



TSHS News

Term 2 Week 5 Friday 22nd May 2015

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TEAM SAILING

Throughout first term, our Sailing team competed in the FNQ region of the Queensland Secondary Schools Sailing Championships, finishing a very commendable 5th in the Northern region finals held in Cairns. Atherton High went on to take out the honours in Townsville at Easter and will now represent our region at the Australian Championships in June. Our team was trained by the Mission Beach Sailing Club Instructor, Greg Heath. "Three members of the team, all in Yr 12, Tahni, Sam and Dan, have represented Tully High over the past 5 years. It has been amazing to watch their development in both sailing competence and confidence. They will be greatly missed in 2016", he said.

If you would like to take on a real challenge, and become part of this team in 2016, Please see Mr. Moore.



Pictured, Isabelle Johnson, Tom Grigg, Dan Lowe, Ben Hinchley, Josh Blanchette, Sam Grigg, Missing from Pic-Tahni Hinchley & reserve Liam Johnson



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.

2015 NAPLAN

Last week saw the test that stops a nation- NAPLAN. This is something that is not new to Tully High, but a new experience none-the-less, having our new Year 7 cohort participating for the first time. Over the 3 days of testing I have been able to analyse some interesting 2015 NAPLAN statistics:

114 Year 7 students and 100 Year 9 students sat tests

1066 tests were completed in total

40kg of Bacon and over 500 eggs were consumed during the NAPLAN BBQ breakfasts

Our teachers and students have been working tirelessly to prepare for the testing and I am extremely proud of the dedication and commitment that staff and students have shown towards NAPLAN this year.



Get to Know a Junior Secondary Student

Name: Eileen Jack (Year 7B)

Likes: Footy, cricket, soccer

Favourite Subject: Math, English

Primary School: Tully State School

Best thing about High School: there a lots of sports to play and I like having different subjects

My lunchtime activities: hang out with friends near JP playground or kick the footy with the boys

School highlight of 2015: Playing in the girls rugby league side in the Pat Bailey Cup



Challenge Games: 29 and 30 July 2015

Venue: Townsville Sports Reserve

The Challenge Games encourage students to participate in sport and physical activities regardless of disability issues. This year we are sending an enthusiastic team of 10 students to represent Tully SHS. The purpose of The Challenge Games is to provide two days of fun, friendship and participation in a range of sport and fun activities for school students who have a disability. These activities include running, jumping, throwing and team events plus many other fun/novelty activities. Students may participate in as many or few events as they wish, according to their own level of interest and ability. Whilst the aspect of fun and participation will remain the focus of the Games, it will also allow for the identification of students from all schools who may be interested in competing at further school, regional or state level in formal Track and Field events. Coralie Gunn. Head of Inclusive Practice.

Mental Toughness

Have you ever wondered what makes someone a good athlete? Or a good leader? Or a good parent? Why do some people accomplish their goals while others fail?

What makes the difference?

Research shows that your intelligence or your talent don't play nearly as big a role as you might think. Intelligence only accounts for 30% of your achievements, and that's the extreme upper end.

What makes a bigger impact than talent or intelligence? Mental toughness.

Mental toughness is a collection of attributes that allow a person to persevere through difficult circumstances and perform to the best of their abilities, irrespective of the circumstances in which they find themselves.

The key to mental toughness is consistently applying the traits of self-motivation, positive attitude, emotional self-control, calmness under fire and being energetic and ready for action. Through applying these traits day in and day out, you will be able to reach new heights in whatever endeavour you seek.

To build mental toughness, we need to believe we will get better the more effort we put in, focus on continual development instead of outcomes and embrace challenges and pressure as a means to make this happen.

"Adversity causes some men to break and others to break records" Unknown

Take their 'phones at bedtime Set an alarm on your own 'phone to remind you. If your 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.



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#bullying
#stymiethat



DID YOU KNOW THAT 29 PEOPLE HAVE CONTRACTED DENGUE FEVER IN TULLY THIS YEAR?

I HEARD THAT THE DENGUE MOSQUITO LIVES IN OUR BACKYARD



YOU'RE INVITED TO THE MISSION BEACH COMMUNITY & YOUTH EVENT

HOSTED BY ROTARY & MISSION BEACH INTERACT

@ "THE SPLASH PAD ZONE"
Rotary Park
Wongaling Beach
SUNDAY 31ST MAY

SLIP N SLIDE
SUNDAY SESSION IN THE PARK

1PM - 6PM

FREE ENTRY

BBQ, MUSIC
44 FREQUENCIES, VAINIE RABANA,
MARLEY & CASE, DJ NICK KRAUSHAAR



WORKSHOPS & SKATEBOARD COMPETITIONS



Notices & Events

P & C Meeting-3rd Tuesday of every month- 5.15pm in the Library

Maths Tutoring every Thursday in the library 3-4pm

22 May Regional Cross Country Trials in Cairns

29, 30 & 31st May Cattle Handling @ Malanda