carinity education GLADSTONE

May 2020

A WORD FROM THE PRINCIPAL

As we continue to work through these unprecedented and challenging times, which have not been seen in schools for over 100 years, I would like to thank-you for your ongoing patience, support and understanding, Thank you also for your cooperation in keeping your child home and safe at this time.

The success of our home learning program has come from our combined resilience throughout this period and is a display of the strength in our staff, student and parent/carer community. We have all worked together as a team and will continue to do so as changes are directed by our Governments and the World Health Organisation.

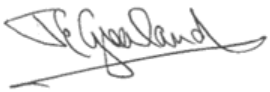
Carinity Gladstone is very conscious of the fact that not all students/families have access to online learning technologies at home. To this end, we have been preparing for the continual provision of paper-based learning and also considering the necessary arrangements to enable this to occur. Our planning and preparation has enabled our young people to continue to maintain close contact with their teachers and continue their learning, no matter the circumstances. Our amazing team of Youth Workers and their Leaders have been well prepared and will continue to provide social and emotional support for our young people.

I have an immense sense of pride and gratitude for our staff, who when faced with very challenging circumstances throughout the term, placed the students as their priority and delivered quality work under great pressure.

We remain resolute in our view that no matter what the Term or Year brings, we will find a way to provide the education that our students deserve.

Once again, my special thanks to all parents and caregivers for your support and positive feedback during this difficult time.

Jane Greenland



Inside this issue

Well Being....2
Unlimited....3
Aquatics....4
Remote Learning....5
Term 1 Geography....6
Art....7
Hospitality....8
VET....9
Senior Media Art....10
Snapshots....10
Child Protection Officers....11
Snapshots....12

What is Good Health?

With Cassie

Social and emotional wellbeing is essential for our overall health and wellbeing. Being socially and emotionally well means being able to realise your abilities, cope with the normal stresses of life, work productively and contribute to your community.

Here are 5 Steps in looking after yourself

1. Get to Know Yourself

It might sound a little obvious, but if we dig deeper into what we know about ourselves, we will often discover that a lot remains hidden. We have an idea of who we are and a general sense of our likes and dislikes, but when it comes to our behavioral patterns or even the quality of our thoughts, we can be quite clueless.

Consciously spending time investigating your thoughts and how you relate to your life will certainly reveal some surprising insights into who you are and what you need. This will support you to make healthy choices to take care of your physical, mental and emotional health.

2. Reach Out

Humans need regular social interaction to maintain good health – literally. We are wired to enjoy better physical, mental and emotional health if we are part of a community.

Yes, you will have to come out of your comfort zone if socialising doesn't come naturally to you, but there is no need to force yourself to become the life of the party. Instead, start where you are, think of what is doable for you now, and find people you have something in common with.

The main point is that you feel seen and you get into the habit of sharing some of what goes on with you. Moreover, you get to be there for someone else, too, which will likely make you feel useful and valued.

(This can happen through social Apps, reconnecting with old friends, and making new friends)

3. Get Moving

You've already heard countless times that exercise helps to lessen depression and keeps us physically and mentally flexible, which is reason enough to get some of your favourite sports in. But it's more than just exercising; your mental and emotional health benefits from keeping your energy moving freely and not allowing yourself to get stuck in a mood for too long.

Again, it's all about balance, so forcing matters is never helpful, especially when you are only trying to get rid of very real emotions and experiences that need the space to be processed.

However, gentle ways to keep things flowing – even in difficult and painful times – can create a bit of perspective or, at the very least, some distraction.

For instance, try going for walks, taking three deep belly breaths throughout the day, doing some light yoga, getting that one house chore done, painting or creating in some other way, or even just putting on your favourite music to dance to in your living room.
Fresh air and nature have also proven to enhance well-being and reduce stress, so be sure to get outside when you can.

4. Schedule Breathing Space

However, in order to prevent any self-sabotage and to ensure you take the time you need, it's best to simply schedule some free time for doing absolutely nothing.

If doing nothing makes you anxious, then find another way to take a breather, such as sitting on a bench in the park or practicing some form of meditation. Whatever you do, allow space for your mind to wander and your feelings to show up as they are.

5. Prepare for Lesser Days

To take care of yourself means taking responsibility for your own mental and emotional health, as well as physical wellbeing. After all, you are the person who knows the most about you, so it makes sense that you should be the one to put this information to constructive use.

One of the ways in which you can practice effective self-care is by celebrating the good days and preparing for the not-so-good days. Whether you have a mental condition or not, life inevitably throws us curveballs and it is useful to know what we need when it does.

For instance, you can draw up a self-care checklist that you can go through on days when you just don't know what to do with yourself. Include basic needs, such as water, food and sleep, as well as needs specific to you personally, such as distractions that work for you, people or helplines to call, and practices that bring you comfort or relief.

