

Year 10 Ink O Dye Art workshop with visiting Artist John Eaton

At the end term 1 Year 10 art students were treated to an intriguing and fascinating if not magical art workshop by artist John Eaton.

During the workshop students were shown techniques and methods on how to create a print from light sensitive ink directly to fabric. Students observed artistic pieces over a twenty minute period as the light sensitive ink created prints from exposure to direct sunlight.

This was an activity for year 10 students who have been investigating and creating images sourced from popular culture.

Thank you John for the well presented workshop enjoyed by all.



Agriculture Department

Calls for tender for 1 Dexter cows 442 kg & 1 Dexter cow 338 kg and steer (5 months) 182 kg. All tenders must be placed in a sealed envelope and posted to GSHS, addressed:

Tender for cattle, PO Box 66, 4865 or handed to the school office by Tuesday 3rd May.

The school has the right not to accept any offer and the cattle are sold on an as is basis from the school farm.

To view the cattle or for any further enquires ring Markus Honnef or Trevor Graham on 40433220.



Issue 5 - 2016

Upcoming Events

Tuesday, 19th April

- Bell Shakespeare
P5 Year 11 & 12

**Tuesday 19th April
until Wednesday**

21st April - NAPLAN
Practice

**Wednesday, 20th
April** - GSHS Cross
Country

**Thursday, 21st
April** - Parent
Teacher Interviews
5pm until 7pm

Friday, 22nd April -
ANZAC Parades
& visiting Author -
James Phelan

Monday, 25th April
- ANZAC Day Public
Holiday

**Wednesday 27th
April** - Year 7 & 8
Vaccinations HPV
(Dose 2)



Year 10 Ink O Dye Art

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Gordonvale Qld
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From The Principal



Jan Carr

From the Principal

With more than half of the semester already over, and block exams just around the corner, it is time to reflect on the importance of learning. In this decade, learning is more than just getting by in our changing world. Our ability to learn makes us unique, it is the attribute that makes us human; our ability to continue learning is what defines us as individuals and as communities. Learning can bring for us, our families and our communities many benefits. Four benefits include:

- Personal growth and broadened horizons
- Increased employability and career development prospects
- Greater circle of friends, positive relationships and interests
- The ability to create the future of choice.

So at this time., it is important to remind students of the need to attend every lesson, every day; to believe in themselves; 'strive to excel' and do whatever it takes to deliver their own personal excellence.

Here are some tips from the Australian clinical psychologist Andrew Fuller on preparing for NAPLAN, QCS, tests and exams....

If you have ever looked at a test or exam paper and thought, "I know that I know this but I can't remember anything", if you have ever stayed awake in the middle of the night worrying about a test the next day, if you have ever felt butterflies in your stomach or a headache whenever you think of a coming test, the ideas in this paper are for you.

Everybody gets stressed Everyone gets stressed during tests and exams, even the people who say that they don't. Look around in a room where people are doing a test or exam. Even those people who are yawning, looking bored or stretching and looking as cool as cucumbers, are stressed. That means everyone has to learn how to cope with these feelings. It is not just you! Stress can block your memory, give you a queasy tummy, make you lie awake at night, give you a dry throat or a headache - these aren't nice feelings to have.

Get Stressed The first strategy to dealing with stress is to get stressed. Huh? Makes no sense? Let me explain. Stress feels yucky but it is actually your body's way of preparing you to perform at your best. Blood gets pumped to your arms and legs, your heart speeds up, and nonessential services like your digestion slow down- you are ready to take on the world. So stress might feel unpleasant but realising that it is your body's way of revving you up and helping you to perform at your best, will help you to keep these feelings in perspective.

Write Out Your Worries The second strategy to deal with the stress of an upcoming test or exam is to grab a piece of paper one or two days before the test and write down all your concerns about it. Write out an answer to the question, "What would happen if I fail this test?" Then write out an answer to the next question, "If I did fail what would happen then?" Read your written answers aloud to yourself. Even if doing well on this test or exam is really, really important to you, knowing your fears will calm you. Answering the question, "If I did fail, what would happen then?" helps you to make a back up plan.

Chew Something Ok you've done all of that and you still feel nervy. The third strategy is to eat or chew on something either before or during the test or exam. Check with your teacher that chewing something is allowed in test and exam rooms. If chewing is not allowed, at least chew something just before entering the test. Some jellybeans or fruit would be ideal.

Stress happens when we feel we are in a dangerous situation. It is an automatic process that we can't completely control.

