It looks like the unseasonable wet period continues. I remind parents that while the weather is still quite cool that students are to adhere to the uniform guidelines. The school jacket is well priced and looks smart – I recommend this to you for the winter months.

Thank you for your understanding and patience recently during this wet weather. Some changes to times and dates of activities have had to change and while we endeavour to ‘get the word out’ as best as possible sometimes we may miss some families. We will continue to inform your child along with email and Facebook communication strategies.

Congratulations to Mr Bolus and his team of staff and student helpers with the staging of the District Athletics Carnival recently. It was excellent weather, the students were keen and competitive and while the school was runner – up, the large number of age champions could mean an end to the reign by Innisfail State College in the near future!

The recent NAPLAN results were exceptional and testimony to the curriculum programs and focused teaching of numeracy and literacy in the school. There has been a steady improvement in every year’s results across the board for our school. Of note are the percentages of our students who meet the National Minimum Standard. In Year 7 it is worth highlighting Writing (95%) & Numeracy (97%), while Year 9 results are equally impressive with Reading (99%) & Numeracy (100%). It is also worth noting that our top students performed very well, with close to a quarter of students achieving in the top 2 bands across a range of areas.

<table>
<thead>
<tr>
<th>Year</th>
<th>n</th>
<th>Lower Limit</th>
<th>School Mean</th>
<th>Upper Limit</th>
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<tbody>
<tr>
<td>2016</td>
<td>72</td>
<td>533</td>
<td>543</td>
<td>550</td>
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<td>2016</td>
<td>72</td>
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<td>2016</td>
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</table>

Our NAPLAN results are positioned well when compared with other schools and states. The graph above shows that we are achieving higher than schools similar to us in the nation (as highlighted by green) and similarly to schools across the nation (blue and green).

It was great to see our students in action outside the classroom recently. Ms Martin’s Art class was busily doing some temporary wall art of a comic nature around the school while our Year 8s are out designing and performing their movie scripts. We await the final results with anticipation.
After two false starts that were rained out by the Tully weather, the third attempt at running the Athletics Carnival was a great occasion with a glorious blue sky and perfect conditions. There were some outstanding efforts on the day. Andrew Brunello placed in every single event run on the day and scored more than twice as many points as his nearest rival for U13 boy’s age champion. Only 4 points separated the top 3 Open Boys competitors with Luke Fitzgerald coming out on top over Tristan Peach and Jonty Ivey. The U16 Boys Age Champion, Thomas Edwards, got over the line just ahead of Jake Giardina with a only single point separating the two. Overall, the participation was outstanding, particularly of the Year 12s who really turned up on the day and embraced the occasion, knowing that it was their last opportunity to represent their houses. Mackay students were the overall winners, which earned them a triple crown as 2016 champions for Swimming, Cross-country and Athletics. An outstanding achievement.

**Highlights:**

Andrew Brunello placed in every single event run on the day and scored more than twice as many points as his nearest rival for U13 boy’s age champion.

**Records:**

Javelin Casey Ivey 25.08m

**House Results:**

Mackay 1626
Walter Hill 1616
Kirrama 1205
Tyson 1182

**Age Champs:**

U12 Jasmine Sichter — Max Haley
U13 Kellie Spicer — Andrew Brunello
U14 Monique Sichter — Jeremiah Seckington
U15 Abbie Porter — David Musumeci
U16 Aimee Sinton — Thomas Edwards
U17 Romy Teitzel — Luke Fitzgerald
This term Tully State High School welcomed the future 2017 Year 7 cohort for the first time during the Year 6 Transition Days. The transition program saw 134 students from our 9 cluster schools. Visiting Year 6 students were able to continue building relationships with their 2017 peers and staff ahead of their transition into high school next year.

Students experienced a variety of what Tully High has to offer with exciting demonstrations in Agriculture, Manual Arts, Science, Home Economics, Drama and HPE. I was extremely pleased with the entire cohort as a whole and our teachers were always greeted with keen, well-mannered and enthusiastic students from our district. We look forward to seeing the cohort again next term where more transition activities (Junior Secondary Social, Orientation Day) will take place at Tully State High School.

Aidan Richters
Head of Junior Secondary
Year 10 Science students are studying Chemistry this term. Students have been investigating displacement reactions between metals and nitrates in preparation for their EEIs where they will independently investigate corrosion of iron or electrochemical cells.

