Senior students excel at Toolooa SHS

At Toolooa we recognise there are a variety of career pathways for senior students, with flexible options to get there. Whether students choose university, an apprenticeship, traineeship or full time employment, teachers work collegially with other staff, students, parents and organisations to provide a rigorous curriculum within a supportive environment. The most up-to-date and relevant information is utilised to ensure all students can reach their goals.

Senior students at Toolooa continue to astound me with their commitment to both work ethic and school pride. Last year we proved that the hard work of students, staff and parents could produce outstanding results – and more importantly, students attaining their dreams. A special mention must go to the OP eligible students of 2013, with 69% of them achieving an OP 1 – 10, a fantastic result.

Additionally, 98.3% of our graduates achieved their Queensland Certificate of Education. I look forward to continuing successful outcomes for our senior students.

Year 10, 11 and 12 Study Day

On Monday the 24th of February, a large number of staff will be attending the Queensland Studies Authority (QSA) panel meetings in Rockhampton. Consequently, Year 10, 11 and 12 students will be permitted to stay at home and study on that day. I encourage all students to use the time wisely and start to unpack assessment, complete assignments or review the subject matter that has been explicitly taught for the last four weeks.

Attendance Monitoring

School attendance and the monitoring of absences has two main purposes:

All absences MUST be explained by parents. This communication ensures parents and school are aware of the explanation for the absence thus ensuring legal obligations and ‘duty of care’ requirements are fulfilled by both parties. It is also expected that this communication occurs within 3 days.

Actual percentage attendance is important for learning of all students in every year level. High attendance enables Year 7, 8 and 9 students to form the foundation knowledge and skills required to have success at school.

Research has shown learning is consolidated and refined through ongoing repetition to make the knowledge or skill automatic and so it becomes routine and easy.

High attendance is required for Year 10, 11 and 12 students for their success into careers or tertiary study.

Consequently, to get the best results for our students, we expect them to attend greater than 95% of the time. Your support in reinforcing the importance of attendance is greatly appreciated.

Finally, thank you for taking the time to read our fortnightly newsletter. They will keep you up to date on relevant information and enable you to plan ahead.

Justin Harrison
Deputy Principal
From the Deputy’s Desk— Danielle Willard

Weeks 3 and 4

The last fortnight has once again been extremely busy. It has been fantastic walking through classrooms and seeing the high level of engagement of our students and the commitment of our teachers to cater for the diverse needs of the students in their classes. Expectations are being clearly established in classrooms and students are being rewarded through the use of the school based reward system. Teachers are issuing purple slips for students displaying the schools core values of ‘respect, achievement and responsibility’. Year co-ordinators are being overrun with the large numbers of purple slips being handed in.

Last Wednesday our instrumental music teachers shared all the exciting musical activities planned for the instrumental music students. This year students will have the opportunity to be part of a jazz /stage band, string orchestra or concert band. We look forward to hearing the varied sounds of each group. Please make sure that all email addresses are correct as this is the most effective way to communicate with our instrumental music teachers.

Monday saw our Whole School Recognition Parade. Many students received Gold awards for both academic excellence and improvement. It was fantastic to see so many students achieve at such a high level as well as the large number of students striving to continually improve their results. Congratulations to all of our Gold award winners.

During this week’s whole school assembly we were also fortunate to have Mr Noel Bowley present a book to commemorate the National Servicemen’s Association. The book details the history of National Service in the armed forces in Australia. We would like to thank Mr Bowley and the National Servicemen’s Association for the presentation.

On Thursday the Intraschool swimming carnival is being held. All students are required to attend and support their careport group.

This Friday our student executive will be heading to Rockhampton for a leadership training day and a group of year 11 students will begin their snorkelling activities as part of their Marine Aquatic Practises program. A group of year 12 girls will also be heading to the golf course as part of HPE.

All students should now have received their photo envelopes. Remember school photos for years 7, 8 and 9 are on Monday 24th February and on Monday 3rd March for our Year 10, 11 and 12 students. If you have not yet received your photo envelope, please ask your son or daughter to speak with their form teacher. All students are required to have a photo taken for their student ID’s.

So many wonderful things to share,

Warm Regards,

Danielle Willard
Deputy Principal

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Gladstone Ports Corporation - Talent Today, Talent Tomorrow Bursary

In April 2013 Gladstone Ports Corporation Ltd (GPC) announced a new bursary to be awarded to Aboriginal and Torres Strait Islander and Australian South Sea Islander students currently enrolled in Years 9 and 11 at secondary schools in the Gladstone Region.

