

# Toolooa State High School

## Tune In Toolooa

ISSUE 9

Term 2 — Week 8

6th of June, 2024

### Respect

### Achievement

### Responsibility



## Principal's Piece — Justin Harrison

### Evidence Gathering

Toolooa SHS is a school that is providing all students with a quality education in a safe and supportive environment. We are a school that is constantly reflecting on our current practices and looking for ways to improve.

In the upcoming weeks, a select number of students will have an opportunity to provide Toolooa SHS with feedback on a number of areas that impact their schooling at Toolooa. More specifically, they will complete a survey whereby they give us their insight into areas such as safety, school culture, teaching/learning and clarity and fairness of rules.

This feedback will play an important role in our school's executive committee moving forward in determining priorities for further improvement and thus enabling us to make Toolooa SHS an even better school. We do appreciate the student's feedback.

### Uniform Reminder

Toolooa SHS is a 'uniform school' because the Parents' and Citizens' Association decided at the outset to support the wearing of school uniforms. There are a number of advantages of wearing school uniforms, some of these being; developing a sense of belonging to a group, pride in membership of that group and identification of students travelling to and from school. As it is now getting colder, this is a reminder that the only jumpers that are allowed to be worn are either the school jacket or a plain black jumper or jacket. If students are choosing to wear a black jacket or jumper, please remember that it is to have no logos on it of any shape or size.

### Nationally Consistent Collection of Data on School Students with Disability (NCCD)

Every year, all schools in Australia participate in the Nationally Consistent Collection of Data on School Students with Disability (NCCD). The NCCD process requires schools to identify information already available in the school about supports provided to students with disability. These relate to legislative requirements under the *Disability Discrimination Act 1992* and the *Disability Standards for Education 2005*, in line with the *NCCD guidelines* (2019).

Information provided about students to the Australian Government for the NCCD includes:

- year of schooling
- category of disability: physical, cognitive, sensory or social/emotional
- level of adjustment provided: support provided within quality differentiated teaching practice, supplementary, substantial or extensive.

This information assists schools to:

- formally recognise the supports and adjustments provided to students with disability in schools
- consider how they can strengthen the support of students with disability in schools
- develop shared practices so that they can review their learning programs in order to improve educational outcomes for students with disability.

The NCCD provides state and federal governments with the information they need to plan more broadly for the support of students with disability.

The NCCD will have no direct impact on your child and your child will not be involved in any testing process. The school will provide data to the Australian Government in such a way that no individual student will be able to be identified – the privacy and confidentiality of all students is ensured. All information is protected by privacy laws that regulate the collection, storage and disclosure of personal information. To find out more about these matters, please refer to the [Australian Government's Privacy Policy](https://www.education.gov.au/privacy-policy) (<https://www.education.gov.au/privacy-policy>).

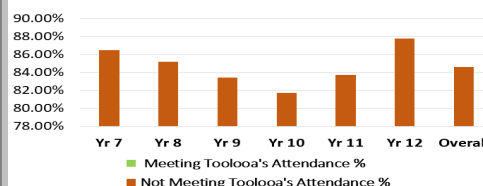
Further information about the NCCD can be found on the [NCCD Portal](https://www.nccd.edu.au) (<https://www.nccd.edu.au>).

If you have any questions about the NCCD, please contact the school.



## Student Attendance Percentage.

Student Attendance Percentage - 2024  
Term 2 - Week 8



## In this Issue

- ◆ Page 2 Principal Piece Continued & Good News Story
- ◆ Page 3 General Notices
- ◆ Page 4 & 5 Senior Schooling News
- ◆ Page 6 Junior Secondary News
- ◆ Page 7 Good Guidance News
- ◆ Page 8 & 9 Art News
- ◆ Page 10 First Nation News & English News
- ◆ Page 11 Home Economics News & Nurse Natters
- ◆ Page 12 For Tender
- ◆ Page 13 Medications At School Info
- ◆ Page 14 Health & Safety News
- ◆ Page 15 General Info
- ◆ Page 16 Community Notices

## For the Fridge

- 11/06/2024 Year 11 Geography Excursion
- 18/06/2024 Athletics Carnival
- 21/06/2024 Last Day of Term 2
- 8/07/2024 Term 3 Commences
- 22/07/2024 P & C Meeting—Shelter - 6:00pm
- 21-23/08/2024 Carnarvon Gorge Excursion
- 26/08/2024 P & C Meeting—Shelter - 6:00pm
- 13/09/2024 Last day of Term 3
- 30/09/2024 Term 4 Commences
- 17/10/2024 2024 Award's Night



# Principal's Piece Continued

## - Justin Harrison



### 2025 Year 11 Subject Selections

This is an important reminder that the first Senior Schooling Information Evening is on tonight in the shelter, starting at 6pm. The Senior Schooling team will be discussing what senior education looks like (Queensland Certificate of Education, ATARs, pathways, etc.) and more specifically, what pathways Toolooa offers to support your child transitioning to further education, training or employment.

