Principal’s Piece.—Justin Harrison.

Recognition Parade – Congratulations

On Monday the 5th of August, Toolooa SHS held its third recognition parade for the year to recognise those students who have excelled in their academic studies and received a gold award. From all the staff at Toolooa, I would like to congratulate all award recipients for their outstanding academic results and formally recognise the commitment and dedication they have shown. Please refer to page two for a full report.

Students Arriving Late

It is important that students make all reasonable efforts and plan to be at school sitting in class by 8:50am. The best arrival time, therefore, is 8:30am. Students arriving late cause extra work for office staff and interrupt the learning of others. It is an expectation that when students do arrive late an explanation note is provided, or parents escort the child/ren into school. Late arrival is closely monitored by the school and consequences are put in place for repeat offenders. Can all parents/guardians reinforce this expectation with their child and remind them on the importance of arriving on time.

Student Attendance

As you are aware, there is a strong correlation between attendance and academic achievement. We as a school are requesting Parent/Carer support to ensure the best possible opportunities for our students by monitoring closely the attendance of every student every day. Below is a table which will help to reinforce the importance of your son/daughter’s attendance at school every day (genuine illness accepted). It is important that we work together to get all students here 95% of the time.

<table>
<thead>
<tr>
<th>If your child misses...</th>
<th>That equals...</th>
<th>Which is...</th>
<th>And over 13 years of schooling, that's...</th>
<th>Which means the best your child may achieve is...</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 day per fortnight</td>
<td>20 days a year</td>
<td>4 weeks a year</td>
<td>Nearly 1.5 years</td>
<td>Equal to finishing in year 11</td>
</tr>
<tr>
<td>1 day a week</td>
<td>40 days a year</td>
<td>8 weeks a year</td>
<td>Over 2.5 years</td>
<td>Equal to finishing in year 10</td>
</tr>
<tr>
<td>2 days a week</td>
<td>80 days a year</td>
<td>16 weeks a year</td>
<td>Over 5 years</td>
<td>Equal to finishing in year 7</td>
</tr>
<tr>
<td>3 days a week</td>
<td>120 days a year</td>
<td>24 weeks a year</td>
<td>Over 8 years</td>
<td>Equal to finishing in year 4</td>
</tr>
</tbody>
</table>

Did you Know?

Toolooa State High School have.............

English Tutoring on
Tuesdays between 3pm—5pm.

For more information contact::
English Teacher Miss Amanda Ford
Ph: 49 714 335.

In this Issue

- Page 2 Recognition Parade
  Term3 & Year 12 Marine Camp.
- Page 3 Good Guidance &
  Botanic to Bridge.
- Page 4 Toolooa’s Got Talent &
  Indigenous News with Bill Moloney.
- Page 5 Toolooa Teams win
places at Titration Competition &
Nurse Natters.
- Page 6-7 Notices.

For the Fridge

- 16/8/2013 Year 11 Biology QMEA
  AP LNG Excursion.
- 19/8/2013 Year 10 Leadership
  Camp—Charerim Outdoor Education Centre.
- 3/9/2013 QCS Exam—Tuesday
the 3rd & Wednesday the 4th of
September.
- 11/9/2013 P&C Meeting—7:00pm
to 8:30pm in the Admin Building.
From the Deputy’s Desk

Recognition Parade – Term 3, 2013

On Monday 5 August Toolooa SHS held its third recognition parade for 2013. Once again the parade highlighted the many outstanding academic performers we have here at Toolooa.

Special mention must go to our junior leaders who hosted the parade. They proved just how talented a group they are by presenting the ceremony with distinction. Our junior leaders are certainly developing into a dynamic and influential group who we are very proud of.

Congratulations to the students below who received gold awards. To receive a gold award in year 7-12 students must receive a majority of A’s on an end of term/semester report card and have no other results less than a B.

