With a range of events occurring, the term is advancing quickly towards the half way mark. The Open Night held last week was my first attendance at such an evening and what a great evening it was! This was an excellent opportunity for our faculties to showcase the courses on offer at the school. I also observed that the evening was an opportune time for parents to have an extended period of time to talk with staff. I look forward to the next Open Night in 2017.

We had two presentations on the evening, including one for Year 10 students entering Year 11 in 2017 and, similarly, Year 6 students entering Year 7. They were highly informative: if you were not able to attend or know of others who could not attend and you were after further information do not hesitate to contact Aiden Richters (Year 6 information) or Robyn Sloan–Orlandi for information on Year 11 in 2017. Of course recently you received our report package which has a handy email contact list for staff email if you wish to access them electronically.

One of our key behaviour values is the notion of students being Responsible & Respectful. It was great to observe our students involved in a range of activities over the past couple of weeks displaying such behaviour. Students were competitive and used sportsman like behaviour at the recent Sports Carnival. Musicians represented the school at the State Honours Program and the Winter Brass Program and performed beautifully. Students enjoyed the recent Show, visited our display, helped clean up the grounds late at night and were friendly in their interactions.

Further to this, can I thank the parents who attended the recent Athletics Carnival. Although we were delayed, the weather was lovely and the students’ participation was very high. Congratulations to Mackay the winning house, and also to all of our age champions on the day. A “thank you” to Mr Bolus for his organisation and to the student sporting leaders for their active involvement and support. This Friday is the District Athletics Carnival and we look forward to further brilliant results.

The school is currently collecting data on students with disabilities. This data helps teachers, principals and education authorities support them in their schooling in the same way as students without a disability. In this process the school will be looking at students who have a range of disabilities. Under the National Disability Standards, this can include, but is not limited to, students with severe asthma; who wear glasses; who suffer from anxiety; with long term illnesses, Autism Spectrum Disorder and learning difficulties. All State and Territory Governments have agreed to work together on the annual collection of data focused on school students with disabilities.
On Monday 18 July, Tully State High School celebrated NAIDOC for 2016. To start the day, the fire was lit in the rain for the Kup-Murri (traditional underground cooking) at 3:00am; by 5:30am the food had been put in the ground for our lunch — pork, lamb, silverside and veggies. A full school parade commenced at 9 o’clock with Mr Claude Beeron and his dance group starting the festivities with some traditional Aboriginal dancing followed by Ms Alice Solomon and the traditional Torres Strait Islander dance group. The Indigenous Leaders Of Tomorrow and The Indigenous Leaders For The Future helped Alice Hodges the (CEC), run activities for the Year 7s and 8s, which included a talk about healthy choices from Mamu Health Service Limited. This was followed by lunch. We would like to say a big thank you to the Cassowary Coast Council for their generous donations as well as everyone else who helped make the day possible.
Tully SHS Instrumental Music students formed a new band with Instrumental Music students from Innisfail State College last week to form a combined 'Big Band' in preparation for upcoming jazz concerts to be held at the end of term. The combined TSHS & ISC Big Band was certainly 'big' for a 'Big Band' - 34 students in all ... and yes it was a 'big' sound!

Further rehearsals are planned involving our students heading to ISC on the 24 August so that they will be ready to work with renowned guest big band musician Niels Rosendahl on the last day of term - 16 September. Students will then perform at the Innisfail Shire Hall on Saturday 17 September with our special guest musician at a jazz festival dance event. Things are getting very exciting for our young musicians. More 'big' news about the big band to come ...

ICAS – University of NSW Science Assessment

Congratulations Daniel Pontil, Angus Perkins and Bradley Vechio who were all awarded Distinctions in the University of NSW Internation Science Competition, with their results putting them in the top 10% of the nation. Special mention to Bradley whose results put him in the top 2% of the nation! Well done to all who participated – results will be handed out in class.
What’s Going on in Year 9?

Term three is a busy and exciting term for the Year 9s. This term, students start their transition from Juniors to Seniors as they have to begin deciding on which subjects they want to choose for their first year as Senior students next year. Last week, the school held the annual Open Night which was an excellent display of what each curriculum area has to offer. If you missed it or have any further questions about subject areas, feel free to contact me or the school. Later on in the term (September 8), the Year 9s will also be attending a presentation on drugs and alcohol. This will be delivered by Vicki Bombardieri from Life Education and will examine the risks associated with drugs and alcohol, and also strategies to support smart and safe decision making. Another important and ongoing focus this term is to ensure all Year 9 students are coming to school every day. Typically, our Year 9 cohort have a great track record with attendance but towards the end of last term there was an increase in absenteeism. This hinders both learning and assessment outcomes as it is very difficult for students to catch up after time away from school. If you know your child is going to be absent from school for an extended time, please phone or email the school so we can make arrangements for work to be sent home or support them in catching up when they return.

