Principal’s Piece.—Garry Goltz

Holidays
We wish all of our students and staff a very relaxing holiday and hope that they have an opportunity to recharge from a very busy term.

We look forward to starting term 4 on Tuesday October 7.

Term wrap-up
I continue to be impressed by what I see at Toolooa State High School. There is a whole lot to like at this school; committed students; supportive staff; strong administration team; great non-teaching staff; fantastic grounds and facilities. The learning culture that has been built in this school is very strong, with students knowing what grades they are receiving and more importantly how to improve these results. Whilst it has been a busy term, the focus on quality outcomes for our students has not wavered. I look forward to being part of the ongoing journey of Toolooa High into the future.

Routines
As Toolooa High continues to grow the value of school-wide routines and expectations cannot be underestimated. Next year we are expecting to have approximately 1030 students with further increases expected in 2016. We have spoken to our students about the value of routines along with what we will be working on over the course or term 4. Our routines will include classroom entry and exit procedures, expectations about required equipment along with consistent processes for students late to class. We are confident that with greater consistency across classrooms we will see more time focussed on academic learning and greater readiness to cater for the increasing student population at Toolooa SHS. We look forward to your support in this process.

Staffing Changes
Next term we welcome Mrs Ellen Kean to our administration team as Deputy Principal with Mr Harrison stepping into the principal position at Kin Kora State School for term 4. We know that Kin Kora SS will be impressed with Mr Harrison. We wish Mr Harrison the best for term 4 and look forward to his return in 2015.

We would also like to take the opportunity to thank Miss Herbert and Miss Mewing for leading their departments throughout term 4. They have done a wonderful job supporting their teams of staff over this period of time. We welcome back Mr Muller and Mrs Schmidt back from leave.

Uniform Update
Planning is underway to ensure a smooth transition when the P&C start supplying the Toolooa High uniforms in 2015. We look forward to our P&C working closely with our parents to ensure that our students’ uniform needs are met.

Reporting
Our teaching staff are currently working on finalising student results and completing reports on their classes. These reports will be posted home with year 11 and 12 reports in the mail this week and 7 to 10 reports sent out in the first week back. Please contact the office if these reports don’t make it through.
Good Guidance with Silke Hetherington

Last newsletter I discussed some strategies to assist parents in establishing and maintaining good relationships with their teenagers. This week I discuss more strategies as well as exploring the differences between being aggressive and assertive.

Minimise conflict in the home
As far as possible, try to make the family home a supportive and safe environment for your teenager. Being part of a family where there is frequent or unresolved conflict and lingering resentment increases a young person’s risk of developing depression and clinical anxiety.

Minimise conflict with your teenager
While it may not be possible to avoid conflict with your teenager completely, try to keep it to a minimum and use positive approaches where possible. You can minimise conflict by considering which issues are minor irritations and can be ignored, and which are necessary for your teenager’s safety and wellbeing. Wherever possible, try to resolve conflicts with your teenager constructively by problem solving together. You should not verbally abuse your teenager, use put downs or show them a lack of consideration.

If you do experience an extended period of high conflict with your teenager, continue to show them affection and try to keep having normal everyday conversations with them. Even if they shut you out, continue to let them know that you are there for them. Teenagers are constantly seeking their parents’ love and approval, even when it’s not obvious.

Avoid criticising your teenager
Repeatedly criticising a young person increases their risk of developing depression and clinical anxiety. Rather than criticism your teenager in a personal way (e.g. “You are so lazy and spoilt.”), comment specifically about their actions (e.g. “You put in the effort for sport, but what about your studies? You need to balance your time better.”). You should encourage your teenager to think of their specific actions as good or bad, rather than considering themselves to be a good or a bad person. If you notice that you are criticising your teenager in a personal way or you lose your temper with your teenager, you should acknowledge it and apologise to them.

It’s worth reflecting on how you yourself were treated by your parents, as this can influence how you now treat your own child. For example, if you were heavily criticised by your parents, you may not be aware of how critical you are of your own child.

