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 Browny 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
**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.

**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 ykamh2@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 – e.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

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- Cross-stitch
- Duke of Edinburgh
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Sincere thanks for your continued support, Yvonne Kamholtz
FACT SHEET 1
DEFINITIONS OF BULLYING, HARASSMENT AND DISCRIMINATION

Bullying
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 repeated treatment of others 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 rejection
- one-off acts of meanness or spite
- isolated incidents of aggression, intimidation or violence.

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

Cyberbullying
Cyberbullying is 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
- age
- mental, physical or emotional 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 parent(s) - tell them all about what’s happening.
- Talk to your teacher(s) 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 and talk to 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’: ‘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. They care for your wellbeing and are fun to be around. You will also find 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.

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HONESTY
- Be truthful and sincere
- Be trustworthy
- Admit your mistakes
- Learn by your mistakes
- Seek truth, good and right

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
- Do your best
- Seek to accomplish something worthwhile and admirable
- Try hard
- Keep trying and pursue excellence
- Expect high standards

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
djdahl14@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!

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

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 COMMCENCES

GLADSTONE State High School