

School Calendar

Monday 27 - 3 June
Reconciliation Week

Monday 27 May
Social Media Talks by Dr Wayne Warburton
6pm School hall - all welcome

Thursday 30 May
Y7 & Y10 Vaccination Clinic

Monday 3 - Friday 7 June
Y7 & Y10 Half yearly exam week

Monday 10 - Friday 14 June
Y8 & Y9 Half yearly exam week

Monday 17 June
Hunter Cross Country - Avondale Uni

Weekly events to remember:
School Band - Mon 3.10 - 5pm
Breakfast Club - Wed & Thur 8.30am
Homework Hub (Y7-9) - Wed 3.10 - 4.30pm
Night Library (Y10-12) - Thur 4 - 7pm

P&C

Our next P&C meeting will be:
Monday 18 June 2024
6.30pm - Room AG03

CANTEEN - Phone 65589963

Monday 27 May
Gai

Tuesday 28 May
Amanda

Wednesday 29 May
Merrilyn

Thursday 30 May
Gai

Friday 31 May
Kelly

Monday 3 June
Amanda

Tuesday 4 June
Gai

Wednesday 5 June
Merrilyn

Thursday 6 June
Kelly

Friday 7 June
Gai



Follow us on facebook

WINGHAM BEEF WEEK 2024



See page 8 for the full write-up



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

Another two weeks have passed and during this time our students have been afforded some wonderful learning and sporting experiences.

Last week our Agriculture students attended the Annual Beef Week program. Mr Chris Murray and Mrs Sally Andrews accompanied 16 keen students for the 5 days and 4 nights (camping) at Wingham showground. Our students were very successful in a range of categories and so too were the steers that the students raised and trained. Many thanks to Chris and Sal for spending time away from their families to give our students this enriching experience. Also, on behalf of the school I would like to thank our parents who transport our cattle to these events, donate steers for our students to use, improve pastures and provide feed, and to the P&C Ag sub-committee who support this program.



This week we were fortunate to have Susie Edmonds from Inner Directions deliver the leadership program to our student leaders and potential aspiring leaders. The program is facilitated around student collaboration, unpacking personal strengths, resilience, and self-reflection to build confidence and leadership skills. The outcomes from the program provide skills to the students that will be of benefit to them throughout their life and their future careers.

Students also participated in the Girls Rugby League at Port Macquarie and the Boys Rugby League at Tuncurry. Both teams represented the school with pride and enthusiasm making the experience memorable of all. Thank you to Mr Mik Wisely and Mr Adam Cameron for the organising and training of the teams and to the parents who attend the venue to support the teams.

Due to the inclement weather, we have been unable to hold the annual athletics carnival. However, students nominated to attend the Zone Athletics Carnival today and we wish them every success.

It is reporting time for our Stage 6 students. Year 12 reports were handed to students today and next week we plan to hand out the Year 11 reports.

Reminder of an important event coming up. Dr Wayne Warburton, Professor of Developmental Psychology at Macquarie University, will be joining us at Gloucester High School Hall on Monday, 27 May 2024, at 6pm. This is a rare opportunity to learn from an expert in the field. Additionally, connecting with other parents during this event can also provide a sense of community as we navigate the challenges of raising teenagers in a technology-driven world.

Reminder to parents that our P&C stock winter uniforms, and this year they have introduced a very warm tailored jacket to protect the students from the chilly Gloucester weather, particularly in the mornings. Our P&C endorse the daily wearing of the school uniform and it's our school's expectation that all students wear it. To make uniform purchasing as convenient as possible, the P&C has the items available through the canteen. We are aware of the financial challenges that some families may face due to the rising cost of living. Our school offers confidential support to families who may need assistance. Our aim is to ensure that all our students have access to school uniform and equipment, in doing so fostering an inclusive and supportive school community.

The advertisement features a bright yellow background with a blue torn-paper effect at the top and bottom. At the top, the words "new jacket" are written in a blue, cursive font. Below this is a white-bordered Polaroid-style photo of a dark blue, zip-up jacket with a gold crest on the left chest. Underneath the photo, the text "WARM, FLEECE LINED, WIND RESISTANT, HIGH UV PROTECTION RATING" is written in blue, all-caps, sans-serif font. At the bottom, the words "available now" are written in a blue, cursive font, and a blue rectangular box contains the text "\$60 AT THE CANTEEN" in white, all-caps, sans-serif font.

Mrs Trudi Edman, Principal

Are you concerned about the amount of social media screen time your child is using?

