



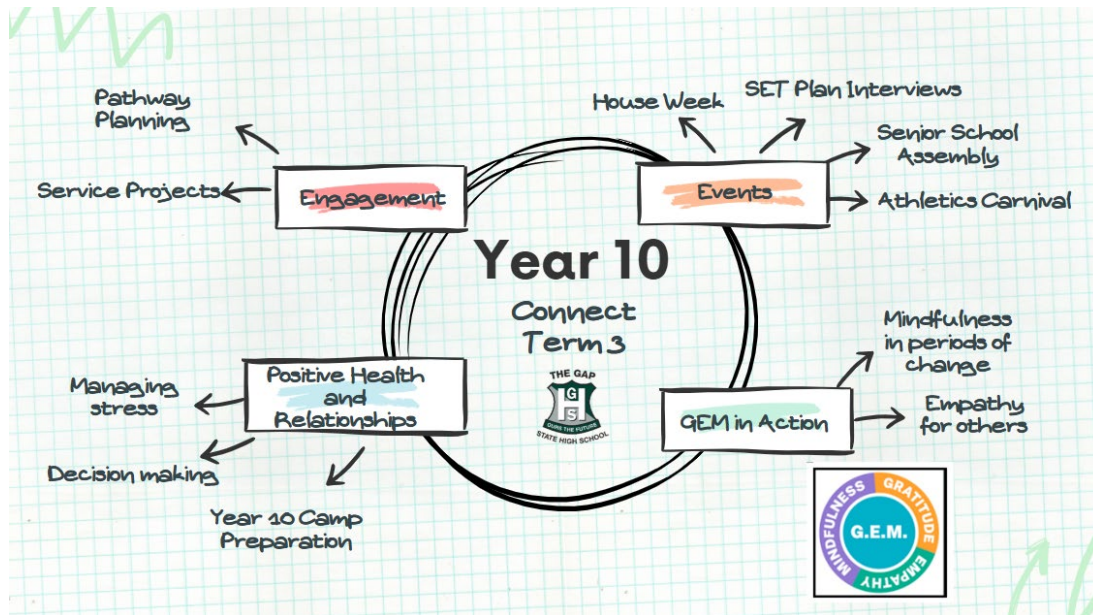
HEAD OF YEAR 10 *Newsletter*

Mikaela McGreevy

Dear Parents and Carers,

Welcome to Semester 2! It has been wonderful to hear how our students went in their first official exam block at the end of Term 2. I have had a lot of Thinking Big conversations of how students will effectively handle their study for future exam blocks and changes they want to make to their study and wellbeing routines.

CONNECT PROGRAM – TERM 3



Stepping Up in Term 3

Stepping Up during the planning process for SET (Senior Education and Training) Plan interviews is a powerful way for Year 10 students to take ownership of their future. It shows maturity, initiative, and a willingness to engage in meaningful conversations about personal goals, strengths, and aspirations. By actively participating, students can make informed decisions about their senior subjects, explore career pathways, and align their studies with their long-term ambitions. This proactive approach not only builds confidence but also ensures that their educational journey is purposeful and tailored to their interests and abilities. Ultimately, Stepping Up empowers students to shape a future that excites and motivates them.



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When thinking about your future pathway, empathy means taking the time to understand what truly matters to you—your interests, values, and goals—while also considering how your choices might impact the people who support you, like your family, friends, or teachers. Being empathetic helps you make decisions that feel right for you, not just in the moment, but in the long run. It encourages you to listen to your own needs and be thoughtful about how your future plans fit into your life and the lives of those around you.

Reflection Questions:

- How do your personal values influence your subject or career choices?
- Have you considered how your decisions might affect others?
- In what ways can empathy help you feel more confident about your future path?

BULLYING NO WAY: NATIONAL WEEK OF ACTION

Being an upstander in school is about choosing to do what's right, even when it's not easy. When students witness bullying, exclusion, or unfair treatment, Stepping Up—whether by offering support, speaking up, or telling a trusted adult—can make a powerful difference. Upstanders help create a safer, more respectful school environment where everyone feels valued and included. Their actions show empathy, courage, and our school value of Thinking Big.

If your child witnesses an event where someone is being mistreated or excluded, empathy is key to helping them process what they saw and decide how to respond.