Unlimited

This term a group of students have been partaking in a program called UnLimited. The UnLimited program aims to help each student understand and to experience that their potential is UnLimited. It empowers students to make healthy decisions regarding their lifestyle and consequent behaviour by accepting responsibility for their own lives and future. The group of students were taken through a range of different activities that tested their trust they have with each other through teamwork. The UnLimited program is run by one of our Youth Workers Joshua Noovao, (Cooki).

8 5 2 NUMERACY with JD 2 8 5 4 7 3 9

Congratulations to all the students in 7 - 10 who have been working so well from home! I'm really impressed with the work I've seen coming back and want to thank you all for asking questions and continuing to do your maths from home. It's good to see so many people taking their education seriously and trying to improve themselves every week. Keep up the great work and I look forward to seeing you all once we're back at school again.

AQUATICS

First swimming lesson with instructor Bec from Souths Pool. The Year 11 Aquatic Practices class are learning vital skills to participate effectively in aquatic environments whilst building up their fitness for their open ocean snorkel adventure.

As part of their Sustainable Fishing Unit of work, students in Year 12 have to demonstrate appropriate rod set up, bait use and fishing techniques. Ambur successfully caught and released this bream.

The Year 12 Aquatic Practices class have constructed a Red Claw aquaculture farm as part of their project based learning.

Anthony and Jarred are testing water quality of their aquarium set up. This project was part of their Aquatic Practices assessment where students had to demonstrate the set up and maintenance of a marine environment. The boys chose to set up a tropical aquarium environment stocked with Southern Playfish and Hector the Peruvian Leopard Sailfish.

Students in Year 11 Aquatics learning valuable surf life saving skills as part of their Aquatic Practices course.

Remote Learning

With many of our young people working from home for the past few weeks, the teachers and youth workers have been busy calling, texting and connecting with students via TEAMS.

You may have noticed our amazing youth workers out and about delivering packed lunches, learning packs and wellbeing resources.

With seniors set to return to school shortly, the VIP home delivery will continue for our Years 7, 8 9 and 10 while they continue to learn from home.

Junior Literacy

With Sarah and Jacqy

Last term in Junior Literacy we explored Australia's diverse society and created an Australia Day poster that celebrated what it means to be an Australian. We had some amazing poster designs from students and it was wonderful to see everyone's creativity. For the first half of Term 2, we are focusing on building our literacy skills including our punctuation and grammar. It is important that you try your best with these activities as they can better support your learning in all your other subjects.

Term 1 Geography

In first term, years 7, 8, 9 and 10 did a geography unit about Water which involved lots of field trips around Gladstone.

The first thing we learned was what NOT to do on field trips.

Once that was clear, we set off with our clipboards to investigate geographical features in our local environment. Here are some of us surveying the duck ponds at Reg Tanna Park, viewing the natural Port of Gladstone and exploring the historical Tondoon Dam.

ART

Young People from the Art elective have been producing masterpieces

Zabi is holding his collection of coil pots that have been planted with cactus.

Ash admires all her hand built pots just out of the

Fee is throwing her first pot using the potters wheel.

Ros finishes a small bowl on the wheel.

Hospitality

This term many of our wonderful young people have been learning remotely from home however this has not stopped them from cooking up a storm with some recipe packs dropped to their home by the youth workers.

Jett has been busy cooking with his mum and cooked Pasta Carbonara from the kit the youth workers dropped off to home. Jett had down loaded the recipe from Teams and made pizza scrolls.

Jett is a legend!

Year 11 Hospitality student- Ebonhi Gibson, finished all her work booklets ahead of time and made this delicious looking chocolate cake.

Brandi received the same packet mix and she made muffins. She sent in this photo before she iced them.

Site Visit – report by Tyler McGuire (Yr 12)

On Thursday 5th March Year 12 students attended an excursion at NRG (Gladstone Power Station). All students undertook an induction on safety and emergency procedures. We all got safety gear and went for a drive around the power plant and were shown the coal stockpiles, coal conveyer belts, turbines, generator, transformer, control room, electrician room and the chemical lab. We learnt that NRG supplies most electricity to the east coast of Australia. They have over 190 full time employees and offer a variety of employment opportunities. We learnt that some aspects of the plant can't be accessed when faults occur. This demonstrates how important it is to have all equipment working at all times.

VET Program

This year we welcome a new staff member to the Carinity family, Karen Larose. Karen joins us with many year experience in the Vocational Education Training (VET) sector and we are feeling extremely lucky to have her. This year has already been busy for the year 11 and 12 VET students as they embark on their certificate courses and attend Tafe classes.