Our second parent/guardian information evening is on next week, 13th of June in the shelter at 6pm. This information evening is focussing on what each subject/program is comprised of. Subject Heads of Department, Guidance Officers, Heads of Senior Schooling and the Senior Schooling Deputy Principal will all be available to speak with you about Year 11 subject choices and pathways, and answer any question you may have. Representatives from external training providers will also be present for parents/guardians and students to talk with for any questions in regards to their pathway for 2025.

Final 2025 Year 11 subject choices will be made later this term.

### Parent Teacher Interviews

Last week we held our parent teacher interviews which were a great success. Thank you to the many parents who attended and thank you for being so understanding around the date change. Parent teacher interviews are an important part of a student's educational experience. It is an opportunity for school and home to demonstrate they are on the same team working together towards student success. Research indicates when parents and schools work together children achieve better academically and an improvement in student engagement and wellbeing is evident. Teachers very much welcome these productive relationships and appreciate the chance to discuss your child's progress. Communication is key to the success of these relationships, which is why you may hear from your child's teacher throughout the year, equally we encourage you to contact the school and your child's teacher if you would like more information on how to best support your student. Your child will soon be receiving their Semester report card which is a great indicator of their achievement, effort and behaviour. If you have any concerns, please feel free to discuss your child with their year level Deputy Principal or their year level Head of Student Engagement.



### Good News Stories

#### Congratulations Chris and Nigel

"In 2013, Gladstone Ports Corporation (GPC), as part of its Reconciliation Action Plan under 'Increasing Opportunities,' introduced a new bursary to be awarded to Aboriginal, Torres Strait Islander, and Australian South Sea Islander students currently enrolled and attending secondary schools in the Gladstone Region.

The aim of the bursary is to help facilitate increased opportunities for local Aboriginal, Torres Strait Islander, and Australian South Sea Islander youth by recognising and rewarding successfully nominated students' efforts at school and to encourage them to continue with their education.

As part of these bursaries, Toolooa nominated students to be considered. In conjunction with GPC, Toolooa State High School is proud to announce that Christopher Gyemore and Nigel Row Row have been successful in gaining a 'Talent Today, Talent Tomorrow Bursary' for 2023."

Senior recipient Chris Gyemore.



Junior Recipient Nigel Row Row.





IMPORTANT HPE DATES/INFORMATION:

# 2024 ATHLETICS CARNIVAL

Athletics Carnival is on the 18th of June 2024 (Tuesday week 10) All day at Toolooa State High School Oval

Pre-Carnival events are happening during week 8 & week 9 of this term.

Tuesday Week 10 - 18th of June 2024

Event schedules are in the tuckshop and shelter area of the school and will be advertised on student notices starting week 7.

## Reporting Student Absences

### Student Absences

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

- E-Mail: [studentabsentee@toolooashs.eq.edu.au](mailto:studentabsentee@toolooashs.eq.edu.au)
- SMS: 0426 305 132
- Phone: 49 714 360
- Absentee phone during Office Hours: 49 714 304



## Stymie News



“

Speak up.  
Be brave.  
Please don't stay silent.  
If you see something,  
Say something.



Week 7

“

### Together

we create a place where there is space to be you, space to be me, kindness, learning, listening, trust and positive action.

”



Week 8



## YR 10 TO 11 SENIOR SCHOOLING INFORMATION EVENING

Thursday **6th of June**, 2024

**6pm** In The Shelter

Year 10 to 11  
Senior Schooling  
Information  
Evening



## 2025 Year 7 Enrolments

Enrolments for 2025 will open on the first day of Term 3 - Monday, 8th July, 2024.

Please visit our office to collect an enrolment package

Completed packages are due back to the office by the end of Term 3 - Friday 13th September.

Like us on Facebook for other information

Please contact the office if you have any questions.  
49714333

## School Jackets

As the weather cools down, a reminder that students can wear a plain black jumper or jacket to school, or the TSHS jacket.

