



TSHS News

Term 1 Week 3 Friday 13th Feb. 2015

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The GRIP Leadership Conference

On Monday 9th February, 2015 our two school captains Alex Dorante and John Vasta, along with our sports captain Aimee Jones, attended the GRIP leadership conference in Cairns. 'The GRIP Student Leadership Conference is unique in that it concentrates specifically on training student leaders for their role as school leaders. The style, topics, and content of the conference focussed on what the students can do right now'.



These three students came away from the day feeling inspired with a clear vision of how they can have an impact as student leaders of Tully State High School in 2015.



CHESS IN THE LIBRARY

Some have their doubts, but here's proof: the library is THE place to be. Students of all ages fill the library to capacity and beyond each morning, and each break time to participate in the hugely popular spectator sport that is CHESS. It is fantastic to see all students enjoying this exercise of the mind. Beginners and wizards alike draw large crowds.

Other students enjoy reading the range of magazines and newspapers, hanging out with friends in the cool, borrowing books or using computers. Junior classes visit the library during class time once a fortnight for home borrowing. Students may borrow up to four books – often one is kept in classrooms for school reading.



Tully State High School acknowledges, values and pays respect to the first peoples on whose land we live, work and learn believing through education and reconciliation we walk together as partners toward a better future for all.

Getting Your Techno Power Back!

I'm just going to say it.

It is irresponsible for you to give your child unsupervised access to a device that allows them free and open access to the world and all of its dark and uninhibited places, without appropriate levels of control. Just recently, I learned that many parents didn't know that their kids are accessing the internet on their Xboxes and PlayStations.

All too often, I am having conversations with parents who feel as though they have 'lost control' over their children's level of engagement with technology. This is a concern, because losing control means that you are giving away a level of protection.

Your kids do not need a 30 or 40-something year old friend. It is much harder for you to set protective boundaries if you have a friendship with them. In your home, you are the boss. Your job is to love, nurture, provide, teach values and protect. It does not matter if your child pays for the 'phones or the internet access. Your home, your rules. You are the experienced grown up charged with providing a safe environment.

80% of what most Australian children do online is hidden from their parents and carers. 80%!!

We have been persuaded into thinking that our kids are entitled to more privacy than we would often allow our - grown up - partners. I have experienced first-hand how this unsupervised access is disaffecting their peer relationships, their self-esteem and their learning.

Unless you know the how to use their devices, where they go on them and who they invite into your house with them, you have no control over who they are spending (significant amounts) time with. This means that you also don't know who is having an affect on their feelings, values and attitudes. You also won't know if your child is not treating others with respect either.

Through experience, I have found a couple of ways, which may help you, regain some footing in actively supervising your child's use of technology. They are all very simple and they work. And, please note my use of the words 'actively supervise'! Passive supervision doesn't solve anything!

Know which sites your child holds membership to and have the passwords I suggest that if they are a member of ask.fm or use kik, that they need to be taken off it. Your kids do not need to be using anonymous forms of communication. It provides a platform for them to be untruthful and to watch stuff that they need not be watching. Allowing this, takes away their responsibility for anything they may say to others or others may say to them. A lack of consequence for things kids are saying to each other is having disastrous effects.

Know how to change the Wi-Fi password Only let your kids have access to the password when they've done their jobs their homework, or fulfilled whichever responsibilities you need them to. This is the now-day equivalent of my Mum not letting me ride my BMX until I did my jobs! You can Google how to do it, it is very simple. Many, many kids, set alarms and wake up when the grown ups are asleep to access the internet! Find out what "flavour" your modem is (Belkin or Netgear for example) and search "How to change Belkin modem password." You can change the password every day if needs be. Xbox and PlayStation time is limited by this too.

Know their social networking friends Our children hang out in 'virtual villages'. There are many of them speaking with each other about everything, for hours on end. You need to know who else is having an input into how your child thinks and the concepts they are exposed to. Kids share all kinds of porn, images and messages that we would not approve of. I'm not joking.

Have a central location for computers This is all about active supervision. The dining room table, the breakfast bar, the lounge room; make sure you can see what they are accessing.

