

NEWS LETTER

Safe Respectful Learners
TERM 1 | WEEK 11 | April 2022



CREATING OUR FUTURE

Staff Easter
Hat Parade



To our THS staff and students,
have a safe and
happy holiday!



Congratulations Maya!



On Monday March 28th Year 11's Maya Farmer participated in the first round of the 2022 Plain English Speaking Award. Hosted via Zoom, the competition is open to students 15 years old and over across the state. Students are required to present an 8 minute prepared speech on a topic of their choice. In addition to this, students compete in an impromptu round in which they are given 3 minutes to prepare a 3 minute speech on a designated topic.

Maya proudly represented Toormina High in delivering an outstanding and inspiring speech about gender equality in STEM with the wonderfully supportive 7 Opal class as an audience. Students said they were impressed by her passion for the topic and her "cool, calm and collected" manner.

When given the impromptu topic "Band-aid Solution" Maya presented a rousing speech about the world's refugee crisis. Adjudicators commended Maya on her excellent manner in both of her "brilliant speeches!" She is one of 3 students selected to continue on to the Regional Finals to be held next term. Congratulations Maya!

Anita Milne, Debating Coordinator

Debating SUCCESS



On Wednesday March 30th, Toormina High students participated in a second knock out round of the Premier's Debating Challenge for Years 11/12 against Prairiewood High. Unfortunately, due to unforeseen circumstances, Year 12s Katie Homes and Year 11s Maya Farmer found themselves two teammates short! Thankfully, two of our amazing junior students, Jay Bloomfield (year 10) and Lexie Pennington (year 8) stepped up to save the day.

Debating the topic that all sports should pay the same base rate to male and female athletes, our team defended the negative viewpoint, claiming equity was more important than equality. The team went as far as to claim that base rates of pay could further intensify the gender pay gap as sponsorship gaps will still exist and sporting clubs may keep female sportspeople at base rate salaries. In what was a fascinating debate, the adjudicator awarded the win to Toormina High! Congratulations team and a huge thankyou to our junior debaters that saved the day!! You have a great debating future ahead.

Anita Milne, Debating Coordinator

THANK YOU Aunty Gloria!

Toormina High School students and staff would like to wish Aboriginal Education Officer, Gloria Mercy, best wishes as she leaves our school to pursue career opportunities. Gloria has supported our students over the last four years and has developed our amazing dance group. THANK YOU Gloria and best wishes for your future.

Michelle Elliot,
Deputy Principal



ANZAC Day

We will continue the tradition of Toormina High School students marching on ANZAC Day at Sawtell this year. Students participating are required to wear full school uniform and please assemble behind the RSL at 10:45am.

TERM 2 FIRST Day back for students is Wednesday April 27.

School Photographs POSTPONED UNTIL TERM 2 - dates to be confirmed

Your student has been given their school photograph envelope to take home. Envelopes MUST be handed to photographer on these days (even if NOT ordering photos).

Payment can be made by: cash (correct amount sealed in envelope), credit card (fill in details on envelope) or online through <http://orders.academyphoto.com.au>

ALL enquiries to Academy School Photography 1800 816 224

The school social has been postponed until next term. We apologise for any inconvenience.

Congratulations Casey!



Congratulations to Year 12 Super Athlete Casey Cowgill, on her selection into the North Coast Football team. We wish her all the best when she attends the NSWCHS Championships at Bathurst in

Our touch referees were: Sienna Ellem, Jorja Barnes, Isabelle Eggins, Ella Stock and Lyla Kelly, well done girls!



Great sports at Toormina High School

To whom it may concern,

Yesterday I attended the North Coast PSSA Touch Football trials in Coffs Harbour as a parent of a participant.

I would like to highly commend the Toormina High School students who were refereeing for the tryouts. They were all extremely professional, fair & wonderful mentors for the younger players.

You should be very proud of the way they represented the school.

Kind Regards,

Amy Bennett



Exploring Algebra Tiles



Within the weekly Mathematics Growth Team professional learning sessions, staff were introduced to Algebra Tiles. Algebra Tiles play an important role in students developing their deep understanding of Algebra. For many students algebra tiles provide the concrete manipulatives that connect the visual representation to the symbolic and help students develop a genuine and flexible understanding of algebra.

Staff have been exploring the use of algebra tiles to represent different variables and to solve a range of different equations. By developing their skills to use this tool in the classroom, staff are then able to provide students with multiple methods to solve algebraic equations.

