How to Increase Your Marks
(Courtesy of Andrew Fuller, adolescent psychologist)
Getting better marks has a lot to do with how you approach studying.
The twelve most powerful ways to increase your marks don’t involve you working harder but they do involve you working smarter.

- Study in silence.
- Organise & transform the information you want to learn.
- Put off pleasurable activities until work is done.
- Talk yourself through the steps involved.
- Ask for help.
- Take notes.
- Write & re-write key points.
- Make lists & set priorities.
- Prepare for class.
- Keep a record of how much study you have done.
- Use memory aids.
- Set study times

HABITS OF A SUCCESSFUL STUDENT
Are Organised – know what you have to do and the timeframes for each task
Ask Questions – talk to your teacher to clarify what is required
Have Support – be part of a study group, discuss your work with a parent
Focus on Learning, – focus on developing and understanding of the presented material
Read Independently – Seek information for yourself, your teacher will not provide everything that you need
Display Good Manners – build a positive relationship with your teachers and coaches
Have Fun at School – join a team, band, leadership group or club and build a wider group of friends

ATTENDANCE IS IMPORTANT IN THE LAST WEEKS OF TERM
As we reach the end of Term 4, parents are reminded that children must attend school on every school day unless they have a reasonable excuse for being away, such as illness.

Visiting family, being tired, or starting holidays early are not good reasons to be away from school.
Whether your child will be attending 30, 40 or 50 days during this term, attendance at school will be an important determinant of, in their final academic results of 2013.

There is an abundance of research that supports the notion that attendance at school is one of the critical factors of a students success. Being at school every day, on time, is an important life skill and creates a work ethic that is valued by the community and employers.

More information on the importance of regular school attendance is available at www.education.qld.gov.au/everydaycounts/docs/parent-fact-sheet.pdf
Toolooa Teams Win 4 Gold and 2 Silver Medals in National Final of 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 Crail) were not far behind then, taking out 3rd place in the regional competition.

As both of the Toolooa teams finished in the top 3 positions, both teams were invited to participate in the National Final which took place on Thursday the 24th of October.

The National Finals are even more demanding that the regional competition. Students have just three 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.

The finals are much more demanding that the regional competition. Each Finalist is given two samples. One sample contains about 0.4 g of the weak acid potassium hydrogen phthalate (KHP), accurately weighed. The student is told the amount in this ‘standard sample’.

The other sample, the ‘unknown’ also contains about 0.4 g of potassium hydrogen phthalate, also accurately weighed, but the entrant is not told this amount. A little insoluble barium sulphate is added to the unknown sample as well.

The entrant has to determine the amount of acid in the unknown sample. They firstly have to carefully dissolve the known sample and dilute it to 100 mL. This is the standard solution they will then use to accurately determine the concentration of an unknown solution of sodium hydroxide by titration.

The entrant must then dissolve the unknown KHP sample, but must first carefully filter out the insoluble barium sulphate before diluting the solution to 100 mL. They then titrate this against the sodium hydroxide solution in order to accurately calculate the amount of KHP that was in the sample.

The score a student receives is based on how accurate the student’s answer is. This means that the lower the score, the better the result. The student with the best individual result in the National Final was Josephine Tucker. Here excellent score of 3 means that she was very accurate. Her answer was 0.00261 moles and the actual answer was 0.00264 moles. This is an excellent result and has earned Josephine a gold medal. Any score less than 20 are considered excellent.

Three other students also obtained excellent results. Well done to Joshua Reilly with a score of 8, Elora Ghea with a score of 9 and Sarah Crail with a score of 18. They will all also receive gold medals. Kahla Button and Kahlia Mallet-Jackson also had some good results and will receive silver medals.

The National Final is a team competition however. Team scores are allocated based on the accuracy of each member. A huge congratulations to Team 2 (Joshua, Elora and Sarah) who were awarded a score of 469. Any score less than 1000 is considered excellent.

