

# Toolooa State High School Tune In Toolooa

### ISSUE 7

### Term 2 — Week 4

### 12th of May, 2022

### Respect

### Achievement



### Principal's Piece — Justin Harrison

For all mothers out there, I do hope that you had a lovely day with your family last Sunday celebrating Mother's Day.

As we approach the end of Week 4, I would like to congratulate our student body on how they have settled down and re-engaged with their schoolwork and the routines of our school. It has been very pleasing to hear that the majority of students are adhering to the school's core values of respect, achievement and responsibility.

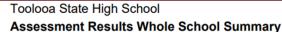
All students have received their assessment calendar for Term 2. Not only is it important that the calendar is placed in a location whereby the student can constantly refer to it at home, I encourage parents/carers to reinforce with their child the importance of mapping out their term and being well organised. Please contact your child's teacher or the school if you have any questions regarding the assessment schedule.

As Principal of this great school, I am very fortunate to have parents/carers fully invested in their child's education and the direction of the school. Working together has allowed us to continue to provide the best education possible. I would like to thank those parents who attended the parent-teacher evening last night and to those parents who have since made contact to discuss their child's progress and what is expected from all moving forward. Please do not hesitate to contact the school to provide us with any feedback (positive or constructive) or to discuss your child's progress as we all know, working together early on an issue will normally result in a positive outcome.

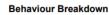
### Reflection of Term 1 Results

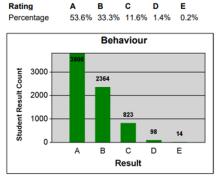
I would like to congratulate all students who achieved their academic goals for Term 1. It was very pleasing to see the large number of students who received Cs or above, with a large percentage receiving all As and Bs. A special mention must go to the majority of students whose behaviour and effort in all classes was well above satisfactory. Please see the breakdown below highlighting the positive engagement of students in class:

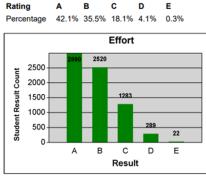
Effort Breakdown



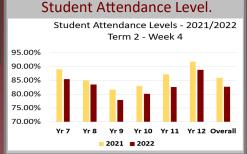
Reporting Period : Interim Report, Term 1, 2022, Interim Report, Term 1, 2022







### Responsibility



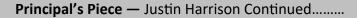
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# For the Fridge 6/06/2022 P & C Meeting—Shelter 6pm 21/06/2022 Athletics Carnival 24/06/2022 Last day of Term 2 11/07/2022 Start of Term 3 25/07/2022 P & C Meeting—Shelter 6pm







### NAPLAN

As you would have heard, NAPLAN has moved online this year for students across the nation. Our Year 7 and 9 students have started their tests this week, with reading and writing already completed, and numeracy and language conventions still to be completed. Our students have taken the change in their stride and have done an excellent job with the tests so far. I'd like to acknowledge the work of our teachers in preparing the students for NAPLAN Online, and Mr Capill for organising such a smooth process for students to participate. Student results will be released later in the year, and will be sent home to parents.

### Year 10 into 11 Senior Schooling Information

Several important information sessions and activities have been planned by Mr Thomas (Deputy Principal) and his Senior Schooling team to support students in Year 10 and their parents/carers to learn about:

- Senior Pathways and options after the completion of Year 10
- The Queensland Certificate of Education (QCE)
- Senior Assessment and Tertiary Entrance (SATE) system including ATAR
- Senior subjects and courses for 2023-2024.

The following is a list of important events and dates to assist students and their parents/carers to gain and attend sessions/meetings, meet deadlines for subject selections and course enrolments.

