**Principal’s Piece.—Justin Harrison.**

**Semester 1 Assessment.**

By the time you receive this newsletter, all students will be preparing for semester two assessment. From a parent’s perspective, I encourage you to have discussions with your child to see if they are prepared and on track for each piece. If you are unsure with their response, please do not hesitate to contact your child’s teacher to get clarification. I wish every student the best in their upcoming assessment.

**Year 10 Students Selecting Senior Pathways.**

All Year 10 students are in the process of selecting subjects for Year 11. The Deputy Principal, Senior Schooling HOD, Guidance Officer and Faculty HODs are assisting students with their decision making, providing information and answering questions about subjects, assessment and pathways. An information session for parents was held on Thursday the 6th June to outline and explain the senior pathway options, the importance of making good choices and allowing parents and students the opportunity to address any issues. I would like to thank those students and parents who attended the evening. If you were unable to attend the night and you have further questions, please contact the school to make an appointment with the respective person.

**Staff News.**

For term 3, Alan Whitfield has been seconded by Education Queensland to be a Discipline Auditor. During this time, I will be acting Principal, Mark Thomas will be acting Deputy Principal, and Georgina Schluter will be Head of Department of the Health and Physical Education/Home Economics. I would like to congratulate Mr Thomas and Mrs Schluter in their appointments and I am looking forward to continue in the role as Principal for term 3.

**School-Based Traineeships and Apprenticeships (SATS).**

There are currently 18 students undertaking paid employment and training as a school-based trainee or apprentice with various businesses across the Gladstone Region. Areas of combined employment and study include Hairdressing, Childcare, Business Administration, Disability, Retail, Engineering, Hospitality and Pharmacy. These students are combining a Certificate II or III Vocational Qualification with their Year 11 and 12 studies, opening pathways to further tertiary study (including university), full-time traineeships and apprenticeships, trades and employment at the end of their school studies. For more information about SATS, including your interest to register a SAT with your business, contact Natasha Read – HOD Senior Schooling. Toolooa will be flexible in catering for the needs of the employer and student to ensure a successful outcome is reached for both parties.

**Education Queensland Discipline Audit.**

As a result of Alan Whitfield being a Discipline Auditor, Toolooa State High School will be having an audit on Thursday July 11th and Friday July 12th. The purpose of this audit is to share and provide feedback on the discipline processes of our school.

---

**Did you Know?**

That you can keep up to date with:

- Principal’s Piece.—Justin Harrison.
- Semester 1 Assessment.
- Year 10 Students Selecting Senior Pathways.
- Staff News.
- School-Based Traineeships and Apprenticeships (SATS).
- Education Queensland Discipline Audit.

**In this Issue**

- Page 2 Good Guidance, Performance Night.
- Page 4 From the Deputy, Nurse Natters & Drama Club.
- Page 5 What’s Happening In the Art Department & Library Catalogue.
- Page 6 Boomtown Production, Young Scholars Program & Plagiarism.
- Pages 7,8 &9 Community Notices.

**For the Fridge**

- June 17— Special Whole School Parade 9:00am
- June 20— Toonee Touch Day—Activity Day for Indigenous Students.
- June 21— Yr 10 PE Outdoor Ed—Indoor Rock-Climbing.
- June 22— Holidays Commence
- July 8— School Resumes
- July 10— P & C Meeting 7:00pm
- July 11 & 12 Discipline Audit.

---

**QSchools smartphone app**
- iTunes store and Google Play
The Toolooa State High School (TSHS) Annual SuperChallenge was held on Thursday, 6 June with over 300 primary school students competing for not one, but two, trophies.

The event saw primary schools from across the district nominate teams of Year 5, 6 and 7 students to compete in a full day of activities in one of nine different curriculum areas.

Each of the 11 schools competing this year had an even chance of winning the cup as it is awarded by earning SuperDollars for actions that embrace TSHS core values of respect, responsibility and achievement.