TSHS Jackets can be purchased for \$40 from the school cashier (office - not the uniform shop), which opens at 8am daily.

**Senior Schooling News**  
With Darren Boase



*Senior  
Schooling*



**BLUE STONE**  
MEDICAL & PROFESSIONAL

**Starting Term 3  
ENROL NOW...**

**Certificate II in Health Support Services  
HLT23221**

Infection Control and Workplace Health & Safety training included.

These skills can be used in many industries like Health, Retail and Hospitality.

One day a week, on site training at 70 Lord Street, Gladstone.

See Toolooa Senior Schooling Team in the library for an application pack .



**Apprenticeships at  
Ergon Network and Energex**

Online information sessions coming up:

- Tuesday 11<sup>th</sup> June 4pm-5pm, and
- Thursday 13<sup>th</sup> June 6pm-7pm

Attend an online information session to learn more about our Apprenticeship Program. See our websites or your Careers Advisor / ILO/ VET Coordinator for more information.

[ergon.com.au/careers](http://ergon.com.au/careers) | [energex.com.au/careers](http://energex.com.au/careers)



Part of Energy Queensland



## Senior Schooling News With Darren Boase



*Senior  
Schooling*



## 2025 APPRENTICESHIP AND TRAINEESHIP PROGRAM

Working together to  
achieve our vision

**Gladstone Regional Council is proud to facilitate the upskilling of our region with diverse roles available across a variety of Council locations.**

There are a variety of opportunities which will provide on-the-job training and support to develop employability skills, knowledge and experience.

Council is offering the following apprenticeship and traineeship opportunities in 2025:

- Apprentice Nursery Gardener
- Apprentice Botanic Gardener
- Apprentice Electrician
- Apprentice Plumber (x 2)
- Business Administration Trainee (x 6)
- Community Services Trainee
- Designer Cadet
- Event Trainee
- First Nations Fire Trainee (x 2)
- ICT Trainee (x 2)
- Live Production Trainee
- Process Operator Trainee
- Waste Management Trainee
- Workplace Health and Safety Trainee.

Information Session Wednesday, 19 June 2024,  
register via Council's website.

**Applications open noon, Monday, 1 July and close noon,  
Friday, 19 July 2024. Apply online via Council's website.**



[www.gladstone.qld.gov.au](http://www.gladstone.qld.gov.au)



## 2025 APPRENTICESHIP AND TRAINEESHIP PROGRAM

Working together to  
achieve our vision

**Gladstone Regional Council is proud to facilitate the upskilling of our region with diverse roles available across a variety of Council locations.**

There are a variety of opportunities which will provide on-the-job training and support to develop employability skills, knowledge and experience.

Council is proud to offer two First Nations Fire Trainee positions via the 2025 Apprenticeship and Traineeship Program. Council recognises the importance of land management and cultural burning as the most appropriate way to mitigate the effect of bushfires.

Successful applicants will work closely with our region's Traditional Owners to establish healthy management of country.

Information Session Wednesday, 19 June 2024,  
register via Council's website.

**Applications open noon, Monday, 1 July and close noon,  
Friday, 19 July 2024. Apply online via Council's website.**



[www.gladstone.qld.gov.au](http://www.gladstone.qld.gov.au)



## APPRENTICE INFORMATION SESSION - INTAKE 2025



QAL extends an invitation to Year 12 students and family members to participate in our Apprentice Information Sessions on:

- Wednesday, 12 June 2024 or
- Wednesday, 19 June 2024.

As an apprentice you will receive hands-on training and mentorship from QAL's experienced workforce, excellent working conditions, enrollment in TAFE courses, and upon successful completion, a globally recognised qualification in your chosen trade.

- Fitting & Machining Apprenticeship (4-Year)  
Certificate III in Engineering – Mechanical Trade
- Electrical & Instrumentation Apprenticeship (5 Year)  
Certificate III in Electrotechnology Electrician &  
Certificate III in Instrumentation and Control


As one of the region's largest employers, our unwavering commitment is to cultivate a skilled and talented workforce, ensuring a strong foundation for the future.

