

NEWS LETTER



CREATING OUR FUTURE

Year 9 and 10 students recently participated in the attempt to break the GUINNESS WORLD RECORDS for the world's largest mental health awareness lesson.

We 'live crossed' to Sydney Olympic Park where 2200 other NSW students participated in an interactive lesson developed in partnership with leading mental health and youth organisations to support the new PDHPE curriculum for Stage 5 and promote positive mental health.

The lesson aimed to:

- *enhance awareness that mental wellbeing is a lifelong journey with ups and downs for everyone,
- *enhance awareness of how to maintain one's own mental wellbeing
- *improve students' ability to start a conversation about mental wellbeing, increase confidence about seeking help if required,
- *increase confidence in helping a friend in need.

The event also included entertainment from student and celebrity performers, along with displays from key mental health organisations.

Safe Respectful Learners

TERM 4 | WEEK 7 | November 2018



...and we did it! The NSW Department of Education has set a new Guinness World Record for the largest mental health awareness lesson.



Well done to Mr Humphrey, Ellena Cheers-Flavell and Ryan Gilchrist who were composed, confident and spoke eloquently during the live cross.

<https://www.youtube.com/watch?v=rjDziOXEkS0>

2018 Zonta Young Women in Public Affairs Winner

Oriana Watts competed in the Coffs Harbour Zonta International Young Women in Public Affairs Award. The award recognises young women who demonstrate superior leadership skills and a commitment to public service, civic causes, and encourages them to continue their participation in public and political life.

Oriana participated in a rigorous selection process which included a written application, interview and the presentation of a speech (the topic was "If you were elected to the position of Minister for Women's Affairs, what policies would you introduce?").

Oriana is Toormina High School's first winner of this award since its inception in 2002.

Oriana spoke eloquently and was presented as the 2018 Zonta Young Women in Public Affairs Winner. Congratulations Oriana!



Oriana's Speech

Topic: If you were elected to the position of Minister for Women what new policies would you implement? Why and how?

Intelligent, powerful and courageous; Immediately these words came to mind when I strategised policies to implement because I want to amplify these qualities in women and enable them to reach a new capacity of excellence.

The first policy I would implement is; Women returning from maternity leave shall be allocated an in work support person and a meeting with management to ensure the breastfeeding facilities are fulfilling their needs. In addition, workplaces would also undergo the White Ribbon accreditation program recognising safe workplaces.

Implementation would begin with;

- Informing workplaces on the space, time and support standards they need to be breastfeeding friendly.
- Sending white ribbon training providers to businesses to educate them on the accreditation program that provides tools to strengthen a culture of equality and respect.

Implementing this is vital because 50% of Women are facing workplace discrimination and 1 in 5 women state they were made redundant or dismissed as a result of maternity leave. It is indisputable that these figures fail to reflect the progression of women who break through glass ceilings everyday. Women hold the right to be professionally respected and not be ostracised for creating life.

The policy will promote the principle that knowledge is power, with 94% of workers surveyed by white ribbon agreeing that employers should educate their workforce around respectful relationships between colleagues. It will destigmatise breastfeeding, promote equality, and support women in regaining a sense of belonging. The second policy I would implement is; Women and children escaping domestic violence to crisis accommodation need to be given a safe space, basic necessities and a support contact within 24 hours of arriving.

Oriana's Speech continued

Implementation would begin by sourcing funds for women's refuges. Government welfare will review the ratio of misplaced homeless women in crisis accommodation specifically for domestic violence. These women would then be supported through the process of seeking safe accommodation, employment and rehabilitation through the creation of a unique exit plan. This will open up spaces in domestic violence refuges. I would implement this because Currently, 1 in 2 women are being turned away from crisis accommodation after escaping domestic violence and one woman per week is murdered by a current or former partner. Women and children are forced to choose between returning home or crowded unisex shelters whilst women's refuges lack sanitary conditions due to sparse resources. Women surveyed for The Guardian stated "at least they knew when the violence was occurring at home" when compared to unisex shelters. A heartbreaking situation that hits close to home for many.

The policy would look at making sure no women facing abuse are turned away. With the long term aim at a clear division of resources between homeless shelters and women's refuges. This would eradicate the detrimental and irreversible impact on wellbeing that is a result of being turned away. The implementation of a support person leads to the formulation of an exit plan which results in families leaving crisis accommodation faster.