Event coordinator and deputy principal Bryan Townsend said that although students were trying to master the activity they had been nominated for; SuperChallenge was about getting together with students from across the district and showing how they embrace teamwork, positive behaviour and school spirit.

“It’s really hard at the end of the day to award the cup to just one school. Everyone has had such a great time – really, they’re all winners.”

“A new event with its own trophy was introduced this year, allowing schools the opportunity to compete academically across all curriculum areas significantly based on problem solving,” said Mr Townsend.

The new activity called ‘Super Problem? Super Solve It!’ saw a team of three students from each school undertake multiple-choice, short answer and problem solving activities in the hope of winning the new Super Solve It trophy.

The competition was fierce and only nine points separated first and third places, with the Grand Champion SuperChallenge Trophy being presented to Star of the Sea.

The ‘Super Solve It’ trophy was taken out by Kin Kora State School, with commendations going to Gladstone Central State School and Star of the Sea.

Super Challenging but Super Fun!

The Toolooa State High School (TSHS) Annual SuperChallenge was held on Thursday, 6 June with over 300 primary school students competing for not one, but two, trophies.

The event saw primary schools from across the district nominate teams of Year 5, 6 and 7 students to compete in a full day of activities in one of nine different curriculum areas.

Each of the 11 schools competing this year had an even chance of winning the cup as it is awarded by earning SuperDollars for actions that embrace TSHS core values of respect, responsibility and achievement.

Event coordinator and deputy principal Bryan Townsend said that although students were trying to master the activity they had been nominated for; SuperChallenge was about getting together with students from across the district and showing how they embrace teamwork, positive behaviour and school spirit.

“It’s really hard at the end of the day to award the cup to just one school. Everyone has had such a great time – really, they’re all winners.”

“A new event with its own trophy was introduced this year, allowing schools the opportunity to compete academically across all curriculum areas significantly based on problem solving,” said Mr Townsend.

The new activity called ‘Super Problem? Super Solve It!’ saw a team of three students from each school undertake multiple-choice, short answer and problem solving activities in the hope of winning the new Super Solve It trophy.

The competition was fierce and only nine points separated first and third places, with the Grand Champion SuperChallenge Trophy being presented to Star of the Sea.

The ‘Super Solve It’ trophy was taken out by Kin Kora State School, with commendations going to Gladstone Central State School and Star of the Sea.

Junior Secondary Information Evening

Tuesday, June 18 at 6pm
Toolooa State High School assembly shelter
2 Philip Street, South Gladstone

Toolooa State High School invites you to attend our Junior Secondary Information Evening.

This will allow you the opportunity to learn about the exciting learning culture which has been carefully developed.

With a belief that high expectations and high performance go hand in hand, we encourage you to come and see why TSHS should be your school of choice for Year 7 and 8 in 2014.

Enquiries: Ph. 4971 433 or email the.principal@toolooashs.eq.edu.au
Regarding Toolooa State High School’s (TSHS) Flying Start Program (transition of Year 7 to high school), I am often asked “will my child miss out?”

The short answer is no. Students may compete in any age applicable activity, whether they are at TSHS or a local primary school.

From instrumental music, sport or academic competitions, we ensure Year 7 students are able to participate. Our Year 7 students recently attended a leadership camp - an activity that many people last year considered to be particularly important.

Year 7 student Lily Furness recently attended the State Honours Ensemble Program (SHEP) instrumental music camp in Rockhampton. There she joined other students from across the region to further develop their talent.

Jarrod Norris has sat the International Competitions and Assessments for Schools (ICAS) academic competitions and Zoe Alley was selected for the primary school Capricornia Softball Team.

Toolooa is one of only 13 high schools across Queensland to pilot Year 7 and the program is receiving wonderful feedback.

If you have a student due to start either Year 7 or 8 in 2014, come to our Junior Secondary Information Evening. Here you will have the opportunity to meet students and staff and hear about their experiences firsthand.

There is no missing out. Year 7 students at Toolooa can participate in any of the extracurricular activities other Year 7 students can, while integrating into high school via junior secondary.

