INTER-HOUSE ATHLETICS DAY
On Thursday 6 August our school travelled to the Sports Reserve to compete on the ‘Red Track’ for our Inter-House Athletics Day. It was an entertaining day of competition in running, throwing and jumping events.

Students had the opportunity to excel in these activities or just enjoy the spirit of the day.

It was a great effort from our teachers (even if the teachers did come last in the 4x100m relay), and all of our students. Congratulations to Gold House who finished overall winners on the day.

ON TIME - EVERY TIME - EVERY DAY
Thuringowa State High School values every learning opportunity for our students. Being absent from school, arriving late to school or even arriving late to lessons will mean students miss important learning and classwork.

It also causes unnecessary interruptions to the school and the students who are already learning. Being at school ON TIME, EVERY TIME, EVERY DAY is the expectation at our school.

Students who display a pattern of unexplained absences, arrive late to school after 8.30am, or attend class after the learning bell, will be given school and class detentions. Students, who have three or more late arrivals to school or class each term, may also receive an after-school detention.

READY TO LEARN
Before a student leaves home for school there are a few mandatory items that each child must have every day. This includes a sturdy school bag containing the following:
- school planner
- at least 2 pens
- at least 2 pencils
- ruler and eraser
- calculator
- classroom work books
- a healthy lunch and hat

Please check that you child has all the equipment they need to be a successful learner.
QPARENTS IS COMING
QPARENTS IS COMING
QPARENTS is a new online portal created for parents and caregivers of Queensland state school children.

It will provide another channel of communication between parents and schools. Parents will be able to access QParents anytime, anywhere, on a computer, tablet or smartphone.

Once registered, parents will be able to:
- View student timetables
- View and update attendance records
- View behaviour information
- Pay invoices, view outstanding payments and payment history
- View past and present report cards
- Update student medical conditions

To prepare for QParents it is important that all current contact details are accurate and current.

Please contact the School Office if changes are required to your details. Thuringowa State High School will introduce QParents later this term.

REMINDER – HOMEWORK PROGRAM
REMINDER – HOMEWORK PROGRAM
A reminder that our Homework, Assessment & Tuition (HAT) Program is available for all students every Wednesday and Thursday after school until 4:00pm.

This is a great opportunity for students to receive assistance with their work. I encourage all students to attend.

It is important to us that every day, in every classroom, every student is learning and achieving. We appreciate your support in this partnership.

Grant Dale
Principal
qdale8@eq.edu.au
Vision for Thuringowa State High School

SCHOOL VISION STATEMENT
Great School Great Opportunity

SCHOOL MOTTO
Promoting Achievement

SCHOOL VISION
Thuringowa State High School students will achieve personal success in their learning and contribute as responsible and productive citizens.

We do this by:
- Providing a personalised and student-centred approach to learning
- Creating a culture of learning, high expectations and continuous improvement
- Encouraging equity and social justice
- Supporting personal and community well-being
- Developing partnerships with our community
- Recognising diversity
- Celebrating achievement

Values
- Lifelong Learning - We believe that everyone has the right to learn and can learn
- Quality Achievement - We strive for high expectations and educational excellence
- Positive Relationships - We promote a safe environment, respectful interactions and responsible behaviours
- Connected Communities - We create networks and partnerships across our school community
- School Pride - We celebrate our school identity, achievements and traditions

