



HEAD OF YEAR 10 *Newsletter*

Mikaela McGreevy

Dear Parents and Carers,

Welcome back for Term 2. I hope the school break treated you well with plenty of relaxation and reflection on a successful Term 1. We have a jam-packed term with multiple events occurring each week.

CONNECT PROGRAM – TERM 2

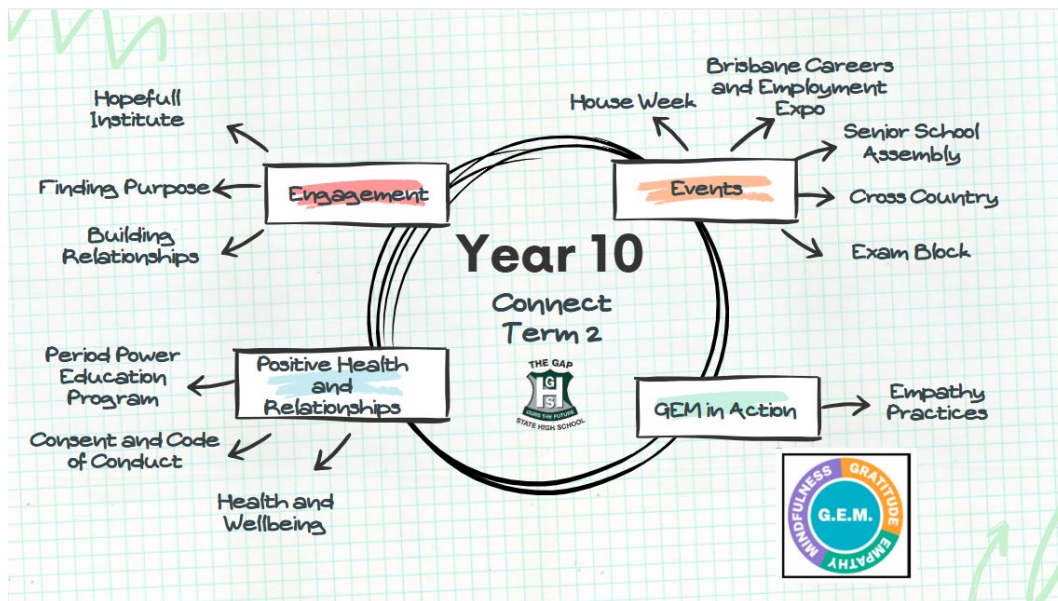


Being Kind in Term 2

As we set our goals towards exploring and empowering our students in their senior schooling phase of learning, we take the opportunity in Term 2 to reflect on our school value of Being Kind and what that looks like in action.

This term we are focusing on finding purpose with overcoming unhelpful thoughts and directing our thinking to consider all perspectives. As we navigate Term 2, our conversations with Year 10 students will involve asking:

- How am I showing kindness to others?
- As I get busier and stressed, am I showing compassion for myself?
- Am I being fair to myself and others?
- Where have I taken a moment in my week to value the people closest to me?
- What activities or tasks can I implement in my week to allow myself to recharge?





HEAD OF YEAR 10 Newsletter

Mikaela McGreevy

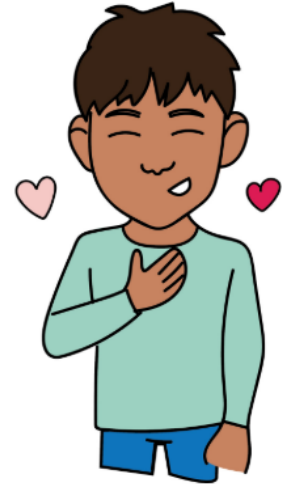
One of our focuses this term with our Resilience Project implementation is to encourage our consistent use of empathy chats. Empathy involves understanding others' feelings and perspectives and is practised through kindness, compassion and curiosity. Here is how you can implement a GEM chat at home.

HOW TO USE GEM CHATS

Make GEM Chats a part of your dinner routine to reflect, check in, and practice empathy.

