



Write a Book in a Day

Write a Book in a Day is a fun, creative and collaborative competition for students in years 5 to 12. Teams of up to ten have just twelve hours to write and illustrate a book from start to finish. Digital editions of the completed stories are made available on the Online Library and shared with hospitals across Australia and funds raised through sponsorship go to The Kids' Cancer Project, a national charity supporting childhood cancer research.

In our sixth year, THS once again had an amazing group of students participating in 'Write a book in a Day'! A total of 79 students formed our 10 teams competing this year with 9 THS teams and 1 Primary School team of students from Toormina and William Baydon Public Schools. **We are thrilled to announce that \$3350 has been donated to the Kids Cancer Project.**

Thank you to Karina Allen for the vast organisation involved. Thanks also to our THS and participating Primary School staff, especially Bree Taylor, Tim Warner, Jared Schultz, Kristy Watson and Kanisha Phillips-Cooke. A special thank you is extended to Dominos Pizza Toormina, Woolworths Toormina and students Ruby, Lilliana, and Olivia for being on deck all day/night setting up the morning tea, lunch, afternoon tea, and dinner.

Adrienne Gillingham, Teacher Librarian



Incoming STUDENT LEADERSHIP TEAM Executive

Our incoming Student Leadership Team Executive were announced at assembly this week. Congratulations to: School Captains - Maya Farmer and Zach McGinty, Vice Captains - Freyja Giese and Alex Cheers-Flavell and Prefects - Hayden O'Rourke, Arabella Flowers, Lilly Devine and Jacob Smallwood, great representatives of our school!

Our 'year' representatives on the Student Leadership Team are still to be announced and a badging ceremony will be held next term.



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THANK YOU to these local businesses for providing our year 10 students with valuable work experience placements.



- Sawtell Art Gallery
- Sawtell Tennis Club
- The Golf Centre
- Bryant McKinnon Lawyers
- AFL NSW ACT
- Key Employment
- Coffs Auto Recyclers
- Woolworths
- Pacific Vetcare
- Jetty Dive Centre
- Costa Builders
- Supercheap Auto
- S&K Horse Connections
- Hoys Allied Health and Wellness
- Coffs Mobile Welding /
- KTR Engineering
- Alliance Group
- Coffs Lawns and Landscaping
- Speech for Everyone
- Balloons Plus and Event Hire
- Tip Top
- Dolphin Marine Conservation Park
- Lindsay Transport
- Dealer Direct





Congratulations

Congratulations to our 15 Boys Basketball team on their recent win against Macksville, 48-44 and are now onto the next round of the CHS 15 Boys Knockout Competition.

Happy Boxes



Students from Room 26 and room 25 have been volunteering each week at Happy Boxes Project, as part of their community access and work experience. Students have decided to run a fundraiser with staff to buy hairbrushes and toothbrushes for the Happy Boxes of essential items for women in remote communities. Staff pay \$1 to enter their guessing competition.



Congratulations to our fantastic students who entered our Science Week competitions and won their choice of science t shirt.

AIME

AIME Programming Days have returned in 2022 after a two year hiatus due to the COVID pandemic. During the day, we took a group of Aboriginal and Torres Strait Islander students from Years 9-11 to experience university life at the Coffs Harbour Education Campus. This provided the opportunity for students to connect with fellow students from the local area. Throughout the day, students participated in a series of workshops designed to build self-confidence. Students saw the opportunities available to them as they continue their educational journey. All students had a great day and thoroughly enjoyed their time at the campus making connections. I look forward to more of these programming days and our Aboriginal & Torres Strait Islander students increasing their engagement in their education!

Chris McDonald,
Aboriginal Education Officer



ACTIVE ARVOS every Wednesday, at school 3:30 - 5:00

Active Arvos is a program which aims to enhance student's health and wellbeing through participation in a range of non-competitive, social and sporting activities.

All students are welcome to attend and participate in a range of field, court and fitness based activities.

For more information contact PDHPE Teacher, Kate Williams.

A permission note is available on link below or see Ms Williams for a paper copy.