- Student information session on Senior Pathways, QCE, Senior Assessment and ATAR eligibility at Toolooa SHS
- Student information session on an ATAR senior pathway (University & Tertiary Entrance)
- Year 10 Semester 2 and Senior subject information sessions presented by Heads of Department
- 2022 Senior Schooling information evening for Year 10 Students and parents. N.B This information session is strongly advised for all parents to attend (Term 2 Week 8- Thursday 9<sup>th</sup> June @ 6pm in Shelter)
- 2022 Senior subject/External program information evening for students and parents N.B This information session is strongly advised for all parents to attend (Term 2 Week 9- Thursday 16<sup>th</sup> June @ 6pm in Shelter)
- Senior Education and Training (SET) Plans completed by students including finalising their senior subject selections online
- Mandatory SET PLAN/Senior enrolment meetings with students and parents (Week 4-8 Term 3)

### Performing Arts Complex Update

As a result of extenuating circumstances, The Department of Education has requested that the tender process be delayed for Toolooa's new Performing Arts Complex.

Attached is the updated program with key dates:

- Tender Release 5 July 2022
- Contract Award 4 November 2022
- New Hardcourts Completed 13 Jan 2023

Practical Completion of the Performing Arts Complex - 17 November 2023, ready for start of Term 1, 2024.

### **Guidance Appreciation Week**

This week is Guidance Appreciation Week. We would like to thank our amazing Guidance Officers Jenny Morris, Simon Mayne, Karyn Baxter and Silke Hetherington for all the hard work that you do supporting our students and our staff.



### National Road Safety Week

Each year approximately 1200 people are killed and another 44,000 are injured on Australian roads. Traffic injury is the biggest killer of Australian Children under 14 and the secondbiggest killer of all Australians aged between 15 and 24.

Show your support for safer roads and take the pledge this National Road Safety Week.







### **Good Guidance**

with Jenny Morris, Silke Hetherington, Simon Mayne & Karyn Baxter FROM THE GUIDANCE OFFICE

Everything that could possibly motivate you can fit into one of two categories:



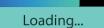
Motivation is what drives us to make the things we want happen – but staying motivated isn't always easy. Get some tips on how to find (and keep!) motivation, and suggestions for what to do if you just can't get into gear.

### Finding Motivation Can Help With:

Why Motivation Is Important

- Figuring out your goals
- Achieving your goals
- Getting stuff done •

To make things you want to do or achieve happen, you need motivation. Motivation is what drives you towards a goal,



Motivation

gets you up in the morning, and keeps you working through a task, determined to succeed when things get tough. Positive motivations, which focus on the positive things that will happen when you take action. For example, 'Finishing this assignment means I'm only a step away from being qualified'.

Negative motivations, which focus on the negative backlash that will occur if you don't take action. For example, 'If I don't finish this assignment in the next few hours I will fail'.

Both negative and positive motivation can be effective in different circumstances. However, people are much more successful when they're doing something because they actually want to, rather than if they're acting to avoid an outcome they don't want. That means positive motivation usually has a bigger and better impact.

Negative motivation can sometimes be quite dangerous. That's because it only works if you know exactly what steps you are going to take to reach your goal. If you don't have a positive plan of action, using negative motivation to approach a task can make you feel really helpless, and actually reduce your motivation.

Knowing how to find effective motivation strategies is really important to getting stuff done.

### **Tips For Finding/Keeping Motivation**

- Set goals. When you set a goal you make a decision to act upon what you want. This gives you a direction to focus on - one that's measurable and has an end point; all factors which can help a person stay motivated.
- Choose goals that interest you. You're much more likely to stay motivated if you are working towards something that you genuinely want to do or achieve.
- Find things that interest you within goals that don't. Sometimes other people set goals or tasks for us that we don't find interesting or want to do. So, try and find something within that task that does motivate you. E.g. 'I hate maths, but it's going to help me become a builder, which I want more than anything.
- Make your goal public. If you state to someone else you are doing something, or write it down, you've essentially promised to keep your word.
- **Plot your progress.** When you are working towards something, it can be really motivating if you can see evidence that you are making progress. Draw or create a visual representation of how you are coming closer to achieving something.
- Break up your goal. Start with easier tasks and work your way up to bigger challenges. Breaking up a task in your mind into achievable chunks helps build confidence.
- Use rewards. Promise yourself some sort of reward each time you complete a step/task.
- **Don't do it alone.** Join a class, find a teacher or someone you can share the experience with. Other people's encouragement to keep going can be a big boost to your motivation, particularly when you're doing it tough.
- Learn how to use self-talk.

