Principal’s Piece.—Justin Harrison.

On Monday the 26 August, the Education, Training and Employment Minister John-Paul Langbroek, Director-General Dr Jim Watterston and Regional-Director Wayne Butler visited Toolooa SHS to view our Junior Secondary Precinct and see how our Year 7 students are going with the transition to High School. It was a pleasure having them here as it provided the school with an opportunity to highlight the good things happening here at Toolooa and the positive results our students are achieving with the move to High School. All three walked away very impressed with what they saw. This would not be possible if it was not for all the hard work and dedication our staff and students have invested. Well Done.

Finally, can I congratulate all students who have excelled in their chosen field in the past few weeks? It is truly amazing to see the large number of students representing our great school and achieving in such a vast array of areas. Can I encourage all readers to pay particular attention to those articles highlighting the successes of our students.

First Place in Opti-MINDS Regional Challenge.

On Sunday the 25th of August, four of Toolooa’s best and brightest Year 8 students attended the Opti-MINDS Regional Challenge in Rockhampton. The team participated in the Science and Engineering challenge against a number of public and private high schools from the Rockhampton region. The Regional Challenge day consisted of a long-term challenge, which the students have had six weeks to prepare for, as well as a spontaneous challenge, which was unseen by the team.

The team, made up of Protim Mir, Jasmine Elliott, Bradley Read and Afia (Fiona) Anzum, saw all their hard-work and dedication come to fruition when they were awarded First Place in the Science and Engineering Division.

The judges were most impressed with the Toolooa Team; in particular, their teamwork, communication, creativity and ingenuity were their standout qualities. The tower that they designed and built, stood tall and sturdy throughout the challenge, and the students presented their ideas with confidence and flair.

The team will now start preparations for the State Finals in Brisbane, which is being held on the 12th and 13th of October this year. If they take out first prize in the State Finals, the team will then be invited to attend the National Finals in New Zealand!

Protim, Bradley, Fiona and Jasmine all represented Toolooa SHS impeccably on Sunday and should be very proud of their achievements.

We wish them the best of luck for the State Finals and wait in anticipation to see what they achieve next.

Miss Jess Batey—Opti-MINDS Facilitator, Toolooa SHS
Nurse Natters
Points To Remember Around Exam/Assessment Time.

Studying, assignments and exams can be quite stressful. The key is to develop good study habits, manage your time efficiently, and deal with stress.

Points To Remember Are:

- Have a study area at home that is tidy, organised, well lit and away from noise if possible.
- Set realistic goals and start early, don’t leave things to the last minute.
- Write a daily “to do” list and cross off when they are achieved or a weekly timetable.
- After school do your work or study first, then if time make your phone calls to friends or get on Facebook/MSN. Not the other way around.
- Regular breaks – get up and move around at least every 50 minutes for 10 minutes – this makes you concentrate and learn better.
- Avoid drinking lots of caffeine or other energy drinks – it won’t take away the pressure of study and the after effects often make you feel worse, especially if you are not sleeping.
- Having a balance of activities in your life can help you avoid feeling really stressed. You need to factor in your schedule ways that make you feel relaxed. Physical activity, such as just going for a walk, and/or relaxation exercises / yoga really help.
- If doing too many activities and work outside of school, near exam times, may mean you need to prioritise and cut back on something to avoid burn out.
- Eating healthy and regularly helps with your concentration. Eating too many sugary foods, especially at night, may prevent you from sleeping well.
- If you have other stressors to deal with as well as your studies it is a good idea to talk to a trusted adult for advice.
- On the morning of exams make sure you have a healthy breakfast. (Mrs. Read is also organising breakfast at school for year 12’s, will be in notices).
- Pack bag and lunch the night before to save rushing around before school.

Once in the exam take five deep breaths if feeling stressed or overwhelmed, you will be OK.

All the very best! Thinking of you all!

This information has been provided from www.youthbeyondblue.com

Yours in health.
Lani Clements
School Based Youth Health Nurse
Monday, Tuesday and Wednesday
Ph: 49 714 364.

As I mentioned a few issues ago, we were about to embark on a month of mathematics competitions open to all year levels.

