



25 May 2009

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QCS Community Representatives Required

Gladstone State High School are looking for community representatives for the QCS Tests. The responsibilities include processing of the applications within the guidelines provided by the Queensland Studies Authority. Volunteers are needed as soon as possible. If you would like more information or would like to volunteer please contact Mr Small on 07 4976 6111 by the end of this week (Friday the 29th of May).

P & C AGM & Meeting Tonight

A reminder that the GSHS P & C will be holding their AGM followed by a general meeting at 7pm tonight. We hope to see all those people who registered interest via the Parent and Community Participation Forum as well and anyone else who is able to attend. The meeting should not take more than one hour. Please come to the Administration building and enter via the "Cashiers" door - third one down. Thank you.

QCS Practice Test

All QCS students will be sitting the second practice test on Tuesday 9th June at the PCYC. This is another important part of the preparation for this important test in September. Earlier this year students practiced the Writing Task and first Multiple Choice Test. The

recently received feedback on how they went from Steve McCabe in an intensive workshop designed to hone the skills required to do well as a group in the QCST. On 9 June non-QCS students will have a home study day or attend their normal alternate program off campus. All

students have received a letter outlining more details about the procedures for the day. QCS students need to assemble in their QCS classes at the PCYC by 8:15am. Students will be dismissed from the PCYC at the conclusion of the Multiple Choice Test at about 2:45pm.

Legal Studies Students Excel in Mooting Competition

On Thursday the May 7 three of our Year 12 Legal Studies students travelled to Rockhampton to compete in the regional round of the prestigious Bond University Mooting Competition. The venue for the moot was the Supreme/District Court complex in the Rockhampton CBD and we were pitted against seasoned campaigners Rockhampton Grammar School. Gladstone SHS were the respondents in the Moot and Rockhampton Grammar School the appellants. After Rockhampton presented their case, our team comprised of Mary Klein, Jessica Wilson

and Tiffany Smith stepped up to the plate. Mary (senior counsel) led the charge for Gladstone SHS. Jessica (junior counsel) then provided admirable support arguments for Mary. Tiffany assisted her colleagues by acting as instructing solicitor. The girls are to be

congratulated on their preparation and performance as it was quite a daunting task and at times intimidating. This was also their first attempt at mooting and for this they are to be highly commended. Moot conductor Professor Lee Stuessor from the Bond University Law Faculty was lavish in his praise of the girls in terms of preparation, personal presentation and oratory/argumentative skills. The girls would also like to acknowledge the generous help given by local solicitors Mr Warren Klein and Ms Jocia Bekker. Great Effort Girls.

Basil Ryan HOD SOSE



Dawson Highway, PO Box 260, Gladstone Qld 4680
Phone (07) 4976 6111 Fax (07) 4976 6100
Absentee Notification: (07) 4976 6158

the.principal@gladstonshs.eq.edu.au
www.gladstonshs.eq.edu.au
absentees@gladstonshs.eq.edu.au

Students are issued with the weekly newsletter each Monday during their form class. Parents/caregivers are encouraged to ask their students for a copy each week.



### 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

### Safety

- Look out for yourself and others
- Practice safe and hygienic habits
- Follow the rules

### 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

### Vision

To empower students to reach their full potential through quality learning experiences in a supportive and challenging school environment.



Sally Thompson, Principal

# Principal Chat

## Extracts from 'How to Motivate your Child for School and Beyond' Andrew Martin

- **Different children respond in different ways.** Children can tuck an idea away and draw on it at the most unexpected times. A small change now can mean significant changes later.
- **If your child is not very motivated, this does not mean he or she is a bad person.** Don't fall into the trap of connecting your child's behaviour to his or her worth as a person. It is important to send positive messages to your child about their worth as a person.
- **Every child has motivation strengths.** I have yet to find a child who scores absolute rock bottom on each measurement of motivation. Every child has some glimmers of strength and these are the windows through which to increase other aspects of your child's motivation. Never lose sight of your child's strengths - they are the launch pad for success.
- **Good students need to be sustained.** When we focus on the unmotivated students it is very easy to forget that our good students also need to be sustained and encouraged. This means identifying strong students' strengths, the reason they are strengths and the way to maintain these strengths - or even build them further.
- **Focus on doing fewer things well rather than many things not so well.** Try fewer strategies rather than more, and apply them effectively and consistently. It is important to have a solid and successful start to your work with your child. This is done by being very focused on doing a good job on a small and manageable number of strategies.
- **If your child is not motivated it does not mean you are a bad parent.** Most parents want to do the best for their child. Knowledge and confidence will help you do the best for your child.
- **There's no magic pill.** There is no magic pill. More often than not, increasing your child's motivation takes time, energy, flexibility and commitment from you over the medium to long term.
- **Salt the oats to make the horse thirsty.** You can't study for your child and by now many of you have probably found that you can't force your child to do something if they really don't want to do it. But you can certainly lay the foundation for your child to be more interested in learning and more willing to put in some hard work. So even though you can't make the horse that you've led to water drink, you can certainly salt its oats to make it thirsty.
- **Life is often different from how the experts describe it in books.**
- **You have not failed if you don't motivate you child as much as you would like.** It is often the case that a parent can say something to a child five or ten times and it seems to not sink in. Another person can then say it once and it clicks.

