



## Chappies' Chat



### Chappies Chat

#### In this Issue

- Page 1**  
- Chappies Chat
- Page 2**  
- Yr9 White Gloves Experience
- Page 3**  
- Yr9 White Gloves Photos  
- Peter Hawkin's visit
- Page 4**  
- Intermediate Schools Cup
- Page 5**  
- Urgent message to Parents

#### 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

**TOUR DE CHAPLAIN:** Have you considered supporting the Tour de Chaplain either by way of donation, riding (70km/100km) or volunteering to help? Perhaps you can get a team together – always lots of fun! Details can be found at <http://gladstoneschoolschaplaincy.org.au/tour-de-chaplain/>

**ALTERNATE SCHOOLIES:** SU (Scripture Union) Alternate Schoolies for 2016 is highly affordable and covers several different venues. More information can be found at <http://su-schoolies.com/>. Prices range from \$650 (Sunny coast) to \$1850 (Hawaii – surfing). These are drug and alcohol free weeks that are fully catered. Some are highly organised and others far more flexible. Students who have attended in the past have absolutely raved about the brilliant experiences they enjoyed.

**OPERATION CHRISTMAS CHILD:** Four skirts have now been completed. We are running a small "guess the lollies in the lolly-jar" and money raised will help towards either filling the boxes/postage donation for the Operation Christmas Child boxes.

**COMBINED CHAPLAINCY SERVICE:** We have our Combined School Chaplaincy Service at 6pm on May 29 at Shed 19 – all are welcome. The lively service usually finishes within an hour, shares real local stories that have made a difference in the lives of our youth and concludes with a light supper. It's a really inspirational evening.

**GIRL'S TALK:** We've had our first get together and the girls have chosen some topics they'd like to discuss. It was very relaxed and the girls are obviously looking forward to having a space to bounce around topics that they want to learn more about. Knowledge is a powerful tool in understanding changes and differences and hopefully this opportunity will lessen some fears that can hold us back from reaching our potential. .. and we all had fun Amanda, the School Youth Health Nurse is so excited that we have begun! We are so very blessed at GSHS to have staff who are truly invested in supporting our youth.

Today we had another impromptu jam session with our Djembe drums and guitars at first break. Again, it was thoroughly enjoyed by students and staff walking past. Next Wednesday, we'll pop up somewhere different in the school yard.

The main topics that Jarek and I have been discussing with students this term include resilience, anxiety, self-harm and self-care (good mental health), getting accurate information, encouraging students to be pro-active with discussing their school work with their teachers, bullying and friendship issues.

A regular topic is "she/he said"... It's difficult to deal with criticism, but it's important not to try "to ignore it". Ignoring criticism isn't really possible, because, once you've heard it or seen it it's there. So work through a piece of criticism rather than pretend to ignore it. Pretending to ignore it will mean that the criticism will just stay locked up inside you, controlling your behaviour and emotions. If you try to argue against the criticism or with someone who is critical, then you just multiply your negative feelings (and give the other person power over you). It's better that you can separate your response by saying 'thanks, I'll think about that', or 'I'll consider what you've said', or even ask for clarity if it doesn't make sense to you (but don't argue the point). 'Don't get furious, get curious'. When you approach criticism with curiosity instead of being self-protective, you can easily work through what has been said and whether there is actually something useful for you to take away. Sometimes our critics can be our most powerful learning opportunities. And always, throw the rubbish away – set up a bin in your mind to delete pointless criticism.

There's a wise saying "Calm seas make poor sailors!" If we can take our self-doubt/fears out of things that don't work as we planned and view every incident as a learning opportunity we will carry much less anxiety and love life a whole lot more.

Jarek and I hope you see the sunny side of life this week in and amongst all that comes your way.