Here 9 Mathematics 1 combine their understanding of algebra tiles, the area model and traditional methods to solve algebraic expansions.

Jodie Hartmann

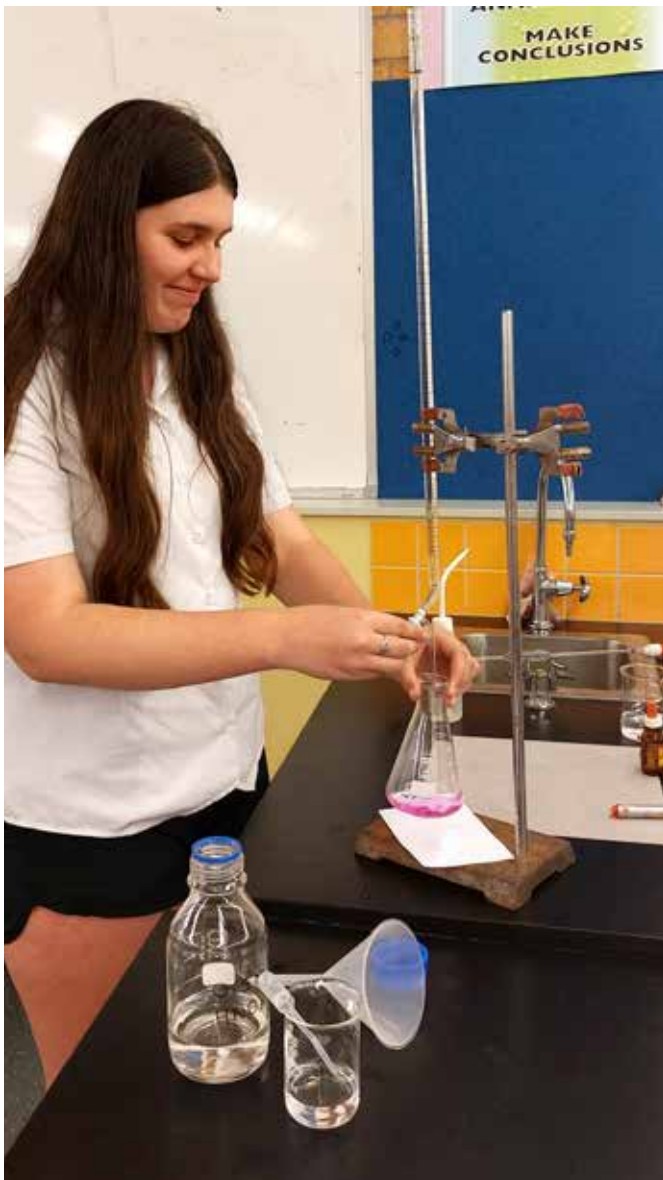
Principal's Column

As we move into the first holiday session for 2022, I would like to thank all our staff for the amazing work they have done so far this term in such challenging situations. On average this term, we have had 12 – 15 teachers absent each day with one day being 24 staff absent. There is a significant under-availability of casual teachers to fill these positions daily. This has been a uniquely challenging time for us.

Unlike many schools, we have managed to have all our classes supervised and working in the library rather than students just sitting outside when a teacher was not available. Last week, 95 classes were sent to the library and provided work due to absent or sick teachers. The staff have done an amazing job in covering each other and maintaining learning for students.

Thank you to all our students and parents for the understanding and support that we have been provided so far this year. Please have a safe and relaxing Easter Break.

Paul Humphrey , Principal



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Year 7 Microscopes and Cells Study



Year 9 Geography

This week our year 9 students were given the opportunity to take part in the Australian Geography Competition as part of the Stage 5 teaching and learning program. Joining over 73000 secondary school students Australia-wide, students were assessed on their geographical knowledge and skills. The competition aims to encourage student interest in geography and to reward student excellence. Well done to all of those students who gave the competition their best shot!



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Boambee Public School Visit Boambee students learning about high school and Marine Science.



The Big Sigh

I have been doing Yoga over the past few months and have noticed that the instructors will often tell us “Yogis” to let out a big sigh or a long deep breath. Often this “sigh” will help me feel a little more relaxed or connected.

Sighing is universal and be related to stress, relief, joy, sadness etc. There are many sayings or quotes related to the sigh (both in the everyday vernacular and in the divine).

- They breathed a collective sigh of relief,
- God is an unutterable sigh, planted in the depths of the soul. ...
- A sigh isn't just a sigh.
- A woman can say more in a sigh than a man can say in a sermon.

