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## Junior Secondary News

Welcome to the 2016 school year! What a big week it has been in the Junior Secondary school... A new cohort of Year 7 students are here and it has been wonderful to see how well they are settling in to Gladstone SHS. Our Year 7 Parent 'Meet & Greet' on Wednesday was a great morning – despite the suffocating heat! We were delighted with the turn out, understanding that it is always a challenge to find a time that suits the majority. A big thank you to our Year 10 Peer Mentors who came and helped out. For parents who were unable to make the 'Meet and Greet', a letter from the Year 7 co-ordinator, Mrs Janelle Haigh, is going home this week with a list of useful contacts. Please know you are welcome to contact us to discuss any aspect of your child's education.

### YEAR 8 ELECTIVE SUBJECTS

As a result of a timetabling complication, many of our Year 8 students were placed in elective subjects they had completed in Year 7. Due to the large number of students this affected, time has been spent this week rearranging student timetables to rectify this issue. While some students will still be in an elective they completed last year, Term Two will bring an opportunity for students to make subject selections and try the remaining learning areas. No further changes will be made after this week unless students go through the formal subject change channels. It has been a credit to the Year 8 group how they have handled these changes and the patience they have shown through the process – well done, students!

### PCYC 'TEAM UP' PROGRAM

Tuesday saw our Junior Student Council members begin their participation in the PCYC's 'Team Up' program. 'Team Up' uses practical activities to develop students' leadership qualities including resilience, effective communication and problem solving over an eight week course. It will be great to help our Junior Student Council members not only work together as a cohesive team, but understand themselves better as leaders.

I have just started in the role of Head of School – Junior at Gladstone SHS and I have been pleased with what I have seen in the school already for our students in Years 7-9. Know you are welcome to contact me on 4976 6102 or mdani61@eq.edu.au.

Melissa Daniels  
A/Head of School – Junior

### 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



# Junior Secondary News.....



# Chappy Chat

## Quick News

### 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



Well we are "off and running for 2016". I look forward to meeting new students and their parents and continuing to support and encourage the existing school community. We have two school Chaplains at Gladstone State High in 2016. Jarek will begin in Week 3 for 2 days a week initially. Hopefully, that will increase in the near future. I am here 5 days a week and our roles are to support students, staff, parents and general school community. You are very welcome to come and have a chat anytime. (contact information at the bottom)

May I suggest that, as the parent, you know your child's strengths and challenges more than anyone. Your child may be excited, uncertain or fearful about this new chapter in their life. As the parent, you are also facing a new chapter as your child moves towards adulthood. This is a great opportunity to share how to work through unknown territory – a real learning opportunity to grow relationship and your child's life skills toolkit.

Why not sit down and draw up a list of strengths and challenges with your child? Challenges are not weaknesses or deficiencies. They are opportunities for growth. Teachers need to know as much about your child as possible so that they can motivate and manage your child's learning and happiness at school for this year. Check with family and friends to get ideas of strengths and challenges that you may have missed. Think back to what previous teachers have said. Be honest and don't get defensive -- all of us have strengths and challenges. Part of our life journey is becoming a more balanced person, appreciating each other's positives and being helpful/compassionate in areas that are more difficult. Schedule a meeting with your child's/children's teachers to share that information and develop a teamwork strategy to enabling the best potential for them. From personal experience, I've learnt that the staff here really want to see the students bloom to their fullest potential.

Share your thoughts with your child in a positive and encouraging way ensuring that they don't see their challenges as deficits, but as things to work on. Talk about ways to work with their challenges. Let them see that you also have strengths and challenges. It's all good self-awareness and strengthens their trust and understanding of themselves. It's a great way of developing good communication, stronger family relationships and talking through issues.

Whilst contacting teachers may seem a bit daunting if you're new to the high school setting, once you've done it, it empowers you to feel free to chat with the relevant staff. Like anything else, it's easier the second time. Hoping you have a positive and happy beginning to the 2016 School Year.

Yvonne Kamholtz  
School Chaplain  
Ph 49766162 or email: [ykamh2@eq.edu.au](mailto:ykamh2@eq.edu.au)



**CHAPPY  
YVONNE!**



**GLADSTONE**  
State High School

## Quick News

### 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.



## Words from our Guidance Officer's

### Introducing the Guidance Officers

2016 sees the availability of two Guidance Officers, Luke Jackson and Katrina Dalton at Gladstone State High School from Monday to Friday each week.

