Principal’s Piece.—Justin Harrison.

Welcome back to all students and staff to term three. A special welcome goes out to all new students and teachers who have joined Toolooa this term.

Discipline Audit

On July 11 and 12, Toolooa was the second school in Queensland to have a Discipline Audit. The purpose of the audit was to provide feedback on the discipline processes here at Toolooa. The audit instrument was developed in consultation with key stakeholder’s groups and has been reviewed by a number of academics who are internationally recognised as experts in student behaviour management. Even though the Executive Summary identifying the areas of practice that should be commended and affirmed, as well as recommendations to the school has not yet been provided; initial feedback to the school was very positive. Based on the 5 page Profile given to us at the completion of the audit process, we are very proud of our feedback and consequently, how we manage both positive and negative discipline. All necessary information received from the audit will be displayed on the school’s website. I will inform you of this when it is ready.

Year 10 into 11 2014 Subject Selections

In week 3 this term, during Year 10 EFL lessons, students will complete their senior subject selections online. These subject selections are made in a tab on their OneSchool SET (Senior Education & Training) Plan which the students access online through the OneSchool Quicklink on our school Home page.

https://toolooashs.eq.edu.au/Facilities/Library/Pages/Library.aspx

Students will receive explicit instructions and information from their EFL teachers including a visual demonstration of how to access and complete their selections to ensure students are making selections aligned to their selected senior pathway.

I encourage all parents/guardians to be part of this process as it is an important time in their son/daughter’s transition to senior.

Any questions regarding senior subject selections please call Mark Thomas, Deputy Principal on 4971 4355.

Junior Secondary Peer Review

On Monday the 15 July, Toolooa’s Junior Secondary Program was reviewed. From the informal feedback given, like our Discipline Audit, Toolooa has once again received very positive feedback on our Junior Secondary approach. More specific information will be provided to all when it is received.

Thanks

As you can see from the above, Toolooa is obviously providing all students with a quality education, focussing on high expectations, in a safe and supportive environment. As acting Principal of Toolooa, I would like to thank all staff for their contribution to making Toolooa what it is today. Additionally, I would also like to thank the parent body in supporting the school and their children. This is important if we want all our students to succeed.
From the Deputy’s Desk

Parent/Teacher Interview Night – 25th July

By now you would have received your student’s report card in the mail and discussed their successes or areas for improvement with them. Even if your child’s teachers have not requested interviews, you are very welcome to make appointments on the night.

The SOBS online booking system has opened for parents to make bookings for the interview evening. Instructions for how to navigate the online booking system were mailed home with reports. If you would prefer to speak with one of our office staff, you are more than welcome to call the school to make bookings.

The evening will be held in the Maths block from 3.30pm on Thursday 25th July, with final interviews at 6.30pm. A coffee/hot chocolate machine will be operating in the ‘Green Room’ along with some light supper items for teachers and parents.

I would strongly encourage all parents/guardians to make the most of this opportunity to speak with your children’s teachers. Your support is the best resource we can have when educating your child, so please bring your child/children along with you.

Artie Awards.

Most of our indigenous cohorts (Yr 7 – 10) were very excited to return to school. A very important person was in Gladstone.

None other than current Australian, Queensland and Cowboys star Jonathan Thurston was here to personally present them with a ‘Certificate of Achievement’.

Acknowledging their outstanding efforts, and behaviour in Maths and English on their Semester 1 Report Cards.

Young Scholars Program

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](http://www.uq.edu.au/youngscholars).

Applications close Friday, 9 August.

Botanic To Bridge.

The annual Botanic to Bridge walk/run is being held on Sunday 18th August. There is the option of a 3km walk/run from the Duckponds to the Marina or an 8km walk/run from the Botanic Gardens to the Marina.

Toolooa SHS benefits directly from this event with all school registrations donated back to the school and in addition the Gladstone Ports Corporation matches all school registrations. These funds provide essential health, sport and recreation equipment and material for Toolooa SHS. It also is a means of encouraging students and their families to embrace healthy lifestyles.

As we have done over the past few years we once again are trying to add a little more encouragement to our students to enter this year’s event.

