

NEWS LETTER

Safe Respectful Learners

TERM 1 | WEEK 7 | March 2022



CREATING OUR FUTURE

Year 7 Swimming and Water Safety

Toormina High School are running a Swimming and Water Safety program for year 7 students during Term 1. The aims of the program are to-

- Improve student's confidence in and around aquatic environments
- Improve students swimming ability
- Develop water safety knowledge and skills in a variety of aquatic environments

Students will learn and practice safety skills such as safe water entries, treading water, survival skills and rescue techniques.



ELSA DIXON TRAINEESHIPS

Congratulations to year 11 students, Niokah Morris and Breea McIntosh on receiving this great opportunity.

The Elsa Dixon Aboriginal School Based Traineeship is a two-year program funded by Training Services NSW - Department of Industry for Year 11/12 students who are considering a career with Mid North Coast Local Health District.

The traineeship offers opportunities for Aboriginal students entering Year 11. Named in honour of prominent Aboriginal activist Elsa Dixon, the program aims to promote workforce diversity and innovation and better health outcomes for patients. The student's two-year traineeship combines on-the-job training with formal TAFE studies as they undertake Certificate III level courses. The school based traineeship forms part of the student's HSC. Trainees attend paid work placement one day per week (100 days over 2 years).



Premier's Debating Challenge Win



On Wednesday March 9th, our senior debating team participated in the Premier's Debating Challenge for 2022. Year 11 students Arabella Flowers, Chloe Peters, Maya Farmer and Year 12's Katie Homes represented Toormina High against students from Coffs Harbour Senior College in a knockout competition. Students debated that school captains and leaders should be chosen by teachers to reflect the school's diversity instead of by a vote. As the affirmative team, our students presented an insightful model of inclusivity and equity to win the debate and progress to the next round! Congratulations girls!

It is fantastic to see our senior students maintaining their enthusiasm and commitment to our school's strong debating legacy. Debates will continue over the year with competitions for years 7-10 starting later this term. Any students interested in participating in debating this year are encouraged to see Mrs Atkins or Ms Milne in the English staffroom to get involved.

Anita Milne, Debating Coordinator



REPRESENTATIVES

Congratulations to year 10 student, Rory Buhler, (on left) selected for the North Coast volleyball team.

Congratulations to year 10 student, Ella-Ruth Beynon-Whitelaw (on right) who was selected for the Mid North Coast Open girls hockey team.



Congratulations to students selected for the Mid North Coast Rugby League team. These students attended trials in Grafton and will go to the NC trials in Nambucca Heads.

The students selected are: Chase Capararo, Diem Mason-Woods, Boadhi Sjöberg, Reef Sjöberg, Lachlan Smith, Riley Swift, Will Sudewa.



Watch this amazing video from Desert Pea Media featuring students from Toormina High School!



https://www.youtube.com/watch?v=0g_MPwDZwyk

THANK YOU

Thank you to CAPA staff, Entertainment students and performers for an excellent concert last Friday!





Year 9 Agriculture

The school farm has purchased day old ISA brown chicks. Year 9 Agriculture students are studying the growth and development of chickens. They will care for their chicken and weigh it weekly. Students will observe any changes in behaviour and development of feathers. They will record and process the data over the next 10 weeks and learn important animal husbandry skills.

Michelle Nicholls, Agriculture Teacher

International Women's Day

To celebrate International Women's Day we asked some of our student leaders, from different school years, to tell us about a woman who inspires them and why.

Hayden O'Rourke, year 12

Without trying to sound like a cliché, one woman I find inspirational is my mum. Being my foster carer means she isn't strictly my biological mum but despite having 3 kids of her own she took me and my brother when I was 8. She did her best to raise me after a difficult start and helped me become the person I am today. Now she inspires me to try my best in everything I do. She also supports me in everything and has inspired me to attempt to get into medical school so I can become a doctor and help other people too.

Freyja Giese, year 11

Emma Watson is one of the many women that I find inspirational. Although most will know her as quick-witted Hermione in the Harry Potter movies, she has a passion for women's rights and gender equality. In 2014 she spoke to the United Nations General assembly to launch her campaign 'He for She', designed to end gender inequality by including men and boys in the discussion about feminism. What I found inspirational about her speech was the clarity and courage by which it was presented. Emma Watson gives me a sense of hope through her work on the serious topics of international education equality and empowerment of women around the globe, that change is possible.

Here's to all of the strong women around the world fighting to make a difference.

