26 November 2014

PRINCIPAL’S REPORT

Once again our school year is quickly drawing to a close. This has been a special year for Tullawong, as we have taken the opportunity to recognise our 20th Anniversary in our special events and ceremonies throughout the year. A very important acknowledgement of this anniversary has been the announcement of the Tullawong State High School’s Values and Vision, established this year. Our staff, students and parent representatives on the P&C assisted in the determination of a set of values and a vision for the school that will provide direction and guide Tullawong State High through many decades to come.

Our Values - Integrity, Diligence, Courage and Respect
Our Vision - To be a school that inspires our students to seize opportunities, realise their potential, reach above and beyond their experiences and know success.
Our Commitment – We will pursue this vision with open hearts, open minds, courage and capability.

During this past week our 2014 senior class has celebrated the culmination of 12 years of schooling. The Senior Graduation Ceremony was well attended by parents and family members. It was a memorable ceremony this year with photos, stories, songs and the tears, as our students reflected on their high school years. Mr Hooton delivered a special tribute to the graduating class as he performed “TWong for Life” written especially for this occasion. Each student was presented with a school compendium to commemorate their graduation and shared in the 2014 graduation cake.

On Friday night, our Year 12 students enjoyed their Senior Formal at Sails Restaurant at Redcliffe. The evening began with the traditional pre-formal celebrations and red carpet walk at school. Our students then made their way to Redcliffe. Sails Restaurant was a wonderful venue for our students. The students and staff enjoyed a great view over the water from their beautifully decorated room. Our young ladies and gentlemen looked so elegant in an amazing array of beautiful dresses and suits. It was an excellent evening, full of fun and dancing and good food. Congratulations to Mr Stephenson, Mrs Coleman, Ms Rudd and the 2014 formal committee.

Our Year 12 students were exemplary in their behaviour and respect for Tullawong at all their graduation events. We are incredibly proud of them and wish them well in the future.

I would like to extend a special thanks to our student leaders for 2014. Alex, Chloe, Ashley and Connor have been outstanding ambassadors for Tullawong State High. Their leadership and care for their fellow students has set a very high standard of student leadership throughout the 2014 school year. They have been excellent role models for our Junior Secondary leaders and provided welcome support for our teachers and support staff.

In all areas of our work this year we have been looking to the future of Tullawong State High and our students. We have implemented a significant number of new programs and worked to improve our students’ results on a weekly basis. Our school motto, “Soaring to Great Heights” is an excellent description of the attitude, work and results that so many of our students and staff have attained this year. We have achieved outstanding results at school, regional, state and national levels across all areas of the curriculum and within our teaching faculty. These achievements have been proudly chronicled in our newsletters throughout the year. Our school magazine, Summit 2014 also provides an excellent summary of this year’s highlights.

Throughout 2014, the professional, administrative, and ancillary staffs of Tullawong have delivered an academic year of excellent outcomes for our students. They have taught, nurtured and supported our students to achieve beyond their expectations. On behalf of the school community I congratulate them and sincerely thank them for their dedication and commitment to our students.

Our school support staff has been tireless in their work to provide our students with guidance and support when it is most needed. Thank you to our Chaplain, Petrus, our school nurse, Helen, our Indigenous and Youth Support Coordinator, Ariana.
This year our hardworking P&C have achieved even further amazing success in transforming our canteen and uniform shop into thriving businesses that are consistently meeting the needs of our students and community. On behalf of the school community I would like to thank Andy Carl, Maree Carl and Leo Bridgeman for their enduring commitment to Tullawong. I am looking forward to working with Andy and his team again in 2015.

In 2015 we welcome our first Year 7 cohort of students and of course our new Year 8 students. 2015 will be an exciting year of high expectations, high energy and high achievement at Tullawong State High. Once again the bar will be raised significantly for our students, along with their personal expectations of their individual achievements. “Soaring to Great Heights” will be our daily mantra as we work to achieve excellence in work as teachers, staff and students and achieve our vision to reach our potential and know success.

