

NEWS LETTER

Safe Respectful Learners
TERM 3 | WEEK 8 | August 2021



CREATING OUR FUTURE

Principal's Column

The Premier of NSW, Gladys Berejiklian, announced on Friday that schools in NSW will recommence face-to-face classes on a staggered return basis from 25 October 2021.

This would see from Monday 25 October, select cohorts under stay-at-home rules – starting with students in Kindergarten and Year 1 returning to face-to-face learning under Level 3 plus COVID-safe settings, as long as community transmission and vaccination rate requirements have been met. From Monday 1 November, students in Years 2, 6 and 11 will return to school sites under Level 3 plus settings and from Monday 8 November, students in Years 3, 4, 5, 7, 8, 9 and 10 return to school sites under Level 3 plus settings.

Students in Year 12 and those completing their HSC are already able to return in a limited way, and this will continue for the remainder of Term 3. From 25 October, these students will have full-time access to school campuses and their teachers. HSC exams will be delayed until 9 November with a revised timetable and guidelines for a COVID-safe HSC to be released by NESA in early September.

In the event stay-at-home rules are lifted in regional NSW before the 25 October, schools in those areas can expect to return to face-to-face teaching and learning at Level 3.

I appreciate that the demands of supporting your children engaging in the learning from home work continues to place families under a great deal of stress, however the current requirement is that parents need to keep their children at home unless they need to be at school or are children of essential workers. In line with requirements, we currently have minimal supervision on-site with most teachers engaging students online through Google Classrooms.

The work being done by teachers with the support of our administration and support staff is enormous with over 280 separate Google and Seesaw Classrooms across our school. We will commence issuing paper copies of work again tomorrow for the coming two weeks and we have started issuing laptops to students to assist in accessing online learning. Please contact the school if you require paper copies of work or a laptop for your child to use. Thank you for your continuing support during this very challenging time.

Paul Humphrey
Principal



YEAR 12 COHORT INFORMATION

NESA is responsible for the safe conduct of the HSC examination process. Refer to NESA's latest COVID-19 advice for more information.

The COVID-19 Special Consideration Program has been extended to all HSC performance and language oral exams across the state. Teachers will provide marks for their 2021 HSC students' performance and language oral exam components.

For more information, refer to the following:

- NESA's HSC timetable changes
- NESA's latest COVID-19 advice
- NESA COVID-19 Special Considerations Program.

Teachers, students, and parents and carers can also contact the NESA COVID-19 support team on 1300 138 323 or covid19support@nesa.nsw.edu.au.

Submission of HSC major works and projects:

In line with advice from NESA, students are required to submit major works and projects by the due date.

Schools will provide instructions on how they will receive these submissions while ensuring COVID-safe practices continue. Contactless delivery is preferred.

Revised Completion and hand-in dates:

Design and Technology Major Projects - Thursday 2 September 2021

Drama Projects - Monday 30 August 2021

English Extension 2 Major Works - Friday 27 August 2021

Industrial Technology Major Projects - Thursday 2 September 2021

Music Submitted Works

Music 1 submitted works advice

Music 2 submitted works advice

Music Extension submitted works advice - Monday 13 September 2021

Society and Culture Personal Interest Projects - Monday 9 August 2021

Textile and Design Major Projects - Monday 23 August 2021

Visual Arts Bodies of Work - Monday 6 September 2021

Reminder for students:

- Do not attend school sites if you are unwell or are experiencing COVID-19 symptoms. You should get tested, self-isolate until you receive a negative result and arrange for an alternative way to drop off or submit their major work or project.
- Maintain hand hygiene practices.
- Surfaces should be wiped down between students dropping off their major work or project.
- Maintain 1.5 metre distance between students and staff.
- Wear a mask or face shield while on school grounds including while indoors and outdoors.

HSC exam timetable:

Planning continues for HSC exams to proceed from 9 November in a COVID-safe way with student results being released in January 2022. Refer to the NESA website for the HSC timetable.

