

# NEWS LETTER

Safe Respectful Learners

TERM 4 | WEEK 4 | October 2021



CREATING OUR FUTURE

## 30 under 30 MOST INFLUENTIAL LIST



**Our 2020/21 Toormina High School Captain, Ellena Cheers-Flavell, was recently named in a list compiled by the Daily Telegraph of the '30 Most Influential People Under 30' in the Clarence Valley, Coffs Coast area! The article is reproduced below.**

Toormina High student Ellena Cheers-Flavell has been the voice for local youth in the fight for climate action. The teen has played a crucial role in Coffs Harbour's School Strike for Climate Association, which is part of the movement occurring all over the world led by young people to fight for climate justice. Through this role she was inspired to create a petition demanding Coffs Harbour City Council to declare a climate emergency, which has attracted more than 4,000 signatures to date.

"When I presented this petition at a general council meeting, it was met with resistance," she said.

"Although we were unsuccessful in getting Coffs Harbour to declare a climate emergency, we were successful in raising awareness of the impact of climate change, demonstrating how one person can make a difference and encouraging other young people to join the fight for climate justice."

Ms Cheers-Flavell has received numerous accolades for her steadfast determination. She was the recipient of Coffs Harbour's Young Person of the Year award as part of Blue Sky Community Services Young Person of the Year awards.

She also took home the Zonta Young Women in Public Affairs Award for 2020, and the Bonville/Sawtell Lions Club Youth of the Year.

"I was deeply honoured to receive these awards and empower young women to become involved in their community to make a difference."



## Winner!

Congratulations to Elena Dodd, year 10, who has won first place in the student division of the C.ex Camera Club Nature Photography Competition.

Her work is titled 'Good Morning Sawtell' and is on display at the exhibition at the Cartoon Bunker Gallery for the next month.

Congratulations Elena!

## Representing Australia!

Asha Lloyd, year 9, has been selected in the Australian International Rules side to tour Ireland in 2023. Asha will have the chance to tour Dublin, Croke Park (the home of Gaelic sports in Ireland), the Ring of Kerry, Galway, Limerick and Cork. Asha will also have guided tours of London, Dublin, Paris and the WW1 battlefields in Northern France. All while playing International Rules, representing Australia.

Congratulations Asha!



## Gumbaynggirr Language Classes

Community language classes are being held at Sawtell Public School from 4 pm to 6 pm on Tuesday evenings. Come along, bring your parents /carers and build your Gumbaynggirr language skills with Aunty Kerrie and Uncle Micklo. Everyone welcome and its free.



### Debating

Once again Toormina High has had a fantastic year of debating success! On Friday October 15th our Year 7 and 8 debating teams participated in the third round of the Premier's Debating Challenge against Nambucca Heads High. After a brief hiatus following lockdown, our students were eager to get back into the competition. Congratulations to Year 7's Emily Crawford, Miranda Crawford, Amy Dart and Lexie Pennington who defeated their opponents in a tough debate around gender equity in Olympic Sports. Our previously undefeated Year 8 team were finally overcome in a debate about sports sponsorship. Well done to Hunter Broadbent, Lauren Krainik, Keira Welsh and Siena Walsh who are still in the running to be Zone champions!

**Anita Milne, Debating Coordinator**

Photos on right show teams preparing



### THS Uniform Shop

At the moment, due to Level 3 restrictions, the uniform shop is operating for online orders only.  
<http://daylightsportswear.com/toormina>



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.



### Year 12

Year 12 students are taking advantage of the support and assistance being offered in the lead-up to the HSC examinations.



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STORM, Wednesday. October 20, 2021!!

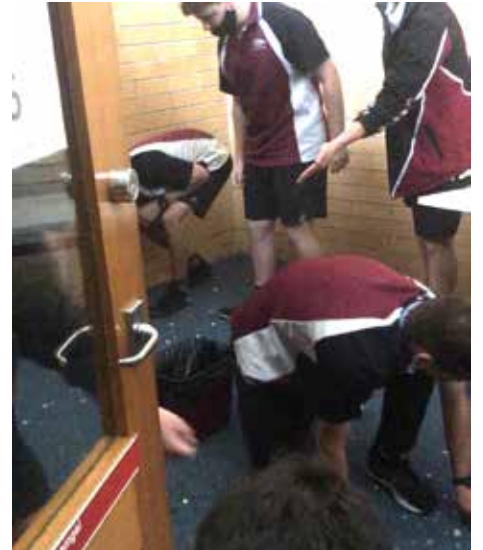




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### 2021 HSC Visual Arts

This year's HSC Visual Arts students have done a fantastic job with their major works. We have not been able to hold our usual community exhibition, so the CAPA crew has recorded a short video to showcase some of the work. Watch on our Facebook page <https://www.facebook.com/100064085677574/videos/637324327261409>

Well done to Mr. Mathew Francis for the support and expertise he has provided his HSC students.

**Kyle McGeary**  
Head Teacher CAPA





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### Hair-raising Science



Year 7 have been learning about forces in Science. The 7 Diamond class had the opportunity to see electrostatic forces using the Van de Graaff generator, hair raising stuff!



### Wellbeing

Woodsie, our Student Support Officer, gave a talk to the Year 11 female students about 'Wellbeing'. Woodsie spoke about how many young people have their fight, flight, freeze response switch on way too much. She said "it is like their Amygdala is on super over drive and they need to learn to calm it down". Woodsie gave great tips and resources to calm down system, along with looking after your wellbeing. Please checkout the last page of this newsletter for tips!