For the last two years Mr Whitfield has purchased a movie ticket for anyone who can beat a designated teachers time in the race. Due to lack of pace or participation he hasn’t had to purchase too many tickets.

Mr Harrison has decided to up the ante this year and will purchase two movie tickets for anyone who can beat one of our new year 7 teachers: Mr Shonhan, over the line. Now don’t let looks put you off………..he is a lot slower than he looks.

So get online at [www.botanictobridge.com.au](http://www.botanictobridge.com.au) and register to compete in one of this year’s events.

Mr Hage
HOD Mathematics (and slow runner)
12 ALTERNATIVES To `Losing It' With Your Child

We all know that children, including adolescents, at times, can drive you crazy. They may not listen. They are messy. They don’t think before they act. They don’t consider another’s feelings. Unfortunately these factors are a part of growing up, and it takes a loving family to help them learn to be respectful, responsible, tolerant, caring, loving and self-controlled.

When everyday problems pile up, our tolerance as parents may not be as strong.

Often our ability to control ourselves will be tested. We may be easily angered but the message here is: DON’T TAKE IT OUT ON YOUR CHILD or CHILDREN or PARTNER.

It’s a matter of mustering your self-control (we all have it). Think of the benefits.

**If you show self-control, your child knows what it looks like and can copy it.**

Here are some alternatives:

- Stop in your tracks. Step back. Sit down. Talk yourself back to calm.
- Count to 10. Better yet, 20 or say the alphabet out loud or backwards
- Phone a friend, or a relative. Even the weather number.
- Still mad? Punch a pillow, a punching bag or munch an apple.
- Thumb through a magazine, newspaper, photo album, and work manual.
- Do some sit-ups, kick a ball, jog on the spot.
- Pick up a pencil and write down your thoughts/feelings/frustrations.
- Take a shower, or better still, a bath.
- Lie down on the floor listening to your favourite music.
- Talk to your pet – they are good listeners and non-judgemental.

Go to your shed (if you have one) otherwise do that gardening/mowing you need to do.

By now hopefully you are feeling calm. By now the problem may not have seemed like it deserved the blood pressure, but it’s time to deal with the issue in a calm, peaceful, rational way. You can do it. It’s all a matter of choice.

*Adapted from: Qld Centre for Prevention of Child Abuse Information Sheet.*
Nurse Natters

WHY TEENAGERS SKIP BREAKFAST AND WHAT YOU CAN DO ABOUT IT.

As mentioned in the last newsletter, teenagers need to eat breakfast.

Reasons why teenagers often skip breakfast include:

- No time, want to spend extra time in bed.
- Too tired to care.
- Weight conscious.
- Not liking breakfast foods in the house.
- The thought of food in the morning makes them feel sick.

Ways of changing these bad habits are:

- Setting the alarm 5 to 10 minutes earlier each morning and encouraging them to get out of bed.
- Some teenagers find food in the morning makes them feel sick. Encourage them to eat a small portion of food and then eat a more substantial meal at morning tea. They may actually feel sick in the morning because they are not used to eating breakfast.
- If possible, eat breakfast with your teenager.
- Create a weekly breakfast menu – ask your teen to offer suggestions for this. This will create some sense of responsibility and ownership to the plan.

Teach them to cook and what is healthy and what is not healthy. Sometimes, teenagers actually don’t know this information.

This information is from:
www.betterhealth.vic.gov.au
www.breakfastfirst.org

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

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Operation Christmas Child

This term the school will be participating in the Operation Christmas Child Appeal. This wonderful charity is run by Samaritan’s Purse, an international group that operates in impoverished countries all over the world. Much of their work involves helping communities provide some of their most basic needs – such as water filters, schools and medical treatment and many other things. These things help the entire community – but each year it is OPERATION CHRISTMAS CHILD that truly brings a smile to the faces of the children in these villages.

The appeal involves preparing a shoebox of items for an impoverished child. Each shoebox contains items from SIX basic categories: something to love, something to play with, something for school, something for personal hygiene, something to wear and something special.

When a child opens a shoe box, they’re opening more than a present lovingly prepared just for them. They’re opening up their community to a world of life-changing opportunities. The boxes bring joy and hope to children in desperate situations around the world. As each shoe box gift is delivered, it is treasured by the child that receives it.