### If You're Really Finding It Hard To Stay Motivated

If you've tried all these things, and just can't get motivated, then it might help to talk it through with someone that you trust. Sometimes it can be really hard to achieve things on your own, and having a good support network when you're working through a big challenge is really important.

You could also try talking to a counsellor. They are great at helping people work out which motivating strategies will work best for them.

### What Can I Do Now?

- Give yourself awards and treats to give yourself an incentive.
- Work on your goal setting skills.
- Get better at positive self-talk.





### Senior Schooling News With Darren Boase



We encourage interested students to visit our website to access further information about apprenticeships with Hastings Deering.

https://www.hastingsdeering.com.au/our-business/working-with-us/apprenticeships

Locations:

Key Dates

### Apprenticeships on Offer (varying per location):

Mackay
Townsville
Cairns
Rockhampton
Toowoomba
Mt Isa
Brisbane
Darwin
Alice Springs

### Auto Electrician Diesel Fitter Boilermaker Engine Reconditioner

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Mechanical Fitter

Electrical Fitter Mechanic – High Voltage

Ney Dates.	
Date	Item
3 <sup>rd</sup> May	Applications Open (4 weeks)
29 <sup>th</sup> May	Applications Close
6 <sup>th</sup> June	Online aptitude testing commences
8 <sup>th</sup> – 19 <sup>th</sup> August	Engagement Centres (includes interview + mechanical testing)
September	Outcomes

Any questions please get it touch! apprenticeships@hastingsdeering.com.au

SENIOR

### **Health & Physical Education News**

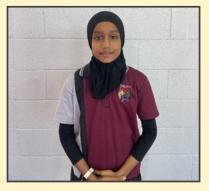
### **Cross Country**

On Thursday, 31<sup>st</sup> March, Toolooa held their annual Cross Country. This took our students off track through a range of various terrains to race to the finish line. Although it was a hot day, all students

put in their best efforts! Well done to all students who competed and gained participation points! A big congratulations to our Cross-Country Age Champions for 2022!

12 Years	Mia Hetherington & Zack		
13 Years	Aleena Quadri & Hayden Thomas		
14 Years	Finn Robinson & Ryan Goltz		
15 Years	Cara Corke & Oscar		
16 Years	Jenna Lester & Bailey Stewart		
17 Years	ears Charli Harrison & Declan Corke		
Opens	Billie Orth & Zac Pender		







The overall Careport Results were;

1 <sup>st</sup> – Elliott	1202 points	
2 <sup>nd</sup> - Keppel	1021 points	
3 <sup>rd</sup> - Curtis	963 points	
4 <sup>th</sup> - Heron	673 points	



In addition to this, we had a number of students go and represent Toolooa at the Port Curtis Cross Country Trials. A massive congratulations goes to Aleenah Quadri who smashed her other competitors in the 13 years age group and will be representing Port Curtis.

Following this, congratulations to the following students who have been selected for Port Curtis Cross Country;

Ryan Goltz	Annika Petrie			
Zac Pender	Shanelle			
	0.10.10.0			
Dakota	Billie Orth			
Ballota	Billie Grai			
Mikayla Norman	Emily Orth			
Millayia Norman	Ennigoran			
Zachary				
Zaonary				



### **Athletics Carnival**

A reminder that our annual Athletics Carnival is being held this term on Tuesday, 21<sup>st</sup> June (Week 10). Over the next coming weeks students will be required to collect a permission form from the PE staffroom allowing them to compete in our high-risk events of discus and javelin. Please encourage your child to listen to the student notices for when these forms can be collected. If you or your child has any questions regarding the upcoming carnival, please feel free to contact me.

