

NEWS LETTER

Safe Respectful Learners
TERM 2 | WEEK 2 | May 2022



2022 ANZAC Day





Welcome

We would like to welcome two staff members who are working with the Aboriginal Education team. Chris McDonald (photo above) is in the relieving role of the Aboriginal Education Officer. Chris is a former student of Toormina High and it is great he has come back to join the school community. Thomas Ferguson, a proud Gumbaynggirr man will be leading the Aboriginal boys dance. The students are excited to have this opportunity, especially in the lead up to NAIDOC celebrations. Thomas is in photo on right with teacher, Jake Birrell, Aboriginal Programs Coordinator.

Congratulations!



Rory Buhler, left, recently represented the North Coast in volleyball and was recognised with the Player's Player award. This was presented at assembly last week, congratulations Rory!

Tully van Huisstede, right, recently played representative water polo at the State Championship at Olympic Park in Sydney. Tully also played with the Barracudas team in the National Championships in Brisbane. A fantastic achievement for a year 7 student! Well done Tully!



Debating

The Premier's Debating challenge is back for Term 2, with our senior debating team claiming another victory in the third knockout round against Burwood Girls High School on Wednesday April 27th. Year 12's Katie Homes, Year 11's Arabella Flowers and Maya Farmer were again joined by Jay Bloomfield from Year 10 to compete in a sophisticated political debate about whether political candidates should be able to use private wealth to fund political campaigns?



It was amazing to see the worldly knowledge both teams brought to the debate and the level of understanding of Australia's current political situation. Toormina High is certainly fostering some thoughtful, discerning and community minded students! Congratulations to our amazing team and good luck in the next round.

Debating training for our junior students will commence Week 3 in preparation for the Years 7/8 and 9/10 competitions later this term.



Any students interested in getting involved who have not already put their names down can see Ms Milne or Mrs Atkins in the English staffroom.

Anita Milne,
Debating Coordinator

Girls Touch

The first sporting event of term 2 did not disappoint with the Opens Boys and Girls Touch team heading up to Grafton to compete. The teams had prepared for this event across term 1 and into the holidays. Led by captain-coach Casey Cowgill the girls took on South Grafton to open their account for the day. The girls looked ready for a big day from the onset with a try in the corner to the lightning paced flying winger Asha Llyod who received a great cut out pass from the skipper Cowgill. As a team the girls settled into their structure defensively only allowing two tries the entire game and proving their fitness. Likened to the Melbourne Storm, South Grafton struggled to find any weaknesses in the team only crossing for two tries whereas Toormina tore their side with "Cameron Munster" style ball-playing from Lily Davies-Jamieson. The team put the cue in the rack to chalk up our first victory 5-2, setting up a repeat of last years' showdown with Grafton High. This game was like last year with our girls chasing points early thanks to a little bit of poor refereeing forcing players off to remove jewellery. Team cohesion was down from the onset and players had to step up and play for longer periods due to injuries. Phylicia Stock was involved wherever possible and took the game by the scruff of the neck with her intercept to force the game wide open. A couple of plays later saw young Isabelle Eggins burning down the sideline for an almost full field try in the corner to put us in front for the first time in the match. Unfortunately, this was the end of our try scoring with the conditions proving pivotal and the age and experience of Grafton stepping up to secure the all-important victory, Grafton ran away in the end 4-2. One of the proudest moments of this day was watching the amount of effort this young team put in, the majority of our squad comes from years 9 and 10.

The girls who backed up from last term's under 15's team mixing it with the Open girls was a sight to behold. This team will continue to be competitive for the next 3-4 years and will turn out absolute superstars in this sport.

We had two students selected to represent the Mid North Coast, congratulations to Casey Cowgill and Phylicia Stock. These girls played exceptional football and should be proud of their individual efforts. I want to acknowledge the efforts of the entire team. This young team was a pleasure to organise and I cannot wait to see these young athletes take their opportunities in their chosen sports. Well done.

