

Toolooa State High School

Tune In Toolooa

ISSUE 4

Term 1 — Week 8

16th of March, 2023

Respect

Achievement

Responsibility



Principal's Piece — Justin Harrison



Student Behaviour

Toolooa SHS is committed to providing a safe, respectful and disciplined learning environment for all students and staff, where students have opportunities to engage in quality learning experiences and acquire values supportive of their lifelong learning. The Student Code of Conduct is designed to facilitate high standards of behaviour so that teaching in our school can facilitate a learning culture of high performance whilst enabling our students to participate positively within our school community. Toolooa's mission is Education for Life, and our school's core value around behaviour is that: "Every member of our school community, whether staff, student, parent or visitor, will act at all times with the safety and dignity of themselves and others in mind."

Unfortunately, as of late, there are a small number of students who are not adhering to the school's core values and Code of Conduct, which is having a negative impact on their learning and that of others. As you can appreciate, these behaviours and attitudes are not acceptable. Having high expectations of students is an important part of promoting academic excellence, personal growth and carer success.

Consequently, I encourage all parents/carers to spend five minutes with their child, unpacking the school's Code of Conduct which is on our website and reinforce the school's high standard. Please pay particular attention to the possible consequences section which clearly outlines the behaviours which may result in disciplinary consequences, some of these being; detention, restorative conversations, behaviour card, withdrawal, loss of privileges, short/long term suspension, exclusion and Police involvement. To support all students moving forward, Toolooa will continue to teach the expected behaviours required inside and outside of the classroom, remind all students of our expectations and support those who require it. Please contact the school if you require any additional support or have any questions regarding the school's processes. I thank you for your ongoing support and working together on this important matter.

P&C News

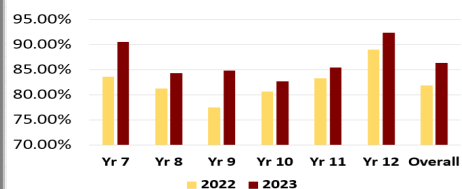
Our March meeting saw the Annual General Meeting (AGM) conducted, followed by the General Monthly Meeting. On behalf of the school, I personally would like to thank those parents/carers who sacrifice their time to support the direction of the school which positively impacts on all students. It was fantastic to have a few more parents sign up and commit to being active members of the P&C. As it was the AGM, it gives me great pleasure to congratulate and thank the following members who were appointed to the executive:

President: Mel Gourley
Vice President: Jenny Morris
Minute Secretary: Kirsty Golding
Correspondence Secretary: Kim Van der Breggen
Treasurer: Leigh McLeod
P&C QLD Rep: Mel Knight

Congratulations and thank you to our whole P&C team for their ongoing commitment to our amazing school. To those parents/carers who have some spare time and would like to be involved in the P&C, please attend the next meeting. The more the merrier. For those of you who are unaware, the P&C only meets twice per term. Looking forward to seeing some new faces at our next meeting.

Student Attendance Level.

Student Attendance Levels - 2022/2023
Term 1 - Week 8



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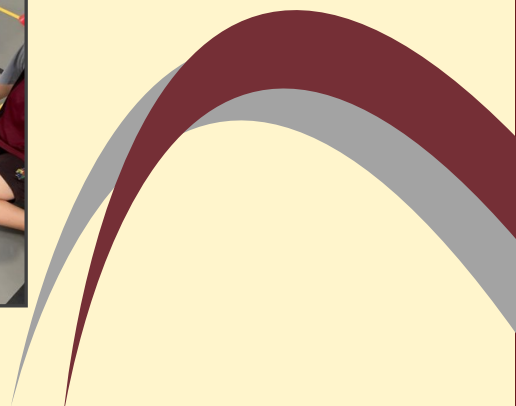
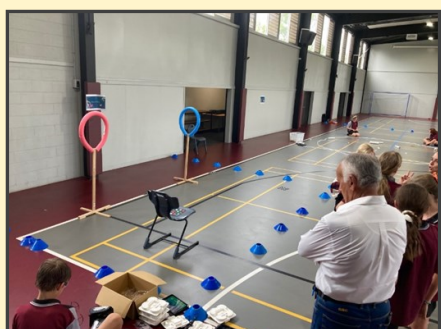
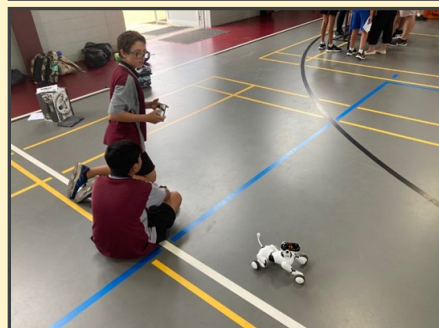
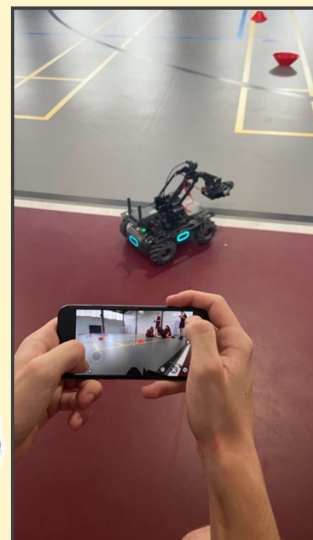
For the Fridge

- 30/03/2023 Cross Country
- 31/03/2023 Final Day of Term 1
- 17/04/2023 School Resumes Term 2
- 27/04/2023 Parent/Teacher Interviews
- 8/05/2023 P & C Meeting—Shelter - 6:00pm
- 5/06/2023 P & C Meeting—Shelter - 6:00pm
- 20/06/2023 Athletics Carnival

2023 STEM Squad

Last Thursday our 2023 STEM Squad students hosted our Annual STEM Showcase event for students, parents and members of our school and wider community. The event highlighted all the fantastic technology, opportunities, and exciting things students get up to throughout the year. Activities included

- Come and try fly a drone / drone racetrack & Obstacle course
- Virtual Reality experiences / Co Spaces app where students can make their own VR Experiences
- Shero robot Bowling and obstacle course
- Our 2 Hydrogen Grand Prix teams will be driving and working on their amazing hydrogen powered cars and the modifications they have made to try win the Australian Open Race
- Our winning First Lego League teams demonstrating their Spike Prime robots and coding they created to complete a series of challenges
- Augmented Reality Merge Cubes. See how to bring knowledge and learning to life
- Our Brand New DJI Robomaster EP Core Claw robot



Congratulations Alyssa Pease

Congratulations to year 12 student Alyssa Pease for being successful in winning a career assistance prize with the Gladstone Engineering Alliance. Alyssa won \$1000 and a return trip to Brisbane where she visited advanced manufacturing facilities. She was able to meet women who are leaders in manufacturing and non-traditional roles. Winners were announced at the GEA International Women's Day Dinner on the 8th of March.