I wish everyone a safe and happy holiday. I look forward to working with you again in 2015.

Merry Christmas and Happy New Year

Deborah Murphy

ACADEMIC AWARDS EVENING

The 20th Awards night for 2014 was a great night recognising students for their academic achievements. Mr Ben Cossalter was the guest speaker, as an inaugural student of TSHS, and his speech really captured his thoughts and memories as a student and current staff member. This year the introduction of the subject commendation certificates recognised a larger number of worthy students. The event also honoured students who achieved through Vocational Education, service to the school and community and our Junior and Senior Dux. I would like to thank all our special guests, staff, parents and students who attended the evening. Thank you also to the students who sang the National Anthem and participated in the dance and music performances.

Mrs Deborah Murphy (Principal) and Junior Dux – Jodie Hammermeister

CONGRATULATIONS 2014 PRESTIGE Awardees

Banksia Award (Zonta): Amalya Valle (Yr 11)
Caltex All Rounder Award: Ashleigh Ford (Yr 12)
Greg Jones Award: William King-Blain (Yr 10)
Long Tan Youth Leadership and Teamwork Award: Kandice Bolt (Yr 12) and Tahnia Greenough (Yr 10)
The Fogs Award: Caalita Mitchell (Yr 11)
Vocational Education Award: Tristan Fleetwood (Yr 12) and Ian Gorman (Yr 12)

CONGRATULATIONS 2014 ACADEMIC Awardees

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<th>YEAR 8 GOLD</th>
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<td>Isabella Coleman</td>
<td>Hannah Austen</td>
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<td>Courtney Greenough</td>
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<td>Jessica Mitchell</td>
<td>Tahlia Devine</td>
<td>Shania Johnston-Muir</td>
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<td>Tahlia Allinson</td>
<td>Teaghan Cleminson</td>
<td>Jared Hungerford</td>
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<td>Tristen Gordon</td>
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<td>Rachel Cavanagh</td>
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<td>Brock Scott-Parker</td>
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<td>Keegan Barnett</td>
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<td>Britney Cross-Sims</td>
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<td>Jsyah Elers</td>
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<td>Ming Wai (Jasmine) Lee</td>
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<td>Anastasia Surrey</td>
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<td>Sarah Stewart</td>
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<td>Connor Bennett</td>
<td>Seton Andrews</td>
<td>Aramis-Ali Ahdizadeh-Rios</td>
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<td>Ashleigh Ford</td>
<td>Samantha Fox-Hegarty</td>
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<td>Madeline Rochford-Hayes</td>
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**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!

**KEEP A WATCH ON OUR SCHOOL THESE HOLIDAYS**

School holidays are fast approaching and we need you, to look out for after-hours crime in our school.

If you see anything suspicious, please call the School Watch number Ph: 13 17 88 and let’s work together to help create a safer school community.

The School Watch Program is a partnership between Education Queensland, the Queensland Police Service and the State Government Protective Security Service. It aims to reduce vandalism, theft and arson in Queensland schools.

**QUT HIGH SCHOOL PARTNERSHIP RECEIVES PETER DOHERTY SCIENCE AWARD**

Education Outreach Work by QUT and Tullawong State High School was recognised by the Queensland Government at an official ceremony at Customs House in November 2014.
The QUT-Tullawong partnership received the Peter Doherty Science Education Partnership Award for outstanding and innovative contributions to science and science education in Queensland for its work in improving understanding and take-up of scientific studies. Named after Brisbane born Nobel Prize winner Professor Peter Doherty, the awards have recognised students, teachers, support officers, schools, volunteers, mentors, and organisations for achievements or positive influences in science since 2004.

QUT partnered with Tullawong State High School (SHS) in 2012 to improve community perceptions of the school’s academic excellence in science, technology, engineering and mathematics (STEM).

QUT Science and Engineering Faculty Widening Participation (SEF WP) coordinator, Mrs Maria Barrett said the award highlighted the importance of outreach to improve scientific literacy and build career aspirations by demonstrating that higher education is a possibility for everyone.