https://thuringowashs.eq.edu.au
**UPCOMING EVENTS**

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
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</thead>
<tbody>
<tr>
<td>Riverway Cup - Science</td>
<td>19/8/15</td>
</tr>
<tr>
<td>Inter-school Athletics Carnival</td>
<td>18&amp;20/8/15</td>
</tr>
<tr>
<td>Literacy Week</td>
<td>24-28/8/15</td>
</tr>
<tr>
<td>Senior Parent Information Night 5.30pm - 7pm</td>
<td>25/8/15</td>
</tr>
<tr>
<td>Year 6 into 7 night 5pm - 7pm</td>
<td>26/8/15</td>
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<tr>
<td>Year 11 Biology excursion to Billabong Sanctuary</td>
<td>26/8/15</td>
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<tr>
<td>Year 11 2016 Subject Selection &amp; SET Planning</td>
<td>26 - 28/8/15</td>
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<tr>
<td>NAIDOC Day</td>
<td>28/8/15</td>
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<tr>
<td>Year 12 QCS Test</td>
<td>1&amp;2/9/15</td>
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<tr>
<td>Indigenous Great Book Swap</td>
<td>3/9/15</td>
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<tr>
<td>NQ Athletics Carnival</td>
<td>4/9/15</td>
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<tr>
<td>Year 10,11,12 Excursion to see Hamlet at Riverway</td>
<td>9/9/15</td>
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<tr>
<td>Riverway Cup - Sport</td>
<td>9/9/15</td>
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<tr>
<td>P&amp;C Meeting</td>
<td>9/9/15</td>
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<tr>
<td>Relay for Life Tony Ireland Stadium 3pm - 9am</td>
<td>12/9/15</td>
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<tr>
<td>Bunning North Shore Sausage Sizzle</td>
<td>12/9/15</td>
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<tr>
<td>Year 11 Work Experience</td>
<td>14-18/9/15</td>
</tr>
<tr>
<td>Last day of Term 3</td>
<td>18/9/15</td>
</tr>
<tr>
<td>Public Holiday</td>
<td>5/10/15</td>
</tr>
<tr>
<td>First day of Term 4</td>
<td>6/10/15</td>
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<tr>
<td>P&amp;C Meeting</td>
<td>14/10/15</td>
</tr>
<tr>
<td>Immunization Year 8 HPV and Whooping Cough &amp; Catch up Year 10</td>
<td>15/10/15</td>
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<tr>
<td>Boostrix</td>
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<tr>
<td>Year 9 TRYTIME</td>
<td>15/10/15</td>
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<tr>
<td>Bunning North Shore Sausage Sizzle</td>
<td>17/10/15</td>
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<tr>
<td>Student Free Day</td>
<td>19/10/15</td>
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<tr>
<td>Magnetic Island Band Camp</td>
<td>21-23/10/15</td>
</tr>
<tr>
<td>Bunning North Shore Sausage Sizzle</td>
<td></td>
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<tr>
<td>Student Free Day</td>
<td></td>
</tr>
<tr>
<td>Awards Night</td>
<td>2/11/15</td>
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</tbody>
</table>

*Queensland Cricket would like to invite female and Indigenous cricketers to attend a talent identification session to be held at Tony Ireland Stadium.

The session will be hosted by Queensland Cricket High Performance coaches with Brisbane Heat players also in attendance.

Date - Saturday 15th August, 4.00pm to 6.00pm
Venue - Tony Ireland Stadium, Sporting Drive, Thuringowa Central
Contact - Simon Edge, Queensland Cricket - Regional Cricket Officer.
P: 0409 520 051, E: simone@qldcricket.com.au

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Australian Institute of Marine Science Open Day

Ancient corals, extracting DNA, printing your own spare parts and most importantly SCIENCE in action greeted a select group of students as they attended the AIMS Open Day!

The students were made up of Eco-Warriors and Marine Science students who were able to attend a guided tour of AIMS and listen to many expert presenters across all areas of marine science.

We witnessed research in action as Marine Biologists were determining the effects of ocean acidification on sea life, and the effects of coal dust on growing corals.

We then skipped across to the chemistry lab to check out how plastics types (being washed up on beaches) can be determined by Infrared Spectroscopy, and then how toxins in the box jellyfish can be analysed to determine how they actually cause harm, and isolating the parts of toxins that do cause the harm.

We were also able to look at how engineers operate at AIMS to create whatever the scientists need to collect data – very cool with lots of problem solving skills, as the need to create and then recreate to make sure the instrument fits the exact needs.