### Matball

Year 12 students enjoyed a competitive game of matball with staff this week!





### EcoKnights

last week our 'EcoKnights' student group were raising awareness around climate action.



### Wellbeing with Woodsie

Last week we had activities and events for Wellbeing Week. Woodsie, our Student Support Officer, held a stall at lunch time and students were able to access resources about wellbeing and mental health. Students had an opportunity to be creative and write some ideas of the methods they use to support their own wellbeing. Students enjoyed the music pumping from the P.A. at lunch time, thanks Woodsie!





Our new Year 12 **Hospitality** class made red velvet cupcakes and created their own decorations and designs. They did an awesome job, had a lot of fun and they enjoyed the opportunity to further develop their baking, piping and presentation skills. The 'spring' inspired strawberry cupcakes and the Halloween cupcakes were sensational!! Recipe below.

**Greg Woods, Head Teacher TAS**



## Mr Woods Red Velvet Cupcake Recipe

### INGREDIENTS

300g (2 cups) plain flour  
 30g (1/4 cup) cocoa powder  
 1 teaspoon bicarbonate of soda  
 165g (1 1/4 cups) caster sugar  
 250ml (1 cup) buttermilk  
 200g unsalted butter, SOFTENED  
 2 eggs, lightly whisked  
 1 tablespoon red wine vinegar  
 1 teaspoon vanilla extract  
 2 teaspoons red food colouring

### ICING

1 x 250g pkt cream cheese, at room temperature  
 150g (1 cup) pure icing sugar  
 60g butter at room temperature  
 1 teaspoon vanilla essence  
 1 teaspoon red food colouring

Preheat oven to 170°C. Line eighteen 80ml (1/3 cup) capacity muffin pans with paper cases.

Cream butter and sugar, Sift flour, cocoa powder and bicarbonate of soda into a bowl. Whisk the buttermilk, eggs, vinegar and vanilla in a large jug until combined. Fold the flour mixture and buttermilk mixture, alternatively. Stir until just combined. Stir in the food colouring.

Divide the mixture among the lined pans. Bake for 20-25 minutes or until a skewer inserted into the centres comes out clean. Transfer to a wire rack to cool completely.

Use an electric beater to beat the cream cheese, icing sugar, butter and vanilla until smooth. Spread over cupcakes – Pipe into selected design





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Ms Sharkey's Year 8 class have been learning to make and decorate cupcakes too!





Transition to High School We had a visit from year 6 William Bayldon stuents this week.



# BALL AGAINST DOMESTIC VIOLENCE

**SAT 18 DEC 2021**  
**COFFS HARBOUR, NSW**

- X 12 & UNDER - 16 & UNDER BOYS + GIRLS
- X OPEN MEN, WOMEN + MIXED DIVS
- X \$120 REG FEE PER TEAM (MAX. 4 PLAYERS)
- X 3X3 CHARITY EVENT - BALL FOR A CAUSE!

**REGISTER NOW!**

All proceeds will go to the Warrina Domestic and Family Violence Specialist Services.



**3x3 STREET HUSTLE**

COFFS HARBOUR BASKETBALL

Sportz Central  
3x3 STREET. COFFS HARBOUR

COFFS HARBOUR CITY COUNCIL

Warrina  
Domestic & Family Violence Specialist Services

Coffs Coast Committee against Domestic and Family Violence

Uniting

NORTH COAST BASKETBALL

COAST @ COAST



### Agriculture at THS

In Term 3 and 4 Year 10 Agriculture experimented with growing sebago potatoes. The first experiment involved filling tyres with soil and then planting some seed potatoes. They put sugar cane mulch over the top to hold in the moisture and reduce weeds. This experiment produced large potatoes which were easy to harvest. The second experiment involved making chicken wire tubes. The soil was added to the tube over time. This method was not very effective as it dried out quickly. The potatoes were less numerous and smaller in size. The next experiment was to plant seed potatoes into the ploughed paddock. The soil in the paddock was mainly clay and these potatoes were hard to harvest without splitting them and some were waterlogged and rotted in the ground. The last batch of seed potatoes were planted in the raised garden beds. These seed potatoes produced lots of good quality potatoes but required lots of water. The students have decided the best way to grow the potatoes is in a tyre.

**Michelle Nicholls,  
Agriculture Teacher**



The THS Support Unit students have a very successful hydroponic vegetable garden!





# TOP TIPS TO RELAX YOUR BUSY BRAIN.



Read more here: [reachout.com/articles/5-ways-to-declutter-your-mind](https://reachout.com/articles/5-ways-to-declutter-your-mind)

Having a busy mind can make you feel stressed, anxious and overwhelmed. Check out our top tips for decluttering your mind.

## 1 IDENTIFY PROBLEM

Be aware of the warning signs that your mind is becoming overcrowded. Maybe you're struggling to sleep, or you're easily irritated. Recognising the problem is the first step in solving it.

## 2 PUT PEN TO PAPER

Put important stuff like dates and deadlines in writing. This will help you to prioritise what's important, which = less stress.

## 3 BE MINDFUL

Whether it's downloading a meditation app, doing breathing exercises, or taking time out to focus on how you're feeling, a little mindfulness can help give your busy mind a rest.

## 4 TALK TO SOMEONE

If you're in doubt about something, talk it out. Opening up to friends, family or a trusted professional can be a great way to get a fresh take on a problem that's stressing you out.

## 5 KEEP ON KEEPIN' ON

It might take a while to quiet your mind so try not to give up if it doesn't happen straight away.



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