GSHS Swimming Carnival will be held on Wednesday 12 February

Just some information about the upcoming swimming carnival for you and your student. The GSHS sun safety policy will apply at the swimming carnival. This includes:

- No singlets at the pool – shirts must have sleeves
- No bare midriffs (unless swimming)
- Sunscreen will be available at the health hut, but recommend that students bring their own
- Hats – wear your house hat to earn extra points
- No offensive slogans/symbols
- Closed in shoes must also be worn to and from the pool

Students must swim only in their age group. If required, they can swim up an age group for a relay, but cannot then swim in their own age groups relay. (1 relay only)

Students must attempt the stroke they are supposed to be swimming:

- Backstroke – students must be on their back
- Breastroke – students must touch the wall with 2 hands

The following items are not permitted at the pool:

- Crepe paper (the colour runs when wet and is difficult to remove)
- Silly string or substances to that effect
- Footballs, soccer balls etc
- Nerf guns, water pistols, water bombs or similar

Students are not permitted at the pool before care class. All students will attend care class as per normal. At 9:05am students will move to the terraces behind the hall and sit in their houses - Damala, Kougari, Parnka, Tyalan. At about 9:10am the houses will be instructed to move to the pool. There will be teachers along the path to guide students. Please remind students to cross at the allocated crossings and walk on the footpath. All other teachers will supervise/walk with students to the pool.
School Wide Positive Behavior Support (SWPBS)

Following on from the success of last year’s weekly mission the SWPBS team has decided to continue with weekly missions for the students. This week the mission is: ‘Be in correct uniform (especially school badge on shorts and planner in classes)’

Buslink Info

The following bus routes will be departing GSHS at 3.10pm.
20 Emmadale
47 Diamintina / Calliope
41 Jeffreis / Calliope
40 IGA/Calliope
46 Riverston
22 Airport / Clinton

The following buses will be located above the pedestrian traffic lights outside GSHS front gate.
20 Emmadale
47 Diamintina / Calliope
41 Jeffreis / Calliope
40 IGA/Calliope
32 Benaraby / Tannum
501s Stockland / Boyne / Glen Eden (Stay on the 501s to go to Boyne Is. Transfer to S05 bus to go to Glen Eden)
27 Panda/Clinton
27b Clinton
21 Clinton/Harvey Rd
23 Seaview / Clinton

The following buses will be located at the bus shelter out the front of GSHS.
46 Riverston
22 Airport / Clinton
500s City / Barney Pt

For further inquires please email Buslink on the following email address: gladstone@buslinkqld.com.au

Welcome to our new International Student - Eva

Thank you to Mr & Mrs Greenough for homestaying Eva. Also, thank you to Mr & Mrs Milic for continuing to homestay Vilde.
We are currently recruiting more Homestay Families to register for our International Student Program. It is a wonderful opportunity for local families to learn more about other countries and their cultures.
Enquiries welcomed for students arriving in 2014.
Options of: 3 months, 6 months, 9 months or 12 months placements
Payment of $212 (tax free) per week for Homestay Families

Major Requirements
- Caring English speaking family willing to take a student into your home and fully integrate them with your family for the duration of their stay.
- Provide the student with individual bedroom which includes desk and chair.
- All meals and snacks must be provided.
- Access to internet. Students may bring their own laptop.
- Easy access to Gladstone State High School.
- All persons over the age of 18 living in your home must be eligible for Blue Card Suitability Check. We can assist you with the application.

For further information please contact:
Vanessa Randazzo or Lorraine McCamley
International Student Coordinator International Homestay Coordinator
Ph 4976 6161 Ph 4976 6104
Email: vrand2@eq.edu.au Email: lmcca39@eq.edu.au
CRICOS Provider Code: 00608A Education Queensland International Department of Education, Training and Employment

Nurse News

Australia’s Healthy Weight Week 17-23rd February
“What’s the right weight for my teenager?” is one of the most common questions parents have. Or the common household problem of a miserable teenager with a healthy weight but due to constant social media pressure has unrealistic expectations of what their healthy weight/body should be.
Weight/ body issues can be a sensitive issue to discuss.

The realities of adolescents:
Not everyone grows and develops at the same schedule. Weight gain is common and normal during puberty before reaching full adult height.
It can feel quite strange for adolescents to adjust to suddenly feeling heavier or taller. So it’s normal for a teenager to feel self conscious about weight during teenage years- a lot of adolescents do.
We also have to be aware that the implications of being severely overweight at a young age can cause an increased risk of type 2 diabetes, heart disease, bone and joint disorders.

When there may be cause for concern:
If your child appears large around the waist and you have difficulty finding appropriately aged clothes to fit them.
Your child is being teased at school about their weight.
Your child has expressed their concerns to you.
Nurse News continued

What can you do as a parent/caregiver:
If your child is showing signs of being overweight, the key is to make positive changes to your family lifestyle as a whole.

Keep it simple. Start with these five basic steps.
1. Lose the soft drink/energy drinks in the house. Replace them with water.
2. Make vegetable and fruits visible and accessible in your home.
3. Encourage breakfast every day.
4. Don’t keep any junk food in the house. You have limited control of what your teenager eats outside your walls, you can offer a lot of healthy choices at home.
5. Eat at home.

