From the Principal

Looking for your child to be more successful at school?

Try attending school every day.

Research shows that in Queensland, higher student attendance at school is associated with higher student achievement.

Regular school attendance will mean that your child has a better chance in life. Your child will achieve better when they go to school all day, every school day.

• they learn better
• they make friends and maintain friendships
• they are happier
• they have a brighter future.

Avoid keeping your child away from school for: birthdays, shopping, visiting family and friends, if they sleep in, looking after other children, minor check-ups or care such as haircuts. Routine medical or other health appointments should be made either before or after school or during the school holidays.

You are encouraged not to schedule holidays during school time. If your family holiday is during school time, let the school know in advance and talk about what arrangements can be made for your child. Depending on the circumstances the school may be able to provide tasks for your child to complete while they are absent or assist you to organise an exemption from schooling.

You must let the school know the reason why your child has been absent from school within two school days of their return. If possible, advise the school beforehand or respond to the text message that our school will send to you advising you of your child’s absence.

If you are having some trouble getting your child to school, try some of the following strategies:

• have a set routine
• have a set time to go to bed
• have a set time to get out of bed
• have uniform and school bag ready the night before
• have a set time for starting and finishing breakfast
• set a time for daily homework activities
• speak about school positively
• be firm, send your child to school every school day, including their birthday and the last day of term.

If your child won’t attend school, call our specialist staff to discuss a plan on how we can work together to return your child to regular attendance and learning at school.

Alan Whitfield, Principal
**MARCH MUSIC MADNESS**

Instrumental music students engaged in an educational workshop at Toolooa High on March 2nd. The theme for the day was "March Music Madness". Everyone who attended wore something Mad/Crazy, and prizes were awarded for the best dressed. We had crazy hair, Mad Hatters and even a Mad Scientist. The workshop was a teambuilding and bonding experience where students got to know each other, learnt new repertoire, rehearsed intensively throughout the day, and then delighted parents with a concert in the afternoon. The students shared a delicious lunch, were lead blindfolded through obstacles, and teased their brains with trivia.

The instrumental program at Toolooa has grown significantly, and so has the students' enthusiasm. The students are motivated, talented and enthusiastic which is an absolute pleasure. Our dedicated team Carol Slape, Michael Reibel, Nicole Bruce and special guest Carmen Smith, worked extremely hard throughout the day, with tremendous results. The day was a fantastic opportunity for students to make friends, have fun, and learn. A huge turn out by parents was fantastic to see; as they proudly watched their students perform. Thank you for your ongoing support. We are extremely looking forward to our Instrumental Music camp at Tanyalla, from Friday 24th to Sunday 26th of May; where the students will continue their rehearsals in preparation for the upcoming 1 day tour, of the big Gladstone primary schools during the last week of term 2.

Mindi Mewing (Instrumental Music Coordinator)

**QMEA AWARDS TRIP**

"On Wednesday 7th March, Joshua Reilly and Elora Ghea (both year 12) attended the annual Queensland Minerals and Energy Academy (QMEA) Awards held in Brisbane. These students were chosen to represent Toolooa State High School and the QMEA alongside 60 other QMEA students from across Queensland. The awards ceremony took place over breakfast, where the Josh and Elora had the chance to talk with some of Queensland’s industry heavyweights. The QMEA also funded a tour for the students at QUT’s new Science and Engineering building. Although neither student received a scholarship, they are both grateful for the opportunity and have networked with key people from the mining and resource sector. Josh and Elora than both the QMEA for providing this wonderful opportunity and to everyone involved in organising the event."

The photo shows Josh and Elora sitting at breakfast with the teacher and students from Nanango State High School.

**AUSTRALIAN NAVY CADETS**

Training Ship Gladstone, Australian Navy Cadets are currently recruiting new members aged from 12.5 years of age. We parade Monday nights from 6.15pm until 9.30pm at the Army Barracks 31/42RQR, 11 Palm Drive Gladstone.

Boys and girls, Mum & Dad are encouraged to come along and get a sample of what we do and to find out more information. Please contact Leut Brad Lawson, Commanding Officer, for more details 0447617286

**SCHOOL BASED VACCINATION PROGRAM FOR TOOLOOA STATE HIGH SCHOOL.**

The first clinic for the school based vaccination program will be on Thursday, 21st March. Forms were sent home to all Year 8 and 10 students. Forms MUST be returned to the school as soon as possible.

This year will see the introduction to HPV vaccines to male students in year 8 and 10. The vaccines listed below will be offered to students in the following year levels:

- Year 8 HPV (3 doses over 6 months)
- Hepatitis B (2 doses, 4-6 months apart)
- Chickenpox (1 dose)
- Year 10 Diphtheria Tetanus Pertussis – DTpa (1 dose)
- HPV (3 doses over 6 months – male students only)

Please ensure on the day that your child is well hydrated and eats breakfast.