I would also like to personally thank "Mumma" Mel Cowgill for the time and effort she put into co-coaching and managing the team.

Brad Herman, Team Coach



Boys Touch

On Friday, the 29th April, the Open Boys Touch team travelled up the highway to Grafton for a much anticipated sporting excursion. Being defending champions of the event the heat was on for the team to match the glory of the 2021 side that dominated the event last year. In very heavy underfoot conditions Toormina first encountered Bellingen. In a hard fought, back and forth game the boys prevailed in the dying stages thanks to a Lachie Smith miracle flick pass to Jacob Crawley to dive over in the corner. Man of the Match was Toi Wordsworth for his hard work on defence and scoots from dummy half.

The boys then came up against a fresh Grafton side who retained a lot of key players from the previous year. Despite going down 2-0 early the boys fought hard despite while having little possession or territory. Grafton were a well drilled team who looked the fresher team after their first round bye. The boys went down 5-1. Man of the Match was Kai Bennett who never stopped trying and made some big defensive plays.

Unfortunately, due to rain we were unable to play our final game against South Grafton. The boys should be proud of their effort and sportsmanship on the day.

Three boys were selected for Mid North Coast trials. The following boys should be congratulated for their effort and tenacity in gaining selection: Brayden Paunovic, Toi Wordsworth and Kai Bennett.

James Quinn-Casey, Team Coach



Meeting ANGER with Gentleness

In my role as a school counselor/psychologist (not to mention in my own life) anger appears as a powerful, sometimes destructive emotion that requires non-judgmental, kind and gentle handling. This method of a gentle response to anger has been well expressed in the ancient Buddhist tale of the Anger Eating Demon...

Once there lived a demon who had a peculiar diet: he fed on the anger of others. Looking for a rich feast, he appeared in a powerful kingdom with many servants and a wise king. He was lucky enough to come at a time when the wise King was absent and without much ado the demon seated himself on the king's empty throne, waiting quietly for things to happen (which he hoped would bring him a good feed). When the king's servants came to the hall, they could hardly believe their eyes when they saw that ugly demon sitting on the throne, squat and grinning.

They started to shout and protest: "Oi, you ugly demon, how dare you sit on the throne of our King? What disrespect! What an outrage! You should throne out, you dont belong, you are disgusting, you make us sick, argghhhh, GET THE HELL OUT!!!"

The demon was quite pleased by this response because the angrier they became the more he consumed; the more frightening, ugly, offensive and overbearing he grew. The anger he consumed started to ooze from his body as a rancid, smoky red-glowing mist. Maggots even began to emerge from his body!

Soon the wise king returned to the throne room. On seeing the hulking anger demon and and what was happening with the servants; he slowly and politely approached the anger eating demon and said: "Welcome, friend! Please remain seated, I can take another chair".

The monster got a few centimeters smaller, the king went on,

"May I offer you a tea, or some snacks maybe? Or would you like a cool drink?"

The monster got a few centimeters smaller still. The servants watching soon realised their mistake. Instead of saying "get out", and getting angry, they started being kind to the demon. They said:

"Welcome, you want something to eat? How about a pizza?"

About three or four of them (he was still quite big), even gave him a foot massage (BTW its rare getting a foot massage if you're a demon, the demon soaked it up "ooh, just over there a bit, ooh that's just right, there"). They were so kind to the anger eating demon, and with every kind act, word or thought, the demon grew a few centimeters smaller, less ugly, less smelly, less offensive. Soon the anger eating demon was back to the size when he first came in, but they didn't stop there. They carried on with their kindness so much, that soon that monster was so small, that one more act of kindness, and the monster vanished completely away.

This highlights for me the importance of meeting anger with gentleness, whether it is our own internal states of anger, or those of others. I encourage you to reflect on this when you see anger getting bigger in your life. Meet anger with non-judgmental awareness, gentleness and kindness and watch what happens to that anger eating demon.

