The first few weeks of term four have seen the Tullawong school community gather for some very special celebrations. Already we have enjoyed the Arts, Sports and Academic Awards Nights. Collectively, these three events acknowledged the achievements of our students within Arts, Sport, Citizenship and Academia.

Congratulations to the many awardees, and thank you parents for your continuous support and encouragement. Without your support, our students would not achieve the levels of success that they do. We are very proud of all our students' achievements.

Term four has also been a time for high class entertainment. Recently we were treated to the Annual Dance Nights, which saw our dedicated dance teachers and talented students put together two nights of amazing dance performances. The skill of the dancers, fantastic choreography and dazzling costumes, impressed all who had the privilege of attending. Congratulations go to our talented dancers, and the many, many people behind the scenes. I would like to acknowledge the backstage crew and front of house team who worked tirelessly to ensure that the nights were a success. Thank you also, to the teachers who gave up so much of their time over the weekend, to provide our students with two wonderful nights to shine.

As a tribute to all of the teachers of Tullawong SHS, we celebrated ‘World Teacher’s Day’, with a morning tea to acknowledge the contributions of Tullawong teachers. Many of our teachers have reached significant milestones, achieving 5, 10 or 15 years of service at Tullawong SHS. We have a wonderful team of teachers who are committed to providing opportunities for students to reach their full potential. I thank them all for their time and efforts.

Finally, I would like to make a special mention of our year 12 students. As many of you will be aware, the year 12 students are now in their final weeks of secondary schooling. While this is an exciting time for our students, I encourage them to maintain a sharp focus on learning and achieving their best at this important time. With their final exam block beginning next week, the staff and I wish them the very best of luck as they prepare for these final assessments. When the exams are finished and assignments are submitted, we will look forward to celebrating with the year 12s. On November 21, we will farewell them in a formal graduation ceremony. We look forward to joining with the families of our year 12 students, as together we share their final moments as students of Tullawong SHS.

Regards,

Deborah Murphy

TULLAWONG IN SCIENCE PRIZE WIN

Tullawong State High School has been awarded the prestigious Peter Doherty Award for Science Education Partnership. The award is named after Nobel prize-winning scientist and Brisbane-born professor, Peter Doherty. It recognises students, teachers, support officers, schools, volunteers, mentors and organisations that have made outstanding and innovative contributions to science and science education in Queensland.

Tullawong State High School was awarded the prize with Queensland University of Technology after the school worked closely with QUT to build and trial programs to increase student and teacher capability in Science, Technology, Engineering and Mathematics (STEM). School spokeswoman Melanie Horton said this was the first time a school partnership had been recognised by the award. “This has resulted in wonderful opportunities for our school in robotics, biology, junior science and mathematics through science camps, workshops and school visits,” Mrs Horton said.

Article written by Chris McMahon

Extract from Caboolture Herald Newspaper

Thursday, October 16, 2014
TULLAWONG TEACHER WINS 2014 NRL TEACHER OF THE YEAR

Tullawong State High School is home to Australia’s best rugby league teacher after Jon Keal took out the 2014 NRL Teacher of the Year award. Mr Keal, who accepted the award at the NRL One Community Awards, co-ordinates rugby league in the Sunshine Coast South District, featuring the most students out of any school league in Australia. He has been part of programs linking rugby league to curriculum to help students engage in their studies. “It was a big surprise,” Mr Keal said. “It’s great to be acknowledged for the time you put in. A lot of ex-students have been excited for me.”

He said rugby league was something a lot of students knew and loved so it was an incentive for them. “It’s not necessarily about them going on to be top-level players, it’s about getting them participating,” he said. The award was a bonus on top of the Year 10 team winning the Metropolitan Finals schoolboys competition with a win over Waterford.

