Welcome to new and returning students, their families and staff of Tullawong State High School. We are delighted to have started 2015 with so many new students and new families across all year levels and especially through the enrolment of our Year 7 and Year 8 students. Extensive planning, careful staffing, targeted curriculum and groupings has meant that these first time high school students have had a successful transition to their secondary phase of learning.

Thank you to parents and carers for your wonderful assistance around transport arrangements and communications with the school during the recent days of rain. The very difficult circumstances that the rain brought with it were mitigated at the school level by the support and help actioned by families.

From this very early part of the year, I want you to join with your student and our school community in supporting and respecting our policies, procedures and rules so that a consistent approach is achieved across the school. These School priorities need to become embedded practice, removing distractors from our real and primary purpose – getting the best for and from your student every lesson, every day, so that they can be ‘Soaring to Great Heights’ throughout their life. Please regularly check your child’s Student Diary to see the work required of them at home and to discuss with them their individual subject targets for this semester. Our diary also contains our policies, procedures and rules so that they are accessible for both you and your child.

‘Soaring to Great Heights’ is our School Motto and our School Values, Vision and Goal are listed below. Together they provide the underpinnings of education at Tullawong High. Please take the time to discuss and teach these to your child.

OUR SCHOOL VALUES

Courage

Courage is the state or quality of mind or spirit that enables one to face danger and fear with confidence and resolution. It is the ability and willingness to do the right thing even when it is difficult. When you are courageous, you don’t give up and you admit to mistakes.

Diligence

Diligence is the importance of working hard towards set goals. You are steadfast in your application and take special care by doing things step by step. Diligence is the constant effort to get things done with excellence and enthusiasm. Diligence leads to success.

Integrity

Integrity is the quality of being honest and having strong moral principles. Integrity helps you to listen to your conscience, to do the right thing, and to tell the truth. You act with integrity when your words and actions match.

Respect

Respect is having regard for yourself and others. Accept the strengths and abilities of others and their right to hold different views. Respect and affirm cultural diversity and the importance of rules. Respect yourself and others will respect you.

OUR SCHOOL VISION

To be a school that inspires students to seize opportunities, realise potential, reach above and beyond their experiences and know success. We will do this with open hearts, open minds, courage and capability.

OUR SCHOOL GOAL

Nurture the individual child’s unique potential to allow for full development of his or her creativity and sensitivities and personal integrity, love learning and self-fulfilment.

Please do not hesitate to contact our school staff regarding the learning and engagement of your child as they progress through their years at our great school.

Deborah Murphy
Principal

Great state. Great opportunity.
What a great start to the 2015 school year! We welcomed about 170 Year 7 and 90 Year 8 students to high school. All classes have settled well and are matching the expectations of Tullawong State High. Bookwork is our focus for term 1, and our Leadership team has been in classes checking student work. Reading is another priority, with each class concentrating on a new strategy each fortnight. This week’s strategy is chunking, where the word is broken into its different sounds. One of the most helpful activities a parent can do is to help their student to read.

The Junior precinct has been fitted with new aluminium tables and benches, making the area a much nicer place to eat lunch. As well, the classrooms have been decorated with colourful cueing posters and colourful sliding doors have replaced the concertina doors between adjoining rooms. Each House Leader has an office in the Junior precinct, and have met many students during lunch breaks.

It was great to see so many families at the Year 7/8 BBQ which was held in the Junior precinct. The feedback from parents was very positive, with students feeling that they have been welcomed into the school.

Our JSS elections will be held soon, and students had until 20 February to nominate. The positions available include:

- **Care Class representative (Year 7, 8 and 9)**
- **House representative (1 position across year 7, 8 and 9 for each House)**
- **Vice-Captains (2 from Year 7 and 2 from Year 8)**

For JSS Captains (Year 9) students must be on Behaviour Level 1 or 2 to nominate. For Year 7 and 8 students, there is space on the bottom of the nomination form for students to get their teachers to sign off that their behaviour is either an A or B for both effort and behaviour.