Bryan Townsend
Deputy Principal

<table>
<thead>
<tr>
<th>Activity</th>
<th>Curriculum Area</th>
<th>Excellence</th>
<th>Commendation</th>
</tr>
</thead>
<tbody>
<tr>
<td>CAD Super Battle</td>
<td>Graphics</td>
<td>St Johns</td>
<td>Gladstone West State School</td>
</tr>
<tr>
<td>Robotics Super STEM</td>
<td>STEM</td>
<td>St Stephens</td>
<td>Kin Kora State School</td>
</tr>
<tr>
<td>My Super Japanese Kitchen Rules</td>
<td>LOTE</td>
<td>Gladstone West State School</td>
<td>Gladstone Central State School</td>
</tr>
<tr>
<td>Super Journey</td>
<td>SOSE</td>
<td>Gladstone Central State School</td>
<td>Star of the Sea</td>
</tr>
<tr>
<td>Super Active</td>
<td>HPE</td>
<td>Caliope State School</td>
<td>Gladstone South State School</td>
</tr>
<tr>
<td>Super Moves</td>
<td>The Arts</td>
<td>St Francis</td>
<td>St Johns</td>
</tr>
<tr>
<td>Super Wonderland</td>
<td>English</td>
<td>Star of the Sea</td>
<td>Yarwun State School</td>
</tr>
<tr>
<td>A Super World at your Feet</td>
<td>Maths &amp; Science</td>
<td>Yarwun State School</td>
<td>Clinton State School</td>
</tr>
<tr>
<td>Super Problem? Super Solve It!</td>
<td>Problem Solving - All</td>
<td>Kin Kora State School</td>
<td>Star of the Sea and Gladstone Central State School</td>
</tr>
</tbody>
</table>
Managing Difficult Moments

Praise and other kinds of acknowledgement are motivating, and are often needed to help children (and adults) change their behaviour. Psychological research has shown that following up a person’s good behaviour with something positive makes it more likely that the behaviour will happen again, but is this enough?

The following suggestions will also contribute to a calmer household:

⇒ Pick the battles
Especially as children get older the battlefield can, if not monitored, become ‘out of control’ – As children grow and assert their independence they, at times, push the boundaries. Friends and technology become a focus rather than disharmony in the family. Picking and choosing which battle to tackle is an art to acquire. Here is a tip - Focus on the most important issue at any one time rather than a plethora of problems.

Remember: Safety is a priority not to be negotiated. If children / adolescents perceive that nothing they do is right then often they give up listening.

⇒ Be clear in your expectations
Is what you have asked your child/ adolescent to do clear enough? Saying ‘I want you to pick up the clothes off the floor in your room’, is clearer and achievable than ‘your mess is annoying me’.

⇒ Ensure the expected behaviour is realistic and achievable
Sometimes we ask children to do things that are too difficult for them to do without help eg. expecting a child to be in charge of young siblings is not realistic nor safe

⇒ Monitor your own behavior
Are you managing your own emotions when you are requesting your child to do the same (yelling at a child because of their angry outburst is actually reinforcing that yelling and loss of control is ok)
Do you say one thing and do another (eg. getting annoyed about mess when you are messy)

⇒ Catch Your Child/ Adolescents Being Good
Keep a record of the behaviours you are pleased with and share the positive observations with your child

⇒ Have reward strategies up your sleeve for those `hard to change` behaviours:
Ask your child about what they like. If they suggest the reward, it will be more motivating.
Make sure the reward is realistic for you to give (and preferably not costing money)
If the child becomes bored by use of the same reward, use a menu of items to create variety. When your child meets his/her behaviour expectation, he/she selects one reward from the menu.
A mystery reward is also very motivating for most children.
If a child wants to earn a big reward (e.g. computer game, movie, etc.), you could use a token system. Each day he/she could earn tokens that can be exchanged later for a bigger reward.
Emphasise social rewards and privileges over material rewards. Material rewards (e.g. toys, money, etc.) are expensive and often don’t work. Many children enjoy having time to spend with their parents or carers. Rewards involving time and activities with parents or carers (no matter what age), can be reinforcing and promote good relationships at the same time

⇒ Follow through with consequence
Is it fair and related to the misdemeanor
Does your child understand why they are given the consequence

Performance Night Term 2.