Minimise conflict with your partner
Frequent and intense conflict between parents increases a teenager’s risk of developing depression and clinical anxiety. On the other hand, avoiding conflict altogether is not helpful either. If you do have conflict with your partner, do not ask your teenager to choose sides. Also, you should not criticise your partner in a personal way (saying things like “Your father will always be good for nothing” or “Your mother is so selfish”), but only in terms of things that they do (e.g. “Your father is so grouchy when he is working too hard” or “I get mad at your mother when she takes this long”).

Be a good role model for handling conflict
Dealing with conflict effectively in front of your teenager helps them to learn that although conflict is inevitable, it can be dealt with effectively. Never use physical aggression in front of your teenager, such as throwing things or slamming doors. When you have a heated argument with another family member, try to model anger control by slowing down and taking time to calm down.

Discuss with your teenager the difference between being assertive and being aggressive (see box below). Try to show through your own behaviour how to be assertive in everyday situations and teach your teenager the skills of compromise and negotiation.

<table>
<thead>
<tr>
<th>AGGRESSIVE</th>
<th>ASSERTIVE</th>
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</thead>
<tbody>
<tr>
<td>When a person is aggressive, they:</td>
<td>When a person is assertive, they:</td>
</tr>
<tr>
<td>• stand up for their personal rights and express their thoughts, feelings and beliefs in a way that violates the rights of the other person</td>
<td>• stand up for themselves while respecting other people’s beliefs and feelings at the same time</td>
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<tr>
<td>• attack when threatened</td>
<td>• communicate how they feel in a firm, relaxed voice</td>
</tr>
<tr>
<td>• use put downs to maintain superiority, e.g. “Don’t be so stupid”</td>
<td>• provide constructive criticism without blame, e.g. “I feel irritated when you interrupt me”</td>
</tr>
<tr>
<td>• use aggressive body language, e.g. crossed arms, staring, tensing their jaw.</td>
<td>• use open body language, e.g. using open hand movements, maintaining eye contact without staring.</td>
</tr>
</tbody>
</table>

When people have an encounter with somebody who is being aggressive, they often feel:
• resentful
• angry
• devastated
• uncooperative.

When people have an encounter with somebody who is being assertive, they often feel:
• that they now understand the other person’s position
• respected.

Health careers session

On Thursday 4th September, a number of our Years 9 – 12 students participated in a health careers session at our school. Jordan Valle, an executive member of the University of Queensland’s rural health club and a 3rd year Bachelor of Medicine and Surgery student, along with other medical students currently on work placement at Gladstone Hospital, presented an information session on careers in health. In addition to learning about the wide range of career paths within the health industry, students practiced CPR, bandaging, taking blood pressure and using stethoscopes. Thank you to Jordan and his co-presenters for visiting Toolooa SHS. The students’ feedback was extremely positive and they all greatly enjoyed the session.

Year 11 QCS Practice Test

Nearly 60 of our Year 11 students will sit their first QCS practice test on Thursday 18th and Friday 19th September. The tests will be professionally marked and feedback provided to students and our school. The students have been busy preparing all term so we are sure they will do well!

QTAC

A reminder to Year 12s intending to study at university next year – QTAC applications close on Tuesday 30th September. Higher fees apply to applications after this date.

2015 Apprenticeships


Work Experience

A number of our Year 10 students are completing work experience in the last week of this term at a wide range of businesses. Work experience is extremely valuable for students to gain knowledge and understanding of their career of interest and demonstrate a commitment to their future pathways. Years 10 and 11 students can still participate in work experience in the December school holidays – see Bree in the Senior Room for an application form and more information.

**Term 4 Work Experience**

<table>
<thead>
<tr>
<th>Placement</th>
<th>Placement Dates</th>
<th>Forms due back</th>
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<tbody>
<tr>
<td>Holiday Placement</td>
<td>1 December – 5 December</td>
<td>24-Oct</td>
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<tr>
<td>GPC (10 &amp; 11)</td>
<td>1 December – 5 December</td>
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<tr>
<td>Holiday Placement</td>
<td>8 December – 12 December</td>
<td>24-Oct</td>
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<td>GPC (10 &amp; 11)</td>
<td>8 December – 12 December</td>
<td>24-Oct</td>
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</table>
UQ Young Scholars Program

Congratulations to Kaitlyn Read and Matthew Furness who have successfully gained a position in the UQ Young Scholars Program. Both students had to submit a written application consisting of their year 11 academic report and a personal statement outlining their academic awards, leadership roles, community service based work and interest in future studies.

