Chappy Chat!

Following some student requests, here are the last 3 strategies to help in dealing with stress. Practise these strategies when things are going well so that you know how to do them when stress is building.

1. Are you comparing yourself to others? Have you got the “I need to have it perfect so I can show how smart I am”? Lessen the stress! Join the “Get-Better” mindset and instead of fearing how you’ll come up against someone else’s talents, try self-comparing how well you did today compared to yesterday, last week, last term etc. Don’t sweat the “perfect job”: life is a journey and you will make mistakes and you will “get-better”. Laugh as you go; your stress will lessen and you will have more energy and stay motivated.

2. Pause and reflect on how far you have come. The gap is lessening. Smile and appreciate what you’ve achieved.

3. Do your best and rest. Don’t stew - let your mind rest.

Thank you to PCYC for committing to our students every Wednesday as support for the Duke of Edinburgh Awards participants.

I’d like to end by saying thank you to our GSHS staff. Recently, in speaking with some year 7 and 8 students who were discussing some different issues, it was evident that in spite of these issues, they identified that “it’s a great school”, “I love our teachers” and “I want to stay at this school”. The commitment, talent and passion of our staff is filtering through to our current students and creating a strong learning platform.

Have a great week and enjoy practising the stress buster tips.

Photo Catch up day

The last official day for photo packages for 2015 is on MONDAY 2 March.

If you did not have your photo taken last week, you need to have it taken on Monday 2 March. Grade 7 - 11 need to be in the day uniform and Grade 12s in formal shirt and tie. Get your name marked off in care class on Monday and then report straight to the library. Teachers will be provided with a list, but if you are new to the school, you also need to come and have your ID photo taken. Anyone who wants a photo package needs to bring the envelope and money ON THE DAY and hand to the photographer when your photo is taken. Spare envelopes can be found on the counter in the library.

Also, all of our special group photos will be taken on this day from 8am. This includes Senior and Junior Student Captains and Council and House Captains, Peer Mentors, Tech College leaders, SEP and Indigenous Leaders. Information regarding uniform requirements should be discussed with your Year Coordinator or key teacher.
Quick News

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.

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

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!

Artie Students
Remember to have your signed permission forms in by March 6th to go into the draw to win a signed Origin jersey.

Wild Ones Adventure Program
Wild Ones Adventure Program Activities may include:
- Scavenger Hunts
- First Aid
- Camp Cooking
- Team Building Games
- Swimming
- Emergency Service Visits
- Fishing
At the PCYC ON WEDNESDAYS 4PM - 5:30PM AGES 10 - 14. Contact PCYC for details or see Chappy Yvonne for an information sheet.

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2015 Swimming Carnival

On Wednesday 11th of February Gladstone State High held its annual swimming carnival. A good time was had by all, and it was great to see so many students competing in events ranging from Backstroke to Butterfly. Students also participated in novelty events both in and out of the pool to earn house points. Well-done to the winning house Parnka who took out 1st place on the day. A massive thank-you goes to the PE staff and House Captains who helped set-up and pack-up on the day. Thanks also to the Gladstone Pool (for hosting the event) and all the teaching staff for helping make the event run so smoothly on the day. Thank-you to ‘Everything Uniform’ and ‘APLNG’ for supplying tents for shade at no extra cost. Overall Age Champions are listed below. Congratulations must also go to the following students who made the Capricornia Swimming Team:

- Paris R
- Jarrod L
- Jack I

The next whole school sporting event is the cross country on Tuesday 31st March.

Regards

Matt Shallcross
(Gladstone State High School Sports Coordinator)

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### 2015 GSHS Swimming Age Champions