Leadership Summit 2023



On Thursday 2nd March, our 4 school captains worked alongside Tannum and Gladstone State High school leaders to mentor 50 primary school leaders from 14 state primary schools in the Gladstone region. Throughout the evening, students took part in a few team building activities as well as a Q&A session whereby the primary school students led questions they had for the high school leaders. These questions included the demands of high school vs primary school, challenges faced as a leader, leadership motivation, strategies for tough times, advice etc. These questions were answered with confidence and professionalism, giving varied perspectives. Many primary students have reflected upon the Q&A evening with significant take away messages including – it's okay to make mistakes, you are never on your own as your team are there to assist, don't be afraid to ask for help and always check in on each other. Our leaders were so approachable and represented Toolooa State High School with integrity, honesty and confidence, completely engaging all primary students and have left a positive imprint.

The University Of Queensland Gladstone Regional Roadshow School Visit



On Friday 10th March, some of our year 11 and 12 students were fortunate enough to meet some of the amazing UQ staff as part of the UQ Gladstone Regional Roadshow School Visit.

Students Got To Meet and Listen To:-

- ◆ Professor Deborah Terry AO, Vice-Chancellor and President, UQ
- ◆ Ms Jennifer Karison, Pro-Vice-Chancellor (Advancement and Community Engagement), UQ
- ◆ Professor Mike Noad, Director, Centre for Marine Science, UQ
- ◆ Dr Tony Heynen, Program Coordinator, Master of Sustainable Energy Programs, UQ

They also got to hear the experiences of two fourth year UQ Chemical Engineering Students – Elliot Fekete and Mikayla Jensen.

Toolooa State High School would like to thank the University of Queensland for this amazing opportunity.

BIEEC Canoeing Excursion

On Tuesday 7th March, the year 11/12 QCIA and Flexi students went on an excursion to the beautiful Awoonga Dam. Communicate, co-operate, persist and respect were the four key words for the day while we learnt new kayaking and canoeing skills such as how to go forwards and backwards, turn and stop. We had such a great day on the water, learning how to work as a team. A special thanks to Miss Provan, Mr Cody, Mrs Harrison, Gloria and the teachers at the Boyne Island Environmental Education Centre (BIEEC) for this amazing opportunity.

Year 12 QCIA





Stymie News



Week 7



Week 8

2023 School Immunisation Program for ALL Year 7 and 10 Students

Friendly reminder to please return your completed Immunisation Form as soon as possible with either the "YES" or "NO" section completed.

THIS IS NOT A COVID 19 VACCINATION CLINIC

Student ID Cards

Student ID Cards will arrive from the photographer in the coming weeks. Once they arrive, students will be eligible to collect their ID card once their Student Resource Scheme (SRS) fees are paid, or a payment plan has been started.



The March Charge 2023

FEEL THE CHARGE
RAISE FUNDS FOR LIFE-SAVING CANCER RESEARCH

Toolooa Interactors are stepping up and participating in the annual Cancer Council March Charge. Only 12 days in and the group have 'marched' a total of 825km and raised \$545 of their \$1200 total. To support the Cancer Council and Interactors head to: <https://www.themarchcharge.com.au/fundraisers/interactcluboftoolooashs>

Well done to all students involved in charging to create a cancer free world!! Keep up the great work.



INTERACT CLUB OF TOOLOOA SHS



OUR TEAM ARE SUPPORTING CANCER COUNCIL'S THE MARCH CHARGE...

...a month-long fitness challenge to raise funds for world-class cancer research, prevention programs, and support services.

One in two Australians will be diagnosed with cancer by the age of 85, we're doing our part to change this by Charging, getting active, and fundraising to end cancer.

Please sponsor our team today, every dollar raised is one step closer to a cancer free future.

Let's tell cancer where to go!

PLEASE HELP US REACH OUR GOAL

Raised \$545 Our Goal \$1,200

SELECT AMOUNT TO DONATE

Can help protect 15 Aussie kids from harmful UV exposure through our National SunSmart Schools program.

\$25 \$56 \$120 \$532

\$ Or enter an amount

DONATE



MY TEAM FITNESS

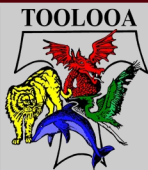
TEAM KMS CHARGED
825
The average team has Charged 133 kms

MY TEAM FUNDRAISING

AMOUNT RAISED **\$545** TARGET **\$1200**



THE MARCH CHARGE 2023



Applications are still open for
Certificate 111 in Aviation (Remote Pilot)

Please see Senior Schooling in the library for details
(limited spaces)

EMAILS

REMINDER

Remember to check your Emails
regularly for important information
regarding courses, apprenticeships,
work experience, white card training
and general information



Senior Schooling News

With Darren Boase



narbil
TRAINING
WHITE CARD
COURSE
TERM 2
2023

Thank you to all applicants who applied
for the White Card Course in Term 2.

This is now full.

Look out for dates in Term 3.



From The Junior Secondary Head of Department

With Gerard Clark



Toolooa State High Students Receive Mentoring In Lead Up To Horizon Hydrogen Grand Prix Event

Published: 03 March 2023 CQU University

Gladstone high schoolers were racing to learn about the potential of hydrogen-powered vehicles this week in preparation for the Horizon Hydrogen Grand Prix (H2GP) final in April.

The Horizon H2GP is a school-based science and engineering program that provides students with the knowledge and skills needed to consider a career in Queensland's renewable technology sector.