I encourage you to be optimistic for you child an to remember that even subtle changes now can make a big difference later in your child's life.

Parent can make a big difference to a child's **motivation** (*energy and drive to try hard, study effectively, improve and work to his or her potential*) and **academic resilience** (*ability to effectively deal with set backs, poor performance, negative feedback and study pressure.*)

**T**ogether  
**E**veryone  
**A**chieves  
**M**ore

Sally Thompson

## Rostrum Voice of Youth

On Tuesday 6 May, six Gladstone State High School students participated in the Gladstone Heats of the senior section of Rostrum Voice of Youth. Nicola Harper, Laura Koeffler, Palisa Huoth, Mary Klein, Alex Durman and Alana Richards spoke authoritatively and entertainingly on their choice of set topics such as "Seen but not Heard", "Shades of Grey", "A Polite Society", "No Room for Error", and "An Uphill Battle".

The adjudicators, Gail Sellers, Annette Norris and Chris Colborne, commented on the outstanding performances of every contestant, their delight in being invited to witness such talent and the difficulty in nominating a winner. This particular competition judging is based on two main elements - impact on the intellect and impact on the emotions. All students acquitted themselves very ably in both aspects.

Mary Klein will be Gladstone's representative at the next level of judging in Rockhampton on 30 May. We wish her well.

## Creative Generation Performance

As previously reported Gladstone High student Elissa Fleming will be performing in the Creative Generation performance at the Brisbane Entertainment Centre.

**There is only four weeks left to the show – hurry tickets are selling fast!**

### Performance Details

Date: Saturday 6 June, 2009

Time: 1:30p and 7:00pm

Venue: Brisbane Entertainment Centre, Boondall

Ticket Prices: Adults \$39\*, Concessions \$29\*, Children (aged two to 14 years) \$24\* (\*Ticket prices include GST and Booking fees. Transaction fees may apply.)

Tickets available through Ticketek outlets by calling 132 849 or visiting [www.ticketek.com.au](http://www.ticketek.com.au)

Peta Pitt

## Career Corner

### Help Needed with Year 10 Work Experience Placements

Shortly the Year 10 Career Pathways students will be undertaking Work Experience as a one week block placement with local business and industry. This year we have gained 3 x 1 week blocks, the first for CPA classes A, B and C from the 20<sup>th</sup> to the 24<sup>th</sup> July, the second for CPA D, E and F from the 17<sup>th</sup> until the 21<sup>st</sup> August and the final for CPA classes G, H and I from the 5<sup>th</sup> to 9<sup>th</sup> October, 2009. This opportunity is extremely important in the career development for each individual student and history has shown that students that undertake work experience not only gain valuable employability skills but make better decisions about subject and course selections moving into the Senior School.

During the challenging times we are facing with the economic downturn we are seeking as much support from the Gladstone SHS community to support these students in their work placement. Schools and Industry Network (SAIN) has a new Manager, Karen Dixon, and can be contacted on 49723313 if you are able to take on work experience students this year. We are asking all students to do what they can to try and find a placement of their own by talking to family, friends etc and hope that these employers then get on board and become part of the career development of our local students. If you can help or know of someone that can please give Karen a ring and discuss the details further.

As parents we would love your support when your child brings home these Work Placement Applications by encouraging them to apply and participate in the work experience program.

### ANZ Indigenous School Based Traineeships

Each year ANZ Queensland offer School Based Traineeships for Indigenous students. Gladstone State High is proud to have had a student accepted into this program in 2008. The program provides great opportunities with over 70 ANZ Branches in QLD nominated to recruit an Indigenous School Based Trainee. The locations are spread across the state from Mossman in the North down to Elanora on the Gold Coast and West to branches in Longreach and Roma.

Applications for the traineeships have now opened and close on the 31st July 2009.

Commencement of the program is anticipated for the 14th of December 2009. Applications can be made online at

<http://www.anz.com/about-us/careers/indigenous-employment/Indigenous-traineeships/>

A list of participating branches is also online and will be updated regularly.

If you would like assistance in completing an application please see Sascha, Jovitah or Mr Grayson.