If making lifestyle changes isn’t enough to help your teen or you are still concerned, seek help from your trusted Doctor.
For any further information please ring Marisa (School Based Youth Health Nurse) Ph 49766171
http://webmd.boots.com/diet/guide/help-your-dids-stay-healthy-weight accessed

Chaplain Chat

Sri Lanka snippet
Perhaps you would like to check out a brief 55sec video on our Overseas 2013 two week Alternate Schoolies? http://www.youtube.com/watch?v=zNQviwXCD3M&feature=youtu.be It is planned to take a 2014 Schoolies to Sri Lanka. If you are interested in finding out more, please email me (ykamh2@eq.edu.au) Expressions of interest will need to be made by Term 1 and a deposit made by the end of T2. Cost varies depending on the number of students and the airfares that we are able to obtain ($4000 should be the maximum which would include some spending money). However, there is also the cost of Passport, Visa and appropriate needles. During the middle weekend we will organise a small van to visit the Kandy area and perhaps visit a surf beach prior to leaving Sri Lanka. On the return journey we will spend a few hours in Singapore. Our students will most likely return to the same Tsunami Camp Community Centre and help with preschool to Year 3 for 3hrs each morning and then 2hrs in the afternoon with Afterschool Care which supports 4 year olds – 18 years of age. Explore the Projects Abroad website to get an idea of what volunteering is all about. It is such a positive, life-changing way to celebrate 12 years of education!
Other schoolies alternatives include SU Schoolies which has a range of packages. For BACKFLIP you will spend three days and nights cruising the Whitsundays aboard either a 80’ maxi, 12m yacht or a tall ship. Set sail to amazing places like Whitehaven Beach and then anchor each night in a secluded inlet where you enjoy the most incredible sunsets while the crew cook up a feed fit for a king. You will be immersed in the beauty of Queensland’s tropical waters as you snorkel on the Great Barrier Reef – one of the seven natural wonders of the world! Over on Long Island, you will be living it up in a tropical resort. Party on the deck, by the pool and on the beach you can limbo, conga, disco and karaoke into the night. Burn off some energy playing beach volleyball, tennis, mini golf or explore one of the many scenic bush walking tracks. Get wet and wild with tubing, paddle boats, and stand-up paddle boards. Or, spend your days lazing under a palm tree on the beautiful sandy beach! Visit SU-SCHOOLIES.com for more locations and costs.
School Photo Information for 2014

SCHOOL PHOTOGRAPHS 2014

School photographs will take place on Tuesday, 18 February with a “catch-up” session on Monday, 3 March for any absent students.

ID Card
Every student requires a photograph for their student ID card. The ID card is an important student document. It is required for signing in and out of the school, for borrowing text-hire and library resources and for entry into school discos. It is also required by institutions such as Queensland Rail for reduced student fares. Please ensure your student does not destroy their card at the end of the school year. Loss of the ID card may cause delays in obtaining textbooks. The cost of the ID card has been included in your student’s text-hire fees for the year. The card will be current from 1 April 2014 until March 31 2015 (31 December 2014 for Year 12).

Photo portrait/group photo packages
For students wishing to order portrait packages, information and order envelopes have been handed out during their care class. Payment for photo packages should be made in the envelope directly to the photographer (not the school office) by students on the day. If payment is in cash, the exact amount should be tendered as no change will be given. Credit card payment may be made on the form. If the student does not purchase photos on the day, there is an option to purchase photos through the photographer at a later date should parents wish to do this.

Uniform
Year 12: Shorts or skirt worn with formal shirt or plain white button-up shirt (not polo shirt) with school tie worn under the school blazer. Blazers will be provided by school. Technical College students will wear their polo shirts. Years 8 – 11: School polo shirt with shorts or skirt.

As per the school dress code, only plain studs/sleepers for pierced ears will be considered suitable as jewellery.

Students/parents with queries may contact Sheryl Hipathite at the Resource Centre on 49766180.

PROCEDURE FOR STUDENT ABSENCES
If your student is away for any reason there are several ways of notifying the school.

- Phone on 07 4976 6158
- Email on absentees@gladstoneshs.eq.edu.au
- Use the notification slip in the Newsletter each week
- Use the slip in your student’s diary
- Text absences on 0407096034

We appreciate and thank-you for your cooperation.

Student Absence Notification

| Student Name: ____________________________ |
| Care Group: ______________________________ |
| Date:            /           / |
| Reason (Circle):  Sick   Personal   Family   Other |
| Date:            /           / |
| Reason (Circle):  Sick   Personal   Family   Other |
| Date:            /           / |
| Reason (Circle):  Sick   Personal   Family   Other |

Parent’s Signature: ____________________________

UNIFORM SHOP
OPENING HOURS
Monday: 8:15am-11:15am
Wednesday: 11:00am-2:00pm
Friday: 8:15am-11:15am

Dates to Remember

12th Feb
Swim Carnival

14th Feb
Valentines Day Fundraising

16th - 21st Feb
Canberra Trip

18th Feb
School Photos

21st Feb
Pink Day- McGrath Foundation

26th Feb
Mad Hatters Whole School Picnic

3rd March
School Photo Catch up

3rd- 7th March
North Keppel Camp

5th March
Induction Day

7th March
Shave for a Cure

10th - 12th March
Year 8 Camp Classes A,B,C,D

UNIFORM SHOP
OPENING HOURS
Monday: 8:15am-11:15am
Wednesday: 11:00am-2:00pm
Friday: 8:15am-11:15am

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
- Practice safe and hygiene habits
- Follow the rules