Extract from Caboolture Herald Newspaper

Thursday, October 2, 2014

Mr John Keal accepting his award from Mr David McDonald

ARTS AWARDS EVENING

On Wednesday October 15, our annual Arts Awards Evening was held in the Tullawong State School Hall. The night celebrated our school and student achievements in the areas of Dance, Drama, Film & TV, Music and Visual Art. The event was superbly compered by our Arts Leaders Ian Gorman and Krysten Moore and featured standout performances by Year 11 Drama, both Contemporary Bands, and Year 11 & 12 Dance Extension. Student work was also celebrated through an Art Exhibition and Film & TV Montage. Tullawong Alumni Sinead Burgess gave an inspiring speech about the challenges of pursuing the Arts post school and the evening closed with our award winning Spider.

THE 2014 ARTS AWARDEES ARE:

TULLAWONG SHS ARTS EXCELLENCE AWARD - EMMA VIDONI

The Most Valued Dramatroupe Member - Sarah Murray
The Tullawong Stage Presence Awards - Serrena-Rose Hay and Lucinda Norris
The Most Promising Junior Dramatroupe Member - Shari-Lee Timm

The Tullawong State High School Actor of the Year - Jysah Elers
Most Promising Junior Musician - Alex Tauinaola
Contemporary Band Awards - Krysten Moore and Natasha Bates
Tullawong Composer of the Year - Ian Gorman
Instrumentalist of the Year - Shelmila Schmidt
Vocalist of the Year - Samantha Fox-Hegarty
The Emerging Artist Award goes to Year 10 Student - Chloe Patterson
The Tullawong Creative Artist of the Year - Deanne Pearson
The Tullawong Visual Artist of the Year - Cindy Niesler

GOLD ARTS AWARDEES:

Jessica Friis
Jade Garland
Ian Gorman
Avila Hall-Power
Jodie Hammeister
Lexie Hatchman
Siobhan Hayter
Chloe Herd
Isabella Jahnke
Tamra Jenkinson
Monique Kennedy
Elisha Makepeace
Krysten Moore
Tahlia Norman
Letitia Patton
Chelsea Robertson
Chloe Tarr
Alexandra Tomlinson
Emma Vidoni
Claudia Werahiko
Kianah Witt
Corey Wright

SILVER ARTS AWARDEES:

Tamika Adams-Tipping
Tahlia Allinson
Loren Arbon
Natasha Bates
Jant Bubke-Gourley
Rachel Cavanagh
Ben Clark
Britney Cross-Sims
Rhys Davies
Gemma Edgeworth
Jysah Elers
Stephanie Fazio
Riley Field
Merrick Fleetwood
Tristan Fleetwood
Samantha Fox-Hegarty
Tori Herd
Joshua Jewkes
Ebony Keegan
Chelsea Keong
Jack McIntyre
Brandon Miller
Sarah Murray
Khala Nelson
Shae Noorman
Chloe Shorter
Sarah Stewart
Jessica Swan
Alex Tauinaola
Kelly Varley
Emma Wilcox

BRONZE ARTS AWARDEES:

Hannah Austen
Tyler Avison
Mackenzie Bennet
Angie Blacker
Emily Chassar-McGrath
Cayla Clark
Courtney Greencough
Tahnia Greencough
Serrena-Rose Hay
Maddi Hockings
Candice Meyrick
Toni-Ann Randle
Shelmila Schmidt
Melissa Sjaardema
Leah Smith
CREATIVE GENERATION STATE SCHOOLS ONSTAGE AWARDS:
Lexie Hatchman
Bella Jahnke
Shae Noorman
Tahlia Noorman
Emma Vidoni
Willow Warner

CREW RECOGNITION AWARDS:

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<tr>
<th>The Tech Crew</th>
<th>The FOH Crew</th>
<th>The Backstage Crew</th>
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<tr>
<td>Samuel Doust</td>
<td>Natalie Bates</td>
<td>Chelsea Ham</td>
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<td>Blake</td>
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NEW WHEELS FOR TULLAWONG HIGH

Club Sports Manager Tony Clarke handing over the keys of the Club’s former courtesy bus to Jon Keal from Tullawong State High School.

