

## School Calendar

**Sunday 17 April**  
Easter Sunday

**Monday 25 April**  
ANZAC Day

### Term 2

**Tuesday 26 April**  
Staff Development Day

**Wednesday 27 April**  
Students Return  
Open Girls Hockey - Taree

**Thursday 28 April**  
ANZAC Day Assembly  
Valley Industries Excursion  
Y11 Study Skills Day

**Friday 29 April**  
Y12 Hospitality - Tocal Field Day

**Monday 2 May**  
Y12 Surviving the HSC - Library 6-7pm  
Zone Cross Country

**Tuesday 3 May**  
School Photos

**Wednesday 4 May**  
School Athletics Carnival

**Friday 6 - Saturday 7 May**  
Y9 Duke of Ed Camp

\* All activities and events subject to COVID restrictions

### P&C:

Our next P&C meeting will be:  
**Monday 16 May - 6.30pm - Room AG03**

### CANTEEN - Phone 65589963

**Wednesday 27 April**  
TBA

**Thursday 28 April**  
Kim

**Friday 29 April**  
TBA

**Monday 2 May**  
TBA

**Tuesday 3 May**  
Emma

**Wednesday 4 May**  
Merrilyn

**Thursday 5 May**  
Vanessa

**Friday 6 May**  
TBA

Follow us on facebook



## SRC FUNDRAISER

The SRC are back in action and sprinkling their fairy dust of hope and all things humanitarian around our school.

Following a suggestion that we raise funds to support those affected by the floods of the far North Coast, at the end of Week 9 our team organised a 'Dress up from the 2000s' Mufti Day and BBQ Fundraiser event raising \$252 to assist those in need.



Care Achievement Respect Effort Responsibility

129 Ravenshaw Street, Gloucester NSW 2422 / P 02 6558 1605 / F 02 6558 1229  
www.gloucester-h.schools.nsw.edu.au / gloucester-h.school@det.nsw.edu.au

## PRINCIPAL'S REPORT

Once again, we have had a very interesting term, culminating in the re-introduction of masks during the last three days. During the last few weeks, we had many more students and teachers either isolating or infected with Covid, which resulted in the Covid Response Team mandating the wearing of masks indoors for staff, students and visitors. Hopefully this will help prevent any further infections with Covid within families and the community during the Easter vacation and allow us to return in Term 2 without masks.

I would like to thank our parents and the wider community for their ongoing support (student learning, canteen and P&C) and regular communications with staff at the school.

I would also like to thank the teaching and non-teaching staff for the support they have been giving to our students, either through additional classroom or virtual help with units of work, regular community updates and parent support as well as wellbeing support from the staff in the school's wellbeing team.



### ANZAC DAY

A reminder to families about Gloucester's ANZAC Day commemorations. Gloucester High School students will assemble at the RSL at 10:15am and march behind the school captains carrying the Gloucester High School flag. We also have a number of students who have kindly offered to carry flags for veteran groups during the march.

### SCHOOL RENOVATIONS

The entrance to our school and foyer will be upgraded during the holidays with work expected to be completed by the end of Term 2. During this time there will be an alternate access for visitors and parents/carers, which we will advise early next term. The upgrades will be to the entrance to the school to provide a secure office and foyer space and to also construct a ramp for ease of access to the hall.



### HAPPY HOLIDAYS

On behalf of our staff, I would like to wish you all a safe and relaxing vacation with family and friends. Teachers will have their professional learning day on Tuesday 26 April and students will return on Wednesday 27 April 2022.

**Mrs Trudi Edman, Principal**

## NAPLAN – information for parents and carers

**NAPLAN**  
NATIONAL ASSESSMENT PROGRAM  
Literacy and Numeracy

Yr 7 and Yr 9 Naplan online testing starts Tuesday 10 May, student will be sitting online tests during Week 3.

