PRINCIPAL’S REPORT

2014 Semester 2 Student Targets

All students from Year 8 to Year 12 are currently reviewing their 2014 Semester 1 results and negotiating an achievement target in every subject with their teachers. A summary of each student’s targets for Semester 2 will be posted home by the end of this week. Students will identify personal strategies to assist their progress as they work toward their targets for the remainder of the year.

Christmas in July

Last Friday we celebrated Christmas in July in grand style at our annual dinner, hosted by our hospitality students. The food was excellent and the ambience of the restaurant our students created was amazing. It was hard to believe we were actually sitting in a classroom. Over 100 guests joined us for dinner, themed, “Christmas by the Sea”. Our students served us with speed and personal attention and our student musicians entertained us throughout the evening. This has become one of my favourite evenings of the year. Congratulations to all the students and staff involved. You did an outstanding job.

Brisbane RNA Show Wine Winners

I am very proud to announce that two of our Tullawong students, Kenny Geebung and Kirien Payne, were awarded the prize of Champion Fruit Wine, for their Cherry and Coconut Wine, at the Brisbane RNA Show. In addition, the Science certificate classes created a lovely Cabernet, which won Best Student Red Wine.

Gold Coast Eisteddfod

This Friday our dance students will perform at the Gold Coast Eisteddfod. Our dancers have been very successful this year, having already competed and taken out prizes at the Sunshine Coast and Brisbane Eisteddfods. Many have recently returned from their Sydney Dance Tour, so they will be inspired and ready to shine for Tullawong.

Future Leaders Forum

Last week I was very proud to accompany our School Captains, Connor and Chloe, to the Future Leaders Forum hosted at Parliament House. Our students were invited by our local member, Mrs Lisa France, who accompanied us at lunch. The students travelled to Brisbane with the School Captains from Bribie Island and Caboolture State High. It was a great opportunity to share stories and ideas with our neighbouring Captains. Student leaders from around the State gathered to meet over lunch and listen to guest speakers share their views on leadership. The day was hosted by the Parliamentary Speaker, The Honourable, Fiona Simpson. Premier Campbell Newman spoke to the students about the demands and expectations of leadership and the guest speaker, Andy Gorley, founder of the Schoolies Red Frogs Foundation, talked about building leadership and service to the community. Thank you to Mr Jones for driving our students to Brisbane on the day. It was a day to remember for our Captains.

Mr McPherson’s Retirement

This week a highly respected and long serving Tullawong teacher retired. Mr Jeff McPherson dedicated over 40 years to the profession of teaching. His passion for teaching Mathematics to young people is legendary. Thousands of students over decades have benefited from his extraordinary knowledge in the discipline of maths and his life experiences as a father and teacher. Many of those students are now working in their chosen professions, particularly in the fields of engineering and mathematics, thanks to his dedication to ensuring they had the knowledge and skills to achieve their dreams and aspirations. Mr McPherson’s other passion was his work with schoolboys’ rugby league. Throughout his career he coached and mentored young players and assisted in the organisation of many carnivals. His infamous sideline antics will be sorely missed.

On behalf of the Tullawong State High School Community, I would like to congratulate Mr McPherson on his wonderful career and wish him a very long and happy well deserved retirement.

HAVE YOUR CONTACT/EMERGENCY DETAILS CHANGED RECENTLY?

If so, please advise the administration office as soon as possible on 5428 5222 so that our records are up to date in case of emergency!

YEAR 7/8 ENROLMENTS

Parents and students are welcome to attend our next enrolment afternoon on Tuesday, August 26 from 3 – 6pm in the Resource Centre. Please book your interview online using
the link: https://tullawongshs.eq.edu.au/Enrolments/Pages/Enrolments.aspx.

**TASTE OF TULLAWONG**

The *Taste of Tullawong* showcased the fabulous opportunities offered to our students. Starting with the launch of the school as a Centre for Creative Excellence, the evening proceeded with examples of excellence from all faculties. Guests of the launch were served the Gold Medal red wine made here in our winery by our students. All visitors saw examples of multi-media and the creative ways computer technology can be used to enrich our curriculum.

Exhibition games of basketball, touch football and rugby league were facilitated by Health and Physical Education staff. The Science staff had hair raising adventures with the static electricity generator, and the Mathematics department facilitated games and speed tests. Our Hospitality students brewed and served great coffee and luscious snacks and helped with the sausage sizzle. Industrial Technology staff held car races (powered by soda bulbs) and invited visitors to view student work and offered workshop tours. Our English and History teachers set up a model room so that parents could experience some lessons that highlighted explicit instruction. As well, the canteen served family portions of butter chicken and other meals. Future students could try on uniforms and meet many of the staff. We were all entertained by outstanding dance and music performances. The success of this evening was due to our wonderful and talented staff and students who showed their pride and commitment to Tullawong State High School.