Overall, implementation of these policies is crucial because I want to instill women with knowledge and resources so they can thrive in abolishing a stereotypical precedent. In the profound words of Rosa Parks, "knowing what must be done does away with fear" and I believe in the absence of fear we gain power; and that is the greatest outcome of any policy.

Oriana Watts

Positive Behaviour for Learning



As Toormina High School is implementing Positive Behaviour for Learning (PBL), I attended the PBL Tier 1 training for 3 days in Week 4 at Opal Cove. It was a great opportunity to develop a greater understanding of the processes involved and to see what other schools are doing in our area. It was also a chance to reflect on how hard the PBL team at THS have been working on implementing this significant strategy within our wellbeing framework.

Scott Gale, TAS Teacher,

Science, Technology, Engineering and Mathematics and the Rally



Eight Year 7 Extension Mathematics students had the opportunity to participate in the inaugural Interschool STEM Rally Challenge held on the 15th of November 2018.

Students competed against Coffs Harbour High School, Orara High School and South Grafton High School. They completed a number of Science, Technology, Engineering and Mathematics (STEM) activities, including: coding a robot to complete a race track, solving mathematical problems to build a race car and working as a team to build a cup tower without using their hands.

Students enjoyed the day and worked well together to finish challenges. A tour of the rally car pits at Coffs Harbour Rally Central topped off the day. Well done to Maya Farmer, Sora Tamitani, Ben Chisholm, Jacob Smallwood, Charles Gerber, Laycie Hopkinson, Scarlett Gaetano and Iliana Anderson for their outstanding representation of Toormina High School on the day.

Holly Trimble, Mathematics Teacher

Training Day

The North Coast representative debating team came together from across our region to train for their upcoming debates at the State Championships.



The team members were Ellena - Toormina High School, Anna - Macksville High School, Paris - Maclean High School, Jessica - Alstonville High and Ashley - Great Lakes College Tuncurry Campus. They connected to an adjudicator in Sydney through the virtual classroom and were given feedback to further develop their skills for the competition. Thank you to the DoE Arts Unit for assisting our regional team in our training.

Sally Johnson, Debating Coordinator

Reduce Risk Increase Student Knowledge



Year 11 students attended the RRISK health promotion program addressing risk-taking behaviour amongst young people on the North Coast of NSW. The program was held at the CHEC where students were provided with the opportunity to develop knowledge, attitudes and skills to reduce risk taking and develop safer celebrating strategies.

Factual presentations on risk taking, alcohol, drugs, safe celebrating, safe driving and vehicle safety were shown. RRISK is a highly successful program that assists young people to adopt safer behaviours and to manage risks associated with many of the aspects of their social lives.

Adrienne Gillingham, Year 11 Adviser



University Bound

Forty four year 9 students attended the Southern Cross Uni-Bound Information Day.

Students had the chance to participate in a variety of workshops including; marine science, exercise science, psychology, midwifery, nursing, visual arts and information technology.

Students also participated in discussions about what is involved in choosing to go to university.

The day was a success and all students were motivated by the information they were given.

Robyn West, Careers Adviser

Scientists



Students from the Toormina Project recently attended a practical science experiment day at CHEC organised by the Southern Cross School of Distance Education. The day was designed to give students an opportunity to get 'hands on' experience in a science laboratory and perform different experiments. Our students were brilliant ambassadors for Toormina High School and learnt a lot. Thanks also to Mr Black for helping our students on the day!

**Richard Raward,
Distance Education Teacher**

Car Art

Year 11 Visual Design and Year 10 Street Art students are currently working on a fun project for one of our neighbours, Chris and Tania Reading.

The objective is to capture the concept of 'freedom' in a variety of designs made by our students as an artwork on a van. They have been working on the car for two weeks and have another two weeks to go.

Bek Schafer, CAPA Teacher



Baby Billy

Our farm assistant, Ken, has a new baby to share with students and staff, Billy, the baby goat!

Thanks again to the Elliot family for the loan of farm animals for our agriculture classes (and everyone else, even the office staff).





Green screen film makers

The following students: Wilkie Beynon-Whitelaw, Hayden O'Rourke, Lachlan Pennington, Jonathon Van Zwol are constructing a short film as their English Project Based Learning (PBL) task. In their film they will be showing the conventions of a genre. Students will be presenting their film this term, a big thanks to I.T. Teacher, Rob Mills.