Tullawong State High School students will be travelling to school excursions and sporting events in style in their own bus thanks to Caboolture Sports Club.

The Club has donated its former courtesy bus to the school, and House Leader Jon Keal said the 15-seater will be well utilised. “The school has borrowed the bus on occasion over the past two years to transport students because it has always been too expensive to purchase our own mini-bus. The bus will greatly improve student access to extra-curricular activities like sporting events, science competitions, debates, dance and arts events and other school excursions.”

Caboolture Sports Club chief executive Kelvin Patch said this was the second time the Club’s board had made the generous decision to donate a bus to a local school. “We are very pleased that the Club is able to continue this tradition by providing Tullawong High with their own bus. The cost to hire a bus and a driver even for small groups can be quite high, so I’m sure the Club’s donation will make a big financial difference to the school. The Club is an entirely ‘not for profit’ organisation and it is the support of our 40,000 members that ensures we can continue to give back to the local community through projects like this.”

Thank you Caboolture Sports Club!

JUNIOR SECONDARY NEWS

Congratulations to all the students involved in Awards Night—either as a recipient, participant or behind-the-scenes. It was a wonderful evening! In particular, congratulations to our inaugural Junior Dux - Jodie Hammermeister.

2015 is fast approaching, and we are finalising Year 7 and 8 enrolments. If you still haven’t enrolled your student, please call the school for an enrolment pack. The next round of enrolment interviews is on Tuesday November 11 from 3 to 6pm. Appointments can be made through the school office during office hours (8am to 3.30pm) on 5428 5222. Students who aren’t enrolled may not attend our final transition activities.

Inaugural Junior Dux
Jodie Hammermeister

On Wednesday December 3, we are hosting Year 6 students for a long day. Starting at 8.30am, the day will finish with a parent-teacher BBQ from 5-6pm. All food on the day will be provided by the school. Permission letters will be sent out soon, so that we can plan for catering and for the kinds of activities we will provide. This will be an excellent opportunity for students to meet classmates, their Care teachers and House leaders. Student mentors will also participate so that in 2015, every new student will know at least 1 older student at school.

On Monday December 8, Year 7 students will attend their final transition activity. This will run in a similar way to the Year 6 long day, but students on a satisfactory behaviour level, or better, will be invited to sleep over at the school. This will be a very special activity with swimming and a movie night being part of the program. All food and activity costs will be met by TSHS. Permission letters will be sent shortly, but these activities are only available to students already enrolled for 2015.
Thanks very much to the Year 10 Graphics class who have designed some very special congratulatory postcards for our Junior Secondary students. I hope you have the chance to receive one, as they are just fantastic.

**JUNIOR SECONDARY LEADERSHIP CAMP**

On September 17, 18 and 19, 34 students in years 8, 9 and 10 attended a leadership camp hosted by the teachers from the Stanley River Environmental Education Centre (SREEC). This camp was designed to enhance the students’ knowledge, understanding and capability to apply leadership skills. Students took part in activities such as canoeing, cooking, water games, night games, fire making, hiking and team building challenges in order to develop their leadership skills. Students made many new friends and happy memories including the celebration of exchange student, Finn’s 15th birthday and Miss Button and Mr Thomas capsizing their canoes.

Both the students and teachers were very grateful for the efforts of the SREEC leaders Andy and Steve, to who made the camp an enjoyable experience. The students however were also extremely grateful for the efforts of the many amazing teachers that either accompanied or joined them whilst they were on camp. These amazing teachers include Miss Button, Mr Tulloch, Mrs White, Mr Thomas, Mrs Borowski, Mr Williams and Ms Horton.

The students learnt many new leadership skills that they are excited to use both at school and home.

*By Siobhan Hayter, Abbie Reedman and Tahnia Greenough*

**DANCE NIGHT 2014**

On Friday October 24 and Saturday October 25, our Dance and Dance Extension students performed in their annual Dance Night - Lose Yourself to Dance, to sold out audiences.