This year, many classes will be asked to work together to complete one or two boxes. Any students who would like to prepare a box on their own (or with their family) should see Miss Cooper in the Science Staffroom and she will give you an official box and all of the information that you need to be able to prepare your box correctly.

Last year the school prepared 70 boxes that were then sent to South-East Asia. Hopefully we can prepare an equal or greater number of boxes this year.

Ideally, all shoe boxes should be completed and returned to Miss Cooper in the Science Staffroom by Monday the 16th of September, but she can still accept them in the 1st few days of term 4.

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Work Experience Dates 2013

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<thead>
<tr>
<th>Term 3</th>
<th>Placement Dates</th>
<th>Forms due</th>
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<tr>
<td>General</td>
<td>2 September - 6 September</td>
<td>19-Jul</td>
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<tr>
<td>Year 10</td>
<td>16 September - 20 September</td>
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<td>Holiday Placement</td>
<td>23 September - 27 September</td>
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<td>GPCL</td>
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<td>Holiday Placement</td>
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<tr>
<td>GPCL</td>
<td>30 September - 4 October</td>
<td>23-Aug</td>
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<table>
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<tr>
<th>Term 4</th>
<th>Placement Dates</th>
<th>Forms due</th>
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</thead>
<tbody>
<tr>
<td>General</td>
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<td>Holiday Placement</td>
<td>2 December - 6 December</td>
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<td>GPCL (10 &amp; 11)</td>
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<td>Holiday Placement</td>
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<tr>
<td>GPCL (10 &amp; 11)</td>
<td>9 December - 13 December</td>
<td>25-Oct</td>
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Please see Bree in the Senior Room for an application. The cost is $40, payable to the office.
**Chaplin Report**

The Blank Canvas: Believe in Me.

This month at school has been a very interesting one, and I have learnt an important thing about young people and one of the major root causes of many of the issues that they face.

It seems that we humans have the need for other people to recognize and see the potential that is in us, often before we are able to allow ourselves to. We have the need to be believed in.

For young people in their formative years this especially rings true, as seen through conversations with many young people at school.

Young people especially have a craving for others to see the raw potential inside of them, and to clearly point it out to them and help the young person to identify it themselves.

People often struggle to know themselves well, and if they are unable to or do not explore who they are, they can become like a blank canvas for the world to paint its opinions, labels, biases and agendas on. For someone to believe in them is beauty, hope and truth being painted onto their canvas.

This belief in a young person helps to counteract all the so called “harmless” and “light-hearted” words and jokes that have been spoken over them, their potential and their abilities throughout the years and left them with a canvas that poorly or inaccurately reflects who they are.

It is of such high importance that we speak well of young people and build them up. When something is identified in them even when they don’t see it, and this is communicated to them, it can change their world.

Let’s be intentional and help paint a picture of hope of a bigger and brighter future for these kids - a future we certainly want to see come true for our young people.

Dewald van der Merwe

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**Gladstone Ports Corporation - Talent Today, Talent Tomorrow Bursary.**

In April, this year 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.

The aim of the bursary is to recognise and reward successfully selected students’ effort at school and to encourage them to continue with their education.

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 2013.

- **Year 9 ($500):** Gavin Smith
- **Year 11 ($750):** Jordanna Ghee

Further to these, the GPC selection panel members were so impressed with the quality of applications put forward they decided to award two additional ‘Recognition Awards’. We are pleased to announce these were also awarded to Toolooa High students, congratulations:

- **Year 9 ($300):** Emma Schafer
- **Year 11 ($500):** Sirayah Benjamin

**Great Teachers = Great Results.**

Great teachers = Great results is the Queensland Government’s five-year, $537 million action plan to make our state’s education system even better.

It will:

- support teachers with mentoring, training and resources
- reward outstanding teachers with career opportunities and scholarships
- strengthen state school discipline
- allow schools to have more say in how they are run because each school community knows what’s best for Queensland kids.

The plan will lift standards of teaching and give schools more flexibility to get on with the job with a range of research-based initiatives to help your child get a great education, no matter where you live.