### Additional Sporting Achievements

A few weekends ago, one of our very own students, Archie Tennant, competed in the Little Athletics Australia competition. Archie had travelled all the way to Victoria to compete and boy was it worth it! He placed;

- 2<sup>nd</sup> in long jump with a personal best of 5.74m
- 4<sup>th</sup> in the 200m preliminaries (9<sup>th</sup> overall)
- 2<sup>nd</sup> in the 4x100m relay
- 3<sup>rd</sup> in triple jump with a personal best of 11.63m
- 2<sup>nd</sup> in the 100m preliminaries
- 5<sup>th</sup> in the 100m final with a personal best of 12.34 seconds!
- And finally, 2<sup>nd</sup> in the medley relay.

A huge congratulations to our young superstar Archie for your massive sporting achievements!







# Let's get home safe!

Gladstone PCY0

Thursday 19th May, 3pm-4pm

Let's get home safe!

Come and join us at PCYC Gladstone for this year's National Road Safety Week event!

Chalk drawing competition, FREE pizza, road safety professionals to answer your questions.

Bring your friends & family and let's all work together to keep our roads safe!

AND did you know that you can make a pledge to keep our roads safer? Visit https://roadsafetyweek.com.au/home/#home/pledge and join the 45925 other Australians

This event is brought to you by Queensland Police Service, Department of Transport & Main Roads and PCYC QLD.

Gladstone PCYC 53 Yarroon Street, West Gladstone Ph: 07 4972 3122



ent of Transport and Main Roads



Building safer, healthier communities through youth development

pcyc.org.au

### **Technology News**

Exciting times for the Technology department, and all the students that



undertake studies in the metal work/ engineering field, because the augmented reality welder has **arrived!** The augmented reality welder will allow students to learn welding skills virtually and be able to have their welds assessed against industry standards. The students will be cutting down on waste of materials while receiving feedback on their welds through videos, 3D models and data all generated through the welders built in software. A massive thank you must go the P&C for their help that allowed us to purchase this invaluable tool that will allow us to educate our students in a way we have never been able to do before.







### **English News**

Mrs Shore's year 8 and 9 English classes have proven to be budding authors. Mrs Shore was most impressed with the writing of two students in class recently, and part of their creative writing during class is shared below.



Verity and classmates were given a stimulus of: After the unemployment crisis of 2020, the Australian government decided to introduce a new system where people are assigned a job at birth. Their future career is tattooed on their arm for everyone to see.

My baby was born on the 28th of march. Beautiful orange hair and blue eyes. The day was not good, though... It was the the day the world ended. The day the employments went down. I was quite confused when the doctors came in with a tattoo pen. My baby nestled deep into my arms, and I got quite angry when the nurse came towards my baby, demanding she tattoos his arm with the gun.

I could understand only some of the nurses speaking, as her heavy cotton mask concealed her mouth. I wasn't really paying attention, as the toxic hospital air filled my lungs. It smelt of what a dental clinic would smell like. TOO clean for my liking.

I cringed. I didn't want my baby waltzing into a work place the day she could walk. It wasn't fair on him. She was too young. And just being born, you would reconsider waiting until being 16 years old until being marked with a tattoo gun. But no. It had to be right when your born. Lincons' soft skin rubbing on my bare em reminds me of how much it may hurt when the needle hits his skin. I looked up at my own mark. An ancient picture of a school was engraved. We where not allowed to cover it up. Not even with makeup. The whole word needed to see exactly what you where assigned with. I wanted Lincon to grow up thinking of random jobs he wanted. If he wanted to be an astronaut, he could. If he wanted to be a lawyer, he could.

All this daydreaming had caught me astray from reality. I didn't even realise my baby already had his mark. I wondered why he didn't even cry. I stared in horror as I seen what it was. A jail officer. Probably one of the worst jobs you can be marked with. Many jail officers get killed by convicts. I was truly horrified by this. I put my baby boy in his crib and stood up. I pulled my weak hand up, and slapped the nurse hard on the face. I could feel the burn of her face when I withdrew my hand. The police officer came in almost immediately. Perhaps I had slapped her too hard, as tears started streaming down her face. I sat back down on my bed. I glared at the officer and he left. It was like I did nothing? I looked into lincons crib. He was there, with a black tattoo surrounded by flushed red skin. I felt angered, as like there was nothing wrong with tattooing my baby.