The Year 7 students had their group photo taken last Friday. Don’t they look fantastic! There will be an official photo taken later in the year which will include all students’ names.

The cost of the Student Resource Scheme for 2015 is $220. Instalments dates are as follows:

- **1st Instalment $120 – 30 January 2015**
- **2nd Instalment $50 – 27 February 2015**
- **3rd Instalment $50 – 27 March 2015**

Once your 1st Instalment has been made students can then go to the Library and textbooks will be issued, providing all textbooks from previous years have been returned. Please be aware that outstanding fees from previous years will result in your student’s non-participation in extra curricular activities i.e. Sporting activities, excursions, Year 12 Formal and Senior Jersey.

**PAYMENT OPTIONS**

- **By phone:** Please call 07 5428 5215 Monday to Friday between 8.00am and 3.00pm and have your credit card details ready
- **By mail:**
  - Payment by Credit Card, Cheque or Money Order.
  - Cheques and Money Orders to be made payable to Tullawong State High School.
  - Post to Tullawong State High School, PO Box 1129, Caboolture 4510
- **In person:** Payment can be made at the school office Monday to Friday between 8.00am and 3.00pm
- **Internet Banking:** Direct Deposit to BSB: 064-405 Account: 10103279 Ref: Student Surname and invoice number
- **By Centrepay:** Accounts may be paid through a Centrelink Deduction. Please request a Centrepay form from the accounts office and return to the cashier for processing

Our school is aware that circumstances may arise which may make payment difficult. We have developed a payment plan process to accommodate these situations. Payment Plan enquiries should be directed to the accounts office.

*Nicole Burger*
Business Services Manager

**STUDENT RESOURCE SCHEME**

Welcome back for 2015. Thank you to all parents/caregivers who have paid their fees for 2015 or who have negotiated payment plans.

If you have not returned the Student Resource Scheme forms that were posted home during the holidays, please return them to the Cashier as soon as possible. If you did not receive the forms in the mail please collect another copy from the Cashier window.

Our annual swimming carnival was held on Monday, 2 February at the Australian Crawl Aquatic Centre, Burpengary. This was the first of our major school events for 2015. Congratulations to all the students who participated, cheered and represented their House, with the winning house being Kiata!
The 2015 Age Champions are:

<table>
<thead>
<tr>
<th>AGE</th>
<th>BOYS</th>
<th>GIRLS</th>
</tr>
</thead>
<tbody>
<tr>
<td>12</td>
<td>Sharl Fleetwood</td>
<td>Leoni Rogers</td>
</tr>
<tr>
<td>13</td>
<td>Craig Bowles</td>
<td>Ryan Cook</td>
</tr>
<tr>
<td>14</td>
<td>Tom Wilson</td>
<td>Danielle Barnett</td>
</tr>
<tr>
<td>15</td>
<td>Merrick Fleetwood</td>
<td>Chelsea Robertson</td>
</tr>
<tr>
<td>16</td>
<td>Keegan Barnett</td>
<td>Siobhan Hayter</td>
</tr>
<tr>
<td>Open</td>
<td>Ezra Sarra</td>
<td>Bianca Hewitt-Ruhle</td>
</tr>
</tbody>
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A great day was had by all!

On Friday, 13 February, 25 of our students competed with seven other schools in the annual QUT Science and Engineering Challenge. Students had a great time in activities such as building a bridge, constructing a Mars Rover, building a hovercraft and simulating power supply for a town. Our performance was consistently high across all the challenges, placing 4th in the competition overall.

QUT SCIENCE AND ENGINEERING CHALLENGE

NEWS FROM THE DANCE DEPARTMENT

Dance Performance Team Bonding Camp

On Wednesday 4 February, the Dance Performance Team attended a full day bonding camp for the students to understand the team work required to have successful and cohesive performance skills. The day started with a breakfast so the students could fuel up for their jam packed day and then established rules and expectations for the performance team. Students engaged in a number of team building jams including: balloon volleyball, magic carpet and dried spaghetti architecture.