This term Drama Students will be showcasing some of their creative work in Drama Night Term 2, on Wednesday the 12th of June, at 6pm. Senior Drama students will be presenting student-devised contemporary theatre works while Year 9 and 10 Drama will have the audience in stitches with their Clowning and Commedia Dell’Arte scenes.

Term 1’s performance night was a great success with family and friends showing their support to our very talented students, the money raised by donations from our very generous audience going to assist the Arts at Toolooa.

We hope this term to have an even bigger show of support for our fantastic Arts students.

We look forward to seeing you there!
2013 Instrumental Music Camp-Tanyalla At Tannum.

Instrumental music students enjoyed another successful camp at Tanyalla recreation centre in Tannum Sands.

The students enjoyed creative games and activities to relieve them in between rehearsal times, in preparation for their upcoming Primary school Tour on Thursday June 20 on week 10 of this term.

The students had a ball down at the beach, searching for glow-in-the-dark treasures, moulding out of play dough, getting their creativity out with crazy dances and art activities, sang along with popular songs around a camp fire, celebrated a birthday and much much more.

They were beautifully behaved and learnt many new songs and skills. The students worked very hard and produced an impressive performance on the final day to parents and teachers.

A massive thank you to all the staff and parents who devoted their time to assist on camp with instrument transportation, cooking, cleaning, shopping and much more.

We look forward to another successful camp in 2014.

Mindi Mewing - (Instrumental Music Coordinator).

School Cleaners' Day.

It's important that we show support to each other and that is why on Friday 14 June union members will be celebrating Schools Cleaners' Day. Schools across Queensland will be recognising and celebrating the hard work of all school cleaners.

We all know school cleaners work tirelessly to ensure our schools are clean and safe for all but they also perform additional duties like monitoring students, carrying out minor repairs, admitting tradesmen and so much more.

School Cleaners Day is an opportunity for students, staff and parents to say a big Thank You and let all school cleaners know that their work is greatly appreciated.

THANK YOU

Work Experience Dates 2013

<table>
<thead>
<tr>
<th>Term 3</th>
<th>Placement Dates</th>
<th>Forms due</th>
</tr>
</thead>
<tbody>
<tr>
<td>General</td>
<td>2 September - 6 September</td>
<td>19-Jul</td>
</tr>
<tr>
<td>Year 10</td>
<td>16 September - 20 September</td>
<td>26-Jul</td>
</tr>
<tr>
<td>Holiday Placement</td>
<td>23 September - 27 September</td>
<td>23-Aug</td>
</tr>
<tr>
<td>GPCl</td>
<td>23 September - 27 September</td>
<td>23-Aug</td>
</tr>
<tr>
<td>Holiday Placement</td>
<td>30 September - 4 October</td>
<td>23-Aug</td>
</tr>
<tr>
<td>GPCl</td>
<td>30 September - 4 October</td>
<td>23-Aug</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Term 4</th>
<th>Placement Dates</th>
<th>Forms due</th>
</tr>
</thead>
<tbody>
<tr>
<td>General</td>
<td>21 October - 25 October</td>
<td>6-Sep</td>
</tr>
<tr>
<td>Holiday Placement</td>
<td>2 December - 6 December</td>
<td>25-Oct</td>
</tr>
<tr>
<td>GPCl (10 &amp; 11)</td>
<td>2 December - 6 December</td>
<td>25-Oct</td>
</tr>
<tr>
<td>Holiday Placement</td>
<td>9 December - 13 December</td>
<td>25-Oct</td>
</tr>
<tr>
<td>GPCl (10 &amp; 11)</td>
<td>9 December - 13 December</td>
<td>25-Oct</td>
</tr>
</tbody>
</table>

Please see Bree in the Senior Room for an application. The cost is $40, payable to the office.