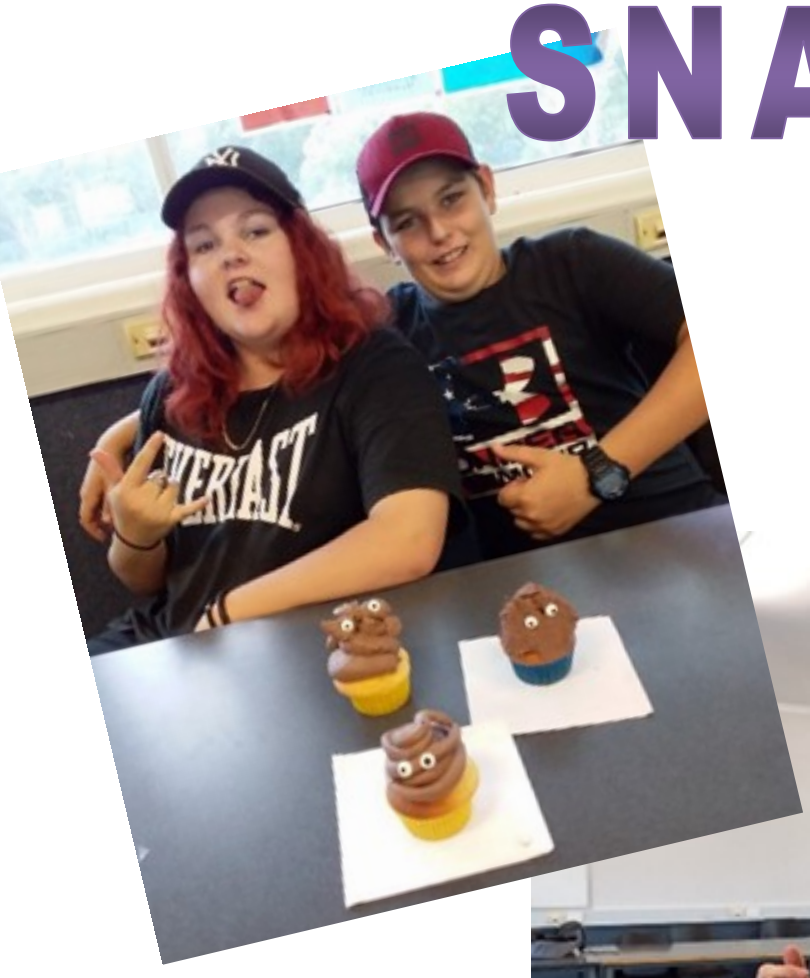
Senior Media Arts

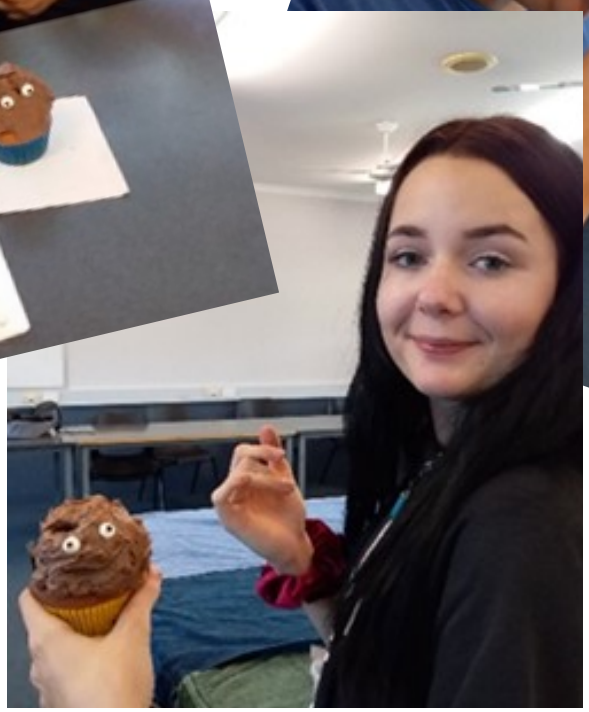
Last term our Year 12 students created some interesting documentaries on Cyril Golding. They demonstrated their film skills by taking video of important sites around Gladstone and putting them together using Windows Movie Maker. This term, Year 12 students will be creating promotional posters for their documentary.

Year 11 students began their introduction into Media Arts by designing a promotional poster for a food truck event. Students created their own logos and edited pictures to create some amazing posters. They will continue promoting their food truck event by designing a website that shows off their developing media skills.

Fantastic work from our seniors and I hope it continues this term.

SNAPSHOTS





Gotta love those poo cakes!

CHILD PROTECTION OFFICERS

Carinity Education Gladstone is committed to the safety and wellbeing of children and the protection of children from harm. All staff follow the Carinity Code of Conduct, Child Protection Policy, Child Protection Risk Management Strategy and Procedure for Carinity Education Services and the ISQ Children Protection Policy. The Child Protection Officers at Carinity Education Gladstone are Jane and Cassie.

carinity education GLADSTONE

CARINITY EDUCATION GLADSTONE
CHILD PROTECTION OFFICERS
PLEASE REPORT INAPPROPRIATE CONDUCT TO:

CASSIE BENJAMIN

JANE GREENLAND

"Our vision is to create a school community where young people are loved, accepted and supported to reach their full potential"

CONTACT INFORMATION

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CARINITY EDUCATION — GLADSTONE

Governing Body: The Baptist Union of Queensland

Carinity Education— Gladstone is an Independent school funded by the Queensland Department of Education and Training, the Department of Communities and the Commonwealth Department of Education and Training.