On average how often do you think a person might sigh in a day? It's approximately once every five minutes, or 12 times an hour, or @300 times a day. If you lie down, relax and pay attention to your breath, you'll notice that every few minutes you take a deep breath. So, as well as something we can choose to do, it's an automatic physiological response.

Why do we have this automatic response?

Without sighing we could not survive. The lung has 500 million alveoli, these alveoli are the place where the lungs and the blood exchange oxygen and carbon dioxide during the process of breathing in and out. Oxygen breathed in from the air passes through the alveoli and into the blood and travels to the tissues throughout the body.

Alveoli gradually collapses over time. When they collapse, they no longer can receive oxygen, or take carbon dioxide out. If the alveoli keep collapsing, you can lose a significant surface area of your lung. A normal breath is not enough to pop the alveoli open again. But a deep breath (or sigh) pops them open (resets them), maintaining the health of the lung. For example, when researchers prevented a sigh response in rats, they found that the rats experienced such significant deterioration of lung function that they had to be euthanized. So in fact we need to sigh to survive.

Sighing also helps us to cope better with stress. Specifically, sighing releases peptides (building blocks of protein) which circulate throughout the brain and body to help to with physiological stress regulation. So when you are stressed, you may notice that you will sigh more often. This is one of your bodies stress coping mechanisms.

To me this indicates the importance of sighing or the deeper breath and that “normal” shallow breathing is not enough for improved body/mind states and overall wellbeing. Given the brain body interplay, and the physiological importance of sighing it's no surprise then that we breathe deep or sigh, we tend to feel slightly better mentally and physically.

So my wellbeing reflection for this week is to remind you to embrace your sigh, even encourage it, celebrate it and give thanks for this life giving breath. Try it now and notice how you feel. I invite you to take a deep breath and to Sigh (several times!)

Namaste!

Ryan Squires

THS School Counsellor

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Thanks!

Our school would like to thank our Toormina High School P&C, Kmart and Dave and Kirsten from our school canteen for their generous support to purchase books for the THS library.

Books are chosen by the students who place book titles in the Book Wish Jar in the library.

Thank you also to our library staff, Teacher Librarian Adrienne Gillingham and Anna Savage for their energy and enthusiasm during this busy term!



FUTSAL PROGRAMS



HOLIDAY CLINIC \$55 P/P WED 13th APR 22 – 10AM TO 3PM
LITTLE FEET (3-5yrs) \$80 P/P TERM 2 – 8 WEEK PROGRAM
FUTSAL SCHOOL (6-12yrs) \$125 P/P 10 WEEK PROGRAM
FUTSAL SCHOOL (13-16yrs) \$125 P/P 10 WEEK PROGRAM
JUNIOR COMP (10-16yrs) \$125 P/P 10 WEEK ROSTER

CONTACT RENEE@AUSTRALIANFUTSAL.COM | 0448 157 049

THS Uniform Shop

is OPEN

every MONDAY

8am - 12pm

every THURSDAY

12 - 4pm

Orders can still be placed online and collected after a text notification.

<https://daylightsportswear.com/toormina>

Manager Jess,
0468 436 217

Sawtell Panthers Rugby League Club

Are you 18 years of age or under?

Are you interested in playing Rugby League?

If so the Sawtell Panthers Rugby League Club would love to hear from you.

We are looking for players who'd like to be part of our Under 18s team and join this very successful team who last year finished 2nd in the competition.

If you're interested, come on down to Rex Hardaker Oval on Tuesday or Thursday afternoon from 6pm when training is on and join in.

If you want to know more, give our President, Col Fogarty, a call on 0411394972 or our Vice President, Damian Irvine (Damo) on 0413720525 for a chat.



