



## Student Leadership Team



Congratulations  
to our incoming  
representatives  
on the Student  
Leadership Team

### SUPPORT

Freya O'Reilly  
Max Watts

### YEAR 8

Jaani Gill  
Zoe Gill  
Charlotte Myers

### Year 9

Brayden Edgar  
Leila Graham  
Lexie Pennington

### Year 10

Victoria Gadd  
Kaitlyn Holms  
Jack Jones

### Year 11

Jay Bloomfield  
Maddie Hatfield  
Jake Hone

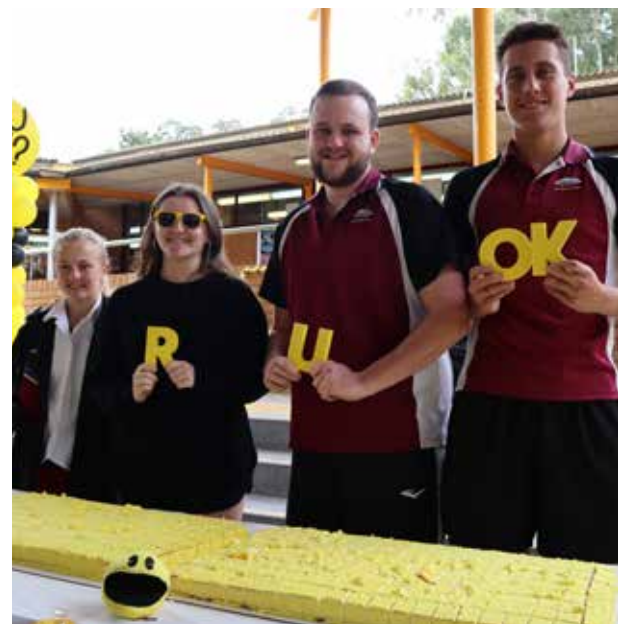
# NEWS LETTER

Safe Respectful Learners

TERM 3 | WEEK 10 | September 2022



## R U OK Day 2022



More photos on the Toormina High School Facebook page and website.

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CRICOS Provider Name: NSW Department of Education CRICOS Provider Code: 00588M



## Congratulations

Congratulations to our Toormina High School under 16s relay team who came 5th in their heat and 11th overall at the NSWCHSSA! The girls achieved a PB by 4 seconds! Well done girls!!!



**NEW DATE for Year 12 celebrations:** the breakfast, Farewell Assembly and Formal will now be held on Monday, November 7.

Family and carers are invited to join students and staff for breakfast at school at 7:30am-9:00am please RSVP 66533 077 for catering purposes. The assembly will be held in the THS Hall, students in full school uniform will need to be at school at 9am and family members by 9:45am.

The Formal will be held at The Coffs Harbour Surf Club, 5:30pm - 9:30pm, the ticket includes entertainment, food and photographer.

We would like to thank Year Adviser, Bree Taylor, for ALL her organisation!!



### Bush Tucker Bunjie

Toormina High School students were excited to meet comedian Gabriel Willie, also known as hit YouTuber, Bush Tucker Bunjie, who is at our school filming for an ABC short form comedy documentary called No Offence.



### Bunnings BBQ

The Toormina High School P&C will be running a Bunnings BBQ fundraiser on Saturday, 15th October.

If you would like to volunteer an hour or two, please email [toorminahighpandc@gmail.com](mailto:toorminahighpandc@gmail.com)



**Court Room 11** last week as judge/teacher Dany Alarab presided over Year 10 Commerce as they present opening arguments in their mock trial task.



### High Tea!



This term has been a very busy term for students in our Special Education Faculty. Students have been engaged across a range of activities in Term 3.

This term has seen us commence our transition program for students joining the unit in 2023. Teachers have been meeting with families to provide them with information about upcoming activities and how we can best support their young person moving to high school.

In Week 8 of this term, we started the trial of a new program for recognising positive student behaviour and work in their classes. This program is known as "Tea with the Head Teacher". Students receive points throughout the week and the students with the most points are invited to attend a morning tea. Congratulations to this week's students on their excellent work and behaviour.

I would like to remind parents and carers about the use of the taxi bay. This is for use by students who require additional assistance in getting to and from a vehicle into the school grounds. Parents of students who are able to walk into the school grounds are requested to find a parking space on the street and walk their child into the taxi bay area. Please be aware that police regularly patrol the school and stopping in the bus bay may result in fines being issued.

Wishing all our families a restful Term 3 break.

**Scott Gale, Head Teacher Special Education**



Please follow our school Facebook page - look for the school logo.  
Please LIKE and SHARE our fantastic posts!

