Principal’s Piece.—Garry Goltz

Newsletter October 16

Student Free Day
Monday October 20 is a student free day. This day coincides with extensive moderation processes of year 12 work across our region and across the state. This involves significant numbers of teachers, with approximately 15 involved from Toolooa alone. We look forward to our students attending on Tuesday.

Term Focus
At the end of last term we discussed the value of routines in schools with some clear, consistent practices in place across all year levels at Toolooa High this term. We have been very impressed with the responses from our students and the improved focus at the beginning of lessons. Our routines so far have targeted the areas of:

- Lining up
- Classroom entries
- Addressing late to class students
- Lesson completion

Additionally, we are reinforcing the current expectations around mobile phone use at our school. We thank our students and our parents for their support in these areas.

Literacy and Numeracy Focus
Our ongoing focus at Toolooa SHS centres on improving student outcomes each and every day. To achieve this we recognise that our students need strong skills in Literacy and Numeracy. To ensure that our programs are effective, it is important to systematically track our students’ progress in these areas. With this in mind, we will be testing all year 7 and 8 students over the course of this term in Reading, Writing, Numeracy, Spelling, Grammar and Punctuation. The review of these results will allow us to adapt our programs to support the specific needs of our students.

Attendance Improvement
It is extremely pleasing to be able to pass on a congratulations to our students, our parents and our staff for the significant improvement in attendance over the course of this year. Our attendance rate currently sits above 89% which is an improvement of about 3.5% from 2013. This really is a strong result. We look forward to continuing this trend in 2015 with attendance around 92% being a realistic target.

Term 3 results
Over 86% of all academic results at Toolooa SHS in term 3 were a “C” or above, with over 50% being an “A” or “B”. This is simply outstanding! Well done.

Junior Secondary
Over the course of next week we will have a significant number of visitors from other schools to further their understanding of how to successfully welcome year 7 students into their schools. Due to the outstanding work done by Bryan Townsend and his team of staff, Toolooa State High School’s has developed a reputation as a leader in this area. We look forward to sharing our strong practices with schools across our region.

Optiminds Students
An impressive team of year 8 boys competed in the National Final of the Optiminds Tournament over the weekend. Whilst they didn’t win the event they performed outstandingly and we are very proud of their efforts.

Reminders
- Attendance – every day matters. Is your child at school?
- Uniform – we have clear expectations about uniform. Is your child in uniform?
- Diaries – our student’s diaries are an important tool in our students’ education. Is your child prepared for school?
From the Deputy’s Desk—Danielle Willard

Newsletter Term 4 Week 2

Welcome back to Term 4. It has been fantastic to see all the students return refreshed and ready to learn after the break. All families will now have received the reports from Term 3. Please take the time to discuss and celebrate your child’s results with them.

Term 4 is shaping up to be very busy. You will also have received the Term 4 Assessment Calendar. Place this somewhere that is easily accessible. It can serve as a reminder for your child and assist them to organise their time throughout the term.

There are a variety of different events happening this term. This week our Year 8 students have participated in an excursion to Agnes Water to study the impacts of Coastal Erosion. This is a great opportunity for students to participate in practical activities which will assist their understanding of the content being covered.

This weekend we also have the ARTIE Academy Gold Reward Trip. This sees 26 of our students travelling to Currimundi Active Recreation Centre. It is a great reward for these students.

Next week we have our next round of immunisations occurring for our Year 8 students and our Year 10 male students. Please ensure that your child has breakfast on this day if they are being immunised. If you have any questions with regards to this process please contact the school office.

Cheers

Mrs Danielle Willard

Nurse Natters

Dear Parents.

School Based Immunisation at Toolooa SHS is the 22nd October 2014.

Tips for IMMUNISATIONS FOR 2014: Please ensure that your 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 who have returned completed forms consenting to vaccination:

* All Year 8 students - HPV (dose 3) & catch up vaccinations
* Year 10 male students - HPV (dose 3) & catch up vaccinations

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.

Parents if you haven’t a copy of the consent form please download from the link above in green and ring the school office on 4971 4333 to notify that the form is complete.