Here’s to another great term,

Polly Reynolds
Year 9 Coordinator
E: preyn23@eq.edu.au

Year 9 Textiles and Food Studies – Shop Till You Drop -

Students in Year 9 Textiles & Food Studies are currently experimenting with tie-dying techniques to later dye re-usable shopping bags they have sewn in class. So far we have trialled spirals, lines and bulls-eye patterns. More pictures of the finished products to come ...
Year 9 Food Studies – Waste Not Want Not

Last term, two of our talented and innovative Year 9 Food Studies classes studied a unit on current food trends. They explored many food trends such as paleo and vegetarianism but focussed mainly on the increasing movement to reduce food waste. Research completed by both classes revealed the shocking truth that nearly one third of all food produced in the world goes to waste. Students discovered that waste occurs at all levels of the supply chain, whether it is due to incorrect storage facilities and transport from farm to market, supermarkets rejecting imperfect or ugly produce or families and households overbuying and forgetting what they have in the back of the fridge. In response to this, students completed a “Mystery Box Challenge” where they were supplied with surprise ingredients that needed to be used from the school’s stores, with excess ingredients classes had been freezing after previous cooking lessons and with fresh ingredients staff had supplied from their own fruit trees.

One class made a flavoursome fruit smoothie with a hint of cinnamon and a kick of spicy chili while the other made gluten free pizzas topped with ham, chicken, vegetables and mozzarella. Apart from fresh milk and tomato paste, nothing else was supplied to the students. They had to use their imagination and cookery skills to create their own meals. After studying this topic, the general consensus from both classes was that everyone has a role to play in reducing food waste - it could be as easy as using a food expiration app like Food Keeper or using wilted vegetables and leftover meat to make a tasty frittata like this one:

**Chicken and Potato Frittata**

**Ingredients:**
- 1 tablespoon olive oil
- 2 cups shredded cooked chicken
- 3 shallots, finely chopped
- 2 medium zucchini, grated
- 2 x 125g cans corn kernels, drained
- 6 eggs
- 1/2 cup pure cream
- 1/3 cup grated parmesan cheese
- 2 garlic cloves, crushed

**Method:**
Heat oil in a 26cm (top) frying pan over medium heat. Add chicken, green shallots, zucchini and corn. Cook, stirring for 3 minutes or until zucchini is soft.
Meanwhile, preheat grill on medium. Whisk eggs, cream, cheese and garlic together in a jug. Season with salt and pepper. Pour over chicken mixture. Cook for 5 to 6 minutes or until almost set. Transfer to grill. Grill for 2 minutes or until golden and set. Serve.

**Handy food waste hint:** don’t buy new ingredients, substitute the listed vegetables for those you already have at home e.g. three green onions for 1 large brown onion or zucchini for carrot.

This term, students in Year 11 Science 21 are conducting an investigation into the water quality of the High School pond and Silky Oak Creek. They will be determining factors such as the level of Dissolved Oxygen, pH, Nitrates and Phosphates. So far the students have done a great job using specialized chemistry equipment to perform a titration for the dissolved oxygen test, and are interested to see which site will have the best overall water quality.

It is always a great pleasure when past students come and visit us at Tully High. I would like to thank Erin, Grace, Rachael, Nicola and Layne who gave up their time to talk to the grade 11 and 12s about their journey since leaving school.

These girls were able to share their experiences of university and college life, studying and making friends. It was a worthwhile experience for our current Seniors to gain some tips before venturing to university or taking their gap year.
The Challenge Games Camp was held in Townsville last week, July 25-28, with the Challenge Games on Wednesday 27 and Thursday 28 July. The purpose of the Challenge Games Camp is to provide four days of fun, friendship and participation in a range of sport and fun activities. Our pre-Challenge Games activities included meeting and watching the Cowboys at training, time at a shopping centre, a visit to the Aquarium, a movie, a meal in a charming café and Ten Pin Bowling. The Challenge Games activities included running, jumping, throwing and team events plus many other fun/novelty activities. Students participated in as many or few events as they selected, according to their own level of interest and ability. While the aspect of fun and participation remained the focus of the Games, it also allowed for the identification of students from all schools, state or private, who were interested in competing at further school, regional or state level in formal Track and Field events. Next year we will have students participate at the competitive level. We left Tully SHS on the Monday July 25 after the buses had arrived and returned to Tully SHS on Thursday afternoon - three nights, four days later.

It was a fantastic week. Students who attended are now busy writing a report for the newsletter.
Tully State High School students Jacob Briggs, year 7 and Dominic Briggs, year 9 have been selected to play for our zone, North Queensland in Toowoomba on September 24 and 25th. At this competition they will play other junior teams from around Queensland. If they are successful in Toowoomba they will represent Queensland for the Junior Australian Title.