After much time and effort these have now been completed and I would like to pass on the following results:

Senior Mathematics Team Challenge:
Toolooa 2 finished 4th
Toolooa 1 finished 8th

Yr 9/10 Maths team challenge:
Toolooa 2 finished 4th
Toolooa 1 finished 7th

A special mention goes out to the yr9 team in the yr9/10 math team challenge (Toolooa 2) who performed the best outscoring the other 12 teams competing when it came to mental arithmetic.

Yr 8 QAMT Competition:
Toolooa 1 finished 3rd
Toolooa 2 finished 6th

As well as these we had a number of students participate in the annual Australian Mathematics Competition and/or the ICAS Mathematics Competition. The results to these have yet to be published so we wait to see how our students went.

I would like to congratulate all the students who participated. Once again you have done our school proud both through how you conducted yourselves and how you performed.

Greg Hage
HOD Mathematics.

Mathematics Tutoring
As the end of term is quickly approaching so are exams.

Remember the friendly mathematics staff offer tutoring Wednesday and Thursday afternoons from 3-4pm.

It is open to all year levels and we look forward to seeing you.

Any questions regarding tutoring please come and see me or ask your maths teacher.

Greg Hage – HOD Mathematics.
Parents Have Needs Too.

As parents, a great focus of our time and energies is spent on ensuring that our children’s needs are met. We do this out of love for our children. Sometimes though, it is easy to forget our own needs. When this happens it usually leads to a feeling of discontent which certainly impacts on all members of the family.

Many parents have common needs that, if fulfilled, will help greatly in the enjoyment of family life.

Here are some suggestions:

- **Take time away from the kids** – Having time with your spouse or partner without the kids in your ear is very beneficial for your relationship. So too is personal time for yourself. We all have a need for privacy.

- **Enjoy your job** – As employment caters to financial security it is important it is something you enjoy. If you don’t then this will impact on not only your own health and well-being but your families as well.

- **Be healthy** – Look after your health through good eating habits as well as exercise. When you look good you feel good. As one needs to be a parent for a very long time (at least 18 years), being healthy makes the job easier.

- **Take time to relax** – take holidays when they are due (what really is the point of saving them if it eventually leads to stress from overwork). Use weekends well – they too are a time to relax and unwind. A relaxed parent is better able to enjoy the family.

- **Pursue an interest** – whether it is a leisure interest, friendship group or community involvement. Find time to do the things you enjoy.

- **Let others support you when you’re down** – It’s often said you need a community to raise a child, but it is also true that the community can help you in this sometimes difficult task of raising children.

Educate yourself on being a better parent – often our only model of parenting may have been what our parents did. It is worthwhile attending parent classes, seeking advice, talking to other parents to ensure you are well equipped for the challenges that children provide.

Remember: We are all important. No one is more important than the next person. Just as children require their needs to be met so do parents.

So, factor in time each day to meet your needs – Happy parents can only benefit the entire family.
On Monday the 19th of August, 43 eager students met bright and early at school to set off on the 2013 Year 10 Leadership Camp to Chaverim Outdoor Education Centre near Bundaberg. Upon arriving at the camp, the students participated in several team-building activities, including a low ropes course, problem solving challenges, and most challenging of all, a raft building competition.

The rafts were varied in quality and saw several of the groups having to swim furiously across a muddy dam just to finish the challenge!

The second and third days of camp saw students rotate through three challenges, including canoeing, a high ropes course and a ‘Leap of Faith’ from a small platform at the top of a tree. Many of the students found these activities difficult and confronting, but worked together to overcome challenges. The most impressive part was the way that the groups worked together and encouraged each other all the way through until the end.

There is no doubt that the future leaders of our school and community are within this group of students. They worked together as teams and displayed every leadership quality required for success. Well done Year 10s, once again, you’ve done Toolooa proud!

Miss Jess Batey
Year 10 Co-ordinator

Chaplin Report

The Example

You most probably have heard of the famous quote by Mahatma Gandhi, “Be the change you want to see in the world”. Gandhi was a true role model because he was a true example of what he was saying. He would not say or claim anything unless he was practicing it himself. And that is why he could move his nation toward freedom.

I always remember a story that I heard about this profound man:

Once a mother took her child to Gandhi and asked him to advise her child not to eat too much sugar because it was bad for his health. Gandhi asked the mother and child to go and come back in 15 days. Fifteen days later, they came back. This time Gandhi told the child: “My son, please don’t eat too much sugar. It is really not good for your health”.

