25 November 2016

Interschool Touch Football finals

Denise Marrable

Interschool Touch Football finals have been held recently for a competition played in a really good spirit amongst a large number of teams throughout the district. State High enjoyed success in the tournament with the 7/8 boys coached by Jon Donald and assisted by India Poulton finishing in 2nd place. The 9/10 girls coached by Danielle Lambert were the victors to finish top of the ladder. The 9/10 boys coached by Matthew Balfe finished in 2nd place and the Open boys team which was coached by Renee Dwyer and Simone Henderson finished overall in 5th position.

Well done to all players and a huge thankyou to all coaches involved.

Movember support

Terry Wells

2016 marks the 11th year of my participation in Movember. I am very passionate about having a healthy mind and healthy body and as we all know, men don’t like to talk about their health issues and we have too many men dying too young. To raise awareness, I’m supporting the Movember Foundation because they’re tackling some of the most significant health issues faced by men. Your donations will help them stop men dying too young.

http://mobro.co/terrywells

Education tour of Canberra

Christopher Reardon

Students from our school will be undertaking an education tour of Canberra from the 26th November until the 2nd December. Students will be 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 recognise Remembrance Day**

**Melissa Daniels**

Our Junior School, School Captains, Keeley, Tia, Caillean and Samuel, represented Gladstone State High School at the local Remembrance Day service on November the 11th. The leaders did an admirable job paying their respects and acknowledged the sacrifice of our servicemen and servicewomen with maturity and courtesy.

**Logistics Cert II**

**Natasha Sense**

The Trade Skills Centre is looking for enrolments for the Logistics cert II. Below is a flyer with more information for students who are interested.

Two of our Gladstone Chappies are away during Schoolies Week (including Jarek) as he takes an active role with the Red Frogs which provides a safe and supportive framework for graduating students as they celebrate. This service is well linked in with all other police, first-aid, counselling services and provides their skills and time freely for schoolies events. Donations make the service possible.

On Thursday the 17th Of November, a little creative group decorated china items using Sharpie Pens. We then baked them in the oven at 180 degrees for 20 minutes and will enjoy them at home. Sincere thanks must go to Michelle Tory from the Gladstone Regional Council as she facilitated the workshop. It’s interesting that you never know what participants will turn up, but they always enjoy the challenge and the finished product! It’s always encouraging when you can walk away with something finished that you would never have thought you could do – let alone enjoy doing! Michelle’s skills and encouragement in making the works of art, has the added benefits of strengthening values such as commitment, creativity, resilience, self-worth – only to name a few! So thank you for your support, Michelle.

**Chappy Chat**

**Yvonne Kamholtz and Jarek Reah**

On Monday, November 14, our Year 12’s began their Celebratory Week with the dedicated service which is held at Port City Church. I want to say that I am sincerely grateful for the generosity of this church in not only making the building available, but also providing an amazing band and an even more spectacular morning tea! We were blessed with a lot of home cooking which was delicious. There was a lot of laughter and some special memories were shared over morning tea. Also, this service provides a unique opportunity for the graduates and their families to have a brief moment together to pause, reflect and be thankful for each other’s achievements and support. Approximately 500 people enjoyed this occasion, the highlight (I believe) being the letters from parents to their graduating child. It’s encouraging to have so many parents pass on such positive and affirmative responses and for many, this event holds a special place in the week long activities.

Till next time,
Jarek and Yvonne
Fostering healthy family relationships

The modern day family is diverse in nature, with families today made up of a wide range of people. Healthy family relationships are key to the development of children’s positive mental health, with the family unit providing a central support network for children. Healthy families can consist of any person or group of people a child shares an emotional bond, common values and responsibilities with, and who contributes significantly to a child’s wellbeing. These families might consist of aunts, uncles, grandparents, step-parents or adoptive parents, and any person who plays a significant care-giving role for a child.

Healthy family relationships greatly influence children’s mental health and wellbeing as they help children build trust and feel supported. Children can share worries and stresses within healthy families, and can be supported to manage through these challenges. Family relationships also offer children their first opportunities to practise positive relationship skills that they can apply to other relationships in their life; even simple skills like saying ‘please’ and ‘thankyou’.

Fostering healthy family relationships can be achieved through:

Making relationships a priority

- One way children learn is through observing adults behaviour, so it is important to role-model healthy interactions and place value on family relationships.
- Making time to spend together as a family
- Quality time is a key ingredient in fostering healthy relationships. Spending time as a family can take many forms including mealtimes, trips to the park, board games etc. Quality time also includes day-to-day activities such as taking children to school and sporting activities. It is not the amount of time that makes these interactions quality, rather the investment of time and interest in children that matters.

Clear, open and effective communication

- Communication is an important building block of healthy relationships. All children respond well to communication that is clear and open. These communication patterns can then be internalised by children and carried into other relationships.
- Showing affection
- Affection can be shown in a variety of ways; it can be physical or verbal. Showing affection within the family unit supports children to feel loved, cared for and safe.
- Supporting each other
- When children feel supported by family, they are more likely to experience a deeper bond and connection within the family unit. This assists children to manage life’s inevitable stress.

Creating opportunities for engagement in leisure activities

- Today’s modern families are often busy with a multitude of commitments, so creating opportunities to engage in leisure activities is key to supporting families to develop and maintain strong and positive connections.
- Clear boundaries and expectations
- Children thrive in environments where boundaries and expectations are clear. Ensuring all family members are clear and consistent as far as possible helps to foster healthy interactions.

Most importantly, as a parent and caregiver look after your own emotional health and your own relationships.

Kiecolt-Glaser & Newton, 2001; Proulx, Helms, & Buehler, 2007

Yours in health

Amanda (School Based Youth Health Nurse)
avand227@eq.edu.au or 4976 6171.
A congratulation to our year 12’s of 2016 on their graduation! Photos and stories to come in the next edition of the Gladstone State High School newsletter.

UNIFORM SHOP OPENING TIMES

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Contact</th>
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<tbody>
<tr>
<td>Monday</td>
<td>8:15am to 11:15am</td>
<td>Christine on 4976 6193</td>
</tr>
<tr>
<td>Wednesday</td>
<td>11:00am to 2:00pm</td>
<td></td>
</tr>
<tr>
<td>Friday</td>
<td>8:15am to 11:15am</td>
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HOMEWORK CENTRE

The homework centre is on every Wednesday from 3:15pm to 4:30pm with Mrs Margie Keefe.

Contact Margie on 4976 6187.

QUICK NEWS

- Please be aware that we do not process eftpos transactions under the limit of $10
- No Glass water bottles are allowed at Gladstone State High School
- The absentee text message number has now changed to 0400244477 and the direct line to the absentee officer remains as 4976 6158
- BPOINT is available to pay your invoices. Please see the bottom of your invoices mailed home or you can request a copy of your invoice by emailing accounts@gladstonshs.eq.edu.au. We do not take payments over the phone.

Upcoming Events

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>29th and 30th November 2016</td>
<td>Year 6 into 7 2017 transition days</td>
</tr>
<tr>
<td>7th December 2016</td>
<td>Junior Awards day, 9:30am start</td>
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<tr>
<td>8th December 2016</td>
<td>End of year activities for eligible students</td>
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<tr>
<td>9th December 2016</td>
<td>End of term 4 2016 (Merry Christmas all!)</td>
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<tr>
<td>10th December 2016 – 22nd January 2017</td>
<td>School Holidays</td>
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