Nominees must meet the following criteria: Academic achievement, Attendance and Connection to Culture.

Toolooa SHS put forward several students for consideration and we are very pleased to announce that the following students were successful in gaining the “Talent Today- Talent Tomorrow Bursary” for 2014.

Year 9 ($500): Amanda Bolch
Year 11 ($750): Jalen Eggmolesse

Year 9 ($300): Rikarra Benjamin
Year 11 ($500): Sau Saumalu-Johnson, Sharna Gaston and Jacob Muller

The Gladstone Ports Corporation selection panel members were so impressed with the quality of applications put forward they announced an additional four ‘Recognition Awards’. We also congratulate the following students on their success.
Sleep is food for the brain. During sleep, important body functions and brain activity occur. Skipping sleep can be harmful — even deadly, particularly if you are behind the wheel. You can look bad, you may feel moody, and you perform poorly. Sleepiness can make it hard to get along with your family and friends and hurt your scores on school exams, on the court or on the field.

- Sleep is vital to your well-being, as important as the air you breathe, the water you drink and the food you eat. It can even help you to eat better and manage the stress of being a teen.
- Biological sleep patterns shift toward later times for both sleeping and waking during adolescence — meaning it is natural to not be able to fall asleep before 11:00 pm.
- Teens need about 9 1/4 hours of sleep each night to function best (for some, 8 1/2 hours is enough). Most teens do not get enough sleep — one study found that only 15% reported sleeping 8 1/2 hours on school nights. Teens tend to have irregular sleep patterns across the week — they typically stay up late and sleep in late on the weekends, which can affect their biological clocks and hurt the quality of their sleep.

Consequences:
Not getting enough sleep or having sleep difficulties can:

- Limit your ability to learn, listen, concentrate and solve problems. You may even forget important information like names, numbers, your homework or a date with a special person in your life;
- Make you more prone to pimples. Lack of sleep can contribute to acne and other skin problems;
- Lead to aggressive or inappropriate behaviour such as yelling at your friends or being impatient with your teachers or family members;
- Cause you to eat too much or eat unhealthy foods like sweets and fried foods that lead to weight gain.
- Contributes to illness, and not using equipment safely.

Solutions:

- Make sleep a priority!
- Naps can help pick you up and make you work more efficiently, if you plan them right. Naps that are too long or too close to bedtime can interfere with your regular sleep.
- Make your room a sleep haven. Keep it cool, quiet and dark. If you need to, get eyeshades or blackout curtains. Let in bright light in the morning to signal your body to wake up.
- No pills, vitamins or drinks can replace good sleep. Consuming caffeine close to bedtime can hurt your sleep, so avoid coffee, tea, soda/pop and chocolate late in the day so you can get to sleep at night. Nicotine and alcohol will also interfere with your sleep.
- Establish a bed and wake-time and stick to it, coming as close as you can on the weekends. A consistent sleep schedule will help you feel less tired since it allows your body to get in sync with its natural patterns. You will find that it’s easier to fall asleep at bedtime with this type of routine.
- Don’t eat, drink, or exercise within a few hours of your bedtime. Don’t leave your homework for the last minute. Try to avoid the TV, computer and telephone in the hour before you go to bed. Stick to quiet, calm activities, and you’ll fall asleep much more easily!

If you do the same things every night before you go to sleep, you teach your body the signals that it’s time for bed. Try taking a bath or shower (this will leave you extra time in the morning), or reading a book.

Research shows that lack of sleep affects mood, and a depressed mood can lead to lack of sleep. To combat this vicious cycle, sleep experts recommend that teens prioritize sleep and focus on healthy sleep habits. Teens can start by getting the 8.5 to 9.25 hours of sleep they need each night, keeping consistent sleep and wake schedules on school nights and weekends, and opting for relaxing activities such as reading or taking a warm shower or bath before bed instead of turning on the TV or computer.

“The earlier parents can start helping their children with good sleep habits, the easier it will be to sustain them through the teen years.”
‘Meet the Parents’ Night

On the afternoon of Thursday, February 27 Toolooa SHS will be hosting a Year 7 and 8 ‘Meet the Parents’ evening. This event is aimed at ensuring that parents and teachers of Year 7 and 8 students have an opportunity to meet in an informal manner and have a quick chat about how the newest additions to our high school population are settling in.

The evening will begin at 4:30pm with a brief presentation from Junior Secondary Deputy Principal, Bryan Townsend, regarding what our school has done to ensure the smooth transition of students from their primary school to Toolooa High. After this a free sausage sizzle will be held with soft drinks available for purchase.