The mother was surprised and asked Gandhi: “Why didn’t you say this last time we were here?” Gandhi replied: “Because I could not say something that I had not done myself. I needed 15 days to use less sugar and see the benefits. Then I could advise your son not to eat too much sugar.”

Why do our young people look up to the celebrities, sports stars, and artists? Could it be that something deep inside of us is drawn to others who are actively pursuing their divine potential and discovering themselves? Are they drawn to those that live what they speak?

I have recently learnt that young people long to uncover and outwork the potential inside of them, and they not only seek advice and guidance as to how this can be done, they also look for someone who is outworking and applying the advice.

Someone who is a living example of this guidance has even greater power to positively guide and influence people.

May we strive to become “The Example” to our young people?

Dewald (Waldo) Van Der Merwe
Senior Schooling Snapshot

Relay For Life 2013.

Congratulations to all students who participated in the 2013 Relay for Life.

The theme was “Party” in celebration of the 10th Anniversary of the Gladstone Relay and the Toolooa team represented themselves and the school wonderfully at the community event.

A special thank you must be given to Mrs Cathey Hale who spent the 18hrs with me supervising the students.

Well done to those involved (by participating in the Relay or by donating money) as a grand total of $2099 was raised for the Cancer Council.

Year 12 Students Successful In Gaining Their Certificate I & II Self Awareness.

Congratulations to Michelle, Alex, Mark, Daniel and Jasmine (pictured with Bruce Hunt (Rotary), Lea Sycamore (YSC) and Don Andrewartha (Rotary) for successfully completing their Certificate I & II Self-awareness course.

Absent from the celebratory lunch (and photo) but just as successful in completing the course were Helena, Anita, Harry and Luke.

All year 12 students have now completed the BRAKE driver awareness program. To ensure you receive your certificate of completion and QCE point make sure you provide Mrs Read with your licence number and driving log (15 hours).

If you don’t have your learners or 15 hours remember you can do a passenger log of 25 hours.

All students have been reminded of the need to complete ASAP.

2013 Queensland Core Skills Test (QCS).

Final preparations are underway for year 12 students undertaking the QCS test this year. Students have had their practice tests marked by Mighty Minds and are refining their skills in solving multiple choice questions, short response tasks as well as the extended written task.

QCS test dates are Tuesday 3rd and Wednesday 4th September 2013. A letter has been given to students outlining the arrangements for the day.

Non-OP students will have classes as normal - all classes will still be operating, quite possibly completing assessment!

For the OP students remember to come and have a good breakfast, freshly prepared for you on Tuesday AND Wednesday morning.

Toolooa’s Work Experience Dates.

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<th>Placement</th>
<th>Dates</th>
<th>Forms due</th>
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<tr>
<td>Holiday</td>
<td>23 September - 27 September</td>
<td>23-Aug</td>
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<td>GPCL</td>
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<td>Holiday</td>
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This year 26 of our senior students had the opportunity to exhibit their work at the 19th Annual Golding Showcase running from 08 August 2013 - 07 September 2013. This is a Gladstone Regional Art Gallery and Museum Society program initiated by the late Mr Cyril Golding.

The works are selected in all media areas and are by young people from 15 - 18 years of age. Toolooa SHS was well represented by students who turned up in force to collect their certificates.

Congratulations to those students who were selected and turned up on the night.

Everyone should go to the gallery and vote for their favourite image.

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**Social Science.**

**Quote:** If you want to understand today, you have to search yesterday.  
Pearl Buck

This newsletter we have included photos of some of our year 8s from Mrs Ehrke-Malone’s class, who built Christopher Columbus’ sailing ships as part of their Spanish Conquistador unit: **Discovery of the Americas.**

The students are thoroughly enjoying this unit and have had a fantastic time creating these ships.

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**Social Science**

Just a reminder to all parents that it is the busy end of the term and that drafts our now due.

If your child is *stressing out* please have them see their class teacher now rather than when the assessment it is due.

*Cathey Hale*—HOD Social Science
The Sailors of the SWD team arrived in Gladstone at the end of July and over the past two weeks some of our students and teachers have had the opportunity to go sailing on the most amazing 52ft yacht called Kayle.