Our contact details are:

Yvonne Kamholtz [ykamh2@eq.edu.au](mailto:ykamh2@eq.edu.au)

Jarek Reah [jreah0@eq.edu.au](mailto:jreah0@eq.edu.au)

Ph for both is 49 766 162 (and you can leave a message)

# Yr9 White Gloves Experience

## 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



## 24 May 2016 Student testimonials:

Jamie K "The white glove experience was interesting. It was great to find out what was going on in the First World War."

Mitchell P "Awesome experience, wishing that we had more time."

Zoe H "The highlight of this experience was the gloves; they were so white and soft."

Locki H "I loved the experience we learned today in white gloves. The history lecture was very informative – learning about the ANZACs and what they did."

Katie R "I loved this experience. It was very informative and explained very well. I enjoyed looking through history and learning about Australia's past."

Katie L "I learnt things about World War One. I also found out that there were quite a few artefacts left from that time, which was very cool."

Tatum A "It was a really great experience to look at some of the World War One objects such as the diaries, the photo albums and the passport. It was very interesting."

Madison W "It was an amazing experience and I had a great time. It was very educational and very helpful for assessment. I hope that we are going to learn about them in History and I will definitely go on the State Library of QLD website."

Lance D "I liked the presentation because it informs us about what it was like 100 years ago when World War One occurred."

Shauna W "It was a great educational experience – learning about the past 100 years ago."

Tayla M "I saw some things that I would never normally get to see in my life."

Sarah D "It was a great experience seeing all the old artefacts from the war people. I recommend having more lesson time doing this."

Kim E "The experience that was given to us was very good. It showed us a lot of diaries and objects from 100 years ago. They also told us about the First World War and its history."

Ethan S "The books and stuff were very educational and interesting to read. The experience to see 100 year old things was so cool."

Keeley G "It was a very cool experience. It had diary entries and stuff from 100 years ago."

Flynn T "It was a very educational experience and showed how people wrote and did things 100 years ago."

Cassandra A "It was really cool to read all the diaries and their views and experiences of the war."

Jack M "I thought the presentation was interesting because I could see stuff that was carried along with good men during World War One."

Matthew R "The white gloves experience was a good thing for History. I enjoyed it."

Kiel P "We got to see stuff from WW1 and it was interesting."

Bailey R "It showed us what was happening in WW1. Overall this experience was pretty cool."

Jordan O "It was a good experience as we got to see up close what we have been learning."

Jayden W "I really liked the white glove experience due to all the old photos and books of World War One. It was



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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.



WORK  
EXPERIENCE

### Indigenous Apprenticeship Programme 2016 Intake

The Indigenous Apprenticeships Programme (IAP) is advertising a wide range of apprenticeship opportunities for 2016.

The positions are only open to applicants who are Aboriginal and Torres Strait Islander Australians. Any students who are interested should see Mrs Christopoulos in Senior Schooling K Block during break times for further information.



EXPERIENCE

EDUCATION

CONNECTIONS

MARKETABILITY

AMBITION

## Year9 White Gloves experience photos



## Peter Hawkins Visit

### Local business man, Peter Hawkins, shares his business insight.

On Wednesday, 18 May, the Year 10 Business Studies class were given an amazing insight into how a business operates. Guest speaker, Peter Hawkins, from the Lightbox Espresso & Wine Bar detailed how his business organises their people, processes and technology. A former school captain of Gladstone State High School, Peter Hawkins shared his passion for business and how he aims to create an efficient business, while satisfying his customers' needs in an inviting environment. The Year 10 Business students are currently completing an investigation into how a business responds to changing economic conditions and were given first-hand information of how this occurs.

**Pictured left:**  
Peter Hawkins accepts a Certificate of Appreciation from Year 10 Business student, Jamie- Lee B.



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## Quick News

### BYOX Setup Schedule

All students that are currently enrolled in Gladstone State High School's BYOX program would have received a note in their form class over the course of the term with a scheduled time to complete the setup and installation of the BYOX program on their laptops.

Any students enrolled in the program that have missed their scheduled appointment should see the technicians in F Block before school or during either lunch break to arrange a suitable time to have the installation completed.



