From The Principal

I would like to take the opportunity to say a big thank you to the students, staff, parents and the whole school community for your support during my short time as acting Principal. The experience I have gained has been amazing and I have thoroughly enjoyed my 4 weeks as Acting Principal.

It was a busy time during the last weeks of Term 3 with the Prep to Year 1’s being fortunate enough to have the local Fire Department visit our school and talk on fire safety. Thank you to our local fire brigade for visiting and providing this important safety knowledge to our students.

In week 10 of last term, our Prep to Year 2’s participated in the Cluster Under 8’s Day at Lower Tully State School. I had the privilege of attending for a few hours and was extremely impressed at the organisation and quality of the activities our students were engaged in. A BIG Thank You to LTSS for all of their hard work in hosting this event. I would also like to congratulate our students who attended, on their behaviour. I know that all who attended reported back what a fantastic day it was.

Dates to Remember:

Friday 13th October
- Free Dress Day

Monday 16th October
- Student Free Day

Tuesday 17th October
- P&C Meeting @ 4.30pm in Staffroom

Saturday, 28th October
- SPRING FAIR

Wednesday 1st November
- Billy Slater League Tag Challenge, Innisfail

Sunday, 5 November
- P&C Family Portraits

Wednesday, 29th November
- Year 6 Graduation

Friday, 1st December
- Year 3-6 Swimming Carnival

REMINDER:
Monday, 16 October 2017 is a STUDENT FREE DAY.

We also said farewell to our long serving Teacher Aide Lea Quagliata with an afternoon tea send off in her honour.

We only have one term left for 2017 however we have a very busy schedule and it is extremely important that students continue with their "On Track" behaviour and attend school right up to and including the last day of term. Truancy and non-attendance is taken very seriously and we have the support of the local business houses in Tully assisting us in policing truancy or "wagging".

To finish on a positive note, I would like to congratulate all of the students on the improvement of the use of manners around the school. Well done and keep up the great work!

Sandra Clarris (Acting Principal)
STUDENT OF THE WEEK
Week ending: 8/9/17 (Week 9)

1B: Joey – for always trying his best.
Tupoa – for On Track behaviour.

2A: Natiaya – for always being a keen helper in class.
Olivier – for trying his best in daily writing time.
Aiden – for using segmenting strategies in spelling.


4A: Summer – for always displaying On Track behaviour and active listening.

4B: Shiolah – for always trying her hardest and giving it a go.
Well done for 25/25 on spelling Shiolah.

5A: Brody – for always being an enthusiastic class member.
Miguel – for great effort and perseverance in maths.

6A: Ben – for constantly following teacher’s instructions and being a positive student.

Reef Guardian Update
Thank you to all of the students that attended our preliminary meeting in the last week of school to talk about becoming involved with environmental protection and reef guardianship within our school. We had 34 students attend the meeting which is a great turnout.

This term we will be looking at the pollution that is generated from within our school, as a follow up activity from the FLEC (Future Leaders Eco Challenge) day held by the GBRMPA (Great Barrier Reef Marine Park Authority) which was also focused on pollution. Our first task will be to conduct a school community / classroom survey about pollution generated within the classroom. From here, we will brainstorm ‘where to next’ and then present our findings back to the students, administration and GBRMPA.

Our next meeting will be held in week 2 Wednesday. We will meet at first lunch after eating time at the round table in the library. We will nominate some positions at this meeting. If there are any other students that missed out on the last meeting and would like to take a peek to see if environmental custodianship is something that you are interested in please come along.

Thank you,
Miss Berghammer & Miss O’Donohue.

Homework Club has started for this term, and we have a very good student work ethic and attendance. The program runs every Wednesday afternoon from 3:15pm to 4:15pm in the Cyclone Shelter. Students who attend must bring homework. Only students who have an ‘On Track’ behaviour record can attend. Permission is required.

Digital Technologies at Tully
This term 5A, 5/6B and 6A will be involved in experimenting with a range of digital technologies such as Maki Maki’s, Ozobots, BeeBots, Scratch, Pivot and Lightbot.

6A were given the opportunity to explore some of these technologies before the holidays. They all had a great time and learnt lots.

Thanks to Mr Thomas Sloane for teaching us all about these Digital Technologies. We can’t wait to learn more!

AFTER SCHOOL ACTIVITIES
After school activities have started in week 2, and will go through Term 4 every Tuesdays and Thursday from 3:15-4:15pm. Only students showing green and ‘On Track’ behaviour are allowed to attend. This term we will have a timetable to show what is being held in each session and on what days. The timetable will be handed out to students this week. Permission is required from parents for students to attend.

SCHOOL SWIMMING - Starts Week 4
Cost of entry is part of the Student Resource Scheme. These fees must be paid for students to participate in swimming program.