For any further information please phone Lani Clements (School Based Youth Health Nurse) Ph 4971 4364 or email lclem29@eq.edu.au.

**SUCCESS IN MATHEMATICS**

Whilst success in mathematics is achieved through a number of factors, it is what a student does themselves that will ultimately reflect on their final result. It is therefore imperative that every student at Toolooa SHS do the following:

- **Bring necessary equipment** to class every lesson. A calculator is the most important tool in high school maths. Without a calculator students can’t complete their work. (A doctor doesn’t turn up to work without a stethoscope, a carpenter doesn’t turn up to work without a hammer – hence in maths a student shouldn’t turn up without their calculator)

- **Homework.** Homework is a vital part of this subject. Not only does it serve the purpose of completing incomplete class work but also as a form of consolidation and revision. Students at Toolooa SHS should expect mathematics homework three times a week (after each lesson). The amount of homework may vary but even if students have no designated homework it is an expectation that 30 minutes of be undertaken.

- **Make sure Assessment** is completed by the due dates and preparation for assessment in particular exams is not left till the last minute. Revision should be an ongoing part of your homework routine. Read back over notes and try a question or two from an exercise you may have done a few weeks ago.

The education of our students is very important to us and we feel it is a team effort. We would appreciate your assistance in making sure the above points are monitored and addressed at home in order for your son/daughter to reach their full potential in mathematics at Toolooa SHS.

Greg Hage - HOD Mathematics

**YEAR 11 TOURISM STUDENTS ENTERING CAPRICORN CAVES**

Year 11 Tourism students were given an insight into the workings of an effective tourism operation when they visited the Capricorn Caves last week. After experiencing firsthand the intrigues of the caves (20 000 bats and all), they were given a talk by the Caves manager Amanda, on how to successfully manage and operate a popular tourist business.

Students found the talk informative especially noting how many national tourism awards the Caves have won.

**Term Overview**

Year 7’s have studied how not to get lost (studying mapping) while Year 8’s have learnt how to successfully torture people Medieval style. Year 9’s understand why Asian trade is so important to local industries and Year 10’s know that the soldiers sent to fight along the Kokoda Track were not really there to play cricket. Our senior students have settled in for hard work and large assignments; which brings me to the current situation. Students in the Social Sciences are currently undertaking assessment pieces including exams and assignments. This will be an opportune time for caregivers to make sure that their child is on track to complete a successful term.
THE ARTS - SEMESTER ONE - NEWSLETTER

The Arts focus on celebrating and developing creativity within students through Dance, Drama, Music, Visual Art, Film & TV, Media and Instrumental music. Creativity is in all aspects of life - social, economic, aesthetic, technological and cultural.

The innovative programs within the Arts strive to develop creative skills in our students to help solve world issues, drive innovation and technology across the globe, as well as tackle more immediate social issues. Creativity is an essential skill for all young people in the 21st century, necessary to drive innovation and productivity in virtually every industry. The Arts teach children to make good judgments about qualitative relationships. It can teach children that problems can have more than one solution. The Arts help children learn to say what cannot be said. When children are invited to disclose what a work of art helps them feel, they must reach into their poetic capacities.

ARTS @ TOOLOOA: SEMESTER ONE

- **Dance:** Enriched experiences in Choreography, Performance and Appreciation. Students are exposed to a variety of dance genres and develop an awareness of dance in various contexts.
- **Drama:** Allows students to express and communicate their understanding about human issues and experience, through creating and acting out real and imagined events. While exploring a range of roles, situations and contexts, students investigate feelings, actions and consequences.
- **Film and Television and New Media:** Students are given the opportunities to create short films, newspapers, radio programs, advertising, music videos, computer games, and are taught to question what they are presented by media outlets, and to appreciate and analyse all media forms.
- **Music:** Music is an integral part of everyday life serving self-expressive, celebratory, social, cultural, political and educational roles. Music fosters students’ confident expression of their creativity and individuality through composing and performing music to communicate feelings, thoughts and ideas. Students become adaptable and innovative problem-solvers, making informed decisions and, as inquirers, develop their ability to deconstruct and critically evaluate. They are also encouraged to become adept in using various music-related technologies. Beginner guitar lessons are held during lunch breaks for ANY student in the school.
- **Extension Music:** This extends students' knowledge through performance, analysis and compositional tasks through a distance education program. This is an excellence program for high achieving students.
- **Instrumental Music:** At Toolooa we offer many performance opportunities and run a Concert band, Symphonic band, and a Strings program. Our highly skilled and passionate teachers deliver an exceptional program and have high expectations for all, with a strong focus on teambuilding skills and success through excellence.
- **SHEP:** The State Honours Ensemble Program is a partnership between schools, teachers and the Open Conservatorium which takes place at various times of the year in locations around the state. Two SHEP programs are run in Rockhampton each year. SHEP - Middle School and SHEP Capricornia. The final step is SHEP Queensland, which is run in Brisbane during the spring vacation, and is for the most advanced students from across the entire state.
- **Techie Team:** Students learn how to design, set up, manipulate and operate lighting and sound systems. The students tour through the centre and see ‘behind the scenes’, which will assist them in gaining the knowledge and skill to open their employment opportunities in our community. Students are trained to control the lighting, sound and props/equipment used at the Arts Showcase and Awards night held at the Entertainment centre.
- **Visual Art/Visual Arts and Craft:** Develops student’s creative and technical expertise while enabling them to apply these skills to real world situations. Students engage in developing connections with the community and gain an understanding of the role of the artist in creative industries. They explore many different styles and mediums in art, and learn self-expression through this creative program. They apply mathematical concepts through the principle and elements of design, such as to enthralling skill to produce objects, read maps, use grids, perspective, spatial awareness, algebraic concepts and shapes, ratio and proportion. Visual arts enable us to have experience we can have from no other source and through such experience to discover the range and variety of what we are capable of feeling.
- **Year 7 Art workshop:** A series of lunch time workshops will be run by Year 11 Business students. You will be having fun building a futuristic Gladstone city out of bamboo and rice paper. Each small building will be joined together to create a glowing metropolitan cityscape.