Both students will now attend a five day (four night) residential camp at UQ St Lucia campus from 30th November to 4th December. While at the camp they will gain insight into university life, hear from leading thinkers and engage in discussions and collaborative forums in group settings. A range of social, sporting and cultural activities will complement the academic program.

Information from the UQ YSP website states:

The University of Queensland’s Young Scholars Program (YSP) provides high achieving secondary school students with an opportunity to discover, learn and engage with UQ’s academic community and like-minded students from across Queensland and New South Wales. Designed to nurture and develop future leaders, the Program also presents students with a unique opportunity for academic extension and enrichment.

UQ Young Scholars are challenged to think critically about some of today’s major global issues and throughout their participation, are exposed to a wide range of potential study areas and career opportunities.

'We are really excited at the opportunity of participating in the UQ YSP and are looking forward to the residential camp in December'.

QMEA Energy for the Future

On the 21st of August, 15 Year 8 Toolooa students participated in the QMEA ‘Energy for the Future’ program being held at CQU Gladstone. We were put in groups of about 8 -10 and sent to different talks about different energy sources. Then in groups we had to decide which energy sources would be the best for our country in 50 years.

Overall the day was a great learning experience and really fun day.

Lily Furness
Science Challenge

The Gladstone Schools and Industry Science Group’s annual Science and Maths Challenge is on October 17th, 18th and 19th at Central Queensland University – Gladstone Campus. The Science & Maths Challenge is a locally facilitated program for Year 10 & 11 Science and Mathematics students that has run successfully since 1994.

Held at the Central Queensland University Gladstone Campus the Science and Maths Challenge involves students working in teams with industry mentors to solve a scientifically relevant and challenging problem. Other features of the three-day program include specialist lectures and the opportunity to use technology available at local industry and university sites. Students have the opportunity to apply the scientific and mathematical knowledge they have learnt as well as develop learning in other areas. Students will be based at CQU, but depending on their Challenge project will travel to study sites, including field studies and studies based in Industry.

The GSISG’s Science and Maths Challenge is recognised as a showcase of best practice in Science and Maths Education and students from previous years have presented their Challenge projects to audiences in Brisbane to represent the unique aspects of this learning challenge.

The culmination of the Science and Maths Challenge is the presentation and supper on the final evening when the teams present their findings and thank our sponsors. Parents are invited to attend this presentation and meet the students’ mentors and discuss aspects of the student’s achievements.

Details of the Science and Maths Challenge are:

- **Date:** Friday 17th October – Sunday 19th October
- **Venue:** Central Queensland University, Gladstone Campus
- **Times:** A detailed program will be provided closer to the date. Generally, each day will begin at approximately 9.00 am and finish by 4.00 pm.
- **Cost:** $25 (Inc GST). (This includes all lunches and materials, equipment etc) to be made payable to the students school.

Students who are interested in attending this event in October please come and see Mrs Herbert in the science staffroom for more information

Total Lunar Eclipse—8th October

Mark your calendars! If the clouds cooperate then this will be a fantastic opportunity to view a total lunar eclipse. It begins at about 7:15 pm and finishes at about 10:35 pm. You will see the full moon gradually disappear until the moon appears blood red. The full moon will then gradually return.

Total lunar eclipses occur when the Earth’s shadow falls directly across the full moon. The moon appears a shade of coppery red during the maximum eclipse because the Earth’s atmosphere refracts light from the Sun, so our shadow is not entirely dark. Our atmosphere absorbs most of the blue and green light, so only the red is left in the shadow. This makes the moon appear red during the maximum total lunar eclipse.

Photo from 2006 total lunar eclipse in Gladstone
Let's Bridge The Gap with Fred Reid

Last week Toolooa’s indigenous cohort were addressed by Fred Reid. Fred comes from the Daingattie tribe of North Western NSW, much loved for many years by schools all over Australia for his one man show and workshops.