Naplan dates - Term 2, Week 3

- Tues 10 May - Yr 7 and Yr 9 Reading
- Wed 11 May - Yr 7 and Yr 9 Writing and Language Conventions
- Thursday 12 May - Yr 7 and Yr 9 Numeracy



# INVITATION



*- SURVIVING THE HSC -  
information night for Year 12  
and their parents/carers*

**MONDAY 2 MAY  
6-7 PM  
IN THE SCHOOL LIBRARY**

## **MATHS CORNER QUESTION (for students and parents)**

### **Question:**

Jean had an unusual experience while shopping; she found that every time she bought something, it took exactly 20% of the money she had in her purse. She bought 3 items and finished with \$64 in her purse. How many dollars did she have at the beginning of her shopping?

### **Previous Answer:**

The shortest the pool could be is 49.97m and the longest it could be is 50.03m, so the maximum difference per lap is 0.06m. In 30 laps this difference is  $30 \times 0.06 = 1.8\text{m}$

\* Maths corner questions have been provided courtesy of 'Australasian Problem Solving Mathematical Olympiads (APSMO) Inc' an advanced problem solving course currently being undertaken by some of our Year 7 & 8 students.

# GLOUCESTER HIGH SCHOOL

**School Code: 837117**



Dear Parents and Caregivers,

School Photographs will be taken on TUESDAY 3rd May 2022. Package details are available to be viewed when ordering online by visiting [www.donwoodphotography.com.au](http://www.donwoodphotography.com.au). Students are asked to wear their full school uniform with correct socks and footwear on the day of their photograph. Please do not send children in their sports uniform.

**To purchase school photographs please follow the steps below:**

## Family photographs

<p><b><u>ONLINE</u></b></p>	<ol style="list-style-type: none"><li>1. Order online, using a PC or laptop, through the Don Wood Photography website <a href="http://www.donwoodphotography.com.au">www.donwoodphotography.com.au</a> using your unique school code</li><li>2. Begin this process the same as ordering individual / class photos as above.</li></ol> <p>There is a cut-off time for family online orders Family photo orders must be done <b><u>BEFORE 11:59pm MONDAY 2<sup>nd</sup> MAY 2022. This is for Family photos only.</u></b></p> <p><i>*If you have missed this cut off, please collect a family cash envelope from the school office on day of school photos or call DWP office on 9542 5370 to make a credit card payment on day of photos, we can not accept payment after this day unless the sibling photo has been taken.</i></p>
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## Individual / Class photos

<p><b><u>ONLINE</u></b></p>	<ol style="list-style-type: none"><li>1. Order online, using a PC or laptop, through the Don Wood Photography website <a href="http://www.donwoodphotography.com.au">www.donwoodphotography.com.au</a> using your school code</li><li>2. Click on <b>Order School Photographs and Portrait Downloads</b> at the top left-hand side of the screen</li><li>3. Type your school code into the orange 'SCHOOL CODE' box on the left-hand side of the screen</li><li>4. The Home Page for your school will be displayed</li><li>5. Click on the blue 'Order Pre-Paid Packages Order Now' box</li><li>6. Enter your child's details then click NEXT</li><li>7. Select the package you wish to purchase then scroll down and click NEXT</li><li>8. Sibling photographs can be ordered at this point (see below for ordering cut-off time). Scroll down and click NEXT</li><li>9. Extra items are available to purchase. Please select the item/s you would like. Scroll down and click NEXT</li><li>10. You will see a summary screen. If you have another child, you wish to order for please click '+Save &amp; Add Another Child'. Once you have</li></ol>
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finished ordering please click Finish & Add to Cart to complete the check-out process.  
**Please do not pay through the school website as this money is collected by the company not the school.**