From the Year 8s’ beautiful performance of Fifteen Feet of Snow to the hilariously funny Year 12s’ performing Whipped Into Shape - the audience was treated to a range of dance styles from contemporary, novelty, hip hop and jazz.

On the Saturday night, an improvement trophy was awarded to a student in each grade who had demonstrated increased ability in technique, performance, attitude, choreography and behaviour. These students are:

- Year 8 – Phoebe Hudson
- Year 9 – Shanae Tempelmeier
- Year 10 – Georgia Clark
- Year 11 – Stacey Smith
- Year 12 – Emily Chassar-McGrath

After an emotional farewell to our Year 12 students, our annual dancer of the year was announced as Chloë Tarr, for her exceptional commitment to the Dance Extension Program over the last five years.

Congratulations to all of our award winners and to all of our students who performed over the two evenings. Miss Gray Hanna and Miss Wells are so proud of each and every one of you!

**HOSPITALITY TREATS**

Hospitality students once again pleased the Dance crowd with an array of treats on both Friday and Saturday Night. This will be one of the last functions that students in year 12 Hospitality get the opportunity to participate in. Mrs Brown, Mrs Abdy and Mrs Palmer would like to say a huge thank you to these students as they have been a valuable asset to our department.

*Chloë Brown*
*Home Economics Manager*

**NEW KITCHEN**

The Home Economics Department is very excited to announce the completion of our kitchen renovation. Students studying in the areas of Home Economics, Food Sense, Hospitality and even Early Childhood, will now have the advantage of using this state of the art facility. Very exciting times ahead for the Home Economics Department!
CHRISTMAS BY THE SEA

The Home Economics Department celebrated their 11th Annual Christmas in July. Students from years 9 to 12 participated in this exciting function that has become a highlight on the school's social calendar. This year's theme was Xmas by the Sea and the room was transformed into a typical shabby chic beach scene, with the ceiling covered in twinkling stars (LED lights) a canopy of fishing nets and sea life and beach houses and treasure. The room was decorated in an awe-inspiring way which was led by the amazing Charlene Sprott; her vision was crystal clear and was executed with perfection. The students loved assisting with the creation of this ever-changing space and even set up a mock beach scene, inclusive of white sand!

Many months go into planning this function due to the mastery of previous years and it’s always exciting to see the event change and grow with even more precision. The guests raved about the 5 course meal and the entertainment that was provided by the amazingly talented musicians from the Arts Department. They were treated to an alternate drop menu created by Kristen Bright that included the dishes below:

The year 12 Certificate II in Hospitality students were the hosts for the evening and were responsible for running the kitchen, bar and restaurant areas. Head Chef Travis Kinnear, with the support of Sous Chef Michelle Kunde had the kitchen running like clockwork. Casey Williams took control of ensuring all the guests were well hydrated with suitable beverages. The Maître d’s Jessica King and Ruby Irwin did an amazing job of managing the waiters in the restaurant area. Thanks must also be given to all the year 9, 10, 11 and 12 students who supported the year 12 hospitality leaders in this function and to the teachers who put in all the hours of extra work to prepare the students for the event. Without their support it would never have been possible to celebrate our Christmas by the Sea.

Chloe Brown
Home Economics Manager

TULLAWONG MUSIC FESTIVAL

Tullawong Music Festival Sunday November 9 at 2pm – The Amphitheatre

Bring your chairs and blankets and come along and support our inaugural Tullawong Music Festival this Sunday November 9 in The Amphitheatre from 2pm. The event will feature our talented music and music extension students, food and drink stalls from our hospitality students and wine-tasting of our RNA award-winning wine, in a relaxed setting on the hill near our amphitheatre at the eastern end of the school. Tickets $5 from the cashier or from the gate on the day.

