Principal’s Piece.—Alan Whitfield.

This week our school was reported in the local paper for our efforts to positively manage cyber safety.

Is that the message you got from the article?

I have included some facts below that you may not have drawn for the text of the article:

- Our school acted in a positive manner to inform parents and police about the involvement of students from our school in the capturing, sending, receiving or storing of inappropriate images. In short, our school had to deal with an issue that needed to be managed at home.
- Many parents were already aware of their child’s mobile device behaviour and were addressing the matter as a family.
- These behaviours did not occur at school where there is both a clear cyber safety education message and clear consequences for inappropriate use of mobile devices.
- Our school staff did not confiscate mobile phones from students – seizing property that may have been involved in a crime is the prerogative of the police.

Students were accompanied by a parent when interviewed by the police officers at school.

There is a very clear message for all that falls out of this inappropriate use of mobile devices – make sure you know what your child is doing with their camera enabled electronic devices. That may mean that you have to personal check their phone/iPod/Tablet regularly.

This issue is a broad based community problem in which parents need to take a proactive role.

While mobile phones have become a much desired teenage fashion accessory, they are not needed at our school. Telephone contact with home is always available through our school office for emergent matters.

www.cybersmart.gov.au is a great starting point for discussions with your child about personal safety online.
It is not long now until students of Toolooa State High School will once again embark on the annual trip to Canberra. This trip has become one of the highlights of the Social Science program with students being able to put their theory into practice.

These year 9 students begin this excursion with a visit to the Taronga Zoo in Sydney and then move onto Canberra visiting the Australian War Memorial, as well as both old and new Parliament Houses. They are able to see democracy in action and experience Australian history first hand. Students also experience the inner working of the Australian Institute of Sport where last year we met athletes currently competing in the Commonwealth Games. The group will also visit the CSIRO, the National Capitol Exhibition, which deals with the history behind the creation of Canberra, Screensound Australia (the keepers of Australia’s film history), Telstra Tower and Questacon.

This is an outstanding opportunity for students however trips like this do not occur in isolation. They need the support from the school, the community and Government organisations like the National Capital Educational Tourism Project who administer the “Parliament and Civics Education Rebate Scheme” (PACER). PACER provides a cash rebate to students visiting our national capital for educational purposes. This scheme plays an important role in enabling students to visit Canberra to take advantage of the resources that it has to offer. With PACER’s continued support, this excursion will continue as part of the Social Science program into the future.
Central Queensland Hospital and Health Service
Child and Adolescent Oral Health Service

Change to School Dental Service - Tooloola State High School

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. The mobile dental clinic was due to offer treatment to your child’s school in November 2013.

Due to the fact that the site upon which the van was to be located has been deemed unsafe, the School Dental Service will be offered at another dental clinic.

Parents who have returned a consent form for a dental examination will be contacted by Child and Adolescent Oral Health Staff to arrange an appointment at another Child and Adolescent Oral Health Service clinic.

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.
**Toolooa Team Places 17th 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 147 teams who qualified for and competed in the National Final and two of those teams were from Toolooa State High School.

Congratulations to Toolooa Team 2 (consisting of Joshua Reilly, Elora Ghea and Sarah Crail) for placing 17th out of 147 teams in this challenging National Competition.

**Toolooa SHS Junior Secondary Orientation days**

This year we are holding two orientation days, one for students from year 7 and one from students from year 6. On **Monday the 2nd of December**, Year 7 students who will be attending Toolooa SHS in 2014 will visit Toolooa for the day.

On **Tuesday the 3rd of December**, we will be holding an orientation day for Year 6 students intending to come to Toolooa in Year 7 in 2014 as part of Education Queensland’s pilot program for moving Year 7 to high school.

Both days will begin with a bell at 8:45am and students will move to the shelter. They will be organised into groups and will attend four lessons during the day. TSHS Junior Secondary student leaders have been selected to take groups to each lesson and work in the class with them as well as taking them to and from their lunch area.

Towards the end of lesson 4 on each day, all students will return to the shelter for a question and answer session with our Principal, Mr Alan Whitfield. It is important that students are aware that they must organise their own transport to and from Toolooa and that they:

- wear full primary school uniform, particularly appropriate footwear
- bring an exercise book and pen, pencil and ruler, water bottle and a hat
- bring lunch or money to purchase lunch at our canteen

Any required medications should be clearly labelled and taken to our office.

Please note that students will be given all relevant information and handouts to ensure they are ready to commence Year 7 or Year 8 in 2014 on Tuesday, January 28th.

Students will be released from the shelter at 3pm to go home. Staff will be available on bus duty to assist students who are to travel on buses.

