



HEAD OF YEAR 7

Newsletter

Alison Moore

Dear Parents and Carers,

I hope you all had a wonderful Easter break and that your young person is feeling refreshed and ready for Term 2!

It's been a pleasure getting to know your children so far this year. I'm also pleased to share that my knee is now fully recovered, and I'm back on deck. Thank you for your patience and understanding during Term 1 while I was on leave—I really appreciate your support and look forward to connecting with more students and families throughout Term 2.

Term 1 wrapped up with the Year 7 Camp, and while the weather certainly tried to dampen the fun, it was, by all reports, a fantastic experience for the 260 students and 23 staff who attended across the two camps at Camp Somerset. Year 7 Camp is one of the more challenging ones, and your young people showed incredible resilience, especially in the rainy and muddy conditions!

Throughout the camp, students were encouraged to recognise and celebrate each other's character strengths. This activity allowed them to live out our school values of Being Kind and Paying It Forward by giving their peers thoughtful and positive feedback—something that made the experience all the more meaningful.

Looking ahead, Term 2 is shaping up to be a busy one! Please see the important date savers listed below and mark them in your calendar.

A quick note: I will be taking leave from Week 7 to the end of Week 10 as I'm getting married. During this time, Mr Tim Hottes will be stepping into the role of Head of Year 7 from Monday 2nd June. He will be available via the Head of Year email, listed below, should you need to get in touch.

If you have any questions or concerns, please don't hesitate to contact me at HeadofYear7@thegapshs.eq.edu.au.

Warm regards,

Alison Moore
(Head of Year 7)

IMPORTANT TERM 2 DATES

- **Week 1 Wednesday** – Cross Country P3 & P4
- **Week 2 Thursday** – The Gap Experience 3:30 – 6:30
- **Week 3 Tuesday** – Parent Teacher Interviews 2:00 – 7:00
- **Week 3 Friday** – Mother's Day Breakfast 7:15 – 8:30 JAR Hall
- **Week 4 Wednesday** – Be Challenged Day – Survivor Theme (All students attend on site).
- **Week 5 Monday** – Year 7 Honours Leadership Session
- **Week 5 Monday to Friday** – Chappy Week (Multiple activities occurring during the week)
- **Week 9 Wednesday** - Dad's Day (State of Origin Match)





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UNIFORM

As we move into the winter months, we'd like to remind our school community of the expectations regarding winter uniform options at The Gap SHS.

We expect all students to wear the school uniform with pride and uphold our standards at all times. During winter, students are permitted to wear the green fleece jacket, the fleece V-neck jumper, or the green trackpants, as pictured below. All approved items are available for purchase at the uniform shop.

Please note that students will not be permitted to wear any other outerwear and will be asked to remove non-uniform items if worn.



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.

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:

School / house bucket hat
G cap (optional)

The Gap State High School Formal Uniform

Pick a top according to your year level...

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).

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

With any one of these.....

Belt optional

Belt required for pants with loops

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CONNECT

At The Gap State High School, we believe in Learners who Flourish. We believe that every day our students should feel a sense of belonging and connection. Our students should be able to express themselves as unique individuals who strive to engage in learning that sparks their curiosity, joy, passions, purpose and character strengths' (TGSHS Wellbeing Framework, 2021).

During Term 2, our Connect program will focus on the themes of *Being Kind* and *Becoming My Best Self*. Students will engage in activities aimed at **identifying and developing their individual character strengths, exploring the impact of screen use on wellbeing, and learning strategies to support their digital wellbeing**. These topics have been chosen to support Year 7 students during a critical period of personal development and transition into high school. By identifying and developing their individual character strengths, students build confidence, resilience, and a stronger sense of identity.

Exploring the impact of screen use on wellbeing, along with learning practical strategies to manage their digital lives, helps students make informed, healthy choices and promotes balanced habits in an increasingly digital world. These skills are essential in fostering both emotional wellbeing and positive peer relationships.



We are committed to supporting the wellbeing of our students, with The Resilience Project at the heart of our approach. This program, along with our school values and character strengths, form the foundation of our weekly 40-minute Connect classes, where students participate in structured wellbeing lessons designed to help them navigate the challenges of adolescence with confidence and positivity.





