Term 2 is fast disappearing. Teachers are busy finishing off assessments and writing student’s reports. Our year 7 students have just had a fantastic time at camp, they were able to participate in a variety of programs.

The year 10 students are also reminded to return their subject selections for Semester 2 this year and also their preferences for 2014.

Our school athletics carnival is fast approaching as is the school musical. Students participating in the musical have been committed to attending rehearsals each weekend. It is fantastic to see so many students readily giving up their own time. I am looking forward to seeing the final production.

As was mentioned in previous, we are currently focussing on uniform. Students are reminded that if they are feeling cold, then the school tracksuit jumper can be worn or a plain black jumper. Tights, leggings are not to be worn. The end of term 2 is also a good time to revisit our school expectations of ‘Respect, Responsibility and Achievement’.

Earlier on this term we also had the pleasure of seeing a large number of students receive awards for their academic achievement, attendance. Based on results so far, there will again be a very larger number of students that will be receiving certificates.

Term Attendance Level.

<table>
<thead>
<tr>
<th>Year</th>
<th>Level</th>
</tr>
</thead>
<tbody>
<tr>
<td>Year 7</td>
<td>94%</td>
</tr>
<tr>
<td>Year 8</td>
<td>92%</td>
</tr>
<tr>
<td>Year 9</td>
<td>90%</td>
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<tr>
<td>Year 10</td>
<td>90%</td>
</tr>
<tr>
<td>Year 11</td>
<td>90%</td>
</tr>
<tr>
<td>Year 12</td>
<td>92%</td>
</tr>
</tbody>
</table>

In this Issue

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For the Fridge

- 28/06/2014 School Holidays Commence.
- 28/06/2014 Musical Rehearsal—10:00am—4:00pm.
- 9/07/2014 P&C Meeting—Senior Room—6:30pm—8:30pm
- 14/07/2014 School Resumes.
Red Cross Blood Donations On The Rise

Well done Toolooa – this year alone you have saved over 120 lives by giving up a small amount of your time and blood. Students and staff have taken on the Club Red challenge by donating blood (or plasma by staff) and Toolooa’s contribution to such a worthy cause has been welcomed by the wonderful staff at the Red Cross Blood service.

Only 1 in 30 donate blood but 1 in 3 people will need blood or blood products in their lifetime. Students in year 7, 8, 9 or 10 can still support Toolooa by encouraging their parents to donate. For those who have family members that donate they can also encourage them to join Club Red Toolooa team (see Mrs Read for paperwork or use the link https://www.donateblood.com.au/who-can-give/club-red/join-group).

If you are 16 or older and wish to donate blood see one of the Red Cross Ambassadors (pictured below) or Mrs Read to collect the paperwork.

Keep up the live saving efforts Toolooa!!!
Tuesday 24 June 2014

The Schools and Industry Network (SAIN) strive to provide quality career guidance experiences for our students.

The companies that will be attending the expo include:

**NRG**
**MEGT**
**MRAEL**
CTC Training
**Qld Police**
Qld Ambulance
**Qld Fire & Rescue**
QUT
**Southern Cross University Qld**

Ergon Energy
*Christian Heritage College*
Woolworths
**CQ University**
JMC Academy
**UQ University**
Busy at Work
**TAFE**
Defence Force

**GAGAL**
McDonalds
**Gladstone Regional Council**
James Cook University
**Raymont Lodge Residential College**

These companies will be available for students to discuss their future career pathways.
Reduce Assessment Anxiety in Teens and Children

As we’re entering the end of the school term at TSHS students are starting to show signs of anxiety and stress. This is a normal behaviour given the circumstances and sometimes we forget that. While emotional success is a better measure of one's happiness in life, academic success still plays a major role in determining the nature of one’s financial success and having one’s basic needs for food and shelter met. Teen assessment anxiety is a problem many teens have, and it acts as a barrier to their achieving their potential in life. Helping your teen overcome assessment anxiety can go a long way in helping them succeed academically and in life.

What is Teen Assessment Anxiety?

