Welcome back to the final term of our 2013 school year.

Some Important School Dates For Parents and Students.

- Final day for Year 12 – November 15
- Final day for Year 10 & 11 – November 29
- Final day for Year 7, 8 & 9 – December 13

I have published this dates with very deliberately and would ask you to consider them in conjunction with the table below that provides that average year level attendance level for our school and each year level to date.

<table>
<thead>
<tr>
<th>Year Level</th>
<th>Average Attendance Percentage</th>
<th>Missed days over a School Year</th>
</tr>
</thead>
<tbody>
<tr>
<td>All</td>
<td>86.1</td>
<td>28</td>
</tr>
<tr>
<td>7</td>
<td>89.0</td>
<td>22</td>
</tr>
<tr>
<td>8</td>
<td>89.8</td>
<td>20</td>
</tr>
<tr>
<td>9</td>
<td>83.6</td>
<td>33</td>
</tr>
<tr>
<td>10</td>
<td>81.9</td>
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</tr>
<tr>
<td>11</td>
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</tr>
<tr>
<td>12</td>
<td>87.2</td>
<td>26</td>
</tr>
</tbody>
</table>

In the past our school has promoted the concept of every day counts. I have a personal belief that if a student attends school every day that there is every chance of learning success.

The Table Above Would Suggest:

- That the vast majority of our students are working a 9 day fortnight.
- In Year 9 and 10 the average attendance is closer to an 8 day fortnight.
- If the whole school average is applied across six years of secondary education, the average loss is 167 school days per student. (The school year averages 200 days) So, on average, our students will potentially miss almost a full year of school during their six years of secondary school.

Attending school each day, arriving on time and completing the required learning is a habit that is developed at school and valued by employers.

Our school and our teachers have an important part to play in ensuring that young people attend school at every opportunity. Equally, parents have a similar responsibility to ensure that their children attend school on every day that is available. By working together we will improve the attendance of our students at school and in doing so, provide students with more opportunities to learn and develop successful career pathways.
During term three, a class of year eight students were given the opportunity to participate in the Wonder of Science Challenge as a part of their physics unit in science.

The task for the challenge was to create a Rube Goldberg machine to pop a balloon.

A Rube Goldberg is a complex machine built to perform a simple task.

Three teams with the best machines competed at the Central Queensland University in Rockhampton against many other schools in the region.

Many thanks goes to Queensland Energy Resources for funding the days event.

Congratulations to all students who competed including Lachlan Warwick, Jason Rowe, Cody Emmerton, Fiona Anzum, Atria Rewan and Jasmine Elliot.

A special mention to Ally Ware, Emma Small, Emily-Jane Smith and Ella Stevens for coming first place!

As a result, the school will receive a $5000 alternate energy kit to use as a fantastic class resource.

By Meghan Gwynne.

Toolooa SHS Students Represent Rockhampton at Opti-MINDS State Finals

On the weekend of the 12th and 13th of October, Toolooa State High School represented the Rockhampton region at the 2013 State Finals of Opti-MINDS in Brisbane.

The only Gladstone team, made up of Afia (Fiona) Anzum, Jasmine Elliott, Protim Mir and Bradley Read, competed against public and private schools from all across Queensland and Western Australia.

The weekend was broken up into three main challenges – an ideas market, a spontaneous challenge and a long-term challenge. Students in all three challenges were assessed on their creativity, presentation of ideas, lateral thinking and ability to work together as a team.

The four students were fantastic representatives and although they did not progress to the international finals, they worked well as a team and should be very proud of their achievements to date.

The team personified the Opti-MINDS catchphrase of 'Unashamedly Excellent!' and are already looking forward to participating in the 2014 Opti-MINDS challenge.

Congratulations on representing our school so well!

Miss Jess Batey
Toolooa SHS Opti-MINDS Facilitator
Worries and Anxieties: Helping Teenagers to Cope

Teenagers, like adults, have all sorts of strong feelings about what is happening to them. At times, the world can seem frightening or uncertain, which may create fearfulness, worry or anxiety.