The school and students would like to thank Mrs Heather Warren and QAL. Mrs Warren has provided invaluable assistance by providing chemicals for practice sessions and by attending practice sessions alongside Chemistry teacher Joanne Cooper in order to assist the students in their preparation for the finals.

Well done to all of the students involved. They have devoted a lot of time to practice sessions and it is great to see that their hard work has paid off.

We will have to wait a few weeks to find out what place is allocated in the National Competition to Team 2. With a score this good, we are confident that they will make the top 20 list.

We look forward to finding out their final ranking.
How is it that the sound of laughter is far more contagious than any cough, snuffle, or yawn.

While humour and laughter can cause a domino effect of joy and amusement for anyone in range, it is well researched that this activity can make us healthier.

Though it can be difficult to define what exactly makes humour funny, laughter has long been considered helpful to the healing process. Substantial research indicates that humour and laughter play a health role.

Did you know that laughing:

- exercises the internal organs (great for the stomach muscles and the cardiovascular system),
- with all that mouth opening and deep breathing, laughing gets more oxygen to the brain (to enhance alertness and thinking),
- boosts endorphins (natural mood-elevating and pain-killing chemicals),
- strengthens the immune system (to help fight off disease.)

Laughter has also been shown to improve pain tolerance, reduce stress, lower blood pressure, and protect the heart.

The social effects too are many. They include:

- improving a person’s optimism and outlook on life
- connecting you to others – others will want to spend time with you
- fostering instant relaxation
- and most importantly IT MAKES YOU FEEL GOOD

Unlike more invasive therapies, laughter therapy is cheap and has no harmful side effects - not bad for such an enjoyable activity.

The great Groucho Marx who spent his movie life clowning around stated:

_A clown is like an aspirin, only he works twice as fast._

But humour must be used with care. Children should not be exposed to inappropriate adult humour. Never use humour to offend or shame another person. It’s not about laughing at another person but ensuring everyone enjoys the joke. If you feel a need to laugh at someone make sure that that someone is you.

Laughter is a natural part of life. The part of the brain that connects to and facilitates laughter is among the first parts of the nervous system to come on line after birth. Infants begin smiling during the first weeks of life and laugh out loud within months of being born. Even if you did not grow up in a household where laughter was a common sound, you can learn to laugh at any stage of life. Now is the time.

Try these activities. They will benefit your child and you:

- Watch comedy DVD’s and TV shows
- Visit the circus – do some clowning around yourself
- Listen to comedy while driving – the news these days is very depressing
- Read comic authors/ tell jokes.
- Seek out funny people - spend less time with overly serious people.
- Bring humour into conversations. Tell and invite funny stories

Just practise smiling and laughing. If you have to - fake it till you make it

Let’s see more people laughing, and smiling. Our communities, including schools and workplaces, can only benefit.

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.

This information has been provided from [www.youthbeyondblue.com](http://www.youthbeyondblue.com)

Their information line is 1300 22 4636

Yours in health,

Lani Clements
School Based Youth Health Nurse
Monday, Tuesday and Wednesday
Ph 4971 4364.

The King and I (A Musical by Rogers and Hammerstein)

Anna: In your house she's just another woman. Like a bowl of rice is a bowl of rice no different from any other bowl of rice.

King: Now you understand about women...

The King and I is a musical set in the 1800's, about an eastern King who wishes to become more "Modernised" by western traditions. He invites Anna, a Welsh teacher (played by grade 12 student Emily Newman) to help him understand how to become a more "civilised" King, allowing many misadventures and dramas to occur. Heartfelt and often comedic, The King and I can be enjoyed by all etcetera, etcetera, and etcetera!!!

The King and I (A Musical by Rogers and Hammerstein)

Date: Thursday 9th 7.30pm and Saturday 11th November 12.30pm and 7.30pm
Price: $20 adult, $18 concession or student
Where: Gladstone Entertainment Centre

Nicole Bruce
Instrumental Strings Teacher
Gladstone Region

Naplan 2013.