Another student's year 8 English class were tasked to write a resolution scene as a warm up. The climax of the story is trying to escape a 'monster' that locked your character in an abandoned warehouse... how would you resolve this story?

### One student wrote:

Sweating bullets, heart racing, he ran as fast as his legs could go, wondering why warehouses were so large.

The figure was getting closer, the shadows on the walls grew. Tom had run into a dead end.

Collapsing to his knees, feeling defeated, helpless. He cried out for his friend. Eyes closed, face in his hands, tears slipping through his fingers and hitting the floor.

The footsteps got louder and louder and so did his sobbing.

"Tom?" A voice echoed

He looks up to see the figure. They're standing on Tom's right side. The voice is familiar.

Out of the shadows and into the pale light that shines through the yellow window, a face that reflects innocence.

"Oakley?" Tom cried out through sobs.

The figure runs up to Tom and embraces him.

The feeling of warm water gushing down his back, the adrenaline wears off as the sharp pain shoots through his spine. Tom goes weak as his life slips away from his finger tips.

A painted smirk upon the figures mask is all Tom sees before he closes his eyes. His time is up.

The figure pets his mutated sidekick, something once contained and hid away from the public for its anomalous properties was being used against humanity. All it took was one man, a flawed background check and a mental breakdown.

Two survivors remained, one started this apocalypse and the other is oblivious as to how much danger they were in.

Oakley sat in the field outside of the warehouse, picking flowers as he awaits his best friend's return. Blissfully unaware.

### **English News**



Furthermore, another budding writer at the school, Taj, has been sharing his work with Mrs Shore over the year, and a piece appears below.

### The adventure of Todd duck and the terrible time-travelling twosome by Taj

The time was 18587, planet AGHA. Famous hero Todd Duck was on his way to the A.D.G with military general Taegon. "High knight Tylen I wish to speak to the council." Taegon demanded. As knight Tylen opened the door, Todd and general Taegon bowled.

"what is it that you wish to speak about." Councillor Macklenzyme questioned with impatience. The ground shook as if 10 earthquakes were occurring in sync suddenly a obelisk crashed through the roof.

As the knights raced over to investigate the obelisk, it lit up and made all the guards faint. Todd walked towards it with heavy shoulder. He reached the obelisk and took a stone from the centre of the structure. Everything went dark. As Todd Duck started floating a spirit drew some mysterious symbols then disappeared back into the stone.

"What the hell was that!" Conrag yelled. As he rushed into the room. Guards were scouting the room.

"That was a spiritual powered obelisk." Todd stated with excitement. The next day Todd rushed to the local library in search of a book. "can I help you?" Asked the librarian.

"Yes I'm am looking for the book of the spoken tongue." The librarian nodded and walked toward a case. As the librarian opened the case, Todd started to be contained in the book. Suddenly, Todd opened his eyes. He appeared to be at the bottom of a hill.

As he walked towards the bottom of the hill, he saw a two headed dog. He walked close enough to see the beast's collar with the writing 'Burnchillus' written on it. Todd silently trotted past the creature. When he got to the face of the cliff he stopped to breathe. This was a lot to take in. Finally he started climbing the mountain. Whilst climbing the mountain he slipped, rocks were falling. As the rocks fell, they hit one of Burnchillus' noses. The massive hound started chasing Todd up the mountain it's green flames bursting out of its mouths. He twisted and turned but there was no escape from the mutt. Suddenly the two headed dog stopped chasing Todd and ran down the hillside as a blinding light came towards the duck. An elderly man had emerged from the blinding light.

"I hear you are looking for an answer to a question!" He said "answer three of my riddles and I shall give what you seek!" Todd nodded in acceptance. "What has a head, a tail but no body?" Todd pulled out a coin. "Correct second question, what travels but stays in the same place?" Todd pulled out a stamp. "Last question what has to be broken before you can use?" Todd pulled out an egg. The Oracle was astonished with Todd's intellect. The Oracle wrote down the alphabet of the symbols Todd saw and gave it to him. "This should help you with your mission!" The Oracle announced. Then Todd was teleported back to the library.