4:15pm Arrival  
4:30pm - 5:30pm Info Session  
Bob Druitt Building - QAL



RSVP  
Scan QR Code

From The Junior Secondary  
Head of Department  
With Gerard Clark

JUNIOR  
SECONDARY  
HEAD OF DEPARTMENT  
With Gerard Clark  




TOOLOOA STATE HIGH SCHOOL

## HOW TO FOCUS While Studying

As we enter the busy assessment and exam period, it's important to stay focused and organized. Here are some tips to help you succeed and manage your time effectively:

1. CREATE A STUDY SCHEDULE: PLAN YOUR STUDY TIME IN ADVANCE. BREAK YOUR REVISION INTO MANAGEABLE CHUNKS AND ALLOCATE SPECIFIC TIMES FOR EACH SUBJECT. CONSISTENCY IS KEY, SO STICK TO YOUR SCHEDULE AS CLOSELY AS POSSIBLE.

2. PRIORITIZE YOUR TASKS: IDENTIFY WHICH SUBJECTS AND TOPICS NEED THE MOST ATTENTION AND PRIORITIZE THEM. MAKE A LIST OF WHAT NEEDS TO BE DONE AND TACKLE THE MOST CHALLENGING TASKS FIRST.

3. STAY ORGANIZED: KEEP ALL YOUR STUDY MATERIALS, NOTES, AND TEXTBOOKS ORGANIZED. USE FOLDERS OR BINDERS FOR EACH SUBJECT, AND MAKE SURE YOU HAVE EVERYTHING YOU NEED BEFORE YOU START STUDYING.

4. TAKE BREAKS: IT'S IMPORTANT TO TAKE REGULAR BREAKS TO AVOID BURNOUT. STUDY FOR 45-60 MINUTES, THEN TAKE A 5-10 MINUTE BREAK. USE THIS TIME TO STRETCH, WALK AROUND, OR HAVE A HEALTHY SNACK.

5. USE A VARIETY OF STUDY TECHNIQUES: DIFFERENT TECHNIQUES WORK FOR DIFFERENT PEOPLE. TRY SUMMARIZING YOUR NOTES, CREATING MIND MAPS, USING FLASHCARDS, OR TEACHING THE MATERIAL TO SOMEONE ELSE. FIND WHAT WORKS BEST FOR YOU.

6. PRACTICE PAST PAPERS: FAMILIARIZE YOURSELF WITH THE FORMAT AND TYPES OF QUESTIONS YOU MIGHT ENCOUNTER IN THE EXAMS. PRACTICING PAST PAPERS CAN HELP YOU IDENTIFY AREAS WHERE YOU NEED MORE REVISION.

7. STAY HEALTHY: ENSURE YOU'RE GETTING ENOUGH SLEEP, EATING NUTRITIOUS MEALS, AND STAYING HYDRATED. PHYSICAL EXERCISE CAN ALSO HELP REDUCE STRESS AND IMPROVE CONCENTRATION.

8. ASK FOR HELP: IF YOU'RE STRUGGLING WITH A PARTICULAR TOPIC, DON'T HESITATE TO ASK YOUR TEACHERS OR CLASSMATES FOR HELP. FORMING STUDY GROUPS CAN ALSO BE A GREAT WAY TO SHARE KNOWLEDGE AND SUPPORT EACH OTHER.

9. STAY POSITIVE: BELIEVE IN YOUR ABILITIES AND STAY POSITIVE. STRESS AND ANXIETY ARE NORMAL, BUT TRY TO STAY CALM AND FOCUSED. REMEMBER THAT YOUR HARD WORK WILL PAY OFF.

10. PREPARE THE NIGHT BEFORE: ENSURE YOU HAVE ALL THE NECESSARY MATERIALS READY THE NIGHT BEFORE AN EXAM OR ASSESSMENT. THIS INCLUDES PENS, PENCILS, CALCULATORS, AND ANY OTHER ALLOWED RESOURCES. GET A GOOD NIGHT'S SLEEP SO YOU CAN PERFORM YOUR BEST.

Good luck with your assessments and exams! Remember, preparation and a positive mindset are the keys to success. You've got this!







## Good Guidance with Karyn Baxter, Jenny Morris, & Silke Hetherington. *FROM THE GUIDANCE OFFICE*



### Assessment Time Survival Tips

For generations, families with teenagers as a part of their lives have lived the rollercoaster of what is now referred to as 'adolescent angst'. We have all enjoyed the romance and drama of Romeo and Juliet, Sandy and Danny in Grease - to the escapades of Bill and Ted and their excellent adventures. More recently, a new batch of movies with a similar theme - Mean Girls, Pitch Perfect and the new version of Footloose are stories that all depict one theme: the trials and tribulations of surviving those teenage years. Negotiating the turbulence, and the highs and lows that throw families into a frenzy and life into limbo!

