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EQIP Opportunities

EQIP Technical College will be offering students Certificate II in Automotive Vocational Preparation in 2016. This exciting program focuses on the trade orientated areas of mechanical and auto electrics and is an ideal transition from school to employment in the automotive industry. By successfully completing this program you will increase your chances of gaining an apprenticeship in the automotive industry as you will have existing workshop skills and require less on campus time to complete the mandatory study requirements of an apprenticeship. For further information contact Karen or Natasha at the Technical College 49766175.



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



Serving up success

EQIP Technical College will be providing students the opportunity of gaining their Certificate II in Hospitality that will provide you with entry-level hospitality skills to be able to work in a café as a barista or waiter. This course teaches you a range of operational skills including food and beverage service, communication, RSA - Responsible Service of Alcohol, and coffee making skills (barista), also in preparing simple dishes or sandwiches. Learn how to provide excellent customer service, and important knowledge in safe work practices, hygiene and food safety.

For further information contact Karen or Natasha at the Technical College 49766175



PLEASE BE AWARE **NO GLASS WATER BOTTLES** AT SCHOOL DUE TO SAFETY REASONS

GSHS Students Homework Centre

Every Wednesday
3:15pm - 4:30pm
Contact: Mrs Margie Keefe
4976 6174

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

GLADSTONE
State High School



Headspace

More than 50 per cent of young Australians are too embarrassed to talk about mental health issues

Startling new research has revealed the shocking role that “stigma” plays in preventing young Australians seeking help for mental health issues.

Each year, a quarter of all young people in this country will experience mental health issues, however many of them will not seek the help that they need.

Professor Debra Rickwood, a chief investigator on the research from headspace, said it showed that 52 per cent of young people were embarrassed to discuss a mental health problem with anyone and nearly half were afraid of what others would think.

Colleen Tribe, General Manager for Roseberry Community Services, the Lead Agency for headspace Gladstone, said stigma plays a profound and significant role in stopping Australian youth from seeking help for mental health issues.

“Stigma can make it harder to ask for help and get support for mental health issues out of fear of being judged,” Mrs Tribe said.

headspace Gladstone Youth Reference Group Member, Shae Bunge said “I had my own views of how someone who was depressed was supposed to look and act. It stopped me from getting help for almost 6 years because I didn't fit into those ideas. To me I was just being over dramatic because 'these things don't happen to me'”.

headspace Gladstone Centre Manager Lois Auld, said that spending time and getting to know people impacted by mental health issues, hearing their stories and understanding their experiences helps to change negative attitudes, reduce fear and social distance.

“The other is education – providing information and knowledge about mental health issues and the benefits of seeking help and seeking help early,” she said.

To combat stigma, headspace Gladstone will officially launch a vital local awareness campaign aimed at informing our community that the more we talk openly about mental health issues, the easier it becomes for young people to seek help for them.

To kick start the campaign, headspace Gladstone has constructed a Big Stigma at their Lead Agency's Head Office, Roseberry Community Services, 159 Goondoon Street, Gladstone. This will be launched on 27th July, 2016 at 1pm.

From Wednesday 27th July, invited members of the community will assist in tearing down the Big Stigma by sharing local mental health stories and identifying myths around mental health. This will be done by removing a piece of the stigma from the structure – a panel from its outer shell, containing information about mental health issues and how to seek help for them.

As we tear down the stigma, piece by piece and we talk about mental health, the smaller the stigma gets.

The campaign will be bolstered by a digital hub, complete with a virtual stigma to tear down and links to resources and tools for friends and family seeking to support youth with mental health issues: www.thebigstigma.com.au

Roseberry Community Services and headspace, encourages all Australians to use #thebigstigma in all forms of social media to get the conversation going, and to help tear down #thebigstigma.

The statistics:

- 4 in every 16 young people experience a mental health issue and 3 of those 4 won't get the help they need.
- In the first 3 months of being open, headspace Gladstone has had over 500 visits from young people.
- The main reasons young people have come to headspace is about feeling sad or stressed.
- 90% of visits have been from 12-20 year olds. We are reaching out to 20-25 year olds to also access the service.
- 46% have been males, 50% females and 4% other.

If you are having a tough time contact headspace on 07 4903 1921 or www.eheadspace.com.au

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.



Chappy Chat

This week I'm writing to you from our SU Chappies' conference. Our inaugural speaker was Steve Biddulph AM an Australian author, activist and psychologist who has written a number of influential bestselling books; and lectures worldwide on parenting, and boys' education.

Steve shared the impact of having an encourager during his teenage years and acknowledged the same importance in today's youth through School Chaplains.

