



Toolooa State High School

Tune In Toolooa

ISSUE 19

Term 4— Week 8

27th of November 2025

Respect

Achievement

Responsibility



Principal's Piece — Justin Harrison

Year 12 Breakfast, Graduation Ceremony and Last Week Activities

The opportunity for our students, parents/carers and staff to come together and be part of the graduating ceremony and celebrate the student's final day of schooling was such a rewarding experience on Friday. As Principal of Toolooa SHS, it is a highlight of mine every year whereby I can congratulate each of them, shake their hand and issue them with their certificate and gift from the school. To all parents/carers who attended the final ceremony for the class of 2025, thank you. What a special time in the lives of a fantastic group of young men and women, and to have family by their sides collecting their certificate – very special. The graduation ceremony is a time for students to reflect on the time they spent during their schooling lives and look forward to their time ahead. The morning ran smoothly – which is a credit to all the staff involved.

The last week activities that the year 12 group engaged in could not have provided a better send off! Thank you to Mrs Paula McDonald and Mrs Silke Hetherington for the organisation of a wonderful week and all the additional support that you have provided. I would also like to personally thank the following staff for their commitment and support that they provided our Year 12s over an extended period; Mr Thomas (Deputy Principal-Senior Schooling), Mr Boase (HOD Senior Schooling), Mrs Jenny Morris (Year 12 Guidance Officer), Mrs Tracey Davis (DP Inclusion) and Sue Jerez (Diverse Learning Care Manager and QCIA Coordinator), Senior Subject teachers, Tracy Connolly (Community Education Counsellor), Kelly McEachran (Youth Support Coordinator), Alyssa Case (Social Worker), Kerry O'Connell (School Nurse) and our amazing office ladies and other non-teaching staff. I say this every year, but I honestly believe that without the skills of these amazing people to support the students intellectually, socially and emotionally, I know that many of them would not have made it to the end.

Finally, I would personally like to thank the Class of 2025 for their commitment throughout the year and wish them all the best in their future endeavours. From indicative results so far, it looks like that 100% of Year 12 graduates will be receiving a Queensland Certificate of Education or a Queensland Certificate of Individual Achievement. Outstanding results from a cohort who will be missed.

Senior Formal

What a fabulous night of celebrations. Our students looked incredible and acted impressively; lots of dancing, conversations, hugs, selfies, memories made, speeches, photos, awards, and some tears—the 2025 formal had it all and will be one to be remembered. Lots of memories reminisced and new ones made. Our staff members, Silke Hetherington, Paula McDonald and Darren Boase delivered an inspiring night and they all need to be recognised for their commitment and effort in organising this amazing event (*Please see photos on page 2*).

Slight Change to the 2026 Start Dates

Next year there is a slight change with the year levels and their start dates for 2026. Years 7, 11 & 12 will commence school on Tuesday the 27th of January and on Wednesday the 28th of January all year levels will be expected to attend school.

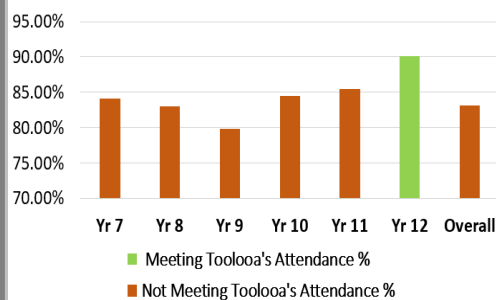
2025 Sports Awards

Last week, Toolooa State High School hosted its annual Sports Awards. It was a fantastic evening that allowed all coaches, parents/carers and students the opportunity to celebrate the achievements of our young sporting stars and to say thanks. This year we recognised students that achieved success in the following categories; Age Champion, Best & Fairest, Port Curtis, Capricornia and Queensland Representatives. I'd like to just make a special mention to our Physical Education Department for their contribution to making this night such a fabulous event and their commitment to our students for assisting them in such success. Please see more information on all award recipients on the following pages (9—10) of this newsletter.



Student Attendance Percentage.

Student Attendance Percentage - 2025 Term 4- Week 8



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For the Fridge

- 28/11/2025 Year 10 & 11's Final Day
- 1/12/2025 Year 9 Canberra Tour
- 1-2/12/2025 Yr 6 Transition Days
- 12/12/2025 Last Day Years 7, 8 & 9's
- 27/01/2026 Yrs 7, 11 & 12 Commence
- 28/01/2026 All Year levels attend for 2026





Principal Piece Continued...



Last Week for Year 10 and 11 for 2025

This week sees our year 10 and 11 students finish up for 2025. We wish them well for a relaxing holiday break and we look forward to them taking up the mantle next year as leaders of our great school. The future of Toolooa State High School is in good hands and we are excited to see where these students take us over the next couple of years.

Expectations Have Not Changed

With year 7, 8 and 9 students still working hard over the next two weeks until assessment is completed, it is important to remember that our expectations have not changed. We expect our students to be in uniform, following school policies and attending with the required equipment so they put their best foot forward for their upcoming assessment. For week 10, Toolooa SHS will be operating an alternate program whereby students will be engaged in flexible programs. Whilst the teachers may be different over these sessions, the focus will be on supervising students and providing them with tasks/activities for them to engage in. Finally, the school's tuckshop will not be available on Wednesday, Thursday and Friday during week 10. Students will need to bring their own lunch on those days.

Semester 2 Reporting

Year 10 and 11 student reports will be finalised next week and emailed home in week 9. Year 7, 8 and 9 reports will be emailed home in week 10. Please contact the office if you have any problems regarding your child's academic report. If you do not receive your child's report card via an email, please contact the school office.

School Resource Books Returned

Just a reminder with the end of the year fast approaching; for all school text books or borrowed books from the library, they will need to be returned before the end of the term please.