2014 QUT FACULTY OF LAW MOOTING COMPETITION

Mooting is the oral presentation of a legal issue or problem against an opposing counsel and before a judge. It is perhaps
the closest experience that a student can have whilst at school to appear in court as lawyers.

Four Year 12 Legal Studies students were given the opportunity of competing at the QUT Faculty of Law Mooting competition on the weekend of October 11 and 12, 2014. There were a number of private and public schools in the competition and Tullawong SHS made it to the quarter finals (Top 8 teams) and lost by 1½ points to Brisbane Boys Grammar School. Our Senior Counsel – Connor Bennett and Junior Counsel – Abigail Eather were standouts in the courtroom. They were assisted by their research assistants – Teagan Austen and Krysten Moore.

The students put months of preparation into the competition, as the court case is given to them in July and they then must appeal the decision that was handed down in the District Court. I am amazed at the dedication our students showed and the commitment they put in to get us to the quarter-finals. They were supported on both days by the Business/IT HOD Mrs Hall on Saturday and Mr Stoot on Sunday. Also family members came along to support on the Sunday, which we all appreciated. A special thank you also to Ron Collins who, within an hour on the Friday, had made a wooden podium for the students to use during the mooting competition. Thank you for sharing my birthday on the Sunday and for the cake and presents I received. Once again, thank you Connor, Abby, Teagan and Krysten for representing our school in such a prestigious competition. You did us proud!

Miss Debbie Coleman
Legal Studies Teacher

QUT NEWSLETTER SNIPPETS

Your School and QUT – a Special Partnership

A Message to Parents and Teachers from QUT

Together, your school and the Queensland University of Technology (QUT) have been working to broaden students’ understanding of the jobs, careers and study opportunities available after they leave school. Your school is one of only 33 partnering with QUT to help students make informed choices in the future.

Thank you for providing us with such interested and engaged students - we have thoroughly enjoyed working with your school and your students this year. In 2014, QUT provided funding from a special government grant which allowed your school to participate in a range of fun, curriculum-connected activities.

We look forward to working with your school again in 2015, when there will be even more exciting in-school and on-campus opportunities for students (and parents) to explore.

We’ll be in touch in 2015 via your school’s newsletter - keep an eye out for photos of your kids on campus! For more information visit: www.qut.edu.au/about/equity/widening-participation

It’s not too late to apply for the EAS!!

The Educational Access Scheme (EAS) assists students who may have experienced difficult circumstances which impacted their ability to study to their full potential. There are five EAS categories and eligible applicants who choose to study at QUT can receive up to a 3 OP bonus (or 6 Ranks) for each; the maximum they can receive if applying for multiple categories is 5 OP bonus (or 10 Ranks). Applicants successful in the financial hardship category are also guaranteed a $3500 Equity Scholarship; this is called the Q-Step Scheme.

Students should apply for the EAS if they have been impacted by:

- financial hardship
- disruptive home environments or increased responsibilities
- English language difficulties
- a disability, injury or health condition
- an education disruption.

More information about each of the categories is available at www.qtac.edu.au/Applying-SAS/EduAccess.html

It’s not too late to add it to your QTAC application for study in 2015.

It is important when applying for EAS that you supply the required documentation. A recent analysis of EAS applicants for QUT courses found that most students who are not eligible through EAS haven’t supplied the documentation required. To be considered for the January 2015, offer round applications and documentation must be submitted prior to December 15, 2014.

Why should our kids have all the fun in 2015?

If you are one of the many adults who left school early or a long time ago, then you may be interested in this study opportunity at the Caboolture TAFE, which is supported by QUT. TAFE offers a low cost flexible Year 12 alternative course that is taught by dedicated staff who understand adult learners.

In fact, it is so good that QUT actively encourages people to use this bridging program by providing financial and study assistance in 2015 – offering students who are enrolled in the Certificate IV in Adult Tertiary Preparation (ATP) at Caboolture TAFE, or External Senior Studies at Coorparoo Secondary College, a $600 Encouragement Bursary in 2015 to assist full time and part time students with education expenses.

