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Words from our Principal

Gladstone State High recognised the day of action against bullying last Friday. I would like to specifically recognise the efforts of Niamh O'Sullivan who has become the ambassador for this program in this school. Many of you may know that this is a very personal issue for Ms O'Sullivan after the speech she gave last year. The Senior leaders also played a pivotal role in bringing this day to the attention of the school community. STAN the bear was very popular and has featured in hundreds of selfies. We also took a Stand Against Bullying at 10am by standing in our classes and discussing some of the issues that bullying brings to our school. Finally the students have been engaged in creating positive slogans to be made into banners to keep the message in our minds as the year progresses. Thank you to all of our students for getting involved. A big thank you to Brownie and EJ from Hot FM who visited the school and took the opportunity to have a selfie with STAN. Their support of State High and its programs is very welcome.



An anti bullying stance is not a one day phenomenon though – we need to be conscious of our actions every day. Students at State High have a very wide range of people at the school available to them to help if they feel they are experiencing bullying. Beyond classroom teachers, we have a range of staff dedicated to student welfare – the Social Justice HODs Ms Burdett and Ms Randazzo, Guidance Officers, Luke Jackson and Katrina Dalton, the school chaplain, school based police officer, Year Co-coordinators, Head of Senior and Junior School and a dedicated Deputy for 7/8, 9,11 and 10,12.

Often times when we are dealing with incidents that occur as a result of bullying, we find that students have not told anyone about what is happening. It is important that reports are made to staff. We can only act on information we know.

One of the newer forms of bullying that has gained momentum in the past few years is cyber bullying – the use and misuse of information technology and social media. The Department has Cybersafety and Reputation Management Branch to which we can refer incidents. It is not the school's position that we should monitor students social media and we really prefer not to. However, in the event that students misuse school systems and technology or if we deal with an incident at school which we can trace back to social media, we will refer where we need to the CRMB in Brisbane. If the incidents constitute threats we will also refer to the police. It is important that our kids feel safe at school. We will investigate every incident that is reported to us.

The Bullying of the school is explained in the Junior planner on p35a.

As we see term 1 draw to a close, I would like to thank the year 11 Hospitality class for their outstanding café this morning – I have not yet managed to finish off the Oreo cheesecake which was simply divine. Well done ladies and to our table waitress, Rachel.

Interschool Volleyball Competition

The past 2 weeks the year 7/8/9 and 10 girls SOE teams have competed in the Interschool Volleyball Competition. The year 7/8's competed against mixed teams from Tannum, Chanel and Toolooa with the girls having a great time playing in their first tournament ever. The year 9 and 10 Girls teams competed here at GSHS against both boys and girls teams from the district, with the year 9 girls coming out as interschool champions defeating the year 10 girls in the final. Thanks to all the coaches for giving up their time.



DJ Lambert - Year 9 Coach/Interschool Convenor

Uniform Shop opening hours

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 front office or found in Enrolment Packs

NOTE CANTERBURY SHORTS ARE NOW IN STOCK AT THE UNIFORM SHOP!

SHOP CLOSED 1ST OF APRIL 2015 AND RE-OPENING ON 20TH APRIL 8:15am



Quick News

Year 12 Special Provision

Any year 12 students wishing to apply for special provision for the Queensland Core Skills (QCS) Test, please see either Mr Jackson or Mrs Dalton for more information.

GSHS Careers Bulletin

GSHS now has available a careers website and fortnightly careers information bulletins. The website is available at www.gladstoneshscareers.com and will be updated regularly. The career information bulletins will be emailed fortnightly to all parents/carers as well as students in Years 10, 11 and 12. There will also be hard copies at the office for parents who do not have email access.

Technical College

Technical College would like to congratulate Matt My on obtaining a Cert III Electrotechnology Apprenticeship with Platinum Electricians



PLATINUM
ELECTRICIANS

Chappy Chat!