Interact Handover Dinner 2025

Tuesday 18th November saw the annual Handover dinner sponsored by South Gladstone Rotary and held at the local Bowls club. It is the culminating event for the year where Interactors get the opportunity to share fellowship with Rotary members while enjoying a two-course meal. The evening celebrates the activities undertaken throughout the year along with inducting the incoming executive team for next year. There are lucky door prizes, raffles and a classic game of heads and tails. This dinner hold anticipation from Interact members to be able to showcase the amazing things achieved throughout the year.

Thank you to South Gladstone Rotary for again an amazing year of supporting the Interact Club of Toolooa State High School and we look forward to an even better 2026!

by Jaz Girard

Photos from the 2025 Senior Formal





Good News Stories



Year 12 QCIA Students



This week the Yr 12 QCIA students presented Mr Harrison with an artwork piece that they created as a parting gift to Toolooa State High School. Each student individually designed and painted their own dragonfly. The artwork will be displayed in the front foyer for the next few weeks.

What a wonderful group, and a lovely gift to the school!



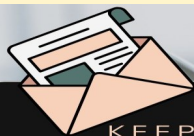
**SCHOOL
UNIFORMS
WANTED**



School Uniform Donations Wanted

As we come to the end of the school year (with seniors now finished), we kindly request that families bring in any uniforms that they no longer need. Any donated uniforms will be provided free-of-charge to families who may otherwise go without. Please note that we are not selling/profit from these donations.

Thank you in advance for your donations!



KEEP UPDATED!
SUBSCRIBE TO OUR SCHOOL'S
Newsletter
SENT FORTNIGHTLY

🔍 <https://toolooashs.eq.edu.au/>

Quick links

- 📧 Subscribe to our Newsletter
- 📄 Student Code of Conduct
- 📄 School Review Executive Summary
- 📧 Outlook



*Senior
Schooling*

Senior Schooling News

With Darren Boase

Certificate II in Sampling and Measurement

A number of students completed a Certificate II in Sampling and Measurement through Leichhardt.

The course is designed to give students a practical understanding of the skills and knowledge required to begin work in the resources and infrastructure industry as a technician taking environmental and other field samples. Topics will aid those students considering work in the fields of science and engineering.

There was no charge for VETiS eligible students. All transport, materials, PPE and other resources were provided by Leichhardt.

Toolooa thanks Leichhardt for their exemplary professionalism and active engagement with the students, which contributed to a highly enjoyable and productive experience for all involved.





Good Guidance
with Tim Lowe, Jenny Morris,
Silke Hetherington & Joshua Cosgrove.
FROM THE GUIDANCE OFFICE



Social Media Restrictions – from ReachOut

From 10 December 2025, age-restricted social media platforms will have to take reasonable steps to prevent Australians under the age of 16 from creating a social media account or continuing to use an existing account. The new social media age restrictions are intended to keep young people safe from digital harm. While this is a popular decision among many parents and carers, ReachOut research shows that the majority of young people aged 12–15 (72%) disagree with the restrictions or have mixed feelings about them.

Many young people may struggle with accepting the restrictions and could find it difficult to manage the period of transition away from social media. This guide is designed to help you better understand how this change may affect your teen's emotions and wellbeing, and to suggest some ways you can support them to navigate the transition.

Understanding The Impacts

While there are many expected benefits to staying off of social media, your teen may only be considering what they are set to lose.

Social media is a core element of teen friendships today. It's the most common way to chat with friends, to make new friends, and to keep up to date with each other's lives. Many teens also find connection and comfort in digital spaces.

These benefits are especially valued by teens from marginalised backgrounds, who may struggle to see themselves represented in the physical world around them.

Our research shows that teens also use social media as a way to discover mental health information, often using these platforms as frequently as they would use a search engine like Google.

Delayed access to social media may mean that your teen feels they are losing access to their standard way of communicating with their friends, learning about themselves and connecting with the world around them. They may feel left out, or uncertain about where they fit it, and this could affect their confidence and overall wellbeing.

To learn more about how teens use social media, browse our [Social Media and Teenagers resources](#).

Helping Teens Cope With This Change

Change is a normal part of life. It can even help us to develop strengths such as courage, flexibility and resilience. But change can also be overwhelming and confusing. Negative emotions around losing access to social media may not disappear overnight. Talking about things with them will help your teen to process and accept what's happened.

Here are some quick tips for supporting your teen during this time of change:

1. Listen closely, and with empathy, to what they have to say.
2. Don't dismiss or minimise their feelings about the situation.
3. Help them to practise acceptance by discussing what they can and can't control.
4. Encourage positive wellbeing behaviours such as exercise or journaling.
5. Support them to build offline friendships to prevent isolation and loneliness.

Find ways to spend positive time offline together as a family.

Get more [tips on helping teens to cope with change](#) and [supporting lonely or isolated teens](#).

Navigating Tension and Behaviour Change

Having freedom to make their own choices and decisions is an important part of growing from a teen into a capable adult. These restrictions may feel like a big loss of freedom, and your teen may respond by rebelling or blaming you. Teens with older siblings who can still access social media might also feel they're being treated unfairly, which could cause tension within the family.

You might also notice some behaviour changes in your teen during this time. If they've become dependent on social media for their sense of wellbeing, they may experience some withdrawal-like symptoms. This could look like frequent mood swings, withdrawal from family life, disrupted sleep, poor eating habits, or issues with communication (e.g. they might become impatient or short-tempered).

The first step if you notice tension or a behaviour change is to speak openly about it with your teen. Approach the conversation with empathy and patience, and practise active listening so they feel heard and understood. If your teen is unresponsive or uncooperative, try to have the chat again after they've had some time to reflect. If they are really struggling, it might be time to seek professional help.

