Chappies Chat

As I’m typing this week’s newsletter, I’m attempting to slow my mind and savour the journey that is my life. Every day seems to be passing from one revolving door to another! So many plans! On Saturday we completed our Tour De Chaplain which is a 100km bicycle ride from Many Peaks to the Yarwun Recreational Park. The community support was extraordinary! It looks as though we may raise a record amount and once the books have been balanced, I will advise the result. Channel 7 gave us excellent coverage on last night’s news. This year, once again, Santos supported us generously through donations of time, team generosity and money. Several churches rallied teams together who also raised large donations. A variety of community members challenged themselves to riding either the 30 km, 70 km or 100 km distances. Other local businesses gave generously for a multi-award winning raffle. Community has once again stepped up to encourage and mentor our youth through School Chaplaincy. Currently, we must ensure funds for 10 chaplains who support primary and secondary schools in the Gladstone Region. Thank you to our energetic and dedicated planning committee!

Meanwhile, both Jarek and I are busy at GSHS. This term I help facilitate several lunch-time groups (sewing skirts for Operation Christmas Child, craft, Girltalk with our School Nurse - Amanda) and Staff Prayer on a weekly basis. Thank you to Headspace who is facilitating a Gladstone grown programme for girls called BRICKS (Beautiful Resilient Intelligent Chicks Knowing Stuff). The girls are thoroughly enjoying all that this programme has to offer. Three Drumbeat groups have begun and a My Life Rulz which builds on resilience, healthy thinking and healthy relationships. Jarek has begun several boys groups which aim at developing positive attitudes in boys yrs 7-9.

Just a reminder that both Jarek and I will be away at our Chaplain’s conference next week.

I hope that in amongst the business of your lives you also find brief moments to savour the journey that is your life!

Until next week,

Yvonne and Jarek
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.

In week 1 of this term all students attended a cinematic presentation by Motivational Media about Everyday Heroes. They heard personal stories from everyday heroes such as a professional adventurer, a road safety advocate, the co-founder of LIVIN, a para-olympian, and the youngest Australian to climb Mt Everest. Students and staff reported that they found these stories very inspirational and thought-provoking. Below are some of the messages shared during the presentation.

1. A true hero realises that it isn’t a single, massive once off act that makes a hero. Rather it is the small, consistent, seemingly insignificant daily decisions that do.

2. A true hero realises that small acts have big outcomes.

3. A true hero commits to small acts of sacrifice fuelled by love for others.

4. A true hero recognises that all have weaknesses, and see the value in being vulnerable to those close to them, as a means to grow stronger.

5. A true hero knows the value of friendship and recognises that everyone needs support. A commitment to building others up and living a congruent life is paramount.

6. A true hero understands that small decisions often go unrecognised, and nonetheless commits to making a difference in their world.

7. A true hero acts with courage not bravado - not out to please the crowd, they take bold, wise risks to create change.

8. A true hero overcomes obstacles and perseveres. Everyday people overcoming incredible difficulties and achieving extraordinary results.

9. A true hero recognises the rights of others - people have tremendous value and should be given dignity.

10. A true hero actively looks for ways to make a difference - they use what is right in front of them to create change.

Everyday heroes are the people that do these things as part of their daily lives - committed to making the world a better place. Always at the ready to act, to improve themselves to the point where the only outcome possible is that of success, to be someone’s Hero, maybe not today, but one day.

QTAC

The QTAC Parent Information Session will now be held from 5 to 6pm on Monday 1st August 2016 in the lecture theatre. New OP data is available for Year 12 students. From Tuesday 2nd August individual Next Step Meetings will be held with Year 12 students interested in pursuing tertiary study. Letters will be sent home inviting parents/caregivers to attend these meetings. Please encourage students to complete their QTAC preferences sheet prior to these meetings.
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.

World Hepatitis Day is an annual event recognised around the globe that aims to increase awareness and understanding of viral hepatitis and the diseases that it causes. This national day provides an opportunity for interested groups to raise awareness of viral hepatitis prevention and access to testing and treatment.

Hepatitis is an issue for the whole of Australia. Hepatitis is the inflammation of the liver, and it can be caused by a virus or other non-viral causes. While there are six different types of viral hepatitis (A, B, C, D, E and G) – in Australia, the most common types are A, B and C.

The main difference between the viruses is how they are spread and the effects they have on your health. Approximately 570 million people worldwide are affected by Hepatitis and in Australia over 1000 people die each year from hepatitis B and C.

Education and creating awareness is critical to maximise our efforts to eradicate this infection within the next 10-15 years in Australia. Young people have been identified as population that are at an increased risk of contracting hepatitis. Young people can be vulnerable to the influences of peer pressure and popular culture and may be more inclined to experiment and engage in risky behaviour that could have an impact on their health and well-being. High risk behaviours linked to the transmission of viral hepatitis among youths include sharing injection equipment, tattooing, body piercing, and fighting and assaults. Early prevention strategies have been found more effective and encourage young people to adopt safe practices that can minimize or prevent the transmission of hepatitis. By working together, we can all play a role in raising awareness of hepatitis in our Community!

If you or anyone you know may have been exposed to the RISKS it’s important to get tested because there is treatment available.

For more information call Hepatitis Queensland 1800 437 222 (1800 HEP ABC) or go to www.hepqld.asn.au
Or you can contact the GSHS School Nurse -

Amanda van der Wegen
(Tuesday, Wednesday, Thursday)

Ph 4976 6171
avand227@eq.edu.au
**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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**SCHOOL PAYMENTS**
BPOINT - AVAILABLE FOR PAYING INVOICES. PLEASE SEE BOTTOM OF INVOICES FROM NOW ON OR YOU CAN REQUEST A COPY OF YOUR INVOICE BY EMAILING accounts@gladstonshs.eq.edu.au

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

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**Dates to Remember**

Relay for Life
30th July - 31st July

Senior Schools Cup
4th August - 8th August

Year 11 Leadership Camp
13th August - 16th August

40 Hour FeMine
19th August - 21st August

Volunteering New Auckland Place
23rd August

QCS Testing
30th August - 31st August

Exam block years 11 and 12
5th September - 9th September

HPV Competition
9th September - 11th September

Year 7 Camp
12th September - 16th September

School Holidays
17th September - 2nd October

**BENARABY STATE SCHOOL FAIR**

**SUN 14TH AUGUST 2016**

9AM – 3PM

ENTRY ADULTS $2 & CHILDREN FREE

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**SKILLS FOR LIFE**

**APPRENTICESHIP INTAKE 2017**

WORLD’S LEADING MACHINERY AND ENGINE BRAND

SUPERIOR TRAINING
MARKET LEADING PAY AND CONDITIONS

APPLICATIONS OPEN 1 AUGUST 2016

FOR MORE INFORMATION AND TO APPLY VISIT HASTINGSDEERING.COM.AU/APPRENTICESHIPS

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