If so please join us to hear **Dr Wayne Warburton**, Professor of developmental psychology at Macquarie University, talk to us about the impact of social media on the developing brain and how it can lead to addiction and affect learning, emotional regulation, and mental and physical health.

When: Monday 27 May 2024

Time: 6pm

Where: Gloucester High School Hall



About Dr Warburton

Dr Wayne Warburton is a Professor of developmental psychology at Macquarie University and is also a registered psychologist. He has spoken to numerous parents and professionals who work with children over the last 15 years, particularly around issues related to media use and screen disorders. His publications in scientific journals and books are primarily on topics around aggressive behaviour, the impact of violent and pro-social media, and screen overuse and addiction. He is co-author of the books *Growing Up Fast and Furious* and *The Importance of Media Literacy*, and of several statements by international panels of experts, including the International Society for Research on Aggression *Statement on Media Violence* and *Statement on Risk Factors for Youth Violence*, the Society for Psychological Study of Social Issues *Research Summary on Media Violence*, and the world experts' *Statement on Video Game Violence* used in the US Supreme Court case of California vs. Entertainment Merchants. His work and his RES@T-A program were the subject of a touching *Australian Story* on the ABC that followed two wonderful teen boys with a screen disorder through the program (March 6, 2023; <https://iview.abc.net.au/video/NC2302Q002S00>), and a new intensive weekend intervention program with Brad Marshall is the feature of a Channel 7 Spotlight program scheduled to air on April 21, 2024. Wayne has won more than 25 awards for his scholarship and teaching, including four from the Australian Psychological Society, and most recently the 2018 Distinguished Scientific Contribution to Media Psychology and Technology Award from the American Psychological Association.



HALF YEARLY EXAMS

Half-yearly exam timetables have been handed out to students this week and can be viewed on our website via the [Student Channel](#) tab.

NIGHT LIBRARY CHANGES

Night Library will now be running every **Thursday evening from 4-7pm** during school term for students in Years 10-12. Homework Hub will continue to operate every Wednesday 3.10 - 4.30pm for students in Years 7-9.

ACTIVE PEN ENGRAVING AVAILABLE

Mr Seale has kindly offered an engraving service for students' laptop pens. Most students have the same type of pen and these are small items, so having them engraved with student names could be very helpful.

Mr Seale will be offering this during Break 1 every Friday.



Phone/Email

- Your first point of contact for any messages for staff or students
- To arrange a meeting with staff
- If you have any queries

Phone: 6558 1605

Email: gloucester-h.school@det.nsw.edu.au

Website

- A static source of information about our school
- News articles from the department or the school
- Link to Sentral and School Bytes portals

Sentral

- Our student management system
- Via the Sentral Parent Portal you can:
- View students timetables, daily notices, student reports
 - Book Parent-Teacher interviews
 - Send absence notifications
 - Send teachers a message

School Bytes

- For online payment & permissions
- Via the School Bytes Portal you can:
- Make payments and view historical transactions
 - Complete, submit and view status of online permission notes

Newsletter

- Issued every second Friday
- Published via our website and shared via email, Sentral portal and Facebook
- Full of important dates and information plus highlights of what has been happening at our school

Facebook

- Highlights of what has been happening at our school - in the classroom, excursions and special events

Communication
2024

SCHOOL BYTES UPDATE

Over the last couple of months, Gloucester High School has been transitioning to an upgraded finance system called School Bytes. This upgrade has already created more efficient ways of processing and accessing financial information. We are now ready to introduce the next phase, which is handling online permission notes with payments. This transition will be gradually introduced while still offering the traditional printed note method.

You may have already discovered School Bytes and we hope that you have had a smooth experience and are enjoying the benefits of this new system. If you haven't, we encourage you to follow the steps outlined in the email sent to parents and carers on Thursday 23 May.



Parent Payment & Permissions App

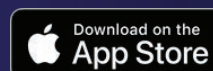
Available now!

Download from App Store or Google Play by clicking the image below



Key Features

- Make school payments online & download receipt
- Use a family credit to pay for an activity (excursion) or school contributions (fees)
- Complete, submit & view status of online permission notes
- View all historical payments & request refund if required



PARENT-TEACHER EVENING



Save the date:

Tuesday 30 July 2024 (Week 2 Term 3) 3.30pm - 6pm

- Meet and develop a relationship with your children's teachers
- Students encouraged to attend and play an active part in the meeting
- Improve outcomes for your children
- Provide your feedback and liaise with school staff
- View a showcase of students works in the school hall

Interview booking will open at the end of Term 2 via the Sentral Parent Portal.