### Murri Homework Centre

Murri Homework Centre started on Wednesday the 18th in E32. Afternoon tea is provided. Come along and we can help you out with homework and assessments.

### SID Winter School Camp

If your 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 (D Block) for applications

## Intermediate Schools Cup

Over the weekend we had two teams compete in Toowoomba at Intermediate Schools Cup. This competition pits us against the rest of QLD to find out the best teams in the state. Gladstone State High School sent away two teams, made up of a combination of grade 8 and 9 girls. These girls competed over the 3 day tournament in two divisions - honours and division 1.

Our division 1 team (Coached by Lauren Holder with the help of Danielle Lambert) had a enjoyable weekend working together to gain experience in a competitive environment. After some tough wins and losses, they finished the weekend in sixth place.

Our honours division team (Coached by Bianca McLeod) started off their tournament strongly, playing their first time in a best of five set format. Day two saw them meet some tougher competition, and a couple of losses placed them third in their pool. Day three the girls regrouped to win their medal match qualifier, and played against Aldridge (a close rival!) for the Bronze medal. The girls came out strong in the first set winning 25-20. Aldridge fought back to take the second set 13-25. Some strong words of encouragement from their coach, and the girls took the third set 25-16. Aldridge, not known to be a team to give up won the fourth set 14-25. In the fifth set, our girls worked extra hard to win the set, and match 15-12, qualifying the team for the honours division at nationals later this year.



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# Dates to Remember

29th May - 3rd June - Out-back Safari

10th June - Readers cup

13th - 17th June - Yr 11/12 Exam Block

20th - 24th June - Early Childhood year 12 workplacement

22nd - 23rd June - Athletics Carnival

25th June - 10th July - School Holidays

19th July - Volunteering New Auckland Place

25th - 29th July - Work Experience block two

30th July - Relay For Life



## ATTENTION YEAR 7's

There has been an adjustment to the year 7 assessment schedule for PE. The Risk Taking exam is being brought forward from week 9 to week 8 (30th-3rd of June).



## SCHOOL PAYMENTS

BPOINT - AVAILABLE FOR PAYING INVOICES. PLEASE SEE BOTTOM OF INVOICES FROM NOW ON OR YOU CAN REQUEST AN EMAILED COPY FROM THE FRONT OFFICE

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

W: gladstoneccrdfv.com.au |  gladstoneccrdfv | E: ccrdfv.gladstone@gmail.com

# GLADSTONE LIGHT AFTER DARK PACKS



*'We think of ways to make money, let's think of ways to make a difference.....'*

G.L.A.D Packs are a beautiful collection of bath and body products that will be presented to women and men escaping domestic and family violence in the Gladstone Region.



## How to Help?

- o Check your cupboard for unwanted gifts
- o Look out for specials next time you shop
- o Ask your friends, family or work if they will donate
- o Buying for yourself, buy extra

## What We Need?

- o Body wash or soap
- o Shampoo and conditioner
- o Body lotions or creams
- o Soaks and scrubs
- o Lip balm or gloss
- o Shaving products
- o Face washers, sponges
- o loofahs
- o Deodorants



## Collection Point

Ginger Says  
90 Goondoon Street, Gladstone

*Your donations will be beautifully and caringly created into G.L.A.D Packs by Ginger Says*

## URGENT Message to Parents

Dear Parents,

Just to inform you that there is a child within our school who is immunosuppressed, meaning that this child has a lower immunity and cannot fight infections in the normal way.

Viruses that cause measles, chickenpox and shingles could make this child extremely unwell. Therefore we would be grateful if you would contact the school immediately if your child was found to have one of these illnesses. If we know that there has been exposure to measles, chickenpox or shingles, medicine can be given to lessen the side effect of such an infection to this child. This medicine does need to be given as soon as possible after the contact has taken place.

I must assure you that your child is not at any risk because of this child.

Thank you.

## 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



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