Namaste

Ryan Squires

Toormina High School Counsellor/Registered Psychologist

DATES

Tuesday	10/5/22 - 20/5/22	Year 7 & 9 NAPLAN
Wednesday	11/5/22	P&C meeting, 5:30 - 7:00pm, all welcome!
Thursday	16/6/22	School Photos
Friday	17/6/22	





Teen hub drop in

OPEN
WEDNESDAY
2:45PM - 4:00PM

Nyami Gawbarri is all about providing cultural safety for our local Goori women. We have dedicated Wednesday afternoons for our young Goori girls to have a space to gather after school, every Wednesday.

Come for an afternoon snack and chill out with other young Goori girls

- Wellbeing check in yarning circle
- Free wifi and support with studies if needed
- Take part in various activities that promote positive wellbeing
- Or simply chill out, listen to some music or have a yarn.

We are located directly across from Toormina gardens, NO NEED to book ahead, just pop in !

14 Toormina rd, NSW Toormina 2452
0422 942 241



Karaoke

The very popular karaoke session in the library at lunch time on Fridays is back!

CAREERS

Parents, is your student interested in pursuing either employment or work experience in areas such as: construction and mining, plumbing, as electricians, glaziers, plasterers, tilers, floor finishers, painting trades, air conditioning/ refrigeration mechanics or entertainment?

THS Careers Adviser, Kerstin Woodward, is seeking expressions of interest to run another Whitecard Course at school.

The approximate cost is \$80 per student and involves a day of training. Students must be at least 14yrs old on the day of training.

For more information phone Kerstin or to register have your student see Ms Woodward.

Year 12 Trigonometry

Year 12 Mathematics students were developing their skills to use Trigonometry to measure objects in everyday situations. They practiced their skills in the classroom before exploring the playground and determining the height of the Cola, a light post, the largest gum tree in the playground and even the basketball hoops. The students were able to gain an insight into the practical applications of the skills that they are developing in class.

Jodie Hartmann,
Mathematics Growth Team



THS Uniform Shop

OPEN every MONDAY 8am - 12pm

every THURSDAY 12 - 4pm

Manager Jess, 0468 436 217

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

<https://daylightsportswear.com/toormina>

THS Mock Trial

On Friday 29th April, the THS Mock Trial went up against Trinity Catholic College Lismore in a criminal case involving the alleged theft of some clothes in an apartment block. The THS team worked relentlessly as the defence, and thanks to the concerted efforts of our barristers, Maya Farmer and Katie Homes, under the guidance of our solicitor, Hayden O'Rourke, the defendant (played by Samantha Edwards) was released of all charges. However, the Mock Trial competition scores can give a different outcome to the case itself, and the overall victory on the day went to Trinity. Congratulations to all team members for planning and working hard on the case, and thanks also to Lance Marland who was our second witness, and Jade Blair our Court Officer. We'd also like to thank Benjamin Bryant from Bryant McKinnon Lawyers for once again acting as magistrate for our mock trial, generously giving up his time to help our students. The Mock Trial team looks forward to Round 3!

Bridget Kramer, Mock Trial Coordinator

Principal's Column

Welcome back to term 2 students, staff and parents. Already it has started as a very busy term with a highly successful Parent/Teacher evening on Tuesday, our Cross Country Carnival and a strike day in between. Thank you to all of the parents who attended the Parent/Teacher evening. It was also exciting to see so many of our students, parents and staff attend the Sawtell RSL ANZAC Day service last week.

We continue to have issues around the availability of casual teachers this term and as such our library will continue to house our students during lessons where teachers are unable to be covered. This term will also see students in year 7, 8, 9, 10 and 11 undergo assessments for their half yearly reports.

Next week we commence NAPLAN exams. I encourage all students to prepare each day with a good breakfast to help the brain concentrate. The data that we receive back on our students from these tests are invaluable to teachers in plotting the learning for the coming years as well as measuring the affect of teaching on Literacy and Numeracy.