After lunch students were treated to a motivational speech by Miss Peta Rogerson who spoke to the group about what it means to be part of a team and imparted very wise words about her time as captain and player in the Australian Women’s Touch Team. In the afternoon, students painted props to prepare for the year and finally worked on some choreographic tasks to get the two large dance works started for the year. Overall, the day was highly successful and the students enjoyed themselves and by the end of the day felt like one big cohesive team!

Aqua Ballet

Our Dance certificate students in Year 10, 11 and 12 have been working on their fitness the first few weeks of school and preparing for the big year of dance ahead of them. Students went to the Caboolture Pool to participate in an Aqua Ballet session. Students worked on their barre and centre working and found that performing Grande Jetes in the water isn’t as easy as on the land!

Dance Troupe Leaders

Introducing our Dance Troupe Leaders for 2015:

- **Junior** - Tahlia Devine and Phoebe Hudson
- **Senior** - Lexie Hatchman, Chloe Shorter and Kianah Witt

2015 GRAPE HARVEST

With plenty of rain and sunshine over the holiday period our school’s vineyard was ready to harvest. Students from various programs associated with our vineyard were engaged in all
stages of the harvest process from bird net removal to harvesting, crushing and pressing of the grapes.

BREKKY CLUB

Hi everyone,

It’s with great excitement that we’d like to announce that in 2015 the school’s Brekky Club will be facilitated by the Chaplaincy Service in partnership with Mrs Charlene Sprott, Home Economics Teacher. No student should have to start their day at school without first having a healthy and adequate meal to fuel their learning and growth. Providing Brekky Club is just one way that, as a school, we can help nurture and support the academic as well as physiological development of our students. Brekky club for 2015 launched two weeks ago, and has already provided over 150 students with a healthy start to the day. This has only been made possible through the generous support of Oz Harvest and Cottrell’s Kitchen Bakery, just up the road from our school.

We’d like to acknowledge all the students, as well as Kit Berkelmans (School Youth Worker) and Arijana Mandic-Griffiths (School YSO) for volunteering with the preparation and delivery of breakfast. Brekky Club at Tullawong High will run every Tuesday morning in HE.09, from 8:00am until 8:20am for the remainder of term 1 and we look forward to seeing how this service develops over 2015.

Many blessings,

Petrus Pretorius
School Chaplain

LOTE

The Year 9 Chinese class have been busy designing name stands in Mandarin Chinese. Fortune cookies were given out to celebrate the Chinese New Year’s Eve on 18 February. The new Chinese Year officially began on 19 February which represents the 1st of January in the Year of the Goat.

AFTER SCHOOL TUTORING

After School Tutoring is available every Wednesday from 2:40 – 3:30pm in the Resource Centre. Teachers are available to help with classwork, homework or assessment. All welcome.

QLD OZTAG TEAM

Congratulations go to Rachel Harper and Lily Postlethwaite for making the Under 14 Girls Queensland Oztag Team. A special mention goes to Lily, as this will be her third time representing Queensland. The girls will train hard in the lead up to the National Titles that will be held at Kawana in May. We wish the girls all the best.

CLEAN UP AUSTRALIA DAY

In 2015 Clean Up Australia Day is celebrating 25 years of volunteer action across Australia. This year Clean Up Australia is on Sunday, 1 March. House points are given for all participants. Forms can be collected from Mr Keal or your House Leader and are to be returned to Mr Keal at Staffroom 5 or Ms Peereboom at Staffroom 3. Let’s Clean Up Australia!

CHRISTMAS HAMPERS

December last year, saw Tullawong High support a great local cause called Brighter Days, run by a lovely lady named Nix. Brighter Days is a Facebook group which helps those who are less fortunate and in need of a helping hand. Thank you to Tullawong staff for donating items for the hampers. With the wonderful help of Mrs Narelle Keegan, Home Economics
Teacher, and students, 16 families received beautifully presented hampers to brighten their Christmas.