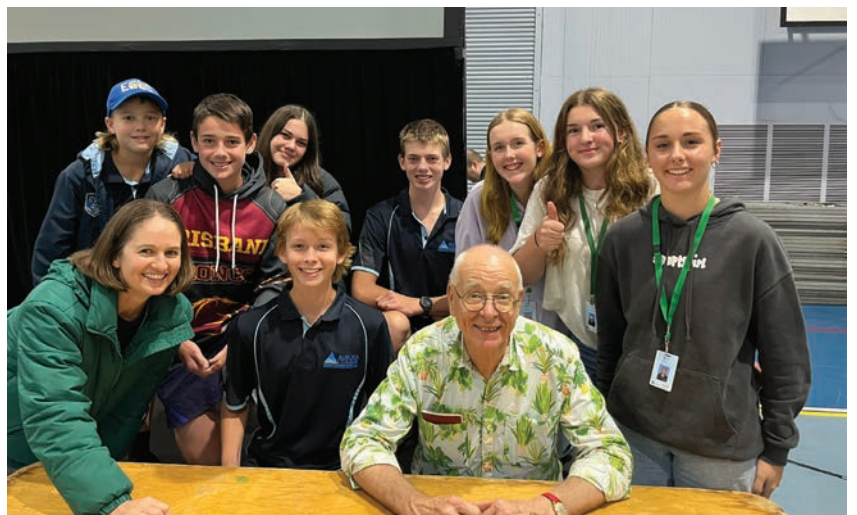
AURORA RESIDENTIAL

Our Aurora College students recently travelled to Sydney to spend a week with their online classmates and teachers. They participated in a range of activities covering all subjects including a cultural heritage boat ride around the harbour; university, museum and gallery visits; theatre performances; author workshops and even a visit from Dr Karl Kruszelnicki!

From the students:

The musical '& Romeo' was my favourite part. It was performed in the Sydney Lyric Theatre and had an engaging story and popular songs. It was a good experience because I had never seen a live theatre performance before, and it was pretty spectacular. **Christopher Bolton, Year 8**

For all Year 9 girls our favourite part of residential was catching up with friends face to face. We also enjoyed the UNSW visit and campus tour. It was very informative and we enjoyed getting a sense of uni life. **Jessica Marchant, Year 9**



TOTAL FIELD DAY 2024

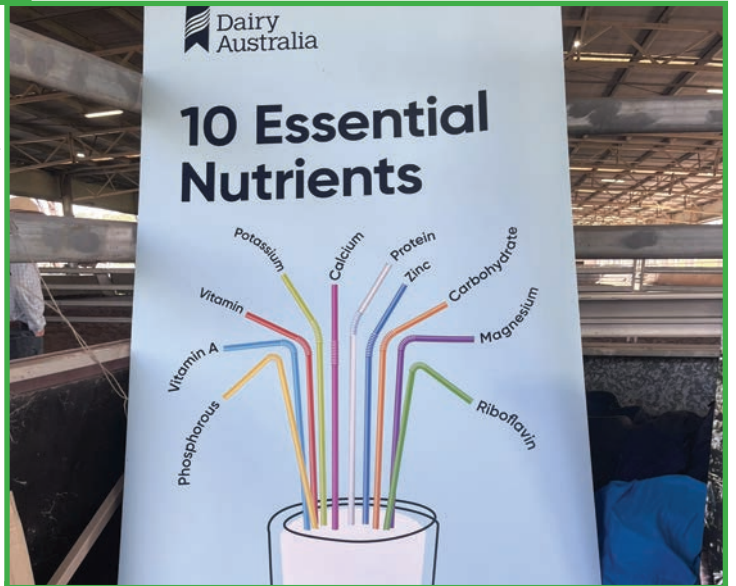
Total Field Day was held earlier this term. Forty-two keen agriculture and primary industries students from Years 9 – 12 attended.

Throughout the day, students could watch demonstrations, engage in activities and have conversations with experts from a wide range of industry areas.

There were live animals including beef cattle studs, dairy cows, llamas, a petting zoo, and a highlight is always the pig races!

Many demonstrations were running at different times throughout the day. Some that we got to see included safe motorbike riding (involved side-by-sides, quad bikes, 2 wheelers), bush tucker foods, milking, and farrier skills.

total field days



WINGHAM BEEF WEEK continued...

What a fantastic and positive learning experience Wingham Beef Week was. So many laughs, and tears, were shared it's hard to know where to start.