<https://forms.gle/PAN2F2wzp3nYGfKz7>



Homework Centre Week 8

From 3.30 -
5.00PM in
the Library

Bring any work you would like to do along and our wonderful staff will help you!

Snacks will be available to get you through the afternoon.



TUESDAY 6th September	WEDNESDAY 7th September	THURSDAY 8th September
NO HOMEWORK CENTRE - PARENT TEACHER INTERVIEWS ON	<ul style="list-style-type: none"> Year 11 exam prep with Mr Warner General help from Chris (AEO) 	<ul style="list-style-type: none"> Proofreading with Ms Storok General help from Ms Whittle and Donna (SLSO)



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

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PDHPE students and staff acquired lots of valuable skills during the **First Aid** course this week, (more photos on our THS Facebook page).





Nova Skills ran courses for our year 10 students on resumes and interviews this week.



This week our senior students were able to attend a presentation by the **Defence Force**.



Ocean Safety Surfer Award OSSA was developed in consultation with the School Surfing Association to provide students with safe surfing competencies required for participation in school surfing activity. Photos of our students from last week at Sawtell.

Tournament of Minds

On Sunday the 28th of August 14 students from years 7-9 went to Port Macquarie to compete in the Regional Finals for Tournament of Minds. We had two teams entered and they competed in the Social Science and Language Literature categories. The students prepared a 10 minute performance which solved a problem that they were given in Week 1 of this term. Both teams also competed in the Spontaneous Challenge which required them to come up with three things that could magically grow on trees that would benefit society. They had to justify their choices and had 5 minutes of discussion time to come up with their presentation for the judges. The Social Science team consisting of Lauren Krainik, Siene Walsh, Hannah Zahra, Isla Hewitt, Zoe Monro-Taylor, Saskia Iredale and Mikala Field created a long lost society which they discovered in the middle of the ocean. Their creativity was congratulated by the judges and they were awarded with an Honours. The Language Literature team consisting of Jack Jones, Hunter Broadbent, Mackenzie Cassidy-Stevens, Ashirah Davies-Everitt, Jaani Gill, Jacinta Iredale and Lexi Pennington presented the alternative story for three antagonists. The judges were impressed with their acting skills and were thoroughly entertained by their piece. They were also awarded an Honours. Congratulations to both teams who were fine representatives of Toormina High School.

Sally Atkins - Tournament of Minds Coordinator



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Good times in TAS



7 Opal Science

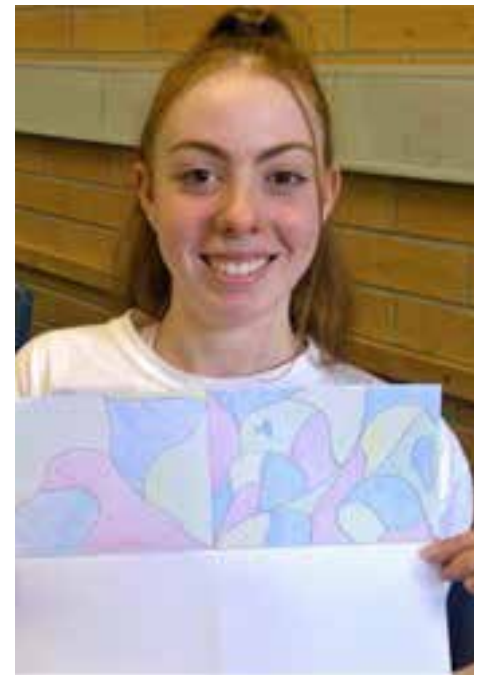
Year 7 Opal are designing enviromental conservation awareness phamplets for science.



Year 12 Mathematics

Year 12 have been exploring their Networks topics, this activity focused on the Four Colour Theorem and linked back to networks. They were challenged to draw their own 'map' and determine what the minimum number of colours will be needed to complete the map so that no two countries that touch are the same colour. It is always a great lesson when students get to play with mathematics!

