2016 Graduation Program

5:00 pm - 6:00 pm Arrivals and Photos

6:00 - 6:30 pm Doors Open for Seating

6:30 pm Graduation certificate and farewell gift presented by Principal, Mrs Jan Carr and P E & C representative, Welcome speech by school captains, Hayley Thomas & Sean Kelly

7:00 pm Dinner Served

7:45 pm Speech by Head of Senior School, Mr Robbie Williams

8:00 pm Dessert Served

8:30 pm Thank You speech by Vice Captain, Alyssa Barry Senior Video

On Thursday October 6, five Year 11 Legal Studies students attended the Business Liaison Association Young Leaders Breakfast which was held in conjunction with James Cook University. The focus of the morning was to listen to guest presenters who are young leaders in the Cairns area to share their "journey and skills". The speakers included, Mr Rod Jensen, Ms Lucy Graham and Ms Bree James who all currently undertake "leadership positions" in their current roles. This seminar a series of events for our Captains where they have gained skills and knowledge supporting their development and progression as youth leaders of our school community.

Tickets for graduation are currently on sale and will remain on sale until Friday the 28/10. Once tickets have been purchased, you are able to secure your seat and table through B13. This can be done before school and at lunch times. Places at tables will not be held before a ticket has been purchased.

To the right is a program of events for our Year 11 Graduation Evening to be held on Friday, 11th November at the Cairns Convention Centre. Tickets are $115.00 and are on sale until 4pm this Friday, 28th October from the school office.

On Thursday October 6, five Year 11 Legal Studies students participated in the Queensland Schools Constitutional Convention. The team consisted of Charlee Rose, Katani Lee, Emma, Caigan and Sarah. The students did an exceptional job at writing their speech on the given topic, "How should the right to privacy be balanced with the need for national security under the Australian Constitution?" The content delivered was highly relevant, persuasive and informative. The speech was delivered by Charlee Rose who once again displayed her superior public speaking skills. Special thanks need to also go to Mel Esposto, Director and Principal Lawyer from Esposito Lawyers, who spent valuable hours helping the students with brainstorming ideas and research. On the day, students had the privilege of listening to highly esteemed guest speakers: Phil Green, Qld Privacy Commissioner – Office of the Information Commissioner; Angus Murray, Junior Vice President – Qld Council for Civil Liberties; and Nick Clark, Chief Executive Officer – The Rule of Law Institute. Furthermore, students participated in debates, open forum discussions, and interacted in "How to vote" procedures, including the process for arriving at referendum decisions.

The Rule of Law Institute.

Term 4 is certainly the term of culmination and celebrations. As hectic as this term is, it is one of my favourite terms as preparation for the next year begins. We have spent many hours interviewing and enrolling prospective 2017 year 7 students. On latest figures, 2017 student numbers will be similar to this year, close to 885 students. Our 2017 SUMMIT program of excellence is certainly attracting a large number of student applications. Applications are currently being processed and all year 7 students in the 2017 SUMMIT program will be notified of their application outcome this week.

Culmination of Senior Students’ Journey

Term 4 is a significant achievement for students, and for their support networks. It certainly is a significant milestone in many young people’s lives. During this time, it is important to reiterate that the learning process has not finished for senior students and that there are still a number of compliance elements that must be addressed before the final transition week to Graduation, November 18th.

During the remainder of the term, individual students will be identified by their subject teachers and Heads of Department for any outstanding compliance elements and be provided with opportunities to address this. In addition to this process, the pre-examination period tracking system Mr Williams (HOD Senior Secondary) used before the Term 3 Examination Period will be continued for the Term 4 examinations. This will allow students and parents to identify outstanding coursework and/or assessment that is required for subjects and address any concerns in relation to QCE attainment.

International Teachers’ Day / Tuckshop Day

October 28th is International Teachers’ Day, held during Education Week - I would like to take this opportunity to thank our teaching staff for their diligent and passionate work with our students, their genuine interest in young people and in the way young people learn. I would also like to thank our quality teachers for the additional hours they work, away from family and friends, as they support our students to become independent young adults.

Friday 4th November is Tuckshop Day where we take a few minutes to stop and say a real thank you to all our tuckshop volunteers and workers, for the hours they have put into making and serving lunches to our students throughout the year.

As a school we will celebrate our teachers’ and tuckshop workers’ day and show our appreciation for our teachers and tuckshop workers through a morning tea this Friday (28th October).

School eLearning

Ms Mechelle Zucco will continue to offer eLearning to students across years 7 – 12 in 2017. Our present laptop policy is being reviewed for 2017. Hire Charges will be $250-00 plus $100-00 to student on first repair; all subsequent repair costs met by student. 2017 will see the start of Term 4 examinations. This will allow students and parents to identify outstanding coursework and/or assessment that is required for students and address any concerns in relation to QCE attainment.