“Jobs involving science, technology, engineering and mathematics are careers of the future,” Mrs Barrett said. “The challenge we face is communicating opportunities to students and encouraging their continued interest in STEM subjects through school into university. This is particularly true for many children living in regional or lower socio-economic areas, who could be the first-in-family to attend university.

“We work with schools to deliver workshops and other activities which inspire students and equip them with knowledge and passion to become future scientific professionals,” she said.

Tullawong SHS senior biology and physics enrolments increased by 30 per cent and 20 per cent respectively in 2014. Graduate tertiary enrolments also increased, and the school’s 2013 OP1 student received a QUT Vice-Chancellor’s Scholarship to support his engineering studies. The school received $3000 in prize money with the award, which will be invested into the program partnership to support its long-term sustainability.

SEF WP programs, including its Extreme Science Van, comprise all equipment and staffing to deliver a range of curriculum-based, collaboratively developed educational activities in schools. Head of Junior Secondary Schooling, Mrs Jennifer Borowski said, “access to additional equipment played a vital role in developing understanding and encouraging innovative and future-oriented thinking. Our junior student participation in experiments increased because they had access to equipment for hands-on experiences which wasn’t otherwise available at our school. Program activities also helped our Year 10 students plan their senior studies after hearing from university students about their experiences and career aspirations. There are many different pathways to university and the SEF WP program helped our students to see it was a realistic option. I believe the partnership’s biggest influence has been the way it has empowered students to recognise their ambitions and work hard to accomplish them. They are developing the self-belief that they can compete with students from other areas and do well,” she said.

QUT Widening Participation Programs

QUT has long-standing outreach, admissions and support programs for under-represented groups, with a particular emphasis on low-socio economic, rural and Indigenous students. The SEF WP program is funded under the Federal Government’s Higher Education Participation and Partnership Program (HEPPP), and aims to demystify university and increase interest in STEM degrees and careers.

QUT-Tullawong State High School partnership activities with the Science and Engineering Faculty have included:

- The 2013 Tullawong Senior STEM Camp, which offered an intensive STEM-related experience for Years 11 and 12 students on QUT campuses, engaging students in science, engineering and health-related workshops, laboratory tours and career information sessions.
- The Sustainable STEM Communities project, which developed an after-school club for students in robotics design, circuitry and programming.
- The Days of Excellence initiative, which encourages local Years 5-7 students to engage with Tullawong SHS campus and science programs.
- The Extreme Science Van, a mobile service established in 2001, which conducts curriculum-aligned workshops.

Since commencing its partnership with QUT Science and Engineering Faculty, Tullawong SHS has also developed partnerships with the QUT Business School and Creative Industries Faculty.


FOUNDATION YEAR 1994

It seems like only yesterday that I sat at the very first week long staff meeting held at Caloundra in December 1993 to discuss what the school’s policies, goals, motto and mission statement would be. It was an exciting time for all the staff as we had the opportunity to be involved in the foundation of a school.

When Tullawong opened in 1994, I always knew that it would be a very special time. The next twenty years certainly have proven that to be true. From the first day when the rains poured down, the porta lofts flooded, the science block and
tuck shop still under construction, workmen everywhere and the mud – school life was tough, but fun.

The first year was full of exciting times. The teachers knew every student’s name and some, like me, were fortunate enough to teach every student in the school.

One of the strategies that was extremely powerful in developing a positive school culture, was participation and success in sport. I recall the impact on the school when in 1995 our year 8 boys won the Metropolitan Rugby League title. At that time, few people outside of Caboolture had heard of Tullawong. This situation quickly changed with other equally successful sporting teams: girls’ soccer, AFL, basketball, cricket, hockey and squash, lifting our profile in the wider community. These early successes were important for Tullawong students, as it made them aware that they could successfully compete and that they could win.