We're having lots of laughter as we make mistakes in our learning journey on how to cross-stitch. I suspect some have made a mental note "Don't ask chappy! Ask Miss Kim". But as I said in a previous article, it's about taking on challenges and keeping-on-keeping-on until you get it. When our projects are completed, we will not only have a "finished product", but we will have completed our goals, shared stories, made new friends, learnt new skills, practised commitment and most of all, had fun!

I'm planning on beginning parent morning teas on a fortnightly basis in Term 2. I would see the main focus as an opportunity to share wisdom as parents, ask questions that need to be asked and perhaps to have a specific topic each week e.g. sleep and teenagers. If you have any suggestions please email me at ykamd2@eq.edu.au or phone 49766162.



Up and running:

- Cross-stitch
- Boardwalk
- Duke of Edinburgh
- Active Games facilitated by PCYC will now become fortnightly instead of monthly

Supporting students learning:

- Life Skills/Values based program called VITAL where students participate in activities which we then reflect on by asking such questions as What happened? (facts & Feelings); So What? (Analyse – eg.g. What was the most challenging? How would you rate your teamwork? Did you do well to get that? What else could you do to improve it even more?); Now What? What will you action in the next lesson/break/when you go home?

- Within classroom support for a few students

- Taking part in GO Anger Management 3 session courses so that I can provide extra support

Main issues that I've dealt with in the past month: depression, anxiety, self-harm

Support for family: some parent discussions re major student issues and offering support to the parents

Last week I had the pleasure to facilitate a leadership session with the Year 9 cohort who are prepared to take on leadership positions for the Junior School. What a blessing! We engaged in activities, discussion, listening and sharing. I was impressed with the level of commitment to really engage and learn as much as they could. Some of the points they shared on leadership were:

- A leader is someone who shows responsibility towards others
- A leader is a role model – someone to look up to
- Takes initiative
- Recognise their own mistakes and improves
- Listens to ideas and expands on them
- Shows commitment to what they do
- Commit to your goals with courage and confidence



FUTURE Plans:

- DRUMBEAT was developed in the Wheatbelt of WA in 2003 as a means to engage young Aboriginal men. It is now taught to young people and adults across Australia in schools, youth services, drug and alcohol rehabilitation facilities, mental health services and prisons.

- DRUMBEAT is a flexible program that combines experiential learning with Cognitive Behavioural Therapy, and engages young people and adults who may be anxious or resistant to 'talk based' therapies. The Program explores relationship issues such as:

- Peer Pressure, •Bullying, •Dealing with Emotions, •Identity, •Social Responsibility, •Teamwork

- DRUMBEAT promotes social understanding and connection through a team drumming experience. It is fun, safe and creative.

- Participants lift their self esteem, learn to work cooperatively with others and are exposed to the therapeutic & recreational benefits of music.

I am planning DRUMBEAT for parents with Lea Sycamore @ Toolooa SHS. This will begin in WEEK 2 in Period 4 on Monday. Venue still being confirmed. A total of 12 parents will have the opportunity to participate for a shortened 4-5 weeks to experience the benefits of this programme. If you are able to commit and would like to explore the benefits of DRUMBEAT, please advise me asap as Gladstone State High School will have 6 places at this initial Parent course. If it proves successful, Lea and I are planning to run another shortened course for parents in Term 3 out of school hours.

Also, In term 2, Week 2, Period 1, I will begin fortnightly Parent Morning Teas. These opportunities will have an informal format, but there will be the space to have very short information sessions on such things as: Support services within the school, CYMHS guest speaker, PCYC Guest speaker, P&C guest speaker, Roseberry guest speaker, Teenage Anxiety, Teenage Depression, The teenage brain, Resilience, etc

The broad goal is to increase communication amongst parents and provide encouragement from one to the other as we struggle to nurture our youth in such a fast-paced world. I would see these sessions as being intentionally focused on how we can make positive tweaks in our daily lives so that parents walk away stronger and more confident with a growing tool bag of information.