Assessment anxiety is a condition that occurs when a child experiences discomfort, tension or increased concern in response to a situation in which they will be assessed. It is situational, with kids having extreme anxiety surrounding assessment taking, while being free of stress in other areas of their lives. Physical symptoms of this disorder include stomach aches or butterflies, muscle tension or skeletal pain, and sweaty palms. Emotional symptoms include low frustration tolerance, excessive worry and fear. Kids who report assessment anxiety have more negative thoughts during assessments and self-critical comments like "I'm going to fail" or "I'm really stupid."

Assessment anxiety diminishes attention and concentration, it and disrupts decision making at a time when it's most needed. Low levels of anxiety are helpful because they motivate one to study and prepare. But when they become excessive, it causes worry, fear and clouds one's capacity to think clearly and perform to one's potential.

What are some techniques to overcome or reduce teen assessment anxiety?

**Preparation and Practice** - Planning to study a little each day instead of waiting until the last moment before the assessment can help reduce stress. Becoming familiar with the material and possible assessment items and questions can help create self-confidence prior to the assessment.

**Building a Strength Based Attitude** - Positive Thinking as a substitute for negative and self-critical thinking can be practices as a means to reduce stress at its early stages.

**Learning Mindfulness-Based Stress Reduction** - Learning to take a series of five deep breaths as a way of calming the body and mind at the first signs of stress can go long way of reducing teen assessment anxiety disorder and enhancing performance.

What parents can do to help their child with his or her assessment anxiety?

Just telling your teen not to worry or be anxious before an assessment will have little benefit. Parents can help when they can encourage their teens to find ways of relaxing, calming down, building self-confidence and promoting a positive attitude toward assessment taking. Helping your child with time management so that they prepare ahead of time rather than waiting until the last minute to study will reduce teen anxiety over the assessment. Encouraging your child to get proper sleep and be well rested before the assessment can further help reduce stress and promote performance. For High School students, repeated exposure to the assessment questions, format, and assessment-taking strategies. Kids who gain the capacity to calm themselves before and during assessments perform better on the assessments and reach higher scores than those who do not learn these skills. Finally, parents who feel they have done their best to help their kids will be less prone to have their stress spill over and negatively affect their teen's performance.

Adapted from
Dr. Philip Morse
Clinical Psychologist and founder of the Mind Body Workshops LLC
Jamaica may have a bobsled team but Toolooa High is even cooler because we have a rifle club. The club is fully supervised and, this year, we have invited all students over the age of twelve to join us. Numbers are on the increase as more and more youngsters experience a sport that teaches them to appreciate the responsibility of using a rifle safely.

Toolooa Rifle Club offers youngsters a chance to experience a fully supervised activity that previous generations took for granted.

The Toolooa Rifle Club is an extra-curricular activity undertaken in the teachers’ and students’ own time. Students undertake safety training prior to using a rifle and all activity is undertaken under the close instruction of the highly trained range officers, Mr Paul Cupitt and Mr Trevor Davis. Parents are very welcome to attend and participate.

On Saturday, 3rd May, 2014 there were a number of interested and keen students willing to participate and learn how to handle a .22 rifle carefully and last Saturday, the 7th June, 2014 there were even more eager participants. It all goes to show that safe activities can be educational and fun. Who knows we may be encouraging and training a future Olympic champion?

Further information can be obtained from Mrs Amanda Patzwald or Mr Tony Muller on (07) 49714326.
Head lice can be a problem for some families. Here are a few facts to help everyone understand how to detect and treat head lice.

**Head Lice**
- Head lice are a small wingless, egg laying insect found on human heads, they don’t fly and they don’t jump.
- Head lice live on the hair and feed by sucking blood from the scalp.
- They are the size of a sesame seed or pin head.
- Not everyone who has head lice will scratch their heads.
- Live eggs are less than 1.5cm from the scalp and are attached firmly to the hair shaft.

**The most effective way to detect head lice:**
- Apply sufficient white conditioner to dry hair to completely cover the scalp and hair from roots to tips.
- Use an ordinary comb to untangle hair.
- Use head lice comb (metal is preferred) to comb small sections of the hair.
- After each stroke wipe the comb onto a white tissue and check for head lice.
- Systematically comb the whole head checking for lice.
- Put all tissues in a plastic bag and dispose of in rubbish.