Year 8 Agriculture students are learning about the importance of chicken husbandry, welfare and poultry nutrition. Each student has been assigned a two-day old chicken to care for over a 10 week period. During a lesson, students weigh their assigned chicken and record the chicken’s weight in order to complete a feed trial. Students are currently conducting a feed trial to determine which of the two feeds produces the best growth rate in chickens. The two feeds provide a balanced diet of nutrients but vary slightly in composition. At the end of the term, students may purchase their chickens.
We would like to thank Sergeant Troy Nowitzki from the Mission Beach Police Station who presented the “One Punch Kills” module of the Putting Youth into Picture program to our Year 10 cohort. The Year 10s were able to gain knowledge of the Queensland criminal justice system and learn strategies that may prevent them from making split second decisions that could ruin their lives or the lives of others.

A huge thank you to Troy and Senior Constable Mark Hazlett and Police Liaison Officer Brad from the Tully Police Station for giving up their time to talk to the students.

PERSONAL REPUTATION ON SOCIAL MEDIA

Rebecca McSwiney of the University of Southern Queensland addressed Senior students about the importance of guarding their personal reputation on social media. She explained the importance of promoting a consistent, authentic set of values and how to ensure one’s digital footprint reflects that. Ninety three percent of employers check the backgrounds of prospective employees on social media. Leadership was another area she discussed, sharing her personal experiences as 2015 Australian Young Manager of the Year. Ms McSwiney conducted a leadership exercise with all the Year 10s to see how well they could communicate to achieve a task without speaking. A large range of resources to assist students with assignment work and job seeking are available on the USQ social hub website.
The Open Night was well attended by parents, caregivers and students. Faculty stalls provided plenty of information about 2017 subjects. The Junior and Senior presentations provided an insight into education requirements and expectations. Anyone wanting further information should contact the school.
A massive thank you to Sellars Bananas for their generous donation of bananas for our Student Council Banana Smoothy Stall at the Tully Show.

It was very much appreciated by Tully State High.
On Wednesday 3 August, Ben Van Niekerk, Abbey Edwards, Wilson Flegler, Rhiannon Collins, Craig Machan and Bradley, travelled to Good Counsel College to participate in the annual QAMT maths quiz. Both teams performed well on the day in a close competition. Ben, Abby and Wilson’s team finished in second position on the day, which qualifies them for Round 2 held at Cairns State High on Monday 15 August. We wish them all the best. The team of Rhiannon, Craig and Bradley finished third; well done. It is great to see the Mathematic talent we currently have in our junior school.

On Wednesday 10 August we went to the Tully Showgrounds for the Skills Day Out Expo. All of the stalls were very interesting and resourceful. We had the chance to see what courses we could take at University and the job opportunities we will have once we finish school. The highlight for us was the opportunity to create our own floral arrangement at the florist stall. Over all it was a great day and very enjoyable.

Taylah Walker & Rachel Davina
**Tropical Delicacies – a Year 7B Business**

Last term 7B Business Studies formed the business *Tropical Delicacies* for the sole purpose of keeping those who suffer from the heat cool with banana splits, during these warm weather conditions without air conditioner usage. We have kept our costs down, thanks to the generous banana donations from Zonta Bananas. The business made a profit and sold banana splits over three weeks. We hope you enjoyed our banana splits.

![Barney Brook holding his sandwich board creation](image1)

![Brayden Walker, Will Hilder, Liam Johnson and Melissa Ru holding banana splits.](image2)

**Shake It Off – an 8E Business**

*Shake It Off*, an 8E business, also ran during Term 2, making, you guessed it, milk shakes! These concoctions containing caramel or Nutella were hard to beat. The Sales Team enjoyed their time selling their shakes to the school population. Other teams, for example, Production, made the product and the Marketing Team advertised the product.

![The Sales Team discusses the product with Kelsy Cunningham.](image3)

![Customers flock to the shakes with Aimee Sinton looking on.](image4)
Maths Quiz:

Week 4 Solution: Trains traveling together at 60+90km/h = 150km/h
Time for trains to collide is 1hr
Fly travel speed 120Km/h
The fly will travel 120Km

Week 5 QUIZ: The difference between two whole numbers is 13.
When the two numbers are multiplied together, the result is 30.
What are the two numbers?