2024 Wingham Beef Week was bigger than ever with 35 schools or studs represented, 209 cattle entered and 410 competitors. As well as the serious events, the committee put on several fun and educational activities including the young farmers challenge, halter making workshop, a disco, plus an education afternoon where students heard from the Sydney Royal Showgirl, Nutrien, Tocal Ag College, Meat & Livestock Australia, High Country Drones, plus watched preg testing and AI demonstrations.

We had success in our Paraders events with Lachlan Sansom placing 6th in the 16 years and Albie Cameron making it through to the final of the 15 years. Meghan Baldock placed 4th in the 17 years of the junior judging and Selina Denyer placed 2nd in the 16 years. Our nominee for the Hobbs Encouragement Award, was Kaitlyn Beggs who made it through to the final 6.

Beef Week is a unique event where cattle are judged both on the hoof and hook. On the hoof, our JSA steer came 6th in his Heavy Middleweight heat and Theodore came 4th in his Heavyweight heat. On the hook, we had great success. Wingham 3 (who was donated to us by Webecks at Sunnyside Gloucester), came 1st in the Sunnyside competition on the hook, Utopia (heifer) came 4th in her Light Middleweight class, and JSA came 2nd in his Heavy Middleweight class. JSA further received Reserve Champion Heavy Middleweight and went on to be awarded Reserve Champion Open led animal on the hook!

An event like this is the result of months of planning and consistent hard work, so our thank you list is quite long. To Mr Murray, our Head Teacher, Mr James Hooke for feeding our animals, all his lead up assistance and thorough packing, Mr Steve Bignell for transporting our animals, Mr and Mrs Beggs for transporting our gear in their trailer, Mrs Fraser for the loan of her horse float, Mr Cameron and Mr De Angelis for driving the bus.

A special mention to Steve and Tracey Bignell who donated a 3 in 1 cow calf unit. This included both The Lorax and Remmi who were taken to Beef Week. These animals, with their very quiet and kind nature, proved to be an invaluable inclusion to our show team as many students gained confidence and skills they may not have otherwise had the chance to do so.

Thank you also to Jamie Andrews from JSAngus, Gloucester, who donated the JSA steer. We are very pleased to have had such great success with your animal.

Mrs Sally Andrews, Ag Teacher



WINGHAM BEEF WEEK continued...

From the students:

- Last week, 16 of us went over to Wingham to attend Beef Week. We spent the week prepping, showing, and judging cattle, often starting our days nice and early at 5am. We were also able to then go over to the abattoirs to judge some carcasses and different cuts of meat which was really interesting. On the last day, we went back over to the abattoirs and looked at our own animal's carcass which was great to see and compare them all. My highlight of the week was definitely living it up at the disco. A big thank you to everyone involved and to Mrs Andrews and Mr Murray who made the week possible for us all. You guys did an amazing job, thank you! **Irelyn Want, Year 10**
- Beef Week was an amazing experience, and I learnt many things (including some of my friends' fears)! It was a good learning experience to learn different meat cuts and how we can improve our cattle for next year's beef week. **Amy Rumbel, Year 10**
- last week the show team went away to Wingham Beef Week. We did parading, judging of animals and carcasses in the abattoir. At the end of the week, we got to view the carcasses of our animals. There were 410 students from 35 different schools. For being such a small school, we did very well overall. **Andrew Fraser, Year 10**
- Beef Week was great- having to do fun activities, leading, being together and so much more. I learnt a couple (of things) that I can use and teach in the future. **Dylan Crossley, Year 10**
- Wingham Beef Week was an amazing week. I enjoyed getting to work with the cattle and learn more about the process that the cattle have to go through. It was fun being able to share happy and sad memories with amazing people. **Kaitlyn Beggs, Year 11**
- It was a great opportunity for the school. We got to have some excellent opportunities through leading, judging, and getting to go through the Wingham Exports (abattoirs). **Selina Denyer, Year 11**
- This year's Wingham Beef Week was my second time going and as always, it was an amazing experience. You always leave full of new information that you can carry with you out into the agricultural industry. The educational night has talks about different aspects of agriculture along with hands on activities. My personal favourite was the halter making class. Paraders is always a learning experience and very enjoyable. And of course, the competitors disco is a great way to end the week. I thoroughly enjoyed my second experience of Wingham Beef Week. I have gained team-ship and leadership skills, as well as confidence. **Amber Smith, Year 12**



STUDENT LEADERSHIP DAYS

Throughout Week 4 students across the school have been participating in group leadership workshops with Susie Edmonds.