For more information about the practicalities of the restrictions, visit the [eSafety Social media age restrictions hub](#).



Good Guidance
with Tim Lowe, Jenny Morris,
Silke Hetherington & Joshua Cosgrove.
FROM THE GUIDANCE OFFICE



Social media age restrictions: A guide for parents and carers



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Many young people may struggle with accepting the restrictions and could find it difficult to manage the period of transition away from social media. This guide is designed to help you better understand how this change may affect your teen's emotions and wellbeing, and to suggest some ways you can support them to navigate the transition.

REACHOUT

Understanding the impacts

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Social media is a core element of teen friendships today. It's the most common way to chat with friends, to make new friends, and to keep up to date with each other's lives. Many teens also find connection and comfort in digital spaces.

These benefits are especially valued by teens from marginalised backgrounds, who may struggle to see themselves represented in the physical world around them.



Hear how teen content creator George uses social media to celebrate his sexuality and connect with his community

Our research shows that teens also use social media as a way to discover mental health information, often using these platforms as frequently as they would use a search engine like Google.

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Browse our Social Media and Teenagers resources

Helping teens cope with this change

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5. Support them to build offline friendships to prevent isolation and loneliness.
6. Find ways to spend positive time offline together as a family.



More tips on helping teens to cope with change



Supporting lonely or isolated teens





Good Guidance

with Tim Lowe, Jenny Morris,
Silke Hetherington & Joshua Cosgrove.
FROM THE GUIDANCE OFFICE



Navigating tension and behaviour change

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If your teen is unresponsive or uncooperative, try to have the chat again after they've had some time to reflect. If they are really struggling, it might be time to seek professional help.



Tips for having a difficult conversation with your teen



03

Professional support for teens

If you're worried about your teen's mental health and wellbeing, a visit to their GP is a great first step in getting help. You could also explore counselling or therapy.

Your teen may be feeling a lot of uncertainty about whether a professional can help them, how to talk about what they're going through, or whether they even need to see someone. A good way to support your teen through this

process is to make sure they're prepared for their appointment. Sit down together and help them write out what they're feeling and experiencing. Encourage them to refer to this list during their appointment.



More information on seeking professional help for teens



Further information and support



Visit the eSafety social media age restrictions hub for practical information



Explore more of our resources on raising teens



Visit our Parents and Carers Coaching service for one-on-one support



Support and resources for teens available via the ReachOut website

04

SUPPORTING SENSORY NEEDS: INTRODUCING NON-DEVICE NOISE-CANCELLING HEADPHONES

From the start of Term 3, Toolooa State High School will transition to the use of non-device-connected noise-cancelling earphones or headphones as an approved sensory support for students with documented needs. These low-tech devices reduce background noise without playing music or audio and align with Education Queensland policy. They are intended to support students in managing sensory overload, promoting a calm and focused learning environment. They will replace the use of Headphones that connect to devices.



Permission to use noise-cancelling headphones will be granted through the school's inclusion processes, based on documented sensory needs. This adjustment is approved in consultation with the student, family, HOSES, and outside agencies.

For more information or to discuss eligibility, please contact Tracey Davis (HoSES - Toolooa House) or your child's Year Level Diverse Learning Case Manager.



MOBILITY/TRANSPORT DEVICE ENCLOSURE

- Locked daily at 9:00 AM
- Unlocked daily at 3:00 PM
- Use your own lock on all personal equipment
- Storage is at your own risk (as per School Property Policy)

**Do Not Lean or Attach
Bikes, Scooters, or
Other Devices to the
Outside of This Enclosure.**

**Store All Mobility Devices
Inside the Cage Only.**

Unexplained Absences

We have a long list of unexplained absences for students at the moment. Please call, text, use Q-Parents, or write a note to explain all absences from school.

PHONES AWAY FOR THE DAY

A reminder about the statewide 'phones away' policy. All phones and headphones go away at 8.45am as the school day starts. At the same time, smart watches are switched to flight mode. We ask parents/carers to support this rule by refraining from calling their child throughout the school day.



REPORT

Student Absences



To streamline the process at Toolooa SHS, I encourage all parents/carers to contact the school on the below e-mail, SMS or phone numbers to explain your child's absence:

E-mail: studentabsentee@toolooashs.eq.edu.au
SMS: 0426 305 132
Message Bank: 49 714 360
Absentee Phone: 49 714 304

CONTACT US

SCHOOL PICK-UP

As our school population increases (and our stop-drop-go remains the same size), pick-up traffic is becoming a greater issue for our school. This has been compounded by the ongoing construction at the front of the school.

We thank you for your patience, and request that you consider alternative pick-up arrangements, including arriving a little later, or meeting your child in a set location nearby the school.

A reminder to always abide by driving and parking laws to ensure everyone gets home safely.

Are your details up-to-date?

We've had some parent emails bouncing back lately. If your details aren't up-to-date, please grab a Change of Details Form from the office.

CONSENT MANAGEMENT ON QPARENTS

Many parents will have noticed that we've been transitioning to using the QParents App to collect consent, rather than sending physical notes home.

Please keep an eye out for consent notifications. This includes excursions, IT access and more.

New families have been sent a code to get started. Please call the office if you're having any issues.

Of course, we can still issue hard copies notes when required, but QParents is our preferred method.

Maths Tutoring

Maths tutoring has resumed for 2025. All students are welcome to attend - Wednesdays 3pm until 4pm in the CA05 and CA06. No need to book ahead - students just sign in on arrival.

Students must bring their own work, and ask for support as required. Thanks to our maths teachers for volunteering their time!