<table>
<thead>
<tr>
<th>Year 7</th>
<th>Year 8</th>
<th>Year 9</th>
<th>Year 10</th>
<th>Year 11</th>
<th>Year 12</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cassidy Anderson</td>
<td>Fiona Anzum</td>
<td>Sam Ireland</td>
<td>Tahlia Downey</td>
<td>Lana Lette</td>
<td>Dylan Bell</td>
</tr>
<tr>
<td>Amy Crook</td>
<td>Jade Blake</td>
<td>Jasmyn Dew</td>
<td>Matthew Furness</td>
<td>Tiana Gibson</td>
<td></td>
</tr>
<tr>
<td>Lily Furness</td>
<td>Amanda Bolch</td>
<td>Brad Preston</td>
<td>Felicity King</td>
<td>Jodie Hall</td>
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</tr>
<tr>
<td>Gracie Martin</td>
<td>Marcell Dozsa</td>
<td></td>
<td>Sarah Lumsden</td>
<td>Jessica Hausheer</td>
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<tr>
<td>Emily Ney</td>
<td>Lootphoe Dzulkamal</td>
<td></td>
<td>Seth Martin</td>
<td>Josh Reilly</td>
<td></td>
</tr>
<tr>
<td>Tierney Sunderland</td>
<td>Jasmine Elliott</td>
<td></td>
<td>Nicholas McKeiver</td>
<td>Stephen Thomas</td>
<td></td>
</tr>
<tr>
<td>Merin Ward</td>
<td>Tommy Flint</td>
<td></td>
<td>Georgia Muir</td>
<td>Isabelle Wood</td>
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<tr>
<td></td>
<td>Protim Mir</td>
<td></td>
<td>Kaitlyn Read</td>
<td></td>
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<td></td>
<td>Matilda Moore</td>
<td></td>
<td>Matthew Richter</td>
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<td></td>
<td>Atria Rezwan</td>
<td></td>
<td>Georgia Robertson</td>
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<td></td>
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<td></td>
<td>Jessica Rose</td>
<td></td>
<td></td>
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<td></td>
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<tr>
<td></td>
<td>Emma Small</td>
<td></td>
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</tr>
<tr>
<td></td>
<td>Emily-Jane Smith</td>
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<tr>
<td></td>
<td>Tenille Spencer</td>
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<td></td>
</tr>
<tr>
<td></td>
<td>Ella Stevens</td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td></td>
<td>Emilie Vogler</td>
<td></td>
<td></td>
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<td></td>
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<tr>
<td></td>
<td>Ally Ware</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Lachlan Warwick</td>
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</tbody>
</table>

Well done also to Gracie Martin (Year 7) and Sarah Barnham (Year 12) who were our very lucky recipients of IPADS as the junior and senior rewards program major prize winners.

Year 12 Marine Camp – Facing Island.

From July 21st – 24th, Year 12 Marine Studies and Marine and Aquatic Practices Students attended a 3 night survival camp on Facing Island.

Students studied wave and coastal processes, sand dune succession and assessed human impact on the island.

All students participate in an engaged and enthusiastic manner. It is hoped that all future camps are just as successful!

A big thank-you to Jason Althaus and Boyne Island Environmental Education Centre for fantastic organisation and management on the camp.

Lauren Coleman
Toolooa SHS Science Department
Botanic To Bridge.

The annual Botanic to Bridge walk/run is being held on Sunday 18th August. There is the option of a 3km walk/run from the Duckponds to the Marina or an 8km walk/run from the Botanic Gardens to the Marina.

Toolooa SHS benefits directly from this event with all school registrations donated back to the school and in addition the Gladstone Ports Corporation matches all school registrations. These funds provide essential health, sport and recreation equipment and material for Toolooa SHS.

It also is a means of encouraging students and their families to embrace healthy lifestyles.

As we have done over the past few years we once again are trying to add a little more encouragement to our students to enter this year’s event.

For the last two years Mr Whitfield has purchased a movie ticket for anyone who can beat a designated teachers time in the race. Due to lack of pace or participation he hasn’t had to purchase too many tickets.

Mr Harrison has decided to up the ante this year and will purchase two movie tickets for anyone who can beat one of our new year 7 teachers: Mr Shonhan, over the line. Now don’t let looks put you off………..he is a lot slower than he looks.

So get online at www.botanictobridge.com.au and register to compete in one of this year’s events.

Mr Hage
HOD Mathematics (and slow runner)
Phone: 49 714 317

What is Mental Health?