### First Day Term 4 **Monday, October 10**

**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 Mel, 0468 436 217

## EVERY DAY COUNTS

Attending school regularly has a huge impact on a student's academic success, starting in kindergarten and continuing through to high school. Even as children grow older and more independent families play a key role in making sure students get to school safely every day and understand why attendance is so important for success in school and work.

### DID YOU KNOW?

Students should miss no more than 9 days of school each year to stay engaged, successful and on track. Absences can be a sign that a student is losing interest in school, struggling with school work, or facing some other potentially serious difficulty.

Missing 10 percent, or 18 days, of the school year can drastically affect a student's academic success.

Students can be chronically absent even if they only miss a day or two every few weeks.

Attendance is an important life skill that will help your child in their future studies and at work.

### WHAT CAN YOU DO?

#### **Make school attendance a priority**

Talk about the importance of showing up to school everyday, make that the expectation.

Help your child maintain daily routines, such as finishing homework and getting a good night's sleep.

Try not to schedule dental and medical appointments during the school day.

Don't let your child stay home unless truly sick. Complaints of headaches and stomach aches may be signs of anxiety.

#### **Help your teen stay engaged**

Find out if your child feels engaged by their classes and feels safe from other teen issues.

Make sure they are not missing class because of behavioural issues and school discipline policies.

Stay on top of academic progress and seek help from teachers or tutors if necessary.

#### **Contact us for help**

Contact our attendance team via the front office

Talk to teachers or year advisers if you notice sudden changes in behaviour

check on your child's attendance on the parent portal on Sentral to be sure absences are not piling up.

### **Who to call for help with attendance at Toormina High School 66533077**

Office Administration - Jodie McCormick

Attendance Officer - Karina Menzies

Head Teacher Wellbeing - Laura McRae

Year Advisers 2022

- Year 7 Cathie Luff
- Year 8 Wendy Whittle
- Year 9 Mel Sharkey
- Year 10 Katie Griffiths
- Year 11 Kate Williams
- Year 12 Bree Taylor





### Go Casey!!!

Congratulations to year 12 Toormina High School student, Casey Cowgill on her recent selection to the Canterbury Bankstown Bulldogs Rugby League Club 2023 Tarsha Gale Cup Squad.

Casey will be moving to Sydney in November and be training 3 times a week until May.

We would like to wish Casey all the best in the next stage of her outstanding sporting career!

### Yoga stretches (with a view) during sport!





### Year 9 Collaboration



Year 9 are developing their collaboration skills. Here students are working on simplifying an algebraic fraction. They are using non-permanent writing surfaces to explore their thinking. This process leads to in depth discussions where students use their mathematical reasoning and problem solving skills to determine the correct strategy.

**Jodie Hartmann, Mathematics Growth Team**

### Basketball



Our 15 boys basketball team has done Toormina proud. The boys made it to round 32 of the NSW CHS Knockout competition. This game they played against Farrer, a school from Tamworth. Even though the boys lost, they played extremely well and never gave up. It was a tough game but our boys held their heads high and tried their best. Congratulations boys for coming equal 1st in the North Coast region and for advancing so far into the competition. Well done: Adrian Frankham, Cameron Haig, Cabe Harrison- Wickham, Riley Hudson, Jai O'Connor, Declan Peters, Dylan Teale, Liam Foster, Zachary Wilson and Tane Skinner.

**Bianca Bilbija, PDHPE Teacher**



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## Year 12 v Staff Matball!





### Presidential Elections

Congratulations to Year 10 Commerce and to our new class President, Coban Pavitt, for his win in the Year 10 Commerce 'Best Party' preferential election.

Year 10 Commerce students learnt about the preferential voting system in Federal Parliament and held an extremely well-run election! Watch out Australian Electoral System, 10 Commerce may teach you a thing or two.

This unit of learning was part of the 10 Commerce 'Law, society and political involvement unit'.

Well done to all students, best run election ever!

**Dany Alarab, Commerce Teacher**





### AUSLAN classes

We now have AUSLAN classes in the school library every Tuesday at lunchtime. One of our Hearing Teachers, Hannah Young, is our instructor, all welcome!

On Tuesday students learnt about Auslan and what they will learn each week in term 4. They learnt fingerspelling using the Auslan alphabet and how to fingerspell their name.



### Year 12 Dress up!





**SOMETHING  
DOESN'T  
FEEL RIGHT!**

**FREE  
HOLIDAY  
PROGRAMS**

## **BUILD YOUR CONFIDENCE, BE STRONGER!**

### **KYUP! Project is coming to a town near you.**

Award winning martial artist, Mel Thomas will share personal safety tips and simple self-defence techniques any teen can use, no matter their size or skill level. Using relatable examples of real-life scenarios – such as public transport, public places and parties this fun, safe, hands-on workshop focuses on setting boundaries and responding to conflict.

