Tully Tackles Bullying

On Thursday, our ‘self proclaimed Bully Busters’ hosted a free sausage sizzle for all students. The bully busters are working extremely hard to ensure Tully SHS is a safe and supportive environment for everyone. Last term this group organised a ‘football friendly’ as part of their anti-bullying campaign and will continue to provide lunchtime activities to drive their anti-bullying message home.

On a side note, 5 of the Bully Buster boys will represent the Northern Pride in the QRL Cyrill Connell Cup grand final in Cairns on Saturday against Townsville stingers. This is a true testament to their dedication travelling to Cairns twice a week (at least) and training in the gym here at least twice a week since August last year!! Good luck boys.

Ulysses Cluster Leadership Day

On Thursday Tully High hosted a cluster leadership day which saw cluster Year 6,7,8 and 9 students from St. Clares, Tully SS, El Arish SS, Feluga SS, Murray Upper SS, Kennedy SS, Cardwell SS, Mission Beach SS and Tully High SS participate. The day itself was designed to create a network among our cluster school leaders, introduce cluster students to each other, expand on the leadership skills of students and familiarise students with the high school environment in preparation for the Year 7 transition into high school in 2015.

Mr McLellan, Mr Nielsen and Mr Richters conducted the day and were overwhelmed by the cooperation, leadership, initiative and enthusiasm shown by our cluster leaders. The day consisted of a variety of activities that covered key leadership components including trust, public speaking, teamwork, problem solving and communication. The group of 30 students created their own summary of good leadership in three words: Respect, Responsibility and Determination. Thank you and well done to those students who participated.

Aidan Richters
Head of Junior Secondary
The Health Careers in the Bush Program

27 students (Years 10-12) attended a presentation by James Cook University (JCU) Health students. The presenters volunteer their time to be part of a Rural High School Visits Project.

A range of issues from ‘Why do health?’ to ‘Paying for University’ were covered to help students understand opportunities available. Students represented TSHS proudly with their participation, enthusiasm and interest. The presenters were impressed with their awareness of health and their interaction.

University Talks

The thought of leaving home and going to university can be both exciting and daunting.

We were fortunate enough last Thursday to have some of our past students come and give grade 12’s a candid glimpse of university life.

Knowledge was shared about what you need for your first lecture, the benefits of ‘O’ week and how not to ‘borrow’ books from the library!

Good advice was given on how to make friends by doing things such as join a sporting team, going to the University Games or just simply going up to someone, smiling and introducing yourself.

A huge thank you to Zoe and Darcy Holmes, Carly and Jody Spicer and Taylah Mackay who all gave up time in their holidays to come and talk to the grade 12’s.
Robin Hood has returned from the war to find Sir Guy and Prince John trying to knock down the forest to build a shopping centre right in the middle of the last untouched wilderness of Mission Beach. Robin Hood must rally his troops, the Hippies, to stop the trashing of the forest from happening. Throw in some love interests for Robin and his best friend and side-kick Much, and trouble will be sure to follow them wherever they go.

**Thursday 29th May 6.30pm**

**Location:** Multi-purpose Centre

**Tickets will be available for purchase from the**

office from Week 3

**Adults:** $10

**Students:** $7

**Children:** $5

**Light refreshments will be available for purchase.**
**ANZAC DAY 2014**

Last Friday Tully State High School was well represented at the community ANZAC Day dawn service and at the 10am parade. It was wonderful to see so many students in full school uniform at the dawn service in the pouring rain, paying respect to the fallen. At the 10am parade, students marched behind the TSHS banner. Kat Dorante and Brendan Barratt laid a wreath and Kat read part of the Resolution to the 500 plus crowd. Rivah Johnson played the Last Post and the Reveille. Caitlin Welsh and Shaylee Borgia had the important job of raising and lowering the flags at very important times. Thanks to all who gave up their time to acknowledge all the men and women who gave their lives for our freedom.

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**From the Nurse’s Desk**

**It’s all about breakfast...**

If you want to do well at school and in life, it helps if you eat breakfast. Breakfast eaters get 40% higher marks in maths, are less likely to be absent from school, and are less likely to be late to school. Studies indicate that non-breakfast eaters are twice as likely to be depressed, four times as likely to suffer anxiety, and 30% more likely to be hyperactive.

Having a higher protein-lower carbohydrate mix for breakfast enhances concentration and memory. So avoid lots of sugary cereals, juices and heaps of toast and get into some eggs, milk and porridge or bacon.

**Help your brain to learn**

When you learn something new, your brain forms a new link or circuit between brain cells. These new links use acetylcholine (synthesised from choline) and they are then reinforced by dopamine. Acetylcholine not only helps us to learn it also protects our cells and our memory. Foods that are rich in choline include: egg yolk, beef liver, beef, cauliflower, navy beans, tofu and almonds.

**Avoid sugary drinks and caffeine**

Instead of reaching for the sugar boost from soft drink or fruit drinks, give yourself an energy boost by eating foods that are rich in the amino acid, L-phenaline. Not only will it improve your get up and go, it will also be good for your memory. Foods that are rich in L-phenaline include: lima beans, sesame seeds, peanuts, chicken, yoghurt and milk.

Excerpt from Andrew Fuller’s “Brain Fuel”.

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**Notices & Event**

- **P & C Meetings** 2nd Tuesday of the month at 4.30 pm in the Library.
- **8 May**  Maths Tutoring Thursday afternoon 3:00pm to 4:00pm.
- **13-15 May**  Naplan Test
- **15 May**  School Social 60’s Theme