Whilst Todd was exiting the library he saw the sky becoming red ,this was a bad sign meteors were falling from the sky and the same symbols the spirit wrote appeared above Todd. Two twin babies were flying forwards Todd like a raging bull.

"We are Deltoid and Demise!" They announced. " and we are here to destroy the time continuum!" They were going to destroy the time continuum. This would cause so much chaos without it nothing would make sense. This is why Todd had to stop them but he couldn't do it alone this is why he had called all of his friends to help.

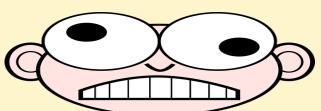
They all stood there side by side ready for Todds command.

"EVERYBODY!! What ever happens here I want you to know that you have all been great friends!" Everyone was ready then. "CHARGE!!!!" Everybody charged into battle. It was two demonic babies against ten people. They crashed and clashed for hours without stop until Roth's got stabbed in his rib cage. Todd ran to him.

" its okay friend just go and ahh kill them." So Todd gathered all of his friends to I finish this fight but before they could finish the fight both of the babies used there supersonic scream and knocked all of his friends out. Will they get out of this sticky situation all will it be the end of Todd Duck

To be continued.....

### **Nurse Natters**



### **Stress and Young People**

Stress believe it or not, is a normal part of everyday life. Problems can arise when stress

becomes regular and doesn't let up. The chemicals your body releases when stressed can build up and cause changes that damage your physical and mental health – so it's good to know a thing or two about it!

### What Causes Stress In Young People?

Young people face stress in many areas of their lives. School can be a very stressful place for some. Feeling overwhelmed by schoolwork and exams, friendship issues, being bullied, falling out with friends, feeling lonely, experiencing peer pressure, stress at home, dealing with serious health problems or coping with memories of past traumas.

Things that cause stress for one person may be different for another person. The important thing is to work out what's troubling you.

### **Common Signs Of Stress:**

Feeling sick	Headaches	Sweating	Trouble sleeping	Constantly Tired
Eat too much	Moodiness	Anger	Irritability	Poor concentration
Eat too Little	Low Self Esteem	Teary/Emotional	Feeling Restless	Feeling Anxious

### What Can I Do If I'm Stressed?

- 1. Take time out for yourself and keep things balanced between work/school and doing the things you enjoy it's OK to say 'no' when it gets too much.
- 2. Be organised, so that your homework and assignments are not left to the last minute.
- 3. Get active! Try to do some exercise every day. Physical activity such as jogging, swimming and cycling can help reduce the tension in your muscles and your mind.
- 4. Be aware of how you're thinking when you're stressed, and challenge the negative thoughts you might have.
- 5. Ask for help! Chat with a friend, parent, trusted adult, teacher, doctor, or youth health nurse. Don't wait for stress to get so bad that you start feeling depressed or helpless.

All of this information is available from <u>www.beyondblue.com</u>, <u>www.health.qld.gov.au/mentalhealth</u>, and <u>www.reachout.com.au</u>.

### Yours in Health

Kerry O'Connell (School Based Youth Health Nurse)



### 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.



### **LOTE News**

Konnichiwa! This term in Japanese, the Year 7s are learning about the Japanese cartooning form called Manga and Anime. They are having fun watching and drawing some vintage anime characters. The year 8 and 9 classes are learning about families and are enjoying some new kanji.

NATTERS

### **Medications In Schools**



Department of Education

### 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 Queensiand 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 1 of the <u>Administration of medication at school record</u> sheet.

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 <u>ASCIA Anaphylaxis Action Plan</u> (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.