Maya Farmer, year 11

It is challenging to choose only one woman I find inspirational, when all women deserve to be looked up to as mentors or leaders for young men and women everywhere. However, since I have to choose, one of these women is Malala Yousafi. Famous for standing up for women's rights in Pakistan, it is not just her activism that is inspiring. Threatened by her powerful words, Malala was shot by the Taliban in 2012. Her subsequent recovery and unwavering voice for women and children's rights is something that all people should be inspired by, no matter their beliefs. Malala also demonstrates that anyone - woman, child, refugee, or man, adult, citizen - can stand up for what they believe in, and make a change to society.

Mitchell Hickey, year 12

Gertrude Ederle was the first woman to swim the English Channel and she did it wearing motorcycle goggles!

Jake Simpson, year 12

When celebrating International Women's Day, there is one woman who comes to my mind, my very own mother. As clichéd as it may sound she is one woman I truly find inspirational. Primarily for being able to put up with me for so long, demonstrating the absolute patience of a saint. She's the most kind, loving person I've ever come to know and not just to her family, but to everyone she meets. Having one of the toughest jobs as a care worker for the disabled and elderly. She is also one of the strongest woman I know dealing with what she does on a daily basis. If I could be half the magnificent person she is, I'll be happy. There is no-one who I am more grateful for and more inspired by than her. Thank you Mum.

Lilly Devine, year 11

I think that Turia Pitt is one of the most inspirational women. Turia is an Australian woman, who, while completing a 100km marathon, got caught in a grass fire. She suffered burns to 65% of her body and was in hospital for 6 months with another 2 years recovery after that. She returned from the brink of death stronger than ever, rebuilding her life one step at a time.

Turia is now an ambassador for Interplast Australia, an author and a motivational speaker. Her story is so inspirational and it shows how strong and resilient women are.

Zoe Gill, year 7

I'm sure there are inspirational women out there everywhere which I am yet to come across or read about, but there is one that I can really describe and tell you about, it is my mother Fiona Gill.

My mum is strong, confident, caring and loving. She smiles and laughs everyday and is full of happiness. She had her ups and downs for the past few years. She has gone through all of the battles that cancer brings and she has stayed positive everyday and that's the kind of person I want to look up to everyday.

You're my hero Mum! You encourage me to do my best everyday, work hard, be strong and not let anything stand in the way of my goals. Love you! Zoe

Casey Cowgill, year 12

A woman I find inspirational is Ash Barty. She is an amazing all-round sports person who is a very humble athlete. She is a good role model for all Australian kids. Vanessa Biddle is also inspirational.

Brayden Edgar, year 8

Cathy Freeman as she is the first Australian Aboriginal person to win an individual Olympic gold medal.

Arabella Flowers, year 11

Naturally, on International Women's Day the first person we think of is our mothers. They birth us and give us the ultimate gift of life. They nurture us, provide for us and are always there for us. Our mothers are the reason for our very being.

However, today I want to talk about a different woman besides my mother. I've had countless women come into my life, each having their own special impact on me, one of them is Faye. I first met Faye a few months following the passing of my grandmother. Faye welcomed me into her life as one of her own.

Despite our rather large age difference we have become close friends. Faye has become an inspiration to me, she is kind and considerate and always lending a helping hand. Her whole life has revolved around being there for others in the good times and the bad, no matter what walks of life those in need come from.

I strive to be as selfless as Faye. She is compassionate and wise and forever teaching me to be a strong young woman. Much like my own mother, she has taught me to go through life with kindness and never judge a book by it's cover.

Freya O'Reilly, year 11

Malala Yousafi is an international activist who campaigns for human rights and regularly expresses her pride in being an advocate for the education of young girls and women. She was awarded the Nobel Peace Prize. On the 9th of October, 2012, she was on her way to school when a member of the Pakistani Taliban boarded the bus and shot Malala in the head. Amazingly Malala survived her head injury and this made her more determined to be educated and to educate others.

This is the reason why I find her an inspiration - she loves education just like me.

Pylicia Stock, year 12

A woman I find inspirational is my mother. She inspires me every day. My mother is the most bubbly person I know. She is always so positive and makes everyone feel so welcome. That is why my inspiration is my mother.

Hannah Zahra, year 9

Jennifer Aniston is a positive person who is always smiley, happy and bright. People and I love her because of her humour, compassion, her feminism and for all her iconic roles over the years.

Katie Homes, year 12

My lovely mum is an inspiration to me and I'm sure to those around her. She is strong, independent, faces challenges everyday and advocates for herself, me and those who need it. In the work she does she has impacted many and, although she is not in any leading role or position, she still has an influence in small everyday tasks. She puts others before herself (even when she shouldn't) and still manages to be a great mum, employee and friend.

THANK YOU!