The night concludes at 6pm and by that time it is hoped that all parents and teachers will have had a chance to meet and talk about the year so far. The year 7 or 8 student in question will be responsible for guiding the parents to each teacher so their attendance is essential, particularly considering the discussion will be all about them.

A form will soon appear in student diaries to help us gauge attendance and ensure we cater appropriately. We look forward to seeing you there.

Please direct any questions to Year 7 and 8 coordinators, Andrew Shonhan and Craig O’Connor.

Students With Additional Needs (SWAN) News

All students, all of the time – all of our responsibility

Schools are one of those places where people from all walks of life, all personality types, and cultural backgrounds come together. How a school works with these differences sets the whole school culture. Toolooa State High School’s Students With Additional Needs (SWAN) faculty works hard to connect with students who benefit from receiving additional support in order to reach their potential as valued learners in our school community – and as active members of our wider community.

Our faculty includes: Teachers, Inclusion Assistants, a Guidance Officer (GO – SEP) and a Head of Special Education Services (HoSES). Our main focus is to support the staff, students and families connected with our school. The SWAN team promotes the needs of students who are Gifted and Talented (G&T), those from Culturally and Linguistically Diverse (CALD) backgrounds, and students with diagnosed and/or undiagnosed learning impairments or disabilities.

In addition we have made a firm commitment to the emotional wellbeing of all staff and students. As a team we focus on optimising successful opportunities for all our students. As a faculty of diversity, our success and effectiveness depends on our ability to identify our problems or issues, while ensuring we give power and energy to solutions (Robbins, 2010).

Maree Harrison
Toolooa House.

Work Experience Dates 2014

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<tr>
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<th>Placement Dates</th>
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<td>Medical Focus</td>
<td>31 March – 2 April</td>
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<td>Holiday Placement</td>
<td>7 April – 11 April</td>
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<td>GPC (preference to Yr 12)</td>
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<tr>
<td>Holiday Placement</td>
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<td>GPC (preference to Yr 12)</td>
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**Nurse Natters**

**Australia’s Healthy Weight Week 17-23rd February**

What’s the right weight for my teenager is one of the most common questions parents have. Or the common household problem of a miserable teenager with a healthy weight but due to constant social media pressure has unrealistic expectations of what their healthy weight/ body should be.

**Weight/ body issues can be a sensitive issue to discuss.**

**The realities of adolescents:**

Not everyone grows and develops at the same schedule. Weight gain is common and normal during puberty before reaching full adult height. It can feel quite strange for adolescents to adjust to suddenly feeling heavier or taller. So it’s normal for a teenager to feel self conscious about weight during teenage years- a lot of adolescents do. We also have to be aware that the implications of being severely overweight at a young age can cause an increased risk of type 11 diabetes, heart disease, bone and joint disorders.

**When there may be cause for concern:**

- If your child appears large around the waist and you have difficulty finding appropriately aged clothes to fit them.
- Your child is being teased at school about their weight.
- Your child has expressed their concerns to you.

**What can you do as a parent/caregiver:**

If your child is showing signs of being overweight, the key is to make positive changes to your family’s lifestyle as a whole.

Keep it simple. Start with these five basic steps.

1. Lose the soft drink/energy drinks in the house. Replace them with water.
2. Make vegetable and fruits visible and accessible in your home.
3. Encourage breakfast every day.
4. Don’t keep any junk food in the house. You have limited control of what your teenager eats outside your walls, you can offer a lot of healthy choices at home.
5. Eat at home.

If making lifestyle changes isn’t enough to help your teen or you are still concerned, seek help from your trusted Doctor.

For any further information please ring Lani (School Based Youth Health Nurse) Ph 4971 4364.


Yours in health,

**Lani Clements**
School Based Youth Health Nurse

**Ph 4971 4364.**
Maths Tutoring
Available at School.

Maths tutoring will resume in room CA05.
It is on every Wednesday and Thursday afternoon from 3pm - 4pm and is available for any year level. Come for a little while or stay for the whole hour - depending on your needs.

If you are planning to attend we ask that you put your name on the whiteboard outside the maths staffroom no later than 2nd break on the day you plan on coming so we have some idea of numbers.

You also have to make sure you have made your own arrangements to get home that day.

For more details or any enquiries please contact me on Ph. 4971 4317 or ghage2@eq.edu.au

Greg Hage HOD Mathematics

Science Competitions and Events
Toolooa State High School will once again be offering students opportunities to participate in a variety of science competitions and extension programs throughout the year.

Below is a list of just SOME of these opportunities. Listen to notices for information about when registrations open and close for each of these and any other events.