**YEAR 11 EXPLORE QUT DAY**

On Friday June 20, Year 11 students, accompanied by Ms Duke and Mr Hooton travelled to QUT, Kelvin Grove Campus. Students had an enjoyable day and found the experience very informative.

**DAYS OF EXCELLENCE ON 8TH AND 9TH SEPTEMBER**

The next events focus on Creative Industries will be for Year 6 and 7 students who will work with QUT facilitators and our Arts staff to design postcards and to create costumes. Students will also attend lessons and auditions for Extension Dance and Extension Music. Students who have already enrolled will be invited to attend these special days.

**YEAR 9 STUDENTS BUILD AND PROGRAM ROBOTS**

On Thursday June 26, QUT undergraduate Louis Van Dyke facilitated a robotics workshop with Mr Graeme Parker and the year 9 Robotics students. Louis is a 3rd year student, studying for his Bachelor of Games and Interactive Entertainment at QUT. He designs computer games and handheld devices such as those used in Wii. Our students built their own robots and LED cubes and then used Arduino Programs to turn the lights on, so they flickered at different intervals, and controlled the robot’s direction and speed. Excellent work, guys!

**YR 11 CORE SKILLS: PRACTICAL LEARNING EXPERIENCE WITH ‘FATAL VISION GOGGLES’ AND VISITS FROM RACQ.**

Each Wednesday afternoon, Year 11 students have been studying the Core Skills of Driving as part of the Core Skills program. Throughout term 2 and term 3, the Year 11 students will drive Senior Constable Andy Carl around an obstacle course of traffic cones in the maintenance cart whilst wearing the ‘Fatal Vision Goggles’. These goggles aim to simulate what driving under the influence of alcohol could be like and it was lucky in some cases that the cart could only reach a very low speed. Videos have been included so you can see for yourselves the fun students had, learning these very important lessons. Thanks Andy for your calm, patience, reassurance and most of all, your time.

RACQ has also visited our school to present their ‘Free to Go’ program where students can join the club for benefits such as...
Roadside Assistance, Tips and Discounts whilst the students are learning to drive and under 18 years old. RACQ then bought a defective vehicle to show students some of the problems to look for when they are purchasing a car such as the illegal use of blue lights and the VIN plate not matching the car. The representatives were able to answer most of the students’ questions and to provide advice on how to have a legal and safe vehicle.

http://www.youtube.com/watch?v=wo7UCJSkdGs
http://www.youtube.com/watch?v=QNE4QQ22pw0
http://www.youtube.com/watch?v=UL4khGg0FmE

CERTIFICATE IN FITNESS

During the last week of term 2, Certificate III and IV Fitness students travelled to Beerwah with some additional Physical Education students for a fitness experience. The day started at Hinterland Boxing Club, where the students were taken through some boxing techniques and then some specific fitness activities for boxing. They then moved on to the Fitness Plus Gym in Beerwah, where the Certificate students took the Physical Education students through an individualised personal training session. As well as familiarising themselves with the traditional gym equipment, the students also utilised some CrossFit type activities such as tyre flipping and rope climbing. The day concluded with a gym circuit where students worked on a range of muscles throughout the circuit. After a long day with sore muscles, the students returned to school with some practical experiences in a realistic setting. The students were exposed to a real gym atmosphere which will go a long way to helping them towards getting their qualifications as fitness professionals.

A big thank you to Stephen from Hinterland Boxing Club and Jason from Fitness Plus for the day.

SYDNEY DANCE TOUR

On Monday July 21 to Thursday July 24, 29 of our Dance Extension students from Years 8-11 travelled to Sydney for a four day dance tour.

DAY ONE

On the Monday morning, students boarded the bus at Tullawong State High School at 4.30am ready to travel to Brisbane airport with many students experiencing flying for the first time. Students boarded the party bus complete with lights, music and a dance floor, all dressed up in costumes that were reflective of the first letter of their first name. Students took a sightseeing tour of Sydney to help get their bearings and became familiar with the city. Students visited- Bondi Beach, Circular Quay, Luna Park, The Opera House, The Harbour Bridge and Darling Harbour. The highlight of this tour was the students performing a ‘Flashmob’ on the stairs of the Opera House.