Sincere thanks for your continued support, Yvonne Kamholtz



GLADSTONE
State High School



Careers Corner

Qualification Cert 3 in Sports

Coaching:

Industry: Sport

Vacancies: 1 in each location -

Rockhampton and Gladstone

Start Date: ASAP

Year Level: 10/11

Role Description: An exciting opportunity exists for a school-based traineeship in Certificate III in Sports Coaching working with young children with Kindysport. Kindysport run multi-sport programs for 3-6 year olds, Pumped Sport as well as children's birthday parties. You can find out more about Kindysport at www.kindysport.com.au or on their Facebook page. The ideal applicant for this position would be an energetic person with an interest in both sports and working with young children to inspire their love of activity in a fun and supportive environment. The successful applicant will be required to work one day a week, plus various other hours which may include Friday and Saturday day times and nights. Contact Details: Submit your application of a cover letter and resume to Wayne at Kindysport on wayne@kindysport.com.au by Thursday 02 April.

Carers Australia

Cert 3 in Community Services. Carers QLD Inc are providing an opportunity to study a Cert 3 in Community Service Work at no cost. Are you a Carer? Do you provide support to a family member or a friend who has a disability, special need, mental health or chronic condition, terminal illness or is frail aged? If you are looking after parents, children, a best friend or neighbour then this offer is for you. Contact us on 4921 4486.



Bullying NO WAY Day



FACT SHEET 1

DEFINITIONS OF BULLYING, HARASSMENT AND DISCRIMINATION

Bullying, harassment, discrimination and violence are all interpersonal behaviours that can create or contribute to negative social environments. All school communities should have clear definitions outlined in their school policies and procedures for bullying, harassment, discrimination and violence.

Bullying

Bullying is repeated verbal, physical, social or psychological behaviour that is harmful and involves the misuse of power by an individual or group towards one or more persons.

Behaviours that do not constitute bullying include:

- mutual arguments and disagreements (where there is no power imbalance)
- not liking someone or a single act of social rejection
- one-off acts of meanness or spite
- isolated incidents of aggression, intimidation or violence.

However, these conflicts still need to be addressed and resolved.

Cyberbullying refers to bullying that is carried out through information and communication technologies. Likewise not all online issues are cyberbullying.

Harassment

Harassment is behaviour that targets an individual or group due to their:

- identity, race, culture or ethnic origin
- religion
- physical characteristics
- gender
- sexual orientation
- marital, parenting or economic status
- age
- ability or disability.

WHAT TO DO IF YOU ARE BEING BULLIED

You have a right to feel safe and be safe. If you are being bullied here are some ideas about what you can do.

Talk to someone about it. Find a trusted friend, teacher or carer who will listen to how you feel, be supportive, and perhaps even help you work out what to do.

- Talk to your friends - they can help you tell a teacher or your parents or just to feel better.
- Talk to your parents - tell them all about what's been happening.
- Talk to your teacher or another staff member - tell them all about what's been happening. If you don't want to do this in public, make an excuse to see the teacher about something else, for example your homework.
- If you can't talk to someone face-to-face go online at Kids Helpline <http://www.kidshelp.com.au/> or call a Kids Helpline counsellor on 1800 55 1800.

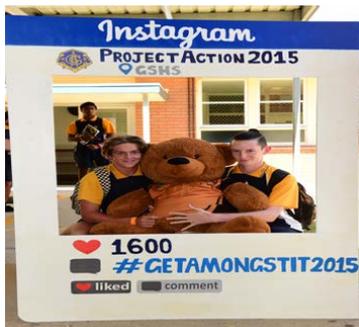
Try a few of the strategies that have worked for others. Only try these strategies if you are not in any immediate danger of being physically hurt and you feel confident you can do them.

