

# NEWS LETTER

Safe Respectful Learners  
**TERM 3 | WEEK 6 | August 2021**



## Principal's Column

It has been a very interesting and challenging week for everyone this week. I am very proud of the staff, students and parents with the smooth transition from face-to-face learning to the vast majority of students engaged in learning from home. We have over 260 separate classes online through Google Classrooms as well as students engaging in the same work in written format. I have asked teachers to engage every two to three lessons with a Zoom lesson, where students can see their fellow students and work directly with the teacher.

I had the opportunity today to step into the 7 Maths – Amethyst class and saw some of the students engaging online with their teacher, Miss Tiwana. It was great to see the fabulous interactions the students have with their teacher.

Learning continues at school with essential workers children working in the Google Classrooms from school. Additionally, about 150 students have requested printed materials to be able to learn from home. From Monday we will be making Chromebooks available for students to use at home. If you need printed lessons or a Chromebook, please contact the school so that arrangements can be made.

I have a few teachers raise concerns about student behaviour on Zoom lessons. They are reporting that some students are being rude to the teacher and their peers as well as using inappropriate language. If possible, can parents assist in monitoring their child's behaviour while on Zoom so that these issues do not occur. Students who engage in this behaviour risk disciplinary action.

Last week I spoke to Year 12 and advised them that the formal and graduation had been postponed. A new date has been proposed for after the last HSC exam on the 12th November, however this may change due to the current challenges.

Please be aware that we have access to our school counsellors for your children needing additional support. Contact the school and an appointment can be arranged.

Please keep safe and thank you for your continued support

Sincerely  
Paul Humphrey





## Gym Sessions

A group of Toormina High School Support Unit students are enjoying the benefits of weekly gym sessions with local fitness coach, Tom Frost, from Ace Performance. Teachers involved say the students have improved their self-confidence and coordination. Students have not only gained information on health and fitness but are improving their general wellbeing. The exercises are personalised and designed to be easy to follow with visual aids and repetition and consistency enable students with varying abilities to succeed. Positive mindsets and outcomes has meant students have engaged with enthusiasm and act as mentors and coaches to each other while developing: real life skills, social skills, responsibility, team work as well as their physical fitness.



# NEWS LETTER

Safe Respectful Learners

TERM 3 | WEEK 6 | August 2021



Music at lunchtime!



## PERIOD Timetable for online learning

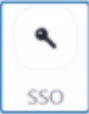
	Start	Finish
<b>Period 1</b>	9.00	9.30
<b>Break</b>	<b>9.35</b>	<b>9.35</b>
<b>Period 2</b>	9.35	10.05
<b>Recess Break</b>	<b>10.05</b>	<b>10.25</b>
<b>Period 3</b>	10.25	10.55
<b>Break</b>	<b>10.55</b>	<b>11.00</b>
<b>Period 4</b>	11.00	11.30
<b>Lunch Break</b>	<b>11.30</b>	<b>11.55</b>
<b>Period 5</b>	11.55	12.25
<b>Break</b>	<b>12.25</b>	<b>12.30</b>
<b>Period 6</b>	12.30	1.00
From 1.00pm students should complete independent study, read, exercise etc		

## ZOOM Meetings


Students - select the SSO (Single Sign On) option & enter "nsweducation".zoom.us to ensure you are accessing the NSW DoE version of ZOOM.

Click on your class's **Zoom link** and proceed to **open the application**. Make sure you have signed out of any other zoom account.

Select **Sign in to Join**.

Click **SSO** 

Enter **nsweducation.zoom.us** and **continue**




Sign In with SSO

Company Details  
nsweducation zoom.us

[Link not known the company details](#)

< Back

Login with your **department credentials**.



Login with your DoE account

User ID  
jane.citizen1

Example jane.citizen1

Password  
[REDACTED]

[Forgot your password?](#)

4. Launch **Zoom** and proceed to the meeting.



Please 'like' the Toormina High School Facebook page (look for the school logo) and 'share' our posts - this is a free, easy way to show the world our achievements and activities!

The THS Library also has a Facebook page.

# NEWS LETTER

Safe Respectful Learners

TERM 3 | WEEK 6 | August 2021



## WOW!

The boys are making some amazing didges in their Friday classes with Christian and Darryll!



**CAPA Artworks** Our CAPA Faculty have commissioned artworks from Year 11 Visual Design student, Seth Connell, for the music rooms. Great work Seth, we can't wait to see the series on the walls!



# NEWS LETTER

Safe Respectful Learners

TERM 3 | WEEK 6 | August 2021



## Around the school...Tuesday, Week A, Period 1



# NEWS LETTER

Safe Respectful Learners

TERM 3 | WEEK 6 | August 2021



Year 10 Cabinetwork, Year 7 Technology, Year 9 Physical Activities and Sport Studies, Year 10 History and Year 7 Geography classes!



## Claymation Movies!



Ms Lang's year 11 English class have been exploring film making through their own claymation movies



We love an opportunity to show appreciation for our staff, if you would like to contribute please email us!

[toormina-h.school@det.nsw.edu.au](mailto:toormina-h.school@det.nsw.edu.au)

Thank you to the staff for fast organisation of online (and hard copy) learning resources!

Thumbs up to the Principal at Toormina High, the kids were super impressed he was shooting hoops with them in a brain break at school this week.

## International Studies



Ms Kramer's International Studies students made dumplings as part of their cultural education.



Hello! How are you?

We are once again navigating the space of remote learning and for some families also working from home as we enter a period of stay at home orders. Take this time to ask yourself, how are my children feeling about all these changes? **Maintaining good mental health** is more important than ever during these uncertain times - but thankfully there is plenty of help out there!

Can my child speak with the school counsellor?

You sure can, it'll just work a bit differently for the time being! Families and students can continue to access counsellor support by ringing **Toormina High School** on **6653 3077** or by emailing the school. A time suitable to both parties will be confirmed by phone or email. School counsellors are able to provide support via telehealth.

If you or your child needs to talk to someone straight away...



Kids Helpline is a free, private and confidential 24/7 phone and online counselling service for young people aged 5 to 25. **1800 55 1800**

<https://kidshelpline.com.au/gat-help/webchat-counselling>



ehheadspace provides free online and telephone support and counselling to young people 12 - 25 and their families and friends. <https://headspace.org.au/ehheadspace/>



A mental health professional will answer your call about mental health concerns.

<https://www.health.nsw.gov.au/mentalhealth/Pages/Mental-Health-Line.aspx>

Some local resources...












Family Connect and Support brings together families, support services and community resources so that our children and young people are safe and well. **1800 327 679** (8am-5pm weekdays). [mncfcs@pathfinders.ngo](mailto:mncfcs@pathfinders.ngo)

Looking after yourself is important ... and so is washing your hands!

Anxiety presents itself in many different ways...

 The desire to control people and events	 Difficulty getting to sleep	 Feeling agitated or angry
 Defiance and other challenging behaviors	 Having high expectations for self, including school work & sports	 Avoiding activities or events (including school)
 Pain like stomachaches and headaches	 Struggling to pay attention and focus	 Intolerance of uncertainty
 Crying and difficulty managing emotions	 Over-planning for situations and events	 Feeling worried about situations or events

when you feel ANXIOUS

 GO OUTSIDE	 ASK FOR HELP	 CREATE SOMETHING
 DRINK WATER	 WRITE ABOUT HOW YOU FEEL	 TAKE A DEEP BREATH
 LISTEN TO SOOTHING SONGS	 STAY PRESENT	 FIND A POSITIVE DISTRACTION