The rules around close contacts for COVID19 cases recently changed. Close contacts may attend school, however the advice from NSW Health is that students should work from home to reduce the spread of COVID19 where practicable. While you do not have to self-isolate, you may only return to school after you have notified the school that you are a household contact or a close contact. The Principal must approve your return to school and may ask you to take additional precautions to reduce the risk of transmission. Students who are permitted to return to school as a close contact and are over 12 years of age MUST wear a mask for 7 days. We were fortunate this week to engage with NSW Sport and Recreation to engage our Year 11 students in a FREE camp (ALL EXPENSES COVERED) to Lake Keepit. We have booked Week 8 Term 2 (Tuesday 14 June through to Friday 17 June). Further details will be provided. Students who decide not to attend will have their classes collapsed and will be supervised as one class for the week. I encourage ALL Year 11 students to attend this exciting opportunity.

I have been advised that this term we will be having significant areas of the school re-carpeted. This will create further possible disruption as we provide access to classroom for the carpet layers. We also commenced the installation of stage 1 of a security camera installation program yesterday which will in the long term provide increased security for our students. Our student uniform team will also be asking all students for feedback on our current and future uniform as part of our Future Uniform project.

Paul Humphrey
Principal

Toormina High School P&C

Toormina P&C would like to invite the THS community to join us for our next P&C meeting in the school library, Wednesday, 11th of May, at 5:30pm.

We are also putting a call out for volunteers to help at a Bunnings BBQ fund-raiser on the 29th of May. Even if you can help for an hour.

To register your help or any questions about our meetings, please contact Sonja via our FB page <https://www.facebook.com/profile.php?id=100057496839250>

Regards
Sonja Chubb

Attendance Matters!



For every day your child is absent from school,
over 6 hours of lesson time is lost.

Rewards Excursion to Dream World

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 truancies**
- **No negative behaviour incidents, N Awards, suspensions or warnings of suspension.**

The cost of this excursion will be \$60.

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.