Separated from his family in the mid 1960's, his mission is to bring about a better understanding of Aboriginal people and their culture. With the help of his son Toby, Fred delivered his message in a fun, positive way. His deep respect and knowledge of culture, along with his gentle, humorous rapport with students, made for a very enriching experience.

Fred spoke of the history including Land Rights, the Stolen Generation, Indigenous Health, and the traditional way of life. He also discussed Indigenous people of today and the challenges of adapting to mainstream living.

Year 10 Leadership Camp

On Monday the 25th of August, 49 eager students met bright and early at school to set off on the 2014 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 a raft building competition. Our students met these challenges with great enthusiasm but mixed success. One group now holds the Chaverim record for longest time held balancing on an oversized see saw (16 students balanced for 8min 59 sec) while another group struggled to balance for 10 seconds! The raft building competition was most challenging with many students getting more than a little wet when their rafts broke apart mid race.

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. The students were impressive in their ability to operate well outside their comfort zone while undertaking these challenging and at times confronting activities. The support and cooperation these students showed towards each other to complete these difficult tasks was outstanding.

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!

Mr Greg Hale
Year 10 Co-ordinator
Interactors Take Action!

Sunday 14th September saw a small number of Interact members give up their Sunday morning to promote the Shelter Box project and raise much needed funds. The morning started slowly however thanks to the generous customers at Bunnings Gladstone who supported the money board the Club is pleased to bank an additional $120.55 towards the purchase of the disaster relief kit.

A special thank you to Kaitlyn Read, Melissa Ndabanengi, Jasmine Elliott and Bradley Read who managed the stall to raise money and awareness.

Keep up the great work!!

Fiona Simpson – Speaker of the House Visit on the 12th Of August 2014

Democracy. Power. Leadership. It is extremely important and beneficial to discuss these important topics in order to increase one’s knowledge and their view on world around us. As a result of the importance of these group discussions, school captains Jordanna Wale and Bradley Fuller attended a luncheon at Liz Cunningham’s office. In addition to this discussion, the school captains were given the opportunity to meet with the Speaker of the Queensland Parliament - Fiona Simpson. With her high expertise in the Queensland parliament and the Liberal National Party (LNP), it was a great opportunity to engage in an educated discussion.

Alongside other school leaders from the Gladstone district, a simulation of a parliamentary section was conducted for this discussion to give us an understanding of what these sections consist of. During the section, we all stated our opinions on the three topics and how they are evident within the world around us. It was a great opportunity to engage with other students who have different opinions on the world and events that are occurring throughout the world.
Thanks Toolooa!

Well done to all the staff and students at Toolooa who have continued to help others by donating blood this term. As of 10/9/2014 Toolooa has saved 207 lives through their generous donations. This number will increase before the school holidays with another 5 appointments available! Remember even though we support students to donate by booking appointments on a Friday morning the blood bank would love to see anyone over 16 book in over the holidays!
Apprenticeships at Boyne Smelters

Boyne Smelters Limited (BSL) is pleased to be offering fantastic career opportunities by offering a number of apprenticeships commencing next year.

BSL prides itself on providing excellent training in a dynamic environment where apprentices are mentored as they work, allowing them to gain a variety of skills and progress into sought-after, highly experienced tradespeople.

In July we will be recruiting for the trades of Mechanical, Electrical, Fabrication and Diesel Fitting.

HOW TO APPLY

We can only accept online applications for the 2015 Apprenticeship program.

Please visit the Pacific Aluminium careers page:


Applications close 21st September.

Applicants will need to submit electronic copies of:

• Resume (up to date)
• Most recent school results

An information session will be held on Saturday 18 October and shortlisted applicants will be notified with details.