The Certificate IV in Adult Tertiary Preparation – prepares learners for further education at TAFE and university. With a
range of subject choices, effective study skills, and a QTAC rank (OP equivalent) in case you want to go on to further study.

Attend an Information Session at TAFE Queensland Brisbane, Caboolture campus: 6:00-7.30pm; November 19, 2014 or January 20, 2015. Phone the Customer Service Centre: 137 248 to book your seat, and find out more at www.tafebrisbane.edu.au and SEARCH “Adult Tertiary Preparation”

About to finish Year 12? Need a plan for 2015?

We can help you make one. You may not be ready to study yet, or aren’t sure of your options, but we can help you make a plan for 2015. We have useful information here, there and anywhere:

HERE: Real Decisions

  - Tuesday December 23, 9am-1pm, QUT Gardens Point campus
  - Tuesday December 23, 3-6pm, QUT Caboolture campus

These events are an opportunity for you to talk face-to-face with QUT staff about study choices after you know your OP/Rank. All Year 12 and mature-aged students are encouraged to attend. Visit www.qut.edu.au/study/events for more information.

THERE:

Free, independent careers information and one-on-one counselling to people in the Moreton Bay region. Our Career Counsellors are located at QUT Caboolture campus or the Moreton Bay Regional Library Caboolture (visit www.moretonbay.qld.gov.au and search ‘career counselling’ for more information. Appointments are one hour. To book an appointment to see our Careers Counsellors Phone 5316 7666 or Email yourfuture@qut.edu.au

ANYWHERE:

Via email to our Careers Counsellors at yourfuture@qut.edu.au with ‘Help me make a plan for 2015’ in the subject line OR visit us at www.bridgetostudy.com.au OR find us on Facebook www.facebook.com/yourfuturecareer.

If you’re not ready to study yet, or aren’t sure of your options, please come and see us for free, impartial and confidential career information. Make an appointment to see our qualified Careers Counsellors at two locations:

- QUT’s Caboolture Campus or
- Career Kiosks in the Moreton Bay Regional Library, Caboolture

(visit www.moretonbay.qld.gov.au and search ‘career counselling’ for times and locations)

To make an appointment call 5316 7666 or email yourfuture@qut.edu.au

Visit us at www.bridgetostudy.com.au

Find us on Facebook www.facebook.com/yourfuturecareer

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**WORLD VISION CHILD - NOBEL HAGOS!**

Last year saw Tullawong State High School become a sponsor for World Vision, where we were proud to welcome Nobel Hagos from Ethiopia to the family! This year again saw the Student Leaders continue their involvement with the charity program, which not only allowed the leaders to gain a broader perspective on the world, but also increased their appreciation of their own schooling opportunities.

This year was also a big year for Nobel, celebrating his 8th birthday, and also his second year of sponsorship from Tullawong State High School. The continued support for not-for-profit organisations, such as World Vision, is becoming an increasingly important and significant part of Tullawong.

By participating in charity organisations, students and staff are gaining a greater appreciation for both their community and the world around them, and their involvement is becoming a key characteristic that is being recognised by the wider public. As Tullawong continues to grow in years to come, this participation will increase, reflecting the school’s vision of each and every child soaring to greater heights.

*By Connor Bennett, SRC Member*

**Free Dress Day!**

Come one come all! This term’s theme is - FANCY DRESS and will be held on Friday November 7. Some ideas for costumes include zombie, corpse bride or groom, black cats, vampires, werewolves, fairies, cat in the hat, jelly fish, policeman or come as anything fancy.

The cost is $1 in theme or $2 if you are not in theme. Just remember to stick to the rules: no spaghetti straps, short shorts, mid-drifts, jewellery or offensive language clothing. Please also remember that all students are to wear enclosed shoes.

**Feedback**

If any student has an idea, suggestion or school related issue they would like to discuss, the SRC encourage you to speak to any one of our school leaders who will pass on your comments during our fortnightly meetings.