If you are unsure of what your child needs please ring VIVAS 1800 653 809 or Gladstone City Council Ph. 4976 6996.

Regards,

Lani Clements
School Based Youth Health Nurse
Ph 4971 4364.
If your teenager shows some signs of anxiety or depression, a good place to start is to try to get them to talk about their feelings. This can be difficult for both you and your teenager. I hope you find some of these tips helpful...

Your teenager may find it awkward discussing their thoughts and emotions openly with you. They may even get angry when you ask if they’re OK. Try to stay calm, be firm, fair and consistent, and don’t lose control. If you are wrong about something, admit it.

If your teenager doesn’t feel comfortable talking with you, encourage them to talk about it with someone they trust. This might be a teacher, school counsellor, family friend, another family member or a friend.

Sometimes when young people want to talk, they’re not asking for advice, they just need to ‘get it all out’. Listen as much as you can and try to get a better understanding of what they’re really trying to say.

Active listening will help you to understand how your child feels. Some tips for this are:

- maintain eye contact
- sit in a relaxed position
- ask open-ended questions that can’t be answered with just “yes” or “no” (e.g. “So tell me about..?”).
- save your suggestions or advice for later, and instead offer neutral comments that acknowledge their feelings.

You can talk to a counsellor (in person, on the phone or online) to learn more about active listening. Here are some ideas to help you with what comes next:

- Let your child know that you’ve noticed something is not quite right.
- Be supportive and keep reinforcing that you are there to listen.
- Suggest they talk to someone who may be able to help.
- Offer to go with the young person to seek support from a doctor, a health professional (such as a youth worker or social worker), the school Guidance Officer.
- Suggest they write down what they would like to find out.
- Help them find more information on anxiety and depression.

As well as offering your support and showing that you understand and care, it’s a good idea to encourage your child to eat healthily, be active and get enough sleep.

Young people who resist seeing a doctor or a health professional may prefer to contact a professional over the phone or online, as this is anonymous and can be less confronting.

It’s a good idea to learn as much as you can about your child’s experience of anxiety or depression. This may help you to understand why they behave in the way that they do – so you can separate the anxiety or depression from the person and realise that their moods or behaviour may not be directed at you personally.

**Things to remember**

1. When young people have anxiety or depression, it doesn’t help to pressure them to ‘snap out of it’ or ‘cheer up’. And you can’t assume that the problem will go away without help.
2. If your child doesn’t want to talk to you about his or her problems, try not to take it personally. Sometimes, it’s easier to talk to someone you don’t know about what’s troubling you.
3. Recovery is possible, but it can be a slow process. The whole family will need to be patient and understanding.
4. Praise your child for small achievements and avoid making criticisms.
5. Try to reduce conflict within the family and create a calm and relaxed atmosphere at home.
6. Set time aside for your own relaxation, and try to continue enjoyable family activities rather than let the problem take over everyone’s lives.
7. Seek support from trusted friends or relatives, or talk to a counsellor about ways to cope and support your child.
Year 12s - Term 4
There are only weeks left until our Year 12s graduate. It is very important that they remain focussed and on track to graduate successfully. Students need to ensure they are referring to their Assessment Calendar and making sure they are on top of assessment throughout the term.

Careers and Pathways
Here are some of the opportunities from recent career newsletters:

**Griffith University: ADG Engineering Bursary**
The ADG Engineering Bursary was established to encourage females to enter the field of engineering. The students will be commencing female students enrolling in the Bachelor of Engineering at the Gold Coast Campus. There are two $1,000 Bursaries available each made in a one off payment in the 2015 academic year. Applications close 5pm Friday 27th February 2015.

**Apprenticeships Queensland**
School leavers interested in a career in the Construction, Engineering or Automotive Industry are encouraged to send in a resume and recent school results to apply for a vacancy.