### Leadership / Extracurricular photographs

<b>ONLINE</b>	Group photographs can be purchased <b>AFTER</b> the school photographs have been delivered to the school and can be viewed on the online portal. The code to purchase will be the same School code used for individual / class photographs <ol style="list-style-type: none"><li>1. Go to <a href="http://www.donwoodphotography.com.au">www.donwoodphotography.com.au</a></li><li>2. Click on <b>Order School Photographs and Portrait Downloads</b></li><li>3. Type your school code into the orange 'SCHOOL CODE' box on the left-hand side of the screen</li><li>4. The Home Page for your school will be displayed</li><li>5. Click on <b>Group Photos</b> in the menu at the top of the screen.</li><li>6. Select the photographs you would like then complete the checkout process.</li></ol>
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## Gloucester High School Parents & Citizens Association Inc.

### Notice of Extraordinary General Meeting

**to be held on Monday the 16<sup>th</sup> of May 2022 at 6.30 pm,  
at GHS Room AG03  
or virtually via Microsoft Teams**

**Education is key.** *Let's all chip in.*  
**Shared Responsibility.**

*We can all make a difference.* Many hands make light work.

Little ripples change the world. **WE NEED YOU.**

**COME ALONG AND SUPPORT ALL OUR KIDS.**

**Let's make our school great.**

#### Extraordinary General Meeting Agenda Items:

- Election of GHS P&C Association volunteer office bearer:
  - Secretary
- COVID 19 Safety Plan
- Complaints and Allegations Policy
- Complaints Management Record Form

If you wish to join the meeting virtually, rather than face to face, please email the GHS P&C Association Secretary at [gloucesterhighschool@pandcaffiliate.org.au](mailto:gloucesterhighschool@pandcaffiliate.org.au) by 4 pm the day prior to the meeting so the Microsoft Teams *Join the Meeting* link can be emailed to you on the day.



## SENIOR DRAMA SHOWCASE

On Thursday 24 March Gloucester High School hall opened its doors to audiences once again to experience our first Senior Drama Showcase for 2022!

The evening consisted of Year 10 self-devised physical theatre pieces, Year 11 playbuilt short plays and Year 12 HSC monologues along with lighting and set design submissions for viewing.

This confidence building opportunity is an important one for our performing arts students in that they can receive immediate feedback to assist them in progressing and refining their work.

We've all spent a long time hiding behind masks and in our homes, so it was a great privilege to witness the expressive smiling faces of our talented Drama students on again.

## SHARP SHORT FESTIVAL

Three of our Year 11 Drama students have been successful in their submission to participate in the Sharp Short Theatre Festival at the Riverside Theatre, Parramatta in Sydney on Tuesday 7 June.

Will, Gabrielle and Jorja's playbuilt performance explores three teenage siblings grappling with the chaos that ensues when their 4th wall unexpectedly cracks open!

We wish them all the best for a winning performance.





## PARAMEDICS 101

Twenty-six, predominately Year 9 students, recently participated in an online, interactive, hands-on session with the active paramedic and first aid trainer, John Moelker.

The session aimed to provide students with insight into the dynamic roles and responsibilities of being a NSW Paramedic. John was able to present students with a much clearer picture of what a “day in the life” of a paramedic would be like. He did highlight the fact that the vast majority of emergency calls he responds to are fairly routine and that the glorification of first responders, as depicted in many television shows, is not entirely accurate. He said there are times when he does encounter serious situations, but this is not an everyday occurrence.

For most students, the highlight of the session was the hands-on component. All students were given a free first aid kit which included 2 snake compression bandages and a triangular bandage. John demonstrated with an assistant how to treat a snakebite, head injury, puncture wound and broken bone by using the materials in the kit. Students then had the opportunity to practise various first aid treatments with a partner.

John also demonstrated first aid practices for choking victims for both adults and infants and discussed basic CPR. Another speaker from Charles Sturt University discussed the various pathways and requirements of becoming a paramedic.

Thank you to John Moelker for taking the time to share his wealth of knowledge with our students along with other students across the region.