The 'Toolooa CQU Hydrojets' team, comprised of six Year 10 Toolooa State High School students sponsored by CQU University, worked on their vehicle and received expert mentoring from CQU Lecturer Kevin Stone and Chair in Hydrogen and Renewable Energies Professor Murray Shearer.

The students worked with their mentors to review and plan mechanical design changes to both the car and the controller, and to brainstorm ideas for autonomous monitoring of fuel consumption using Arduino. As part of the competition, they are assessed on aspects including hydrogen (hydrostiks) consumption, design, innovation and organisation. It's part of a six-month learning program that culminates in the Australian Horizon H2GP Grand Prix.

Twelve teams from seven Central Queensland schools are among those participating in the program. The Grand Prix is four-hour race to be held at the Gladstone Entertainment and Convention Centre on 21 April 2023. Winners of the Australian H2GP will travel to Las Vegas for the World Finals.

Students Bailey Scott, Marianne and Sophie Slack said they were excited about the prospect of making the finals.

"I would like to at least achieve a place in the nationals or move onto the worldwide event. I would like to learn more about the Arduino team and the coding, as well as the mechanics," Bailey said.

Bailey is interested in electrical engineering and drones.

Marianne said she enjoyed the experience of working with both hydrogen and the different components that go into getting the car to move.

"When I first came into the group, I had no idea what to do and I have learned quite a bit and I'd like to learn more as it goes on," she said.

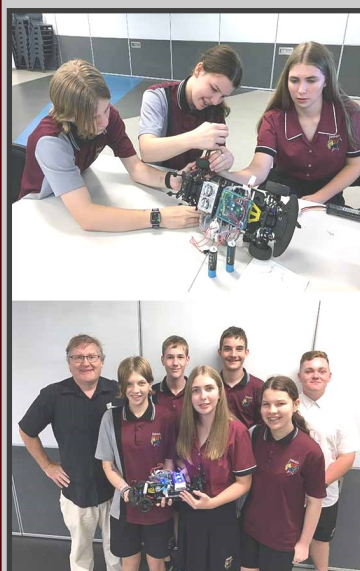
"I am interested in engineering. It is a career I am interested in exploring. I am planning to do engineering in senior and lots of maths-based subjects."

Sophie said she hoped to learn more about energy and how that will change the future.

"I would also like to meet more like-minded people who are interested in engineering and the STEM side of school," she said.

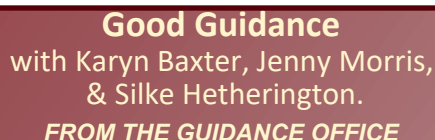
"I have enjoyed learning about the mechanics in the car. What makes it go and how will the parts work together to make the car work."

"I want to be a mechatronic engineer. I like the software aspect. I like coding and working on how coding will work with robots in the future."



Top: Toolooa CQU Hydrojets team members Felicity, Marianne and Sophie modifying their H2-powered race car.

Bottom: The Toolooa CQU Hydrojets with their CQU University mentor and Lecturer Kevin Stone.



As we come in to the first assessment period for the year, it seems timely to have a think about stress and how to manage it – both our kids and us!

Stress Management

Stress is a normal reaction to life's changes and challenges. It can motivate us to get things done and to feel better about trying new things.

What Causes Stress?

What Causes Stress?
People experience stress for many reasons. One of the most common reasons is sudden or unexpected change, but even positive changes can be stressful. Expected changes – such as a child or young person starting at an early learning service or school, or changing between schools – can be also stressful. Stress can be a response to a single event or might be prolonged, cumulative stress. Overwhelming stress impacts our physical and mental health, relationships, learning and development, and capacity to fulfil our roles (for example, parenting, working or studying).

It's Important To Remember That Stress Is Not Anxiety – An Anxiety Condition Is When Someone:

- has anxious feelings which are consistently very intense
- have feelings that persist well after the stressful event has passed
- are so distressed that it interferes with their capacity to learn, socialise and do everyday things.

Everyday Stress and Coping Skills

Children and young people develop coping skills through exposure to manageable amounts of stress. Overcoming small stresses helps them with all the challenges they'll meet.

People Experience and Respond To Stress In Different Ways

Our capacity to navigate stress will be different at various points in time. It's important to understand what puts us at risk of stress and how we can protect ourselves from getting overwhelmed by it.

Signs Of Stress In Children and Young People

Stress is the body's reaction to change or overload. It can show up in children and young people's behaviour, emotions, body and thinking.

This Can Look Like:

- sleep changes or tiredness
- changes in appetite or interest in food
- returning to earlier behaviours (such as bedwetting or needing frequent comfort)
- not enjoying or participating in usual interests or experiences
- withdrawing from friends and family
- changes in engagement in learning or academic results
- irritability and frustration
- fearfulness or constant worrying
- tearfulness and crying
- poor concentration
- overreacting to small things
- being physically run down or feeling unwell (for example, stomach pain or headaches)
- mood swings
- low levels of motivation



Stress and Brain Development

Stress is a normal response. In many instances stress has a positive effect. It pushes children and young people to adapt to their environment and use new skills. In turn, this supports their learning and development. Experiences of repeated high levels of stress means there's a constant focus on managing a threat that may be present. This takes attention away from opportunities to interact with the environment in a way that supports brain development.

Self-Care

Self-care is a good way to manage stress. You need to practice self-care in a way that works for you. Having said that, there are some common practices that most people find useful, including maintaining a healthy lifestyle by eating well, getting enough sleep and exercise.

Some Other Strategies Which You Might Find Helpful In Managing Stress Include:

- Monitor your stress- recognise your own signs of stress and identify situations you find difficult, so you can be pro-active about managing stress during these times.
- Learn how to manage your stress in positive ways- such as through exercise, relaxation, breathing, yoga, positive self-talk.
- Be aware of your thinking habits- challenge negative or unhelpful thoughts.
- Schedule 'time out' for yourself- pursue your hobbies or interests.
- Connect- foster and maintain your personal relationships. A sense of belonging and connection is important for your wellbeing.
- Relax- learn and use breathing techniques, progressive relaxation, visualisations or meditation to consciously relax your mind and body. Practice mindfulness by focusing your awareness on the present moment.
- Be mindful and self-aware- focus on how you are feeling and how you act, and the impact that can have on your colleagues and your students. Be supportive of others without passing judgement.
- Consider making specific times or days of the week for activities which support your wellbeing, so they become routine and are less likely to drop off at times of increased work demands or other competing priorities.
- If you have spiritual beliefs, make time for regular spiritual practice, or relationships with others who share your philosophy.