<table>
<thead>
<tr>
<th>Years</th>
<th>Name</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Year 7 Boys</td>
<td>Mitchell H</td>
<td>48</td>
</tr>
<tr>
<td>Year 7 Girls</td>
<td>Tia C</td>
<td>48</td>
</tr>
<tr>
<td>U/13 Boys</td>
<td>Josh J</td>
<td>45</td>
</tr>
<tr>
<td>U/13 Girls</td>
<td>Sam B</td>
<td>45</td>
</tr>
<tr>
<td>U/14 Boys</td>
<td>Jake T</td>
<td>45</td>
</tr>
<tr>
<td>U/14 Girls</td>
<td>Paris R</td>
<td>45</td>
</tr>
<tr>
<td>U/15 Boys</td>
<td>Hayden N</td>
<td>42</td>
</tr>
<tr>
<td>U/15 Girls</td>
<td>Jacinta T</td>
<td>48</td>
</tr>
<tr>
<td>U/16 Boys</td>
<td>Jack I</td>
<td>48</td>
</tr>
<tr>
<td>U/16 Girls</td>
<td>Amy P</td>
<td>45</td>
</tr>
<tr>
<td>Open Boys</td>
<td>Nick L</td>
<td>42</td>
</tr>
<tr>
<td>Open Girls</td>
<td>Lindsay M</td>
<td>42</td>
</tr>
<tr>
<td>AWD Junior Boys</td>
<td>Ty S</td>
<td>9</td>
</tr>
<tr>
<td>AWD Senior Boys</td>
<td>Harrison T and Jared L</td>
<td>42</td>
</tr>
<tr>
<td>AWD Junior Girls</td>
<td>Kiara O</td>
<td>36</td>
</tr>
<tr>
<td>AWD Senior Girls</td>
<td>Rachel S</td>
<td>36</td>
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<table>
<thead>
<tr>
<th>Event</th>
<th>Damala</th>
<th>Kougar</th>
<th>Parnka</th>
<th>Tyalan</th>
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</thead>
<tbody>
<tr>
<td>Swimming</td>
<td>736</td>
<td>840</td>
<td>978</td>
<td>806</td>
</tr>
</tbody>
</table>
Careers Corner
Senior Schooling
The Senior Schooling Department at Gladstone State High School would like to welcome all students back to school for 2015. Just a reminder that the Senior Schooling Department has moved to K Block, above the Tuckshop, in the old Print Shop. The Work Experience Programme has started and some students have already applied for work experience placements. There are a number of different times and placements available. Work experience is a valuable way to prepare for career planning. It gives students an understanding of what is required in the jobs they are interested in and helps with preparation for the school to work transition. Mr. Hooley and Mrs Christopoulos would like to encourage students to call in and have a chat about what is available.

Year 10 students who are participating in CPA Work Experience are reminded to return their work experience forms asap, so as to avoid disappointment with their preferences.

Year 12 OP, QCS and University Information Session
Parents and Guardians,
You are invited to attend the inaugural year 12 OP, QCS and University Information evening. This evening will provide valuable information about how OP’s are calculated, how important the QCS test is to students’ final outcomes, alternative entry pathways into University and general QTAC information.

WHO: Year 12 Parents/Guardians and Students
WHEN: 3rd March 2015
TIME: 6pm
WHERE: Lecture Theatre (F Block)
Tea/Coffee and light refreshments will be provided.

The Wizard Of Oz
Congratulations to the State High students who recently performed in a highly successful run of The Wizard of Oz. The show was well received by audiences of young and old. Well done to the following students:

Graduated 2014 – Emma W, Melissa H and Jade W
Year 11 – Izzy T, R M, Cheyna F, Beth H, Ben H, Hamish K
Year 10 – Tully D, Breeannon R, Issy W
Year 9 – Jacinta B
Miss Strudwick, Mrs Pitt and Ms Clifton have also been involved as well as students from the other high schools in town.

This Weeks SWPBS Mission...
HANDS AND FEET TO YOURSELF
**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

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**Dates to Remember**

- 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

- 20th April 2015
  - School Commences

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**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’s text message)

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

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**A Poem from Junior Secondary to GSHS**

**Written in the Second Week of School.**

Last week was our first day of high school
And we all think State High is pretty cool!
Year 7s and 8s have their own special place.
A safe haven from the daily school race.
At lunchtimes we play board games with Mama D.
Where the boys and girls make friends easily.
Chess and Scrabble are the favourite things
Competition is fierce until the bell rings!
The tuckshop certainly has excellent food.
With lots of choices, whatever your mood!
The school is large, the children are small.
Lunchtimes are when we play handball.
Writing maths is something we do every day.
Our teachers never lead us astray.
The swimming carnival will be our first test.

Ten out of ten is the score this school would rate.
West is best but State Is Great!!!!
NOTHING TO DEBATE!!!!!!!
WE ARE ALL GREAT!!!!!!!!!

(Written by Koen, Jayden, Mathew, Brandon, Mitchell and Jordan)