Mental Health is a positive state of wellbeing used to describe emotional and social wellness. It involves feeling positive about ourselves, the people and events in our lives, and being able to live life to our fullest capacity.

Our mental health influences everything we do:

- How we think, feel and behave
- The way we relate to other people
- The way we respond to the challenges of everyday life; and
- How we cope with events such as changing jobs, having a baby, retirement, loss and physical illness

Things to do to improve your mental health

- Exercise daily – at least for 30 minutes
- Eat healthy foods – avoid drinking too much coffee, eating too much fat, and sugars
- Visit your doctor regularly to ensure good health
- Build a community around yourself – having people to talk to makes life happier and more enjoyable
- Keep busy and involved – in family, school, work, leisure
- Drink plenty of water
- Have adequate sleep
- Seek help if you are feeling down, don’t let the blues take over you
- Be kind to yourself – do things that you enjoy eg. a relaxing bath, take a movie, go to dinner
- Do things for other people – not only will they benefit but it is a boost for you as well
- Practise thinking good thoughts, avoid bad thoughts
- Watch comedy shows, seek out humour, laugh loudly

Mental health is an essential part of our overall health and affects our physical health; as our physical health also affects our mental health.

It is also strongly related to our behaviour, particularly our social behaviour and relationships with others. So put the effort in and work to be mentally healthy.

Adapted from: Aust. Network for Promotion, Prevention and Early Intervention for Mental Health.
Toolooa’s Got Talent Winners Reap Huge Rewards!

Toolooa State High School’s annual whole school Performing Arts competition has commenced for 2013. Students from all grades are invited to enter the competition through solo and group dances, solo and group musical performances, comedy reels, magic tricks, dramatic pieces and much more. Participants contribute a small fee to enter which goes towards the winners’ prize.

Auditions are held over a number of lunch breaks, where students and staff are welcomed to be an audience during these auditions for a $1 entry fee. This money goes towards a prize pool for the winner/s. All donations are welcome and highly appreciated.

Each year we get an enormous response from the whole school in way of their interest, participation and support. The Staff at Toolooa State High School meticulously judges the auditions, to come to a top 10 selection. These top 10 then have the opportunity to showcase their talents to the entire school.

Voting slips are then handed out in form classes, where all staff and students receive the opportunity to vote once each for their Toolooa Idol/s. Once these votes had been tallied, our winners are determined. The money raised through this process is used to purchase the winner/s prizes to encourage and continue the student’s artistic talents.

Auditions have commenced and the winner will be presented with the enormous prize at the end of this term!

Good luck to all students for 2013’s Toolooa’s Got Talent!

Mindi Mewing - (Instrumental Music Coordinator).

Indigenous News. with Bill Moloney.

‘NAIDOC celebrations are held around Australia in July each year to celebrate the history, culture and achievements of Aboriginal and Torres Strait Islander peoples.

NAIDOC stands for National Aborigines and Islanders Day Observance Committee and today we welcome Naomi Johnson as a representative of the 2013 Gladstone Committee.

Each year the local community is asked to nominate persons to be acknowledged for their participation, efforts and achievements in a number of fields.

We Are Very Proud That This Year Two Toolooa Students Have Been Recognised.

Community Involvement Award: A student who has contributed to the community and made a difference through volunteering, charity work, mentoring younger students or school involvement.

Awarded to:  **Gavin Smith**

Sports Award: A player, coach or club person, who has excelled in representing their sport; encouraging a healthy lifestyle through participation, or showing exceptional club support.

Awarded to:  **Jai Parter**

Also, it’s that time of year half way through term 3 when stress level can rise. Always remain focused because at the end of the line is an excellent trip at the beginning of term 4 for all ARTIE students to Dreamworld and White Water World. You can only go on this trip if you achieve very good or excellent for effort and behaviour in Maths and English.

Finally on Wednesday 14th of August, 16 year 10 students will be rewarded with a dinner with Former Origin Greats at a career expo dinner with Steve Price. All students have worked hard to achieve goals through Pricey Pathways.