Some events which stand out in my mind from the early years are:

- Students wearing white polo shirts, as the official TSHS uniforms were still on order.
- A row of “portable loos” located directly outside the resource centre door.
- Three weeks of rain, when combined with the above, say no more.
- Mr Morrice, our Foundation Principal, playing handball with the students at lunch time and according to the students he didn’t always play by the rules. As staff, we always knew where to find him.
- Mr Morrice limping back to the office after playing soccer, volleyball, handball etc. against the students.
- The school’s instrumental music program and concert band conducted by Mr Barrie Gott.
- 260 students enrolled in 1994 as opposed to 1400 in 2004.
- Using the primary school oval for physical education lessons and the first athletics carnival, as our school oval was not used until the last two weeks of term 4 in December.
- The pineapple train, which ran on the train lines directly opposite the school at 2.00pm every Friday, resulting in the lesson coming to a halt until the train had passed!

Naturally, Tullawong has grown over the years. Things have changed; some things are missed, while other improvements valued. There are certainly more students, more staff, and more buildings since 1994, but what has remained the same, is the heart of the school, which for me, is still the same as from day one.

The greatest pleasure over the last twenty years, are all the memories that the school has provided of students and staff that I have been fortunate enough to meet and work with. I feel privileged that I have had this opportunity. I hope that in the future Tullawong still remains the stand out school in the Moreton Bay Shire and that all students meet their potential and make the most of the opportunities provided. In conclusion, let’s remember and thank the other staff members that are still at Tullawong after twenty years, Di Butler, Sandra Trevethan and Carmen Smith.

**Lou Raponi**

*Foundation Teacher*

![Lou Raponi, Carmen Smith, Di Butler and Sandra Trevethan](image)

**YEAR 12 PHYSICS CLASS**

The Year 12 Physics class finished the year with an excursion to the Sir Thomas Brisbane Planetarium and Mt Coot-tha Botanical Gardens last Friday.

This class performed exceptionally well, with 4 out of the 8 students achieving VHAs – the highest number of VHAs in the school’s 21-year history! They will be missed.

![Year 12 Physics class students](image)

**HOSPITALITY STUDENTS' NEWS**

Year 10 Hospitality Students have been busy cooking to create these amazing gift baskets for their families, to say thank you for supplying their ingredients for cooking all year. Thank you to Tanya Martin who demonstrated to our students on how to beautifully assemble their final product. Great work year 10 students.

**‘AWESOME’ ART EXHIBITION**

On November 10, 11, 12 and 13 an ‘Awesome’ Art Exhibition was held in the Art Block, showcasing the impressive art work produced by the Visual Art students.
LEUKAEMIA FOUNDATION DINNER

On Saturday November 1, the Tullawong Hospitality Team had the honour of preparing and serving a three course meal for the Leukaemia Foundation of Queensland – Caboolture Branch’s Annual Dinner.

This year’s theme was ‘Beach Party’ so with that in mind it was decided to serve a casual buffet style meal. The guests at the dinner were suitably impressed with their entrée of warmed crusty cob loaf topped with gourmet flavoured butters followed by mains of beef, lamb and chicken accompanied by various salads. Dessert was a crisp, fresh fruit platter with raspberry chocolate truffle and white chocolate mousse and chocolate and almond and key lime sweet dukkahs. Nobody left the event hungry.

The Leukaemia Foundation is very active in our local community and it was a privilege for our teachers and students to be able to support them again this year by giving their time and experience to such a good cause. This was an amazing opportunity for the team to gain valuable ‘real life’ experience in a Hospitality Environment. Local Business owners complimented them on their professionalism and a few students even gained the opportunity of future employment with a well-known local food vendor.

A special thanks must go to Narelle Keegan, Karen Eldridge and Michelle Sheppard for organising the menu, shopping, preparation of the food and supervision of the students in this venture. We look forward to continuing this partnership with the organisation in the coming years.

HOSPITALITY HAVE GONE TROPPO

Year 11 Hospitality students successfully operated “Go Troppo”, a tropical themed Mocktail party, as part of the assessment within Certificate 1 in Hospitality.