Eating or chewing on something sends a signal to your body that says, "Well, if I'm chewing something I can't be in total danger, so relax a bit."

Focus on now Stress can spin your head. It can have you thinking all sorts of weird ideas. Stress can have you remembering that time you failed all those years ago or that time you were so embarrassed by something. Stress can also blow things out of all proportion and have you predicting bad things in your future.

The past is no longer with you and the future hasn't happened yet. Worrying has never changed anything in the past and predictions about the future are usually wrong. Doing well on a test or exam means you need to focus on the question in front of you now. Keep reminding yourself, "What do I need to do right now?"

Build Momentum Answer a question that feels easy first off in a test or exam to build up your confidence.

Breathe Out - S L O W L Y When you feel stressed one of the fastest ways to calm down is to breathe out slowly. We all have a calm down system that is controlled by our breathing. If you breathe out and count silently to yourself, "one thousand, two thousand, three thousand", you will start to feel calmer.

Stand tall walk proud Your brain is incredibly intelligent. In fact, you possess at the top your neck, humanity's latest upgrade- the most intelligent brain in all of history. But! Your brain is also incredibly stupid. It believes what you tell it. This means if you stand-up and maintain a powerful posture your body sends a signal to your brain that tells it you are feeling in charge of things and it can reduce your stress hormones.

Remember the 5 Ps There is an old saying, "Perfect preparation predicts powerful performance". The best way to prepare for a test or exam is to:

- study the whole area you have learned;
- test yourself;
- sort the areas into those that you answered correctly and those you did not;
- re-study the areas you answered incorrectly;
- re-test yourself;
- re-study until you are getting close to 100% right;
- test yourself on the entire topic.

Look after yourself Breakfast- eat "brain food" the morning before a test or exam. Have a higher protein, lower carbohydrate mix at breakfast. That means less toast and more eggs. Drink water- water lowers your levels of cortisol that causes stressful feelings. Avoid energy drinks as they rev you up and may interfere with your levels of concentration. Sleep well- try to get a good night's sleep the night before a test or exam. If you are feeling really worried, set an alarm so you can wake up early and do some revision.

Make yourself smarter The biggest obstacle you face in doing well at a test or exam is not your brain. You have plenty of intelligence. The big issue is your level of anxiety. If you take the time to prepare for the test or exam and use the strategies suggested in this sheet, you will perform at your best.

Keep Calm and Carry On You have many, many skills that will NOT be assessed by this test. Tests and exams are important, but they are not the big predictors of life success. Do your best and prepare as well as you can but don't make the mistake of thinking that your score on a test is a measure of your intelligence or predicts your future.

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Andrew's most recent book is "**Unlocking Your Child's Genius**" (Finch Publishing, 2015)

Promising Young Authors in Year 7

In English this term, students in year seven are developing their creative writing skills as they study memoirs. A French word, memoirs are either a written or spoken text that record a significant memory. Students will choose a personal memory to write about as their assessment. This piece of writing needs to showcase their ability to use descriptive language features to engage an audience. Lesson activities include work on literary devices, the creative writing technique *show, don't tell*, as well as noun and verb building.



In this photo, students in 7E are using their whiteboards to build noun groups prompted by a PowerPoint presentation. This task doubles as a punctuation lesson, teaching students how to correctly use a comma. Although the assignment for this unit isn't due until week six, many students have their ideas and are eager to start planning. Even the teachers have written their own memoirs as examples. A selection of completed memoirs will be displayed in D Block for visitors to read.



www.uccommunity.org.au

Drug Awareness Seminar

A parent education session

Please join us for a free one hour seminar covering

- Why some people become addicts
- The effect of drug addictions on the brain
- Signs and symptoms of drug abuse
- Warning signs of drug use in your teenager.
- Common drugs in the area and their side effects.
- Parent self-care: The importance of looking after yourself if you are supporting a loved one with a drug problem.

When: Tuesday 14th June 2016
Time: 10:00am – 11:00am
Where: UnitingCare Community
98 Birch St Manunda
Contact: 4032 6800

Bookings Essential.



Lifeline | Child and Family Care | Counselling | Crisis Support | Disability Support | Social Inclusion
Our Values: Compassion | Respect | Justice | Working Together | Leading through Learning



www.true.org.au

Keep on talking!