It started with our SRC leaders on Tuesday, where the SRC participated in fast paced activities focused on communication and team-building skills. This allowed the students to develop positive relationships with each other and come together as a group to expand their skills. The afternoon session saw the SRC students planning and organising future events for the school.

Year 7 and 8 leaders completed wellness tasks designed to foster positive thinking in leadership. They also participated in a blindfolded activity where they had to lead each other in a throwing game. The afternoon sessions for Years 7 and 8 involved creating videos using pictures from around the school to build a positive environment for future skills while embedding communication and leadership abilities within their groups.

Year 9 and 10 leaders analysed their strengths and the strengths that it takes to become leaders. They participated in a building tower challenge to emphasise their team-building and group communication skills, working on solidifying their abilities to become potential leaders in the years ahead.

Overall, the three leadership sessions saw a tone of high positive energy that engaged students in fast-paced activities.

Mr Sam Cornall, SRC Coordinator

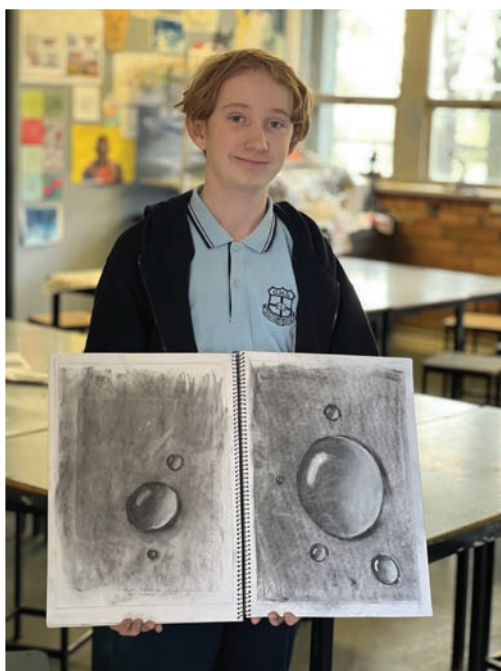


STUDENT LEADERSHIP DAYS continued...



FROM THE ART ROOMS

Year 11 Visual Art students have focused on their artmaking skills over the past few weeks. Some have challenged themselves by experimenting with new artmaking materials and have achieved some very impressive results. Pictured clockwise: Gaibryell Smith, Ruby Tonks, Kulle Dimaculangan, Henry Greenham and Xavier Soupdis.



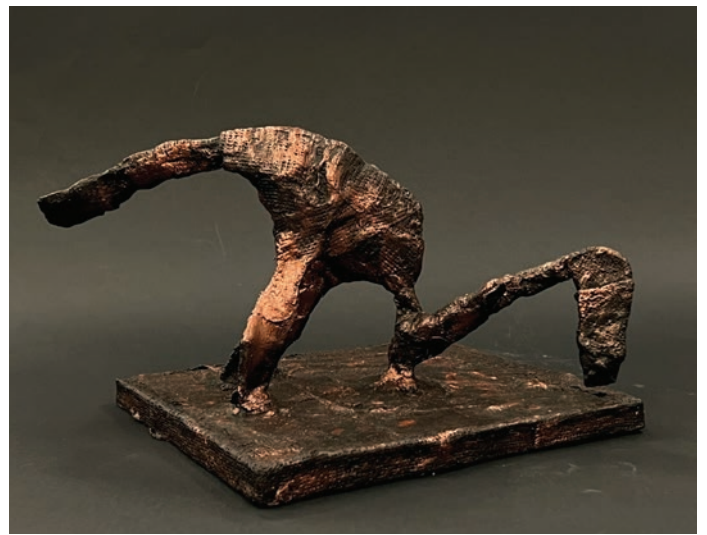
Year 7 student Archer Blessas did a great job with his charcoal drawings of water droplets and Year 10 Photographic & Digital Media class have taken a dive into the world of photo editing using Artificial Intelligence... yikes!



FROM THE ART ROOMS continued...

Year 8 have recently completed figurative sculptures inspired by the work of Swiss artist Alberto Giacometti. Part of the challenge was to make their figures look emaciated and as if they were cast in bronze. They were, however, created from a wire armature and plaster bandage, finished off using metallic paint and a dry brush technique.