In the weeks prior, students were treated to an industry workshop by Bar Supervisor Brenton Switzer from the Caboolture Sports Club. Brenton demonstrated to our students how to build designer mocktails along with some old favourites that had our taste buds dancing. Students gained valuable tricks of the trade and Brenton shared his passion for customer service inspiring students to do what they believe in.

Year 11 Hospitality students gained experience operating a function including the preparation of canapés, function room decor and waiter service. Students trialled a number of sweet and savoury recipes suitable for the occasion, and on the service day they presented fresh, delicious finger foods for our guests.

Customers were very happy with the refreshing drinks, scrumptious food and live entertainment by our talented senior Music students along with Mr Geoff Hooton.

Thank you Brenton and our valued customers; we appreciate your support.
MUSIC FESTIVAL

On Sunday November 9, Tullawong’s music and music extension students converged on the amphitheatre for a sunny afternoon of performances, food and drink. The event was a massive success with Tullawong’s wine being tasted by our patrons and our hospitality students providing food and drinks for the afternoon. We watched some stand-out performances from over 50 students including our Contemporary Bands, String Ensemble and our departing Year 12 Music students; Teagan Austen, Kandy Bolt, Steven Eggerling, Dylan Elliot, Ryan Fardy, Tristan Fleetwood, Samantha Fox-Hegarty, Nicole Fullerton, Ian Gorman, Krysten Moore, Mark Pascoe, Blake Potter-Smith and Shelmila Schmidt. We wish these students every success in their musical adventures and we’re sure we’ll see many of their names in big bright lights in the future.

A big thanks to all of the staff and students involved in such an excellent afternoon of entertainment.

MAGICAL MYSTERY TOUR

Students and Staff had a marvellous time rewarding Level 1 and 2 students on the Magical Mystery Tour. All students were over the moon when the secret location was “Aqua Fun Park” at Coolum!

STUDENT REPRESENTATIVE COUNCIL (SRC) UPDATE!

Brekkie Club

The last Brekkie Club for 2014 was held on November 20 in HE08. A big thank you to all our dedicated volunteers and Mr Stout who worked tirelessly behind the scenes preparing food for the Brekkie Club and also the many regular patrons who consumed a staggering 1.5 tonnes of healthy and nutritional food this year. We look forward to seeing you all again in 2015.

Free Dress Day

Our last free dress day this year was held on Friday November 7, with the theme being “Fancy Dress”. It was great seeing so many students dressed up in costumes including zombies, Mario Brothers, vampires and even a Santa Clause!

Tuckshop Naming Competition

Nearly four hundred entries were submitted to re-name the tuckshop. After careful consultation with the SRC, P&C and Administration, the winning entry was “Dining on Del Rosso” submitted by Isabella Coleman in Year 8. Thank you to all students who submitted an entry and congratulations to Isabella who received a $50.00 tuckshop voucher.

YEAR 12 GRADUATION

On Friday 21 November, Tullawong State High farewelled our graduating Class of 2014. Tullawong staff and students wish our year twelve students all the best of luck in the pursuit of their dreams and goals. Goodbye and good luck!

YEAR 12 FORMAL CELEBRATIONS

Our Year 12 students celebrated their school formal evening on Friday November 21 at Sails Restaurant and Function Centre, Redcliffe.
SPECIAL OPENING HOURS UNIFORM SHOP

Below are the dates and times for special opening hours for parents wishing to purchase uniforms for 2015:

AFTER SCHOOL SALES: 2:30pm – 5:30pm
- Monday 1st December
- Thursday 4th December
- Monday 8th December
- Thursday 11th December

BACK TO SCHOOL SALES: 8:30am – 2:30pm
- Monday 19th January
- Tuesday 20th January
- Wednesday 21st January
- Thursday 22nd January
- Friday 23rd January: 12:00pm to 6:00pm

KANGAROO BUS LINES BUS PASSES

Kangaroo Bus Lines

Phone: 1300 387 525

Kangaroo Bus Lines would like to advise that students who currently have a bus pass with Kangaroo Bus Lines must order their new 2015 pass to be able to continue to travel on our school services next year.