A huge thank you to Tanya Martin for organising the hamper donations and her creative talents in assisting Mrs Keegan and students in assembling the hampers. We hope to do it again this year for the local charity, Saint Vinnies.

Senior Students are able to borrow text books from the Library before school (after 8am), lunch 1 and lunch 2 from the Library Front Desk.

TULLAWONG SHS LIBRARY PORTAL:

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. The application form is attached. It can be handed in at Caboolture Library or at Tullawong SHS Library’s Front desk.

HOW PARENTS CAN HELP THEIR SECONDARY SCHOOL STUDENT WITH THEIR LEARNING

Whilst parents are often involved in their teenager’s sporting, musical or dramatic activities, parental support on the sidelines of their adolescent child’s studies can be also be beneficial, particularly to academic performance. Research shows that children are more likely to succeed if parents are involved in their learning. Henderson and Mapp (2002) found that ‘the more families support their children’s learning and educational progress, the more their children tend to do well in school and continue their education’.

STRATEGIES FOR PARENTS TO HELP THEIR SECONDARY SCHOOL AGED STUDENTS ACHIEVE THEIR POTENTIAL:

Work Environment

The obvious logistical support is providing a quiet, open space with few distractions for working at home. Involve your student in creating this space. Workspace tools for effective learning include a desk, ergonomic chair, a noticeboard and good lighting, as well as a shelf or drawers for folders, reference books and non-essential work. Spending time to discuss options, alternatives and reasons for establishing a dedicated work area is valuable.

Breakfast

Importantly students need to start the day with a nutritional breakfast, as this will increase energy, attention, concentration and memory, particularly if the breakfast includes grains, fibre, protein and is low in sugar. Parents can facilitate this good start to the day as part of the daily routine. Similarly, nutritious snacks and lunch will enable the student to remain more focused throughout the day.
Organisation

A calendar for each term should be created and displayed near your student’s desk and in prominent thoroughfares in the home, such as the kitchen. The calendar or term planner should include: all co-curricular and social activities, as well as assignment, assessment or test dates. This helps the student see the big picture of commitments and not simply a weekly or daily vision as school diaries or digital devices usually allow. The student, and parent, can clearly see when heavy workload periods occur, and social activities can be tailored to ensure work has a priority. It’s a good idea to sit down with your student every couple of days to discuss the schedule ahead, when the work can be slotted in, and how a parent could help by reducing family commitments, or by setting boundaries with social engagements. Regularly sitting down to discuss workloads and tasks due, reviewing activities and schedules can help students learn to be more productive and organized.

Filing Systems

Master folders should be set up for each subject at home, so after each topic is completed the notes can be placed in appropriate categories. This also gives students somewhere to file completed tests and assignments. Most students carry their current notes to school each day, but naturally as the term and year progresses it’s impossible (and risky if misplaced) to have all work-notes in one folder. Students may also need help organising the files on their computers and devices (although it is likely that many students know more about this than their parents!).

Routines

Helping your student to establish routines can add an element of calm to each day. Simple routines such as having the school bag packed and uniform ready before going to bed each night, can eliminate unnecessary angst in the morning. A useful addition to the evening schedule is to determine the next afternoon’s program: when homework and daily revision will be done around co-curricular activities, dinner etc. This can give a clear direction when your student comes home each day. Some students find that having regular times set aside for schoolwork each day helps them to develop a routine of working. Other students will need to make a plan each afternoon as their schedule changes each day.

Timetable

Know your student’s timetable, so it’s easy and relevant to ask “What were you doing in Science today?” A specific question can often open a conversation where your student not only shares but, in doing so, reinforces what was learned which increases memory (and understanding) of the lesson.

Subjects

Know your student’s subjects, and become aware of the topics covered each year in those subjects. ‘Improved educational outcomes result from a genuine interest and active engagement from parents’ (OECD 2011), so knowing the topics could allow parents to expose students to different dimensions of the subject through film, books, contemporary issues, the Internet, exhibitions, travel etc. Students appreciate, perhaps subconsciously, that the parent is truly interested in their learning and what they are learning. Some schools will give students a course outline and the state’s educational body will also have a website where parents should be able to access the syllabus (what will be taught) for each subject.