Mrs Wendy Fraser, Art Teacher



Alex Terras



Holly Davies



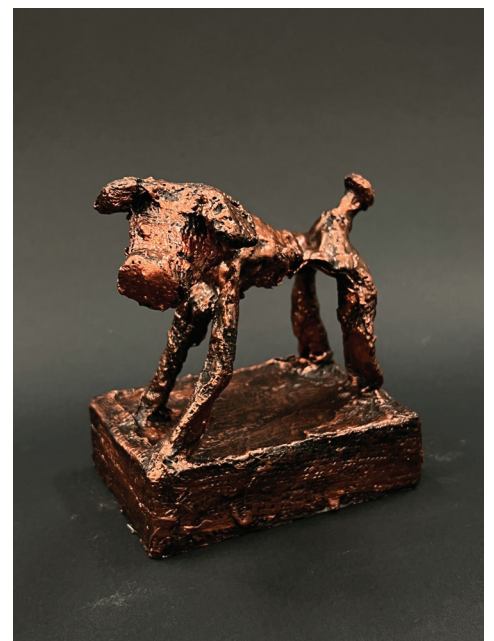
Jali Wilson



Evie Bradney



Indi Dodds



Maria Wilton

HOLLI WHEELER CUP - GIRLS RUGBY LEAGUE

Two girls rugby league teams travelled to Port Macquarie for the Holli Wheeler 9 a side day on Friday 17 May.

The Gloucester High School U14 Girls - Our first game saw us take on Hastings Secondary College and the girls came away with a 20-4 win. Tries to Lily Sansom(2), Lara Kemp, Bonnie Clarke and Emily Clarke.

Our second match was against Great Lakes. A fantastic game by both teams with an 8-8 all the end result. Both Gloucester's tries to Emily Clarke.

In our last game we played Camden Haven and went down 12-4. Gloucester's try to Lily Sansom.

Well done to all the players who played very well throughout the day.



U14 Girls

Back: Mr Adam Cameron, Lily Sansom, Amelia Wooster, Lara Kemp, Ruby Blanchard, Emily Clarke, Mackenzie Young

Front: Madison Gooch, Bonnie Clarke, Kyharlee Holden, Evie O'Neill, Poppy Murphy, Sarah Renwick

The Gloucester High School U16 Girls - We took a very inexperienced team up to Port Macquarie. Many of the team had not played a game of Rugby League before. Our first game was against Great Lakes College, and they came out firing beating us convincingly by 5 tries to nil. As we were walking over to start a warm up for our next game we were asked by an official to step in for a missing school and play an extra game. The team was undecided, so the coach made the call. We played MacKillop College in this match and again they had very experienced players and our girls did their best and really started to defend well but went down 5 tries to nil. In our third and fourth matches our students came together and really showed what they had learned from their previous experiences. We went on to win both these matches by more than a couple of tries, beating Port Macquarie High School and Camden Haven High School. Well-done girls you really showed determination and did your school proud.



U16 Girls

Back: Halle Camarda, Jessica Marchant, Alice Murphy, Amber Wilson, Rubi Tull, Nylah Wisely, Alicia Edwards, Reannah Yates, Hayley Edwards, Mr Mik Wisely.

Front: Hayley Green-Crook, Lilly-Jade Schumacher, Kaylee Bagnall, Melody Maslen

COUNTRY CUP - BOYS RUGBY LEAGUE

We attended the Country Cup Carnival on Tuesday 21 May held at Tuncurry represented by two teams, U13s and U15s Boys. Both teams had a limited preparation due the rain and condition of our grounds. We did have a couple of solid training sessions and had two squads ready for some footy.

The Gloucester High School U13 Boys had a great day winning both games very convincingly, beating Great Lakes College and St Clare's Taree. We did have some standout performances, but in general the team worked very well together in defence. This meant we had to play Taree High School in the final. Unfortunately, we went down 8-10 but our team showed great skill and determination for the whole game and can be very proud of the way they represented our school.

The Gloucester High School U15 Boys saw a couple of tough matches. We were defeated by Great Lakes College and by St Clare's Taree. All players continued to play hard throughout both matches and should be proud of their efforts.



U13 Boys

Back: Mr Mik Wisely, Rory Ashby, Eli Stuckings, Jarrod Plater, Beau Laurie, Justin Boorer, Ajay Jolliffe, Hunter McKinley.
Front: Josh Stanton, Miller Ribbons, Sam Griffin, Dean Griffin, Corey Everett, Pharaoh Genoli, Nicholas Heckenberg