Good luck

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

Positive Education

Positive Education, Year 11 have been studying Cognitive Resilience, Emotional Resilience and Behavioural Resilience. What do these things mean and how can we increase our resilience in each of these areas?

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<thead>
<tr>
<th></th>
<th>What it is</th>
<th>Ways to improve</th>
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</thead>
<tbody>
<tr>
<td>Cognitive Resilience</td>
<td>The capacity to overcome the negative effects of setback on cognitive function and performance</td>
<td>Building firm positive beliefs about yourself</td>
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<td></td>
<td>Putting things into perspective “Will this matter in five years’ time?”</td>
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<tr>
<td></td>
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<td>Challenging negative self-talk</td>
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<tr>
<td>Emotional Resilience</td>
<td>One’s ability to adapt to stressful situations or crises. Spring back emotionally after suffering through difficult or stressful times</td>
<td>Self-awareness – developing insight into the way you think, feel and react to difficult situations</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Allowing yourself to experience emotions and think carefully before sharing then with others</td>
</tr>
<tr>
<td>Behavioural Resilience</td>
<td>Making good behaviours into habits</td>
<td>Look after yourself (exercise, food sleep)</td>
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<tr>
<td></td>
<td></td>
<td>Build support systems</td>
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<td></td>
<td></td>
<td>Have confidence in your strengths to get you through</td>
</tr>
</tbody>
</table>

Courage does not always roar
Sometimes courage is the quiet voice at the end of day saying, “I WILL TRY AGAIN TOMORROW”
(MARY ANNE RADMACHER)
**From the Nurse’s Desk**

**Protect yourself from infectious diseases**

In his regular newsletter, the DET Director-General reminds us to protect ourselves from infectious diseases by taking basic steps like checking on your immunisation status, practising good hand and respiratory hygiene and staying away from work or social gatherings if you are unwell.

**Hand hygiene** is one of the most important measures in preventing transmission of infection. Hands can become contaminated from touching contaminated surfaces or by being contaminated through coughing, sneezing, rubbing eyes etc. The infectious agent can then be passed on to others e.g. shaking hands and/or contaminating clean surfaces. Hand should be regularly washed with soap, running water and then dried.

**Hand Washing Steps:**
1. Wet hands thoroughly and then add mild liquid soap.
2. Rub soap over all areas of the hands, including between the finds, thumbs and back of hands.
3. Wash for at least 10 seconds.
4. Rinse hands well under running water
5. Dry thoroughly with paper towel (preferred option), a clean individual cloth or air dryer.

The school has alcohol-based hand rubs available and are great for where hand washing facilities are limited or not available. Ensure your hands are free of debris for it to be effective for infection control.

Respiratory Hygiene involves covering your cough, your sneeze, with your elbow or using a tissue when blowing your nose and putting it straight into the bin and always wash your hands or use a hand rub after coughing/sneezing.

**How to best protect against the flu?** Annual vaccination is the best way of preventing the flu and any associated illness. It is important to be vaccinated every year because flu viruses are constantly changing, so the vaccine changes most years to protect against the flu viruses that are most likely to be around in the winter months. It is also important to get the flu vaccine every year because protection from the vaccine gradually declines over time. The preferred time to receive the flu vaccine is in autumn to allow time for the vaccine to work before the flu season starts. If the vaccine is not given in autumn, it is still useful to get it even if the flu season has already started. The vaccine does not contain any live influenza virus so the vaccine does not give you flu. The vaccination usually takes up to **two weeks** to be effective and lasts for up to a year. If you have been vaccinated against flu and you happen to catch the flu, you usually experience a less severe illness and may be less likely to develop other health complications from the flu.

**School-based immunisation for Year 7s and 8s this year** has had a high rate of participation. The school-based vaccination nurse appreciates the support from teachers, parents and school to facilitate this program


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**Notices & Event**

**P & C Meeting—3rd Tuesday of every month—5:15 pm in the Library**

15 August  Police Talk Yr. 10
16 August Yr. 9 Humanities Excursion - Anzac Experience
17 August Yr. 12 Snowies Info Night.
25 August Yr. 8 JCU Excursion
30—31 August Yr. 12 QCS Test
  2 September  Set Plan Interviews
  2 September Energy Exhibition—Yr. 11 & 12 Art students