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These lessons equip students with practical tools to enhance their mental health, build strong relationships, and foster a positive mindset. By embedding these habits into their daily routines, we aim to cultivate a school culture where students feel supported, empowered, and connected.

We encourage families to continue these important conversations at home. For additional resources and family activities, please visit:

<https://theresilienceproject.com.au/at-home/home-2023/>



THE RESILIENCE PROJECT.

Choosing a Gratitude Mindset

SHIFT FROM 'I HAVE TO' TO 'I GET TO'

A simple change in language from 'I have to do this' to 'I get to do this' can change our whole perspective on life and daily tasks. When we adopt the 'I get to' mindset as a gratitude practice, it helps us focus on the positive aspects of our lives and the opportunities we often take for granted.

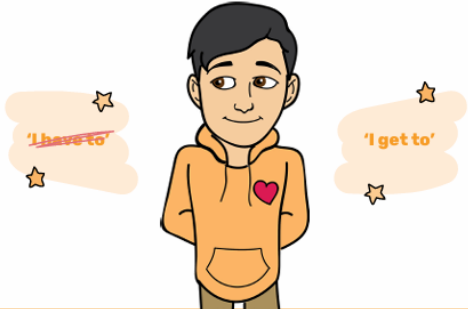
HOW CAN YOUR FAMILY PRACTICE THIS TOGETHER?

Here are some examples to get you started:

- I get to wash the dishes.
- I get to make breakfast for my family.
- I get to walk the dog and spend time outside.

FAMILY CHALLENGE

Try to replace 'I have to' with 'I get to' in your conversations this week. Notice how it changes your perspective, and discuss as a family how it feels to focus on gratitude in everyday tasks.



TO LEARN MORE ABOUT THE RESILIENCE PROJECT, HEAD TO:

[@theresilienceproject](#) [The Resilience Project](#) [The Resilience Project](#) [theresilienceproject.com.au](#)

THE RESILIENCE PROJECT.

GEM Chats Gratitude

CREATING WELLBEING HABITS & CONNECTION

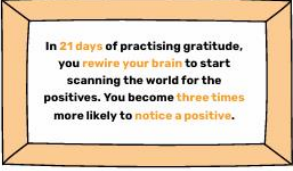

GEM Chats help families practice The Resilience Project's principles, offering a simple wellbeing check-in while building stronger connections through daily conversations.

HOW TO USE GEM CHATS

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

Try these prompts:

- ★ What are you **grateful** for today?
- ★ Share a moment that **made you smile**.
- ★ How can you **support** someone tomorrow?
- ★ What was the **best part** of your day?



In 21 days of practising gratitude, you rewire your brain to start scanning the world for the positives. You become three times more likely to notice a positive.

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SCHOOL TV - AN ONLINE MENTAL HEALTH & WELLBEING PLATFORM FOR PARENTS

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.

Below are some links to resources on our SchoolTV site that focus on topics that may be relevant to our Year 7s:



SchoolTV™

Cybersafety -

<https://thegapshs.eq.schooltv.me/newsletter/cybersafety-au>

Respectful Relationships -

<https://thegapshs.eq.schooltv.me/newsletter/respectful-relationships>

Managing Screen Time -

<https://thegapshs.eq.schooltv.me/newsletter/managing-screen-time>

BE CHALLENGED DAY

We're excited to welcome Be Challenged to our school on Wednesday, 14th May for an action-packed Survivor Day with our Year 7 students!

All Year 7s will take part in a fun-filled day of physical and mental challenges, competing in teams with the ultimate goal to outwit, outplay, and outlast—all in the spirit of becoming the sole surviving tribe!

Throughout the day, students will strengthen their problem-solving skills, uncover emerging leaders, and build resilience. The activities are designed to foster trust, collaboration, and creativity, as teams work together to find innovative solutions and support one another.

Students are required to wear their sports uniform and bring a hat and water bottle.

Survivor Day is always a highlight of the school year, and we expect all students to attend and take part in this exciting experience!