The coolest parts were the giant aquariums, where we could see a Crown of Thorns starfish up close and NEMO! Plus looking at coral core samples, and how they can record many different stories from the environment as the coral grow, including times the Burdekin River has flooded!

Overall it was a fantastic day, and opened our eyes to both science in the real world, and the job opportunities for life after school!

Ms Manz
Science Teacher

https://thuringowashs.eq.edu.au
Science Synopsis

Term 2 was full of wonderful learning experiences across all year levels in Science. There were many events and highlights included the Aboriginal and Torres Strait Islanders in Marine Science (ATSIMS) Program, and the Australian Institute of Marine Science Excellence Day.

Aboriginal and Torres Strait Islanders in Marine Science

The ATSIMS Program involved a group of Year 10 Aboriginal and Torres Strait Islander students participating in a series of experiences in order to strengthen their interest in Marine Science.

During the program, the students listened to Indigenous Park Rangers; they identified sharks with JCU Marine Scientists, visited the Australian Institute of Marine Science, participated in a JCU Career Day and went on a three day camp to Orpheus Island.

The experience was very worthwhile for the students and sparked their enthusiasm for science.

AIMS Science Excellence Day

This event was attended by several Years 9 – 11 students.

At AIMS, they had a guided tour of the research facilities, listened to expert science presenters and viewed the SeaSim – State of the art experimental aquarium facility.

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Ghost Net Workshop
Several students celebrated World Ocean Day by attending Reef HQ and participating in a ghost net workshop. A ghost net is a plastic fishing net lost or discarded from a fishing boat. It continues to drift with the tides and kill marine life. The students contributed to the art creation of a turtle using discarded ghost nets and ropes.

Year 12 Chemistry
Our Chemistry students visited Glencore Copper refinery to enhance their understanding of the copper refining process. This annual excursion is always enjoyed by the students as it shows real-life applications of their classroom learning.

Term 3 has also begun with a flurry of excursions and events

National Schools Tree Day
Our Ecowarrior students attended the Townsville City Council’s National Schools Tree Day event in July.

The students collected 100 trees and shrubs that will be planted by the Ecowarriors and the Year 12 students during National Science week. Highlights of the event were meeting Jonathan Thurston and talking to our mayor, Jenny Hill.
Year 9 Ecosystem excursion
Year 9 students visited two sites along the Ross River and collected data in relation to water quality. The data will be analysed, forming a major component of their assessment where they will explain the impact of humans on our Ross River Ecosystem.

Other events this term include:
- Year 11 Biology – excursion to Magnetic Island and Billabong Sanctuary
- National Science Week 17th – 21st August
- Science Riverway Cup – Year 5 students from Weir, Kelso and Rasmussen compete to become science champions.
- Year 9 and 10 students attending the JCU Science experience during the September holidays.

If you would like any information on the events scheduled for this term, please contact your science teacher or Mrs Bode.
Congratulations Naomi and Shakira

It was great to see two Thuringowa State High School students graduate from a 20 week Booyah Program.

The program included literacy, numeracy, personal development training and employability skills.

The girls also achieved a Certificate II in Hospitality during this time.

Well done Naomi and Shakira

WORLD CLEANERS DAY – 15TH June, 2015

The Student Representative Council put on a delicious breakfast to say THANK YOU for all the hard work and dedication our cleaners carry out throughout our school.

They are always happy and smiling, leave our grounds and classrooms sparkling, and always support and attend school functions.

How can we say thank you??

With a glorious breakfast of hot and cold delights and presents to boot.

THANK YOU to all of our WONDERFUL CLEANING STAFF here at Thuringowa State High School.

At the end of Term 2 Judy Blackford commenced her long awaited and planned retirement that includes adventures throughout Australia.

We wish Judy and Lionel our very best wishes for a safe and happy retirement.