As our understanding of the brain develops more and more, medical advances help us to understand the neurology of what goes on during adolescence. This has provided us with much more knowledge as we see such intense changes in the child we thought we knew so well. Understanding these changes helps us to develop ideas to manage and survive what can be a tough time for everyone.

Andrew Fuller - an Australian clinical psychologist, is world renowned for his work with young people and families. Andrew uses his extensive knowledge and understanding - combined with a great sense of humour and fabulous love of life to educate and support kids, schools and families. One of Andrew's key messages is the importance of well-being for all.

Andrew's insight into adolescent development provides us with much food for thought. Andrew's summary of the functioning of an adolescent brain is worth considering.

"So, if the early adolescents' frontal lobes have essentially gone missing in action for a time, this means that teenagers' brains are all tuned up for emotions, fighting, running away and romance, but not so well tuned up for planning, controlling impulses and forward thinking."

Makes sense we think!!

Andrew's expertise has some great tips about improving learning in teens. Some of his thoughts are as follows:

#### ■ Most Learning Doesn't Happen at School!

Children spend only 15% of their time at school. They spend more time sleeping (33%) than they do at school. Most of their time (52%) is at home, awake, mucking around, playing, and learning about life. What they do with this time is important!

#### ■ Most Of Their Future Learning Won't Occur In School.

An estimated 70% of the jobs that will exist in the year 2020 do not exist now. Knowledge is doubling every three years. Fifty years ago a high school graduate left school knowing about 75% of what they would need to know in their working life — today's high school graduate will leave knowing about 2%!

#### ■ Limit TV Watching, Video and Computer Games.

Bad news for those of you with older children! At 17 years of age the optimal amount of TV viewing is half an hour per day. And while some exposure to computer games is good, too much can be toxic.

#### ■ More Than Nine Hours Of Sleep.

Teenagers need as much sleep as children. This is partly because their brains are doing so much work developing. Always remember there is no such thing as a sleep bank. So just because you slept 10 hours one night doesn't mean you can get away with only sleeping six hours the next night. Students who don't get enough sleep have to work much harder to do well at school.

#### ■ Eat a Good Breakfast and Drink Water.

If your Mum ever said have fish or eggs for breakfast because it's brain food, she was right! As long as it's medically safe to do so, a breakfast that is high in protein (think cheese, milk, bacon, eggs) and lower in carbohydrates (think cereal, orange juice and toast) promotes concentration and learning. Encourage your child to drink lots of water; the brain runs on it!

#### ■ Use Aromas

The aromas most often associated with improvements in concentration and memory are lemon, basil and rosemary.

#### ■ Limit the Amount Of Part-Time Work.

Senior secondary students should not work more than ten hours a week at a part-time job. If they do so, there is clear evidence that their marks will suffer.

(From - *Help Your Child Succeed At School* by Andrew Fuller)

As we head into another assessment period, we hope this helps a little bit with managing some of the minefields. Remember you are not alone – we are here to assist. Give us a call if you need to.

## Art News



**TSHS** *Gold Award*  
**Concert Band**



## TSHS Spring Orchestra

*Gold Award*



## TSHS Stage Band

*Silver Award*







# TSHS MUSIC DEPT PRESENTS COURTYARD SESSIONS

WEDNESDAYS FIRST BREAK

UNDER T BLOCK

STARTING TERM 2 WEEK 10

## INTERESTED?

SEE MR CLARK OR MRS STEPHENSON IN CA08

OPEN TO ANY SINGER,  
GUITAR PLAYER, DRUMMER  
ETC. WHO WANTS TO OR IS  
WILLING TO PERFORM  
LIVE!

HAVE YOUR SONG (SOLO OR  
ENSEMBLE) READY TO GO AND  
HAVE YOUR NAME ADDED TO THE  
PLAYLIST - LIMITED NUMBER OF  
PERFORMANCES EACH WEEK





## First Nations

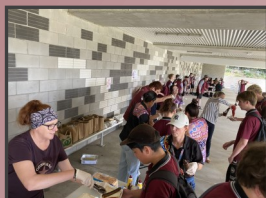
### First Nation News

Reconciliation Week occurs annually from May 27th to June 3rd. It is a time for all Australians to reflect on the relationships between Aboriginal and Torres Strait Islander peoples and non-Indigenous Australians. The week commemorates two important milestones: **Anniversary of the 1967 Referendum** and **Anniversary of the High Court's Mabo decision**. It's a time to celebrate achievements in reconciliation and to reflect on the ongoing journey towards a reconciled, just, and equitable Australia for all.