Assignments

A helpful strategy is to keep abreast of when assignments are given. Talking to your student about assignment expectations, drawing out their understanding of the topic, criteria and parts of the assignment can instil a deeper appreciation. It’s good to probe and ask more about the assignment topic with questions, as this could give your student other perspectives, and once more, help the student feel the parent has a real interest in learning. When planning the workload for an assignment, parents can help break the work into chunks or parts. This can reduce the sense of the overwhelming enormity of the task and the task can be broken into manageable parts, which are then scheduled to be done into the calendar or diary.

Tests

Similarly, parents can help students prepare for tests by quizzing them, asking for concepts to be explained or helping write practice tests. Explain to your student that memory and understanding can increase if the brain is using multiple processes to use information, such as writing, reading, speaking, drawing or singing! When tests are returned, focus on what was achieved and note concepts to revise. If students know parents are not solely focused on the grade, but also on the process, and that tests (and assignments) are tools to learn; intrinsic motivation can develop.

Co-Curricular Activities

There comes a time in secondary school when some co-curricular activities need to be cut for a period of time, as academic demands increase or the student is juggling too much. It’s unlikely students will initiate severing an activity so it’s generally up to parents. Students, like adults, can give more to an activity when there is time, and academic work needs to be one of the main priorities during the school terms. Parents will often be the first to notice when their student is over-loaded (and it varies for each individual), when school work is rushed or dismissed, when their student is tired or out-of-sorts, when they have no “downtime” on weeknights. Everyone needs some downtime, even if it is only for an hour of escapist freedom.

Technology

Parents need to be the “bad cop” when it comes to limiting computer games, or other digital device activity. It is advisable that devices are not in bedrooms when students go to bed. However, rather than dictating the rule, parents should talk about the need for solid, sufficient sleep for the brain to re-wire neural pathways to consolidate the day’s learning. Lack of sleep can lead to reduced concentration and attention span, delayed response time, and decreased short-term memory. Rules for technology (including TV viewing) should be developed together if possible so there is agreement about the approach.

Communication With The School

It’s now fully acknowledged that together, parents and teachers play a dual role in educating students, so it’s vital to maintain
It’s important for parents to keep abreast of school information conveyed to through newsletters, school portals, emails and so on, as it’s not uncommon for a student to miss information at school. This allows parents to flag or discuss with their student what the school is offering, advising or sharing. For example: a newsletter may alert parents to additional “maths tutorials” offered before school, or “homework help sessions” after school. This reinforces again that the parent is interested in their student’s learning.

It is equally important for parents to advise the school of extraneous issues happening at home, as this would give teachers an understanding of atypical behaviour, work ethic, concentration etc. An illness or death in the family (including a family pet), parent absence for more than a fortnight, or challenging issues on the home front, are examples of when parents should contact the school. Moderated assignments, extensions on homework, or relaxed detentions could result, and allow the student to resume their learning journey without additional stress. However secondary school students also need to gain skills and strategies to deal with life’s variables, and to become independent, confident problem solvers. So it’s also important for parents to give students opportunities to manage issues at school themselves. Parents should not approach the school to “fix” every minor problem, such as a student missing a page in an exam which lowered his grade, or a student feeling they had been maligned by a peer. Both these instances are life-lessons to learn from or solve, so parents should encourage students to ask for approach teachers themselves when needed.

The strategies above should be developed with the child, and hopefully will be independently adopted by the student when they reach their final years at school. It’s worthwhile noting that each point is related to the child’s learning, as this sends a very positive message that the parent is engaged and interested in the learning process.


Learn more this year about how students can improve their results and be more efficient and effective with their schoolwork by working through the units on www.studyskillshandbook.com.au . Our school’s access details can be found on page 26 of the student diary.