Lionel for many years has been our “Last Post” bugler for our Anzac Day ceremonies.

Year 11 Art Excursion

https://thuringowashs.eq.edu.au
Year 11 Art visited the World of Wearable Art Exhibition which is travelling from New Zealand, Perc Tucker Gallery Townsville is the only gallery in Australia to host this wonderful exhibition.

The students were lucky enough to have a guided tour by local artist Alison McDonald who has been working with students on creating wearable works.

Students also created artwork that was entered into the Burdekin Water Festival which showcased on the 18th July.

We are continuing our tradition participating in the annual Relay for Life. Students are holding fundraising events at school. All funds raised go to the Cancer Council’s research, prevention, information and support services.

We ask for anyone wanting to donate to our team's fundraising efforts, please go to the following address. Your generous donation is very appreciated.

What does healthy even mean?
Eating well is about eating a good amount of a variety of different foods and feeling well and energised as a result. It’s about having a good understanding of which foods are really nutritious and good for you, and which are purely for their taste. What is it not? Being healthy is not about the way you look or how much you weigh.

No food is off limits when maintaining a healthy diet – it’s just a question of how often you eat it and how much of it you eat.

Eat well, feel swell
Eating well isn’t about counting calories or having tiny portion sizes. Check out the following tips to help you make decisions that you’re happy with when it comes to your diet:

Eat a variety of foods
Food contains its own, unique vitamins and minerals and in order for your body to have a balance of all the nutrients it needs, it’s important to eat lots of different foods.

The Australian Guide to Healthy Eating recognises 5 main food groups, which are all equally as important when it comes to getting the nutrients we need:
1. veggies and beans
2. fruit
3. grain foods, which are food of another cereal grain
4. lean meats (meats without fat)
5. milk, yoghurt and cheese

Drink lots of water
The human body is up to 60% water so it’s no surprise that drinking lots of water is a really important part of healthy eating. It’s recommended that we have around 8 glasses of water every day but the most important thing is to drink as much as you feel you need. Sometimes you’ll need more, like when you’re exercising.

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Don’t fear fat.
Fat is okay. Some fats, called unsaturated fats, should be included in small amounts in your diet, and are actually a really important part of healthy eating. You can find unsaturated fats in things like avocados, nuts and olive oil.

Then there are saturated fats, often found in things like butter, fried food and cake, which are okay in moderation. Don’t be afraid to eat a piece of birthday cake or have some potato chips if you want a snack – just don’t get into a habit of doing it all the time.

Limit the not-so-nutritious stuff

It is a little bit heartbreaking that hot chips aren’t nutritious. It doesn’t mean you can’t eat them, just that you shouldn’t eat them regularly. Things like (but not limited to) deep fried foods, pizza, cakes, pastries, biscuits and pies all fall into this category. If you’re looking for snacks on-the-go, try fruit, plain popcorn or wholegrain crackers.

Don’t forget the drinks
Soft drinks and fruit juices contain a huge amount of sugar and not a lot of the good, nutritious stuff. Alcoholic drinks also have very little nutrients, so limit your intake.

Relay For Life Raffle

First Prize: Coach’s Box Sanctum @ Relay, which includes Country Queen Bed, Chirorest Queen Mattress, Oakley tallboy, 2 x Oakley bedside tables
Kindly donated by Fantastic Furniture
Second Prize: Fitbit Flex
Kindly donated by Joyce Mayne
Third Prize: $150 Tupperware pack
Kindly donated by Ms Calahorra

The raffle will be drawn 8pm 12 September @ Tony Ireland Stadium

Tickets $1 each from students involved in the Relay for Life

Insurance Cover for Students

Insurance cover for students undertaking physical activities.

Physical activity and physical education, particularly contact sports, carry inherent risks of injury.

Parents are advised that the Department of Education Training and the Arts does not have Personal Accident Insurance cover for students.