PORT CURTIS SCHOOL SPORT



For all Port Curtis School Sport Information, please follow the following link to the Facebook page for upcoming Trials and Events.
<https://www.facebook.com/portcurtissport?mibextid=LQQJ4d>



Does your child ride a bike or scooter to school? As the bike racks are often left unattended, it is very important that your child locks his/her bike/scooter up throughout the day. Please talk to your child about how they secure their bike/scooter to ensure its safety.

BIKE & SCOOTER SAFETY

Keep your bike/scooter always locked to ensure it is safe!!!



PROTECT YOUR BIKE & SCOOTER



Phones /Headphones Away For The Day!

Mobile Phone /Headphone Smart Device Reminder.

All devices, phones, headphones need to be out of sight from the first bell until the end of the day. Headphones must not be used during the school day.

Smart watches are to be switched to flight mode with all notifications silenced through out the day.

Please remind your child of these expectations. As per our Student Code of Conduct, sighting of these devices by staff will result in your child being requested to hand these to the office for the remainder of the school day.

Phones Away for the Day

A reminder to our students that "Phones Away for the Day" includes phones, smart watches, headphones (including AirPods and similar), etc.

When the 8.45am "Phones Away" song plays each morning, all of these devices must be away until 3pm.



Stymie News



Each one of you
-has a story,
-a rhythm,
-a purpose.

#saysomething

Week 7

A respectful school
is built by
YOU.

#saysomething

Week 8

Health & Physical Education News

Last Wednesday night the HPE department held their annual sports awards evening. This occasion is used to celebrate the successes of our students from across the year in their sporting fields. The main awards given out on the night were for our age champions, Port Curtis representatives, Capricornia representatives, Queensland representatives, best and fairest for interschool sport, team of the year and our junior & senior sportsperson of the year.

It was a very successful evening that was MC'd by our sports co-ordinator Kelly Ollington along with a number of our student leaders who did a magnificent job on the microphone. A massive congratulations needs to go out to all of our awards recipients but in particular to Max Murphy who was our Junior Sportsperson of the year and Milly Sharpe who was our Senior Sportsperson of the year. Both of these students have been selected in the Queensland Athletics team and they both have a very bright future in sport.

Below is a list of all award recipients on the night.

Port Curtis Representatives

PORT CURTIS REPRESENTATIVES	
Charli Arandale	Athletics
Zarah Ballard	Touch Football
Kenzie Bax	Touch Football
April	Rugby League
Lilly Bradley	AFL
Paige Brierley	Athletics
Jarvis Bruhn	Volleyball
Lauren	Tennis
Mikayla Bultreys	Rugby League
Xavier Cheah	Football
Cara Corke	Volleyball
Aaron Davies	Volleyball
Matthew	Touch Football
Rhyda Docherty	Touch Football
Talina Fallon	Netball
Max	Touch Football
Ella Glossop	Football
Ryan Goltz	Cricket, Football
Toby Goltz	Athletics, Rugby League, Rugby Union
Joey Green	Basketball
Mia Hetherington	Cross Country
Kaiden Hoad	Rugby League
Braxton Hoare	Touch Football
Seb Hockey	Basketball
Kodi James	Athletics
Jayce Jinnette	Hockey
Declan Jones	Basketball
Tyler Keating	Volleyball
Keygan Kenzig	Cross Country
Keanu Kenzig-Manns	Athletics & Cross Country
Reef Large	Athletics, Basketball, Cross Country
Logan Lum	Rugby League & Touch Football
Jamie	Touch Football
Chloe McArdle	Hockey
Mahalia McArthur	Rugby League
Jordan McDonald	Athletics
Lailah	Rugby League
Maniah	Rugby League
Phoebe Neilsen	Athletics & Netball
Tilly Oldaker	AFL
Harri Oldaker	AFL
Cody Peachey	Softball
Bailey Peachey	Softball
Josh Pentsa	Basketball
Jameze Ponciano	Volleyball
Cooper Price	Tennis
Samantha Rigley	Volleyball
Kale Rohdman	Futsal
Bryce Schellebeck	AFL
Shia Schofield	Basketball
Zayden Sewell	Rugby League
Arliah Slack	Football
Isaac Slack	Football & Touch Football
Jayla Urane	Athletics & Volleyball
Kai Urane	Hockey
Sienna Wogandt	Football
Mason Young	Rugby Union

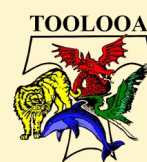
Age Champions

SWIMMING

U12	Joey Green	Talina Fallon
U13	Lachlan Bosnjak	Adele
U14	Lachlan Edward	Addison Mann
U15	Dax	Lilee
U16	Isaac Slack	Beth
U17	Ryan Goltz & Adam Hunt	Milly Sharpe
Opens	Casey	Sophie Slack

ATHLETICS

U12	Max Murphy	Phoebe Neilsen
U13	Ethan Hunt	Ella Glossop
U14	Toby Goltz	Mikayla Neilsen
U15	Reef Large	Mia Hetherington
U16	Cohen Beach	Kodi James
U17	Caelan Elliott	Jayla Urane
Opens	Riley Thomas	Cara Corke



CAPRICORNIA REPRESENTATIVES

Cohen Beach	Football & Futsal
Cara Corke	Athletics
Fallon Courtney	Rugby League
Jon Dickenson	AFL
Dallas Docherty	Touch Football
Max Ferguson	Softball
Casey	AFL
Dakota Glendon	Hockey
Toby Goltz	AFL & Cricket
Joey Green	Netball
Aylah Hallam	Netball
Seb Hockey	Netball
Ethan Hunt	Athletics
Kodi James	Football & Futsal
Laura McArdle	Hockey
Juztis McGrath	Volleyball
Logan Peachey	Softball
Cooper Que	Swimming
Sadie Robinson	AFL
Milly Sharpe	Swimming
Sophie Slack	Football
Riley Thomas	AFL
Jayla Urane	Hockey
Zach	Football & Futsal
Blake Whalan	Squash
John Williams	Cross Country