ONLINE LEARNING



Hi Mrs Hope,

I made a rainbow by shining a torch light on a CD. White light is made up of 7 colours which you don't normally see. When you shine the light on the CD it bends and reflects from the CD to the wall showing the colours of the rainbow. You can make rainbows with a hose outside in the sun but it was a little too cloudy today!!

Please email your
'Learning at Home'
photos to the THS
email address!

toormina-h.school@det.nsw.edu.au



Head Teacher TAS, Greg Woods, proudly sent this photo of a cake which one of his talented year 9 students has made at home! WOW! The student sent the description below.

The cake is a chocolate mud recipe that I modified so it has more structure to make it suitable for high stacking, the icing is salted caramel flavoured American buttercream that I coloured to indicate it was caramel, under the light in the photo though it looked quite orange. The garnish is homemade toffee smashed into pieces. The main reason I chose the garnish and cake is simply because they were the ingredients I had on hand and toffee is easy to make as it is only caramelised sugar. It came together well as chocolate and caramel are a great flavour combination although the icing could've done with more caramel flavour. The toffee shards provided a nice crunchy texture contrast as well. Overall I wouldn't say it was my best looking cake but I think it tasted amazing as it is my favourite tasting cake.

Parent Teacher Interview – Phone Bookings Now Open

The school will be proceeding with parent teacher interviews starting next via phone.

Parents may make bookings via the Sentral Parent Portal App for teachers to contact them in regards to their student's progress this term.

Week 7

Monday 23 August - Support Unit

Tuesday 24 August - English

Wednesday 25 August - PDHPE

Thursday 26 August - HSIE

Week 8

Monday 30 August - Science

Tuesday 31 August - Mathematics / LOTE

Wednesday 1 September - TAS

Thursday 2 September - CAPA

YEAR 9 & 10 2022 SUBJECT SELECTION

Year 8 & 9 students will have received an email, web codes which will enable them to make subject selections for next year. The Subject Selection Guide is on the school website in the News section.

Year 11 Assessment period is from 6th September - 17th September 2021.

Students have been sent digital notifications of the assessment period via Google classrooms and/or school email addresses.

If your student needs to borrow a laptop from school for online learning please phone THS, 66533077, to arrange a time for pick up.

REMOTE LEARNING WELLBEING CALENDAR

Mindfulness Monday	Try Something Tuesday	Wellness Wednesday	Thoughtful Thursday	Fitness Friday
<p>Being mindful means you are focusing on one thing at a time and blocking everything else out.</p> <p>ACTIVITIES:</p> <ul style="list-style-type: none"> Go for a walk. Take 20 minutes to draw or colour. Follow a 10 minute meditation video online. Sit in a quiet space and concentrate on your breathing – 10 breaths nice and slowly (three seconds in, four seconds out). 	<p>Learning something new or trying something new challenges us and helps us grow.</p> <p>ACTIVITIES:</p> <ul style="list-style-type: none"> Find a yummy new recipe and bake it. Research a topic you've always wanted to know more about. Learn a new skill or hobby. Learn how to say, "hi, how are you?" in five different languages. 	<p>Your physical, mental and spiritual wellbeing is super important to feeling and doing well.</p> <p>ACTIVITIES:</p> <ul style="list-style-type: none"> Follow a yoga or stretching class online to relax your mind and body. Spend time in the sunshine to improve your Vitamin D levels. (Remember sunscreen.) Spend time with your family or loved ones watching a movie or playing a board game. 	<p>Gratitude and kindness are key ingredients in building positive relationships.</p> <p>ACTIVITIES:</p> <ul style="list-style-type: none"> List at least five positive things that have happened this week. Think about a random act of kindness you could do for someone. Then do it! Who are you thankful for? Tell them today, how much you appreciate their support. 	<p>Physical movement releases endorphins and makes you feel good.</p> <p>ACTIVITIES:</p> <ul style="list-style-type: none"> Skip for 10 minutes. Go for a walk with your family (or your dog). Find an online workout to complete. Try to reach 10,000 steps today. Learn a new dance routine. How many push-ups can you do in one minute?