CUA COMMUNITY CARE Grant

On Monday 11 March, Lyn Gamble from Credit Union Australia (CUA) came to our full school assembly to present a cheque for $1,000. You may remember last year when we urged you to vote for Toolooa SHS in the CUA Community Care program.

School who had participated in the Adidas Fun Run got to enter a project they needed funding for, and the community voted on which one they thought was most deserving. We fought a hard fight against other schools in the region to take out the $5,000, but alas we did not win. CUA contacted us after the program had finished and told us that they had decided to award runner up prizes, and we were going to get one.

Our sincere thanks go to Lyn and all the CUA team; the program will benefit students from five schools across the Gladstone region and this donation is a great start to the fundraising for it.

A NOTE FROM YOUR SCHOOL PHOTOGRAPHER

Recently on photo day we took the following special group photos:
- School And Vice Captains
- Student Executives
- Team
- House Captains

These presentations are an 8"x12" group photo presentation with the children standing together with names printed below.

These special group photo presentations are available for purchase for only $20 ea by phoning our MSP Photography office directly.

You have until Friday, 22nd March 2013 to purchase at this price (orders placed after Friday, 22nd March 2013 will incur a $20 search fee as the images will then be archived).

Your school photo order will be delivered to the school in approximately 28 days.

If you have any questions or wish to discuss any aspect of your photo day experience with us, we would love to hear your feedback on 4921 3355 or by email at schoolphotos.cq@msp.com.au

Keep smiling!!

SIGN UP NOW GLADSTONE JUNIOR BASKETBALL - WINTER SEASON 2013

CALLING ALL NEW, PAST & PRESENT PLAYERS…….

Winter Season starts Thursday 18th April and runs till the end of September.

Cost is $140 for the season (plus a playing singlet if required), Games Played Thursdays from 5.15 pm for Boys and Girls aged 8 – 18. Skills based program “Hoopers” for the under 8 & 10’s and Competition for Under 12, 14, 16 and 18 – open.

Registration Forms are available now, so come down any Thursday night between now and the 21st March, from 5.30 – 7.30pm at the Kev Broome Stadium and sign up for the Winter Season, games start the first week back of Term 2, so sign up prior to school holidays so team placements can be organized prior to the first round of games!

For further information contact gladstonejuniorbasketball@y7mail.com Or visit our webpage www.gladstonebasketball.net.au

Toolooa S.H.S in Bailai, GoorengGooreng and Gurang country.

Articles from this newsletter are also accessible on our school website http://www.toolooashs.eq.edu.au
ROCKHAMPTON TO HOST 10 TOOLOOA SHS STUDENTS AS PART OF THE LARGEST REGIONAL SHEP:

Rockhampton will this month become home to the largest regional State Honours Ensemble Program (SHEP), presented by Open Conservatorium in partnership with North Rockhampton State High School. More than 200 of the region’s most exceptional young musicians will come together for two and a half days of intensive music-making from March 22 - 24.