The Guidance Officers can be contacted using the details below:

**Luke Jackson – Ph. 49766113 Email ljack140@eq.edu.au**

**Katrina Dalton – Ph. 49766151 Email kdalt14@eq.edu.au**

Students are able to make appointments to see the Guidance Officers by calling into their offices under D block at the school.

The Guidance Officers can help students with personal concerns such as bullying, anxiety, depression, family and peer relationships, self-esteem, stress, transition to new school, referral to specialists, family concerns, anger, accommodation, conflicts, coping strategies, grief and loss and more. There are many issues you might wish to seek assistance with and if you're not sure if we can help, we welcome your enquiry.

Career counselling is also available which can help students explore career options and alternative career pathways, provide current course and career information and prepare students for post-school career management.

### Back to School

Even if your child can't wait to start school, transitioning from lazy summer days to strict school schedules can be tough. You can help your family prepare for the school year by easing into new routines and promoting healthy habits at home.

### Eating

**Breakfast:** Don't let your kids skip breakfast in the morning rush. A nutritious morning meal helps kids concentrate better in class and maintain a healthy weight. Stock your kitchen with plenty of healthy breakfast foods, such as whole-grain breads and cereals, yogurt, and fresh fruit.

**Lunch:** Assist your child to pack a healthy lunch they'll enjoy. Alternatively, discuss what healthy options are available for them to purchase from the school tuckshop.

**After school:** Keep nutritious foods on hand so your child can prepare their own snacks. Microwave popcorn, nuts, and carrot sticks with low-fat dip, low-fat cheese with whole-grain crackers are also good options.

### Sleeping

Earlier wake-up times can be tough on kids and parents alike. Ease your family's transition to a "school night" sleep schedule by rolling back bedtimes the week before classes start. Kids ages 5 to 12 need 10 to 11 hours of sleep per night, while older children need at least 9 hours of sleep.

#### Your kids may not be getting enough sleep if they:

- are irritable or restless or have a short attention span.
- have much less energy than they normally do.
- are more impatient, anxious, or defensive than usual.

#### You can help your children get sufficient sleep by establishing and maintaining a night time routine. The National Sleep Foundation recommends:

- Limiting caffeine consumption in the afternoon and evening.
- Avoiding serving big dinners close to bedtime.
- Setting a regular bedtime and enforcing it.
- Creating a calming night time routine. Don't allow your children to go to bed with technology including mobile phones, computers or television. Instead, encourage reading a book.

#### Learning

#### Much of children's success in school is tied to the support they get at home. You can help your kids get the most out of school by:

- Maintaining open lines of communication with teachers and understanding their expectations.
- Creating a homework station and keeping adequate school supplies on hand.
- Designating times for doing homework, and watching TV or playing video games.
- Ensuring your children are not spending too much time each week participating in extracurricular activities such as sport or the Arts, or working in a casual job.
- Being available to help with homework.
- Observing your children for signs of frustration or confusion.

Ensure you get the teachers' email addresses or phone numbers from the school's website. Don't be afraid to use them, and don't wait until the parent-teacher meetings to address issues of concern. Taking steps early can make a big difference.

from <http://www.schoolfamily.com/school-family-articles/article/738-eating-sleeping-and-learning>

## Quick News

### Senior Secondary Department

The Senior Schooling Department at Gladstone State High School strives to assist students to access and maintain productive partnerships leading to successful futures. Mr Brendan Hooley is the Head of School - Senior at Gladstone SHS and along with the Senior Schooling Teacher Aide Mrs Liz Christopoulos are always available to have a general chat with students about options in the Senior Phase of Learning and can provide specific information or contacts with outside agencies such as School and Industry Network (SAIN), Education Queensland Industry Partnerships (EQIP) Programs, CQ University, and many more.

Starting with the Year 10 Career Pathways program, students quickly identify their strengths/weaknesses, likes/dislikes and investigate the wide variety of education and training opportunities that they are so fortunate here in Gladstone to have access to. From engineering programs such as EQIP Engineering Skills Centre at the NRG power station, to academic programs such as those studied at CQ University Start University Now (SUN) Program and the EQIP Technical College Gladstone Region.

Work Experience and Structured Work Placement complements the learning and training that students are doing in their school subjects here at Gladstone SHS as well as developing lifelong employability skills that see our students compete extremely well with the hundreds of other applicants for highly sought after positions within the Gladstone Community and beyond.