Some events will be fully funded by the school, some events are fully funded by generous sponsors and some events have a fee or cost associated. Contact Mr Tony Muller (Science Head of Department) for any additional information on 4971 4327 or visit the Science Staffroom.

Term one:
- Applications open for the National Youth Science Forum 2015 on the 1st of April (for year 11 Science students only)
- Career Café (week 10) – year 8 students only
- Brain Bee Competition (year 10 extension science only)
- UQ Science Ambassador applications close on 1st March (senior science students only)

Term two:
- Engineering Link Project (for year 11 and 12 science students)
- It's all about me (female year 10 students only) – Thursday 15th May
- The Australian Science Innovation Big Science Competition (nominations close in Term 1)
- ICAS Science Competition

Term three:
- Science Week (16th of August to 24th of August)
- RACI National Chemical Analysis (Titration) Competition (priority is given to year 11 and 12 Chemistry students)
- Biodiversity Field Day (year 9 students only) – Tuesday 5th August
- Energy for the future (year 8 students only) – Thursday 21st August

Term four:
- Science Challenge (Year 10 and 11 Science students)
- Expand your Mind (year 9 students only)
- Mole Day – 23rd of October
CQU Creates — $1000 Art Award

Open to Present and Past Students & Staff of CQUniversity & CQ TAFE

CQUniversity is calling for artists and volunteers for the ‘CQU Creates’ exhibition, to celebrate the creativity of Queensland’s first comprehensive university.

Both institutions have a long history of artistic appreciation and development – and with the merger on 1 July, CQUniversity will take on a new stream of artistic inspiration, including popular courses in visual arts, graphic design and multimedia. It’s the perfect colour palette for a new burst of creativity across CQUniversity footprint in Australia, and with a $1000 prize up for grabs, CQU Creates is tipped to see a vibrant array of entries.

CQUniversity Vice-Chancellor Scott Bowman has sponsored the prize – but that won’t stop the art enthusiast contributing his own work to the competition, too. While Professor Bowman won’t be eligible to win, he said that all staff and students will benefit from the post-merger event.

“There’s no shortage of creativity at CQUniversity – and becoming a comprehensive university promises to deliver a new burst of inspiration for all our staff and students,” Professor Bowman said.

“The merger means we will take on even more students and staff from streams such as visual arts, graphic design and multimedia, as well as creating new pathways for students to turn their artistic skills into dynamic careers.”

“CQU Creates is yet another example of how our comprehensive university can engage not only students and staff, but our local communities, with fresh talent and diversity.”

A judge (to be announced) will award a cash prize of $1000 (non-acquisitive) for the best work in the show, and exhibited works will be pre-selected from digital images or videos/DVDs of works.

Eligible works may be on any theme, in most mediums including photography, and must be recent work completed since 1 April 2013. A limited number of three-dimensional works (small sculpture, ceramics) and new media works (video/DVD) will be accepted.

Entries close at 3pm Friday 18 April 2014, and artists will be advised if their work has been selected by 2 May.

The exhibition will open in the Gallery Space at the Walter Reid Cultural Centre, Rockhampton, Friday 12 September, and continues until 16 September. Works will then be shown in the Leo Zussino Building, CQUniversity Gladstone Campus, opening on Friday 19 September and continuing Monday – Friday 22 – 26 September 2014.

Artists and volunteers, for more information contact:
Sue Smith email s.smith3@cqu.edu.au / 0427 937 447.
Encouraging Australians to have the chat

This DonateLife Week, we’re asking you to have the chat with your loved ones so that they know your donation decision. You also need to ask and know their donation decision.

This week is a good opportunity to register your donation decision on the Australian Organ Donor Register, and encourage your loved ones to register their decision.

Every Australian family needs to know the donation decisions of their loved ones. This is because, in Australia, the family of every potential donor is always asked to confirm the donation wishes of their loved one before organ and/or tissue donation can proceed.

Families that have discussed and know each other’s donation decision are much more likely to uphold that decision.

Having the chat with your family during DonateLife Week will help you be prepared, should you ever be asked to confirm a loved one’s donation decision.

For more information, or to register your wishes, visit www.donatelife.gov.au

It’s a chat that could one day save lives.

Riverstone Bus Run AGM

There will be an Annual General Meeting of the Riverstone Bus Conveyance Committee to be held at the Annabelles Coffee Shop, Friday 28th February at 9.15am.

This is a mandatory audit requirement for the continued operation of the school bus. If you value this bus service, please show your support by attending this meeting.

For further information call: Lynda Ninness 0427 853 709.