2016 Year 12 Students / Parents and Carers

After the last day at Gordonvale State High School in 2016, if students have uniforms that are not required by younger siblings, our Student Action Welfare Team would greatly appreciate them. We can pass these on to our students in need in 2017. Please deliver them to our Student Support Office in G1 at your convenience. We will be very grateful for any support in this area.

From The Principal

Jan Carr
Mental Health is a positive state of wellbeing used to describe emotional and social wellness. It involves feeling positive about ourselves, the people and events in our lives, and being able to live life to our fullest capacity.

- How we think, feel and behave
- How we cope with events such as changing jobs, having a baby, raising a child, relationship difficulties, retirement, loss and physical illness
- The way we relate to other people
- The way we respond to the challenges of everyday life; and
- Being in which every individual realises his or her own potential, from our thoughts in the past and of the future, to the HERE and NOW - right at this moment.

As the pictures illustrate, it is important to look after our mind. Mindfulness Meditation is guided meditation that brings us from our thoughts and emotions to the present moment.

Things to do to improve your mental health

- Exercise daily – at least for 30 minutes
- Eat healthy foods – avoid drinking too much coffee, eating too much fat, and sugars
- Visit your doctor regularly to ensure good health
- Build a community around yourself – having people to talk to makes life happier and more enjoyable
- Keep busy and involved – in family, school, work, leisure
- Drink plenty of water
- Have adequate sleep – restful sleep. If you snore or have sleep apnoea see your doctor
- Seek help if you are feeling down, don't let the blues take over you
- Be kind to yourself – do things that you enjoy eg. a relaxing bath, take a movie, go to dinner
- Do things for other people – not only will they benefit but it is a boost for you as well
- Practise thinking good thoughts, avoid bad thoughts
- Watch comedy shows, seek out humour, laugh loudly

Mental health is an essential part of our overall health and affects our physical health; as our physical health also affects our mental health. It is also strongly related to our behaviour, particularly our social behaviour and relationships with others. So put the effort in and work to be mentally healthy.

Adapted from: Austen Network for Promotion, Prevention and Early Intervention for Mental Health

If you would like further information or to find out what services are available see your Guidance Officer at the school.
ATTENTION: YEAR 6 STUDENTS
WITH SIBLINGS WHO ARE CURRENTLY ENROLLED AT GSHS IN YEARS 7-11

As the end of the school year is fast approaching, we would like to take this opportunity to REMIND parents and carers that:

• If they have a student who is currently enrolled in Years 7 to 11 at Gordonvale State High School, and have a Year 6 student who will be attending Year 7 in 2017, that you are still eligible to enrol your Year 6 student.

Please contact the Gordonvale State High School office to book an enrolment interview on 4043 3222. All enrolment interviews will be conducted between 8am and 4pm.

Lauren Huth - Head of Junior Secondary

Year 11 & 12 Legal Studies: The BLA’s ‘Breakfast with the Law’

On Friday October 14, Year 11 and 12 Legal Studies students attended the Business Liaison Association’s annual “Breakfast with the Law” at Rydges Tradewinds. Our students were given the opportunity to listen to interesting and motivating guest speakers including Florence Chen, Barrister and President of Queensland Young Lawyers Association, and Professor Anthony Gray, Professor at USQ and Life Member of the BEAQ (Business Educators’ Association of Queensland). Furthermore, students interacted and liaised with other Legal Studies students from the Cairns area including an open forum discussion on current legal issues such as legalising same-sex marriage. As a school we volunteered for the job of organising the event evaluation forms – creating, printing, photocopying, distributing, collecting and collating the results. Special thanks needs to go to Sean, Georgia, Caitlan and Kael for helping with this process. Overall, the morning was enjoyed by all, and students represented GSHS in a very positive manner.

Mr Shuttleworth conducting a Senior Tutorial Lesson
& Growing cuttings in Cert 1 Agrifoods

Health & Wellbeing Expo 2016

As part of Mental Health Week, the school hosted several community and government organisations who volunteered their time to provide the students with information on their services. Years 9 – 12 spent a full lesson visiting each of the displays to gain information and resources.

The school provided entertainment throughout the day including the lunch breaks. This included a Star Making activity which gave students the opportunity to be part of the One Million Stars to End Violence project. This wonderful project aims to engage individuals, groups and communities to join in the conversation of ending violence across the world and to weave one million stars by July 2017. This will then be featured in an installation at the Gold Coast 2018 Commonwealth Games.

Also, students were entertained by the Staff vs Teachers Basketball game held during the lunch break. Throughout the day the Gordonvale Police kindly supported the event by helping cook at the barbeque.

Staff and students would like to extend a big thank you to the organisations who attended and provided them with information about their services. These included: PCYC, ATOD’s, Wuchopperen Health Service, Gurriny Yealamucka Health Service, Take 2, JCU, Central Qld Uni, The Centre for Contemporary Arts – ‘Be a Star’ and Education Qld.