Jodie Hartmann, Trainer - Mathematics Growth Team



Treating yourself like a good friend

Self-Compassion (Treating yourself like a good friend)

When you're going through a tough time, who do you want in your corner? Someone who is harsh, judgemental and putting you down, making you feel ashamed, OR someone who is a good friend, who treats you kindly, encourages you to be the best version of yourself with warmth and encouragement? For me, if I feel like I'm being berated, I might work harder, but I won't do better, in fact I am more likely to have a flight, fight, freeze type response, and as a result does not perform to my best ability. I would choose the kind encourager, every day of the week!!!

The problem is that when it comes to self-talk, I am often the first guy – berating myself harshly for when I make mistakes. This can lead to feelings of hopelessness, and thoughts of giving up. It leads to increased stress, and can make me irritable, or stressed in my relationships.

Research has shown that individuals who are self-compassionate are psychologically healthier than those who lack self-compassion. For example, self-compassionate individuals may present with less anxiety, depression, and stress symptoms. It is linked to positive psychological strengths such as happiness, emotional intelligence, optimism, wisdom, curiosity, and personal initiative. It also associated to less rumination, fear of failure, and perfectionism. That sounds like my kind of medicine!

So...What is Self-Compassion (Really)?

To really simplify self-compassion, it might be thought of a way of treating yourself that is consistent with how you would treat a trusted and dear friend (or vice versa). How often do many of us reprimand ourselves, or criticise ourselves in way as we would never speak to others? Yet to treat yourself as you would a good friend, changes our relationship to ourselves (and others) in profound and positive ways.

Self-Compassion Researcher and associate professor of educational psychology Dr Kristin Neff provides some excellent exercises that I often use with my clients to help them to reflect on this strategy of how they would treat a good friend and how they treat themselves. Dr Neff outlines the following (on her awesome website self-compassion.org):

Exercise 1: Self Compassion for a Friend

1. First, think about times when a friend of yours is not feeling great, or are struggling in some way. How would you respond to your friend in this situation? What words of kindness might you offer? How might you offer empathy and kindness? Write down what you might say: "This situation is.... , you're not alone, You are enough, I am here for you..."
2. Now think about times when you feel bad about yourself or are struggling. How do you typically respond to yourself in these situations? Please write down what you typically do, what you say, and note the tone in which you talk to yourself.
3. Did you notice a difference? If so, ask yourself why. What factors or fears come into play that lead you to treat yourself and others so differently?
4. Please write down how you think things might change if you responded to yourself in the same way, you typically respond to a close friend when you are suffering.

Most of my clients respond well to these exercises – many of them know what it means to be a good friend, and really value this. But they fall short of providing this to themselves. And when they try this strategy, they report feeling less stressed, and often leaving my office much calmer than when they arrived! So, I encourage you, have a go at the above exercises. Notice how you speak to yourself in times of stress (but don't beat yourself up for beating yourself up!), and then try treating yourself like you would a good friend and see what happens.

Ryan Squires, Toormina High School Counsellor/Registered Psychologist

BREAKING NEWS! MORE debating success for THS!

Our year 9/10 team have made it through to the next round of the State-wide finals knockout series for debating. They argued against Monaro High School over Zoom with the topic 'That Australia should be led by a cabinet of ministers instead of a Prime Minister'. This was a very difficult topic which required a lot of knowledge about how Australian politics functions. They are to be congratulated on a very close, yet convincing win. Good luck in your next debate Hunter Broadbent, Reuben Squires, Jay Bloomfield and Kira Long.

Sally Atkins - Debating Coordinator



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

IMPORTANT DATES

Mon 12/9 16/9	WEEK A
Mon 12/9 - 23/9	Year 11 Examinations
Mon 19/9 - 23/9	WEEK B
Thurs 22/9	Year 12 Breakfast, Farewell Assembly & Formal
Mon 10/10	First Day Term 4



**Monday 12th
September to
Friday 23rd September
2022**

- 20% OFF STOCKED ITEMS
(EXCLUDING WOOL JUMPERS & BLAZERS)
- NO REFUNDS OR EXCHANGES
(UNLESS GARMENT IS FAULTY)
- NO RAINCHECKS.



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a confidential conversation



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