*Candice Meyrick, Brandon Poll, Shelmila Smith, Emily Burchmann*

**SRC Executives**

**HPE EXCELLENCE CAMP**

On October 22, 40 Health and Physical Education students attended the annual H.P.E. Excellence Camp to the Sunshine Coast. The aim of the camp is to recognise the achievement of the Department’s top performing H.P.E. students.

This camp not only celebrated the achievements the students made in H.P.E. this year, it also allowed them to further their skills and knowledge of the subject.
Activities on the camp included:

- Sunshine Coast University Exercise Science Workshop with Dr Mark Sayers
- Sunshine Coast Stadium Tour
- Nutrition/Cooking Class with Nutritionist Sasha Hutchinson
- Surf Awareness session with Mooloolaba Surf Life Saving

A big thank you needs to go to Miss Melanie Knack and Mr Evan Thomas for their efforts. Overall, the camp was a huge success and both teachers and students alike are looking forward to the 2015 H.P.E. Excellence Camp.

**YEAR 11 BIOLOGY CAMP TO STRADBROKE ISLAND**

**Wednesday Oct 22, 2014**

The day started off with us meeting at school at a bright and cheery (hehe) 6:30am in the morning. After a few hours on the bus and then the ferry, we reached the beautiful, sunny destination of Stradbroke Island. The first fun activity we did was swimming and playing flags; although Sean had to be handicapped so the girls had a hope of winning (sadly we lost). After settling in, we embarked on our missions to study the sand dunes. We spent the next few grizzling hours completing our zonation data collection for the exam later that night.

**Thursday Oct 23, 2014**

Everyone woke up in mood as “someone” had left their alarm set for 3:30am. Our mood brightened at our first sighting of dolphins, followed by turtles and a whale on the Gorge Walk. After claiming it was “boot camp not bio camp”, we indulged in the lovely cool tastes of Gelati. Our afternoon task was trudging our way through Myora Springs Creek. Lots of marine life was closely investigated (aka picked up, counted and frightened – the sea cucumber showed us how they defend themselves with the release of urine) at the mangroves. The day ended with dinner, carrot cake and movies and even though we loved our special chef, the vegetables were not a popular choice.

**Friday Oct 24, 2014**

Today was our last day waking up to the thunderous sound of the waves and the gorgeous sunrise. Our final operation was to conduct water testing and invertebrates counting at Brown Lake. Finally, our “boot camp” was almost over. After stopping for chips, soft drink and kiddies playgrounds, we boarded the ferry for the last time and said goodbye to our island with regret. There was a long musical bus ride home before we got back to our own beds. We will never forget the memories we made during our time on Biology camp. A massive thanks goes to Jason (Scientific Officer), Mr Maguire and Aunty Jules (Bus driver) for helping us with our missions, keeping us on schedule and supporting Mrs Trims.

**Recorded with love,**

**Year 11 Biology Students.**

http://www.youtube.com/watch?v=qHZEkJDkLgU

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**LIBRARY NEWS**

**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.

Our October guest Text Talker was Mr Krarup. He not only sang a song (When the Stars Go Blue) by his favourite song writer (Ryan Adams) but also read the William Blake poem Tyger. I read the poem The Raven by Edgar Allen Poe. Tahnia Greenough read from the book Spy for the Queen of Scots by Theresa Beslin. We had a great turn out; it is good to see so many students involved.

The last Tantalising Text Talk for the year will be held on November 5. Students who would like to read need to sign up at the Library front counter.
Student Tech Lab:

Student Tech Lab is a new group that started in the Library on Wednesday October 29. This group is all about students helping students with IT problems – from the simple (ie how to attach a document to an email), to the more complex (ie how to use Photoshop or Illustrator). I have an enthusiastic group of students from years 9 to 11 who have volunteered to share their expertise. To mark the very first meeting of the STL, students offered short tutorials in Photoshop and Illustrator and a demonstration of Google Search Techniques.