Mrs Smith.
The year 11 English cohort were recently involved in the first State wide English exam since the 1970s. We performed very well. The graph below shows how Tully High’s results (Blue) were substantially better than the State (Red). Congratulations to Mrs Archer, Ms McCulloch, Miss Grainger, and Mrs Flegler for their precise teaching. Top performers included: Maia Spring, Gemma Matheson and Chloe Harris, (A range) and Kathryn Goyne, Lennox Black, Aimee Sinton, Bianca Thompson and Hallie Whant. (B+)
Did you know? Sales are always up at the Tuckshop when it rains! The continued wet, cool weather has seen many takings-records set these last couple of months and customers are enjoying the new menu this term. The requested vegetarian portions are gaining ground with the Pasta going well and Pizzas taking off slowly.

Twelve new mums have joined our volunteer roster, which is exciting as we continually improve all aspects of our tuckshop business. We are very thankful to all parents who generously give their time and skills in our kitchen, preparing food for the hungry, growing bodies and hope to offer some workshops in the future. Applicants are currently being processed and narrowed down until we have a successful candidate for our new Tuckshop Managing Convenor, who will commence duties late August.

With our increased takings have come increased opportunity to give to our school and up first on the list is $12 000 worth of new laptops! As technology needs are ever-changing and our whole student body would benefit, we saw this as high priority.

We were also successful with obtaining a grant from the Gambling Benefit Fund which will go towards some shade sails in the Junior Precinct area and more seating for our great students.

P & C meetings are every 3rd Tuesday in the month @ 5:15 pm in the Library. All welcome

Students from Year 12 will soon be undertaking during the September holidays, an education tour of the national capital. Students will be given the opportunity to participate in a variety of educational programs with a focus on Australia’s history, culture, heritage and democracy. The Australian Government recognises the importance of all young Australians being able to visit the national capital as part of their Civics and Citizenship education. To assist families in meeting the cost of the excursion the Australian Government is contributing funding of $150 per student under the Parliament and Civics Education Rebate program towards those costs. The rebate is paid directly to the school upon completion of the excursion.
Maths Quiz:
Week 1 Solution: 2 dogs and 6 cats

Week 4 QUIZ: Two trains 150 Km apart are traveling toward each other along the same track. The first train goes 60 Km per hour; the second train rushes along at 90 Km per hour. A fly is hovering just above the nose of the first train. It buzzes from the first train to the second train, turns around immediately, flies back to the first train, and turns around again. It goes on flying back and forth between the two trains until they collide. If the fly's speed is 120 Km per hour, how far will it travel?

Good luck

Thanks for the responses to the maths quiz. Keep them coming to the SP staffroom or email to mbrow499@eq.edu.au

GOAL SETTING

The Year 10 cohort in Positive Education will be investigating Goal setting. Goal setting is a powerful process for thinking about your ideal future, for motivating yourself to turn vision of your future into a reality. The process of setting goals helps you choose where you want to go in life.

No matter what age you are, goal setting is a great way to give purpose to your life and to help you achieve your highest potential.
**DIABETES AWARENESS** This year Diabetes Australia is encouraging people to recognise the symptoms and assess their risk of type 2 diabetes through their online risk assessment tool.

Type 2 diabetes is a condition where the pancreas doesn’t make enough insulin or the insulin it does make does not work properly. Type 1 diabetes is an autoimmune condition that causes the immune system to destroy the cells in the pancreas that produce insulin. It is most commonly diagnosed in children and young adults. Type 1 diabetes cannot be prevented, we don’t know what causes it but, with your help, we can try to halt the progression of type 2 diabetes.

Nationally, 280 Australians are diagnosed with type 2 diabetes every day with just over 1 million Australians already living with type 2 diabetes. Diabetes costs the Australian hospital system $14 billion annually with type 2 diabetes set to become the leading cause of disease burden by 2023 (AIHW, 2010).


---

**HIGH TEA for SUICIDE PREVENTION**

The fifth annual high tea and garden party to raise money for suicide prevention will be held from 9:00am on Saturday, 27 August at Fontana’s farm, 88 Gullotta Road Silkwood. Entry, including the high tea, is $10 for those over 16. There are displays of pioneer artefacts, art, and old cars to name a few. There are also several stalls including a huge plant stall. A goose club with around sixty prizes and a raffle of a handcrafted coffee table made by Gid will be held to raise money for suicide prevention. Visitors can enjoy the delicious high tea in the wonderful garden setting and visit the beautiful memorial walkway.

---

**HIGH TEA**

in support of **LIFELINE and SUICIDE PREVENTION**

At Fontana’s Farm 88 Gullotta Rd SILKWOOD (just follow the signs) (ph 40652130 for more details)

**Saturday 27 August, from 9:00am**

**$10 entry**

Heaps of Stalls  Raffles  Pioneer displays  Art Exhibition  Beautiful garden walks  Delicious morning tea served on fine china  Plants, Bric-a-Brac, Original art works,

COME AND MAKE A DIFFERENCE!

---

**Notices & Events**

- P & C Meeting—3rd Tuesday of every month—5:15 pm in the Library
- 3 to 10 August  Ekka Excursion
- 4 August One Punch Can Kill Presentation Yr. 12
- 5 August Jeans for Genes
- 5 August District Athletics
- 10 August Tully Skills Day out All year levels.
- 17 August Yr. 12 Snowies Info Night.