Last week, our Toolooa SHS community celebrated Reconciliation Week with Junior and Senior parades, focusing on this year's theme, **Now more than ever!** Where staff and students recorded statement presented in an amazing PowerPoint about what Reconciliation means to them as part of the Toolooa Community. We culminated our celebrations with a whole school BBQ and music Under T block, thanks to our wonderful P & C and ESS Compass.

Our school community would like to send a massive thank you to all the staff and students that assisted throughout the week and our volunteers from the community.

- YBI: Majella, Katherine, and Hannah.
- Uncle Rick from Contract Resources.
- Nicolle and Bec from the Smith Family.
- The Salvos for the loan of the BBQ trailer.



## English News

In Year 8 LPG this term, students have been reading and comprehending First Nations stories and the connection to culture. In keeping with our First Nations theme, we invited our social worker, Alyssa, to teach our 8G class about Māori culture from her life growing up in New Zealand. She shared with us an origin story on how Maui Fished Up the North Island of New Zealand, as well as teaching our students key Māori language. Thank you to Alyssa for sharing your culture with our class.



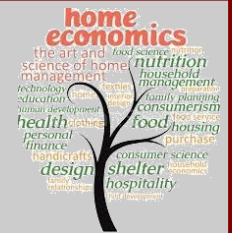
## ENGLISH 8-12 TERM 2

	M	T	W	T	F
1	15 April	16	17	18 Year 12 Eng IA1 draft	19
2	22	23	24	25 PUBLIC HOLIDAY	26
3	29	30 Year 12 Lit IA2 final	1	2 Year 12 Eng IA1 final	3
4	6 PUBLIC HOLIDAY May	7 Year 11 Lit FA2 draft	8 Year 11 Eng FA2 draft	9	10
5	13	14	15	16	17
6	20	21 Year 11 Lit FA2 final	22 Yr 11 Eng FA22 final & Yr 11 ENE FA2 draft	23	24 Year 12 ENE CIA practice
7	27 Year 8 short story draft	28	29	30 Year 12 ENE CIA practice	31 Year 9 spec fic draft & Year 12 ENE CIA practice
8	3 June	4 Year 10 video essay draft	5 Yr 11 ENE FA2 final	6 Year 10 video essay draft	7
9	10 Year 8 short story final & Year 12 ENE CIA	11	12	13	14 Year 9 spec fic final
10	17 Year 10 video essay final & Year 8 LPG exam	18 ATHLETICS Year 11 and 12 reporting due 9am	19	20	21 Years 7-10 reporting due 9am Tues 6/7





## Home Economics News

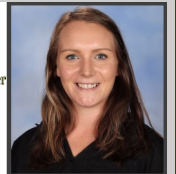


Grade 10 TFF students have been very busy this term, making a tote bag. This has been a big step up for our Food and Fibre students in terms of their sewing, as they've had to make a pocket and facing to line their bag, so they look very professional and will be more durable and user friendly. The students have really been enjoying stretching themselves and creating something more complex and something that they will be able to use regularly.



Some of the bags part way through the sewing process

## Nurse Natters



## MINDFULNESS

### What is Mindfulness?



Mindfulness is the practice of being fully present and engaged in the moment, aware of your thoughts and feelings without judgment. It helps individuals slow down, reduce stress, and enhance their mental and emotional health.

### Why is Mindfulness Important for Teens?

Teenagers face unique challenges, including academic pressure, social dynamics, and the pursuit for self-identity.

#### Practicing mindfulness can help teens:

**Reduce Stress:** Mindfulness techniques can lower cortisol levels, the stress hormone, promoting a sense of calm.

**Improve Focus:** Mindfulness exercises can enhance concentration.

**Boost Emotional Regulation:** By recognizing and accepting their emotions, teens can manage negative feelings more effectively.

**Enhance Relationships:** Mindfulness fosters empathy and understanding, which can improve interpersonal relationships.

#### Simple Mindfulness Activities

**Mindful Breathing:** Spend a few minutes each day focusing on your breath. Sit comfortably, close your eyes, and take slow, deep breaths. Pay attention to the sensation of the air entering and leaving your lungs. This practice can be especially helpful before exams or stressful events.

**Body Scan Meditation:** Lie down in a comfortable position and close your eyes. Slowly bring your attention to different parts of your body, starting from your toes and moving up to your head. Notice any sensations, tension, or relaxation. This exercise can help you become more aware of your physical state.