<table>
<thead>
<tr>
<th>Time</th>
<th>23 Oct to 27 Nov</th>
<th>25 Oct to 29 Nov</th>
<th>26 Oct to 30 Nov</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:50-10:10am</td>
<td>5/6</td>
<td>4B</td>
<td>Prep A</td>
</tr>
<tr>
<td>9:50 to 11:10am</td>
<td>6A</td>
<td>4A</td>
<td>Prep B</td>
</tr>
<tr>
<td>12:00 to 1:20pm</td>
<td>2A</td>
<td>3B</td>
<td>1B</td>
</tr>
<tr>
<td>1:40 to 3:00pm</td>
<td>6A</td>
<td>3A</td>
<td>1A</td>
</tr>
</tbody>
</table>

P&C FREE DRESS DAY
THIS FRIDAY
(13th OCTOBER)
BLACK FRIDAY THEME
GOLD COIN DONATION
**Tully District Softball Gala**

Last Friday saw 5 teams from our school Cluster gather at the El Arish Strikers Softball Home Ground, for the first of hopefully many gala days. Tully State School entered our year 4/5 (Bat Attitude) team. The girls displayed great attitude and sportsmanship while competing in a 3 game round robin. Tully State School won 2 games and drew 1 to the St Clare’s Year 6 Spirit Team. The team proudly sang our school’s war cry in their loudest voices. We would like to thank Shane Waters for being the team Coach and Team Manager Bayley. Thank you also to Narelle Waters, Christina Johnston and Amanda Patch for helping on the day. Also a big thank you to the El Arish Strikers Club for hosting such a fantastic day!! A big congratulations to ALL!!

**Olympian Ashleigh Southern to visit TSS**

Ashleigh Southern went to primary school in Cardwell and played Flippaball (modified water polo) with other students from Tully SS and MBSS around the turn of the century. She has since gone on to represent Australia at Olympic Games and World Championships in water polo and will compete at next year’s Commonwealth Games at the Gold Coast.

We are fortunate enough to have Ashleigh visit our school next Wed 18th October at 2pm to speak to our students about keeping fit, enjoying sport and the 2018 Commonwealth Games. This presentation is open to all year 2-6 classes and will take place in the Cyclone Shelter (or Hall if the CS is not available due to maintenance). Community members are welcome to attend this speech also.

**Billy Slater League Tag Challenge**

The annual Billy Slater League Tag carnival will be held on the 1st November in Innisfail. TSS will be looking at taking three teams. Boys, Girls and a mixed team. ‘On Track’ behaviour is required from all students to attend this carnival and the training leading up.

Training is on Mondays the 16th, 23rd and 30th of October, Top Oval Tully State School from 3:15pm-4:15pm. You are required to bring a water bottle, hat and shoes.

**From the Guidance Officer—Mental Health Week 8-14 October**

**The Importance of Sleep**

We all know how sleep affects our life – a good night’s sleep makes life’s dilemmas easier to cope with while a bad night’s sleep (or limited sleep) makes us grumpy, lethargic and mostly no fun to be around. Sleep problems in kids don’t just drive parents batty; they also affect children’s health and development, including academic performance, memory, learning, creativity and even immunity. Sleep researcher & psychologist Dr Sarah Blunden, from the Centre for Sleep Research at the University of South Australia, Melbourne (2010), stated that sleep problems – which can be medical or behavioural – can affect memory, attention, thinking ability and behaviour including mental health issues. For children there are also studies that link bed wetting with sleep problems.

The most common cause of medical sleep problems is snoring and obstructive sleep apnoea (holding the breath), but sleep walking or night terrors, periodic limb movement disorder or restless leg syndrome and other conditions, such as asthma and eczema, can also affect sleep.

Behavioural sleep problems can include difficulty falling or staying asleep, resisting going to bed, changing sleep hours (like teenagers do), and getting out of bed during the night. So what is enough sleep?

- **Toddlers need 12 to 14 hours sleep daily**
- **Primary school kids 10 to 12 hours**
- **Adolescents need about 8½ to 9½ hours of sleep per night**

**DID YOU KNOW?** - Poor sleep can affect all of us at some time. Sleep experts recommend the following tips. Whether you be young or old or in the middle:

- Get into a routine - go to bed around the same time every night and wake up at the same time every morning. Encourage teenagers not to take ‘catnaps’ during the day so they can sleep at night;
- Investigate if there are any fears or anxieties that might be keeping you/ them awake;
- Before bed, do relaxation, breathing or visualisation exercises (imagine a happy place such as the beach or park);
- Do relaxing activities such as reading, drawing, listening to quiet music in the hour before bed to help wind down;
- Turn off the television (keep TV out of the bedroom), computer, electronic games and other activities in the hour before bed;
- Avoid strenuous exercise in the few hours before bed but make sure you/ your child gets plenty of exercise during the day;
- Avoid caffeine (soft drinks and coffee) and limit spicy or salty food which can cause thirst;
- Avoid your child to fall asleep on their own (even from age six months - put babies down when drowsy rather than when already asleep);
- Use reward systems (star charts culminating in a lucky dip or favourite outing) to motivate preschool and school-age kids, especially if they are getting out of bed or coming into your bed at night;
- Install a hall or night light if your child is scared of the dark;
- If work is affecting your sleep seek help to manage stress

If all else fails see a GP who can refer you/ your child to a medical specialist, sleep physician or psychologist to investigate why you or your child struggles with sleep.

Adapted from ABC Health and Well Being – Kids Need a Good Night’s Sleep by Helen Carter KidzHealth
Come and meet the Italian and Tongan teams (including past Tully State School Students Colin Wilkie & Joel Reithmuller) prior to their last match before the Rugby League World Cup

WEDNESDAY 18TH OCTOBER
6PM AT THE IGLOO, TULLY SHOWGROUNDS
FREE ENTRY
FOOD AND DRINKS FOR SALE

Other players lining up include Andrew Fifita, Will Hopoate, Konrad Hurrell, Michael Jennings, Sam Moa, Tevita Pangai, Manu Ma’a, Daniel Tupou, Jason Taumalolo, James Tedesco.