Health & Physical Education News



Queensland Representatives



QUEENSLAND REPRESENTATIVES

Milly Sharpe	Athletics
Max Murphy	Athletics

Best and Fairest



Sport:	Team:	Coach:	Award Recipient:
Mixed Netball	Year 7	Angel Lambert	Priya Barton
Mixed Netball	Year 7/8	Cailyn Jackson	Dallas Docherty
Mixed Netball	Senior	Larissa Rhodmann	Emily Masters
All Schools - Touch Football	U15 Boys	Todd Dearaugo	Kaleb Smith & Rhyda Docherty
All Schools - Touch Football	U18 Mixed	Jamie Cochrane	Hayden Thomas
Interschool Volleyball	Senior Girls	Larissa Rhodmann	Mily Jalass
Interschool Volleyball	Senior Boys	Todd Dearaugo	Chase
Senior Schools Cup Volleyball	Senior Girls	Ryan Lilley	Romy Smedley
Senior Schools Cup Volleyball	Senior Boys	Todd Dearaugo	Juztis McGrath
6-A-side soccer	7/8 Girls	Chris Hill	Arliah Slack
6-A-side soccer	7/8 Boys	Emma Small & Larissa Rhodmann	Joseph Caldwell
6-A-side soccer	Senior Boys	Larissa Rhodmann	Rori Shannon

Team Of The Year

Open Boys Volleyball Team

Junior Sportsperson Of The Year

Max Murphy

Senior Sportsperson Of The Year

Milly Sharpe





Technology News

Engineering Systems and Principles

This term, our Year 8 Engineering students have been exploring the fundamental forces involved in bridge design. After learning how tension, compression and load distribution work, students put their knowledge into practice through a hands-on experimental task: to build the strongest possible bridge spanning a 28 cm gap using only paper and tape.

The creativity, teamwork and persistence shown throughout this challenge have been outstanding. Many students have already achieved incredible results, with some bridges successfully supporting over 4 kilograms suspended from the centre.

We are extremely proud of the innovation and problem-solving skills displayed by our students. Their enthusiasm has made this a highlight of the term!



LOTE News

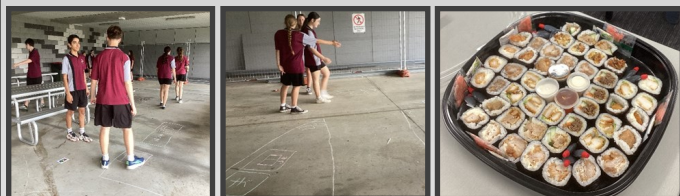
Exploring Japanese Language and Culture Through Creativity

In the past few weeks, our Year 7 Japanese students have been diving into the colourful world of anime and manga. These beloved aspects of Japanese pop culture have not only inspired creativity but also provided a fun and engaging way to learn the language. Students have been developing their own character profiles, drawing on the unique elements that make anime characters so memorable. This project helps them practice writing in Japanese while exploring character traits and appearances—skills that will be useful as they continue their language studies.

Meanwhile, our Year 8 and 9 students have been learning how to navigate and give directions in Japanese. To put their skills to the test, they participated in an exciting treasure hunt around the school! Armed with only Japanese direction phrases, students worked in teams to follow clues, eventually finding their way to the “sushi café”. This real-life application of language not only reinforced their understanding of directional vocabulary but also gave them a chance to enjoy some delicious sushi as a reward for their efforts.

Lastly, a big shoutout to all the students who have applied for the Iwasaki Sangyo Business Prize—a fully funded, two-week immersive learning experience in Japan. Best of luck to all applicants.

Stay tuned for more updates from the Japanese department as we continue our journey through language and culture. Keep up the great work, everyone!



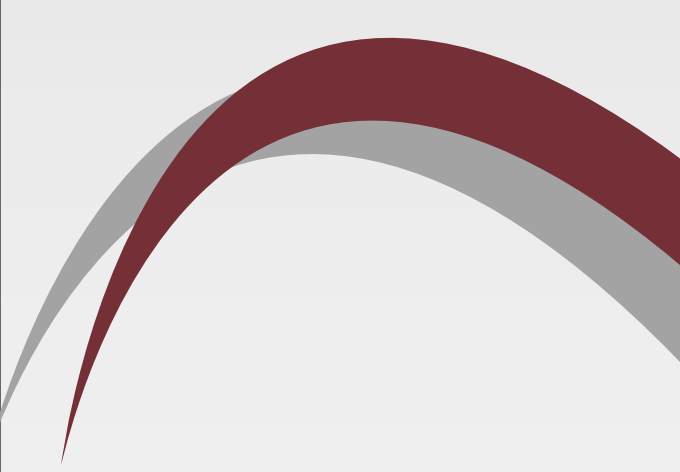


CAPRICORNIA SCHOOL SPORT

Capricornia School Sport is on Facebook

For all Capricornia School Sport information, please follow the following link to the Facebook page for upcoming trials and Events.

<https://www.facebook.com/share/IGaXLUfgD5/?mibextid=wwXlfr>



Nurse Natters

Professional Caregiver
Invaluable Improves Attendance
Awesome Educated
Emergency Disease Manager
School Nurse
Listener Compassionate
Healthy Children Learn Better
Caring Healer Kind
Wellness Assessment Skilled



☁️ Keep Cool & Stay Hydrated ☁️

As temperatures rise across Queensland — especially in our hot and humid CQ climate — it's important for everyone to take extra care of their health. Hot weather can increase the risk of dehydration, heat exhaustion and for students, difficulty concentrating at school. Staying hydrated is one of the simplest and most effective ways to keep your body cool, healthy and energised.