Education Queensland has public liability cover for all approved school activities and provides compensation for students injured at school only when the Department is negligent. If this is not the case, then all costs associated with the injury are the responsibility of the parent or caregiver.

It is a personal decision for parents as to the type and level of private insurance they arrange to cover students for any accidental injury that may occur.
Visual Arts Studies

Visual Art Studies students were busy during Term 2 creating clay jewellery and tea pots.

Students used a variety of clay techniques and decorating skills to embellish their pieces which keep getting better and better every year.

Well done.

Ms Calahorra

Attention Year 11 and 12 students -

Have you considered making your own formal gown, or creating a hat or fascinator for your Gown?

Learn to sew, design, draft and create with award winning designer HESTER JARVIS AT Ja Delle Designs

https://thuringowashs.eq.edu.au
Lantern Festival Parade 2015

Our Year 9 students were invited to take part in the Lantern Festival which will coincide with the Multicultural Festival. Dr Farvardin was a guest presenter teaching students to create lanterns, using bamboo techniques and tissue paper.

The theme this year is organ donation, so we had kidney shapes, hearts, angels and eyes just to name a few. Students were encouraged walk in the Lantern Parade which is on the 15th August. Students also received a free ticket to the Multicultural Festival.
Welcome new addition to our school grounds. The area between GS1 and GS2 buildings has been turned into a shaded area with plenty of seating for our students.

<table>
<thead>
<tr>
<th>DATE</th>
<th>OPPONENT</th>
<th>VENUE</th>
<th>LOCAL START TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sat, 19 Dec 2015</td>
<td>Melbourne Renegades</td>
<td>Gabba</td>
<td>6:10 pm</td>
</tr>
<tr>
<td>Tues, 22 Dec 2015</td>
<td>Hobart Hurricanes</td>
<td>Blundstone Arena</td>
<td>7:10 pm</td>
</tr>
<tr>
<td>Sat, 26 Dec 2015</td>
<td>Perth Scorchers</td>
<td>#TheFurnace</td>
<td>4:10 pm</td>
</tr>
<tr>
<td>Tues, 29 Dec 2015</td>
<td>Hobart Hurricanes</td>
<td>Gabba</td>
<td>6:10 pm</td>
</tr>
<tr>
<td>Sun, 3 Jan 2016</td>
<td>Sydney Thunder</td>
<td>Gabba</td>
<td>6:10 pm</td>
</tr>
<tr>
<td>Fri, 8 Jan 2016</td>
<td>Adelaide Strikers</td>
<td>Gabba</td>
<td>6:40 pm</td>
</tr>
<tr>
<td>Sun, 10 Jan 2016</td>
<td>Sydney Sixers</td>
<td>SCG</td>
<td>7:25 pm</td>
</tr>
<tr>
<td>Thurs, 14 Jan 2016</td>
<td>Melbourne Stars</td>
<td>MCG</td>
<td>7:40 PM</td>
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</tbody>
</table>
Congratulations to our student who participated in the Inter-School Challenge Games held at the Red Track.
Fun

Winners

https://thuringowashs.eq.edu.au
Fact Sheet for Parents/Carers/Guardians

What is Get Started Vouchers?

Get Started Vouchers is one of the funding programs that comprise the Queensland Government’s Get in the Game initiative to support sport and active recreation at the grassroots level.

Get Started Vouchers assists children and young people who can least afford or may otherwise benefit from joining a sport or active recreation club. Eligible children and young people can apply for a voucher valued up to $150, which can be redeemed at a sport or recreation club that is registered for Get Started Vouchers.

Who is eligible?

Individuals eligible to apply for a voucher are:

- children and young people who are aged from five to 17 (inclusive) at the time of application who hold or whose parent, carer or guardian hold a valid Centrelink Health Care Card or Pensioner Concession Card and who are residents of Queensland;
- other children or young people identified by two referral agents.

What funding is available?

A maximum of $150 per voucher is available to help pay the cost of sport or recreation membership and/or participation fees. There is a limit of one voucher per child/young person per year.

