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Words from our Guidance Officers

Worries and Anxieties: Helping Children to Cope

Children and adolescents, like adults, have all sorts of strong feelings about what is happening to them. At times, the world can seem frightening or uncertain, which may create fearfulness, worry or anxiety.

Different Types of Anxiety

Fears and Phobias

Children and adolescents often develop fears and phobias. These can be triggered by changes (starting at high school, separating from a parent), or particular things (spiders, snakes, death etc.). Fears like these are common but with encouragement and support most children learn to overcome their anxiety.

General Anxiety

Some children and adolescents feel anxious most of the time for no apparent reason – it may be their temperament or may be a pattern of behaviour that is shared by other members of the family.

Social Anxiety

Social anxiety disorder generally develops in early adolescence and leads to an excessive and persistent fear of social and/or performance situations such as school, parties, athletic activities, and more. Adolescents with social anxiety are extremely worried that they may do something embarrassing, or others will think badly of them.

School-Related Anxiety

School refusal can be caused by anxiety – separating from parents, fear of bullying, problems with friendships, trouble with school work or teachers are worth investigating.

Home Related Anxiety

Family problems (money issues, squabbling, separation/divorce), death of a family member or friend, harsh discipline or a traumatic experience e.g. burglary can be causes of anxiety (as well as depression).

What are the Signs?

- Feeling sick – stomach aches, headaches. Not being able to stomach food
- Feeling tense, fidgety, needing to go to the toilet often
- Feeling fearful or panicky, breathless, sweaty
- Being irritable, tearful, clingy or having sleeping difficulties

Anxiety can limit a person's experiences in life. It can contribute to lack of confidence, loneliness, health problems and learning difficulties. The emotional effects if not remedied can be long lasting.

What to do

- Talk to your child – show your child that you care and want to understand the reason for their anxiety
- Give comfort, reassurance and practical help with how to cope e.g. change thinking to be more positive
- There are children's books to help with upsetting things like divorce, death (ask your guidance officer)
- Prepare your child for changes – talk to them about what might happen and why
- For children with school/ separation anxiety, regular routines and consistency around sleep, and getting ready for school, having breakfast etc will generally improve the outcome
- Be aware of school or family situations that may be creating worries for your child
- Be aware of your own anxiety and protect your child from taking on your woes

If your child is so anxious that they can't cope more specialist help may be needed. A visit to a GP or Child and Youth Mental Health Services will be useful. If you have concerns that your child is suffering from anxiety, particularly if it is impacting on their attendance or performance at school, you could also speak to the school's Guidance Officers, Luke Jackson and Katrina Dalton.

Adapted from Mental Health and Growing Up, 3rd Edition – Factsheets <http://www.rcpsych.ac.uk/info/mhgu/index.htm>

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

Chappy Chat

Quick News

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



Chaplain's Office located D Block beside the Administration office.

My Drumbeat training went well - very professionally delivered and a thoroughly enjoyable experience. Mike Newell from PCYC is enabling the completion of my training by allowing me to co-facilitate. This will gain my full accreditation and allow me to deliver the Drumbeat programme at any time in the future.

Lunch-time activities are proceeding with small groups - but consisting of keen participants. Thank you sincerely to the teachers who have made this possible. (Mrs Blackman, Mrs Kim, Mrs Dunphy and Mrs Winyard in the library).

Recently, I've had several students come to discuss little hurdles that they've experienced. In our chats, they've made their own realisation, that it isn't just what happens to them that matters, but how they choose to think about it. Our thinking can sometimes jump to the negatives/worst-case scenario, but we can train it to do what we want it to do. It's okay to fail or get something wrong - it's a useful part of learning and we need to give ourselves permission to fail and learn from our mistakes.

(Giacomo Casanova "one who makes no mistakes makes nothing") Negative thinking leads to a bad mood and good thinking leads to a good mood. My mood is always my choice. My thoughts will decide how my life is, not really the things that happen.

Being prepared to reflect on our own behaviours/thoughts takes courage and being prepared to change our thinking requires courage and action.

Breaking our negative thinking cycles allows us to reprogram our attitudes and 15-17 years old have a unique window to change because of their developmental stage.

So, working with teenagers is truly an engaging opportunity.

"Life is like a mirror: frown at it and it frowns back at you; smile, and it smiles too" (Herbert Samuel)

Have an awesome week,

Chappy Yvonne



GLADSTONE
State High School

Quick News

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.