Why Hydration Matters?

Queensland's humidity means your body works harder to stay cool. You lose fluids more quickly through sweat, even if you don't realise it. When you don't replace that fluid, you may feel:

- Tired or low in energy
- Dizzy or light-headed
- Headachy or nauseous
- Less able to focus in class
- Irritable or moody

How Much Should You Drink?

Aim for at least 8 glasses (around 2 litres) of water a day. In Qld's heat — especially if you're active — you'll need even more.

Before, during and after sport, make sure you drink water regularly. If you feel thirsty, that's your body telling you you're already behind on fluids — so drink up!



don't forget to
hydrate

Easy Hydration Tips

- Carry a reusable water bottle
Keep it with you throughout the day and refill it at the bubbler or hydration station.
- Start your day with water
A glass of water (or milk) in the morning helps wake up your body and brain.
- Choose water-rich snacks
Watermelon, oranges, grapes and cucumber sticks are healthy, refreshing options.
- Limit sugary drinks
Soft drinks and energy drinks can worsen dehydration and affect energy and mood.
- Know the warning signs
Dark yellow urine, dry mouth, feeling unwell, headache or struggling to concentrate are signs you need more fluids.

Cooling Down in the Heat

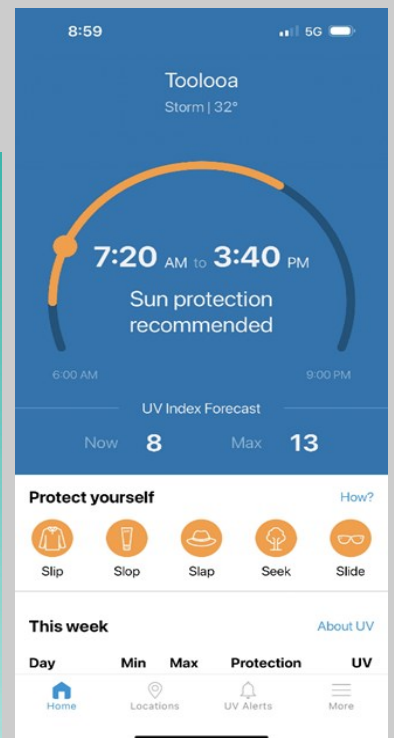
- Rest in the shade during breaks
- Take time-outs when exercising
- Wear a hat and sunscreen
- Sip water often instead of waiting until you're thirsty
- Try and plan outdoor activities for early morning or late afternoon

Download the Sunsmart App to monitor the UV index wherever you are.

Yours in Health

Kerry O'Connell

49714336 or kocon144@eq.edu.au





MEDICATIONS AT SCHOOL



If your child is required to take medication whilst at school or on school activities such as camps, you need to contact the school office to discuss the correct process for your child's requirements.

All medication on site needs to be managed through the below process. The following steps are required depending on, if your medication needs to be given to your child daily or only on occasion as needed:

TYPE OF MEDICATION	WHAT NEEDS TO BE PROVIDED TO THE SCHOOL
'AS NEEDED' MEDICATION Examples may include: - Panadol - Nutritional supplements	1. Medical Practitioner to sign Form 2. The medication with a pharmacist label attached that includes: - Student's name - Doctor's name - Dosage to be administered 3. Complete CONSENT TO ADMINISTER MEDICATION
ROUTINE MEDICATION - Daily Ritalin	1. The medication in its original container with a pharmacist label attached that includes - Student's name - Doctor's name - Dosage to be administered - Expiry Date 2. Complete CONSENT TO ADMINISTER MEDICATION

IF YOUR STUDENT CARRIES AN ASTHMA PUFFER THERE IS ALSO A CONSENT TO SELF-ADMINISTER FORM AVAILABLE FROM THE OFFICE

PLEASE NOTE 1 - The school cannot administer any medication to a student unless the above process has been followed.

2.- Medication that needs to be sent away with a child on camps or excursions is required to be handed to the office with all necessary forms completed a minimum of 5 days prior to the event.



STUDENT HEALTH PLANS

Any student who requires a health plan for a medical condition must contact the school office as soon as they are made aware of its requirement. The school will guide you through the process of how health plans are managed at our school.

Likewise, should there be any changes to an existing health plan that the school holds, the parent/caregiver must update the school as soon as known.

Further information around student health support can be found here :

<https://ppr.qed.qld.gov.au/attachment/managing-students-health-support-needs-at-school-procedure.pdf>



<https://ppr.qed.qld.gov.au/attachment/managing-students-health-support-needs-at-school-procedure.pdf>

School Dental Clinic

If you would like your student to see the school dental clinic, please arrange an appointment by contacting the number below:

Changing Smiles for the Better

Central Queensland Hospital and Health Service
Child and Adolescent Oral Health Service

Have you seen the School Dental Clinic?

Protect your smile

Visit the school dental clinic

Did you know you can access FREE dental care through your school?

Have your parent or guardian complete the consent form to book an appointment.

Want to know more?
phone: (07) 4920 6372
Monday to Friday during business hours.

Contact Us

Phone Number
(07) 4920 6372

BIKE & SCOOTER SAFETY

LOCK UP YOUR BIKE OR SCOOTER

Does your child ride a bike or scooter to school? As the bike racks are often left unattended, it is very important that your child locks his/her bike up throughout the day. Please talk to your child about how they secure their bike or scooter to ensure its safety.