Thanks,
Breanna Case
Senior Schooling Aide
From the Deputy’s Desk

Road Safety Message.

It is come to our attention that a number of Toolooa students are not riding their skateboards/scooters/longboards/bikes to and from school in a safe manner. Residents have reported that students are zooming through the streets on their way to school, without checking for vehicles or dismounting their mode of transport.

Young people tend to think they are invincible, so I would encourage parents to start discussions with their children about riding safely to and from school. These discussions should include; helmets, looking both ways before crossing roads, dismounting their mode of transport while crossing roads, reading signs, and using common sense.

While we are discussing road safety, I would like to express my concern about the number of parents who are driving into the school grounds to drop their students off. The driveway into the school is narrow and there are few areas to turn around.

The student ‘stop-drop-and-go’ area at the front of the school has been designed for this purpose.

Please use this area to drop your students off, rather than drive into the school. When you drive into the school you increase the volume of traffic and increase the chance of a student or adult being injured.

Assessment and Reporting.

This week students are busy studying or completing their assessment pieces. Teachers will commence reporting next week and report cards will be issued in the first week of next term. We will post your child’s report with instructions for making online bookings for the Parent/Teacher night, which will be held on Thursday 25th July in the Mathematics Block.

The booking system will open to parents on Wednesday 10th July. Teachers will be available for interview from 3.30-6.30pm, with ten minute interviews scheduled.

Be sure to get in early so you don’t miss out on speaking to the teachers who you need to see on the night. A cappuccino and hot chocolate machine will be available in the ‘green room’ for parents and teachers.

For those parents who are ‘technologically shy’, you are more than welcome to call the school office in the first week back to make a booking.

Amanda Stirling—Deputy Principal.

Nurse Natters

Suggestions for breakfast.

As previously discussed breakfast is the most important meal of the day.

Teenagers need breakfast for energy and concentration during the day at school.

There are many suggestions for breakfast.

- Porridge – use quick oats
- Whole-wheat or wholegrain breakfast cereals such as wheat biscuits, muesli or bran cereals
- Fresh fruits
- Wholemeal or multigrain bread or toast
- Muffins or crumpets
- Toast toppings, such as baked beans, eggs, cheese or spreads
- Fruit or plain yoghurts
- Fresh fruit juices
- Milk / Smoothies

Some people find that the thought of food first thing in the morning turns their stomach. If this is the case, switch your breakfast to morning tea or mid-morning snack time instead. However, really try to eat something, instead of nothing for breakfast.

This information is from the website www.betterhealth.vic.gov.au — fact sheet on breakfast.

For further information contact Lani, School Based Youth Health Nurse (Monday, Tuesday and Wednesdays) Ph 4971 4364.
What’s Happening In the Art Department.

During Term 1 and 2 there have been big events for your art’s students. We have tried to provide opportunities for team work, performance experiences and art knowledge.

Here is a quick overview:

**Mad March** – Music workshop weekend with Miss Mewing and the instrumental teachers.

**Combined ART’s Camp** – Brisbane University, sights of Brisbane, Southpark, Circus workshop, Music workshops, visit to the Art gallery and Museum, Jazz performances at QPAC, Drama performance at La Boite theatre and so much more.

**Music Camp at Tanyalla** – great success with rehearsal practice time to bring together the instrumental music bands – with the inclusion and nurturing of our year 7’s and year 8’s.

**Drama and Dance** – performance Week 8 in Term 1 and will be again in Term 2 Week 9 – night for parents.

**Visual Art** -

**ART  Just Drawing Or JUST Drawing YEAR 11?**

It is where imagination begins and where techniques are learnt.

Art is not just about drawing realistically it is about searching and finding images that make sense to you and are your response to a certain Topic.

This term’s topic of Power has produced a great diversity of artwork – not only of subject matter but also of mediums used.