Junior Secondary News



JUNIOR SCHOOL LEADERSHIP

On Monday, February 22, our Year 9 Junior Student Council members were inducted at our first Junior School parade for 2016. Our Junior School captains, Tia Warry and Samuel McKenzie, did an exceptional job hosting the induction ceremony and all Junior Students Council members were acknowledged for reciting the oath with pride. Before the end of Term One, students in Years 7 and 8 will be given the opportunity to nominate to be a Class Captain to work with these students for a half-year term (From the start of Term 2 until mid-Term 3). The students will be asked to present a short speech to their class group and their peers will vote for their peer representative.

BRISBANE BRONCOS DEVELOPMENT TEAM VISIT

On Wednesday, February 24, staff from the Brisbane Broncos Development Team came to speak to our Junior School students on personal wellbeing and welfare. Paul Dyer, Game Development Officer with the club, spoke to students about making healthy choices, protecting their personal brand and the value of a strong work ethic. He was supported by Lachlan Maranta, Michael Hancock and Darren Burns. This visit fits under the Junior School guiding principle of 'Student Wellbeing', through which we



look for specific ways to support the social and emotional needs of our students in Years 7-9. Students are commended on the respectful manner in which they engaged with our visitors.

VISIT TO YEAR 7 STUDENTS BY GIDEONS INTERNATIONAL

The Gideons International (GI) will be visiting the school on Wednesday, March 23, at the Year 7 parade. GI representatives will deliver a short talk on the history of the organisation to the Year 7 students. GI will make copies of the Bible available to students. The collection of a Bible is optional and will only be available to those students attending the presentation. No student will be obliged to take a Bible. **Parents have the option to withdraw their child/ren from the Gideons International presentation by informing the school by emailing or telephoning** Melissa Daniels. Students who are not participating in the GI presentation will be supervised in another area of the school. If you want more information on the visit, please do not hesitate to contact Melissa Daniels (Head of School – Junior).

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

JUNIOR SECONDARY
BUILDING
LOCATED E BLOCK
GLADSTONE STATE
HIGH SCHOOL



Quick News

Mission:

This week's mission is
OFF AND AWAY



2016 QLD Training awards

Nominate now for the 2016 Queensland Training Awards. The search is on for Queensland's best and brightest in vocational education and training as nominations open for the 2016 Queensland Training Awards (www.qta.qld.gov.au). Recently completed and completing school-based apprentices and trainees are encouraged to nominate — in recognition of their outstanding achievements and hard work. Vocational students and VET teachers can also apply, along with schools operating as registered training organisations. For more information and to nominate, visit www.training.qld.gov.au. Nominations close Thursday 31 March 2016.

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.

Well done Aiden!

EQIP Technical College would like to congratulate Aiden who gained a full time Certificate III in Light Automotive Apprenticeship with DJ's one stop Mechanical. Well done Aiden!



Happy snaps from Yr 9 Media class - N Strudwick

Below are some photos from the year 9 media class of Natisha Strudwick. They have been studying composition techniques, portrait, landscape and commercial photography. Enjoy!



Late school photo envelopes

If you didn't send your school envelope on PHOTO DAY you will need to call or email SILVER ROSE PHOTOGRAPHY.

Telephone: (07) 32625788

Email: schools@silverrose.com.au



Quick News

Positive Behaviour rewards

Signature Cards - (Positive Behaviour Cards)

These cards are in class rewards and are found in the back of the planner. Once you have a signature card completed you can either swap it for an iceblock at the Year Co Staffroom 2nd break only OR simply put it in the tin outside PBC for the weekly draw.

Out of Class Rewards - These are business size cards that you may receive when on break. Remember to write your name and care class on the card and drop it into the tin box outside the PBC for the weekly draw.

From all the Positive Behaviour Cards we have a weekly draw and one student will win a \$5 tuckshop voucher. We then have a second draw of all the cards we have received to date and one student will win a \$5 tuckshop voucher.



Personal Technology Device

Remember we can use devices in the morning, up until 8.55 am before care class. Then again at 1st and 2nd break. We must display courtesy, consideration and respect for others whenever we are using our devices.



Write on!

To support Gladstone State High School's focus on best practice in teaching writing, our staff and students had the opportunity to work with visiting lecturer, Dr John Collins, who came from the frozen landscape of Harvard University to warm and sunny Gladstone to spend two days at Gladstone State High School last week.

On Tuesday the 16th of February, Gladstone State High School hosted delegates from local primary and high schools, as well as those from further afield – Monto and Biloela - to a workshop presented by Dr John Collins: Improving Student Performance Through Writing and Thinking Across the Curriculum. The day was both interesting and entertaining since Dr Collins is not only an acknowledged expert in his field, as a lecturer and developer of The Collins Writing Program designed to improve writing skills and provide strategies FOR learning in all subject areas, but also an engaging speaker.