**Australian Defence Force Academy Online Facebook Q&A**
Online: Thursday 23rd October, 5:30pm – 7pm (AEST)
Chat live with midshipmen and officer cadets to learn about their experiences, life at ADFA and how they find balancing military training with their university study.
https://www.facebook.com/DefenceJobsAustralia/events

**Careers with Woolworths**
Woolworths Limited (Woolworths, Big W, BWS, etc) has a range of job options available, from apprenticeships & trade roles to casual, part time or full time positions.
www.wowcareers.com.au

**University of Queensland: OP Advice Night**
Monday 22nd December, 4pm - 7pm @ University of Queensland, St Lucia Campus
The night provides the chance to speak face-to-face with experts from all study areas. Learn about pathways to your ideal program and gain advice on changing your QTAC preferences and meeting entry requirements. A range of seminars will be held throughout the evening and campus tours commence from 4.00pm.
http://youruq.com/opresults

**Capricornia Training Company: Apprentices and Trainees Current Vacancies**
CTC are seeking applications for a number of apprentice/trainee positions in areas such as business, plumbing, fitter turner, carpentry, telecommunications and more. All positions are located around the Rockhampton/Emerald region.

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**Term 4 Work Experience**

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Mathematics Students Shine Again

After recent success last term with various team competitions it is with great pleasure that I can also announce some fantastic results by our students who participated in some other competitions prior to the holidays.

A number of our Toolooa SHS students participated in both the Australian Mathematics Competition and the ICAS Mathematics Competition. Both of these competitions are international competitions and are well known to test the true mathematics ability of those who compete.

In the Australian Mathematics Competition:

Students who received a distinction (which places them in the top 10% of results for their age group) were from Year 8: Nicholas Versic, Year 9: Jasmine Elliott and Year 11: Kaitlyn Read

One student from year 8 received a high distinction. This places him in the top 1% of all year 8 students who competed in the competition. Congratulations to Kael Brennan – Well Done!

In the ICAS Maths Competition our results were just as impressive.

Students who received a distinction (which places them in the top 10% of results for their age group) were from Year 7: Abhinav Singh, Year 8: Lachlan Christie and Nicholas Versic, and Year 9: Protim Mir.

When compared to the rest of the country our results are even more impressive as can be seen below.

Well done to all those who participated and hopefully we can get even more students competing next year.

Greg Hage
HOD Mathematics
Some of you will remember reading about the successful results of Toolooa students at the Opti-MINDs regional challenge, with our teams placing first and second in the high school division. As a result of their success at a regional level, Toolooa SHS Team 2 was invited to attend the Opti-MINDs State Finals held in Brisbane over the weekend of the 11 – 12th October 2014.

The team, made up of Henry Kean, Lachlan Christie, Jake Holmes and Nick Versic, was presented with three challenges across the weekend. The first of these challenges required the team to come up with an idea for the future, to which the boys presented an outstanding ideas stall on Piezoelectricity. The team was commended on their creativity, professionalism and research. One visitor to the ideas market was a physicist, who was especially impressed with the boys’ knowledge about this revolutionary new energy source. On Sunday, the team was presented two more tasks including a Spontaneous Challenge and a 3 Hour Challenge, where they were required to collaborate to create a new invention and present it to a panel of judges in a creative way. Once again, the team put in an amazing effort and impressed the judges and crowd.

Perhaps most impressive of all was the way that this team represented our school so positively throughout the weekend. Their teamwork, effort, respect and responsible behaviour were signs of what Toolooa SHS students are all about.

Congratulations to all four boys – you should be proud of what you’ve achieved. We are already looking forward to Opti-MINDs 2015!

Miss Jess Batey
TSHS Opti-MINDs Co-ordinator
Hello once again. Last term was extremely hectic and this one seems no better. Already we are heading off on an excursion – this time with Year 8 Geography. We will be heading down to Agnes Water Wednesday, Thursday and Friday of week two. The students will be undertaking a number of activities including field sketching, dune analysis and human impact. Although many of our year 8s have been to Agnes many times previously, for some this will be their first trip.