From the power of high contrast to the power of the Imagination - “Nightmares and Daydreams”. We have the work from another of our year 11 artists “Lacey Fontaine.” She has a driving ambition to become an artist and she is certainly well on her way.

Below are some snippets of some of her works.

This work is based on the Mathematical ratios of the Golden triangle. The power of the tendrils emerge into the golden triangles.

From structure of form to social comment – This is Coen Barlow’s thoughts on drinking and intoxication. His clever use of symbolism allows us to look at this issue in new light.

Using colours to convey messages of fun and disaster.

**Library Catalogue – Research from Home.**

I am happy to announce that our library catalogue can now be accessed online. This means you will be able to research from home and even reserve books that you need. There will be a link available from our Toolooa SHS website but the direct URL is:


The online catalogue is easy to use but if any assistance is needed, please come and see the library staff for help. Please take the time and check out this great new resource.

Sally Townsend - Teacher-Librarian.
The University of Queensland is offering year 11 students the opportunity to participate in the Young Scholars Program (YSP).

The program involves:

♦ A five-day (four night) Residential Camp at the St Lucia Campus – Sunday 24 November – Thursday 28 November 2013
♦ A YSP reunion at UQ Open Day
♦ Facebook group networking and YSP newsletters

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

They will engage in discussions and collaborative forums in group settings and enjoy a range of complementary social, sporting and cultural activities.

For further information or to apply, please visit www.uq.edu.au/youngscholars. Applications close Friday, 9 August.

---

Toolooa Students Are Just ‘Thrilled’ About Boom Town

Toolooa State High students are vigorously rehearsing their contribution to the upcoming Gladstone Boom Town production. Students from years 7 – 12 have been given the opportunity to work artistically with professional choreographers and directors in a safe and supportive community environment.

Working with professional choreographers and directors, students experience a realistic view of the possibilities and opportunities available for future pathways in dance and performance.

Students are excited to engage in a community project that strengthens relationships with pupils from a variety of schools, backgrounds and experiences.

Dancer Jamie Gillett shares her excitement affirming “The performance allows us to get to work with our friends in other schools and inspires us to meet new people in an enjoyable way”.

Senior Dance student Madison Wieland confirms “It’s a great way to perform in front of friends and family and express to the community what we are capable of.

Dance students at Toolooa recognise the increasing need for cultural and artistic awareness within the region, admitting that performances opportunities such as the Boom Town production showcase the remarkable talent that Gladstone has to offer.

---

Plagiarism…It’s A Dirty Word!

Unfortunately, we have seen far too many instances of plagiarism in the first half of this school year. Subjects that do not use many exams in order to determine a level of achievement (English, for example) rely on other methods in order to determine the authenticity of student work. These methods include drafting, graphic organisers, planning guides and scaffolds as well as making students very aware of the consequences of plagiarism.

What Is Plagiarism?

Plagiarism involves students submitting the work of others as their own without appropriate acknowledgement or referencing the original work. Plagiarism includes:

• Work produced with the assistance of another student
• Work produced with the assistance of a tutor
Work produced with the assistance of a parent/caregiver

and passed off by the student as their own original work. Plagiarism also includes word for word copying, closely paraphrasing and using the ideas from another person’s work without appropriate acknowledgement.

What Are The Consequences Of Plagiarism?

Plagiariised work will not be accepted or marked by teachers. In instances where the plagiarism is unintentional, the Head of Department may allow the student to resubmit their work. In instances where the plagiarism is deliberate (the student has been warned at the draft stage or the student has been previously warned about the consequences of plagiarism) the student will be referred to Administration for further action.

This could mean the task being not rated and a suspension being given.

Please discuss plagiarism and the consequences of submitting plagiarised work with your student.

Information regarding plagiarism can be found on page 36 of the school diary.

Ellen Kean—Head of Department – English and LOTE
Gladstone Women’s Health Centre.

Breast Cancer Mini Expo and AGM Birthday Date Claimers.