HUMANITIES NEWS

INTRODUCING OUR NEW HUMANITIES STAFF...

Name: Katrina Johnston (Head of Department of Humanities & LOTE)

Joins us from: Gladstone State High School

Favourite hobbies: Spending time with my family, travelling and fishing.

Favourite part about Toolooa so far: The amazing staff, students and the beautiful gardens around the school.



Name: Jeff Case (Humanities & HPE teacher)

Joins us from: Christchurch, New Zealand

Favourite hobbies: Travelling, sport and family time (2 young boys)

Favourite part about Toolooa so far: Very helpful staff, and the kids that are keen to learn!



Name: Rosemary Clark (Humanities & Year 9 Diverse Learning Coordinator)

Joins us from: Bundamba State Secondary College.

Favourite hobbies: Family time, travelling, camping, bushwalking, gardening and crochet.

Favourite part about Toolooa so far: The students are willing to learn and the staff are all really supportive. The school has a laidback atmosphere.



THIS TERM IN JUNIOR HUMANITIES...

Year 8 History

Students have been studying Medieval Europe - looking at life on the manor, the influence of the Church, and the Crusades. They will complete a short response exam in Week 9.

Year 9 Civics

Students have been exploring all things democracy and the influences on our democracy. They completed an exam last week about the power of Lobby Groups on our democracy.

Year 10 History

One of the most interesting units studied in Junior Humanities, students have investigated the rise of Nazism and the many influences that consolidated their power of Germany between 1933-1945. They are completing an exam this week (Week 8).



SENIOR HUMANITIES TOPICS...

11AHS - Digging up the Past / Burial Practices

11LEG - Criminal Trial Process, Punishment and Sentencing

11SOCs - Supporting our Community

12MHS - IA2 Israel and Palestine

112AHS - IA1 Philip II & Alexander III

12LEG - IA2 Law Reform within a dynamic society

12 SOCs - Healthy Lifestyles



IN THE HUMANITIES CLASSROOM...

Year 9 Civics

Mr Fraser's Year 9 Civics class learnt the value of democracy recently when they got to participate in a class vote for their new seating arrangement. Students designed a number of options and made speeches in support of the alternatives and voted using a preferential voting system.

Somehow, the students managed to vote for an option disliked by the majority of the class, and so presented Mr Fraser with a petition to return the desks to normal. The petition was refused and the students learnt the importance of valuing their vote and the democratic process.



Year 11 Ancient History



To provide a more 'real world' experience, Miss Nicol's Year 11 Ancient History students completed a mini excavation dig activity, as part of their archaeology and digging up the past unit.

Students first studied the many different archaeological excavation methods and then applied this knowledge to their mini excavation kit. They could pick whatever method / way to uncover the 'artefacts' and had to document their findings and draw conclusions as to what the artefacts suggested about the civilisation.

It was quickly realised the difficulties archaeologists face when uncovering the past - and the patience required to ensure artefacts are not destroyed by accident. This, in turn, helped them contextualise and identify some of the ethical dilemmas we had discussed theoretically regarding archaeology.



HUMANITIES EXCURSIONS

Carnarvon Gorge Excursion in August 2023 (open to Year 8's and aspiring Year 11 leaders)

Would you like your child to explore the natural beauty of the Moss Gardens, the Natural Amphitheatre, Art Gallery, Wards Canyon and Boolimba Bluff?

This is just a reminder that expressions of interest close on Friday 24th of March.

Canberra Excursion in November 2023 (open to Year 9's)

Would you like your child to visit the Australian War Memorial, Questacon, Parliament House, the Australian Institute of Sport, the Mint, the National Zoo, Zone 4 laser games and other amazing locations in Canberra?

The first 55 spots are filled for the Canberra trip, but to secure yourself a spot on the waitlist please return your expression of interest form by Friday 24th of March.

Permission forms for both camps were handed out in class, emailed home and can be downloaded from our school website: <https://toolooashs.eq.edu.au/support-and-resources/forms-and-documents/documents>

If you have any further questions please contact our Humanities HOD, Katrina Johnston via email kjohn487@eq.edu.au or on 4971 4351.





English News



The Literary Competition invites Queensland and Northern Territory students and teachers to share their literary prowess by submitting either poetry, short stories or non-fiction prose.

It is Queensland's longest running literary competition.

The competition is open to entrants from students (years 5-12) and teachers in Queensland state and independent schools and Northern Territory independent schools.

Competition Categories:

- ⇒ Years 5-6
- ⇒ Years 7-8
- ⇒ Years 9-10
- ⇒ Years 11-12
- ⇒ Open (Teachers and School Support Staff)

More information can be found here: <https://ieuqnt.org.au/competitions/>

IT News



Important Reminders About Screen Time

Managing the amount of time children and young people spend in front of a screen is a concern that many parents and teachers share. Set reasonable expectations for the amount of time your child or young person is spending in front of a screen, and for the type and quality of that screen time.

It can be hard to get away from screens in our increasingly digital life.

Screen time can be defined as any time spent on a device with a screen, including televisions, computers, smart phones, tablets, video games and even wearable technology such as smart watches.

The Australian Government, Department of Health provides recommendations for the physical activity, sedentary and sleep behaviours for children and young people. Across a 24 hour period, the following is recommended:

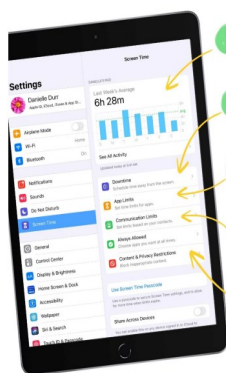
- infants younger than two, have no screen time
- children ages 2-5, have no more than one hour per day
- children and young people aged between 5-17 years have less than 2 hours a day of sedentary recreational screen time.

These time limits do not include the screen time spent on educational activities.

5 Tips for Managing Screen Time



Screen Time includes features that are great for helping you choose how—and how often—your student uses their device.