There will be new ways of measuring and rewarding high performances among our teachers, as well as strengthened discipline and streamlined processes for suspensions and exclusions.

Find out more about the plan: [www.qld.gov.au/greatteachers](http://www.qld.gov.au/greatteachers)
Red Cross Blood Donations.

Congratulations to the 24 students who have given up a couple of hours of their time to save the life of others. Toolooa members have been responsible for saving 72 lives through their generous blood donations.

Students interested in taking part in the school blood donation program can see Mrs Read in the senior room for pledge forms. Isabelle and Elora (Red Cross Youth Ambassadors) can provide you with more information if interested.

More appointments will be available soon so get your name down. Any students who have not yet registered for Club Red are reminded to bring their donor card in so that the donation counts to Toolooa’s total.

Eqip Applications Out Now.

Students who wish to apply for EQIP courses in 2014 need to complete their application and return to the Senior Schooling room.

Programs on offer include:

- EQIP Engineering Skills Centre (NRG)
- EQIP Business I.T. Skills Centre (Boyne Smelter)
- EQIP Technical College Gladstone (GSHS)
- EQIP Doorways to Civil Construction (current Year 9 students only)

Applications due Wednesday 16th August 2013

2013 Queensland Core Skills Test (QCS).

Final preparations are underway for year 12 students undertaking the QCS test this year. Students have had their practice tests marked by Mighty Minds and are refining their skills in solving multiple choice questions, short response tasks as well as the extended written task.

During EFL this term equipment lists and calculator declarations will be signed in preparation of the two days of testing.

QCS test dates are Tuesday 3rd and Wednesday 4th September 2013.

Spares.

All students are reminded that if you have spares on your timetable they are a privilege not a right. You are expected to be in the senior room working on assignments, catch up work or personal study.

Maximise your time at school means less work needed to be done in your own time!!!

Apprenticeships Out Soon.

It is that time of year when the industries will start advertising for the 2014 Apprenticeship intake. Keep an eye out in notices for application dates and information sessions.

Boyne Smelter Apprenticeships

Online applications open 12th July and close 2nd August

INFORMATION EVENING ON 18TH AND 24TH JULY

RSVP with names of attendee and date to
BSLHRRRecruitment@pacificaluminum.com.au

For other enquiries phone Julia Francis on 4973 0373

BRAKE Driver Awareness Program.

All year 12 students have now completed the BRAKE driver awareness program. To ensure you receive your certificate of completion and QCE point make sure you provide your EFL teacher with your licence number and driving log (15 hours).

If you don’t have your learners or 15 hours remember you can do a passenger log of 25 hours.

Community Notices

The Australian Electoral Commission.

The Australian Electoral Commission is currently preparing for the upcoming Federal Election.

We are seeking registrations of interest for

- polling officials – 7am on polling day until finish of counting
- part-time polling officials to assist with the dismantling of voting screens, unfolding of ballot papers, packaging of material and tidying the polling place - 5.30pm on polling day until finished
- temporary office assistants (before and after polling day)

If you are interested in working for us, please go online to www.aec.gov.au, click on the “Employment” link and complete a Registration of Interest or contact Ann Tebble on 13 23 26 or 07 4976 9011.

Also, if you have changed address and not yet updated your details on the electoral roll or need to check your details please go to our website: www.aec.gov.au or call 13 23 26.
Become A WEP Exchange Student - It’s An Adventure!

Imagine swapping that boring old muesli bar for a croissant, and your stuffy school bus for a bike ride through the French countryside!

As a WEP exchange student you can choose from over 20 countries to live and study for a summer, semester or even a year!

Zoe about her semester-long WEP exchange program to the USA:

"The best decision I ever made. I had the most incredible time in the US. I had the most incredible time in the US. I had the most incredible time in the US. I had the most incredible time in the US. I had the most incredible time in the US. I had the most incredible..."

Get started today to plan the experience of your lifetime!

Request an information pack, including WEP’s FREE application form.

Visit: www.wep.org.au
Call: 1300 884 733
Email: info@wep.org.au

Children With Type 1 Diabetes - Are You Challenged by Your Child’s Diabetes?

