



HEAD OF YEAR 7

Newsletter

Alison Moore

Dear Parents and Carers,

There's plenty happening over the next few weeks - here's what's coming up for our Year 7 cohort for the rest of Term 3.

Week 6 – Tuesday 19 August

- Brainstorm Productions Performance – An engaging and interactive show promoting anti-bullying messages and respectful relationships.
- ICAS Science Assessment (Years 7–10) – 7:15–8:30am, for self-nominated students.

Week 6 – Wednesday 21 August (8:00am–8:00pm)

- *Write a Book in a Day* – A creative writing challenge raising funds for children's cancer research.

Week 7 – Friday 29 August

- Book Week Free Dress Day / Wear it Purple Day – Years 7–12.

Week 8 – Friday 4 September

- Father's Day Breakfast (P&C Event) – 7:15–8:30am at The Gap Football Club. For more information, please contact the school.

The Resilience Project x Broncos Visit – Week 5

As part of our ongoing partnership with The Resilience Project, our Year 7 cohort had the privilege of hearing from Brisbane Broncos NRLW Captain and QLD Maroons State of Origin player Tamika Upton, along with Gayle Broughton, double Olympic gold medallist for New Zealand in Rugby 7s and current Brisbane Broncos player.



They spoke to students about the importance of practising GEM - Gratitude, Empathy and Mindfulness - in their daily lives, sharing how these values guide them both on and off the field as professional athletes. Students were highly engaged throughout the session and asked plenty of thoughtful questions.

We encourage students to continue practising what they are learning in their Connect lessons through The Resilience Project, feeling even more inspired after today's visit.

We are incredibly grateful for this opportunity and extend our thanks to both Gayle and Tamika for generously sharing their time and experiences.



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Stepping Up at The Gap State High School

This term, our school community is focusing on the value of *Stepping Up* — taking action when it matters most. It's about:



- Taking responsibility - owning your actions, choices, and words.
- Giving your best effort - even when it's tricky, tiring, scary or new.
- Having the courage to stand up for what's right – even when your friends don't.
- Supporting others – helping others, a kind word, or standing up for what's right.

Sometimes “stepping up” looks big - like leading a project or helping to solve a problem. But often, it's in the small, everyday moments:

- Speaking up when something isn't fair.
- Choosing to be kind when it's easier to stay quiet.
- Having a go at something new, even if it's a bit scary.
- Picking up rubbish that's not yours because it's the right thing to do.

We'd love families to join in at home. Chat around the dinner table this week: *What's one way each of us could “step up” this week?*

STYMIE – Step Up and Speak Out

At The Gap State High School, we want every student to feel safe, supported and respected.

That's why we use STYMIE – an anonymous online reporting tool that allows students to report concerns like bullying, harassment, online abuse, or if someone they know is struggling.

How does it work?

Students can go to www.stymie.com.au, click “Make a Notification,” and fill out a short, anonymous form. The school receives the report and follows up to support the student involved.

We're seeing too many bystanders. This term, as we focus on Stepping Up, we challenge every student to be an upstander – someone who takes action when they see something wrong.





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Reminder for Parents – Student Late Arrivals

If your child arrives late to school, please notify us by **calling or texting**:

- SMS: **0427 925 653**
- Phone: **(07) 3511 3860**

If we don't receive notification, the late arrival will be recorded as **unapproved** and your child will be issued a **lunchtime detention**. Detentions are to be completed at **second break (Tuesday to Friday) in E05**.

Your timely communication helps us keep accurate records and ensures students understand the importance of punctuality.

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:

Online Gaming - <https://thegapshs.eq.schooltv.me/newsletter/online-gaming>

School Refusal - <https://thegapshs.eq.schooltv.me/newsletter/school-refusal>

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

Let's Stay Connected

Just a friendly reminder that you're always welcome to reach out if you have any questions, concerns, or just want to chat about how your young person is going at school. Whether it's about friendships, learning, or wellbeing - I'm here to help.

You can contact me anytime at headofyear7@thegapshs.eq.edu.au.

Alison Moore
Head of Year 7