**Gratitude Journaling:** Write down three things you are grateful for each day.

**Mindful Walking:** Take a walk outdoors and pay close attention to your surroundings. Notice the colours, sounds, and smells around you and feel the ground beneath your feet. This activity encourages a deep connection with the present moment.

#### Making Mindfulness a Habit

Set aside a few minutes daily for mindfulness you can even use meditation apps. Practicing mindfulness can help develop valuable skills for a healthier, more balanced life.

# OFFERED FOR SALE BY TENDER

## Toolooa State High School

### Process

The listed items are being made available for sale via tender process by Toolooa State High School. Tenders may be submitted by emailing the Business Manager at [bsm@toolooashs.eq.edu.au](mailto:bsm@toolooashs.eq.edu.au). Please email your name, lot number you are bidding on and the amount you wish to tender for the items.

### Timeline

Tenders will be accepted from **Thursday 6 June 2024 to 5pm Thursday 13<sup>th</sup> June 2024**. No Tender will be accepted after this time.

Persons submitting the successful tender will be notified on the **14<sup>th</sup> of June** and are asked to finalise payment by **3pm on the 18<sup>th</sup> June 2024**. Failure to pay by this date will forfeit the sale and the item will be offered to another tenderer.

Payments may be made by cash, bank transfer or EFT.

### Conditions and Inspection of Goods

Goods are offered on a "as is" basis only.

Goods can be inspected by arrangement with our Business Manager on 49714333 during the tender dates.

### After the Sale









No warranty or backup service is available, either implied or stated. Toolooa State High School cannot and will not provide any support either by way of parts or expertise after item has been removed from the school.

### Conditions

The Department of Education reserves the right not to accept a tender, and may set a reserve price. Whilst all care has been taken, the Department of Education disclaims all liability for loss or damage to person or property arising from the removal and subsequent use of any item for tender.

To view photos and to download the Tender forms please follow the link below:

<https://toolooashs.eq.edu.au/SupportAndResources/FormsAndDocuments/Documents/Tender%2005.06.24.pdf>

ITEMS LOT #	Item Description
1	<p>1 x Thicknesser (Year of manufacture: 2012, Make: Makita, Model 2012) Condition comments: Works satisfactorily</p> 
2	<p>1 x Drill Press (Year of manufacture: 2009, Make: Hafco, Model SBD-25A 2 phase motor) Condition comments: Works satisfactorily, chuck missing</p> 
3	<p>1 x Stand Up Oven (Year of manufacture: 2021, Make: Dominica, Model: Unox) Condition comments: Works satisfactorily</p> 
4	<p>1 x Backpack Blower (Year of manufacture: 2017, Make: Husqvarna, Model: 530BT) Condition comments: Works satisfactorily</p> 
5	<p>1 x Backpack Blower (Year of manufacture: 2021, Make: Stihl, Model: BR200) Condition comments: Works satisfactorily</p> 
6	<p>1 x Circular Saw (Year of manufacture: Estimated early 90's, Make: Makita, Model: 5900B) Condition comments: Works satisfactorily</p> 
7	<p>1 x Hammer Drill (Year of manufacture: Estimated early 80's, Make: Makita, Model: Unsure ) Condition comments: Works satisfactorily</p> 
8	<p>1 x Whipper Snipper (Year of manufacture: 2007, Make: Shindaiwa, Model: T270) Condition comments: Works satisfactorily</p> 





## MEDICATIONS AT SCHOOL

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

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

TYPE OF MEDICATION	WHAT NEEDS TO BE PROVIDED TO THE SCHOOL
<b>'AS NEEDED' MEDICATION</b> Examples may include <ul style="list-style-type: none"> <li>- Panadol</li> <li>- Nutritional supplements</li> </ul>	<ol style="list-style-type: none"> <li>1. The medication with a pharmacist label attached that includes:                             <ul style="list-style-type: none"> <li>- Student's name</li> <li>- Doctor's name</li> <li>- Dosage to be administered</li> </ul> </li> <li>2. Complete CONSENT TO ADMINISTER MEDICATION</li> </ol>
<b>ROUTINE MEDICATION</b> <ul style="list-style-type: none"> <li>- Daily Ritalin</li> </ul>	<ol style="list-style-type: none"> <li>1. The medication in its' original container with a pharmacist label attached that includes: The medication with a pharmacist label attached that includes:                             <ul style="list-style-type: none"> <li>- Student's name</li> <li>- Doctor's name</li> <li>- Dosage to be administered</li> </ul> </li> <li>2. Complete CONSENT TO ADMINISTER MEDICATION</li> </ol>
<b>IF YOUR STUDENT CARRIES AN ASTHMA PUFFER THERE IS ALSO A CONSENT TO SELF- ADMINISTER FORM AVAILABLE FROM THE OFFICE</b>	
<b>PLEASE NOTE:</b> The school can not administer any medication to a student unless the above process has been followed. Medication forms for camps or excursions are required to be handed in to the office a minimum of 5 days prior to event.	