**Different Types of Anxiety**

*Fears and Phobias*

Very young children often develop fears and phobias. These can be triggered by changes (going to childcare, separating from a parent), or particular things (spiders, snakes, monsters etc). Fears like these are common but with encouragement and support most children learn to overcome their anxiety.

*General Anxiety*

Some children/teenagers feel anxious most of the time for no apparent reason – it may be their temperament or may be a pattern of behaviour that is shared by other members of the family.

*School-Related Anxiety*

School refusal can be caused by anxiety – separating from parents, fear of bullying, problems with friendships, trouble with school work or teachers are worth investigating.

*Home Related Anxiety*

Family problems (money issues, squabbling, separation/divorce), death of a family member or friend, harsh discipline or a traumatic experience eg burglary can be a cause of anxiety (as well as depression).

**What are the Signs**

- Feeling sick – stomach aches, headaches. Not being able to stomach food.
- Feeling tense, fidgety, needing to go to the toilet often
- Feeling fearful or panicky, breathless, sweaty
- Being irritable, tearful, clingy or having sleeping difficulties
- Withdrawing from social contact

Anxiety can limit a person’s experiences in life. It can contribute to lack of confidence, loneliness, health problems and learning difficulties. The emotional effects if not remedied can be long lasting.

**What to do**

- Talk to your teenager – show your teenager that you care and want to understand the reason for their anxiety
- Give comfort, reassurance and practical help with how to cope eg. encourage helpful thoughts rather than focussing on unhelpful thoughts. (There are books to help children cope with divorce, death, anxieties.
- Prepare your teenager for changes. If possible give sufficient warning – talk to them about what might happen and why, as well as ways to manage the changes
- For children/teenagers with school/ separation anxiety, regular routines and consistency around sleep, and getting ready for school, having breakfast etc will generally improve the outcome
- Be aware of school or family situations that may be creating worries for your teenager
- Be aware of your own anxiety and protect your teenager from taking on your woes
- Use relaxation techniques eg controlling your breathing, listening to peaceful music, doing something you enjoy, extra curricular activities they enjoy

Encourage daily exercise, healthy eating, drinking plenty of water, and most importantly getting enough sleep – teenagers need at least 8 to 9 hours – Healthy body helps keep us on top of difficult situations

If your teenager is so anxious that they can’t cope, more specialist help may be needed.

Have a chat with your guidance officer, and/ or see your doctor.

Adapted from Mental Health and Growing Up, 3rd Edition – Factsheets http://www.rcpsych.ac.uk/info/mhgu/index.htm

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**A Special Thanks To Our Computer Bloke - MARK WILLIAMS**

While the rest of us were off relaxing with our families and friends over the holidays, our ‘Computer Bloke’ Mark Williams was working hard to ensure our new servers were up and running for the start of the term. Our staff and students are so grateful for your work; we couldn’t function without you.

_Tara Stewart—HOD Technology Department._
Mental Health Week

Mental Health Week raises community awareness about mental health issues, and is held every October each year to coincide with World Mental Health Day that was held on 10 October.

The aim of Mental Health Week is to promote social and emotional wellbeing to the community, encouraging people to maximise their health potential, enhancing the coping capacity of communities, families, individuals and increasing mental health recovery.

Mental Health Week was held from Sunday 6 to Sunday 13 October this year.

The Mental Health Week theme was Celebrate, Connect, Grow.

Celebrate: the positive events in your life, as well as the strengths and values that have helped you through more challenging times.

Connect: with others by paying attention to your close relationships, or by reaching out and making new friends.

Grow: by expanding your horizons and trying something new that creates meaning and purpose for you.

Mental health is an essential part of our overall health and wellness. At times, we all face challenges that test us and put our mental health at risk. When our mental health is poor, it can affect our entire body and play a role in the development of other health issues. Staying healthy means looking after yourself physically, mentally, emotionally, and spiritually.

By giving a little attention to these areas each day you can help yourself to stay well and strong.