Talking about excursions, our Year 9 Canberra trip is fast approaching. I will be sending home a number of letters to parents over the next month, so if your child is going, watch out for these. The kids are starting to get really excited and as we are studying World War One this term, the true meaning of the War Memorial visit really hits home. Toolooa will once again participate in the wreath laying ceremony which is always an emotional time for our students. It is always heartening to see your children trying to find a family name on the remembrance wall and placing a poppy in the groove; even more so, when they find a name that has no poppy and give them one also.

On a lighter note, our Workplace Practices VET students undertook a project which helped transform our gardens outside maths block. They worked extremely hard over six lessons and did a great job. Money for the project was raised by these students earlier this year. $500 worth of plants were purchased, planted and are now growing beautifully. This project was part of their course and students had to show that they could work in team, resolve conflict, identify WPH&S risks, budget and communicate effectively. Also to many, that the job isn’t completed until the rubbish is cleared away!

Till next time,
Cathey

Cathey Hale
HOD Social Science
49 714 336

“What Miss, clean-up all of it!”

The end product – a beautiful garden that they are very proud of.

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
Mannum
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 3856499
Belinda O’Sullivan or Katrina Dahon: 49768317; 49768333
Dear Parents, Guardians, teachers, staff and students:

In light of the recent serious traffic crashes on Capricornia District roads, we are asking all members of our community to abide by the road rules and remember the fatal five:

- Speeding;
- Drink and Drug Driving;
- Failure to wear a Seatbelt;
- Driving while Fatigued;
- Distraction and Inattention.

Each year a considerable number of people are killed or seriously injured on our roads. The safety of our students, children and families is a very high priority.

Students who travel by bus to and from school are reminded if your bus has seatbelts, you must wear them. Students who ride their bicycles to school should always be aware of their own personal safety and that of other road users. It is compulsory for cyclists to wear helmets. These helmets must be in good condition, fastened correctly and fit properly. Otherwise, they are effectively useless and will provide no protection when you may need it the most. Parents/carers are requested to ensure that their child has a suitable helmet that meets the Australian Standards.

Students who drive to school are reminded that it is a privilege to hold a drivers licence. We ask all drivers to be aware of the speed limit in school zones and be very conscious of pedestrians and other road users. Driving is the most dangerous activity that occurs on our roads. Every year hundreds of people are killed or seriously injured. Always drive responsibly and always abide by the Australian Road Rules. Failure to comply may result in traffic infringement notices being issued as well as your vehicle being confiscated by Police.

Please drive safely so you can go home at the end of the day to your loved ones.

Kind regards,

[Signature]

Superintendent Van Saane
District Officer
Capricornia Police
COMMUNITY NOTICES

BHP Billiton Mitsubishi Alliance Undergraduate Scholarship Program

The BMA Community Scholarship Program and BMA Indigenous Scholarship Program, provided by BHP Billiton Mitsubishi Alliance (BMA), aim to encourage participation in tertiary education at CQUniversity Australia, particularly in programs which will increase vital skills, knowledge and community development in the communities where BMA operates including Moranbah, Emerald, Capella, Dysart and Blackwater.

These scholarships were developed in partnership between CQUniversity and BMA to address skills shortages in the Bowen Basin region, helping to develop skilled professionals who study, live and work in the region and ultimately contribute to their communities.

While the key study areas for this scholarship include medical science and nursing, allied health, business and education, applications are encouraged from prospective students wishing to study in any area which is not mining or engineering related.

Successful applicants for the BMA Community Scholarship Program and BMA Indigenous Scholarship Program will be able to demonstrate community involvement and a future desire to contribute to the communities where BMA operates. Selection is not based on academic merit.

There are up to ten BMA Community Scholarships and five BMA Indigenous Scholarships offered each year to students entering their first year of study at CQUniversity. The scholarships are worth $5000 each annually (up to 4 years) for students undertaking a full-time study load.*

Applications close at 5pm, Friday 1 November 2013.

*$2500 paid in Term 1 and $2500 paid in Term 2. Scholarship funding will be paid on a pro rata basis for part-time students.

Here is the link to the CQU website for further information: http://www.cqu.edu.au/study/scholarships/bma-scholarship