SWD is a not-for-profit organisation committed to changing the way young people regard themselves. The Try Sail program provides opportunities for participants to experience the exhilaration of sailing, to work with and enjoy the company of others and to build self-esteem and other skills.

Over three days we sent six adults and 31 students out on the harbour to enjoy this wonderful experience. All students had the opportunity to steer the yacht, hoist the mainsail and spend time with the crew. Each day the weather was beautiful, the seas calm and the harbour delightful.

The first day the students were lucky enough to spot dolphins frolicking in the harbour, the second a massive bulk carrier crossed in front of us and on the third day a member of the crew spotted a turtle.

The confidence of the student crew over the two hour trip and not one of us had to walk the plank.

We would like to take this opportunity to thank the SWD crew and look forward to participating again next year.

Happy Sailing.

INTERACT Students Assist At Seniors Dinner

On Saturday 24th August seven students, members of the inaugural Interact club, attended the Senior Citizen Dinner at PCYC and acted as assistants for the evening. Students were involved in serving drinks and a four course meal to 300 seniors. Feedback from the guests and organisers (Rotary South Gladstone Club) was extremely positive.

All students represented themselves and Toolooa in a wonderful light.

Congratulations to Katie Morgan, Patrick Bradford, Emily Jane Smith, Catherine O’Rourke, Jasmine Elliott, Brad Read and Nethmini Alahakoon (pictured below with Rotary members) for a wonderful effort.

Your willingness to help others and be active community members showed that you are wonderful leaders and ambassadors for Toolooa.

WELL DONE!
The Glen Cricket Club Sign On

Sign on this year for the Glen Cricket Club is Saturday 7th September 9am to 11.00am and Thursday 12th September 4.00pm to 5.30pm at Sun Valley Sports Park, Mercury Street Sun Valley.

Age groups available are U9’s to U16’s and Seniors.

For further details please contact:
Melissa Shea (Junior Coordinator)
on 0407 501599 or melissa.shea@bigpond.com

Invitation to New Residents

Come join us, meet new people, learn more about the area, resources to take away and enjoy a free morning tea.

Thursday
September 5th

Morning Tea commences at 10am at the Gladstone City Library

For further details contact
Luis 4976 6352 or Andrea 4976 6358

No matter where you have moved from or length of stay, you are invited to attend. Welcome to Gladstone Morning Teas.

Gladstone Athletics Club

Athletics is FUN for the whole family!

New and past athletes are invited to come and sign up for the 2013/14 season.

The free trial days are perfect for the new athlete wishing to try out Athletics for the day.

Athletes from ages four to Masters are welcome to join us:

ON: Sun 1 Sept
AT: 2pm, TAFE Oval

For further information please contact:
John Sherriff
e. gladstoneathletics@hotmail.com
t. 07 4972 3596

Sunday 1st September
Tafe Oval @ 2.00pm
COMMUNITY NOTICES

Beach Bash
Looking for something to do these school holidays?
Love the sun, surf, fun, hanging with friends, crazy games, epic times and awesome memories, plus more: then you need to check out this camp!
Beach Bash is running from September 23rd—27th!
For more info come to the precinct and grab a flyer or just jump on line at www.sucamps.org.au and search for Beach Bash.
Also you can contact:
Claire Seeney on Phone: 0411 743 855

National Animal Rescue Groups of Australia (NARGA) Inc.
Can you temporarily open your home and your heart to a pet in need?
Are you looking for good company and a heart-rewarding experience?
We won’t ask for a loan or to borrow the car! We won’t stay out late and worry you!
We are free, all our costs are covered we will offer you lots of cuddles and kisses. We will only ask for a warm safe home until we find our forever home.
We would be forever thankful for your part in saving our lives. We come in all shapes and sizes and we make great company and really need your help.
If you can help us please email our person narga.nfdc@gmail.com and she will send you some information.
Thanks!
Together we will make a difference! www.narga.org.au

Gladstone Futsal (Indoor Soccer)
“Gladstone Futsal (indoor soccer) club will be holding sign-ons online at www.australianfutsal.com.
The new season starts in mid-September is age groups from 8 years old to seniors (Men & Women), boys and girls. Also, Kindy classes from ages 3 and up.
Please go to this website to sign on for new season.
Any enquiries please email gladstone@australianfutsal.com or ring 0408 780 612.