When will the vouchers be available?

The following table provides round dates for the next three years:

<table>
<thead>
<tr>
<th>Round</th>
<th>Applications Open</th>
<th>Applications close (or earlier if fully allocated)</th>
<th>Vouchers expire (must be presented to a registered club by)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Round 7</td>
<td>27-Jan-16</td>
<td>30-Mar-16</td>
<td>06-May-16</td>
</tr>
<tr>
<td>Round 8</td>
<td>13-Jul-16</td>
<td>28-Sep-16</td>
<td>14-Nov-16</td>
</tr>
<tr>
<td>Round 9</td>
<td>25-Jan-17</td>
<td>29-Mar-17</td>
<td>12-May-17</td>
</tr>
<tr>
<td>Round 10</td>
<td>12-Jul-17</td>
<td>27-Sep-17</td>
<td>15-Nov-17</td>
</tr>
<tr>
<td>Round 11</td>
<td>24-Jan-18</td>
<td>28-Mar-18</td>
<td>11-May-18</td>
</tr>
</tbody>
</table>

How do I apply for a voucher?

To obtain a voucher:

1. visit www.qld.gov.au/recreation/sports/funding/getintheatre/
2. view the list of registered clubs to find a new club or confirm that the club your child is interested in joining is registered;
3. contact the club to ask about equipment required for the activity and any additional fees that may not be covered by the voucher;
4. click on the ‘apply for a voucher’ link on the department’s website and enter your details and the eligible child/young person’s details, including a Centrelink Health Care Card or Pensioner Concession Card number OR referral agents’ details.

If you are eligible, a voucher with a unique reference number will be generated. Print the voucher and take it to the registered sport or recreation club the child/young person intends to join (prior to the expiry date) to receive up to $150 off the club’s membership/participation fees.

1 Vouchers will be distributed in two rounds each year on a first come, first served basis. Once the allocation for each round is exhausted, the program will close and no further vouchers will be offered for that round.

2 Refer to the Get Started Vouchers Referral Agents Fact Sheet for information on referral agents.

3 If the membership/participation fees are more than $150, the parent/guardian/carer is required to pay the difference. If the membership/participation fees are less than $150, the department will pay the club for the membership/participation fees only. The balance is not reimbursable in cash or as payment for individual items to participate in the activity (such as jerseys, boots etc.).

4 You will still be required to complete and comply with the sport or recreation club’s registration process.

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Thank you Laura who has been kind enough to donate Arbonne products to raffle. All funds raised will go towards the Year 12 Formal.

The AVCAT COMMEMORATIVE BURSARY

Commemorating 30 years of service to the veteran community.

Valued at $15,000, this special bursary aims to financially assist an Australian veteran’s child as they pursue their university studies.

Bursary Criteria and Conditions

The successful applicant will

* be a child of an Australian veteran with operational service outside of Australia;
* be commencing their tertiary studies in 2016;
* be studying an undergraduate degree of at least three years’ duration, full-time and in face-to-face mode;
* be aged between 17 and 25 years at the time of application;
* eligible on assets and income grounds for continuous, means-tested Commonwealth benefits for tertiary education and
* be the most deserving candidate of merit.

The successful applicant will be able to demonstrate a high level of leadership ability, community service and willingness to be an ambassador for the Trust.

Short listed applicants will be interviewed.

The Bursary will be valued at $15000 ($5000 per year for three years).

Known as the AVCAT Commemorative Bursary, the name of the bursary reflects its purpose, namely to commemorate the organisation’s 30 year history. The recipient will be presented at an appropriate Awards Presentation ceremony in 2016.

APPLICATIONS OPEN 18TH AUGUST 2015

Application form can be downloaded from our website.

For more information please contact AVCAT:
P: 02 9213 7999  E: avcat@dva.gov.au  W: www.avcat.org.au

https://thuringowashs.eq.edu.au