### Dates to Remember

Monday 25 May	7pm P & C AGM	Friday 12 June to	Year 11 & 12
Thursday 28 May	Tunnel Ball Competition	Wednesday 17 June	Exam Block
Monday 8 June	Queens Birthday Public Holiday	Monday 22 June	P & C Meeting
		Friday 25 June	Mt Larcom Climb
Tuesday 9 June	QCS Practice Test - Non QCS students have home study day	29 June to 10 July	School Holidays
		Monday 13 July	Pupil Free Day

Gladstone  
State High School

Quick News

### Sister City Snapshots photo and multimedia competition opens Monday!

Rockhampton Regional Council encourages budding photographers and 'youtubers', young and old, to get ready for a local photograph and multimedia competition with an international flavour.

Opening on Monday 18 May, "Sister City Snapshots 2009" is a free community photograph and multimedia competition aimed at providing a snapshot (literally!) of our Aussie way of life to our Japanese 'relatives' in our Sister City of Ibusuki – but there's a twist!

Each entry – whether photographic or multimedia – must incorporate something Japanese!

IMPORTANT DATES:

- Monday, May 18, 2009 – competition opens
- Friday, June 26, 2009 – competition closes
- Thursday, July 9, 2009 – winners announced/ launch of Exhibition
- Friday, July 10 – Friday, August 7, 2009 – winning entries and highly commended entries exhibited at Rockhampton Regional Library, Bolsover Street, Rockhampton
- Monday, August 10, 2009 – winning entries sent to Ibusuki to be exhibited in Japan at Ibusuki City Hall.

### Uniform Shop Opening Hours

Monday	8:15am-11:15am
Wednesday	11:00am-2:00pm
Friday	8:15am-11:15am

Sic Itur Ad Astra

## Open Boys Rugby League

The team's second game of the season was against a determined Chanel College outfit. The final result saw State High account for Chanel 30 – 12. The team showed glimpses of creative attack and physical defence and if this was evident throughout the entire game more points would have been added to the scoreboard. The team was made to work harder due to Chanel's tougher defence and consequently, all players were required to take that next step and match who Chanel had on the field. All players will be better off from this match and will only improve for next week's game against Tannum Sands.

Some notable performances were from Man of the Match, Rudolf Wentzel, who was very hard-hitting in defence and ran exceptional lines in attack. This was Rudolf's second game of Rugby League and with talent like he displayed in this game, he has a big future in rugby league. Brett Robinson was very destructive in both attack and defence and he made substantial ground with every run – keep up these powerhouse performances, Brett. Finally, the quick stepping and agile, Jeremy Ambrum, must also be mentioned. Jeremy was

dynamic in attack and when a gap opened up in front of him he exploded through it and made great metres up the field.

Congratulations on this victory.

(Tries: Jeremy Lewis-Osborne, Cain Beazley, Jeremy Ambrum, Mitch Hallinan, Aron Grant and David West. Conversions: David West x 3)

*Mr Goltz / Mr Hooley / Wassell*

## U/15 Rugby League

Wednesday the 20<sup>th</sup> of May marked the beginning of round 2 of the U15 schools rugby league challenge. The second round saw the boys challenge a much more fancied Chanel side which contained many quality players. Our boys took out the match 18-14 which was won by exceptional defence on our line against a much bigger side. Man of the match was Bayden Brown who was unbelievable in both attack and defence with two tries and plenty of hard hitting defence. Mention must also go to Ben Marold and Regan Hall who both made some telling contributions during the game to help achieve the win. Once again a big congratulations for all your efforts.

*Mr Meredith*

## Attention all Women

Do you know what the leading cause of death in women is? Most of us would probably think it is breast cancer, WRONG. The leading cause of death in women is Heart Disease! Coronary heart disease is the leading cause of death for Australian men and women. In fact, in 2007, 47% of those who died from heart disease were women. Heart disease is when your arteries that supply blood and oxygen to your heart muscle become clogged with fatty material called "plaque". Plaque slowly builds up on the inner wall of the arteries, causing them to become narrow. This process starts when you are young and can be well advanced by middle age. If your arteries become too narrow and a blood clot forms in the narrowed artery this can block the blood supply to part of the heart and cause a heart attack. Many women aren't aware of their risk of developing heart disease, the easy steps they can take to prevent it and the symptoms that indicate something is wrong. "Go red for women" is the Heart Foundation's campaign that unites Australian women in the fight against heart disease. Watch this space for more information about your heart, how to keep it healthy and the "free" screening that is planned for all the female staff at Gladstone State High School.

Yours in health

*Marisa Farlow*

*School Based Youth Health Nurse*

### Student Absence Notification

Student Name: \_\_\_\_\_

Form Class: \_\_\_\_\_

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Reason (Circle): Sick Personal Family Other

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Reason (Circle): Sick Personal Family Other

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Reason (Circle): Sick Personal Family Other

Parents Signature: \_\_\_\_\_

### 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@gladstonshs.eq.edu.au](mailto:absentees@gladstonshs.eq.edu.au)
- ✓ Use the notification slip in the Newsletter each week
- ✓ Use the slip in your student's diary

We appreciate and thank-you for your cooperation.