The 2013 NAPLAN results for students in Years 7 & 9 will be posted to home addresses in the coming weeks. Please take a few moments to work through the information with your son/daughter to gauge where they are placed relative to the performance of students in similar year levels around the nation.

The relative position and improvement rates for our whole school performance will be added to our school website during November.
Public Health Alert for Schools: Measles Outbreaks

What is the concern?

Queensland Health is concerned about the number of measles outbreaks in Queensland this year. There have been 24 people notified with measles so far this year, three of whom were school aged and one toddler.

There have also been measles outbreaks occurring in other states, with young children and school aged children infected.

Large measles outbreaks are occurring in other parts of the world, including in our nearest neighbours in Indonesia (Bali) and Thailand. Measles outbreaks in Australia usually commence with a person who was infected overseas.

Measles is a highly infectious disease that causes people to feel very unwell. It can cause complications such as middle ear infections and more serious complications such as pneumonia (lung infection) and encephalitis (inflammation of the brain). Complications are more common and more severe in people with a chronic illness and very young children. Approximately 60% of deaths from measles are associated with complications, especially pneumonia in the young and encephalitis in adults.

The virus is spread from an infectious person during coughing and sneezing or through direct contact with secretions from the nose or mouth. Because measles is so infectious it can spread rapidly in schools and early childhood education and care services where non-vaccinated children and or adults attend.

What can schools and childcare services do?

It is very important that schools and child care services are aware of the current measles risk and inform parents to keep children away if they think they could have measles. Parents should be advised to ring their GP or 13HEALTH if they think their child has measles as confirmation of measles infection requires medical assessment and laboratory testing.

Schools and childcare services are encouraged to strongly recommend that parents ensure their children and staff are fully vaccinated against measles and if possible, keep a list of any unvaccinated children and staff. Unvaccinated children and staff will need to be excluded from any school or childcare where a measles case has been confirmed.

Anyone born in 1966 or after who has not had two documented measles vaccinations or documented immunity should get vaccinated. Measles vaccine is free.

Your local Public Health Unit will provide advice and support to you, in the event of an outbreak of measles within your Centre or Service. A list of the Public Health Units is available at http://www.health.qld.gov.au/cho/default.asp

What if parents refuse to keep their child away?

The Public Health Act 2005 gives the person in charge of a school or early childhood education and care service specific powers that enables them to direct a parent to keep a child who has or may have measles away from school for a prescribed period of time. Details on these powers can be found at http://www.health.qld.gov.au/publichealthact/documents/fs-cont-cond.pdf

A measles fact sheet and other measles resources are available at: www.health.qld.gov.au/cdcg/index/default.asp

Measles

Description

Measles is an acute, highly infectious illness caused by the measles virus. Measles can cause serious complications such as pneumonia (lung infection) and encephalitis (inflammation of the brain). It may also cause middle ear infection.

Measles should not be regarded as a simple mild disease. Deaths occur mainly in children under five years of age, primarily from pneumonia, and occasionally from encephalitis. Complications are more common and more severe in people with a chronic illness and very young children.

Symptoms

Measles begins with symptoms such as fever, tiredness, cough, runny nose and/or red inflamed eyes. These symptoms usually become more severe over three days. The cough is often worse at night and the affected person may wish to avoid light because of sore eyes. At this stage of the illness, there may be small white spots on a red base in the mouth on the inside of the cheek (Koplik’s spots). This is then followed by a blotchy, dark red rash usually beginning at the hairline. Over the next 24 to 48 hours, the rash spreads over the entire body, during which time the person generally feels very unwell. Typically with measles, the fever is present and the person feels most unwell during the first couple of days after the rash appears. The rash usually disappears after six days.

Transmission

Measles virus is very contagious. The virus is spread from an infectious person during coughing and sneezing or through direct contact with secretions from the nose or mouth. A person may be infectious from about five days before the onset of the rash until about four days after the rash appears. The time from contact with the virus until onset of symptoms is about 10 days but may be from 7 to 18 days.