Take their 'phones at bedtime Set an alarm on your own 'phone to remind you. If you child makes a fuss about this, you've just answered whether or not they've already been tempted to do the wrong thing. I literally have kids fall asleep in class because they are not getting enough sleep (I don't think it is my teaching!). Kids do not need to be texting or networking with their friends or playing games right up until the second they fall asleep. Their brains need a chance to refresh, which means they need quiet time. Another tip, don't give the 'phone back until after they're ready for school in the morning. Their friends can call your landline if there is something important that needs addressing.

I'm not saying it is easy and I do know how hard it can be. You have to be consistent and strong. Speaking with other parents will also help.



stymie.com.au

#bullying #stymiehat

STATE HONOURS ENSEMBLE PROGRAM

This year five Tully State High School students, Alana Jackson, Rivah Johnson, Shabaun Jones, Jane Slater and Caitlin Welsh have been chosen to participate in the State Honours Ensemble Program (SHEP) at St Mary's Catholic College in Cairns on 6-8 March. SHEP is a unique opportunity for Voice, String, Wind, Brass and Percussion secondary students from North Queensland (Mackay and north), to work with their peers in an intensive environment of musical excellence. Students are guided by a team of eminent conductors from Queensland Conservatorium Griffith University and the weekend concludes with a gala concert. Good luck musicians! We know you'll have a great time and be fine ambassadors for our school.

Guidance news

I hope everyone had a relaxing break and the students are ready for an exciting and productive 2015. I have a fortnightly roster this year, Monday through to Thursday one week **and on the alternate week Tuesday through to Thursday. Don't hesitate to check my availability with the office staff when you ring to make an appointment.** For week 6, 7 and 8 of this term (2nd March-18th March), I will be taking long service leave.

A massive congratulations to the grade 12 cohort who either obtained employment, were successful at securing a place at university or gained an apprenticeship. Best of luck on the next stage of your life.

Positive Education

This week some of the classes have been learning about goal setting. Scientific research shows that setting goals is one strategy in leading a flourishing life. The students have been asked to set a short term goal they can achieve by the end of term.

The process of goal setting

Define your goal

Make your goal specific

Make your goal realistic

Set a deadline to when you will achieve your goal

Create an action plan

Review your goal in term 5 and ask yourself

"Am I on track to achieving my goal?"

If the answer is no, look at why not?

Have fun

Thanks

Sally Chilcott

Guidance Officer

Head of Positive Education



POLICE RECRUITING 1300 BE A COP

QUEENSLAND POLICE RECRUITING
enrol & train

Are you interested in joining the QLD Police Service?

Then consider attending one of our FREE Cairns Police Careers Seminars where District Recruiting Officers will explain what is required and you will have an opportunity to find out what it's like at the Academy and in the job by First Year Constables.

Bookings are essential by calling POLICE RECRUITING 1300 BE A COP or online at www.policerecruit.com.au

NEXT CAIRNS SEMINAR DATES:

6.30pm - 8pm Cairns PCYC, McNamara Street, Menunda

February 18
March 18
June 10
July 22
September 16
October 14
November 11
December 9

TSHS P&C Uniform Shop

We accept:

Cash

EFTPOS

Cheque (please make payable to 'TSHS P&C Assoc')

Opening Hours: Tuesday & Thursdays 8-9am

Uniform Prices

Formal Uniforms

GIRLS : Blouse \$45.00

Skirt \$40.00

Tie \$13.00

BOYS : Shirt \$40.00

Shorts \$35.00

Tie \$13.00

GIRLS & BOYS JACKETS \$ 50.00

Uniforms

Polo Shirts \$ 30.00

Navy Shorts \$ 30.00

Sports Polo Shirts \$ 20.00

GIRLS & BOYS HATS \$13.00

Tully State High School Socks for sale at the Uniform Shop—\$ 5.00 per pair Great Value



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NQ School Photography will be taking our school photographs this year on **Monday 16th February**

Order Online at www.nqsp.com.au using this shoot key **YRMRF27D or return the paper order form your child receives to our photographers on photo day.**

Sibling photos will still need to be ordered via paper order forms.

Notices & Events

P & C Meetings 2nd Tuesday of the month at 4.30 pm in the Library.

Maths Tutoring every Thursday in the library 3-4pm

Monday 16th Feb School photos

Year 8 Camp— week 4

Senior Induction— week 5 Monday 23rd February