



HEAD OF YEAR 7

Newsletter

Alison Moore

Dear Parents and Carers,

It has been a very busy first half of Term 2 with lots of events and long weekends but we're right back into the flow of things with 5-day weeks!

I will be on leave from June 1st through to the end of the term. Michael Clarke, who is Head of Year 12, will be covering my leave and looking after our Y7s. Please contact HeadofYear7@thegapshs.eq.edu.au if you have any concerns or questions regarding your young person.

This Term's Value Focus: Being Kind – Building Empathy

This term, our school value focus is Being Kind, with a particular emphasis on developing empathy. One simple but meaningful way to nurture this at home is through regular GEM Chats – conversations that encourage Gratitude, Empathy, and Mindfulness.

Here are some easy ways to start building wellbeing habits and stronger connections at home using GEM principles.

These chats can happen around the dinner table, in the car, or during bedtime routines.

We'd love to hear how these go in your household! Please feel free to share your experiences or any feedback with us.

I hope the rest of the term goes well and I look forward to reconnecting with you at the beginning of Term 3.

Warm regards,

Alison Moore
(Head of Year 7)

THE RESILIENCE PROJECT.

GEM Chats Empathy

CREATING WELLBEING HABITS & CONNECTION

GEM Chats help families practice The Resilience Project's principles, offering a simple wellbeing check-in while **building stronger connections through daily conversations.**

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?

TO LEARN MORE ABOUT THE RESILIENCE PROJECT, HEAD TO:

@theresilienceproject... The Resilience Project The Resilience Project theresilienceproject.com.au



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Mobile Phone and Wearable Device – Away for the day

A timely reminder that as per Education Queensland policy, all state school students must keep mobile phones switched off and 'away for the day' during school hours.

Wearable devices, such as smartwatches, must have notifications switched off so that phone calls, messages and other notifications cannot be sent or received during school hours.

Below is our school process for students who fail to comply with the 'Away for the day' policy.

MOBILE PHONES & Wearable Devices Non-Compliance Process

1ST INSTANCE

- Hand in at the office when directed and collect at the end of the day.
- Parent email notification by office.

2ND INSTANCE

1. Hand in at the office when directed and collect at the end of the day.
2. After school detention issued for the following school day.
3. Parent email notification by office.

3RD INSTANCE

1. Hand in at the office when directed and then for the following 4 consecutive school days.
2. Meeting with Year Level Deputy Principal (DP) to formulate a Discipline Improvement Plan.
3. Parent required to collect phone during business hours by parent liaising with the DP.

4TH INSTANCE AND ONWARDS

- Hand in at the office when directed.
- Internal suspension for the remainder of the day, possible further consequences (decision to be made by Principal).

Note:

- Each offence after the third will be considered ongoing and more serious consequences, including suspension, may apply.
- At any stage, refusal to follow direction will result in a referral to a DP for a consequence which will be determined by the level and type of defiance. Consequences may include: Time4 detention / After school detention / Suspension.

THE GAP
IGHS
OUR FUTURE
STATE HIGH SCHOOL

Uniform Reminder

A quick reminder as winter sets in. Please note that students will not be permitted to wear any other outerwear and will be asked to remove non-uniform items if worn. Winter uniform options are below:



If your child attends school without the correct uniform, they may visit the uniform room in E03 to borrow the item they are missing. This may include a school jumper, sports uniform, formal shirt, skirt, pants, shorts, or shoes.



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Please note that students who are not in the correct uniform and do not obtain a uniform pass will receive a lunchtime detention. A reminder of our school uniform policy below:

The Gap State High School Formal Uniform

Pick a top according to your year level...

Short sleeves
Worn out or tucked in

Juniors (Yr 7-9) Seniors (Yr 10-12)

Tie optional all year

Long sleeves
Tucked In

Seniors (Yr 10-12)

Tie required all year
Shirt must be tucked in

Belt required for pants with loops

With any one of these.....

Belt optional

v1.5

Headwear: School / house bucket hat or G cap (optional).

Socks (no logos) can be:

- crew/sport black socks
- crew/sport white socks
- knee-high grey school socks
- 40-denier black tights (under skirts/skorts only)

Black leather school shoes to be worn with all formal uniform combinations. Approved shoes include Nike Air Lows and low-cut Doc Martens.

Jewellery: Zero rings, bracelets, nose or eyebrow rings, visible necklaces. **Two** earrings plain gold silver sleepers or studs. No large hoops allowed (<15mm diameter).

Hair: clean & groomed. If it reaches the collar, up and off face in black, green or natural colour elastic or ribbon, headbands or clips.

Cosmetics and fingernails: Students are not permitted to wear make-up, coloured nail polish or false/acrylic nails (tinted moisturiser and clear nail polish is permitted).

SCHOOL TV – SHAPING HEALTHY MASCULINITY

SchoolTV is all about supporting schools and their communities with the challenges of raising happy, confident, resilient and mentally healthy young people. I strongly encourage all families to access and use this valuable resource as a tool to continue education around the issues impacting young people.



A new SchoolTV topic is now available — **Shaping Healthy Masculinity**. The release of the critically acclaimed TV series Adolescence has highlighted some of the complex and often hidden challenges facing young people today. Online figures like Andrew Tate are exposing young audiences to distorted messages that glorify dominance, emotional suppression and aggression — while undermining empathy, vulnerability and kindness.

Here is the link to this special report:

https://thegapshs.eq.schooltv.me/wellbeing_news/special-report-shaping-healthy-masculinity-au