Treatment

There is no specific treatment for measles. The symptoms of measles are usually treated with rest, plenty of fluids, and paracetamol to lessen pain or fever. Do not use aspirin for treating fever in children.

Control

People with measles should be excluded from work, school or childcare centres for at least four days after the appearance of the rash. People who have not been vaccinated against measles and those who have any condition that compromises their immune system and have been in contact with a person with measles should be excluded from school and childcare for 14 days from the day the rash appeared in the person diagnosed with measles.

If unvaccinated contacts receive the measles mumps rubella (MMR) vaccine within 72 hours of their first contact with the original person with measles, they may return to childcare, school or work.
Chaplin Report

Limitless

This final term of the year I have been 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.

With 10 young men, we will be going on an outdoor teambuilding experience on the 18th November, which will involve a high ropes course, caving, and other adventure based activities to encourage these young men to learn to work as a team and explore their potential as individuals.

It has been a great experience so far connecting with these guys, and we have all learned plenty about ourselves and each other. There is a great rapport and trust amongst the team, making us accountable to each other, as we are equipping and encouraging each other to also improve some aspects of our lives outside side of the program setting.

Dewald (Waldo) Van Der Merwe
Chaplain

59 Boxes Prepared for Operation Christmas Child

Thanks to the efforts of the staff and students of Toolooa SHS, Miss Cooper was able to deliver 59 shoeboxes to the Operation Christmas Child collection centre last week. This is a fantastic effort and Miss Cooper and the Gladstone co-ordinator for Operation Christmas Child would like to extend a huge thank you to everyone who got involved and made a contribution to this wonderful charity.

Operation Christmas Child is a unique project of Samaritan’s Purse that brings joy and hope to children in desperate situations around the world through gift-filled shoe boxes. It provides an opportunity for people of all ages to be involved in a simple but hands-on project that has the power to transform children’s lives.

In 2012, 308,263 gift-filled shoe boxes from Australia and New Zealand were delivered to children in South East Asia and the South Pacific. Over 8 million children around the world received shoe boxes last year. Over 130 countries have received shoe boxes since 1993.

When a child opens a shoe box, they’re opening more than a present lovingly prepared just for them.

The boxes bring joy and hope to children in desperate situations around the world.

As each shoe box gift is delivered, it is treasured by the child that receives it.
Priceys Pathways Conclusion – 14 October

Our Indigenous Year 10 Cohort were incredibly fortunate to be selected by the ARTIE program to participate in a career mentoring and job readiness program conducted by Steve Price, former Australian and Queensland Rugby League Representative and Captain of both Auckland Warriors and Canterbury Bulldogs.

Since retiring from football Steve has completed a Degree in Business and fulfils his passion for league as part of a junior coaching panel. Having teenagers of his own and a wealth of mentoring and leadership experience he was warmly welcomed by students and staff.

The program allowed students to work one-on-one with Steve over an eight month period and assisted them to identify possible careers, acknowledge the pathway required and gain job readiness skills. This was a valuable tool which reinforced our Education for Life curriculum and was supported by a trip to the FOGS career expo in Rockhampton.

Students received a special invitation to the FOGS Dinner where two of our students, Ainsley Frost and Sharna Gaston, stood in front of the many dignitaries, former Queensland Origin players and current superstars to speak about the program.

Steve’s last visit was 14th October - over the eight months of working at Toolooa SHS he became very fond and proud of our students and their achievements. We are hoping a similar program will run again in 2014.
The weather was perfect and approximately 80 indigenous students from the three local State High Schools made the trip to Facing Island to participate in a day of cultural awareness and activities.

Aunty Loris Corowa introduced icebreaker and team building activities on the barge and when landing students were split into three mixed groups which rotated through workshops.