- 1 **Keep track.**
With Screen Time, you can see total device time by day and week, as well as which apps your student used most.
- 2 **Take a break.**
Use Downtime to set aside time each day for breaks from the screen. When enabled, only apps you allow and phone calls are available.
- 3 **Structure time.**
Use App Limits for things like allowing more time for educational and creativity apps and minimizing distractions from social networking apps.
- 4 **Create a circle of trust.**
Communication Limits helps you manage who your student can communicate with freely from their device.
- 5 **Choose appropriate content.**
Use Content & Privacy Restrictions to block inappropriate websites, purchases, and downloads on your student's device.

#LearningWithApple
Visit apple.com/support/learnwithapple for help with Screen Time on iPad and Mac.

LITERARY COMPETITION

OPEN TO STAFF AND STUDENTS

PRIZES TO BE WON!

SUBMIT YOUR SHORT STORY, POETRY AND NON-FICTION PROSE ONLINE!

For more information, including categories, entry conditions and to submit:

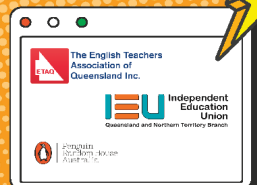


ENTRIES CLOSE:

Friday, 16 June 2023

PRESENTATION EVENING:

Wednesday, 23 August 2023



www.ieuqnt.org.au/competitions/

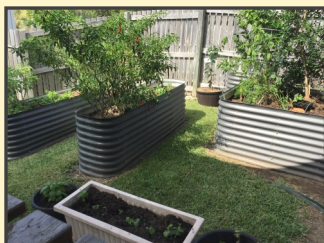
Bunnings Help Grow Students' Passion For Learning.

A big thank you goes out to Bunnings Warehouse for their very generous support to the Flexi Centre's gardening project. The students at the Flexi centre have been involved in growing a variety of herbs and fruit which are used for a multitude of purposes. The students use the produce for their cooking classes and provide herbs for Hospitality students. Many of the herbs are bagged up and sold to staff members, allowing students to learn the basic skills involved in small business. Our latest venture is to grow Rosella bushes to make Rosella jam.



Cultivating the herbs is also important, to ensure we have new plants ready each season, however some herbs are difficult to grow from seeds. This is where Bunnings has come to the rescue, providing us with a variety of herbs to prepare for the new season's crop. The students were very excited when the new herbs, along with potting mix, mulch, gardening tools and a lime tree, all turned up on our doorstep ready for use. It is a blessing to have such great support that allows us to participate in these extra curricula activities, getting students out of the classroom, working as a team and seeing such awesome results.

Flexi
News





Maths Tutoring Popular With All Year Levels:

Maths tutoring has resumed for 2023. **It is on every Wednesday afternoon from 3pm - 4pm** and is available for any year level. It has become very popular in recent years and it is good to see many students making the effort to come and improve their mathematics skills by doing a little extra work each week.

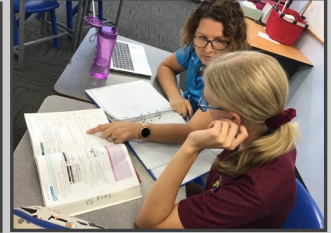
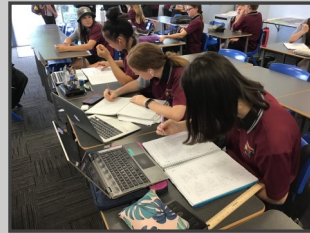
Remember: come for a little while or stay for the whole hour - depending on your needs.

We suggest that if you are planning to attend that you make sure you have some work from your teacher to continue on with or have recognised some aspect of your work you need extra help with. **Do not come without any plan of what you are going to do. It is not a social outing!** Students not using the time wisely will be asked to leave or their parents will be contacted to come and get them.

All students must sign in on arrival and out when leaving so we have record of your attendance.

Don't forget to make sure you have made your own arrangements to get home that day. For more details or any enquiries please contact me on Ph. 4971 4317 or ghage2@eq.edu.au

Greg Hage
HOD Mathematics



Nurse Natters

Communicating With Adolescents



The adolescent years can be difficult for many families. Young people are starting to develop ideas, values and beliefs that are different to those of their parents. This is part of the normal process of them moving towards independence and adulthood.

Every young person is an individual and needs different advice and guidance. Communication with teenagers is different from communicating with younger children and can sometimes cause conflict and stress between teen and adult.

Adolescence is a time of rapid change, not just for the young person but for the family too. It might be hard to let go sometimes, but parents need to recognise that:

- A child's job is to grow up and become an independent adult. As a parent, you need to help young people through this process.
- Decisions can now be made together. Try to discuss issues to reach an outcome that you and your teenager can both accept.
- Young people may have viewpoints that are different from yours or may take up activities that you don't understand. Try to see this as good thing. They are learning to be their own person.

You will always feel responsible for your child's wellbeing and safety, no matter how old they are. When children reach their teenage years, they start to make their own decisions. Sometimes they make the wrong ones. Try to be supportive and not criticise. They will generally learn valuable lessons from their mistakes.

General Communication Tips With Teenagers

The most important thing is to keep the lines of communication open.

- **Listen More Than You Speak** – This is especially important when talking to teenagers, who may tell us more if we are silent long enough to give them the opportunity.
- **Make Time To Spend Together** – teenagers are often busy with school, friends and other interests, but you can have a conversation with them over breakfast and dinner. Offer to take them to or pick them up from places; this will provide other opportunities for conversations.
- **Give Them Privacy** – teenagers need their own space. For example, knock before you go into their room.
- **Keep Up With Their Interests** – listen to their music, watch their television shows with them and turn up to their sports practise sessions. Continue to take an active interest in their life.
- **Be A Loving Parent** – adolescence is a time when young people often struggle with their changing sense of identity and need to feel loved. Tell them often. Celebrate their achievements, forgive their mistakes, listen to them when they have a problem and show interest in how they plan to solve it. Support them in their problem solving. Feeling included and special is vital for every young person's sense of positive self-esteem.
- **Have Fun** – make time for leisure and laughter. Good feelings help to build good rapport.

Abstract on Communicating with Adolescents taken from the Betterhealth website. If you would like to read the full article please follow this link: <https://www.betterhealth.vic.gov.au/health/healthyliving/teenagers-and-communication#bhc-content>

If you have any health concerns for your young person please feel free to contact me at school or via email. kocon144@eq.edu.au.