Participants learn to:

- Replace fear with confidence
- Trust their instincts and make smart choices
- Use the power of their voice to defuse dangerous situations
- Get away from a situation that doesn't feel right
- Fight back when needed
- Break the cycle of violence

**BOOK  
NOW!**

### **FREE ALL FEMALE WORKSHOPS SPACES ARE LIMITED. DON'T MISS OUT!**

REGISTER AT [WWW.KYUPPROJECT.COM.AU/HOLIDAYWORKSHOPS](http://WWW.KYUPPROJECT.COM.AU/HOLIDAYWORKSHOPS)

**COFFS HARBOUR** | 26TH SEPT – MORNING 9AM-11AM & AFTERNOON 2PM-4.30PM

**LISMORE** | 27TH SEPT – 9AM-11.30AM MORNING

**GRAFTON** | 27TH SEPT – 2PM-4.30PM AFTERNOON

**TWEED HEADS** | 28TH SEPT – MORNING 9AM-11.30AM & AFTERNOON 2PM-4.30PM



### **MEL THOMAS, THE DRIVING FORCE BEHIND KYUP! PROJECT**

As Australia comes together to try and address our current epidemic of domestic violence, one woman is using her own experience to help empower young people to find their voice and really about positive relationships.

Mel Thomas is a writer, speaker, media commentator, model of two girls and black belt with more than 30 years of martial arts experience in Hapkido, the Korean art of self-defence.

In 2013, Mel founded the KYUP! Project in response to a wave of child-on-child, sexual and family violence reports in her local area. Pronounced KEY-UP! and named after a martial arts power shout, KYUP! is giving girls a voice.

"Mel embodies passion and strength and shares my goal to assist all girls and women to fulfil their potential."

Layne Beachley –  
7 x World Surfing Champion

IN PARTNERSHIP WITH



**Regional  
NSW**



**KYUP!PROJECT**

[www.kyupproject.com.au](http://www.kyupproject.com.au)



SCHOOL  
**GET**

**CREATIVE!**

**FREE CREATIVE WORKSHOPS THIS  
SEPTEMBER SCHOOL HOLIDAYS  
YOUTH 12-18 YEARS**



**Drawing In Wet and Dry**  
with local artist Kelly Purvis  
**Thursday 29 September**  
Gallery Temporary  
Workshop Space  
**10.30am – 1.30pm**



Scan for full details  
and to reserve  
your place



**Upcycled T-shirt bags**  
with MidWaste Facilitator  
Kathleen Hannah  
**Wednesday 5 October**  
Harry Bailey Memorial Library  
**Thursday 6 October**  
Toormina Library  
**Friday 7 October**  
Woolgoolga Library  
**10.30am – 12.30pm**  
followed by lunch



Scan for full details  
and to reserve  
your place



**Personal care/eco  
cleaning products**  
with MidWaste Facilitator  
Kathleen Hannah  
**Wednesday 5 October**  
Harry Bailey Memorial Library  
**Thursday 6 October**  
Toormina Library  
**Friday 7 October**  
Woolgoolga Library  
**1 - 3 pm** beginning with lunch at 12.30



Scan for full details  
and to reserve  
your place

Supported by



These workshops were made possible with funding from the Office for  
Regional Youth's Holiday Break program, Department of Regional NSW  
and NSW Government support.



**COFFS HARBOUR  
LIBRARIES**

Coffs Harbour Libraries and Regional Gallery are cultural services of Coffs Harbour City Council

**COFFS  
HARBOUR  
REGIONAL  
GALLERY**

[coffsharbour.nsw.gov.au/gallery](http://coffsharbour.nsw.gov.au/gallery) [libraries.coffsharbour.nsw.gov.au](http://libraries.coffsharbour.nsw.gov.au) Ph: 02 6648 4900



Want to make  
a difference for  
young people in  
Coffs?

Are you  
16-25  
years old?

Join the **YOUTH  
ADVISORY GROUP!**



**Contact Lisa or Sam to join!**



Lisa Johnson: (02) 5646 5755 | [wyascbn@wesleymission.org.au](mailto:wyascbn@wesleymission.org.au)  
Sam Stanford: (02) 5632 4020 | [yfs@bluesky.org.au](mailto:yfs@bluesky.org.au)



**blue sky**  
community services



This is a joint Wesley Youth Accommodation Service and Blue Sky Community Services initiative.