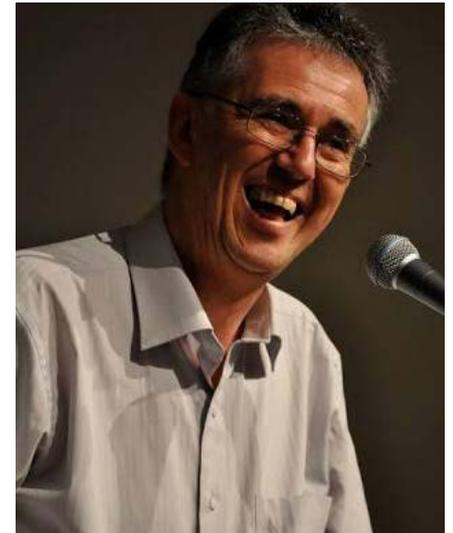
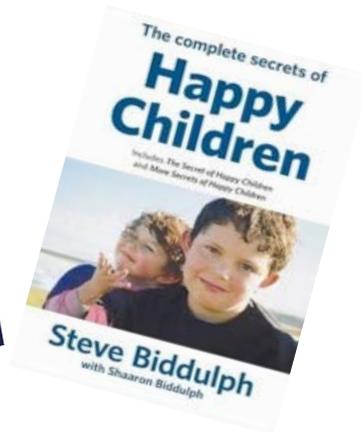
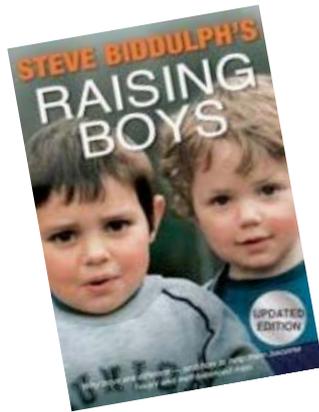
Tonight's session focused on BOYS and MEN. He highlighted such facts as 15-25 year old males have

1. The highest death rates
2. Twenty times the risk of going to jail than girls
3. 95% of behaviour problems are boys
4. 82% of learning difficulties are boys

Apart from later neurological development, other strategies can make a positive change for boys. Historically, humans were hunter-gatherers and the small communities had several mentors for each child which meant they were nurtured and educated in essential skills which allowed them to take on responsibilities to ensure the success of the community. Only recently (since the Industrial Revolution), the bonds between father and son have been shattered. Since that major change in society, 30% of men are estranged from their father; 30% have a prickly relationship with their father; 30% have a sense of duty towards their Dad and only 10% are close to their father and think their Dad is amazing.

He illustrated through audience participation, every father has a dream boy and vice versa. But what we want and what we get is never the same. The question posed was how do we get through this? GROWING TO LOVE what you get! It's easy to say, but is a real journey. We need to ask "Who is this child that is my child?" Our child is not here for us. Rather, we need to get to know and love who our child is.

Check out some of the books he has written.



At conference they also recognise milestones of service and it was very special to me that my eldest son was recognised for ten years as a school chaplain whilst I received a certificate for five years' service.



Quick News

Sport Award nominations

Calling for nominations for sports awards for students who have represented Qld or Australia at sports outside the school sport system and/or an outstanding performance at a State or National championships during 2016. Must be an excellent ambassador for the school. Please collect a form from the PE staffroom to be nominated for an award. Nominations close Friday 2nd September 2016.

Looking for work?

Students looking for work? Various employers are looking for staff now! Take responsibility for your own success. If you would like assistance it is available.

Where: B004 Home Economics

Mondays first break: Resumes

Wednesdays first break: Applications

Fridays first break: Interview skills

Assignments, Assessment, Tuition group.

Do you require some help?

Assignments, Assessments and Tuition.

Take responsibility for your own learning.

When: Tuesday afternoons
3:15pm -4:00pm

Where: B004

Who: YSC (Tim)

Welcome International Students!

It is with great pleasure that I would like to introduce to you our 7 new International Students who have joined our GSHS school community this term. They are; Alice Guidi, who is from Italy via the EQI Student Exchange Program and she will be with us for this semester and is enrolled in year 11. Also in year 11 via the EQI Student Exchange Program are Synne Holteberg (Norway) and Kirsti Marthinsen (Norway) who will both be with us for 12 months and Yasmine Hegaz (Italy) who will sadly depart at the end of this term. Davide Framba (Italy) and Louise Hejlesen (Denmark) who are both here via the Rotary Exchange Program will both be with us for 12 months and are also in year 11. Finally, Lily Meister, from Germany via EQI, has also joined us for one semester and is enrolled in year 10.

I would also like to take this opportunity to THANK the Host Families accommodating these students. Without these families, these program would not exist.



If you would like more information about becoming a Host Parent, please contact Vanessa Randazzo at GSHS.

Dates to Remember

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



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

Nurse News

DENTAL HEALTH WEEK: 1st- 8th AUGUST

NUTRITION TO HELP FIGHT DENTAL DECAY

What you eat and drink plays a role in whether you will suffer from dental decay. An increase in soft and sport drinks is contributing to a decline in the dental health of Australian teens. Research has also shown that obesity can be linked to gum disease.

The Australian Dental Association, recommend the following-

- Keep sugary snacks to a minimum and try to have them close to meal times. This reduces the amount of bacteria attacks
- Chewing sugar free gum after sugary sweets is good. This stimulates saliva flow and protects teeth from decay
- Follow a diet high in fruit and vegetables and ensure dairy products are eaten as they contain calcium
- Minimise the amount of sugary, high acid soft and sports drinks and fruit juices
- If these beverages are consumed, follow with a glass of water
- Maintain good oral hygiene. Brush, floss and rinse your mouth
- Visit your dentist regularly

For more information go to-

www.ada.org.au

Yours in health,
Amanda – School based Youth Health Nurse
Ph 4976 6171



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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