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CROSS COUNTRY 2022

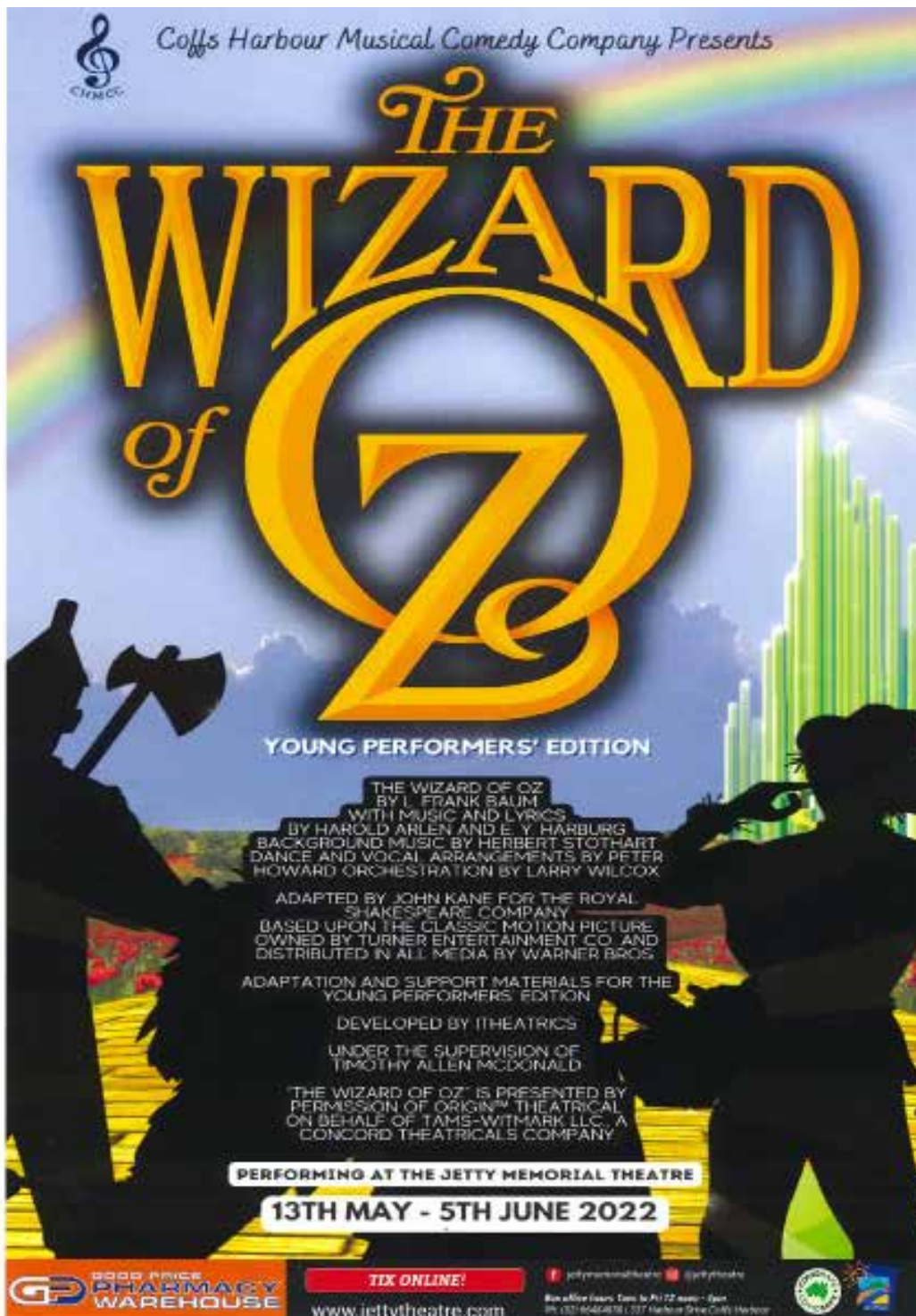


WIZARD OF OZ!

Three of Toormina High School's wonderfully talented students will be treading the boards at the Jetty Memorial Theatre this month!

Lillian Cruwys, Monique Cruwys and Sienna McGinty are in the cast (Green) when the Coffs Harbour Musical Comedy Company presents the WIZARD OF OZ!

As there are two casts, please phone the theatre for the schedule to see our THS girls. If you would like to use your Service NSW vouchers please call the theatre 02 6648 4930.



Coffs Harbour Musical Comedy Company Presents

THE WIZARD of OZ

YOUNG PERFORMERS' EDITION

THE WIZARD OF OZ
BY L. FRANK BAUM
WITH MUSIC AND LYRICS
BY HAROLD ARLEN AND E. Y. HARBURG
BACKGROUND MUSIC BY HERBERT STOTHART
DANCE AND VOCAL ARRANGEMENTS BY PETER
HOWARD ORCHESTRATION BY LARRY WILCOX

ADAPTED BY JOHN KANE FOR THE ROYAL
SHAKESPEARE COMPANY
BASED UPON THE CLASSIC MOTION PICTURE
OWNED BY TURNER ENTERTAINMENT CO. AND
DISTRIBUTED IN ALL MEDIA BY WARNER BROS.

ADAPTATION AND SUPPORT MATERIALS FOR THE
YOUNG PERFORMERS' EDITION

DEVELOPED BY I THEATRICKS

UNDER THE SUPERVISION OF
TIMOTHY ALLEN McDONALD

"THE WIZARD OF OZ" IS PRESENTED BY
PERMISSION OF ORIGIN™ THEATRICAL
ON BEHALF OF TAMS-WITMARK LLC, A
CONCORD THEATRICALS COMPANY

PERFORMING AT THE JETTY MEMORIAL THEATRE
13TH MAY - 5TH JUNE 2022

TIX ONLINE!
www.jettytheatre.com

Box office hours: Tues to Fri 12 noon - 6pm
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Good Price Pharmacy Warehouse logo, Jetty Memorial Theatre logo, and other small logos are visible at the bottom of the poster.