Research into parenting children with type 1 diabetes.

The University of Queensland is conducting research into parenting children with type 1 diabetes. Parenting a child with diabetes presents many challenges (everything from the regular blood glucose monitoring and insulin intake, to more general parenting tasks).

The aim of this study is to understand the factors that make the management of childhood diabetes particularly difficult, and to use this information to develop strategies that might assist parents in managing their child’s diabetes.

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

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

For further information about the project or to request a survey to be posted to you, please email Aditi Lohan (aditi.lohan@uqconnect.edu.au) or phone Amy Mitchell (07 3365 7305) at the Parenting and Family Support Centre in the School of Psychology at the University of Queensland, St Lucia QLD 4072.

Thank you for your time and participation.

Aditi Lohan, Alina Morawska, and Amy Mitchell
UQ Parenting and Family Support Centre.
Defence Force Careers Presentation

We would like to invite you to a ‘Defence Force Careers’ Seminar. The evening will centre on YOU, your questions about the recruitment process and what to expect at the next stage and your questions about the roles that you are applying for.

Come and join the team at Defence Force Recruiting as they answer the questions you have on life in the Australia Defence Force.

**Bookings are essential.**

**Date:** Tuesday 6th August 2013  
**Time:** 5.45pm for a 6.00pm start - 8.00pm  
**Location:** Yaralla Sports Club  
Level1, Connors Room  
Cnr Wood & Bell Street  
GLADSTONE

Please RSVP to Priscilla Parsons  
P: 07 4726 0226  
E: pparsons@dfr.com.au

My Time In Gladstone

If you are a parent, grandparent or anyone caring for a child up to the age of 16 years with a disability, development delay or chronic medical condition, then My Time is a wonderful program designed to help and support you. This peer support group provides the opportunity to socialise, share ideas and information with others who understand the rewards and intensity of caring for a child with special needs.

**Parents and carers can:**
- Meet others in similar circumstances  
- Have fun, hear from others and share experiences  
- Find out about available community support  
- Get extra parenting information and skills development  
- Make time for yourselves and if you have young children, there will be a play helper to look after them while they play.

The group meets every second Tuesday of the month from 9am – 11am so please come along to our next session to learn more about MyTime and how it can help you.

**WHERE:** Gladstone Community Hub, 5 Buller Street, Gladstone.

**Dates for August – December 2013 are:**
- August 6th @ Hub; August 13 2 Hub  
- September 3rd @ Hub; September 10th (Outing)  
- October 8th @ Hub; October 15th @ Hub  
- November 5th @ Hub; November 12th @ Hub  
- December 3rd @ Hub; December 10th (End of year celebration outing)

For more information contact:  
Shelley Harvie, Facilitator MyTime Gladstone  
Email: shelbel851@gmail.com  
Mobile 0411813859 or contact the Gladstone Community Hub on Phone: 4979 2777.

Gladstone Gladiators Swimming Club Sign-On.

Gladstone gladiators swimming club sign-on Monday 22 – Thursday 25 July 4-5 pm Gladstone aquatic centre, Tank Street.

A free swim assessment for ‘post learn to swim’ Swimmers will be conducted by silver licence and National accredited coach “Caroline Hayes”.

All swimmers wanting to register for this season are welcome to attend.
GLADSTONE CARER SUPPORT GROUP 2013

For fun, laughter, skill development and support

10.00am—12.00pm

23 July 2013  Guest Speaker (G/S)
The Public Trustee
McDonalds, 91 Dawson H’way
West Gladstone

27 Aug 2013  Self Care/Lifting (G/S)
McDonalds, 91 Dawson H’way
West Gladstone

24 Sept 2013  Picnic at the HUB
5 Buller Street
Gladstone

October  CARERS WEEK ACTIVITIES

26 Nov 2013  Aromatherapy (G/S)
McDonalds, 91 Dawson H’way
West Gladstone

10 Dec 2013  Xmas Morning Tea
Venue TBA
$5.00 per person

1/83 WEST STREET
ROCKHAMPTON
Carers Queensland PH: 4921 4486
npolkinghorne@carersqld.asn.au