Passes can be collected from our office at 2 Motorway Drive, corner of PKN Rd, Burpengary, from Monday 12th January 2015.

New applications, Change of School or Change of Address Applications will be accepted for the remainder of the year with costs to be collected after 12th January.

Bus passes will NOT be available for collection from the bus drivers of our school services.

Should you require further information or have any questions or concerns, please feel free to contact our office between the hours 8:30am – 5:00pm Monday to Friday on 1300 387 525.

NATIONAL DISABILITY INSURANCE SCHEME (NDIS)

Pave the Way invites people with disabilities and their families to a presentation about preparing for the National Disability Insurance Scheme (NDIS) which will begin to roll out in Queensland in July 2016.

LIBRARY NEWS

Returning Library Resources & Text Books

Students received a list of their current loans from their Care teachers on Wednesday 19th November. All students need to return all textbooks, library resources to the library before the end of the school year.

- Year 12 by 21st November
- Year 10 and 11 by Friday 28th November
- Year 8 and 9 by Friday 5th December.

All outstanding resources will be invoiced.

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 last Tantalising Text Talk (TTT) for the year was held on November 5. Ms Kim Williams was our guest Text Talker who left us puzzling over some very challenging riddles.

There has been a great response to our TTT this year, and I would like to thank all the staff and students who joined in over the year. TTT will be returning in March next year.

Student Tech Lab

Student Tech Lab has been demonstrating a variety of IT skills every Wednesday lunch 2. So far we have seen demonstrations showing how to use Photoshop, drawing graphs using Excel, utilising the design features of PowerPoint and tips for searching Google. Our last Student Tech Lab for the year will
be Wednesday 10th November, but we will be back bigger than ever next year.

New at the Library

The Library – the place to be at lunchtime!

There is a lot happening each lunch time in the library. It is the place to be!

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.

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 – top 10 tips for students for managing technology distractions

1. **Allocate specific times for work and for technology** - this can be tricky given that much of the time students need to use technology for research. However, making a timetable which clearly identifies time for homework/study, games and other online activities, means you know that you will soon get an opportunity to get back online. It’s best to make these blocks in the time when you aren’t at your most “productive” with work.

2. **Turn off your technology distractions** - turn off as many things as you can e.g. Phone, iPad, iPod, Facebook, Instagram, even your computer if you don’t need it for that piece of work. If you aren’t aware of messages or notifications coming in, then you won’t need to check them. Try it for half an hour and then get back to your messages once you’ve finished that work block.

3. **Set clear goals** - once you have achieved your work goal, reward yourself with technology. Allow yourself 20 minutes of guilt free online time.

4. **Set a timer** - if you can’t stop gaming or checking facebook, even when your allocated time is up, set an annoying timer…which you place away from where you are playing, so that you have to get up to turn off. Once it’s off, you have already broken the connection to the game and it should be easier to get on with your work.

5. **Install software on your computer to help manage distractions** - there are lots of different packages available to assist you in controlling your computer use - how long you use particular programs for and what you use. More information is available in the Managing Distractions Unit of the Study Skills Handbook http://www.studyskillshandbook.com.au/inside/inside_content/home5c.html

6. **Don’t make in-App purchases** - lots of us have downloaded a “free” app only to get caught up in the cycle of “in app” purchases so we can just get one more level or win. Making a deal with yourself to wait
for a while to have another go at a game both saves money and gives you 20-30 minutes to focus on schoolwork instead.

7. **Remember TV is technology too** - working in front of the TV can be just as distracting as other forms of technology. Save up your easy work - like title pages, or filing, to do in front of the TV and use your technology free time to focus on more challenging work.

8. **Enlist some help** - ask your parent or sibling to help you manage your technology distractions by sitting near you while you work to monitor what you are doing, testing you on your current topics or holding on to your devices for you.