It is the fifth time the program will be held in Rockhampton and only the fourth Middle School (Years 5 to 9) program to occur in Central Queensland. Nominated by our Instrumental Music teachers as outstanding young musicians, 10 Toooolua SHS students have been accepted to work with four respected Queensland conductors - Robyn Rosewarne and Vaughan Fleischfresser (two Wind Ensembles), Tricia Reck (String Ensemble) and Daniel Crump (Vocal Ensemble). Toooolua SHS representatives at this prestigious music event will be Bradley Howard (Double Bass), Elizabeth Mauders (Violin), Zahra Lawson (Bass Clarinet), Sam Battye (Euphonium), Sabine Mazlin (Flute), Emily-Jane Smith (Flute), Tommy Flint (Percussion), Bradley Read (Trumpet), Taylor Wakerly (Trumpet), and Matthew Wright (Trumpet).

The program will conclude with a grand finale concert on 24 March at 1.00pm, with performances by the wind, string and vocal ensembles. Entry to the concert at North Rockhampton State High School, Berserker Street, North Rockhampton, is open to the public, via gold coin donation.

WHAT A FIZZER

Australians consume an average of 113 litres of soft drink each year. Currently in Australia 25% of children and 61% of adults are overweight or obese. Most studies support the view that soft drinks, particularly soft drinks (but including flavoured mineral waters, fruit-based drinks and sports drinks) are contributing to our growing waistlines. One 375ml can of soft drink contains around 10 teaspoons of sugar and 650kj (the same as two thick slices of bread or a baked potato). But energy-rich drinks do not fill you up the same way that solid food does.

Over a period of 12 months, without cutting back elsewhere, just one can of sweetened soft drink daily can add six kilos to your weight. As a further down side, new research has found that regularly drinking one or two soft drinks a day could raise your risk of type 2 diabetes by 26%.

Research also points to soft drinks, particularly colas, having a negative impact on bone mineral density. This may be due to the inclusion of caffeine which has been shown to increase the excretion of calcium in the urine. Colas also contain high levels of phosphate, and getting much more phosphate than calcium in the diet can have a negative effect on bone health.

RIO TINTO BIG SCIENCE COMPETITION

The Big Science Competition is a one hour multiple choice exam that is open to students in grades 7 to 12. It takes place at the end of May. All students who take part in the Big Science Competition go in a draw to win one of 70 iTunes vouchers and 100 movie vouchers. All students also receive a certificate to recognise their achievement and a report detailing their performance. The cost is $7.70. See Miss Cooper in the science staffroom if you are interested. The final date to nominate is the 25th of March.

HAVE YOU, A LOVED ONE, FAMILY MEMBER OR FRIEND BEEN TOUCHED BY MELANOMA OR CANCER?

THAN STOP And read this

Smiling for Smiddy raises money for Cancer Research for the Mater Foundation.

This Organisation was started back in 2005, when a young Brisbane Triathlete, Adam Smiddy Passed away from an aggressive Melanoma. His Best Mate Mark Smoother, Know to all as Sharky, started a ride from Brisbane to Townsend, riding more than 1600km in 8 days raising money for cancer.

This Ride has now become an annual event and over the past 7 years has grown from 3 riders to 50 rides plus support crew.

Smiddy now holds numerous events throughout the year, including a Middi Smiddy event covering 560km from Brisbane to Warwick and back, a N.S.W. Smiddy, also a Smiddy Team in the Noosa Triathlons, and a team of Cyclist that will travel to the Pennice in the France.

This Year Smiddy has also included a challenge in Tasmanian covering 1200km in 7 days.

Sharky is also involved in his own personal challenge covering seven states of Australia in Seven Years. This year being stage 5 of Sharkys 7 in 7

If you would like to know more or would like to Donate please log on to www.smilingforsmiddy.org.au

or ask Peter or Myself

HUB TOTAL FITNESS /GLADSTONE ROAD RUNNERS HARBOUR FESTIVAL FUN RUN

It’s that time again. As Easter approaches so does the annual Harbour Festival and as a part of the celebrations the traditional Good Friday fun run is on again.

It is an event run by Gladstone Road Runners for over 25 years and this year they welcome Hub Total Fitness on board as the major sponsor.

There is a 3km and 10km event with registration this year being on the morning. Proceeds from the event will be going to a local charity and there will be over $500 worth of random prizes to be given away at the conclusion of the event.

So dust off your runners and join us for a fun filled morning to help you kick off your Easter long weekend.

When: Friday 29th March

Time: registration opens at 5:45am race starts at 7am

Cost: $5/person (no eftpos)

Venue: Flinders Parade (at the base of the waterfall)

Any enquiries please see Mr Hage in the Maths Staffroom (or ph.4971 4317)

CUPCAKE BUSINESS

Would you like to work from home?
Cupcake / Cake Business available
Go to www.angelfoods.net for a free Info Pack or ring Rebekah on 0458 089902

DATES TO REMEMBER

10/04/2013  P&C Meeting 7:00pm – 8:30pm Admin Building
18/04/2013  Cross Country 1:30pm – 3:30pm
23/04/2013 & 24/04/2013  QCS Practice test 9am – 3pm.