IT'S YOUR RESPONSIBILITY

LOCK THEM UP

WEAR A HELMET

WEAR A HELMET

WEAR A HELMET

We would like to remind everyone that the road rules require you, to wear an approved (Australian Standard 2063 or AS/NZS 2063) bicycle helmet. This helmet must be worn on your head, and properly fitted and fastened before use.

WEAR A HELMET

Bike Safe

P & C MEETING DATES

P & C Meetings are week 3 & 8 of every Term on a Monday @ 6pm in the Shelter Classroom which is entered via the door in the carpark turnaround.

Please see the below dates for future meetings.

DATE
~~20/07/2025~~
~~1/08/2025~~
~~26/10/2025~~
~~27/11/2025~~

TIME
6:00 PM



IMPORTANT!

Digital Consent Management is Here!

Are you currently registered with QParents for each of your children attending Toolooa? We are transitioning to online consent management which means if you need to provide consent for your student to participate in an activity or excursion you will need to be set up with QParents.

QParents enables you to engage with the school and view various information such as:

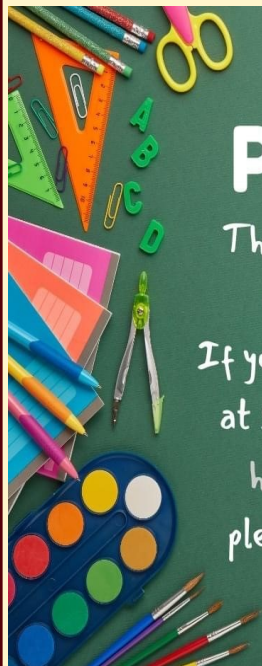
- ✓ Consent to participate in activities and excursions
- ✓ Provide information on absences
- ✓ See your student's report cards, timetable and student photo
- ✓ View invoices, make payments and see payment history

In the coming weeks, the school will forward all families who are not already on QParents with a registration link. Once you have completed the registration process you will be able to provide consent for your student to participate in excursions and camps with the click of a button.

LOST PROPERTY

The lost property box in the office is overflowing!

If your child has lost something at school (jumper, lunchbox, hat, water bottle, etc), please send them to see the office ladies.



TOOLOOA HOUSE

BREAKFAST

CLUB

ON THE DECK

MONDAY MORNINGS

CALCULATORS
ARE
AVAILABLE
FROM THE
OFFICE

Please be advised that Scientific Calculators and Graphics Calculators have now arrived at the school.

Scientific Calculators are \$25.25 each.

Graphics Calculators are \$222.20 each. (These calculators are only required by some maths students in Yrs. 11 and 12.)

Students can purchase these from the office but only during their recess breaks.



SCHOOL
UNIFORMS
WANTED



School Uniform Donations Wanted

The school would like to ask families to consider donating to the school any used uniforms that they are not handing on or selling.

These uniforms are then used for emergent situations as required.

(They are NOT sold).

If you wish to donate your uniforms (in good condition) please leave them at our front office.

Thankyou, any help is greatly appreciated.

COMMUNITY NOTICES

helpful ways to prepare for the social media ban

the social media ban is going to be a big change for many young people under the age of 16.

if this is you, and you're feeling a bit overwhelmed by it, swipe to see some ideas to help you stay ahead and feel more in control.



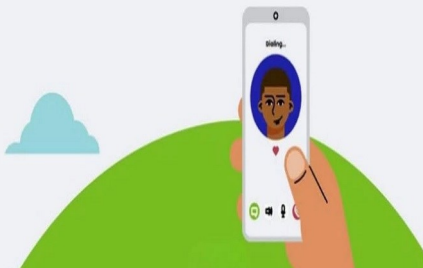
1 use trusted sources to stay informed

with lots of media coverage and chatter about this topic, it's helpful to rely on a trusted media outlet, or government source, like the e-safety commissioner.

2 develop ways to connect on other platforms or in person

If you know the changes will affect how you connect with friends and family, it can be helpful to think ahead about alternative ways to stay in touch.

Consider using messaging apps that will be exempt from the ban, catching up in person or even calling or messaging someone on your phone. Finding a balance now can help you when changes occur on December 10th.



3 try focus on the positives

while this is a tricky time, think about how the change may positively benefit you. For example, spending less time on Social Media can open up opportunities to try something new or allow you to enjoy more face-to-face activities with others.

4 be part of the conversation

it can help to be a part of the conversation by participating in discussions or forums facilitated by the e-safety commissioner about the social media ban. Keep a look out for opportunities to get involved in discussions about how the ban will work.

You could also write to your local political leaders or join a youth community group (like the ones at headspace)



we know that social media can be a helpful place to seek mental health support

while access to these platforms is changing, there are support services available to you and your mates.

1. you can find helpful resources via e-headspace anytime
2. you can call e-headspace between 3pm-10pm on 1800 650 890
3. or call kids helpline on 1800 55 1800



headspace

Remember to reach out if you're having a tough time. To learn more, you can check out our full guide to understanding the social media ban via the link in bio.

COMMUNITY NOTICES

E-Scooter Rules and Fines

There has been an increase in the number of serious crashes involving e-scooters, e-skateboards and similar devices. Many of these crashes are occurring in and around schools involving students.

To ensure you and your child know the rules to stay safe while using these devices, you can visit [Streetsmarts Qld](https://streetsmarts.qld.gov.au) for a quick and easy to understand listing of the rules.

Key rules to be aware of include:

AGE:

- ⇒ Primary school aged children, under 12 years, **cannot** ride e-scooters or e-skateboards at all.
- ⇒ Children aged 12 to 15 years can only ride with adult supervision.
- ⇒ Only those over the age of 16 years can ride e-scooters or e-skateboards.

Supervising adults should ride on a separate device, at a safe following distance from the child riding. The adult should always have close direct oversight of the child riding so that direction, guidance and any intervention can be given when needed.