## Canberra Trip 2015

Students from Gladstone State High undertook a trip last week to Canberra, an educational tour of the national capital. Students were given the opportunity to participate in a variety of educational programs with a focus on Australia's history, culture, heritage and democracy.

The Australian Government recognises the importance of all young Australians being able to visit the national capital as part of their Civics and Citizenship education. To assist families in meeting the cost of the excursion the Australian Government is contributing funding of \$80 per student under the Parliament and Civics Education Rebate program towards those costs. The rebate is paid directly to the school upon completion of the excursion.

Students left school at 10am Sunday morning, travelling over 20 hours by bus to Sydney. Our first major stop was at the Jewish Museum where students were exposed to different aspects of Jewish Culture. Students were spoken to by a Holocaust survivor who shared her experiences of life in Nazi Germany and the persecution that she and her family endured. After the museum students travelled across Sydney Harbour by ferry and then were on the road again to Canberra. While in Canberra students visited the War Memorial and were able to pay their respects to those who had fallen defending Australia. Students went ice skating afterwards for several hours and thoroughly enjoyed themselves.

On Wednesday students got to visit Parliament House and participate in a role play debating a new bill. Most students got to sit in on a small section of Question Time at Parliament House and saw many politicians including the Prime Minister. Afterwards students were visited by Ken O'Dowd, the Federal Member for Flynn. Mr O'Dowd spoke with the students and they had the opportunity to ask him questions about what were the big issues for the Gladstone region.

During their final day in Canberra students visited Old Parliament House. While there they examined different aspects of democracy in action throughout Australia's history through interactive displays. Students then entered the old Senate chamber and completed a role play about the controversial topic of conscription. After some shopping time it was back on the bus for the 20 hour drive home.



## Well done Michael - Tech College Gladstone

EQIP Technical College would like to congratulate Michael in gaining an Apprenticeship in Plumbing.

Well done Michael, we wish you all the best.



Pictured left is: Andy and Michael - Reef City Plumbing.



**GLADSTONE**  
State High School

## Quick News

### ID Photo Information

All students are required to get a photograph so that a school ID card can be given to you. If you also want to get other photos, you must bring the photo envelope with correct money ON THE CORRECT DAY. MONDAY 15th Feb - Yr 7, 8, 9 TUESDAY 16th Feb - Yr 10, 11, 12, Tech College.

All students need to wear the yellow and navy day shirt except year 12s who MUST wear the white formal shirt and tie.

### PBL Mission - Uniform

The Student Dress Code is on page 38a of the planner. The uniform across the school is looking fantastic. Remember if you need to be out of uniform (eg wet weather, pants ripped and could not get fixed,...) wear something that is as close as possible to the uniform (eg plain blue shorts, perhaps black) AND bring a note from home explaining what happened.

No Note = PBC detention

It would save everyone time if you go to PBC before school to hand the note in and get your exemption slip or see if you can borrow an item.

### Valentines Day at GSHS

Valentines day at GSHS is Friday. Senior Council is selling Roses outside the tuckshop before school and at lunch-breaks for \$3.50 to be delivered on Friday morning. Also being sold at Swimming Carnival There will be facepainting and other events on the day to be involved with. Reminder that there are many ways to show appreciation and that we need to follow the hands off policy still (no handholding, kissing etc).

## A star in the making! Blake Cowburn.

Congratulations to Blake Cowburn one of our year 11 students who has been selected to play for the Queensland under 16 Murri Rugby League team who will v's the NSW Koori team in the curtain raiser to the Indigenous All Stars v's World All Stars game on Saturday the 13th February 2016 at the Suncorp Stadium, Brisbane.

In preparation for the game Blake will be attending a training camp with his team & also will be interacting with the "Indigenous All Stars team". Blake's game kicks off at 2:15pm so if you are going to the game, go a little earlier and cheer for our local boy Blake.

Congratulations Blake, you have made your family, friends and our school proud!!