Students in English classes on Wednesday the 17th February can testify to this also. Mrs Michelle Hall's 9B English class (pictured below) happily worked with Dr Collins who worked as a team with their teacher in the lesson. As well as engaging in some banter about Australian and American accents and habits, and whether Vegemite was actually enjoyed by Australians, the classroom buzzed with the excitement of motivated students who felt privileged to have the opportunity to learn about writing with the visiting 'guru'.



Another class, 8G, was similarly fortunate. Miss Maddison Ash and Dr Collins planned a lesson to teach students how to efficiently summarise a written text.

Quotes from students:

8G English class

"Dr Collins is a great teacher and I believe it was a privilege to have him come and work with us."

(Maddi)

"The Dr Collins experience was absolutely fantastic! Dr Collins is a very sophisticated man who helped our class create our own '10% summary' and made our writing sound smart. It was awesome."

(Ty)

"I learned a lot from him."

(Blaire)

"Dr Collins is a very fun and enthusiastic person who made learning fun and unforgettable... I am very thankful that I had the privilege to have this experience."

(Shanay)

9B English class

"Dr Collins helped with my writing. He was able to explain it in a way that we all understood."

(Joanna)

"He made learning fun and exciting. He also improved my writing skills."

(Dylan)

"Dr Collins was an interesting and funny teacher. He taught us all about types of writing."

(Jamie)

At the end of the Wednesday, the entire staff had the opportunity to hear Dr Collins' message in a 2 hour workshop.

Dr Collins certainly made a positive impression on our staff and the students with whom he worked, and his approaches will be a significant part of our ongoing focus/work in teaching writing – a fundamental life-skill and one that Gladstone State High School has as a focus for teaching and learning.

Port Curtis School Sport Trials

Date-claimer for Term 1, 2016

Monday 1st February	Boys Cricket	15 - 19 Years
Monday 8th February	Boys & Girls Swimming	10 - 12 Years
Monday 1st February	Boys & Girls Tennis	U19 Years
Monday 1st February	Boys & Girls Softball	16 - 19 Years
Nominations close N/A	Boys & Girls Water Polo	13 - 17 Years
Nominations close Tues 9th February	Boys & Girls Swimming	13 - 19 Years
Tuesday 9th February	Boys & Girls Volleyball	13 - 19 Years
Tuesday 9th February	Boys & Girls Basketball	16 - 18 Years
Nominations by Thursday 11th February	Boys & Girls Surfing	U18 Years
Thursday 11th February	Boys Rugby Union	16 - 18 Years
Tuesday 16th February	Girls AFL	13 - 16 Years
Tuesday 16th February	Boys Rugby League	13 - 18 Years
Tuesday 16th February	Boys Hockey	U19 Years
Tuesday 16th February	Girls Netball	13 - 19 Years
Tuesday 16th February	Boys & Girls Squash	U19 Years
Monday 15th February	Boys & Girls Basketball	10 - 12 Years
Tuesday 16th February	Girls Hockey	U19 Years
Thursday 3rd March	Boys & Girls Football	16 - 19 Years
Thursday 3rd March	Boys & Girls AFL	10 - 12 Years
Thursday 3rd March	Boys AFL	13 - 15 Years
Friday 4th March	Rugby League	10 Yr & 10 - 12 Girls
Thursday 10th March	Boys Rugby League	11 & 12 Year Boys
Thursday 10th March	Netball	10 - 12 Years
Thursday 10th March	Boys & Girls Hockey	10 - 12 Years
Thursday 17th March	Boys & Girls Football	10 - 12 Years
Tuesday 22nd March	Boys & Girls Touch Football	13 - 18 Years

AWD Swimming Carnival

The participation of our Athletes with Disabilities (AWD) students at the Swimming Carnival last week was an outstanding success. Students swam in multiple races (backstroke, breaststroke, freestyle and butterfly) in both mainstream and AWD categories. Students were supportive and continuously encouraging of each other every race. As teachers we were encouraged and overjoyed with the teamwork and support students gave to each other during the day.

In particular we would like to acknowledge Trinity S and her participation and success at the carnival. Trinity is a student with a vision impairment, however she did not let this stop her from swimming in freestyle and breaststroke.

Thank you to Shelley Slade and Caroline Peas who swam with Trinity for all her races.

Dates to Remember

29th Feb 2016 - Photo catch up day

4th March 2016 - Induction ceremony

11th March - Shave for a cure - Lunch Activities

18th March 2016 - Anti Bullying day

21st - 24th March 2016 - Year 12 Exam Block

24th March - Free Dress Day

28th March 2016 - Public Holiday

29th March - 10th April 2016 - School Holidays

11th April - Term 2 starts



P&C AGM and General Meeting

Is on the 21st March 2016 in the Administration Block
AGM starts at 6.30pm



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

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