Try these prompts:

- ★ Thank each family member for something they've **done or said** today.
- ★ Give each family member a **compliment**.
- ★ Share a time when someone has done **something kind for you** this week. Describe how it made you feel.
- ★ Think about someone special in your life. **What makes them special**, and how will you let them know this week?
- ★ Who made you **feel cared** for this week? What actions did they take?



DATE CLAIMERS

- 23rd April – Cross Country
- 24th April – Whole School ANZAC Day Ceremony
- 25th April – ANZAC Day
- 28th April – Period Power Education Program Guest Speaker
- 29th April – Adair Donaldson Guest Speaker
- 30th April – Immunisations Round 1
- 1st May – The Gap Experience 3:30pm – 6:30pm
- 5th May – Labour Day – Public Holiday
- 6th May – Parent Teacher Interviews
- 19th May – Hopefull Institute Guest Speaker
- 13th June – EXPO: Brisbane Careers & Employment at TGSHS
- 16th – 20th June – Year 10 Exam Block



HEAD OF YEAR 10 *Newsletter*

Mikaela McGreevy

PREPARING FOR SET PLANS

QUT are running a free webinar for parents and carers regarding SET Planning. Gain valuable insights, practical tools, and strategies to guide young people through subject selection and post-school planning. **Thursday 1 May** - two sessions available: **3:30pm or 7:00pm**. Sign up link: [here](#)

What you'll learn:

- How to connect subject choices to career exploration
- Practical ways to support student self-awareness
- The future world of work and decision-making tips

UNIFORM

As we begin Term 2, it is a timely reminder of the expectations of the school uniform at The Gap SHS.

Jumpers: The school green fleece jacket and the fleece V-Neck jumper are available for purchase at the uniform shop. Students are not permitted to wear any non-school jumpers at school and will be asked to remove this if worn.

Facial hair: Students must be clean-shaven, unless wearing a short, neatly trimmed beard/moustache.

Hair: Must be clean and groomed in a neat and conservative style. The following guidelines must be adhered to:

- Only natural hair colour is acceptable. Bright colours or bright streaks are not permitted eg. Pink, Green, Blue and Purple
- All students with hair length that reaches to the collar or below are required to neatly tie their hair up and back off the face, secured with elastics or ribbon. Hairbands, hairclips, or pins should be worn if necessary to hold hair back off the face

Uniform Room E03 – Open everyday before school for students to borrow any items they are missing for the day. Students who do not wear the correct uniform will be issued a lunchtime detention.



HEAD OF YEAR 10 *Newsletter*

Mikaela McGreevy

GUEST SPEAKERS – TERM 2

This term we have a range of guest speakers coming to The Gap State High for our Year 10s.

- Period Power Education Program (Website: [PPEP](#))
This is a health and wellbeing education program aimed for students in Year 10 funded by the Federal Government. This education talk involves awareness of pain, symptoms, comfortable discussion points to support someone in pain. PPEP Talk offers a next step conversation for any parent or caregiver, you can access this [Here](#)
- Adair Donaldson (Website: [A Donaldson Education](#))
Adair will be speaking with our Year 10s regarding reputation management, code of conduct and consent. Adair delivers these presentations to educate students regarding the law and consequences. Adair will return in Semester 2 to meet with our students.
- Hopefull Institute – Glenn Gerreyn (Website: [Hopefull Institute](#))
Glenn will be speaking to Year 10s regarding positive psychology and emotional intelligence. He will be speaking to the Power of Purpose to take action in themselves to reach their goals.

SCHOOLTV - AN ONLINE MENTAL HEALTH & WELLBEING PLATFORM FOR PARENTS

SchoolTV is a fantastic resource we have available here at The Gap SHS. Below are a few links that currently may be relevant for your family this term.

[The mysterious workings of the adolescent brain - Sarah-Jayne Blakemore](#)

[Turning Parent-Teen Stress Into Parent-Teen Success - Neil D. Brown](#)

[Teenagers and Communication](#)

[The Research on Teenagers and Sleep](#)

I look forward to seeing you at our upcoming parent teacher evening.
Have a wonderful term.

Kind regards,
Mikaela McGreevy