Pre-requisites for application

• Year 12 certificate (recent or currently completing)
• Maths and English grade of ‘sound’ or higher.
• For electrical trades, preferred (but not mandatory) achievement of ‘sound’ in Maths B or higher
• Be a resident of central Queensland and willing to relocate to Boyne Island, Queensland
COMMUNITY NOTICES

Calliope Crafty Capers - School Holiday Program

**Boredom Busters In Week 1!**

**Monday 22nd September**

12.00pm - 2.30pm  
8 - 16yrs $25.00 (plus product cost)

**Kid Trouble** (we make a rocket launcher, Nerf dart shooter, Football game, Pipe cleaner Ninja's, PVC pipe water shooter, Marshmallow catapult)

**Tuesday 23rd September**

9.30am - 11.30am  
5 - 8yrs $20.00 (plus product cost)

**Fearless Fireman** (make a fireman hat, air tank, badge and Fire station dog puppet)

12.00pm - 2.00pm  
7 - 16yrs $20.00 (plus product cost)

**007 Secret Service Agent** (Secret Agent message decoding, binoculars, fake ID, spy communication, undercover disguise, laser game, secret agents watch, spy safe and Mission envelope)

**Wednesday 24th September**

9.30am - 11.30am  
5 - 12yrs $20.00 (plus product cost)

**Frozen for Boys** (make snow paint, Frozen erupting snow, "Sven & Olaf" Tic Tac Toe, Snowman giant game, snowflakes and Olaf or Sven pencil topper)

12.00pm - 2.00pm  
5 - 12yrs $20.00 (plus product cost)

**Frozen for Girls** (make a tiara, Frozen erupting snow, snowflake wands, "Olaf" Anna's cape, and Olaf or Sven pencil topper)

**Thursday 25th September**

9.30am - 11.30am  
5 - 10yrs $20.00 (plus product cost)

**Safari Hunters** (make a wearable "Jungle Jeep", binoculars, camera, animal diary and a boa constrictor)

12.00pm - 2.00pm  
5 - 12yrs $20.00 (plus product cost)

**Archaeology Adventures** (make a dinosaur habitat, edible dirt cups, bath bomb, dinosaur eggs, a fossil pit and fossil dough)

**Calliope Crafty Capers - School Holiday Program**

**All Parents Need a Break in Week 2!**

**Tuesday 30th September**

9.30am - 11.30am  
5 - 10yrs $20.00 (plus product cost)

**Super Hero!** (design a cape, shield and a super hero mask)

12.00pm - 2.00pm  
5 - 12yrs $20.00 (plus product cost)

**Frozen for Boys** (make snow paint, Frozen erupting snow, "Sven & Olaf" Tic Tac Toe, Snowman giant game, snowflakes, Olaf or Sven pencil topper)

**Wednesday 01st October**

9.30am - 11.30am  
5 - 12yrs $20.00 (plus product cost)

**Frozen for Girls** (make a tiara, Frozen erupting snow, snowflake wands, "Olaf" Anna's cape, and Olaf or Sven pencil topper)

12.00pm - 2.00pm  
8 - 16yrs $20.00 (plus product cost)

**Pamper Me Pretty!** (Oatmeal facemask, moisturiser, nail art, funky hair sprays and make-up for young girls)

**Thursday 02nd October**

9.30am - 11.30am  
**Melted Madness** (melted crayon creative art)

12.00pm - 2.00pm  
**Most Popular Demand Workshop**

**All workshops include a light snack & a drink!**

**Spots are limited so Pre-Bookings and Deposit is Essential!**

Call Tina on 0428 871010 to secure your childs’ fun!

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COMMUNITY NOTICES

STEPPING STONES TRIPLE P PARENTING SEMINAR

HELPING YOUR CHILD REACH THEIR POTENTIAL

All children need to develop skills to help them become independent, to get on with others and to reach their potential. While children can pick up some skills simply by watching others, children with disabilities often need a more structured approach. This seminar focuses on how to teach children important new skills and behaviours by following six key steps.

Where: Leo Zussino Building  
Central Queensland University  
Marina  
Gladstone QLD 4680

When: Wednesday 22nd October

Time: 10am-12pm

Cost: FREE

Who: Any parent/caregiver of a child with a disability age 2-12 years


For more information contact:
Stepping Stones Triple P Project Team St Lucia, Qld, 4067 Ph 33656499  
Belinda O’Sullivan or Katrina Dalton: 49768317; 49768333

Sponsored by: University of Queensland, Monash University, University of Sydney