Date Claimer
Breast Cancer Awareness Health Expo
Thursday 29th August 2013 from 10am to 2pm
At Central Queensland University-Gladstone Campus
Sponsored by the Calliope Seniors Roosters Football Club
Hosted by the Gladstone Women’s Health Centre and Central Queensland University-Gladstone Campus

Date Claimer
AGM and 20th Birthday celebration
Camelot Motel 5pm for pre-dinner drinks followed by dinner and the meeting.

Gladstone Women’s Health Centre.
Open 9am to 4.30pm Monday to Thursday
Closed Friday

9 Derby Street (PO Box 8219)
South Gladstone 4680
Phone: 49791456
Fax: 49791901
Email: info@gladstonewomenshealth.org.au

Men’s Health Week June 10-16, 2013

Being Men’s Health Week for the 10-16th June it was only fitting to do an article on Men’s Health. Did you know that each hour, four men die from conditions that are potentially preventable? Or those men live on average five years less than women?

Men’s health concerns include heart disease, prostate problems, diabetes, obesity, erectile dysfunction and more.

So for men to keep healthy:
• Find a GP you are happy with
• Have an annual check-up with your GP especially if you have reached over the age of 40 this becomes extremely important
• Know your body and what is normal for you
• Promptly check out any changes in your body with your GP
Know the health risks for your age group, and what to do to reduce them.

The above information was provided by www.49.com.au.
Health risks for each age group can be also found on this website.

FREE Twilight Skate Night
5pm - 8pm Thursday 27th June
Bray Park Boyne Island

FREE 3 On 3 BASKETBALL COMPETITION
Friday 28th June 2013
at Shed 19 (Dalrymple Dr)
2pm 5pm

INDOOR ROCK CLIMBING
Tuesday 2nd July
Tannum Fitness Centre
10am - 1pm Cost $12.00
Bookings 4973 7082

Want to win a mystery prize
Like us on either facebook page
1) Gladstone Regional Council Youth
2) Discovery Coast young people
Then tell us what you did that was unusual on the June/July school holidays
12-16yrs

WATERCOLOUR INK ART WORKSHOP
TWO SESSIONS
Wednesday 3rd July 9.30am 12pm
Wednesday 3rd July 1pm - 3.30pm
at Community Arts on Goondoon
(entry via Roseberry St)
$20.00 each session bookings 4975 7046

MUSIC ROCK CAMP
Gladstone Wed 4th - Fri 6th July
at Anthony Bred College of Music (Toolea St)
9am - 3pm cost: $199.00 bookings 4973 1229
or email: gladstone@collegeofmusic.com.au

WIN AND IPAD Mini
Gladstone Women’s Health Centre
YOUTH DAY: DISCOVER, EXPLORE, CREATE
Friday 5th July 10am - 3pm (lunch provided)
*being party smart *confidence building
*guest speaker *much more
Male & Female 13-17 Cost $55pp
Parent consent form required for under 16

CALLIOPE CRAFTY CAPERS
Activities for 5-16yrs
Booking & deposit required.
Mob: 0428 871 010
Facebook: Calliope Crafty Capers
Calliope Crafty Capers—School Holiday Program.

Getting Your Groove On In Week 1.
Tuesday 25th June—Friday 28th June.

Stepping Out With Style in Week 2.
Monday 1st July—Wednesday 3rd July.

All workshops include a light snack & a drink.

Spots are limited so Pre Bookings and Deposit are essential.

For more information on activities please:
Call Tina on 0428 871010 to secure your child's fun.

Sports Ability Workshop Gladstone PCYC.

When: Tuesday 23 July 2013.
Time: 10.00am—1.00pm
Where: Gladstone PCYC—53 Yarroon Street, Gladstone.
Cost: Free
RSVP: Tuesday 9th July 2013.
*Only 30 places available.*
Phone: 07 4972 3122
E-mail: anna.witty@pcyc.org.au

Come dressed in comfortable clothing and appropriate footwear for practical activities.
Bring a water bottle.