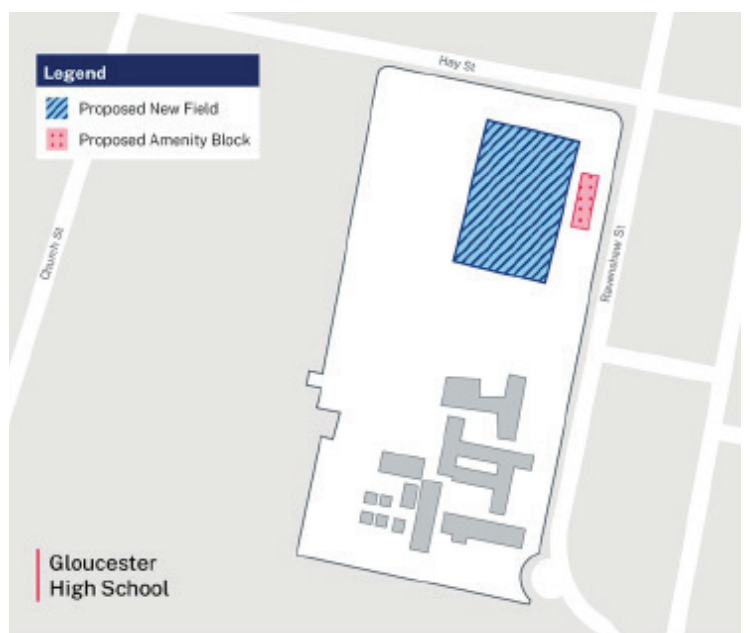
WE HAVE AN EXCITING NEW OPPORTUNITY

The department is seeking Expressions of Interest to create an all-weather synthetic playing field with amenities block at our school.

These will be built within the grounds of the school for use by our school and students but available for community use outside of school hours.

This is known as a joint use agreement that increases the availability of high-quality resources for schools and students, and communities.

If you have any questions, please contact the department's Asset Activations team **Asset. Activations@det.nsw.edu.au** and visit the department's website.



NSW NETBALL SCHOOL CUP

On Tuesday 14 May, we took two girls netball teams to Taree to compete in the local NSW School Cup.

The Year 7/8 team dominated their pool all day with 5 straight wins against Great Lakes College Tuncurry, Great Lakes College Forster and Manning Valley Anglican College. Our shooters performance was outstanding with a high percentage of shots made on the day. All girls displayed strong defence down the court with many intercepts resulting in goals for the team. Congratulations to the girls on their awesome teamwork and presentation of great sportsmanship all day.

The Year 7/8 side have been successful in moving on to North Coast Regional finals in Port Macquarie on 8 August. Best of luck to the girls.

The Year 9/10 girls won two of their first three games, resulting in a second place finish for Pool B. The centre court players worked the ball down the court well all day, while our defence created many turn overs for the team. Our shooters worked hard all day, working the ball in and around the circle to create shooting opportunities.

Round 4 was a cross pool game against Pool A, 1v2. The girls were beaten by a very strong Manning Valley Anglican College team in this final game, resulting in 3rd place overall for the day. Well done to all of the girls who displayed fantastic sportsmanship, encouraging each other consistently throughout day.

Thank you to our volunteers, umpires Betty Pearson and Sally Maslen and scorers Cara Gruisinga and Makaylee Gooch.

Mrs Margo Cameron, Netball Coach



Year 7/8 team

Back: Madison Gooch, Lily Sansom, Darcy Hall, Lara Kemp, Olivia Wade, Matilda Blayden

Front: Bonnie Clarke, Ellie Cameron, Amelia Gruisinga, Janelle Brookes, Samantha Fraser



Year 9/10 team

Back: Charlotte Marchant, Kymani Tarr, Amber Wilson, Sienna MacDonald, Jessica Marchant

Front: Lilly-Jade Schumacher, Kaitlin Perry, Melody Maslen, Amy Fry, Alice Murphy

NSW SCHOOL VACCINATIONS

A reminder, Hunter New England Health will be holding a routine school vaccination clinic at Gloucester High School on Thursday 30 May for Year 7 & Year 10 students. Consent for school vaccinations can now be provided online here - <https://engage.health.nsw.gov.au/engage> by selecting School Vaccination Program.

Each year NSW Health works in partnership with schools to offer the vaccines recommended by the National Health and Medical Research Council (NHMRC) for adolescents as part of the school vaccination program.

In 2024 the following vaccines will be offered:

YEARS	VACCINE	NUMBER OF DOSES
Year 7	Human papillomavirus (HPV9) vaccine	Single dose
	Diphtheria-Tetanus-Pertussis (whooping cough) vaccine	Single dose
Year 10	Meningococcal ACWY vaccine	Single dose

Schools will distribute a URL and a QR code to all Year 7 and Year 10 parents at the beginning of the 2024 school year which will provide access to an online Parent Information, privacy statement and consent form. To consent to the vaccination of their child, parents/guardians are advised to:

- Enter the URL into your browser, select the School Vaccination Program tile and follow instructions.
- read all the information provided
- complete the online consent form and give consent for which vaccine/s they would like their child to receive
- ensure that their child eats breakfast on the day of the school vaccination clinic.