DAY TWO

Tuesday morning saw students rising nice and early to take part in workshops at Brent Street Studios- a full time dance school responsible for many professional dancers in the industry. Students were taught a Contemporary and Jazz class taught by Chris Tsattalios. In the afternoon students travelled to Woolloomooloo Wharf and attend Sydney Dance Company - Australia’s premier Contemporary Dance Company. Here, they learnt a Musical Theatre piece and a Lyrical Contemporary. They also got to explore the studios where Dance Academy on ABC was filmed.

DAY THREE

Wednesday morning students travelled to Ballet Barre Extend in York Street and participated in a Ballet/Plates class which is the new fitness trend in Sydney. Students used fit balls, the ballet barre, weights and elastic therabands to work out their bodies. In the afternoon, students had the privilege to work with Sarah Boulter from ‘So You Think You Can Dance’ and Ev and Bow in a contemporary choreography workshop, where students learnt so much that we know they will apply to their studies. At night, students dressed up to the nines to go to the theatre to watch The Lion King at the Capitol Theatre. Students were awestruck by the magic on stage.

DAY FOUR

The final day of tour saw students attending a boot camp session by the harbour which included a run around the Botanic Gardens and a Pilates/Yoga/Tai Chi class by the water to stretch out their weary muscles. In the afternoon students had time to shop up a storm at Pitt Street Mall before departing for home.

Overall, students conducted themselves with professionalism and wore their Tullawong uniform with pride! We hope all students treasure the memories of Sydney Dance Tour forever.
Thursday August 21 is Drama Night! Students of the Drama Troupe will showcase their talent in three one act plays; “The Big Race”, “Hamlet” and “The Wall”. Students from drama classes, in various year levels, will be displaying excerpts of their class work and performance assessment.

The evening commences at 6.30 pm in the Performing Arts Block and costs $5 per person or $20 for a family of 5. Please come along and support our students…be stunned and amazed by their great talent! Tickets can be bought from the school cashier or at the door on the night.

Work Experience at Cooper Grace Ward Lawyers

My name is Chelsea Cochrane and I am a year 12 Legal Studies student. During the July school holidays I spent three days completing work experience at Cooper Grace Ward, a high end, and well known law firm in Brisbane City.

Working in a law firm involves much more than what’s portrayed on television shows like SVU or Criminal Minds. It involves everything from writing letters to clients, making phone calls, and organising files, to running documents to court, researching legislation, and of course, photocopying and shredding.

The employees at Cooper Grace Ward were all very kind, hardworking and accommodating. I found myself completing useful tasks and was shown around to various departments of the firm including taxation, litigation, human resources, family law and marketing.

Completing work experience over the school holidays was a great opportunity and I learnt a lot by being immersed in a legal environment. If you would like to be a lawyer, or any occupation for that matter, I believe the best way to express your interest in a profession, is to spend time in the profession. You not only get to wear nice clothes, but it looks great on your resume, and it will help you better understand your future career path.

Chelsea Cochrane
Year 12

Queensland Core Skills Test (QCS) is a state-wide test for year 12 students which will occur on September 2 & 3. About 70 year 12s (all OP-eligible students must sit) will sit this test. Students not doing the test will be in regular timetabled classes.

We wish all our students doing this test all the best. Breakfast will be provided in HE10 from 7.45am both days.

It is important that students sitting the test bring the appropriate equipment to each of the 4 sessions.

Strict procedures around absence from the test apply to all OP eligible students. If circumstances affect your attendance, please contact the school. Non-participation in the test can affect a student’s OP.

Looking for a dress for formal or another special event?

Intercept Youth and Family Service has a range of new and pre-loved cocktail and evening wear dresses for sale.

Dresses range from size 6 to 18, and cost is $10 – $25. Contact Intercept on 5428 1684 to check out the range – located in Caboolture.
ATHLETICS CARNIVAL

Tullawong State High School’s Athletics Carnival was held on Friday 25th July. The day was a huge success with students showing excellent behaviour, sportsmanship and athletic ability.

AGE CHAMPIONS

13 Boys – Jaden Calmers
14 Boys – Rotuma Taylor-Aleki
15 Boys – Tyla Miller
16 Boys – Robert Fawcett
Open Boys – Travis Purdie
13 Girls – Lonnie Ash
14 Girls – Imogen Vaugn
15 Girls – Tori Herd
16 Girls – Priscilla Toa
Open Girls – Isabel Castrillejo

OVERALL HOUSE POINTS

1st – Bambara on 1255
2nd – Kiata on 1241
3rd – Garagah on 1069
4th – Alinta on 929
5th – Wooroonga on 894