9. **Find a different place to work** - some work can be done outside, or while you are exercising. Why not step outside to review your study notes, or read your novel? Record your notes or listen to a podcast when you are out walking the dog?

10. **Do some mental skills development** - if you really need to improve your focus, attention and memory, try doing some specific exercises.

   http://www.lumosity.com/

**Study Skills Tips – Top 10 Tips For Parents To Manage Children’s Technology Use**

Parents are often at a loss about how to manage the amount of time children spend using technology. This is becoming particularly difficult as students are required to not only undertake their research electronically, but also to complete their work from school either on-line or at least on the computer. It can be hard to tell whether your child is doing legitimate work, working legitimately with “study buddies” online, or whether or not they are getting distracted with gaming, social media and the like.

Here are the Top Ten tips to help you manage your child’s technology use.

1. **Model good technology behaviour**
   
   Parents are the number one role model for students. If you are always on your phone, ipad or computer, even if it’s for work, you are sending the message that this is appropriate. Make sure you regularly take time to “unplug” and demonstrate that it’s more important to engage with people than technology. For example turn off your phone when you are having family time (even for a short burst) or rather than watching a family movie, organise a family outing.

2. **Try to understand the technology your child is using and why**
   
   Some students will happily use the technology available to help them with their homework without getting distracted. Many will easily become distracted by, or will prioritise, social media, online gaming, apps related to their interests, YouTube etc. To help your child manage these distractions it is useful to

spend time with them understanding what they are using technology for and why. Developing this understanding will help you set limits which are reasonable to both parties.

3. **Set clear limits in relation to technology time**
   
   Parents need to decide what they consider to be a reasonable amount of technology time per day and per week. As mentioned above, understanding why and how your child is using technology will inform this decision. What works for each family will be different, but options include: no technology before school, technology for a particular amount of time each day, electronic games on the weekend only. It’s vital to be consistent with whichever system you choose for it to work well.

4. **Monitor technology use**
   
   If you aren’t sure what your child is doing when they are on the computer (homework or something else), then move the computer to where you can monitor what they are doing. This can be difficult depending on your family and space available. If it’s not possible to move the child/computer, consider doing quiet activities in the space they are using, such as reading or ironing, to monitor their use.

5. **Establish “screen free” systems - days, spaces etc.**
   
   Make sure technology doesn’t dictate your home and family life. Establish “screen free” spaces e.g. the kitchen and dining table. Perhaps have a screen free day on the weekend? This encourages the whole family into more active pursuits and positive interactions.

6. **Centralise storage of handheld devices**
   
   Have a rule that all handheld devices are stored in the one place (along with their chargers) so when it’s not an approved technology time, the device is away and not causing a distraction.

7. **Use technology time as a reward**
   
   Show that you can be reasonable and flexible. If your child has done all their schoolwork and has enjoyed other activities/completed chores etc. there is no reason why some additional screen time can’t be used as an occasional reward. However, mixing up the rewards with other activities will benefit the whole family.

8. **Provide lots of opportunities for physical activity and socialising**
   
   Time which used to be spent in physical activity or more creative leisure pursuits is now often spent on technology. Providing opportunities for students to participate in meaningful and enjoyable activities away from technology helps them to find other interests and connect with people. Options include organised sports, playing music, learning a new skill etc.

9. **Use parental controls to block particular sites**
   
   Parental controls are useful to block particular websites which have inappropriate content or which
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

10. **Change the WiFi password**
If nothing else works, and your child is constantly on social media or surfing the net, consider changing the WiFi password. Whilst it’s an extreme measure it is sometimes useful as a reminder that there are other things that need to be done.

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**RAFFLE WINNERS**

Congratulations to the winners of the Chaplaincy Fundraiser Raffle:

1. Alan Berris (First Place)
2. Claire Joy (Second Place)
3. Tiarnah-Leigh Melrose (Third Place)

**QUOTE OF THE MONTH!**

"Accept responsibility for your life. Know that it is you who will get you where you want to go, no one else."

Les Brown