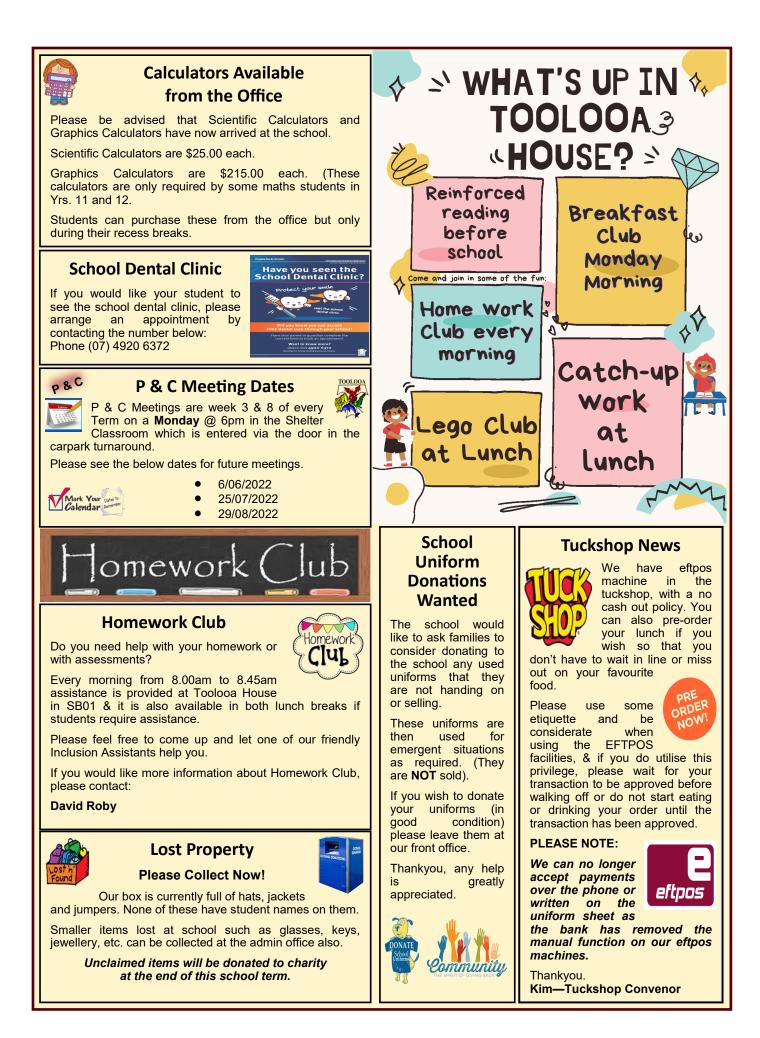
When your child's medication is no longer required to be kept at school, please collect all unused medication. Thank you for assisting the school in keeping our students safe and healthy.

Yours sincerely,

Justin Harrison

Uncontrolled copy. Refer to the Department of Education Policy and Procedure Register at <u>https://ppr.ged.gid.gov.au/pp/administration-of-medications-in-schools-procedure</u> to ensure you have the most current version of this document. Page 1 of 1





### **COMMUNITY NOTICES**



## **Expressive Arts Therapy**

Nurture your creativity in an expressive and therapeutic way (non-clinical)

Improve wellbeing, self-esteem, and resilience

Explore visual arts, music, sound, dance, movement, and writing

Ages 8+

jenworldwide.com

Gladstone QLD 4680

- 🖞 jenniferhollstein@gmail.com 🛛 😓 0482 911 030
- ) @jenworldwide
- facebook.com/jenworldwideart

### 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.

### 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:

- $\Rightarrow$  E-mail:
- $\Rightarrow$  SMS:
- $\Rightarrow$  Phone:
- ⇒ Absentee Office Hours:

### **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.



### Uniform Shop News Opening Hours are Tuesdays



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

8am-12pm

You can download a uniform pre order form from the school website at <a href="http://www.toolooashs.eq.edu.au">www.toolooashs.eq.edu.au</a>

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

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







<u>studentabsentee@toolooashs.eq.edu.au</u> 0426 305 132

49 714 360 49 714 304

### Toolooa State High School

2 Philip Street PO Box 8109 South Gladstone Qld 4680

### **Toolooa State High School Office Hours** Monday to Friday 8:00am - 3:30 pm

General Enquiries Ph. 07 4971 4333