To improve vaccination completion, students whose parents/guardians have provide consent while in Year 7 or Year 10 and who miss vaccine doses at any clinic, will be opportunistically offered these vaccines at each clinic visit throughout 2024 (Year 7 or 10) & 2025 (Year 8 or 11).

Parents/guardians who wish to withdraw their consent for any reason may do so by amending their student's online consent. The Procedure for Withdrawal of Consent is available on the NSW Health website at http://www.health.nsw.gov.au/immunisation/Pages/withdraw_consent.aspx

A Record of Vaccination will be provided to parents by SMS once a student has been vaccinated. Parents/guardians should not assume that their child has been vaccinated if they do not receive this SMS notification.

NOTE: If you experience difficulty with accessing the online consent package, please speak with the School Vaccination coordinator at your school.

[Providing consent for your child to receive a vaccination at school - Immunisation programs \(nsw.gov.au\)](https://www.health.nsw.gov.au/immunisation/Pages/withdrawing-consent.aspx)



How to

be an

upstander

If you see someone being bullied, there's a lot you can do about it. Here are some actions you can take to become an Upstander.

1

Be a friend

Show some support to the person being bullied. Whether it's having a chat after school, or reaching out online, let them know that you've noticed the bullying and you're on their side.

2

Shift the focus

You can interrupt bullying in the moment by asking the person who's being bullied for their help with something, or invite them to sit with you. If you know the person doing the bullying, try to pull their attention away from the person they're bullying.

3

Speak up

Calling someone out can be scary, but if you feel safe, calmly let them know that their bullying behaviour isn't okay. By taking the lead, you'll make it easier for other people to be an Upstander too.

4

Take a step back

If you don't feel safe to step in and stop the bullying while it's happening, it's okay to walk away and think about what you can do to help. Say something to the person who's doing the bullying later on, or if speaking face-to-face isn't your thing, send them a text or DM.

5

Ask for help

Support the person being bullied to seek out help. Or, if you're worried about their safety, it might be time to take things further. You can report the bullying to a trusted adult such as a teacher, school counsellor or parent.

Life doesn't always go as planned.

That's why there's ReachOut – a safe online place to chat anonymously, get support and feel better.

Learn more at ReachOut.click/upstander

We're in town

See you soon, Gloucester.

Thursday 30 May

Friday 31 May



Gloucester

Gloucester Mobile Donor Centre


Billabong Lane


Thursday 12.30 pm until 6.30 pm

Friday 9.00 am until 1.00 pm

Book your donation now



 **13 14 95**

 **give blood**



Gloucester Showground

Gloucester A. H. & P. Association Inc.

SPONSOR A CHAIR

ONE LINE

THIS SEAT SPONSORED BY

• Suzia Cunningham •

Your donation will support the further installation of chairs around the showground, for community convenience during future events. Thank you in advance for your support.

TWO LINES

THIS SEAT SPONSORED BY

• The Henderson Family •

CHAIR PLAQUE: \$50.00 EACH

Your donation of \$50.00 entitles you to have a name, business or message engraved into a plaque as a lasting record of your valued support to the Gloucester A. H. & P. Association Inc.

THREE LINES

THIS SEAT SPONSORED BY

• Brougham's Landscaping Supplies •

The Chair will be permanently installed at the Gloucester Showground, proudly showing your donation.

Plaque Size: 90 x 55 mm

PLAQUE NAME DETAILS

Please print clearly in block letters (CAPITALS) and always use the ampersand symbol ("&"). Each box represents a character (letter, number, punctuation mark or space). Max: 16 characters per line, three lines per plaque. (No drawings)

NAME	LINE 1	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
	LINE 2	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
	LINE 3	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Simply fill out this form and return (printed or email PDF) along with receipt of full payment by bank deposit, cash, cheque or money order to:

Bank Deposit - Gloucester AH&P Association BSB: 082 595 Account Number: 16 753 3116 Reference: Name
Phone: 0461 351 728

Email: secretary@gloucestershow.org.au

Postal Address: PO Box 232 Gloucester NSW 2422

Full Name or Company Name

Address

City

State

Post Code

Phone

Email

Our Donation Amount (\$)

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

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Deputy Principal
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Email:
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