Top Tips to Being Mind Wise:

- Make time each day to look after your mental health
- Be kind to yourself and to others
- Do things that make you feel good: participate, you’ll feel great
- Balance work and leisure time
- Enjoy regular exercise: healthy body, healthy mind
- Appreciate the good in life
- Know the signs
- Get help if you need it

For more information go to: www.beyondblue.org.au or kidshelp.com.au
Ph: 1800551800

Dear Parents.

School Based Immunisation at Toolooa State High School is the 31st of October 2013.

Tips for IMMUNISATIONS FOR 2013: Please ensure that you child has had breakfast that morning and it is a good idea to discuss why it is important for your child to be having the immunisation.

The vaccinations are for the following students as well as catch up vaccinations for students who may have missed a previous clinic:

* Year 8 students - HPV (dose 3) & Hepatitis B (dose 2)
* Year 10 male students - HPV (dose 3)

What is the HPV vaccine?

It protects against the four types of human papillomavirus (HPV) that cause 70% of cervical cancers and 90% of genital warts. If you need a new copy of the consent form or more information please go to http://www.health.qld.gov.au/immunisation/sbvp/consent.asp or click on the link Immunisation consent form or watch the video about HPV www.cervicalcancervaccine.org.au

Lani Clements
School based youth health nurse
Monday, Tuesday & Wednesday.
Ph: 49 71 4364.
Helpful tips in order to stay safe this magpie season

Gladstone Regional Council is reminding residents to be mindful of swooping magpies when enjoying the great outdoors this spring.

The peak breeding season for magpies is late August to October but already Council has received reports of magpies behaving aggressively to residents.

Council's Environment portfolio spokesperson Councillor Col Chapman said magpies became most aggressive when they had eggs or young in their nest.

"Most magpies will accept the presence of people within their territories, with only a small percentage of male magpies becoming aggressive when defending their nest," Cr Chapman said.

"Residents are reminded that the native magpie is a protected species under the Nature Conservation Act 1992 and penalties do apply for those who attempt to hurt them.

"In fact, there are many helpful hints for residents when exposed to swooping magpies to minimise the chance of a magpie attack."

Walkers should wear a hat or use an umbrella, while bikers should dismount their bikes and walk away, as it is believed the birds respond mainly to movement.

Other tips include:

- If possible, avoid areas where magpies are breeding and nesting for the duration of the breeding season,
- Keep the magpie under observation as it is less likely to swoop when being watched,
- Do not feed magpies and ensure no scraps or rubbish are left lying around,
- Remove unnecessary sources of water from the backyard,
- Never harass or provoke the magpie as this may make the attack worse next time,
- Do not remove eggs from the nest or touch young birds on the ground,
- A brightly coloured flag attached to a pole should be fitted to bicycles.

For a fact sheet and more information about magpies visit Council's website www.gladstone.qld.gov.au and click the 'Animals' link under the 'Environment and Conservation' tab.

Article courtesy from Gladstone Regional Council—Media Release August 21, 2013.
Limitless

This final term of the year I am facilitating a program called “Limitless” twice a week. The LIMITLESS program is adventure based and uses experiential learning – that is, learning by doing, reflection on what has been learnt, and application of that learning to real life. This style of learning has been particularly beneficial for engaging young men in learning.

The LIMITLESS program offers mentoring and leadership development, and aims to encourage and reinforce the development of positive relationships and behaviour patterns. The school believes that the participants will greatly benefit from part taking in the LIMITLESS program.

LIMITLESS will cover:

- communication skills
- self-esteem and identity
- assertiveness
- building and maintaining healthy relationships
- developing leadership skills

I look forward to engaging with some awesome young men in this program setting, and getting alongside them to help them discover something great within themselves that they didn’t know was there.

Dewald (Waldo) Van Der Merwe
Chaplain

Instrumental Music Notes:

SHEP Queensland
More than 750 of the finest teenage musicians from across Queensland descended on South Bank in Brisbane during the school holidays for Queensland Conservatorium’s SHEP 2013 (State Honours Ensemble Program).