**YEAR 7  
PEER SUPPORT FUN**





## SHOW CAKES

Although the show was postponed, Year 9 Food Technology still decided to decorate their cakes. Due to heavy rains & local flooding several students were absent. However, the remaining students decided to make the most of this opportunity and approached the task with enthusiasm. They worked into their lunchtime to complete and present some delightful designs. A fantastic effort Year 9!





## YEAR 11 & 12 AGRICULTURE AND PRIMARY INDUSTRIES

On Wednesday 30 March, Stage 6 Primary Industries and Agriculture students were given the opportunity to learn about the process of Artificial Insemination. They were involved in the placement and removal of Controlled Internal Drug Release (CIDRs) devices, administering of needles and the selection of bulls. Marlon Brandon was the bull used for his structure, carcass traits and clean lines.

Students were able to see the storage of semen and the processes used for waking up the swimmers after being removed from the liquid nitrogen. Stephen gave the students a great lesson on placement of the semen and the reproductive organs.

Thanks to Chris Maslen for donating a CIDR applicator to the school, No Bull AI for supporting our students and James Hooke who supplied us with a mop up bull.





# THE FACTS ABOUT VAPING

Vapes are electronic devices designed to deliver vapourised liquids into your lungs when you breathe in. Vapes aren't water. The main ingredient in vapes is propylene glycol, vegetable glycerine or glycerol, and they often also contain nicotine, flavours and other chemicals. Vapes may contain harmful chemicals that aren't listed on the pack.

The biggest misunderstanding about vapes is that they are harmless compared to cigarettes. This is not true. **Vapes are not safe.**

## DO YOU KNOW WHAT YOU'RE VAPING?



NICOTINE

Many vapes contain nicotine making them **very addictive**

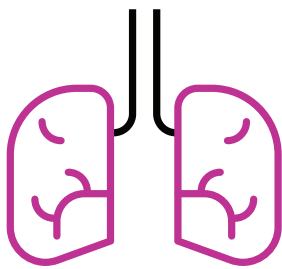


FRUITY

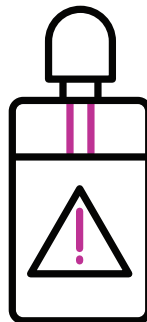
The nicotine in 1 vape can  
**= 50**  
**cigarettes**



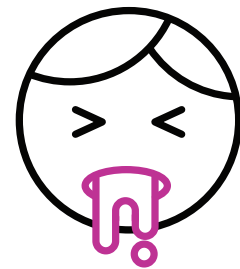
If you vape you are **3 times** more likely to take up smoking cigarettes



Vaping has been linked to **serious lung disease**



Vape aerosol **is not water vapour**



Vapes can contain the same **harmful chemicals** found in cleaning products, nail polish remover, weed killer and bug spray.



Do you know what you're vaping?  
Get the evidence\* and facts at [health.nsw.gov.au/vaping](https://health.nsw.gov.au/vaping)

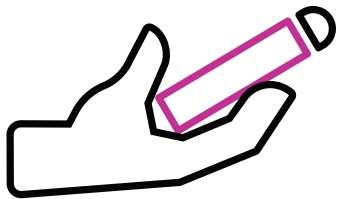
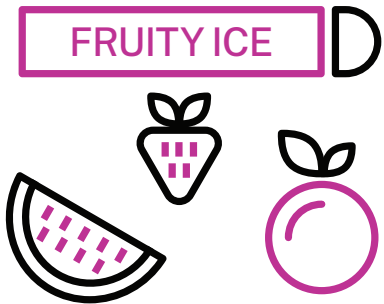
\*All statements are backed by evidence which can be found on the website



## VAPES ARE DESIGNED TO BE APPEALING TO YOU

The flavours (e.g. watermelon, grape, caramel, bubble-gum, vanilla and mint) and colourful packaging used for vapes make them appealing. **Many vapes also contain nicotine, which you can become addicted to very quickly.**

Tobacco companies are continuously looking for new customers. Vapes are a new way to get young people addicted to nicotine, which is often difficult to quit.