Encourage open conversations where your child feels safe to share their thoughts and feelings without judgment. Help them understand the importance of being an upstander—someone who speaks up or takes action to support others—and reassure them that even small acts of kindness or reporting the situation to a trusted adult can make a big difference. By listening, validating their emotions, and guiding them through possible responses, you empower your child to act with empathy and courage in future situations.

Students can report an incident to Stymie, Connect Teacher, Head of Year, Guidance Officer or Deputy Principal. Bullying No Way: National Week of Action occurs from the 11th – 15th August. Resources are available at: [Secondary Students Bullying Fact Sheet](#) or [Support Advice for Families](#)



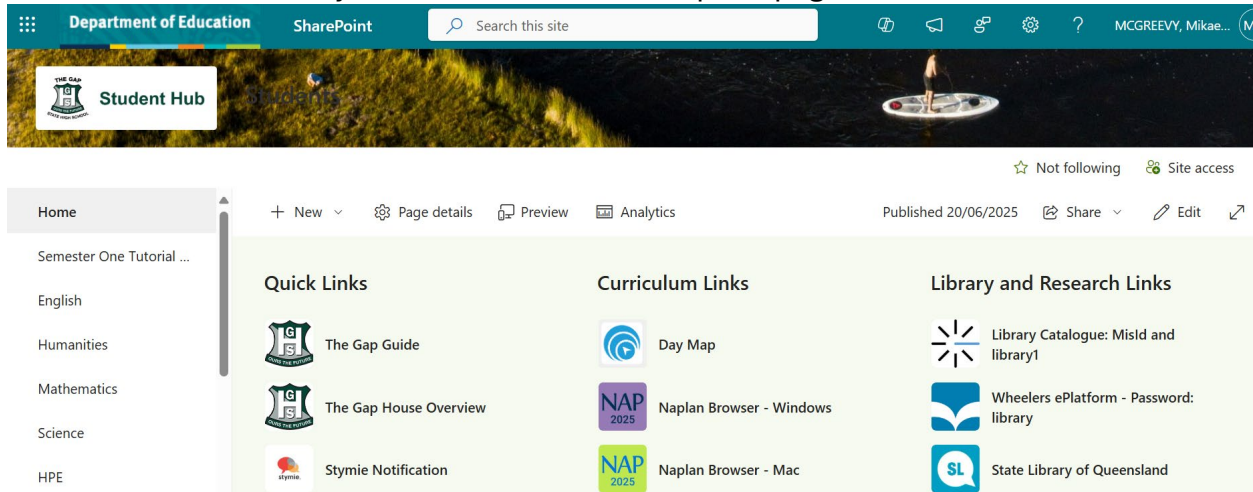
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A reminder about Stymie:

Stymie helps your child to say something by enabling them to report all kinds of concerns, safely and anonymously. Stymie allows students to notify the school about peers experiencing harm, including bullying (physical, cyber, emotional, or relational). Reports include key details like where and when incidents occur, and evidence (e.g., screenshots) can be uploaded. These notifications help staff address concerns following school policies.

Student can submit a Stymie on the Student Sharepoint page:



SET PLANS

Our SET Plan Interviews occur on 14th and 15th August in Week 5. All Year 10 classes will be suspended for these days. You will receive emails regarding how to book in for these interviews shortly.

UNIFORM

As we begin Term 3, 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.





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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.

Footwear: Required footwear for the formal day uniform is a formal black leather lace-up shoe. Shoes must have a non-porous leather upper with a solid toe, and a black non-slip rubber sole with a low heel. Leather versions of street shoes are not acceptable.

Sports shoes are to be worn with the sports uniform only and must be a lace up sports shoe or jogger that provides good heel and arch support. Canvas shoes or street/skate shoes (such as Dunlop Volley or Vans) are not acceptable.

All footwear worn in laboratories, workshops, kitchens, or arts facilities must meet Workplace Health and Safety Regulations.

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.

SCHOOLTV

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.

[Social Media Comparison Culture](#)

[Healthy Study Habits](#)

[Shaping Healthy Masculinity](#)

Looking forward to seeing you at SET Plan Interviews.

Kind Regards,
Mikaela McGreevy