Cherie O'Brien, English Teacher

AIME Day

Congratulations to our Aboriginal Girls Dance Group, Miimi Gundi Wajaar, who danced at the AIME Day at Coffs Harbour Education Campus today. Congratulations also to our AEO Gloria Mercy, and teacher, Kate Williams, for all their support and for inspiring our students.



IMPORTANT DATES

MON	26/11 - 30/11	WEEK A
TUES	27/11 - 30/11	Yr 9 & 10 Moreton Island Excursion
WED	28/11	Staff Professional learning
THURS	29/11	Queensland University Excursion
MON	3/12 - 7/12	WEEK B
TUES	4/12	2019 Yr 7 Orientation Day
MON	10/12 - 13/12	WEEK A
MON	10/12	Year 10 Work Experience
WED	12/12	Staff Meeting 3-4pm
THURS	13/12	Year 10 Formal Dinner
THURS	13/12	Support Unit Christmas Coffee Shop, 10am - 2pm, all welcome!
MON	17/12 - 21/12	WEEK B
TUES	18/12	Major Awards Assembly, 10am - 12pm
WED	19/12	Staff Professional Learning, 3 - 4pm
WED	19/12	Students last day 2018

SPIRIT OF TOORMINA AWARD

Congratulations for showing a fantastic attitude that embodies the Toormina High School philosophy of caring, sharing and participating.

Jazmyn Allen



Year 9 Peer Support Training

The Year 9 Peer Support training days were full of fun activities. The program aims to prepare students to be effective peer supporters by:

- acknowledging personal strengths and characteristics
- developing leadership skills
- enhancing relationships with others
- learning about the roles and responsibilities of being a peer leader
- becoming familiar with the process for facilitation
- gaining an understanding of how we interact with others
- applying skills in a range of areas
- practising the facilitation of activities

As students worked through the various activities they:

- identified the skills and characteristics they already have
- acknowledged these attributes in others
- recognised areas they could improve

Approximately 40 year 9 students have self nominated to be Peer Leaders to our new Year 7 students in 2019. They will work collaboratively to support junior students as they transition into Toormina High School in the first semester of their high school career. Congratulations to the staff involved in organising and presenting on the training day.





COFFS COAST LEGACY SCHOLARSHIP 2019

Coffs Coast Legacy will be awarding six \$1000 scholarships for eligible students who are going on to tertiary education in 2019. To be a successful recipient the applicant must fulfil the following criteria;

1/ Applicants must be a descendant of a Veteran or a child of a currently serving member of the Australian Defence Force.

2/ The applicant must give details and evidence of their connection to a Veteran or member of the Australian Defence Force.

2/ Applicants must be enrolled or applying for an approved course of study at a tertiary educational institution in 2019.

3/ Applicant must have studied at a local high school in the Coffs Harbour or Bellingen local government areas.

Applications will open on 7 January 2019 and close on Friday 9 February. Successful applicants will be notified in early March 2019 and will be invited to attend a special presentation held at Coffs Coast Legacy later that month, pending availability.

More information and application forms can be obtained by calling the Legacy office on 1300 534 229 or email enquiries to welfare@coffslegacy.com.au.



Cricket

Toormina High School's 14 Years Boys cricket team defeated Woolgoolga High School in the MNC Final at Woolgoolga recently. Toormina High won the toss and opted to bat. The Toormina openers, Toby Bailey and Adam Rollins set about dispatching the Woolgoolga attack to all parts of the ground in an opening stand of 144 runs. Both batsmen reached their half century and Toby top scored with 89 runs in a cavalier innings which set the game up for the away team. Captain Jesse Buckle chipped in with 30 runs, with Toormina High finally making an impressive 5/227 off their 40 overs. Whilst this score was always going to be hard to run down, the fast outfield and obvious class of the Woolgoolga High School openers meant the game was not yet out of reach. Toormina High's bowling attack stuck to their task. The boys bowled exceptional line and length and made runs difficult to come by. The pressure of the soaring run rate eventually led to a breakthrough and from that point on a Toormina victory seemed inevitable. Captain Jesse Buckle led the wicket takers with an impressive 5/23 from 8 overs.

The boys will now play in the North Coast semi final and are just two wins away from defending their title as North Coast Cricket Champions.