Jacob Muller working hard with Steve Price goal setting.
Toolooa Team Wins 1st Place and 3rd Place In CQ Region Titration Competition

The Royal Australian Chemical Institute (RACI) Australian National Chemical Analysis (Titration) Competition has been running since 1984. Acid-base titration is a method in chemistry that allows quantitative analysis of the concentration of an unknown acid or base solution. This technique is used for chemical analysis in nearly every working laboratory.

The competition has two stages – the first round involves Regional Competitions in each state. The teams that place 1st, 2nd or 3rd in the Regional Competition are then invited to take part in the National Finals.

This year there were 14 teams competing in the Central Queensland competition, from as far south as Bundaberg and as far north as Rockhampton.

Toolooa State High School entered two teams in the regional competition which took place on Thursday the 8th of August. Team 1 (consisting of Josephine Tucker, Kahlia Mallet-Jackson and Kahla Button) obtained an excellent result and won the regional competition.

Team 2 (consisting of Joshua Reilly, Elora Ghea and Sarah Crait) were not far behind them, taking out 3rd place in the regional competition.

As both of the Toolooa teams finished in the top 3 positions, both teams have now been invited to take place in the National Finals which will take place in October.

There are 12 teams from four different Queensland regions that are Queensland finalists in the National Competition. Each team of finalists across the nation competes in their local area on various dates in October with the support of their local university.

The National Finals are even more demanding that the regional competition. Students have just two hours to complete the complicated analysis and calculations. Each year only the best teams in the Finals achieve remarkable accuracy in this quite difficult exercise. We would like to wish both of our teams all the best of luck in the National Finals Competition.

The school and students would like to thank Mrs Heather Warren and QAL as QAL has provided chemicals for practice sessions and Mrs Warren has continued to donate her time to help train students during the after-school practice sessions.

Stress and Young People

Stress is a normal part of everyday life. The problems from stress happen when stress is regular and doesn’t let up. The chemicals your body releases when stressed can build up and cause changes that damage your physical and mental health – so it’s good to know a thing or two about it!

What Causes Stress?
Young people face stress in many areas of their lives. School can be a stressful place, if young people are feeling overwhelmed by schoolwork and exams. Friendship issues can cause stress for those who are being bullied, falling out with friends, feeling lonely, or experiencing peer pressure. Young people may face stress at home with family issues, be dealing with serious health problems, or coping with memories of past traumatic experiences.

Things that cause too much stress for one person may be different to another person. The important thing is to work out what’s troubling you.

What Does Stress Look Like?
While stress might be caused by a whole range of issues, there are some common symptoms that young people experience. Young people may feel sick in the stomach, experience headaches, sweat a lot, have difficulty sleeping, feel constantly tired, or eat too much or too little. Moodiness, anger, irritability, low concentration, feeling anxious, low self-esteem, teariness and feeling restless are other common symptoms that young people experience.

What Can I Do If I’m Stressed?
1. Take time out for yourself and keep things balanced between work and doing the things you enjoy – it’s OK to say ‘no’ when it gets too much.
2. Be organised, so that your homework and assignments are not left to the last minute.
3. Get active! Try to do some exercise every day. Physical activity such as jogging, swimming and cycling can help reduce the tension in your muscles and your mind.
4. Be aware of how you’re thinking when you’re stressed, and challenge the negative thoughts you might have.
5. Ask for help! Chat with a close friend, parent, trusted adult, teacher, doctor, or youth health nurse. Don’t wait for stress to get so bad that you start feeling depressed or helpless.

**CALLING ALL PARENTS!**

Do you want to improve your relationship with your child/ren?

Circle of Security Parenting Program – facilitated by Ewelina Zaborowska (CYMHS).

This 8 week, 2 hour per week program will assist parents to:

- Develop an increased understanding of their children’s emotions.
- Develop skills that will nourish their relationship with their child/ren, supporting emotional connection.
- Develop a pathway for their children to increased self-confidence and self-esteem.

Where: 4680 Child & Family Centre, 74 Auckland St, Gladstone

When: Commences October (dates and time to be arranged)

To register please contact Tina Robinson at Gladstone Women’s Health Centre on 49791456 or the 4680 Child & Family Centre on 49721184.