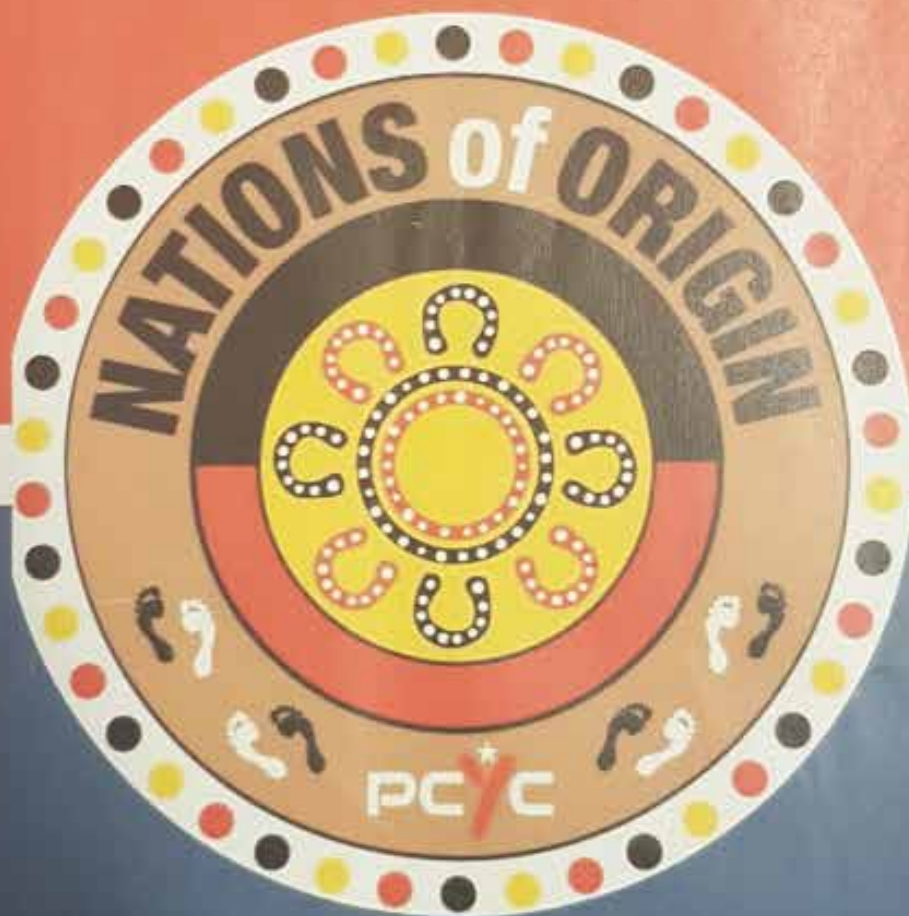
Please follow our school Facebook page, look for the school logo!



Interested players
please give your
name to Aunty Gloria



It's back!



16/U Rugby League Male and Female
Teams

12th - 13th July 2022
Salamander Bay, NSW

REGISTER NOW!!

**SKATE
AND
CREATE**

TERM 2

**BOOK
NOW**



Colts Coast's only indoor skatepark.
We're open rain, hail or shine!



skateandcreate.com.au

SKATE COMP
SATURDAY 2 APRIL
JAM FORMAT 3PM START
BYRS 10YRS 14YRS UNDER, OPEN
BOYS, GIRLS, WOMEN, MEN, MASTERS
PRIZES - BOOM ONLINE - EVERYONE WELCOME
ENTRY FEE \$10 OR FREE FOR TERM 1 OR 2 PACE SKATERS
SUPPORTED BY: [Logos: Skate and Create, Boom Online, etc.]

SKATE AND CREATE **SKATE DECK PAINTING WORKSHOP**
MARTIN SALES
[Image of people painting skateboards]

SKATE AND CREATE **SKATE CAMP**
[Image of a skate camp session]
EASTER HOLIDAYS [Logos: etc.]

SKATE AND CREATE **OPEN SKATE SESSIONS**
ALL AGES FRIDAY & SATURDAY NIGHTS
[Image of an indoor skatepark]

SKATE AND CREATE **TIMETABLE**
18YR - ADULT SKATERS & PARENTS WELCOME
INTERMEDIATE & ADV SKATERS
SKATEBOARD & ROLLER
[Table with days and times]

MONDAY	4:00PM - 6:00PM	6:00PM - 8:00PM	8:00PM - 10:00PM
TUESDAY	10:00AM - 12:00PM	1:00PM - 3:00PM	4:00PM - 6:00PM
WEDNESDAY	9AM - 10PM	1:00PM - 4:00PM	6:00PM - 8:00PM
THURSDAY	10:00 - 12:00	1:00PM - 3:00PM	4:00PM - 6:00PM
FRIDAY	4:00PM - 6:00PM	6:00PM - 8:00PM	8:00PM - 10:00PM
SATURDAY	10:00AM - 12:00PM	1:00PM - 3:00PM	4:00PM - 6:00PM

SKATE AND CREATE **SKATE BUGZ & GROMZ**
[Image of a child on a skateboard with wings]
BEST BIRD PLAYGROUND FOR TODDLERS, PRESCHOOLERS AND PARENTS
\$15
FRIDAYS 9AM