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ONLINE LEARNING at THS!



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!

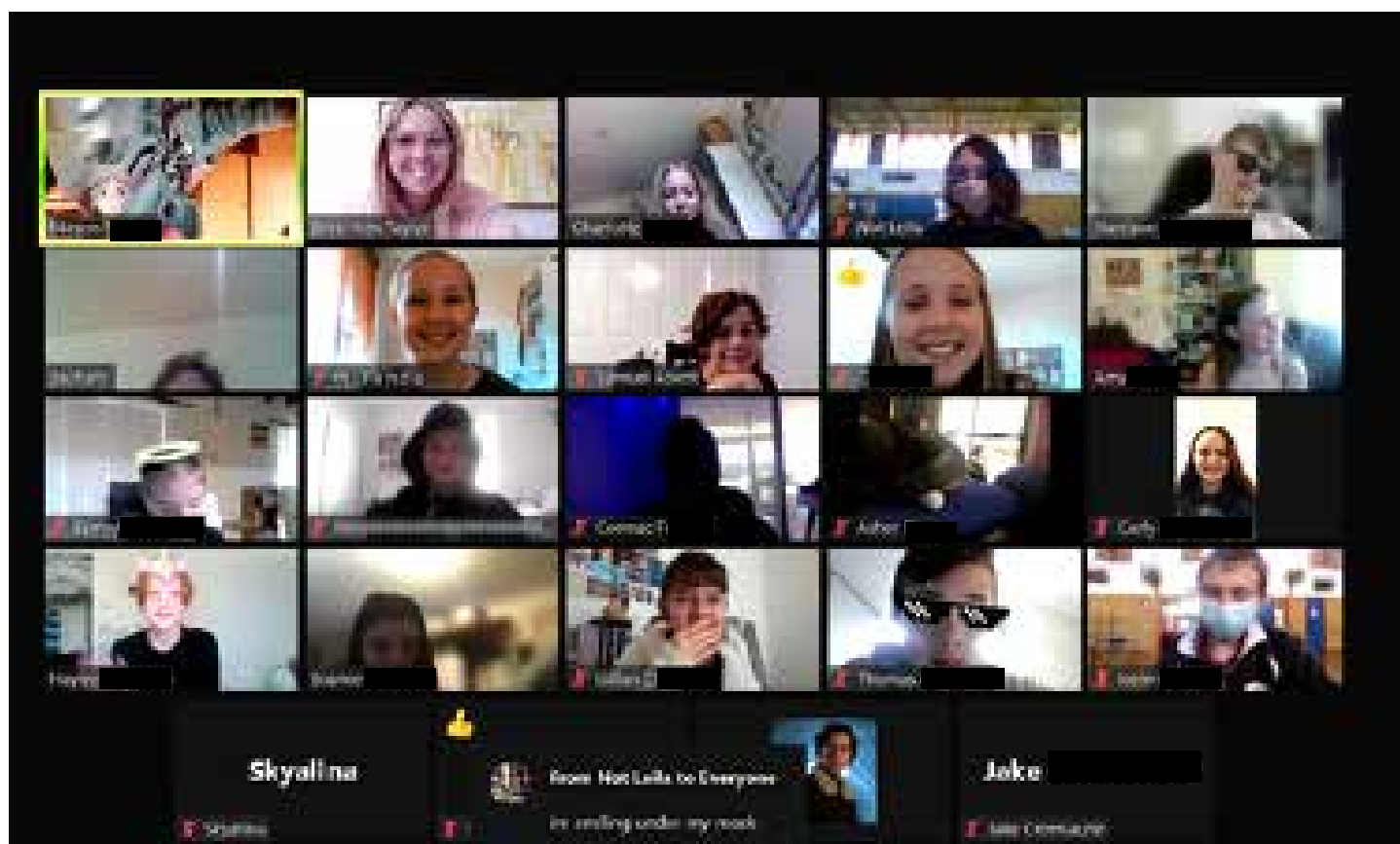
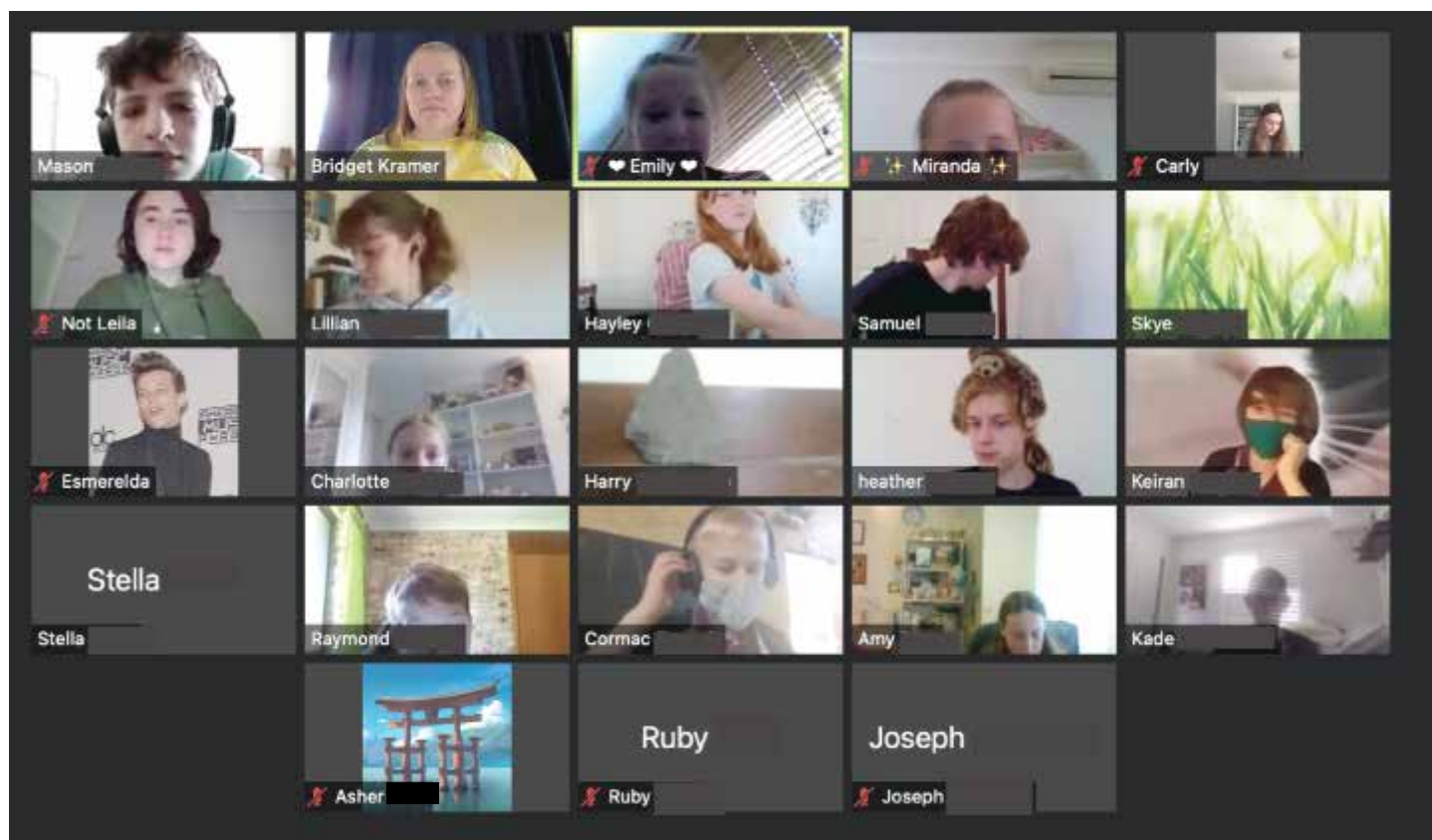
The THS Library also has a Facebook page.