10 TIPS FOR COMMUNICATING WITH YOUR TEEN



Yours in Health
Kerry O'Connell
School Based Youth Health Nurse
49714336 - Tues, Wed & Thursday
kocon144@eq.edu.au

NURSE

NATTERS

Immunisation Information for 2023



PUBLIC HEALTH – IMMUNISATION

2023 School Immunisation Program (SIP)

In 2023, Gladstone Regional Council (GRC) is providing free vaccinations for all students in Year 7 and 10 as part of Queensland Health's annual School Immunisation Program (SIP).

All students in Year 7 and 10 are offered free vaccinations as recommended under the National Immunisation Program to protect against vaccine preventable diseases:

Year 7 - Gardasil 9 vaccine – Human Papillomavirus (HPV)
- Boostrix vaccine – Diphtheria-Tetanus-Pertussis/Whooping Cough (dTpa)

Year 10 - Nimenrix vaccine – Meningococcal ACWY

A consent pack has been given to your child to bring home. Please read the information booklet carefully, sign the consent card and return the consent card to school as soon as possible.

School clinics will be scheduled in May. There will also be a catch-up clinic for students who miss the initial clinic as well as catch up opportunities for students in Years 8 and 11 who missed last year's clinic.

Only students with a signed and completed consent card, indicating '**Yes to vaccination**' will be vaccinated. If you do not wish for your child to receive the vaccine and/or your child is already vaccinated, please complete the 'No to vaccination' section of the consent card and return to school.

New laws require the school Principal to disclose student and parent information of eligible students to the school immunisation provider (GRC), if requested. This information will enable GRC to determine those who have and have not consented, and directly follow-up with parents of students who have not yet returned a consent card. This direct follow-up ensures all parents are offered the opportunity for their child to participate in this important school health program. It may also assist you in making decisions about your child's immunisation needs. Parents who indicate 'No to vaccination' will not receive follow-up from the provider. GRC is bound to comply with the *Information Privacy Act 2009 (Qld)* which stipulates the requirements for the secure collection, use, storage and disposal of personal information.

Parents are encouraged to ensure their child has eaten an adequate breakfast on the morning of vaccination and has adequate food and drink on the day.

For more information about diseases, vaccines or the School Immunisation Program, visit www.health.qld.gov.au/clinical-practice/guidelines-procedures/diseases-infection/immunisation/default.asp or call 13 HEALTH on 13 43 25 84.

Immunisation Information for 2023

The consent form can also be downloaded at:

<https://www.publications.qld.gov.au/dataset/school-based-vaccination-program>

For more information, visit the following links:

<https://vaccinate.initiatives.qld.gov.au/when-to-immunise/children-and-adolescents/>

[https://www.health.gov.au/topics/immunisation?](https://www.health.gov.au/topics/immunisation?utm_source=health.gov.au&utm_medium=redirect&utm_campaign=digital_transformation&utm_content=immunisation)

[utm_source=health.gov.au&utm_medium=redirect&utm_campaign=digital_transformation&utm_content=immunisation](https://www.health.gov.au/topics/immunisation?utm_source=health.gov.au&utm_medium=redirect&utm_campaign=digital_transformation&utm_content=immunisation)

Queensland Health

HPV vaccination schedule

Change to the National Immunisation Program

Information for parents/guardians of children in year 7

Change to the National Immunisation Program human papillomavirus (HPV) vaccination schedule

The HPV vaccine is free for children in year 7 through the Queensland School Immunisation Program. It provides protection against a range of HPV-related diseases, including cervical cancer, head and neck cancer, genital cancers, and genital warts.

In February 2023, the National Immunisation Program changed the recommended human papillomavirus (HPV) vaccine schedule for year 7 students from two doses to one dose, using the same vaccine.

The expert Australian Technical Advisory Group on Immunisation has reviewed recent international scientific and clinical evidence and determined that a single dose of the HPV vaccine gives comparable protection to two doses.

Beginning in the 2023 school year, the Queensland School Immunisation Program will provide the recommended **one** dose of HPV vaccine.

However, consent forms for the 2023 calendar year will reference two doses of HPV vaccine and one dose of diphtheria-tetanus-pertussis (dTpa) (whooping cough) vaccine. **Please complete, sign, and return this form to your child's school.**

Children will no longer be provided with a second dose of HPV vaccine as part of the School Immunisation Program as it is contrary to the current National Immunisation Program advice.

The consent form can also be downloaded at www.publications.qld.gov.au/dataset/school-based-vaccination-program Children will not be vaccinated unless a signed consent form has been returned.

Except for young people with certain immunocompromising conditions, students who have received their first HPV vaccine are now considered fully vaccinated and will not require any further doses. For those young people with certain immunocompromising conditions, there is no change to the recommendation of three doses of the HPV vaccine.

For more information, visit the following links:

<https://vaccinate.initiatives.qld.gov.au/when-to-immunise/children-and-adolescents/>

www.health.gov.au/immunisation

Change to the National Immunisation Program

Immunisation Information for 2023

Short Educational Videos

- [Getting your human papillomavirus \(HPV\) vaccination at school — what to expect](#)
- [Getting your meningococcal ACWY vaccination at school — what to expect](#)
- [Getting your diphtheria-tetanus-pertussis \(dTpa\) vaccination at school — what to expect](#)
- [Getting your HPV & dTpa vaccinations at school — what to expect](#)

For more information:

[https://www.health.gov.au/topics/immunisation?](https://www.health.gov.au/topics/immunisation?utm_source=health.gov.au&utm_medium=redirect&utm_campaign=digital_transformation&utm_content=immunisation)

[utm_source=health.gov.au&utm_medium=redirect&utm_campaign=digital_transformation&utm_content=immunisation](https://www.health.gov.au/topics/immunisation?utm_source=health.gov.au&utm_medium=redirect&utm_campaign=digital_transformation&utm_content=immunisation)

School Vaccination Program



Are you ready for vaccination day?