Chess Club:

The new Chess Club has started up in the Library every Wednesday Lunch 1 in RC09 with Ms Grayson.

New at the Library:

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 and 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.

Have you read a great book?

Write a review on The Great Book Blog! The Great Book Blog can be found on The Library Portal.

Competitions Galore At The Library Portal

The Library Portal now has a Competition Page where you will find a lot of great competitions and other activities that you can participate in.

Mash It Up Creative Festival Competition!

Enter your creative output:

- Short Films
- Drawings
- Writing
- Sculptures
- Photos
- Manga
- Animation etc.

Enter as many times as you like! Go to The Library Portal for the Link to Enter.

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.

Study Skills Tips – How To Stay Positive As Exams Approach.

It can be difficult to stay positive or “be up” as exams approach. The more important the exam the more stress we can feel. Worse, if we don’t do anything to make us feel good, stress can lead to anxiety and depression. There are many reasons why students feel this stress and depressed mood as examination dates approach.

- Students receive distorted messages and perceptions about the importance of the exams, such as, “this can/will determine your future” etc.
- With the pressure and stress of exams students avoid doing the work necessary to be prepared and as a result feel more overwhelmed, hopeless, anxious etc. Students can feel they have no control of their situation.
- When we allow the pressure, stress and upset to build we can get into bad habits and let go of good habits. As a result students can feel more drained and exhausted and find it difficult or impossible to “climb out of the dark hole” they are in.

A holistic approach to boost wellbeing as exams approach.

The key to being positive and managing negative emotions such as anxiety and feeling down and depressed in any pressure situation including exams is to “fuel up”. It goes without saying that if we are exhausted, tired, stressed, depressed etc. it is very difficult if not impossible to deal with the pressure of exams. “Fuelling Up” is about boosting wellbeing factors in your life. You need to boost the wellbeing factors in your BODY, MIND and EMOTIONS.

Trying to “feel good” or be “positive” when your body is exhausted and depleted is impossible! This is something we all know yet many of us find it difficult to change.

Here are some things you can do to boost the energy in your BODY:

See a doctor.

Visit your doctor and get a check-up. It’s important that any medical issues are ruled out because you may try some of the following tips without noticing any benefit while all along there may have been a medical issue that needed attention.

Get better sleep.
Feeling good all starts with getting the right amount and type of sleep. Start with a good night - time routine. Stop anything that stimulates you such as caffeine or TV or computer, iPad or phone screens etc. Try a warm drink such as chamomile tea and use essential oils such as lavender oil. Having a soothing bath or shower can also help along with gentle stretching of tight or tense muscles. If you still feel you are not getting a “good” sleep be sure to see your doctor.

**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.

**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.

**Here are some things you can do to THINK more positively:**

**Change your thinking and perceptions**

Write down your top 5 fears and worries. What’s the worst thing that can happen? Then ask yourself, “IS THAT TRUE”? Usually fears and worries are not based on reality but on imagined scenarios that have little to no evidence. If it’s something that can’t be changed bring acceptance to it. It is what it is for now!

**Change your focus**

Have you noticed that what we worry about we make bigger and keep closer to us by the way we think and focus. Try this... make your fears and worries SMALL in size (5 cm in height) DARK in brightness and as far away as possible in DISTANCE. When we change the size, brightness and distance of the things that upset us in our minds it reduces the intensity of the emotion.

**Here are some things you can do to FEEL more positive:**

**Acts of kindness**

Make a list of 5 acts of kindness you can do every day. Make them simple acts of kindness that are easy to do, such as saying thank you etc. Do these 5 acts of kindness every day for 6 weeks. The research shows that people that do this and think of 3 good things in their life (as above) have a dramatic positive boost in their mood.

**3 good things exercise**

Every day at the start and end of your day think of 3 good things that happened. Write them down. Then think about either WHY those good things happened or how it MADE YOU FEEL when those good things happened.