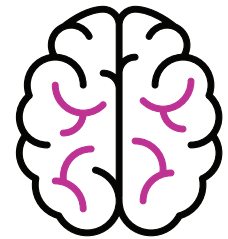
## MOST YOUNG PEOPLE DO NOT VAPE

Vaping may seem popular, but in fact, research shows that 4 in 5 young people do not vape.

You might think vaping is harmless, but it isn't, and **the serious consequences of vaping are just starting to emerge.**

Any take up of vaping by young people is worrying.

## NICOTINE IS HARMFUL FOR YOUR YOUNG BRAIN



Nicotine is a drug that is in many vapes and is very addictive for young brains. **It can cause long-lasting negative effects on your brain development.**

Nicotine changes the way brain synapses are formed in young people.

This can harm your ability to pay attention, learn and affect your mood and memory.

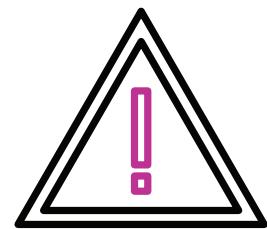
## RISKS TO YOUR PHYSICAL AND MENTAL HEALTH

Vapes may expose you to chemicals at levels that have the potential to cause negative health effects. Vaping can impact your lungs and fitness. It can also leave you at increased risk of depression and anxiety. **Vaping has been linked to serious lung disease.** Importantly, many of the long-term harms of vaping are still unknown.

You're not vaping water. When you inhale from a vape you can be exposed to:

- the same harmful chemicals found in cleaning products, nail polish remover, weed killer and bug spray.
- toxins such as formaldehyde and heavy metals.
- ultrafine particles that can be inhaled deep into the lungs.
- flavouring chemicals such as diacetyl (a chemical linked to serious lung disease).

Vapes have even been known to explode causing serious burns.



Do you know what you're vaping?  
Get the evidence\* and facts at [health.nsw.gov.au/vaping](https://health.nsw.gov.au/vaping)

\*All statements are backed by evidence which can be found on the website





## SELLING VAPES TO PEOPLE UNDER 18 IS ILLEGAL

It is illegal for anyone to sell any vape to people under 18 years of age, including retailers such as tobacconists, convenience stores and service stations. **It is also illegal to sell vapes to friends or contacts under 18 on social media.**

You may have heard that nicotine vapes are available with a prescription from a doctor. This is only for people over 18 years as a tool to help quit smoking. Even then, doctors will explain the risks of using vapes to patients.

There are a number of retailers who might illegally sell you vapes. This is a crime. If you think someone is selling vapes illegally, you can report this to NSW Health via its website or call the Tobacco Information Line on 1800 357 412.



## THE SIGNS YOU ARE ADDICTED TO VAPING



How do you know you are getting hooked on vaping?

Nicotine addiction from vapes is the same as for smokers.

**This can mean feeling irritable or anxious, as well as craving to vape.**

You may also experience a lack of concentration when you can't vape and you can have trouble sleeping.

NICOTINE FREE



## MISLEADING AND DANGEROUS LABELLING

Vaping products are often not labelled or are incorrectly labelled.

**Most vapes with labels that claim to be nicotine free contain nicotine and a lot of other chemicals.**

They just don't put it on the pack.



## GOOD REASONS TO NOT VAPE

You don't want vaping to come between you and your friends.

**Have a reason or two that you can tell your mates why you don't want to vape.**

For example, "Vaping is not for me because I don't know what's in it" or "I care about my health and fitness and don't want vaping to ruin it" or "Vapes may taste or smell good, but I've heard they can contain nicotine and I don't want to get hooked like a cigarette smoker".