- ✓ 2023 Toolooa State High School will be hosting vaccination clinics for Year 7 and Year 10 students.
- ✓ At the beginning of the year students will receive a package which will include information about the vaccinations given and student consent forms.
- ✓ Read the information provided and talk to the school coordinator or nurse for any further information.
- ✓ Get your signed consent forms in on time.

health.gov.au/immunisation

Short Educational Videos

- [Getting your human papillomavirus \(HPV\) vaccination at school — what to expect](#)
- [Getting your meningococcal ACWY vaccination at school — what to expect](#)
- [Getting your diphtheria-tetanus-pertussis \(dTpa\) vaccination at school — what to expect](#)
- [Getting your HPV & dTpa vaccinations at school — what to expect](#)

More information:

Natarsha Frost (Toolooa SHS) 07 49714354

Central Queensland Public Health Unit 07 49206989



Communication regarding the administration of medications in schools

The following information is available for schools to use in their communications (newsletter, website, etc.) to parents/carers regarding the administration of medications in Queensland state schools.

1. Administering medication at school

If you require staff to administer medication to your child at school, please contact the school office in the first instance to discuss your child's requirements.

Please note, school staff will only administer medication that:

- has been prescribed by a qualified health practitioner (e.g. doctor, dentist)
- is in its original container
- has an attached pharmacy label.

Office staff will ask you to complete and sign Section A of the [Consent to administer medication form](#).

N.B. If your child requires more than one medication, you will need to complete a form for each medication.

2. Requirements for students at risk of anaphylaxis

If your child is at risk of anaphylaxis, it is important for you to provide the school with your child's emergency medication and their [ASCIA Anaphylaxis Action Plan](#) (printed in colour), completed by your doctor. This Anaphylaxis Action Plan provides the instructions for the school to administer your child's medication in an emergency, which is specific to respond to their health condition.

If you have any concerns about your child's health condition, please contact the school on [4971 4333](#).

3. Providing medication to the school

Before you provide the school with your child's medication, check the expiry date to ensure it is in-date and there is enough for the agreed time period. It is also a good idea to take a note of the expiry date so that you can replace the medication before it expires.

Please note, school staff will not administer medication that you can buy over-the-counter at chemists and supermarkets (e.g. paracetamol, eye drops, cough syrup) unless it has been prescribed by your child's qualified health practitioner. For example, the school would administer paracetamol to a student only if it has been prescribed by their dentist to be taken for a short time after dental treatment.

School staff are bound by these regulations and we hope that all parents will acknowledge and cooperate with these rules.

It is safer for all students if you can provide medication to the school in person (rather than send medication with the student). If you can't provide the medication in person, contact the school to determine the easiest and safest approach for the school to receive the medication.

When your child's medication is no longer required to be kept at school, please collect all unused medication.

Thank you for assisting the school in keeping our students safe and healthy.

Yours sincerely



Justin Harrison

Uncontrolled copy. Refer to the Department of Education Policy and Procedure Register at <https://ppr.qed.qld.gov.au/pp/administration-of-medications-in-schools-procedure> to ensure you have the most current version of this document.

Page 1 of 1



Queensland
Government



A Reminder To Wear a Helmet When Riding Your Bicycle

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.



Calculators Available From The Office

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

Scientific Calculators are \$25.00 each.

Graphics Calculators are \$215.00 each. (These calculators are only required by some maths students in Years. 11 and 12)

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

School Dental Clinic

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

Phone (07) 4920 6372



P & C

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.

- 8th of May 2023
- 24th of July 2023
- 5th of June 2023
- 28th of August 2023
- 16th of October 2023



WHAT'S UP IN TOOLOOA HOUSE?

Reinforced
reading
before
school

Breakfast
Club
Monday
Morning

Home work
Club every
morning

Lego Club
at Lunch

Catch-up
work
at
Lunch

Come and join in some of the fun:



Homework Club

Homework Club

Do you need help with your homework or with assessments?

Every morning from 8.00am to 8.45am assistance is provided at Toolooa House in SB01 & it is also available in both lunch breaks if students require assistance.

Please feel free to come up and let one of our friendly Inclusion Assistants help you.

If you would like more information about Homework Club, please contact:

David Roby
on 49714379.



Lost Property

Please Collect Now!

Our box is currently full of hats, jackets and jumpers. None of these have student names on them.

Smaller items lost at school such as glasses, keys, jewellery, etc. can be collected at the admin office also.

Unclaimed items will be donated to charity at the end of this school term.



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.



Tuckshop News



We have eftpos machine in the tuckshop, with a no cash out policy. You can also pre-order your lunch if you wish so that you

don't have to wait in line or miss out on your favourite food.

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.

PRE
ORDER
NOW!



Thankyou.
Kim—Tuckshop Convenor

Community Notices

Rotary Youth Exchange is an internationally recognised, self-funded program that offers young people from around the world the opportunity to be active facilitators promoting cross-cultural communication and mutual understanding. Rotary Youth Exchange students immerse themselves in a foreign culture and language, are enrolled in a new school system and live with host families throughout their exchange.

During this time students experience immense personal growth and build on resilience, confidence, and leadership throughout their exchange.

Applications for Rotary Youth Exchange are now open! Students in Years 9-12 with an interest in traveling abroad, learning a new language, and immersing themselves in a new culture and way of life are invited to apply for this opportunity. Rotary Youth Exchange offers both Long Term (12 months departing January 2024) and Short Term (8-12 weeks departing December 2023) programs, depending on students' eligibility. For more information, and to start your application, visit ryea.org.au. For interest in hosting an overseas student within your family for 12-16 weeks, please complete an Expression of Interest online or email rye@rotary9560.org.

Rotary Youth Exchange students bring the world a little closer and provide the opportunity for school communities and host families involved to learn about new traditions, language, and culture without leaving home. Kindly note we operate as a non-profit, and receive no payment from overseas students.



rotary youth exchange **APPLY NOW!**
for Dec 2023/Jan 2024
ryea.org.au

Rotary



Role of a Host Family

- Welcoming and hospitable
- Open minded and accepting
- Willing to promote cultural exchange
- A mother and/or father figure
- Prepared to take responsibility for student's care and welfare
- Host for approx. 3-4 months each

Responsibilities

- Treat student as 'one of the family' & include in family activities
- Provide own room and meals
- Maintain good communication and understanding with hosted student, school & Club Counsellor



Role of Rotary Clubs

- Provides student Club Counsellor
- Provides student monthly allowance of \$150.00
- Enrols student in school, provides uniform and pays any excursion or special subject fees
- Provides host family support via Club Counsellor

Interested?