1,400 students were nominated by high school music departments from across the State, with 760 of the best and brightest chosen to represent their schools. Congratulations to Toolooa SHS students Bethany Hackfath (year 11 – clarinet) and Kaitlyn Read (year 10 – clarinet) on being selected to attend such a prestigious event.

The program ran from October 3 - 6, where the participants worked alongside international and national conductors. Four grand finale SHEP 2013 concerts showcasing the talents of these astonishing young musicians were open to the public on Sunday 6 October in the Conservatorium Theatre, South Bank, Brisbane.

Combined Schools’ Band
Congratulations to Lily Furness (year 7 – flute) and Taylor Wakely (year 7 – trumpet) who were selected to represent Toolooa SHS in the 2013 Combined Schools’ Band.

These students attended rehearsals each Tuesday evening during term 3 and participated in a 3 day-10 performance tour of the Gladstone and district primary schools to inspire young students to join the instrumental music program.

QSO Workshops
Woodwind, Brass, Percussion and String students from Toolooa SHS had the opportunity in August to attend workshops with musicians from the Queensland Symphony Orchestra. Students gained invaluable insights and techniques from working with some of the top professional musicians from across the country.

Primary – Secondary Instrumental Music Transition
During term 4 Toolooa will once again open its Concert Band rehearsal doors to instrumental music students from the district primary schools to give young musicians who are currently choosing which high school to enrol at a taste of what Toolooa has to offer. If you come across any of these primary school students early on a Thursday morning, please make the welcome.

Concert Band rehearsals take place each Thursday morning from 7:30am until 8:40am in NA10.

Kaitlyn Read & Bethany Hackfath.

Lily Furness & Taylor Wakely.
Queensland Health Oral Health Services
Child and Adolescent Oral Health Service.

Free dental treatment from the Child and Adolescent Oral Health Service is available to children 4 years of age and children in prep to the end of grade 10. Your child’s school is currently being offered treatment at the Toolooa State High School Child & Adolescent Oral Health Service Van.

A consent form for a dental examination and information sheets on Dental Check-up & Dental X-rays have been sent home with your child. If you have not received these forms please contact staff at the Toolooa State High School Child & Adolescent Oral Health Service Van or the school office.

Please complete this form and return to the school office by: Friday the 8th of November 2013.

To ensure that we can provide optimum service, we request that all issued appointments are kept. Please note that if your child fails to attend two appointments their course of dental care will be closed and they will be offered further treatment when the service is next offered to their school.

NB. If your child has a Teen Dental Voucher, please return it with their consent form. Please write your child’s name, Medicare number & Medicare reference number on the top of the Teen Dental Voucher & staple it to the consent form when returning.

Child and Adolescent Oral Health staff can be contacted on: 0407 634 375.

Japan Trip

On Friday 20th September, 22 students from Toolooa and Tannum Sands State High Schools embarked on the experience of a lifetime – a 10 day tour of Southern Japan. This trip is part of Gladstone City Council’s Sister City arrangement with Saiki City and endeavours to foster understanding and friendship between our communities. Accompanied by Mr Alan Whitfield, Mrs Ellen Kean and Mrs Jenny Reah, the students left the Gold Coast and flew to Osaka before making their way to Fukuoka, Saiki, Hiroshima and Kyoto.

Understandably, students were nervous about spending 5 days with a Japanese family but these fears were soon put to rest as we experienced the most wonderful hospitality and friendship from our host families. Toolooa students spent time at Jonan Junior High School and enjoyed attending lessons with their host brothers and sisters as well as being treated to specialist lessons including calligraphy and origami (Japanese paper folding).

After a very tearful farewell to our new friends in Saiki, we moved on to Hiroshima – the sight of the world’s first atomic bomb attack. This event has shaped Hiroshima into a place which has literally risen from the ashes to become a city devoted to the promotion of world peace. After a day in the very moving Peace Park and museum, we caught the Shinkansen (high speed ‘bullet train’) to Kyoto, the Ancient capital of Japan.

While now a very modern and international city, our students saw glimpses of the old Kyoto in the many temples and shrines dotted throughout the area. We spent two full days exploring Kyoto before heading back to Osaka and then home to Gladstone.