Supporting healthy sexual development – a workshop for parents and carers of teens (13-17 years)

This workshop provides parents and carers with information and strategies to:

- Support healthy sexual development
- Reduce the risk of sexual abuse
- Communicate more comfortably about sexuality and relationships
- Provide age appropriate guidance and information
- Promote safety, self esteem and respect

When: 10:00 - 11:30am
Tuesday 3rd May 2016

Where: Community Support Service
98 Birch Street, Manunda

Contact: Michelle Loughton
(07) 4032 6800
fsp.cairns@uccommunity.org.au

Refreshments provided



www.true.org.au



www.pavetheway.org.au

presents a free 3 hour presentation:

Paving the Way to the National Disability Insurance Scheme (NDIS)

Pave the Way invites people with disabilities and their families to a presentation about preparing for the National Disability Insurance Scheme (NDIS) which will begin to roll out in Queensland in July 2016.

The NDIS is a new Federal system for ensuring people with disability have the reasonable and necessary supports they require to engage more fully in social and economic life.

To assist individuals and their families to understand what the NDIS will involve this presentation will explore:

- A general overview of the National Disability Insurance Scheme and the role of the National Disability Insurance Agency (NDIA)
- What you need to do to prepare for planning with the NDIA
- What you need to do to develop confidence as a consumer of disability services.

To register for a presentation:
Visit the Pave the Way website: www.pavetheway.org.au
or contact Pave the Way:
Phone: (07) 3291 5800; Toll free call: 1300 554 402

Should you require support/ consideration for dietary, mobility, auditory, visual, interpreter or cultural needs, please let us know when you book your place and we will endeavour to assist you.

Funded by Queensland Government

DETAILS:

PORT DOUGLAS
Friday April 29th, 2016
10am – 1pm
Port Douglas Neighbourhood Centre, 6–10 Mowbray Street, Port Douglas

CAIRNS
Saturday April 30th, 2016
10am – 1pm
Brothers Leagues Club, 99–105 Anderson Street, Manunda

Morning tea provided.

Registration by Tuesday April 26th is essential to ensure your place.

PLEASE NOTE: We require a minimum number of 8 for these presentations to proceed.

Venues used by PTW are accessible.

An NDIS Participant Readiness activity funded by the Department of Communities, Child Safety and Disability Services.





www.uccommunity.org.au

"HELP", I've got a Teenager

HELP course for people with children twelve years and older

The course runs for four weeks with two and a half hour session held weekly. Build a better relationship with your teen. Great information and strategies, discuss ideas, share experiences and increase your parenting skills. Discuss solutions, supportive and thought provoking.

Topics include:

- What behaviours are helpful
- What behaviours are unhelpful
- Understanding yourself and your teen
- Encouraging cooperation and problem solving
- Using consequences to build responsibility
- Identifying triggers
- Responding differently
- Communicating positively

Where: UnitingCare Community
188 Aumuller St Bungalow

When: Wednesdays 4th, 11th, 18th and 25th May
(4 week duration)

Time: 5:30pm - 8:00pm

Cost: \$40.00 per participant or parent couple
Course includes weekly handouts and tea/coffee

All enrolments and enquiries please phone
UnitingCare Community Family Support
4032 6800

The Family Support Program is a joint initiative of UnitingCare Community and the Department of Communities

Lifeline Services | Child and Family Care | Counselling | Crisis Support | Disability Support | Social Inclusion
Our Values: Compassion | Respect | Justice | Working Together | Leading through Learning



Senior Secondary News

Assessment

Senior school process for submission of assessment has been evaluated and revised. Students in grades 10, 11 and 12 are to be aware of the following conditions:

- Assessment may only be submitted to G01 before school or during first break on or before the due date.
- Assessment will not be accepted second break
- Assessment will not be accepted without a completed coversheet attached
- Request for extension paperwork must be completed 1 week prior to due date

Pre-requisites

Grade 10 students and parents will be receiving a completed list of pre-requisites required to enrol in grade 11 and 12 subjects in coming weeks in preparation for SET planning. It is important to know that entry into authority (OP) subjects is based on attaining the required level of achievement. To avoid any disappointment, students are to ensure their results reflect their intended pathway. Year 10 results are extremely important. In all cases, pre-requisites are based on students' semester 1 results. Results must be maintained or improved throughout semester two to remain eligible for their selected subjects.