Children under 12 can use push scooters and similar devices, but for more information you can visit the Department of Transport and Main Roads' [website](https://streetsmarts.qld.gov.au).

ROAD USE:

- ⇒ E-scooters and e-skateboards can only be used on the road in **very** limited circumstances.
- ⇒ If your child uses an e-scooter or e-skateboard to get to and from school, it's good to remind them to ride on footpaths to obey road rules including speed limits.

SPEED LIMIT ON FOOTPATHS:

The speed limit for footpaths and shared paths is 12 km/h.

SAFETY:

- ⇒ Helmets must be used with the straps fastened securely, and bells fitted for any devices with handlebars.
- ⇒ Only one person should ride on a device at a time – no doubling.
- ⇒ Riders must ride to the conditions and avoid any unsafe manoeuvres.

Significant fines may apply if riders are caught breaking the rules, including an on-the-spot fine of \$1209 for using a mobile phone and a maximum court-imposed penalty of \$6452 for careless riding.

For more helpful videos and other safety tips please visit [Streetsmarts Qld](https://streetsmarts.qld.gov.au).



Rules for riders

- Always wear a helmet with straps fastened
- Age limits apply (16+, or 12-15 years with adult supervision)
- No doubling – not even an adult with a child
- Leave your phone alone
- 12km/h max on footpaths, 25km/h max elsewhere
- Don't drink and ride
- Park safely

Scan the QR code for all rules on e-scooters, e-skateboards and other similar devices.



StreetSmartsQLD

Queensland Government

Key rules to follow

12 Reduced speed on footpaths

Speed limit of 12km/h on footpaths and shared paths, unless otherwise signed.

25 Maximum speed limit

Speed limit of 25km/h on bike paths and roads.

Age 16+ PMD riders must be 16 years old or older

12-15's may ride, but must be supervised by an adult.

Know where you can ride

- Paths: footpaths, shared paths, separated paths and bike paths.
- Local streets (speed limit of 50km/h or less, no dividing line).
- On-road bike lanes (speed limit of 50km/h or less, or where the bike lane is physically separated from the road).

Always wear a helmet

- Approved bicycle or motorcycle helmets are ok.
- Helmet straps must be fastened.
- Additional protective gear like elbow and knee pads and high visibility clothing is also recommended.

Leave your phone alone when riding

- Hand-held phone use, or resting it on any part of your body is illegal while riding.
- Using a phone in a cradle mounted to handlebars is ok if you are not distracted.

No doubling

Passengers are not allowed, regardless of age or size. This includes children doubling with parents.

General road rules apply for PMD riders

- Obey traffic lights and signs.
- Follow general road rules regarding giving way and making turns.
- Indicate when changing direction, either by hand signals or indicators.

Parking

- Park your PMD in designated parking areas. Otherwise, park on the kerbside.
- Don't block the path and keep clear of kerb ramps, building access and exits, tactile ground surface indicators and pedestrian push buttons.
- Poor parking creates problems for other path users, particularly people with a disability.

Don't drink and ride

Warn pedestrians as you approach

Devices with handlebars must have a bell.

Use lights and reflectors after dark

Penalties

1-13 km/h over	Exceeding the speed limit: More than	\$160*
14-20 km/h over	Exceeding the speed limit: More than	\$240*
20-30 km/h over	Exceeding the speed limit: More than	\$400*
>30 km/h over	Exceeding the speed limit: More than	\$640*
Not wearing a helmet	More than	\$160*
Doubling	More than	\$160*
Using a mobile phone	More than	\$1200*
Drinking liquor while riding	More than	\$480*
Riding on a prohibited road	More than	\$190*

*Fines can increase from 1 July each year so check www.qld.gov.au/transport/safety/other-personal-mobility-devices/riding-rules-and-fines for current amounts.

Rules for riders



Scan the QR code for further details, including videos covering these key rules: streetsmarts.initiatives.qld.gov.au/pmd/get-the-facts

Rules for personal mobility devices in Queensland including:

- E-scooters
- E-unicycles
- E-skateboards

13 050V (13 74 68)

www.qld.gov.au
www.tmr.qld.gov.au

StreetSmartsQLD

Queensland Government

COMMUNITY NOTICES

Festival of Summer 2025 —Planning is Underway!

We're gearing up for Festival of Summer 2025!

 Dates: 13 – 17 January 2025

Reach out to our team at communityevents@gladstone.qld.gov.au for more info.



TUCKSHOP NEWS

We have eftpos machine in the tuckshop, with a no cash out policy.

Please use some etiquette and be considerate when using the EFTPOS facilities, & if you do utilise this privilege, please wait for your transaction to be approved before walking off or do not start eating or drinking your order until the transaction has been approved.

Please Note

We can no longer accept payments over the phone or written on the uniform sheet as the bank has removed the manual function on our eftpos machines.
Thankyou, Kim Tuckshop Convenor

UNIFORM SHOP NEWS

Opening Hours are Tuesdays
8am-12pm

Enquiries, online orders or emergencies please email uniformshop@toolooashs.eq.edu.au

You can download a uniform pre order form from the school website at www.toolooashs.eq.edu.au

Just a reminder that the everyday shorts with Toolooa Logo are COMPULSORY

Music shirts are now available to purchase at the uniform shop.



REPORT

Student Absences



To streamline the process at Toolooa SHS, I encourage all parents/carers to contact the school on the below e-mail, SMS or phone numbers to explain your child's absence:

E-mail: studentabsentee@toolooashs.eq.edu.au
SMS: 0426 305 132
Message Bank: 49 714 360
Absentee Phone: 49 714 304

CONTACT US

Toolooa State High School Office Hours

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

General Enquiries Ph. 07 4971 4333

Student Absentee 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