PLEASE NOTE: 1. - The school will not administer any medication to a child unless the above process has been followed. The parent/caregiver will be contacted to attend the school for all medication circumstances where the above requirements have not been met. 2.- Medication that needs to be sent away with a child on camps or excursions is required to be handed to the office with all necessary forms completed a minimum of 5 days prior to the event.



# STUDENT HEALTH PLANS

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

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

Further information around student health support can be found here :

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



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

Changing Lives for the better

Central Queensland Hospital and Health Services  
CQHS and Children and Young Health Services

## Have you seen the School Dental Clinic?

Protect your smile

visit the school dental clinic

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

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

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

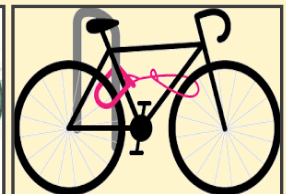
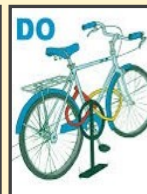
## School Dental Clinic

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

## 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 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 \$25.25 each.

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

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

P & C

## P & C Meeting Dates

TOOLOOA



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.



- |              |              |
|--------------|--------------|
| • 22/07/2024 | • 14/10/2024 |
| • 26/08/2024 | • 02/12/2024 |

## IMPORTANT!

### Digital Consent Management is Here!

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

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

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

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

## LOST PROPERTY

The lost property box in the office is overflowing!

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

## WHAT'S UP IN TOOLOOA HOUSE?

Reinforced  
reading  
before  
school

Breakfast  
Club  
Monday  
Morning

Home work  
Club every  
morning

Catch-up  
work  
at  
Lunch

Lego Club  
at Lunch

Come and join in some of the fun:

## 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.



Thankyou.  
Kim—Tuckshop Convenor



## 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.

PRE  
ORDER  
NOW!

# COMMUNITY NOTICES

## Let's design for generations to come →

### The opportunity

GHD is currently seeking applications for Entry Level Drafters/Designers to join our Northern Australia business. With roles available in Gladstone, this is a rare opportunity to kick-start your drafting/design career with a diverse organisation, dedicated to the development of our people and their careers.

### We have opportunities available for:

- Recently completed or nearing completion (2024) Year 12 students seeking a career as a drafter/designer
- Currently studying an Associate Degree / Advanced Diploma in Engineering
- Recently completed or nearing completion (2024) of Associate Degree/Advanced Diploma in Engineering.

### What are we offering?

We are passionate about the development of our entry-level Drafters/Designers and on our structured Cadet Development Program you will learn about our business, our values, your team and most importantly, yourself. You will develop your decision-making, communication and technical skills, access personal mentoring, and participate in a variety of development activities. You will also gain invaluable on-the-job experience and create networks that will last a lifetime.

At GHD we recognise that our people have a life outside of work and may need support to balance their responsibilities at home or for other interests. GHD is committed to providing flexible working arrangements and ensuring that our employees maintain a suitable balance between work and home.

We are committed to providing Equal Employment Opportunities and invite applications from all nationalities, genders, and cultural backgrounds, including Aboriginal and Torres Strait Islander peoples.



## Interested?

Register here.



[ghd.com/careers](http://ghd.com/careers)



## Uniform Shop News



Opening Hours are Tuesdays  
8am-12pm

Enquiries, online orders or emergencies please email [uniformshop@toolooashs.eq.edu.au](mailto:uniformshop@toolooashs.eq.edu.au)

You can download a uniform pre order form from the school website at [www.toolooashs.eq.edu.au](http://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?

If you are having a Luncheon/ staff morning or afternoon tea, we can help with a variety of options?

Sandwich and Wrap Platters,  
Fruit and Sweets Platters, and  
other options are available.

Call our staff for a quote.

Phone #: 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:	<a href="mailto:studentabsentee@toolooashs.eq.edu.au">studentabsentee@toolooashs.eq.edu.au</a>
⇒ SMS:	0426 305 132
⇒ Phone:	49 714 360
⇒ Absentee Office Hours:	49 714 304

Report an Absence

## 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