- Ignore the bullying - turn your back and walk away.
- Act unimpressed or pretend you don't care what they say or do to you. You could say 'okay, whatever' and walk away.
- Use strong, assertive statements, starting with the word 'I'; tell the other person 'I want you to stop that' in a strong confident voice. Practice this with your friends.
- Use 'fogging' which means making a joking or funny comment that makes the other person think you don't care about what they say.
- Ask your friends to speak up for you. And remember to do the same for them!

Try to stay positive. Focus on all the things that you do well, the people who like you and care about you. Write down your thoughts and feelings about the bullying to help you think clearly about what you can do.

Hang around with your friends and be with people who help you feel good about yourself. Good friends respect, encourage and support you. They care for your wellbeing and are fun to be around. You'll make new friends by respecting, encouraging and supporting others.

Try to sort out the problem behind the bullying. if you feel safe to do so, talk with the other people involved and ask them how you might be able to sort out the problem together.



GLADSTONE
State High School

NAPLAN 2015

As the end of Term 1 is fast approaching, it is important that we flag a key week for next term. The National Assessment Program Literacy and Numeracy (NAPLAN) is an annual national assessment for all students in Years 3, 5, 7 and 9. All students in these year levels are expected to participate in tests in Reading, Writing, Language Conventions (spelling, grammar and punctuation) and Numeracy. The tests will be held on Tuesday 12th, Wednesday 13th and Thursday 14th May this year and we ask that you ensure we keep this week clear. You are also welcome to visit www.naplan.edu.au for further information regarding the program.

Jo Dahl
HOD – Teaching & Learning

jdahl14@eq.edu.au

Great Work Madeline!

Congratulations to one of our amazing year 11 Students from the Technical College, Madeline (Maddy) R.

Maddy is currently doing work experience for the Gladstone Observer. She has written and published an article that appeared in the Observer on the 19th of March. The article is on a fellow year 11 student of Gladstone State High School, Rowen L. He is off to represent Queensland, for the 3rd time, in Polocrosse.

You can find the article on page 33 of the 19th of March issue of the Gladstone Observer.

Great work Maddy!

Dates to Remember

31st March 2015
Cross Country

2nd April 2015
LAST DAY OF TERM 1

3rd - 19th April 2015
Easter Holidays

20th April 2015
SCHOOL COMMENCES



SCHOOL PAYMENTS

PLEASE BE AWARE THAT
EFTPOS TRANSACTIONS HAVE
A LIMIT OF \$10

It Starts With Us

National Youth Week 10-19 April 2015
For bookings and Information phone 4976 6300