Any questions can be directed to the Transition to High School Coordinator **Craig O’Connor**, on 49714315 or via e-mail at cocon20@eq.edu.au

**Senior Jerseys 2014**

**Reminder!** Payment for Senior Jerseys needs to be in tomorrow if they are to be ready for us week 1, term 1, 2014.

If you are currently in Year 11 – make it happen.

You will be the first group of Year 12s to have your jersey for the whole year. That would be very cool.

Any questions, come and talk to me.

Thanks, **Maree Harrison**
From the time they are born children need to know they are loved, and that people will care for them. Healthy food, warm clothes and a comfortable home are very important to help children grow – but they are not enough in themselves.

It is important to help make ALL children/teenagers feel SAFE and secure. This is a very important part of caring.

All children/teenagers need to be treated as individuals in their own right. We should respect their feelings and encourage them to talk about their feelings. We need to be aware that the way they feel may be different to the way we feel. We also need to set good examples to children and or teenagers in our everyday lives – as they grow, children and teenagers learn from adults how to behave.

Some Good Examples

Adults who show respect for others and for teenagers in their care have set sensible limits that are in line with the teenager’s age and stage of development.

Talking with teenagers and listening to their joy and problems is a good way to show we care.

Parents showing affection for each other provides a good lesson in living.

Sharing our thoughts with our teenagers makes them feel needed, but be cautious of exposing your teenager to your problems - they do not necessarily have the capacity nor resources to cope with another’s problems.

All teenagers love to have their say – sharing meals at the table is a great way to encourage discussion. (Turn the T.V. off)

Supporting teenagers in their interests, chosen sport or activity shows we care.

EVERY CHILD has the right to be loved and cared for and to feel safe in and out of the home environment.

Source: NAPCAN FOUNDATION  www.napcan.org.au
Nurse Natters

Not Getting Enough Sleep?

Problems with sleeping (insomnia), is very common with teenagers. Sleep deprivation can cause irritability, moodiness and difficulty learning and concentrating with can affect a teenager’s performance at school.

Insomnia can be caused by stress whether it is at school, like peer pressure, or any other stress in their life.

Worrying about not being able to sleep can worsen insomnia.

Ways of managing insomnia:

- Simple measures may help ie. A warm milk drink or hot bath
- Avoid caffeine in the evenings ie. Coke, coffee. Some people cannot have caffeine after lunch as it affects them.
- Do not use your bedroom for watching television, reading etc.
- Read out in the lounge room to make yourself tired
- Use relaxation exercises prior to bed
- If you cannot fall asleep within 30 minutes, get up out of bed and try again later when sleepy
- Sleep restriction – spend less time in bed instead of lying awake for extended periods
- Daytime exercise may help you sleep regularly, but evening exercise may contribute to insomnia
- Have a good sleeping environment- quiet, dark and comfortable room. Also you can purchase foam ear plugs or eyeshades if noise and light is a problem
- Try to have regular routine of going to bed and getting up
- Remove or turn your clock around so you are not tempted to keep looking at the time, as this stress can make insomnia worse

If worried about things to do the next day, make a list to eliminate anxiety for the moment.

If these suggestions do not help, contact your local GP for advice.

Yours in health,

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

A Preview of Showcase 2013

Amazing Skill and Talent from Our Arts Students

Laura MacNamara
This week we find the grade 12’s finish a huge season of their life, and step into a fresh phase that entails many challenges, obstacles, and adventure. I was thinking about what makes this transition such a big deal, and remembered what the reason was for me. I felt that the significance sat with the fact that we entered the “grown up world”, and fully joined society and essentially found “jobs” like everyone else.

This reminded me of a very interesting young guy I met recently through a mutual friend. When I asked him what he did for a living, his eyes lit up and with a big smile as he told me he was a cleaner. I was really surprised and intrigued as I thought it was not common to find young men being in the profession of cleaning. I wanted to hear more so I asked him, “tell me more”, and I found myself shocked at his response: “Well man, people allow me into their homes to bring order and cleanliness. The fact that people would allow me into their most intimate and private spaces so that I can help a family enhance the beauty of their home is so awesome”.

The profession of cleaning is often seen to be a very straightforward and a simple job. But for some reason this young guy made it so much more. I realised that as a society we often get our worth and value FROM external things such as our jobs, which always let us down at some point. But this guy was different, it’s like he saw his own worth and value first and therefore gave the job its worth and value. It’s almost like he didn’t need the job, the job needed him.

I wanted to encourage the grade 12’s and everyone else with this subversive concept that this young guy brought to our attention. We already have worth and value. Our job is to look inward and see it, not to look outward and find it.

Thanks guys!
The Toolooa House Mates
Comet “ISON C/2012 S1”

November is the month to see the so-called 'Comet of the Century', but will Comet ISON live up to the hype? You can already see it in the early morning sky with a strong pair of binoculars.