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Support Unit Excursion

We had an excursion to our conservation patch across the road from the school on Friday 13th August. Here are We were taken on a bush tour by Peta and Dave from Coffs Council Bush Regeneration Team. They pointed out weeds they'd like us to pull out. They also installed our nesting boxes. We have 2 bird and 2 possum nesting boxes. Ethan was our Cameraman for the day and did a great job. So much fun over at the Patch!!!

Margaret Hope, Support Teacher



Library news

Wheeler's ePlatform eBooks and audiobooks are now available for our school community to enjoy for the next 12 weeks.

During lockdown we are unable to borrow books from our school library so having access to 1000's of eBooks and audiobooks is a welcome relief, thanks to the Department of Education organising 12 Weeks of free access to Wheeler's ePlatform.

Access to this ePlatform is via THS's Oliver Library located on the student's school portal. Here students can search the online catalogue, loan, and return all eBooks and audiobooks with the click of a finger. Each loan period is for 2 weeks. This means your eBook or audiobook will automatically be returned 2 weeks from the date your book was borrowed.

Wheeler's ePlatform also has an App which can be downloaded onto your mobile phone or iPad allowing access anywhere, anytime. Simply search for the ePlatform App on your mobile device and download.

A valuable feature of the eBooks is the font style and size, and page colour can be modified to suit the reading preferences of our students.

We hope you enjoy many hours of reading and listening to your favourite genres.

Adrienne Gillingham, Teacher Librarian



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

Toormina High School thank you so much for the half days! It makes such a huge difference to the health and wellbeing of families trying to juggle home school and working from home



Home Cooking TAS Teacher, Tanya Crough recived these photos and recipe from one of her student chefs!



- 4 Brioche Buns
- 4 rashers of bacon
- Pineapple slices
- 4 Burger cheese slices
- Smokey BBQ sauce
- 1 Tomato
- Mince 400g
- 1 Diced onion
- Salt and pepper
- Spices
- 1 Egg
- Breadcrumbs
- Worcestershire sauce

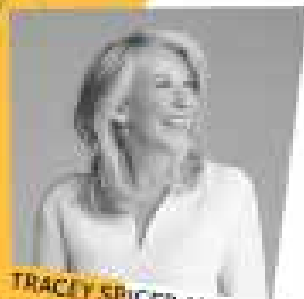
EQUIPMENT

- Mixing bowl
- Sharp knife
- Spatula
- Wooden spoon
- Chopping board
- Non stick frying pan or BBQ

1. Prepare beef patties. With mince, onion, spices, salt and pepper, Breadcrumbs, BBQ sauce, egg and Worcestershire sauce roll the mixture into 4 patties.
2. Fry the patties and bacon, while doing this toast your buns.
3. Melt your cheese on your patties then prep your salad. Now assemble your Burger.

our students our teachers

A SPECIAL BROADCAST FOR
PUBLIC SCHOOL PARENTS AND CARERS
IS BEING HELD ON TUESDAY SEPTEMBER 7 AT 7PM



TRACEY SPICER AM
AUTHOR AND BROADCASTER

Hosted by author and broadcaster, Tracey Spicer AM, this broadcast will feature education leaders discussing how we can secure the education all children deserve.

Focusing on the impact of COVID-19 and looming teacher shortages, this is a great way to learn more about what's happening in our public schools in these challenging times and how parents and teachers can work together for the benefit of students.



ROBYN EVANS
PRESIDENT NSW PRIMARY
PRINCIPALS ASSOCIATION



CRAG PETERSEN
PRESIDENT NSW SECONDARY
PRINCIPALS ASSOCIATION



ANGELO GAVRIELATOS
PRESIDENT NSW TEACHERS FEDERATION



NATALIE WALKER
PRESIDENT NSW FEDERATION OF
PARENTS AND CITIZENS ASSOCIATIONS

DATE
SEPTEMBER 7

TIME
LIVESTREAM
COMMENCES
7PM

DURATION
30MIN

REGISTER
AT WEB ADDRESS
OR VIA QR CODE



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?

