - "Make a Day Brighter".



Roslyn Donohue

Shelley Slade

Well done ladies!!

## Junior Secondary Phase of Learning

Junior Secondary refers to the education of students in Years 7, 8 and 9. At Gladstone State High School we strive for the best with our students in all areas by setting high expectations and valuing individuals.

### Philosophy

Success in Junior Secondary comes from engagement in learning and building relationships. Junior Secondary at Gladstone State High is built around a caring, supportive environment enabling students a smooth transition from Primary school and into senior studies. Students feel a sense of belonging and in such an environment strong teacher-student relationships are created, developed and nurtured so each student can Reach for the Stars!

Shared decision-making and active participation along with a rigorous curriculum help to cultivate successful lifelong learners. Students are able to strive for success by harnessing their individual strengths to ensure they become strong, independent learners well equipped to choose the right pathway for senior and beyond.



## Quick News

### Arriving after 9:05am

If you arrive after 9.05 you must report to the office for a late slip immediately.

A written explanation of your late arrival should be provided when signing in.

The office will give you a late slip so you will be able to enter your class and receive no further consequence for being late.

If you do not have a written explanation of your late arrival, you will be given a 2nd slip which needs to be signed by your parent/guardian and returned the **NEXT** day.

Choosing not to return the signed slip will result in a PBC detention.

### Giant Toblerone to be won!

Interact students are selling \$1 raffle tickets to win a giant Toblerone that is currently displayed in the library. Will be drawn on 29th April at the latest, earlier if all tickets sold! - limited tickets available. Get in quick to win.

### SID Winter School Camp

If you're Indigenous and in year 10 to 12 you are invited to attend the 2016 Indigenous Australian Science and Infrastructure Development Camp from the 27th June to 1st July 2016. Please see Jarrod or Margie Keefe in the Murri Office for applications

## Chappy Chat



# Chappies' Chat



### WANTED:

- Useful pieces of lace/ribbon for the skirts that we are sewing to put in Operation Christmas Child Boxes. Several skirts are close to finishing and it would be lovely to decorate.
- Working order Djembe drums.. We are now running several DRUMBEAT programs and would very much appreciate a couple of Djembe drums. Please phone 4976 6162 and leave a message if I'm not available.

Our **2016 TOUR DE CHAPLAIN** from **Many Peaks to Yarwun** is to be held on the **23rd July 2016**. Starting at the Grand Hotel, Many Peaks; the ride will continue through the picturesque Boyne Valley; over the historic Calliope River Bridge and onto the township of Yarwun to complete the 100k journey.

*The Tour de Chaplain is a community ride that will help raise awareness and funds for School Chaplaincy in our local district. There are currently nine chaplains who need our support to keep them working across 14 State Schools in our district.*

You can find out more information on the Gladstone Schools Chaplaincy website at [gladstoneschoolschaplaincy.org.au/tour-de-chaplain](http://gladstoneschoolschaplaincy.org.au/tour-de-chaplain)

To **register**, click the Rider & Team Registration link and complete the online registration process. Once registered, you will be able to share your fundraising profile to build up sponsorship of your ride. All riders will need to raise a minimum of \$100 in order to participate in the ride. There will be no registration fee for the event.

To **sponsor riders or teams**, click the [participants and teams](#) link to find who you want to support and click the make a donation link. You can also leave a comment in support.

To support the greater Tour de Chaplain event, donate online [here](#).



Chappy Week is about three things: raising the profile of chaplaincy; raising funds; and celebrating each and every chaplain for their caring work for the young people of Queensland.

Sometimes we feel awkward about asking for positive feed-back. However, this year, I would love for people to share any positive stories they have regarding how School Chaplaincy (from anywhere) has personally supported you or members of your family. I would love permission to share some of your story without identifying the people involved.

School Chaplaincy exists because an amazing number of people behind the scenes, raise money and provide planning and expertise to enable chaplains to support our youth in today's fast-paced society. I'd love to share this quote which I read recently: "Unhappiness is the hunger to get; happiness is the hunger to give" (W.G.Jordan)

Have a fabulous week,  
Yvonne and Jarek



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# Dates to Remember

24th April - North West Trip 1 (to the 1st May 2016)

25th April - ANZAC Day

26th April - Volunteering New Auckland Place

1st - 7th May - North West Trip 2

2nd May - Labor Day

3rd May - Volunteering West State School

10th - 12th May - NAPLAN Testing

13th May - NAPLAN catch up



## SCHOOL PAYMENTS

- BPOINT - AVAILABLE FOR PAYING INVOICES. PLEASE SEE BOTTOM OF INVOICES FROM NOW ON

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

# Junior Secondary News

## YEAR 7 CO-ORDINATOR

For the first four weeks of Term 2, our Year Seven co-ordinator, Mrs Janelle Haigh is on leave. During this time, Ms Chantelle Carmady is filling this role and may be contacted on 4976 6196 or cecar0@eq.edu.au. Thank you Ms Carmady for the work you are doing to support our Year Seven students in Mrs Haigh's absence.

## BULLYING & HARASSMENT

Since the start of the term there have been a number of Bullying and Harassment reports made by students. This is a good thing and a concerning thing: good in that it means students are coming forward with their concerns and seeking assistance; concerning in that there appears to be members of our student body not treating their peers in a respectful way, as per our school values. Much of what we are dealing with involves students calling each other offensive or inappropriate things.

As a parent, one thing you should do is be aware of our school's Bully and Harassment Policy which is in the front of the students' planners (pages 36a and 37a). Other ways you can help your child if they believe they are being bullied or harassed at school include:

- Encouraging your child to report it to the school (Year Co-ordinators);
- Letting your child know what bullying is and how to spot it;
- Teaching your child how to react if they notice someone else is being bullied or harassed (for example, not to give the offender any attention, not to laugh at anyone being harassed, etc); and
- Teaching your child to stand up for themselves appropriately by being confident and assertive.

We will respond to any concerns raised by parents, but as our goal is to equip our students with the skills they need to respond appropriately to bullying and harassment it is better to have the reports made directly by the students.

## 2016 FUTURE BUILDING YOUTH FORUM

Last Friday, April 15, a group of student leaders from the GSHS Junior Secondary school attended one of the twenty Future Building Youth Forums that were being held around the state as a part of the Queensland Government's and PCYC's Queensland Youth Strategy (QYS). The focus of the forum was to explore challenges, ideas and solutions facing young people in the future. Students involved commented that it was a positive experience and one they felt was worthwhile:

- I enjoyed it. It helped me to see more options for my future. – Federica (Year 7)
- I liked sharing my ideas on how things could be improved in Gladstone relating to industrial development. – Max (Year 8)
- It was awesome and I want to do it again. – Chelsea (Year 7)

Melissa Daniels  
A/Head of School – Junior  
mdani61@eq.edu.au

## This weeks PBL Mission



**LATE AFTER 9:05 : SIGN IN**



**LEAVING BEFORE 3.05 : SIGN OUT**

**WHERE: AT THE OFFICE**

# 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