Comets are fairly common, but only a few each year becomes "bright" by astronomers' standards. That is, they become bright enough to be seen by amateurs with simple telescopes or even binoculars. Every couple of years we get a comet visible to the unaided eye, usually as a fuzzy dot you can see only out in the bush. However, roughly every five years on average, we get a really bright comet.

There is rising anticipation as we watch the development of comet C/2012 S1 ISON, dubbed the "Comet of the Century". Whether it lives up to its name is yet to be seen. Scientist sometimes say that comets are like cats – they have tails and they do whatever they want. It is very difficult to accurately predict the brightness of a comet.

For a comet to be really bright, it must come reasonably close to the Sun and Earth, it must have a good dust to gas ratio, and it should be reasonably large, but comets are fairly fragile masses of dust and ices (including not only water ice, but frozen carbon dioxide, carbon monoxide and a range of other exotic gases). Comets are also much less dense than pure water ice, suggesting that there is a lot of empty space and that comets are about as solid as an ice cream sundae.

Most comets are at their brightest after perihelion (their closest approach to the sun) as the heat of the sun vaporises the ices in the comet blasting out masses of dust. Because it takes a while for heat to penetrate the comet's surface, even close to the Sun, the comet will generally pump out more dust and gas after perihelion than before.

Comet ISON certainly fulfills the first criterion, coming almost within a solar diameter of the Sun's surface. This is extremely close, and the comet is classified as a sungrazer. However, this is the source of one of the anxieties about this comet — sungrazers rarely survive. They often break apart due to the Sun's gravity.

Should it survive its baptism of fire, comet ISON comes reasonably close to Earth, about half the distance from Earth to the Sun. But this is quite some time after the comet is at its brightest.

A dusty comet is usually brighter than a gas dominated comet. Currently astronomers are poring over spectra of comet ISON trying to determine which kind it is. There is a lot of gas, but a lot of dust as well. Time will tell. So why was comet ISON dubbed the 'Comet of the Century'?

When C/2012 S1 was discovered last year it was far beyond Jupiter's orbit, but relatively bright. This brightness, along with its sungrazing orbit, suggested it would become very bright, possibly as bright as the full moon. However, the brightness equations were for comets that had travelled into the inner solar system previously. It soon turned out that ISON is a fresh comet from the Oort Cloud out on the very edge of the solar system, and this is its first journey close to the Sun.

Fresh comets brighten rapidly early on, but then brighten more slowly close to the Sun. Putting this all together, what can we say about comet ISON's future brightness? Not much really. There are so many variables all we can say it has the potential to be a bright comet with a good tail. And incoming comets do occasionally disintegrate before they even reach their closest approach to the Sun, so we might see nothing at all, but we might just see something amazing.

What do we see in the Southern Hemisphere will depend on whether comet ISON survives its trip around the sun on 28 November. Until then it can be seen low above the eastern horizon in the southern hemisphere in November as it travels towards the sun. As the month goes on, the comet moves closer to the Sun, this means it not only gets closer to the horizon, but also that as it brightens, the sky is brightening as well.

So what do we see all comes down to the race between how fast the comet brightens, and how fast the sky brightens as the comet draws closer to the dawn. The best views will be in the Far North, at or above the latitude of Cairns, with Darwin having the comet highest above the horizon of all the major cities. If the comet survives its trip, people living in these locations may be able to see the comet tail poking up above the horizon after November.

At the beginning of the November, ISON will be bright enough to see under dark skies with strong (10x50) binoculars. As it is low on the horizon, especially in the southern states, the best time to look is an hour and a half before local sunrise, a time known as astronomical twilight. At this time, the comet is in the constellation of Leo, and is just crossing Earth's orbit.

You'll find it just about 2 to 3 handspans — a handspan is the distance across the palm of your hand as you hold it out at arm's length like you are making a stop sign — above the eastern horizon if you are viewing it from Central Queensland.

By the middle of the month — around 14 November — ISON should be easily seen in binoculars and just visible to the unaided eye about five hand spans diagonally east of Mars. But the comet is also sinking towards the horizon, so you will have to wait deeper in the twilight for the comet to get reasonably high above the horizon, as the sky brightens the comet will be more difficult to see, offsetting its own rise in brightness. By 18 - 19 November the comet should brighten rapidly and be easy to find less than a finger-width from the star Spica — the brightest star in the constellation of Virgo. Whether it will outpace the rising dawn, and be come easily visible to the unaided eye without binoculars is uncertain at this stage. The comet is sufficiently low that you need to start looking an hour before local sunrise — a time known as nautical twilight.