RECORDS BROKEN

Lonnie Ash – 100m (13.91), 200m (29.60)
Kaleb Radford – shot put (13.05)
Jaden Chalmers – 400m (1.10)
ToriHerd – 100m (13.28), 200m (28.21), 400m (1.06), 800m (2.37)
Isabel Castrillejo – 100m (13.97), 200m (28.65), 800m (2.53)
Ezra Sara – 100m (11.50)
Bianca Hewitt-Ruhle – Shotput (10.75)

Sports Day July 25, 2014 by Asta Charlton, Year 12 Student

On Friday July 25, it was Tullawong SHS’s annual Athletics Carnival. This year the theme was “Forces” with all houses represented by both the teachers and students dressed up in wonderful and elaborate costumes. Some of the memorable costumes of the teachers were from Mr Williams as a wizard, Mr Thomas as Rambo, Mrs Horton as a sailor and Ms Brown as a fireman. There were many students dressed up in theme. Some dressed as cool looking sheriffs, many as police officers and some as army lads. Darth Vader was there and even participated. There were also some dinosaur riding racers and even a SWAT team to keep everything under control.

The day started out with each house having a parade with everyone all dressed up and prepped for the big day. All the houses set out to the oval, where each house marched down the 100 metre track led by their House Leaders. First House to go down the track was Alinta, then Bambara and followed by an enthusiastic Garagah showing off their house. Kiata followed next causing a scene, which was led by some cool looking sheriffs charging to the finish line. Lucky last was Wooroonga, led by a Swat team and a Sailor stopping in front of Bambara to shout their war cry. This was a wonderful way to start the day off – making memories, having fun and breaking records.

Thanks to the PE department, all the staff, student leaders and a big thanks to Ms Knack, who has been neck deep with the organising and paperwork involved in the Athletics Carnival. It was a great turn out this year. All the best of luck to each house and students at next year’s carnival.

YR 11 REACH – EXCURSION TO RYDA, DRIVER AWARENESS PROGRAM

Some of our Year 11 students participated in the Rotary Youth Driving Awareness Program during Week 2 of this term to further enhance their knowledge and thinking about driving, especially since most students are in the process of getting their licences. The workshop sessions included judging stopping distances, evaluating vehicle safety, how to prepare to avoid or minimise the impacts of crashes and listening to the stories of a crash survivor and a police officer. Here are some of the student’s thoughts on the program.

“The RYDA excursion was a wonderful experience! It was fun learning with my friends, about things that can affect us personally”. – Harmony

“The RYDA excursion opened my eyes to the dangers and hazards of driving that I never knew had existed before. The responsibility of driving is phenomenal, but it sure convinced me to be safe on the roads! Thanks heaps”. – Anastasia
“The RYDA excursion was fantastic. The people there were friendly and they taught us a lot of things that I didn’t know about driving and its dangers”.–Jocell

We would like to thank Neville and the Sunshine Coast Rotary Club for facilitating and organising the day and Petrus for driving the bus and supervising students on the day.

LIBRARY NEWS

Winter Warmers

Want to learn how to knit a beanie and a scarf? Sign up to Winter Warmers at the front desk in the Library. All you need are 6mm knitting needles and 8 ply wool. We will be starting Monday 28th July lunch 2 in the Library.

Tantalising Text Talk

One of the simplest ways to improve reading levels is to normalise reading. What this means is that we show our children/students that reading is a normal everyday thing to do. We encourage reading by modelling good reading habits, talking to our children/students about what we have read and letting them see us reading. It doesn’t matter if you are reading a book, magazine, newspaper, graphic novel, comic or blog. What is important is that you are reading and you are seen to be reading.

Tantalising Text Talk is a read out loud activity that takes place the first Wednesday of the month Lunch 1 in the Library. Our June guest reader was Ms Borowski, the Junior Secondary Head of Department, who read Jack London’s “The Call of the Wild”. Josh Jewkes once again read a story that he wrote himself. Well done Josh! You are a great budding author. I can’t wait to see some of your work on our book shelves in the future. Josh also read from “Peoples’ Republic” a book in the Cherub series. Tannahia Greenough also read from one of her favourite books, Artemis Fowl.

Our next Tantalising Text Talk is on August 6 our guest reader will be Ms Wesner. Students who would like to read need to sign up at the Library front counter.

Junior Maths Codes are available for collection

Junior Maths Students (year 8 & 9 Core & extension classes, year 10 Extension classes) are able to collect their maths codes from the Library at either lunch 1 or lunch 2 from the Library Front Desk.

New at the LIBRARY

Tullawong SHS Library Portal has gone live!

The Library Portal can be found in The Learning Place. It contains links to databases that students can access from home and at school. The subscription only databases need a username and password; these are found in the Student Diary. There are many other useful links on the portal as well as a page for Research Tips. I will be adding to this portal over the year and hope to provide a One Stop Shop for all research and Library needs.