Please submit an expression of interest online by scanning the QR code.



Questions?
Contact Us!

-  ryea.org.au
-  rye@rotary9560.org
-  Rotary Youth Exchange - D9560



Host an International Student

Rotary Youth Exchange



D9560
Youth Exchange
Program



All family members 18+ require a QLD Blue Card

Insight into hosting

Learn about a new culture & language and establish lifelong connections across the globe by welcoming a Rotary Youth Exchange student into your home.

Hosting with Rotary is an immensely rewarding, albeit sometimes challenging, experience for all involved.

The host family is essential to the program and plays a key role in students learning about and immersing themselves in their local community, often establishing friendships and guiding interests/hobbies.

Hosting Periods (2023/2024)*

- Jul - Sept 2023
- Jan - Mar 2024
- Oct - Dec 2023
- Apr - Jun 2024

* Guide only, subject to students' arrival & departure date

Language

Rotary Youth Exchange students may have varied English language skills from basic to fluent. This may lead to some initial misunderstandings, however it is not a requirement for host families to speak any language other than English.

Host families are encouraged to be patient and support students as they continue to improve their language skills. We encourage the sharing of Aussie idiosyncrasies and slang.

School

It is a requirement that Rotary Youth Exchange students be enrolled and attend full time at a local high school. This may not be the same school as children of the host family (if applicable). Generally a student will commence in Yr 10 or 11.

Duration

The student will have 3 or 4 host families during their 12 month exchange.

Each family hosts for approx. 12 - 16 weeks.



Expenses

Students are expected to be financially self-supporting in terms of personal expenses, clothing, entertainment and travel when not part of a host family event.

The Host Club provides the student with a monthly allowance and covers any public transport expenses (i.e. school bus fares).

Students cover medical expenses in full and claim against their OSHC insurance.

Travel

Students have the opportunity to see other parts of Australia whilst on exchange by attending tours organised by Rotary i.e. to Darwin, Central Australia, Sydney, Melbourne etc. Aside from Orientation (Airlie Beach) and the District 9560 Conference, all tours are optional.

As a duty of care, any travel outside the Rotary District 9560 (indicated below in yellow) requires written permission, including any holidays or travel with the host family.

Rotary
District 9560



Community Notices



APRIL HOLIDAYS

ENGINEERING, ROBOTICS & ELECTRONICS 2 DAY WORKSHOP

WONDER KIDZ

STEM Central - CQU Gladstone Marina Campus

Monday 3rd April 2023 to Tuesday 4th April 2023

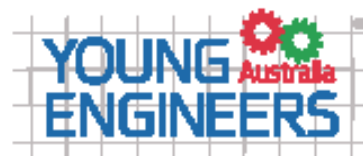
Eligibility	Date	Time	Fee	No. of Days	Book online*
Yr 1 - 8	3 April - 4 April	9:00am to 3:00pm	\$173	2	www.trybooking.com/CGSPW

* Always consult the booking link for any changes. Every effort is made to ensure this brochure is accurate but all changes are reflected online.

From Sustainable farming to self-driving cars, **Advanced Engineering & Robotics** model a range of real-world situations that teach students a complete understanding of how the technology works and used to solve the issue at hand. The engineering lessons engage kids with a hands-on learning environment and immerse them in the applications and possibilities of modern technologies. Through PBL (Project-based learning), students combine hardware, Lego® compatible building blocks, and coding to create a prototype and solve real-world problems. The projects are designed to encourage students to invent other viable solutions to these real-world issues and explore ways to utilize existing technology. The completion of these projects will boost confidence and create problem solving ability in students to overcome any challenge from working in their future jobs to solving our world's current or future problems. **All activities are adjusted to the student age and we tackle different challenges on each day.**



Limited spots available!
Early bird discounts
apply for a short time.



Are you traveling through Central Queensland these holidays? Check out our other locations on our main web page.

For more information
please call 0424 985 172

pavle@young-engineers.com.au
cq.young-engineers.com.au

Build Your Tomorrow. Today!

Engineering & Robotics Program provides theoretical knowledge in software and mechanical engineering combined with mathematics and physics.

Electronics: Our electronic kits are specifically designed to minimise assembly time which creates more opportunity to explore the learning's behind how each experiment works. Learn to build circuits in the classroom.

Build-Up Program is designed for little children where they start from learning the basics of building Lego Models including improving them and end up building models independently with a friend and enjoying group game.

COMMUNITY NOTICES

Bike & Scooter Safety

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.



A Message From The Gladstone Regional Council:

FREE Trauma Training!

LifeFlight Australia and the LifeFlight Australia Training Academy, are proud to present the LifeFlight First Minutes Matter FREE trauma training workshops program. This program delivers free community trauma training in remote locations that can experience longer than normal wait times for emergency response, in the event of a medical incident. The First Minutes Matter workshops are delivered over a 6-hour period and offer training in life saving techniques and skills and teach people how to best respond in a medical emergency. The program is taught face to face by one of our critical care medical staff, who have worked in the pre-hospital setting for many years. Ages 14+ welcome. Gladstone is hosting a workshop at the Philip Street Communities and Families Precinct on Tuesday 21 March 2023 and Calliope Community Centre on Wednesday 22 March 2023.

To book, please go to firstminutesmatter.org.au



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.



Tuckshop News



Check our daily special board for changing meals or why not order a healthy salad or wrap suited to your own requirements; please see our staff to help you with this.

Students can preorder at tuckshop from 8.20am for their lunch to ensure they do not miss out on their favourite food or if they have a special request please have a chat with one of the tuckshop ladies.

Did you know we offer outside catering as well as internal catering?

Having a Luncheon/ staff morning or afternoon tea, we can help with a variety of options.

Sandwich and Wrap Platters.

Fruit and Sweets Platters.
Other options are available.

Call our staff for a quote.

Phone No. 49714353.



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:
- ⇒ SMS:
- ⇒ Phone:
- ⇒ Absentee Office Hours:

studentabsentee@toolooashs.eq.edu.au

0426 305 132

49 714 360

49 714 304



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