On 28 November, if ISON survives its trip around the Sun, it may be bright enough to be theoretically visible in daylight, but as it will be only a finger width from the Sun, do not attempt to observe it. Unless you are a very experienced observer with specialised equipment you risk severe eye damage or blindness from the Sun. Just check out the internet and you may find some great images from professional astronomers.
Children With Type 1 Diabetes –
Are You Challenged by Your Child’s Diabetes?

Research into parenting children with type 1 diabetes.

The University of Queensland is conducting research into parenting children with type 1 diabetes. Parenting a child with diabetes presents many challenges (everything from the regular blood glucose monitoring and insulin intake, to more general parenting tasks). The aim of this study is to understand the factors that make the management of childhood diabetes particularly difficult, and to use this information to develop strategies that might assist parents in managing their child’s diabetes.

If you are a parent of a 2 to 10-year-old child with type 1 diabetes, we would love to hear from you!

By sharing your experiences (confidentially), you will be making a valuable contribution to the development of much-needed childhood diabetes management strategies for parents.

To complete the online survey, please log on to: https://exp.psy.uq.edu.au/type1diabetes

For further information about the project or to request a survey to be posted to you, please email Aditi Lohan (aditi.lohan@uqconnect.edu.au) or call (07 3365 7689) at the Parenting and Family Support Centre in the School of Psychology at the University of Queensland, St Lucia QLD 4072 (Fax: 07 3365 6724).

Know the Score

A Free diabetes awareness presentation at the Women’s Health Centre on the 4th December from 9.30am to 10.30am.

Julie Gergely Diabetes Queensland speaker

- What is diabetes
- Potential complication
- Risk factors and how to assess individual risk
- Common signs & Symptom
- Diagnosis
- How to prevent type 2 diabetes
- Where to find further information and support

RSVP 28th November 2013 49791456 or email info@gladstonewomenshealth.org.au

Brenda Beauchamp

Open 9am to 4.30pm Monday to Thursday
Closed Friday

Gladstone Women’s Health Centre
9 Derby Street (PO Box 8219)
South Gladstone 4680
Phone: 49791456
Fax: 49791901
Email: info@gladstonewomenshealth.org.au
www.gladstonewomenshealth.org.au
Information session for Parents about Childhood Bedwetting (enuresis)

While waiting for alarm availability, you may have questions such as:

1. What can I do to help my child?

2. What shouldn’t I do?

3. Are there any resources that may help?

Where: Gladstone Community Health Hibiscus Room. Flinders Street, Gladstone.

When: Monday 18th November 2013

Time: 1.30 – 2.30 pm

Enquiries: Janet Walter, Clinical Nurse, Enuresis Program. Gladstone Community Health Phone: 49621436 - can leave message.

Teen Tribe provides a supportive environment for parents with teens aged 12-21 years, who have been struggling through the issues of helplessness, anger at defiance and disrespect, fear for safety, fear for what will become of their child, hurt/regret, teen on adult violence, aggression from parent to child and peer concerns.

Every second Monday from 6.30pm – 8.30pm
Shed 19
19 Dalrymple drive, Toolooa

Booking essential
49793626
stacy19@westnet.com.au
hopelink19@westnet.com.au

First Meeting MONDAY 18th November 2013
COMMUNITY NOTICES

Gladstone PCYC Roller Derby League (GRD)
The Gladstone PCYC Roller Derby League (GRD), in conjunction with the Gladstone PCYC, will be hosting a ROCKTOBER Roller Disco in on Friday, November 15.

We hope your students (and parents and staff!) may be interested in attending. Details below:

Gladstone PCYC Roller Derby proudly presents
A rocking roller disco for all ages
$10 entry includes skate hire, door prizes, games and a rocking soundtrack

Friday, November 15 from 6.30pm until 9pm
At Gladstone PCYC, Yaroon St
www.gladstonerollerderby.com

GRD will be representing the Gladstone region when our travel team “Harbour City Hustlers” travel to Adelaide in June 2014 to compete at the biggest roller derby competition in the southern hemisphere - “The Great Southern Slam”.

As you can imagine, this will be a very costly event for us, and we are lucky enough to be able to host these Roller Discos in order to raise some much needed funds.

Mary Bolling a.k.a. Ale Mary
GRD Representative

Gladstone PCYC Roller Derby
www.gladstonerollerderby.com

Runathon II
Can you run about 4km?
Are you able to crawl, climb and clamber over and through obstacles?
Are you prepared to get wet and possibly sandy?

Well this is the event for you
Saturday November 16
Canoe Point, Tannum Sands at 4:30pm.
Entry is only $5.
Participants of all ages and abilities are most welcome.
Who will you challenge?......your friends, your kids, your partner or even your boss!!

For further details visit www.gladstoneroadrunners.com
or contact Brett Stevens on 0417 787 216
or simply come and see Mr Hage in the maths Block