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**Toolooa’s Work Experience Dates.**

<table>
<thead>
<tr>
<th></th>
<th>Placement Dates</th>
<th>Forms due</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Holiday Placement</strong></td>
<td>23 September - 27 September</td>
<td>23-Aug</td>
</tr>
<tr>
<td><strong>GPCL</strong></td>
<td>23 September - 27 September</td>
<td>23-Aug</td>
</tr>
<tr>
<td><strong>Holiday Placement</strong></td>
<td>30 September - 4 October</td>
<td>23-Aug</td>
</tr>
<tr>
<td><strong>GPCL</strong></td>
<td>30 September - 4 October</td>
<td>23-Aug</td>
</tr>
</tbody>
</table>

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**Lost Property**

There have been a number of School Jackets handed into the office.

Parents, could you please check to see if your student has lost their jacket and contact the administration office.

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**Junior Basketball Come and Try Night.**

Gladstone Junior Basketball and Phoenix Power’s Jess Bibby will be holding another Junior Basketball Come and Try night on **Friday 16th August 2013 from 4 – 6 pm.**

**Angie Wilmot**  
**E-mail:** aaljwilmot@bigpond.com

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**Position Vacant Dominos Kirkwood.**

'Dominos Kirkwood is looking for eager, hardworking juniors to join our team.

You need to be 14yrs and 9mnths old. Previous experience not necessary as all training is provided.

To apply, go to:  
[www.dominosjobs.com.au](http://www.dominosjobs.com.au) or drop your resume in store to Warren or Sam during business hours.'

Kind Regards,

**Warren Hudson**  
Level 3 Manager  
Dominos Kirkwood  
**Phone:** 0432 606 135
AN INVITATION TO
SCHOOL EQUESTRIAN TEAMS

The Gracemere Hack and Pony Club Inc. would like to extend an invitation to school equestrian teams to participate in our club’s major event.

What: Gracemere Pony Club Teams’ Challenge
Where: Paradise Lagoons Campdraft Complex, Fairy Bower Rd, via Gracemere
When: 7th & 8th September, 2013

The Teams’ Challenge is held over two days and is open to both affiliated Pony Club members and School Equestrian Teams. Each team consists of three (3) riding members in various age groups.

Riders compete in individual age groups and team events, including Sporting, Rider Class, Jumping, Team Penning, Novelty event, Mounted Games and Campdrafting.

Teams
• Teams are made up of three (3) riders.
• Riders must be current members of a PCAQ affiliated Pony Club or a member of an approved School Equestrian Team.
• Teams may consist of riders from different Pony Clubs or School Equestrian Teams.
• Riders compete in their own age group in all events except team events.
• Riders may nominate in up to 2 teams.
• Riders who nominate in more than one team will compete more than once in the team events only.
• Limit of one rider 16 years and over per team.

Nominations: Nomination Fee - $120.00 per team – payment via school cheque
Nominations Close – Monday, 2 September, 2013

Enquiries: For more information and nomination forms please contact
Cheryl Work, Ph 49333207 (A/H) or by email to taylor.23@bigpond.com

Camping Fees: $10.00 per site for weekend (Unpowered) – Hot showers available

Trophies/Prizes:
1st Place Team – Trophy, Sash and Rug for each Team member
2nd to 6th Place Teams – Sash and Prize for each Team member
Individual Age group events - Ribbons to 4th place in all age groups
Prize for Best Presented Team

Rules and Conditions
• All events are run according to PCAQ (Pony Club Association Queensland) rules and conditions.
• All Non PCAQ members must complete a “Participant’s Agreement” form which must be forwarded with nominations. A copy of the “Participant’s Agreement” form is available at the PCAQ website at http://www.pcaq.qsn.au/Forms/Participant%20Agreement.pdf
• 1 horse = 1 rider, 1 rider = 1 horse – Definitely no substitution.
• Riders compete at own risk to the rules laid down by PCAQ.
• The organising committee reserves the right to alter or amend the program.
• The Judges decision is final.
• Definitely no dogs allowed on the grounds as per property owner’s request.
• Disclaimer: Neither the organising committee nor PCAQ Inc. accept liability for accidents, damage, injury, or illness to horses, owners, riders, spectators or any other persons or property whatsoever.