What a start we've had to 2022! The past few weeks have been incredibly busy for everyone and on behalf of the Senior Executive team, we would like to acknowledge and sincerely thank all staff for the tireless work done to ensure the continuation of quality teaching and learning for our students. Staff have shown up, day in and day out, to support our students and fellow colleagues through actions big and small. Last Friday, we had a BBQ lunch which saw our whole staff be able to mingle since social distancing rules were introduced. It was great to catch up and see each other face to face again.

Laura McRae, Deputy Principal



Sista Speak

Girls in year 9 and 10 have been engaged in our Sista Speak program. We have been busy weaving a new mat for the Ngaaru. We will also be making jewellery and dance costumes for our dance group Miimi Gundi Wajaar.

Kate Williams



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WEEK 6 in Room 21



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TUESDAY Week B
Period 1



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TUESDAY Week B Period 1



Rewards Excursion to Dream World

We are pleased to announce that Toormina High School will be holding a Rewards Excursion to Dream World in Queensland on Friday 1 July for all years (COVID restrictions pending).

The criteria for being able to attend this excursion is as follows:

- **Attendance for Semester 1 2022 school and in class is no less than 90% with no recorded trancies**
- **No negative behaviour incidents, N Awards, suspensions or warnings of suspension.**

We anticipate the cost of this excursion will be approximately \$80.00 - \$90.00.

All students who apply to attend the excursion will be checked against the criteria listed above. Students who apply and have not achieved the criteria will be determined as ineligible to attend the excursion. In the event a student is deemed as ineligible or becomes ineligible prior to the excursion occurring, parents will be advised and all monies paid will be refunded by the school. Students who know that they do not meet the criteria are advised not to apply to attend the excursion. Please note: NSW and Queensland do not have a reciprocal ambulance cover for students therefore if your child requires an ambulance it will be at parent expense. Further details and permission note will be distributed to all students in Term 2.

Student Absence Notifications

From 21 February we will be sending out two SMS messages for student absences.

The first SMS will be for the current day's absence. The next SMS will be a reminder for any unexplained absence from the previous week. We have changed to this format for environmental, efficiency and financial reasons.

We will no longer be sending letters in the mail for student absences.

Any queries please phone or email THS.

**Allene Stanton,
School Administrative
Manager**

NSW Department of Education

Why attendance matters

When your child misses school they miss important opportunities to...



Learn



Build friendships



Develop life skills

education.nsw.gov.au



P&C

I would like to introduce myself as the new P&C president for THS. My name is Sonja and I am a proud Biripi woman. Community is very important to me, and I volunteer in different aspects of our community, including school canteen, Boambee PS P&C secretary and helping to organise and run Boambee PS NAIDOC week activities for the last seven years. My children are in year 7&8 this year, but I also have a daughter who attended Toormina High then went onto University on an indigenous scholarship that THS helped her obtain. With restrictions lifting this year we are looking forward to getting back into the school and having a big year of fund raising, so that we can continue to support students with the money that is raised.

I would like to encourage more people to come and have their input at P&C meetings, there is no better way to be involved in our school community. If you would like to raise a topic at a meeting, please contact me via the P&C Facebook page so that I can have it put on the agenda and please come along to our meetings that start at 5:30pm in the library on the following dates.

2022 Meeting Dates - Term 1 23rd March, Term 2 - 11th May & 15th June, Term 3 - 3rd August & 7th September, Term 4 - 26th October & 30th November.

Regards Sonja Chubb

Rapid Antigen Tests will be sent home with your student this week. These are for you to keep at home and use if your child is symptomatic.

The mural in the CAPA area continues to take shape!



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://Https://
daylightsportswear.com/
toormina](https://Https://daylightsportswear.com/toormina)

Manager Jess,
0468 436 217

Mobile Phones

As per the easing of COVID restrictions, parents are now allowed on site. If a student has their phone or headphones confiscated during the day, **a parent will be contacted to collect the device** as per our YONDR policy.

We encourage students to either keep their devices at home or they will need to secure them in their allocated YONDR pouch at the beginning of each school day.

Laura McRae, Deputy Principal

Upcoming Sport Dates

- NC Touch Football Thursday 10 March
- Netball Open Girls trials Thursday 10 March (Vost Park, Coffs Harbour)
- Basketball Opens trials Friday 11 March (Sports Central, Coffs Harbour)
- Rugby League Monday 14 March (Coronation Park, Nambucca Heads)
- North Coast Swimming Carnival Wednesday 16th March (Coffs Harbour)

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



TOORMINA HIGH SCHOOL

YEAR 7 MEET THE TEACHERS

We are inviting you all to come along and
meet the Year 7 teaching team

TUESDAY, MARCH 22
4 -5:30PM
IN THE HALL

Afternoon tea provided
Please RSVP for catering
Ring 66533077

OR

complete link sent via the Skoolbag app and email

