



HEAD OF YEAR 9

Newsletter

Ruth Donovan

TERM 3: STEPPING UP

Dear Parents and Carers,

It has been fantastic to be able to have a few extra catch ups with your students during the beginning of this term. We have celebrated the Term 1 Engagement and Principal Awards with students and some fantastic accomplishments of our students involved in a range of music, language, and sporting representations. Congratulations to all those involved in stepping up to these extra-curricular learnings while maintaining their commitment to their learning here at school.

YEAR 9 UPDATES

Year 9 Camp

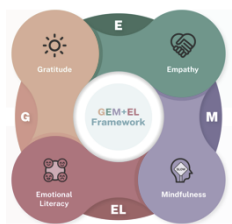


A reminder our School Camp is coming up from the 27th to the 29th of August. As the camp is a survival themed camp, it's important those attending are carefully reading the packing lists and requirements for equipment sent by the Year 9 Camp email. If you have any questions about this or need further clarity on camp related concerns, please contact:

year9camp@thegapshs.eq.edu.au

GEM Focus

Emotional Literacy



In Connect this term, students have been learning about Emotional Literacy. Emotional Literacy teaches students about the impact of emotions on mood, behaviours, and wellbeing. So far, we have developed an understanding that sometimes, emotions can take over our control of situations and our decisions. We understand that it is important to be able to identify what emotion this is and how it is impacting on our current decisions and choices. In the coming weeks, we will begin to talk about strategies so we can better identify our emotions and how to acknowledge them and what we are feeling to support ourselves to develop greater Emotional Literacy. Further, we are learning tools and strategies to

Some of our classes will be completing projects together during Connect lessons this term. This is a wonderful opportunity for students to enact everyday realisations of GEM in a practical manner. Whether engaging in some mindful journaling, doing pay it forward challenges or completing community support projects, students will work as a team to make their understandings of GEM more meaningful in their lives.

Year 9 Boat Cruise



Year 9 Boat Cruise is fast approaching on the 4th of December – Week 9, Term 4. Cameron Drew (Year 9 Deputy Principal) and I will be monitoring student engagement with School over the next two terms as we come into this event. As it is a special event, where there are ongoing concerns with no improvements in engagement, students will be supported to improve their engagement so they are able to attend this event. Already, I have been working with a few students who have really stepped up to show improvements. I'm really looking forward to celebrating with all our students' hard work over the year!



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SCHOOL TV WEBINAR

Our School TV Website is a fantastic resource specifically designed for parents. SchoolTV is designed to support schools and their communities in the important task of raising happy, confident, resilient, and mentally healthy young people. We encourage all families to explore this valuable resource as part of ongoing education about issues that can impact children and teenagers.

In September, there is a free Webinar where Dr Michael Carr-Gregg and Susan McLean will be talking about digital media literacy and safety. This looks to be a fantastic session for parents where you can hear about new social media regulations and other information on the impact of social media on your teenager. They will also be talking about parental controls to support you in teaching your student the skills they need to navigate the online world.



A FREE WEBINAR Digital media literacy & safety

PART III

Supporting Primary & Secondary students

This webinar is **Part III** of a series.
In this session, topics include:

- New Social Media Regulations
- Digital Footprint and Reputation
- Screen Time and Brain Development
- Parental Controls



Online, Tuesday
2 September, 2025
7.30 - 8.30 pm



Dr Michael Carr-Gregg

Renowned child and adolescent psychologist. Michael has years of experience working with young people and families and was Chair for the Cybersecurity Committee.



Susan McLean

As Australia's foremost cybersecurity expert and founder of Cyber Safety Solutions, Susan will offer proactive strategies to help keep young people safe.

Don't miss out.
FREE event.
Scan to register.



REMINDERS



Away for the Day: Mobile phones and devices are away for the day. Students need to head to the office and hand them in if they choose to use them as directed by staff. Repeated referral to the office will mean myself or Cameron Drew (Deputy Principal) will follow through with further supports.



Sports Uniform Day: A reminder that our sports uniform days may have changed this term. Please ensure your student checks the schedule below for when they are able to wear their sports uniform to school.

APP9A: Monday & Tuesday
APP9B: Monday & Wednesday
HPE9C: Tuesday & Wednesday
HPE9D: Tuesday & Wednesday
APP9E: Monday & Tuesday
APP9F: Monday & Tuesday

HPE9G: Tuesday & Wednesday
HPE9H: Tuesday & Wednesday
HPE9I: Tuesday & Thursday
HPE9J: Tuesday & Thursday
APP9K: Tuesday & Thursday



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Preparing for Term 3 Assessment: Now is a great time to reflect with your student on where they are at with their current assessment tasks. Take some time to sit down with them and look through their DayMap assessment schedule. Discussing the importance of balance during assessment can help your teenager to understand how to look after their mental health needs while meeting the demands of assessment time.



Wellbeing Support: As always, we are here to support your student. Our support team can provide a variety of supports to your student as they are working towards achieving their best in their subjects. Below you will find a reminder about key staff they can reach out to for help with assignment understanding, assessment scheduling, wellbeing and mental health, and other general supports.

Please encourage your teenager to reach out for support. Sharing stories with them of when you have had success with receiving support to improve your own work or mental health can help to reduce stigma and empower them to feel safe in speaking to one of us here at school.

KEY SUPPORT STAFF

Staff Member	Role	
Ruth Donovan	Head of Year	General Year Level Support
Kelsea Thompson	Guidance Officer	Social and Emotional Wellbeing Support
Georgia Simmonds	Head of Pathways and Performance	Academic Support
Cameron Drew	Deputy Principal	Year Level Oversight

DATE CLAIMERS

Week 6 – TULA Concert – 22 August

The TULA concert celebrates the work of our Instrumental Music students. This concert is also a farewell for the programs Year 12s. The POPARTS committee run a small canteen beforehand with treats and drinks alike. Come along for a wonderful night of music by our hard working, talented students.

Week 7 – Book Week – 24 August

*The library will host our 2025 Book Week celebrations. Keep an eye out for more details about special events and competitions. Don't forget to start planning a book character dress-up for **Friday of Week 7**.*

Week 7 – Year 9 Camp – 27th – 29th of August

Students will head off on their Year 9 camp. Those not attending the camp are expected to attend school during this time.



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Week 8 – Father’s Day Breakfast – Thursday 4 September

*We invite families to join us for our Father’s Day Breakfast from **7:15 am to 8:30 am**. Our special guest will be John Kosmina, former Socceroo, who will share his experiences and insights. More information is available on The Gap State High School website.*

Week 9 – 7 September – R U OK? Day

Research shows that when people are regularly asked, “Are you OK?” they often feel happier and more supported. In fact, a third of Australians say they’ve been checking in with others more often over the past year. This R U OK? Day, we encourage families to take the opportunity to continue these important conversations.

As always, please don’t hesitate to contact me if there is anything I can do to support your teenager.

Kind regards,

Ruth Donovan
Head of Year 9