**Treatment**
- Non insecticidal treatment using the above white conditioner and combing can be used every two days until no lice are found for 10 consecutive days.
- Insecticide treatments fall into 4 groups.
- Use as directed by manufacturer; however you must treat once then treat again in 7-10 days.
- If lice are found after 3 weeks of chemical treatment change to a product with a different active ingredient.

**No treatment kills the eggs (nits)**

**Prevention**
- Avoid head to head contact.
- Keep long hair tied back.
- Don’t not share brushes, combs or pillows.
- Pillow cases of an infected person should be washed daily on hot cycle, or hot ironed or hot dryer.

For more information check out the Queensland Health Website [www.health.qld.gov.au](http://www.health.qld.gov.au) or contact Lani Clements School Based Youth Health Nurse. Ph 4971 4364.

Regards,

Your SBYHN
Lani Clements
Ph 4971 4364.

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**Work Experience Dates 2014**

**Semester 2**

<table>
<thead>
<tr>
<th>Term 3</th>
<th>Placement Dates</th>
<th>Forms due back</th>
</tr>
</thead>
<tbody>
<tr>
<td>General</td>
<td>1 September – 5 September</td>
<td>18-Jul</td>
</tr>
<tr>
<td>Year 10</td>
<td>15 September – 19 September</td>
<td>25-Jul</td>
</tr>
<tr>
<td>Medical Focus</td>
<td>16 September – 18 September</td>
<td>ASAP</td>
</tr>
<tr>
<td><strong>Holiday Placement</strong></td>
<td>22 September – 26 September</td>
<td>B-Aug</td>
</tr>
<tr>
<td><strong>GPC</strong></td>
<td>22 September – 26 September</td>
<td>B-Aug</td>
</tr>
<tr>
<td><strong>Holiday Placement</strong></td>
<td>30 September – 4 October</td>
<td>B-Aug</td>
</tr>
<tr>
<td><strong>GPC</strong></td>
<td>30 September – 4 October</td>
<td>B-Aug</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Term 4</th>
<th>Placement Dates</th>
<th>Forms due back</th>
</tr>
</thead>
<tbody>
<tr>
<td>General</td>
<td>20 October - 24 October</td>
<td>5-Sep</td>
</tr>
<tr>
<td><strong>Holiday Placement</strong></td>
<td>1 December – 5 December</td>
<td>24-Oct</td>
</tr>
<tr>
<td><strong>GPC (10 &amp; 11)</strong></td>
<td>1 December – 5 December</td>
<td>24-Oct</td>
</tr>
<tr>
<td><strong>Holiday Placement</strong></td>
<td>8 December – 12 December</td>
<td>24-Oct</td>
</tr>
<tr>
<td><strong>GPC (10 &amp; 11)</strong></td>
<td>8 December – 12 December</td>
<td>24-Oct</td>
</tr>
</tbody>
</table>
Digital Media Project

Are you aged 12 to 17 and interested in film making, audio recording, interviewing, digital media, journalism, reading or documentaries?

Brisbane Writers Festival and Human Ventures want you to be involved in a great project that is taking place in Gladstone during the school holidays.

The project is runs from the 7th to the 11th of July.

Participants will learn how to film and record interviews. They will be part of a youth-lead research project about reading that will benefit the Gladstone region.

To get involved please send your full name, age, contact details and a bit about yourself to pauline@human.org.au or call (07) 3012 8531.

What: A research and digital media project about reading

When: 7 -11 of July

Who: Anyone aged between 12 and 17

Contact: pauline@human.org.au

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10 Top Tips for Student Internet Security

1. Never share your passwords (https://isecurity.eq.edu.au/Students/Passwords/Pages/Passwords.aspx) with anyone or put them in a place where they could be found.

2. See how good your current passwords are using the password strength meter (https://isecurity.eq.edu.au/password-strength-meter/Pages/Password-strength-meter.aspx).

3. Be careful about how much information you share (https://isecurity.eq.edu.au/Students/phishing-and-online-fraud/Pages/Phishing-and-online-fraud.aspx) and with whom. If it sounds too good to be true, it probably is.

