

NEWS LETTER

Safe Respectful Learners

TERM 4 | WEEK 4 | November 2023



STUDENT LEADERSHIP TEAM INDUCTION

Our student leaders received their badges in a ceremony with family and friends in the library, congratulations to all!

More photos on the school Facebook page and website.





Congratulations!

Congratulations to year 12 student, Lilly Devine, who has been invited to perform at Bravissimo 2024 in Port Macquarie! This is a HSC showcase of the best music performances from this region, what a fantastic opportunity for this talented singer! Congratulations also to our CAPA teachers!



Toormina Youth Hub

The Bongil Bongil Community of Schools includes Toormina High School, Boambee Public School, Bonville Public School, Toormina Public School, Sawtell Public School and William Bayldon Public School. Yesterday student representatives from each school met with Jess Miller from 'Becoming U' and Coffs Harbour City Councillors to share their vision of a Toormina Youth Hub.



Our Combined High School dancers welcomed school principals to the **North Coast Secondary Principal Council**.



Combined High Schools Cultural Experience

Students from Orara High School, and Coffs Harbour High School joined with Toormina High School to rehearse their dancing with Aunty Gloria and Uncle Cordell in preparation for their performance at the C.Ex International Stadium next week.



CAPA teacher, Joe Walsh and his Visual Design class have achieved great artworks while exploring 'Art in the Modern Era'



Parent teacher phone interview bookings are open, and will remain open until the day before each session. Please book through the Sentral Parent Portal.

WEDNESDAY 1/11

TAS - Technological and Applied Studies **PDHPE** - Personal Development, Health and Physical Education

THURSDAY 2/11

Special Education Faculty, LOTE - Language other than English (Gumbaynggirr)

MONDAY 6/11

Mathematics

TUESDAY 7/11

Science

WEDNESDAY 8/11

English

THURSDAY 9/11

HSIE - Human Society and Its Environment, **CAPA** -Creative and Performing Arts, **Careers**

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Thanks for
visiting!

We have had groups of primary school students visit THS this term to enable these future students an early experience of high school.





T-shirt designs

As part of their textiles studies this year, Room 23 students have been creating t-shirt designs using the Cricut machine. Some have designed their very own unique t-shirt designs and others have chosen images that represent their interests or personalities. They are very proud of what they have created.

Suze Hardy, Support Teacher



Year 9, 10, 11 students interested in a trade were able to attend a **Housing Industry Association** information session at school this week.



PRE SERVICE TEACHERS

We are hosting Pre Service Teachers from the University of Newcastle this term in the English, HSIE, Mathematics, Science and PDHPE faculties.

Welcome to THS!

Animal Farm



Science students have the opportunity to observe and study seahorses in teacher, Derek Howard's laboratory aquarium and axolotl in Jenny Bryant's lab. The agriculture students have two calves, Marcus and Daisy, at the farm this term to keep the sheep, chickens and ducks company!



Some of our amazing Visual Art majorworks HSC 2023!



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Nayte's Art

So while I could write some sort of overly philosophical and 'deep' writing about what I do and my motivations and that's probably what you want, I don't really think that makes sense for my style...really the big and arguably main reason is just for kicks and giggles. My style of art is heavily based off old 90s slapstick cartoons. My 2 big motivations for drawing are A: gives me something to do while bored and B: make people laugh, give people something to smile about! and old Nickelodeon cartoon styles are perfect for that! Because those things were entirely based off humour, I think too many comics or shows focus too hard on story and 'deep stories' and while yeah that's fine, I think there's too much media where they only focus on plot and not character personalities or just generally being funny and entertaining. Character based comedy skits are a dying art and yet here I am making them instead of just following a trend!! and it's not like the only reason I do it is to be quirky or unique, I do it because I like it and find it fun! If you look back at even my first ever comic strips, they had a heavy emphasis on character dynamics and personalities and even and even my art style screams it gouging out every little ounce of emotion and expression out of the characters I draw. In conclusion, I like to add as much expression and detail to every drawing as much as I can because I like to.