Ky Schwartz, PDHPE Teacher

Toormina High will be holding our **Term 4 PBL Rewards Afternoon** on Friday 7th December (Week 8) during Periods 5 and 6.

Students need to check their school email accounts for the link to the registration form.

There are a range of activities available for everyone, including:

Badminton

Wii Challenge

Craft and textile activities

Beat boxing and creative arts activities

MasterChef

Movies

See the full list on the registration form, be quick as spaces are limited in some activities and will fill up quickly.

Registrations close Monday 3rd December.

Be quick!!!!



Safety Talks

Police Liaison Officer 'Snowy' regularly talks to our students. This week the Support Unit students participated in a discussion about safety. Safety in the community, on the internet, at school, great life skills for all.

Thanks Snowy and Kevin, our Aboriginal School Liaison Officer.



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Please 'like' and 'share' our Facebook posts, this is a free, easy form of promotion and communication for THS. The school facebook page has our logo and there is a separate library page. Also, please ensure you have the Skoolbag app on your phone as this allows us to communicate with you immediately and is also FREE.

We use both of these forms of communication in the event of an evacuation to provide information directly to parents.

UNIFORM NEWS

Polo shirts are available again in all sizes.

New design unisex shorts are now available for purchase for \$32.

Previous design microfibre unisex shorts still available for \$12.50, while stocks last.

YEAR 7 2019 Orientation Day

Tuesday, December 4,

Open 8:30am - 10:30am

Open each Monday 8-4

Last Monday for 2018 December 10

January hours below and on THS website.

January 2019

Monday	21st. January	CLOSED
Tuesday	22nd. January	9:00AM - 3:00PM
Wednesday	23rd. January	9:00AM - 3:00PM
Thursday	24th. January	9:00AM - 3:00PM
Friday	25th. January	9:00AM - 3:00PM
Monday	28th. January	CLOSED
Tuesday	29th. January	9:00AM - 3:00PM
Wednesday	30th. January	8:00AM - 11:00AM
Thursday	31st. January	8:00AM - 11:00AM

February 2019

Friday	1st. February	8:00AM - 11:00AM
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THEN EVERY MONDAY:

8:00am - 4:00pm

Uniform enquires please call Karina: 0468 436 217

Purchase Online: daylightsportswear.com/toormina

PRICE LIST / ORDER FORM ON THE BACK

MASTERCARD VISA EFTPOS NOW AVAILABLE. AMEX, DINERS OR CHEQUES NOT ACCEPTED. NO LAYBY.

The Office of the eSafety Commissioner have published a series of newsletter articles to support parents/carers to understand many of the issues faced by their children/ward when online.



Office of the
eSafety Commissioner

Trolling online – what it is and how to support your child

Trolling is when a user intentionally causes distress, anger and argument in an online public forum for the purpose of disturbing other users.

Individuals who partake in trolling seek an emotional response from others, whether with malicious or humorous intent. Responding to trolling comments can result in the activity escalating.

Your children may experience trolling on social networking sites, online gaming, chat rooms or blogs. Watch the “Chatterbox” episode about trolling, tagging and bagging, found at [eSafety.gov.au](https://www.esafety.gov.au).

Children can protect themselves by taking the following action:

- * **Ignoring the troll**—responding to nasty, immature and offensive comments only gives trolls the attention they want.
- * **Blocking the troll**—taking away their power. If they pop up under a different name block or mute them again.
- * **Reporting trolls**—reporting to site administrators. If they pop up under a different name, report them to site administrators again. If you feel your safety is being threatened, contact the police for further advice. You may consider not using the site until the issue is resolved or the troll has become bored.
- * **Talking with friends and family**—if a troll has upset your child, it helps to talk about it with friends and family. You or your child can visit [esafety.gov.au](https://www.esafety.gov.au) or call to the Kids Helpline on **1800 55 1800** or eheadspace on **1800 650 890**.
- * **Protecting friends from trolls**—if trolls are upsetting your child’s friend tell them to Ignore, Block, Report. Tell their family and other friends and encourage them to seek support.

Learn more about trolls and online hate on the [eSafety website](https://www.esafety.gov.au).

IMPORTANT NOTICE

Please notify the school on 66 533 077 of any changes to your student’s contact details, address, medical issues, emergency contact person, etc.