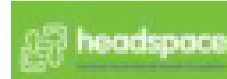
You sure can, it'll just work a bit differently for the time being! Families and students can continue to access counsellor support by ringing **Toormina High School** on **6653 3077** or by emailing the school. A time suitable to both parties will be confirmed by phone or email. School counsellors are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



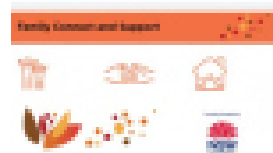
headspace provides free online and telephone support and counselling to young people 12 - 25 and their families and friends. <https://headspace.org.au/headspace/>



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...



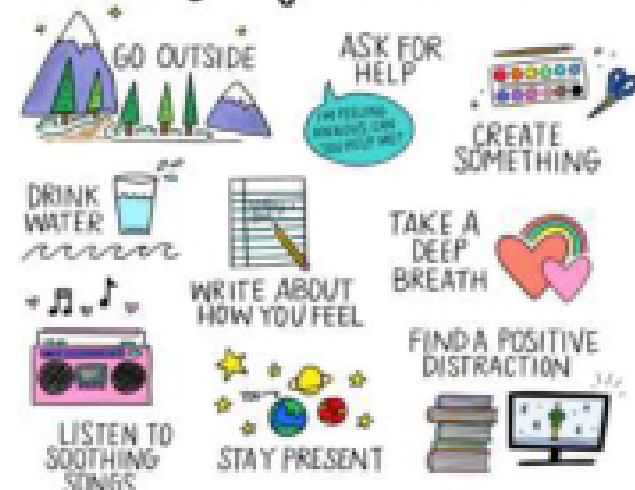
Family Connect and Support brings together families, support services and community resources so that our children and young people are safe and well. **1800 327 679** (8am-5pm weekdays). mncfcs@pathfinders.ngo

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

Anxiety presents itself in many different ways...



when you feel ANXIOUS



If yourself or someone you know is in crisis please call lifeline on 13 11 14 or dial 000 if an emergency

REGISTRATIONS ARE NOW OPEN FOR OZ TAG SUMMER COMPETITION



2021

COMPETITION KICKS OFF ON THE 1ST OF SEPTEMBER
2021

REGISTER A WHOLE TEAM OR AS AN INDIVIDUAL!

Coffs Harbour Leagues Club, Stadium Drive, Coffs Harbour next to Geoff King Motors!

DIVISIONS: 5-7, 8-10, 11-13, 14-16 BOYS AND GIRLS MIXED

AGES ARE A GUIDELINE ONLY SOMETIMES THERE WILL BE A VARIATION DEPENDING ON
TEAM NUMBERS AND SKILL LEVELS! IT IS RUN FOR FUN NO TRAINING REQUIRED!

SEASON RUNS ON WEDNESDAY AFTERNOONS FROM THE 1ST OF SEPTEMBER
UNTIL AROUND 1ST OF DECEMBER 2021 WITH A BREAK IN THE SCHOOL
HOLIDAYS. USUALLY, GAMES ARE HELD AT 4.20 AND 5.20!

COSTS: REGO IS \$100 SHORTS \$25 AND TIGHTS \$30 WHICH CAN BE
PURCHASED DOWN AT THE FIELDS. TEAMS MUST ORGANIZE THEIR OWN
SHIRTS WHICH MUST BE THE SAME COLOUR... OFFICIAL OZ TAG SHORTS
MUST BE WORN AT ALL TIMES!

FOR FURTHER INFORMATION PLEASE SEE OUR FACEBOOK PAGE UNDER **COFFS HARBOUR
JUNIOR OZ TAG**.

CONTACT: MELINDA COWGILL 0438 246 759

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