Do you know what you're vaping?  
Get the evidence\* and facts at [health.nsw.gov.au/vaping](https://health.nsw.gov.au/vaping)

\*All statements are backed by evidence which can be found on the website



# Supporting your young person during the holidays



## Holidays can take students away from friends and their usual school supports.

Changes to routine can cause some young people to feel stressed, isolated and alone. Parent support is very important at this time.

Below is some information to help you support young people to stay in a healthy headspace in school holidays. There is also some information that may help you to identify when your young person might need some extra support and where to go for help.

There are a number of ways you can support your young person's mental health and wellbeing in the holidays:

### 1. Encourage them to stay connected

Social relationships are important to your young person's general wellbeing.

It is okay if they take time out for themselves at times, but encourage them to keep in contact with friends over the holidays. Friends can provide both play and support, and spending time with friends is also important for keeping and building on existing friendships.

If your young person is not feeling up to going out, even a phone call, email, text message or Facebook message can help them to feel connected to friends and family.

### 2. Encourage them to stay involved

Encourage involvement with volunteer work, hobbies, clubs or committees, or sports – these can help young people feel connected to their wider community. Participate with them when you can.

Involve them in decisions and give them responsibility at home (e.g. deciding what to eat for dinner and helping to prepare it).

Help them to identify and set realistic goals. Setting and achieving realistic goals can be incredibly motivating and can help build self-confidence.

### 3. Encourage physical activity

Physical activity is important for everyone's health and wellbeing. If your young person is feeling down or finding things are difficult, physical activity may be the last thing they feel like doing. But even small activities, like walking around the block, can help relieve stress and frustration, provide a good distraction from worrying thoughts, improve concentration and improve mood.

If your young person is struggling to get active, find a physical activity that you both enjoy and can do together (e.g. swimming, playing sports with friends or cycling) and make a plan to do it regularly.

### 4. Encourage a regular routine

Getting a good night's sleep helps young people to feel energised, focused and motivated.

Adolescence is a time when a number of changes to the "body clock" impact on sleeping patterns and young people are more likely to have problems with sleep. Developing a sleeping routine can help. Encourage your young person to

wake up around the same time each day, get out of bed when they wake up, and go to bed around the same time each night.

Avoiding caffeine after lunchtime, having a quiet, dark and uncluttered bedroom and shutting down electronic devices before bed can also help them to get a good night's sleep.

### 5. Encourage healthy eating habits

Eating well doesn't only reduce the risk of physical health problems, like heart disease and diabetes, but it can also help with sleeping patterns, energy levels, mood, and general health and wellbeing.

A good balanced diet with less junk food/ lots of sugars and more vegies, fruit, whole grains and plenty of water will ensure your young person has all of the vitamins and minerals to help their body and brain function well.

### 6. Encourage play!

Devoting time to just having fun can help to recharge your young person's battery, revitalise their social networks and reduce stress and anxiety.



## Supporting your young person during the holidays



### Tips to help you support your young person

- 1 **Recognise** their distress or concerning behaviour
- 2 **Ask** them about it (e.g. "I've noticed you seem to be sad a lot at the moment.")
- 3 **Acknowledge** their feelings (e.g. "That seems like a really hard place to be in/I can understand why you are upset about that.")
- 4 **Get appropriate support** and encourage healthy coping strategies (e.g. "Do you need some help to handle this?")
- 5 **Check in** a short time afterwards to see how they are going



### Signs that may suggest that your young person is struggling

It is normal for young people to have ups and downs. However changes in mood, levels of participation and thinking patterns which persist for more than a couple of weeks may indicate that your young person needs extra support.

Changes in mood include:

- Being irritable or angry with friends or family for no apparent reason
- Feeling tense, restless, stressed or worried
- Crying for no apparent reason, feeling sad or down for long periods of time

Changes in activity include:

- Not enjoying or not wanting to be involved in things they would normally enjoy
- Being involved in risky behaviour they would normally avoid
- Unusual sleeping or eating habits

Changes in thinking include:

- Having a lot of negative thoughts
- Expressing distorted thoughts about themselves and the world (e.g everything seeming bad and pointless).

