

GSHS WELLBEING



THE TEAM

- 6 Year Coordinators
- 4 Heads of Year
- 3 Guidance Officers
- 3 Youth Support Coordinators
- 2 Youth Engagement Officers
- 1 Community Education Counsellor
- 1 Social Worker
- 2 Youth Insearch Workers
- 1 School Based Police Officer
- 1 School Based Nurse
- 1 Nurse Practitioner
- 2 Therapy Dogs and Counsellor

WELLBEING @ GSHS

Here at GSHS we are so fortunate to have an extensive Wellbeing Team.

Students have access to our Wellbeing Hub to make connections with our Youth Support Coordinators. It is a safe space with access to our Wellbeing Team every day.

GSHS also runs a variety of support programs, including a Fitness Program before school, Breakfast Club each day, Lunchtime Activities Program, Hooked on Learning and our Therapy Dog Program.

Over the course of the year, students map out what events are important to them to be able to promote awareness. R U OK? Day, Day for Dolly and Bullying NO WAY Day are just to name a few. Our students are gifted with a Student Planner at the start of each year, this planner has a wellbeing focus with strategies on keeping positive wellbeing and habit trackers for students to take ownership on their wellbeing.



PROMOTING AWARENESS

Over the course of the year students map out what events are important to them to be able to promote awareness. R U OK? Day, Day for Dolly and Bullying NO WAY Day are just to name a few.



Our Gladstone partners at Headspace and Roseberry are always willing to help out at events.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FIRST BREAK				
Drama Club R3	'Fish n Tips' D3 Games with Ms Hunt E3	Vocal Ensemble/Choir R1 Chess Library	Calm Colouring K6	Nintendo Sports D3
E15 MOVIE CLUB	Crochet Club D6	HAT Club E13	TODAY IS GOING TO BE AWESOME	BOOK CLUB K3
SECONDBREAK	Mahjong D6	Week 1-5 House Presentation Rehearsals Week 6-10 Basketball Comp	Basketball Hoop Shooting E Block	
SECONDBREAK	SECONDBREAK	SECONDBREAK		
GAMES Mrs Emmerson E16	Sports with Niko and Keith Top Oval	Whole School Leadership Meeting *Odd Weeks Lecture Theatre	Sports with Niko and Keith Top Oval	
SECONDBREAK	ARU Club P2	Music Jam Session Music Room	AFTER SCHOOL	
Japanese Conversation C6	GSHS Radio/Media Crew K Block	AFTER SCHOOL	After School H05	
INTERACT Club W6 Library		ROBOTICS O2	C2 Dragsters H2 GP	
				Term 3 2024