Former Toolooa student – Nhulundu’s Sharrna Parter, delivered sessions from the Deadly Choices Program, educating students about the importance of healthy eating habits and the dangers of tobacco and smoking.

Students were also introduced to weaving palm tree leaves and worked together to make items including hats, balls and fish.

The highlight of the day was a Cultural Walk, delivered by Michael Cook. The walk was designed to make students aware of different types of traditional sites and what might be found. He stressed the importance of protection and preservation of Aboriginal and Torres Strait Islander cultural heritage sites.

Students were treated to a healthy lunch and beautiful fresh fruit donated by Nhulundu Health Organisation.

The afternoon finished with a spritely game of touch football on the beach.
ARTIE Reward Trip: 18 – 21 October

Better than ever!!! This years’ Reward trip saw our Year 8, 9 and 10 students off to Camp Currimundi on the Sunshine Coast.

Joined by students from Rockhampton, Mount Morgan and Gladstone State High Schools this trip was a reward for those students who met strict attendance, effort and behaviour goals.

Whilst fun was had at White Water World and Dreamworld, I believe a highlight to be the interschool dodgeball championships, which saw students and staff join forces and show off our sporting prowess.

A big thank you must go to Hayley from FOGS who does a wonderful job in organising the event, which this year included Dance, Painting and Weaving workshops.

Mark and David Peters were absolutely awesome not only as performers but also as teachers. I am very proud to say our students weren’t shy and eagerly jumped up to shake a leg and learn some new moves.

The workshop conducted by indigenous artist Dee Greer (aka Townee), was a highlight and eye opener. We participated in a meditation/visualisation technique to identify a symbol which we then transferred onto a stone. Dee addressed the meanings of the symbols and they were scarily true to each individual.

Our day concluded with a weaving workshop conducted by traditional custodian Beverley Hand. A descendant of the Coombri and Ambrey families, Bev gave a rousing Welcome to Country which set the tone for the day.

This year’s guest speaker was Thomas Draper. Thomas addressed the group and told of his own life experiences, adversity and struggle. A truly emotional story and inspiring individual, he had a strong message which will stick with our students.
Caring for Kids in Our Community

There is an ongoing need for foster carers in Gladstone. Keeping children in our local community assists to reduce the trauma they experience when separated from their families, and also helps increase the chances of the family being reunited.

The more foster carers Anglicare's Foster, Kinship and Intensive Care Program is able to recruit the better outcomes for children and young people who require out-of-home care.

Anglicare requires a diverse range of foster carers to meet the diverse range of needs of children in care, in order to match the needs of the children to carers'. Foster carers need a strong commitment to children. They need the ability to be flexible, patient and understanding. A good sense of humour is certainly beneficial.

A supportive network of family and friends is also important.

We encourage you to call and speak with a member of our foster care team on 4972 8220.
COMMUNITY NOTICES

Come and Join Us!
Sunday 10th November
From 10:00am to 3:00pm
WHERE:
CQU Leo Zussino Building, Marina

BREAST CANCER AWARENESS DAY

Dispelling the Myths

This educational event features guest speakers discussing topics such as:
- What is Breast cancer?
- Early detection
- Risk factors for breast cancer
- The diagnosis
- What are the surgical Options?
- What is chemotherapy, radiation therapy?
- Prostheses.
- Lymphoedema.
- A personal story from a breast cancer survivor.
- Sexuality after Breast Cancer
- Nutrition.
- And much more...

This event proudly presented by Gladstone Women’s Health Centre and sponsored by CQ University Australia and Calliope Senior Roosters’ Football Club.

For directions or more information about this event please go to our website: www.gladstonewomenshealth.org.au Or call us on: 4979 1456

SunFest 2014
Youth Holiday Program
January 3 - 17, 2014
Tickets on Sale
from 10am Wednesday December 4
Book online at http://www.gladbecc.com.au
Ticket Enquiries: 4972 2022 General Enquiries: 4972 5111

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