If you believe that your young person is at risk of harm you should seek professional support from your GP, mental health service or emergency department.

### Support service options

- **headspace** centres provide support, information and advice to young people aged 12 to 25 – [headspace.org.au](http://headspace.org.au)
- **eheadspace** provides online counselling and telephone support to young people aged 12 to 25 – [ehheadspace.org.au](http://ehheadspace.org.au) 1800 650 890
- **Kids Helpline** is a 24-hour telephone and online counselling service for young people aged 5 to 25 – [kidshelpline.com.au](http://kidshelpline.com.au) 1800 55 1800
- **Lifeline** is a 24-hour telephone counselling service – [lifeline.org.au](http://lifeline.org.au) 13 11 14
- **Parentline** 1300 301 300
- **ReachOut.com** for information about well-being.

For more information on suicide or support and assistance visit [headspace.org.au/schoolsupport](http://headspace.org.au/schoolsupport) or [headspace.org.au](http://headspace.org.au)

Please refer to the **headspace** School Support *Suicide Postvention Toolkit – A Guide for Secondary Schools* for further guidance.

Fact sheets are for general information only. They are not intended to be and should not be relied on as a substitute for specific medical or health advice. While every effort is taken to ensure the information is accurate, **headspace** makes no representations and gives no warranties that this information is correct, current, complete, reliable or suitable for any purpose. We disclaim all responsibility and liability for any direct or indirect loss, damage, cost or expense whatsoever in the use of or reliance upon this information.

## 2022 Saturday & Mixed Twilight Netball Competition

**Saturday season starts 30th April 2022, Twilight 26th April 2022**

We are excited to have our new courts to play on in 2022. 🤗

The start dates above are pending the completion of the upgrade works.

**Competitions** - open to male and female players

Saturday 9 am NetSetGo - players aged 5-10 years old = \$105 Rego (includes a netball and T-Shirt)

Saturday 9:45am Junior Division - Year 3 to Year 6 = \$105 Registration fee

Saturday 11am Intermediate Division - Year 7 to Year 12 = \$105 Registration fee.

Wednesday Mixed Twilight Competition - Players turning 14 years in 2022 and older = \$150 Rego fee.

*Includes Saturday netball, Twilight Comp 1 and Twilight Comp 2. One fee covers games all year!!!!!!*



Names to be in by **2nd April 2022** via Facebook, email or by registering your child online.

A new registration system is being used in 2022. A Link can be found on our website [www.gloucesternetball.com.au](http://www.gloucesternetball.com.au), on our Facebook page 'Gloucester Netball' or at [NetballNSW.com](http://NetballNSW.com)

**ACTIVE KIDS VOUCHERS can be used during the online registration process.**

Contact Sally Maslen (President) for more info on 0427582718 or email [gloucesternetball@gmail.com](mailto:gloucesternetball@gmail.com)

## YOUTH WEEK IN GLOUCESTER



APR.  
12

**Paint a Skateboard Deck  
Workshop 2 for Youth 12 - 24  
years.**

by Manning Regional Art Gallery  
99 followers [Follow](#)

Free

In this fun short course you will design, create and paint a skateboard deck (supplied by us) using stencils, spray paints and pens to take home at the end of the session.

Cost is FREE and includes all materials. A protective mask and glasses will be supplied for each participant.

Participants to meet at the undercover area at Billabong Park off Boundary Street, Gloucester.

Click [HERE](#) for more info and to register.

## SCHOOL VISION STATEMENT

Gloucester High School aims to develop a supportive learning environment that engages all students, teachers and community in the pursuit of excellence.



Education &  
Communities

Principal  
Deputy Principal  
Address:  
Telephone:  
Email:  
Web:

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Mr Mik Wisely  
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