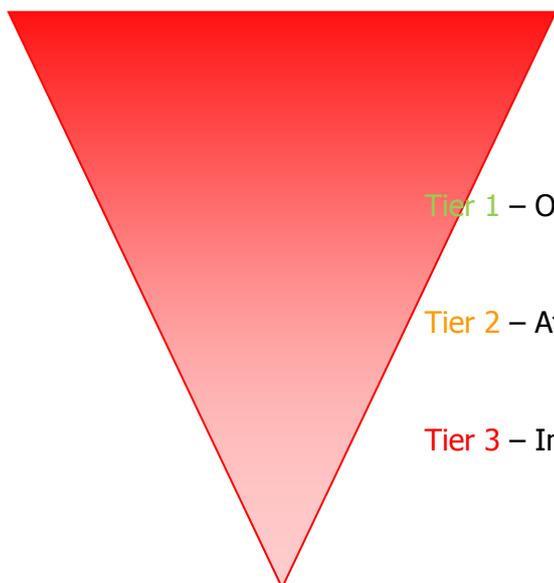
Driving car to school

If students drive a car to school they need to complete paperwork with Trish in B13. This document will record details of vehicles and registrations which may be used, as well as information regarding possible passengers in the car.

QCE Tracking Board

A QCE tracking board has been established and is located in the senior school office. It provides a visual reference point for staff and students to monitor their progression towards QCE attainment. Students will be provided with a number, which only they know, to identify their placement on the board. The colours represent the different levels of support required: Green – on track, Yellow – at risk, Red – intervention required.

At the stages of 'at risk' and 'intervention required', parental engagement is essential to ensure that the decisions made will empower our students to achieve the best possible results.



Tier 1 – On track (Whole school curriculum support)

Tier 2 – At Risk (Targeted Individual Support meetings)

Tier 3 – Intervention required (Intensive Individual Support provisions)

Cleaning Position

Gordonvale State High School currently has a vacancy for a permanent cleaner for 9.75 hours per week. Interested persons should collect an application package from the school office. Applicants are to outline in writing their experiences/knowledge against each point under 'How you will be assessed' in the role description. Applications are to be forwarded to Gordonvale State High School, PO Box 66, Gordonvale Q 4865, to be received by close of business on Friday, 6th May 2016. Any enquiries please contact the Business Services Manager on 4043 3222.

Junior Secondary News - Mrs Lauren Huth

On behalf of the Junior Secondary staff, I would like to welcome back all of the junior school students. I hope you had a relaxing yet fun filled break!

But it is now time to knuckle back down and concentrate on having a very successful term 2.

Term 2 is the longest term comprising of 11 weeks, and in order to help each and every one of our Junior Secondary students succeed to the best of their ability I would encourage all students to do the following:

- Be honest
- Arrive to class on time
- Be prepared to learn in every lesson
- Make a genuine effort with all your work
- Take responsibility for your actions and words
- Ask questions and ask for help when you need it
- Keep up to date with school work and assignments
- Attempt some form of study/homework/revision every night
- Respond positively and promptly to all reasonable teacher instructions

Remember...every lesson of every day counts, because **LEARNING IS URGENT**

Junior Secondary Parade

On Friday April 15, our Junior Secondary students were provided with the opportunity to meet and listen to the inspiring story of John Coutis.

John 'JC' Coutis is an exceptional person. Born with a severe disability that rendered his legs useless, John defied medical opinion by refusing to die. Today John speaks all around the world to tens of thousands, very enthusiastic and eager people, whom he leaves breathless.

John plays a significant role in schools around Australia and the Globe, he has been invited into more than 4,161 schools throughout the world & speaks on topics such as; Anti-Bullying, Life Topics, Treating People The Way You Wish To Be Treated, Resilience, Goal Setting, Over Coming Challenges & Getting The Best Out of Life.

John spoke to our Junior Secondary student during their Learn to Learn lesson, his story was heart felt and his message to our students to never give up, encouraged each and every student and staff member present that they too can reach their full potential.

Thank you John for visiting our school and sharing your words of inspiration. Any student wishing to contact

John to share their stories can contact him via email at inspiration@rollingsuccess.com.au you can also follow his journey on facebook.



Congratulations Selena



A big congratulations to Year 10 Art student Selena who has been awarded a prestigious \$6000 scholarship by the Cairns Art Society in their annual members exhibition held at the Tanks Art Centre.

This scholarship will allow Selena to further explore her talent and passion for art through mentoring and classes by artist James Waters. This is Selena's first award and the beginning of a wonderful and successful artistic journey.

Selena's art work is currently on display in the exhibition [Artists of the North](#) from 8th – 24th April. The exhibition features paintings, ceramics, glass, mosaics, photography, sculptures and textiles.