Live Well with Asthma Community Workshops

Do you or someone you care for live with asthma? Have you, or the person you care for ever:

- Woken up during the night coughing, wheezing or out of breath?
- Struggled to keep up with normal day-to-day activities?
- Used a blue reliever puffer more than three times a week?
- Felt uncertain or unsure about using your medications?

If so, these are all signs which may indicate that your asthma is not well controlled. If your asthma is limiting your quality of life, or you want to obtain more information about your asthma, please come along to a free Live Well with Asthma community workshop (see details below).

All workshops are delivered by experienced Asthma Educators.

**Date:** Tuesday 18th June  
**Time:** 12:00pm – 1:00pm  
**Venue:** Garden City Library, Garden City Shopping Centre, Cnr Logan & Kessels Roads

To register for a workshop, or to find out about a workshop being held in your area, please contact 1800 ASTHMA (1800 278 462)

1800 ASTHMA (1800 278 462)

Have you ever felt left in the dark about your asthma? Unsure about the medications you are taking or need further information about how to best manage your condition? Don’t worry, Asthma Foundation Queensland is here to help.

1800 ASTHMA is a free asthma education and support telephone service for Queenslanders living with asthma and their caregivers. Speak one-on-one with an experienced Asthma Educator about your asthma (or your child’s asthma), and learn about medications, correct device technique, trigger factors, asthma action plans, asthma first aid and much more. Each telephone conversation is specially tailored to suit your needs at the time.

No question is too difficult to answer – give us a call today!

1800 ASTHMA operates from 9:00am – 4:00pm, Monday – Friday.
**Community Notices.**

**Vibrant Women**

The program will assist women in dealing with change and meeting the demands of everyday life. We will be sampling different strategies and techniques, increasing awareness on contemporary issues and thinking about ideas from an alternative perspective.

**Where:** Centacare Gladstone—1 Glenlyon Street, Gladstone Qld.

**RSVP:** 17th July 2013.

**Cost:** $15.00/session/person

**Dates:** 5 sessions on Thursday July 25 & August 1,8,15 & 22nd.

**Session Times:** 9.30am—2.30pm.

Booking: registrations@centacare.net or Phone 1300 523 985

You can also register your interest in Vibrant Women in Rockhampton, dates and venue TBA.

For more information about the programs facilitated by Centacare Rockhampton

Ph: 1300 523 985 or follow the link below,

http://www.centacare.net/events

Vibrant Young Women’s Program.

---

**Here To Help Grow Your Ideas.**

**Workshop:** Media and Communications

**Presenter:** Tony Ryan

**Date:** Saturday 15th June

**Time:** 9:00am registration for a 9:15am start (finish by 3pm)

**Venue:** CQ University, Leo Zussino Building, Brian Jordan Drive, Gladstone

Register for the event by visiting our website; www.hereforgladstone.com.au or calling Sandra Dicinoski on 0477 336759.

---

**Gladstone Women’s Health Centre**

**YOUTH DAY**

**Friday 5th July 2013**

Looking for something fun & inspirational to do on the holidays? Come along, bring a friend & have some fun!

$5 per person - Parental consent required for those under 16

**Discover, Explore, Create**

Male & female youth aged 13-17

9 Derby Street, Gladstone

10am-3pm (Lunch provided)

This event will include:

- Guest Speakers share their stories of success
- Creating self control
- Tips on how to develop & maintain motivation
- Many more activities

All attendees will go in the draw to win an iPad mini

This event is proudly supported by

[Logo]

Call (07) 4979 1456 to reserve your place

POSITIONS ARE LIMITED

---

**Toolooa State High School**

**Office Hours**

Monday to Friday 8:00am - 3:30 pm

General Enquiries Ph. 07 4971 4333

StudentAbsentee Notification Ph. 07 4971 4360

**Toolooa State High School**

2 Philip Street

PO Box 8109

South Gladstone Qld 4680

the.principal@toolooashs.eq.edu.au

www.toolooashs.eq.edu.au