The relationship between Toolooa and Jonan Junior High extends back over 10 years. During this time, many students and teachers have developed lasting friendships with their counterparts in Saiki and we look forward to playing host to Jonan staff and students next year. This experience has had such a positive impact on our students and will no doubt encourage their love of travel and language.

We thank Gladstone Regional Council for supporting our exchange and look forward to continuing such a worthwhile endeavour.
In term 3 the year 10 Drama Students presented their class play *Watermark*, which looked at the experiences of victims of the floods in Katherine in 1998. All the drama students worked incredibly hard to put the play together and did a wonderful job.

Thanks go to all the backstage helpers who donated their time for the night to help the play run smoothly and everyone who contributed costumes and props.

Special thanks go to Miss Bruce and the Toolooa strings students. It was great to see so many people in the audience to show their support for our students, donations made on the night have been donated to the Red Cross Disaster Relief and Recovery.

I am very proud of my students who were extremely professional on the night and are all so talented.

Phoebe Huttunen
Come and support your local Chaplain at the...

Chaplains’ Celebration Service

Sunday, 20th October, 2013

Port City Church, 12 McCann Street, Gladstone.

6:00 p.m. start!

Delicious supper provided.
Bring the family. See you there.

Enjoy artworks created by the talented artists of Cedar Galleries including:
Rosemary Anderson
Marj Cameron
Liz Else
Laraine Frost
Shirley Huth
Pat Kirk
Rosemary O’Driscoll
Terry Parsons
Jeannie Sturt
Lynn Thomson
Chris Thorne
Una Webber
**COMMUNITY NOTICES**

**HERE FOR CHILDCARE**

**2014 SCHOLARSHIP APPLICATIONS NOW OPEN**
**BACHELOR OF EDUCATION (EARLY CHILDHOOD)**

APPLICATION CLOSING DATE – FRIDAY 15 NOVEMBER 2013

Applications are now being accepted for Gladstone residents seeking a full academic scholarship to study a Bachelor of Education – Early Childhood, commencing Term 1, 2014. This scholarship is part of the Rio Tinto Alcan Community Fund’s ‘Here for Childcare’ initiative. It will allow you to study by distance education at the university of your choice!

For terms and conditions including the application form, visit [www.hereforgladstone.com.au](http://www.hereforgladstone.com.au) and follow the ‘Here for Childcare’ links.

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**Australian Futsal Association.**

Futsal season information;

**When:** Thursdays from 4:00pm

**Where:** Gladstone Basketball Centre Side Street

**Costs:** $70 annual registration per player $45 each week per team.

We are going to have friendlies for the next 2 weeks commencing on Thursday 24th and 31st October 2013 from 4pm these are free sessions for everybody, to get players involved.

So if you now of any other players please invite them along as well.

Under 6—will be from 4—4:30pm  
Under 7—8 will be from 4:30—5pm  
Under 9—10 will be from 5:00—5:30pm  
Under 11—13 will be from 5:30—6:00pm  
Under 14—15 will be from 6:00—6:30pm

**Weekly game times will be on Thursdays:**

Under 7/8—4:00pm—5:00pm  
Under 9/10—5:00—6:00pm  
Under 11/13—6:00—7:00pm  
Under 14/15—7:00—8:00pm

Under 6’s will be on Saturday mornings from 9:00am—10:00am.

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**Gail Jasperson**

Australian Futsal Central QLD  
Want to come to the Football World Cup? Let us take you there. Click Here.

Phone: 0408 780 612 | Email: gail@australianfutsal.com | TW: @austfutsal  
Web: www.australianfutsal.com | Facebook: Australian Futsal Association

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**Toolooa State High School**

Monday to Friday 8:00am - 3:30 pm  
General Enquiries Ph. 07 4971 4333  
Student Absentee Notification Ph. 07 4971 4360

**Toolooa State High School**
2 Philip Street  
PO Box 8109  
South Gladstone Qld 4680  
the.principal@toolooashs.eq.edu.au  
www.toolooashs.eq.edu.au