Mayor's Youth Breakfast Friday 10 April Savour the Flavour Tonfocin Gardens 7.30am - 9am Includes Saki Sister City Book Exchange Invitation only event FREE Friday 10 April Gladstone Library 10 - 15 years FREE Friday 10 April Gladstone Library Laputa: Castle in the Sky Friday 17 April Agnes Water Library Howls Moving Castle snacks provided FREE Golf Lessons by a PGA Professional Gladstone Golf Course Friday 10 April FREE 10 - 15 years 9am - 10am & 10am - 11am 16 - 25 years 11am - 12pm & 12pm - 1pm Wear enclosed shoes and polo shirt Meet at the pro shop Numbers Limited Bookings Required	Beat Box Workshop Friday 10 April Mt Larcom Youth Shed 10am - 1pm FREE Learn the basics of beatboxing bring a water bottle and snack Slate Park Comp Saturday 11 April Calliope Skate Park 10am - 1pm FREE Skate board/bike/scooter comp with Eythan Lewis- Heselwood. Sausage sizzle and drinks for sale Teen Book Club Launch FREE Saturday 11 April Gladstone Library Sunday 19 April Boyne Library 12 - 18 years 10.30am - 12.30pm Meet local author Sue-Ellen Pashley Morning tea provided Gladstone PCYC Presents Rainbow Run Sunday 12 April Booking Essential No registrations after 26th March Entry Fees Apply Gladstone Rainbow Run	Parent/Teen Legal Myth Busters Sessions FREE Monday 13 April 6pm - 8pm Gladstone Community Advisory Service Thursday 16 April 6pm - 8pm Calliope Community Centre Parent information sessions to dispel common legal myths Bookings Required Library Mystery Monday 13 - Friday 17 April Boyne Tannum Library 12 - 25 years FREE Solve the puzzle and go in the draw for an iPad. A new clue posted daily inside the Boyne Tannum Library Gladstone Regional Libraries Prizes drawn around 3pm Fri 17 Resume Preparation 15 - 25 years FREE Tuesday 14 April 5pm - 8pm Gladstone Community Advisory Service Wednesday 15 April 6pm - 8pm Port Curtis Room, Boyne Tannum Community Centre Thursday 16 April 11am - 1pm Agnes Water Community Centre Resume and cover letter pack to be won. Parents, support workers, can attend to assist participants Bookings Required	Master Chef Challenge Tuesday 14 April Cedar Galleries 49544 Bruce Hwy, Calliope 11am - 1pm FREE Complete the challenges to get ingredients to make your lunch. Aprons provided Enclosed shoes must be worn Not suitable for people with food intolerances Bookings Required Welcome Intercultural Neighbours Support Gladstone Youth for Cultural Diversity Tuesday 14 April FREE Gladstone Port City Language Cafe Gladstone Library 9.30am - 11.30am Information 0487 422 142 -Dream- Vision Board Gladstone City Library Wednesday 15 April 11am - 2pm FREE Create your own personal dream vision board Limited places available Bookings Required Lantern Making Gladstone Community Hub 5 Buller Street Wednesday 15 April 5pm - 8pm FREE 12 - 25 years (parents & carers may attend) Lanterns on display from 7.30pm Food provided	Car Maintenance Bill Robertson Toyota (show room area) 15 - 25 years Wednesday 15 April 5pm - 8pm FREE Learn general maintenance, how to change a tyre, components of a vehicle and more Places limited Bookings Required Gladstone PCYC Presents Rumble in the Park Gladstone PCYC Thursday 16 April Community Event 2pm - 4.30pm FREE Bubble Soccer Thursday Night Events Gladstone Skate Park Memorial Park (near PCYC) Thursday 16 April 5pm - 8pm FREE Canteen operating Bubble Painting Art Workshop Mt Larcom Youth Shed Friday 17 April FREE Year of Light Event 10am - 12.30pm Please wear old clothes Word Trivia Night Gladstone PCYC Friday 17 April FREE 5pm for 6.30 start Food and drinks for sale Max 6 people per team No Bookings Required	Fishing with Johnny Mitchell Canoe Point Saturday 18 April 10 - 17 years 9am - 12pm FREE Must bring own fishing equipment, snack and water bottle. Children under 12 must be accompanied by an adult Chance to win a new fishing rod Bookings Required Movie Night Boyne Tannum Community Centre Friday 17 April FREE Evan Almighty 5.30pm - 8.30pm Food and Drinks for sale Bring your own bean bag or blanket Community Event Bungee Run and Bubble Soccer Balls Discovery Coast Sport & Rec Anderson Way, Agnes Water Saturday 18 April 2pm - 5pm FREE Canteen Open, enclosed shoes must be worn Chill Out at the Calliope Pool Sunday 19 April 1pm - 3pm Inflatables/Zip Balls Normal Pool Entry Applies Kiosk open for drinks and Snacks Children under 12 must be supervised by an adult
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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 schools text message)

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



GSHS CORE VALUES

VALUES
To empower students to reach their full potential through quality learning experiences in a supportive and challenging school environment.

- | | |
|--|---|
| <p>RESPONSIBILITY</p> <ul style="list-style-type: none"> • Give your best • Be dependable • Make appropriate choices • Be fair • Have a go • Take your opportunity to lead, otherwise be a good team member | <p>EXCELLENCE</p> <ul style="list-style-type: none"> • 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