4. Review your social networking (https://isecurity.eq.edu.au/Students/social-networking/Pages/Social-networking.aspx) site settings regularly so you can control who views your profile and what you post online. Try and keep your posts as positive as possible, and don’t forget that whatever you post online is there forever!

5. When you step away from a laptop or mobile device (https://isecurity.eq.edu.au/Students/mobile-devices/Pages/Mobile-devices.aspx) make sure you lock it or take it with you.

6. To avoid losing your important documents and files, regularly back up your computer and/or mobile devices on a mobile storage device.


8. Protect your portable storage devices and the information they contain by keeping it in a safe place at all times.

9. Be cautious about what personal devices you connect to your school’s Wi-Fi and ensure your antivirus software is up-to-date.

10. Make sure you have your parent/caregivers permission to use a new website or app.

If you ever find yourself in an uncomfortable online situation, make sure you tell your teacher and/or a trusted adult.
The 2014 Toolooa Athletics Carnival is soon approaching. This year’s event will be held on Thursday 17th July (Week 1 Term 3) on the school oval and is a great day for all students to display their athletic prowess.

Mostly running events will be held on the day of the carnival however there will also be careport activities which encourage group participation and fun.

All field events will be held during the pre-carnival event days which will occur during week 10 of term 2 and also during week 1 of term 3. Students are able to nominate for the pre-carnival events in their form classes.

Below is the approximate event schedule for our athletics carnival. Students will line up for their events in age divisions ie. U12, U13, U14 etc.

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>9.15am</td>
<td>Careport Tunnel Ball</td>
</tr>
<tr>
<td>10.00am</td>
<td>Careport 200m</td>
</tr>
<tr>
<td>10.45am</td>
<td>400m Finals</td>
</tr>
<tr>
<td>11.15am</td>
<td>Careport 100m</td>
</tr>
<tr>
<td>11.30-12.30pm</td>
<td>Tuckshop Open</td>
</tr>
<tr>
<td>12.45pm</td>
<td>200m Finals</td>
</tr>
<tr>
<td>1.15pm</td>
<td>800m Finals</td>
</tr>
<tr>
<td>1.45pm</td>
<td>100m Finals</td>
</tr>
<tr>
<td>2.15pm</td>
<td>4x100m Relays</td>
</tr>
<tr>
<td>2.45pm</td>
<td>Presentations</td>
</tr>
</tbody>
</table>

The athletics carnival is a fun day for all and a good chance to enjoy yourself and show off your careport colours. Careport spirit and team support are also a highlight of the day. I look forward to seeing mass participation and don’t forget to get involved in everything.

Chris Hill
Sports Co-ordinator
Toolooa State High School presents a production of

**Disney's Alice in Wonderland JR.**

**Gladstone Entertainment Centre**

**Friday 1st August**
- 11am Matinée
- 6pm Performance

**Saturday 2nd August**
- 6pm Performance

Music and Lyrics by
- Sammy Fain & Bob Hillard,
- Oliver Wallace & Cy Coban
- Alie Wrubel & Ray Gilbert
- Mack David, Al Hoffman & Jerry Livingston

Music Adapted and Arrange and Additional Lyrics by
- Bryan Louiselle
- Book Adapted and Additional Lyrics by
- David Simpatico

Based on the 1951 Disney Alice in Wonderland and the novels The Adventures of Alice in Wonderland and Through the Looking Glass by Lewis Carroll.

You are invited to attend "Alice in Wonderland" at Gladstone Entertainment Convention Centre. Performances are as follows. This should be a wonderful night filled with fantastic costumes and Performances.

- **Friday Matinee for school** is 11am, 1st August 2014
- **Friday night performance** is 6.00pm, 1st August 2014
  - Adults $15.00
  - School age Children $7.50
- **Saturday night performance** is 6.00pm, 2nd August 2014
  - Adults $15.00
  - School age Children $7.50

Tickets are to be purchased from the office at Toolooa SHS.

Please pass onto any of your members who would be interested in attending this musical and who would like to support the arts at Toolooa SHS.
Toolooa students have been working hard preparing for the exciting upcoming musical “Alice In Wonderland.” The colourful show will hit the stage at the Gladstone Entertainment Centre Friday August 1 for a daytime matinee at 11:00am, followed by an evening performance at 6:00pm, and another evening showing Saturday night August 2nd also at 6:00pm.