Moreton Bay Regional Library

I am encouraging all students to join the Moreton Bay Regional Library. This will give students access to a larger range of reading material including eBooks and audio books. It also will enable students to use the library’s databases for research. Please download the application form below. It can be handed in at the Caboolture Library or at Tullawong SHS Library’s Front desk.
Study Skills Tips – 7 Quick Tips to Help You Relax

The daily demands of life, such as exams, peer pressure, and homework assignments, or the challenges of relationships, family, or not making it on a sporting team can lead to an overwhelming feeling of stress. What you need to learn is how to cope with these situations in order to live a successful, productive, and happy life. Here are some proven techniques to help you relax and eliminate stress from your mind and body.

1. Eat in Moderation
Never skip a meal, especially breakfast. Breakfast replenishes your body and helps you start your day full of energy. Eat three main meals, and two to three snack meals a day. Eating five to six times in a day keeps your blood sugar levels balanced, giving you an overall sense of well-being needed for focusing on your tasks and responsibilities.

2. Exercise Regularly
Regular exercise, at least three times per week for a minimum of 30 minute sessions, can virtually “soak up” stress chemicals in your body and help you to relax and even sleep better. Brisk walking, aerobic classes, swimming, bike riding, or jogging are great exercises to release stress build-up and relax your body and mind to either start or end your day right.

3. Remember to Breathe
When you feel your body start to tense, especially in your shoulders, chest, and abdomen when faced with a stressful situation, stop and take a few deep, slow breaths. If you are entering into a stressful situation, breathe slowly and evenly, using diaphragmatic breathing. This is a technique where you focus your breathing on your diaphragm where your belly rises and falls with each breath. Diaphragmatic breathing allows you to calm your nerves and relax your body and mind as your attention is placed on your breath.

4. Take a Time Out and be MINDFUL
As you go through your day, take little breaks, about two to five minutes, to relax and unwind. Whether it’s sitting quietly, listening to relaxing music, or meditation, take a moment to place yourself in your own calm state.

5. Pursue an Interest
Find something that you enjoy doing that is relaxing for you. When you find an interest that matches your personality, you can not only unwind and release stress, but engage your creativity in expressing yourself. This could be through painting, playing basketball, writing, playing a musical instrument, or signing up for a class that you have always been wanting to take.

6. Have a Support Network
Create a support network of close friends or family that you can turn to in times of stress. Good and loving relationships are key for your well-being and happiness. It makes you realize what is important in life and where your energies should be placed.

7. Avoid Bad Habits
When you are under stress, it is easy to turn to your established bad habits to deal with the stress. These habits are negative and will not take away stress, but only prolong it. The best way to avoid bad habits is to create new positive habits. Here is how to create a positive habit:

- Decide on the habit. Will you go for a walk each morning, go to the gym, and take time out to do something special for yourself?
- Decide on where and when you will do this new habit. Choose a time and place and continue this new activity for 3 months (it takes around 66 days to establish a habit).
- Reward yourself each time you do this new activity. You may simply take a moment to notice how good it feels.

Learn more this year about how to improve your results and be more efficient and effective with your schoolwork by working through the units on www.studyskillshandbook.com.au – our school’s access details are: in your school diary page 23

QUT Caboolture Campus Open Day provides students and parents with a chance to go behind the scenes, access all areas and talk to real people who can give them the facts:

- Attend information seminars and meet lecturers
- Talk to current QUT staff and students
- Explore the different courses and career outcomes
- Check out the campus facilities
- Take advantage of the freebies on offer including the chance to win an Apple MacBook
- Enjoy the entertainment and food

CAREERS AND TRANSITION SUPPORT WORKSHOPS FOR PARENTS

Want to know more about the career options for your teenager?

Want to help them choose subjects for Year 9 and beyond?

PACTS (Parents as Career Transition Supports) workshops are specifically developed for parents/caregivers of secondary school students at all year levels to bring them up to date with post-school career information. Workshops include information about career planning, apprenticeships and traineeships, vocational education and Training (VET), university, TAFE and employment.

The workshops are FREE but places are limited to ensure that parents/caregivers have plenty of opportunities to interact, ask questions, and contribute their thoughts and ideas.
To find out more about the program, venues and key dates (July and September), contact the Your Future Careers Team on 5316 7666, emailyourfuture@qut.edu.au or visit www.facebook.com/yourfuturecareer

Register via Eventbrite at: www.eventbrite.com.au (type PACTS into the search box)

QUOTE OF THE MONTH

Every day is a new beginning, take a deep breath and start again.