**SIGN ON & CLUB DAY**

**11am SUNDAY 7th FEBRUARY 2016**  
**BOYNE ISLAND STATE SCHOOL**

**Free: Jumping castle & sausage sizzle**

**Need more info?**  
Contact us on facebook or  
email [boynetannumhockey@hotmail.com](mailto:boynetannumhockey@hotmail.com)

**CROCS PLAY AND TRAIN in GLADSTONE**

\*Exception of Under 7 and Under 9 Teams train at Boyne Island State School



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State High School

## Dates to Remember

11th Feb 2016 - Swimming Carnival

16th Feb 2016 - Dr John Collins visit

29th Feb 2016 - Photo catch up day

4th March 2016 - Induction ceremony

18th March 2016 - Anti Bullying day

21st - 24th March 2016 - Year 12 Exam Block

28th March 2016 - Public Holiday

29th March - 10th April 2016 - School Holidays

11th April - Term 2 starts



### SCHOOL PAYMENTS

- BPOINT - AVAILABLE FOR PAYING INVOICES. PLEASE SEE BOTTOM OF INVOICES FROM NOW ON

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

## Port Curtis School Sport Trials

### Date-claimer for Term 1, 2016

|  |                             |                       |
|--|-----------------------------|-----------------------|
| Monday 1 <sup>st</sup> February                      | Boys Cricket                | 15 - 19 Years         |
| Monday 8 <sup>th</sup> February                      | Boys & Girls Swimming       | 10 - 12 Years         |
| Monday 1 <sup>st</sup> February                      | Boys & Girls Tennis         | U19 Years             |
| Monday 1 <sup>st</sup> February                      | Boys & Girls Softball       | 16 - 19 Years         |
| Nominations close N/A                                | Boys & Girls Water Polo     | 13 - 17 Years         |
| Nominations close<br>Tues 9 <sup>th</sup> February   | Boys & Girls Swimming       | 13 - 19 Years         |
| Tuesday 9 <sup>th</sup> February                     | Boys & Girls Volleyball     | 13 - 19 Years         |
| Tuesday 9 <sup>th</sup> February                     | Boys & Girls Basketball     | 16 - 18 Years         |
| Nominations by<br>Thursday 11 <sup>th</sup> February | Boys & Girls Surfing        | U18 Years             |
| Thursday 11 <sup>th</sup> February                   | Boys Rugby Union            | 16 - 18 Years         |
| Tuesday 16 <sup>th</sup> February                    | Girls AFL                   | 13 - 16 Years         |
| Tuesday 16 <sup>th</sup> February                    | Boys Rugby League           | 13 - 18 Years         |
| Tuesday 16 <sup>th</sup> February                    | Boys Hockey                 | U19 Years             |
| Tuesday 16 <sup>th</sup> February                    | Girls Netball               | 13 - 19 Years         |
| Tuesday 16 <sup>th</sup> February                    | Boys & Girls Squash         | U19 Years             |
| Monday 15 <sup>th</sup> February                     | Boys & Girls Basketball     | 10 - 12 Years         |
| Tuesday 16 <sup>th</sup> February                    | Girls Hockey                | U19 Years             |
| Thursday 3 <sup>rd</sup> March                       | Boys & Girls Football       | 16 - 19 Years         |
| Thursday 3 <sup>rd</sup> March                       | Boys & Girls AFL            | 10 - 12 Years         |
| Thursday 3 <sup>rd</sup> March                       | Boys AFL                    | 13 - 15 Years         |
| Friday 4 <sup>th</sup> March                         | Rugby League                | 10 Yr & 10 - 12 Girls |
| Thursday 10 <sup>th</sup> March                      | Boys Rugby League           | 11 & 12 Year Boys     |
| Thursday 10 <sup>th</sup> March                      | Netball                     | 10 - 12 Years         |
| Thursday 10 <sup>th</sup> March                      | Boys & Girls Hockey         | 10 - 12 Years         |
| Thursday 17 <sup>th</sup> March                      | Boys & Girls Football       | 10 - 12 Years         |
| Tuesday 22 <sup>nd</sup> March                       | Boys & Girls Touch Football | 13 - 18 Years         |

## SIGN ON DAY FOR GIRLS



If you are 12 and up and interested in playing Rugby League please come along to our sign on day on

Sunday 14<sup>th</sup> February 2016

At Calliope Rugby League Fields

Sutherland Street Calliope

From 10am to 12 pm

Register at [www.playnrl.com](http://www.playnrl.com)

Contact details: Priscilla Lillyman-Registrar 0457 310 079

Email: [calliopejuniorroosters@hotmail.com](mailto:calliopejuniorroosters@hotmail.com)



## 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