Students have been fundraising to pay for this spectacular event, one such fundraiser being the Junior Glow in the dark/Fantasy disco. The staff and students had a fantastic night filled with live and DJ entertainment, games and challenges, face painting, a photo booth, and a fantasy theme with a laser light show and glow in the dark UV lights. The light show was provided by Total Party FX a local party hire company, whose business allowed us to hold an impressive light show for the students.

The musical cast has rehearsed tirelessly to polish their performance, and recently enjoyed a camp at Tanyalla conference centre to refine their vocals, acting and dancing. The students engaged in workshops as well as team building/bonding activities. The staff and students are thoroughly excited about the upcoming event and cannot wait to share this experience with the local community. Tickets are on sale from the Toolooa SHS front office: Adult $15, student/children $7.50 and family tickets $40 (2 adults and 2 children).

Don’t miss out on this exciting performance showcasing the talents of Toolooa SHS students.

Mindi Mewing (Performance Excellence Program Coordinator)
Instrumental Music Semester One

So far 2014 and has been overflowing with opportunities for Toolooa’s Instrumental music students.

- Students were nominated for SHEP (State Honours Ensemble Program) with successful students from Toolooa being accepted into this prestigious program.
- Toolooa Strings and Concert band students performed at the Annual Ice Creamery performance in April and wowed the spectators with a few strong and striking pieces.
- The month of May saw Toolooa students enjoying the annual Music camp at Tanyalla Recreation centre in Tannum sands. The students worked hard polishing their repertoire for the upcoming Fanfare performance, as well as many fun and engaging team building activities that assisted in further bonding within the team. The parents were greatly impressed by the students’ performance at the concert held at the end of the camp. Their skills had improved out of sight due to participating in this camp and students really enjoyed themselves.
- Students recently performed in the FANFARE competition held at Gladstone South state school. Local schools brought their talented bands and ensembles along to compete with only 1 school over the two days walking away with a Gold award. Toolooa concert band was awarded an esteemed Silver award for their entry. The school, parents and students are very proud of their efforts.
- In the final week of this term Toolooa Instrumental music students will be participating in a Primary schools tour of local schools, to perform their recent repertoire. This is an exciting excursion enjoyed by all.
- **GYMC workshops** – July 16-18 (all yr. 7 students + selected yr. 11 & 12 student tutors) is in the making at the moment. All invited students are required to return their notes to the front office as soon as possible, and year 7 students are urged to make an early bird payment to receive a discount.
COMMUNITY NOTICES

YOU COULD WIN!!!

Toolooa State High School
Musical Fundraising Raffle

1st Prize: Music Pack: iPod, headphones, $30 iTunes card, speakers. Total Value: $237.15 RRP

2nd Prize: Portable DVD player. Value: $99.95 RRP

3rd Prize: Action Cam. Value: $48.00 RRP

Drawn Saturday 2nd August 2014

Ticket Cost: $2 each or 3 for $5. From N Block Staffroom

YOU’RE INVITED TO
STEVE LE MARQUAND’S
COMMUNITY ACTING WORKSHOP

BROKE

STEVE LE MARQUAND
STEVE BASTON
MAX CULLEN
CLAIRE VAN DER BEEK

PCYCL GLADSTONE

TIME
9:00AM - 12:00PM

DATE
15TH JUNE 2014

PRICE
FREE

LEARN THE ACTING PROCESS FROM ONE OF AUSTRALIA’S BEST ACTORS. STEVE WILL RUN THROUGH THE PROCESS INCLUDING BREAKING DOWN SCENES FROM THE MOVIE.

TO BOOK CONTACT KATHERINE ON BROKE@SCOPERED.COM

VOLUNTEER BUS DRIVER

The EQIP Business & Information Technology Skills (EBITS) centre based onsite at Boyne Smelter is seeking a Bus Driver to take and return students from Gladstone to the Boyne Smelter on a Friday.

This is a volunteer position and requires someone who has a bus licence, blue card and would be available between 11:30am to 3:30pm every Friday from July to November 2014.

For further information, please contact Cherie Topfer, General Manager EQIP 0418 745 848