Nayte Ferguson, Year 7

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HANNAH



MEAN



MR Smythe



MISS GILL



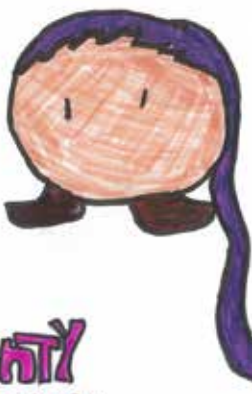
MR Foster



KIM



MR



RUNTY RANLY



MR WARNER

TEA MEDITATION

In the midst of stress and life's demands a Tea Meditation is an ancient mindfulness practice that can help bring calm and support you as you meet daily challenges. It can support you in "grounding" in the present moment through your senses and a non-judgemental and relaxed awareness. This may then give rise to natural gratitude, awareness of our interconnectedness and a more relaxed state. Once you have tried a tea meditation, ask yourself – how can you bring this attitude/experience to other aspects of your day? What do you notice comes up for you when you pause, and allow time to be fully present with life's ordinary activities?

Ryan Squires, Toormina High School Counsellor/Registered Psychologist

HOW TO DO A TEA MEDITATION

For this tea meditation, you'll go about your normal routine in making your tea but add an extra layer of mindfulness and intention with each step. The process is the same, but your awareness is focused on the sensory experience of making and consuming your tea.

Choose your tea. What will it be today — loose leaf? Bagged tea? Consider your current mood and your mental and physical needs. Perhaps you opt for a caffeinated blend for an energizing boost, or you're looking for a calming herbal option to soothe your stress. Examine the intention behind your choice of tea and how you choose to prepare it.

Select a cup with care. Perhaps it's your favorite mug that was passed down from a family member, a birthday gift from your friend, or a hand-crafted mug from a local artisan. Choose a cup that speaks to you and lights up your soul.

Notice the water boiling. While you're waiting for the water to boil, find a comfortable position and begin to deepen your breath. As you breathe deeply, notice the sound of the water as it begins to boil. Hear the pace of the water quicken as it heats up. This might be a long period of waiting, so notice if any thoughts of impatience arise (without judgment). Enjoy the slowness of this process. As the water comes to a rolling boil, see the steam escaping from the kettle, and hear the shrill sound of the kettle's whistle.

Watch the tea transition. Whether you're using a bag or an infuser, carefully pour the water into your cup and watch the color change as time passes. See the color becoming darker. If you take your tea with cream, milk, sugar, or honey, add those in with intention. Think about why you enjoy each addition, and consider carefully how much you really need.

Savor each sip. Feel the warmth of the cup or handle in your hands. Feel the solid construction of the cup. Notice the shape of the cup as you hold it. When you're ready for your first sip, hold the cup up to your nose and breathe in deeply. Enjoy the aroma — what does it smell like? Is it light and floral, or fresh and fruity? Or perhaps it's earthy and robust. When you're ready for your first sip, take it slowly and intentionally. Let the tea sit in your mouth for a moment and notice the first burst of flavor. What does it taste like? Let the flavor spread across your tongue. Now follow the journey of the tea into your body as you swallow your first sip. Feel it nourish you.

Enjoy the process. As you continue the slow process of savoring your tea, feel where you currently are in space — perhaps standing or sitting — and feel grounded in the moment. Notice all the points where your body contacts the floor. Notice the pace at which you are finishing your tea — do you feel the urge to quicken the pace? What could be causing those feelings? Or perhaps you're content to stay where you are right now. Without judgement, notice the feelings that arise in the process. Notice the temperature change as time passes.

Seal your practice with gratitude. As your tea meditation comes to a close, take a moment to express gratitude to yourself for showing up, gratitude for all the people who put in work to grow, harvest, package, and bring you this tea, and gratitude for this present moment of solitude.

<https://blog.alomoves.com/mindfulness/try-this-peaceful-tea-meditation-to-bring-comfort-to-your-day>

Principal's Column

Last week saw the end of the 2023 HSC examinations with our Year 12 finally enjoying some down-time as they prepare for their life beyond school. I am confident that our students will receive some excellent HSC results this year.

We have commenced a primary school excursion program with stage 3 students from our partner primary schools. Each week, students from Boambee PS, Sawtell PS, Bonville PS, William Bayldon PS and Toormina PS come to Toormina High to be taught using our classrooms by their teachers. This program introduces students to the very different environment of high school with their primary support networks, their teachers. Students are engaging in normal schoolwork and are also accessing various activities and programs in the high school setting. This program is proving to be a great success and is also showing the primary school teachers the very different nature of the high school setting. This will continue up to our orientation program later in the term. Our new uniform samples have arrived and have proven to be a great hit. The uniform contract has been signed and the new uniform should be available for the commencement of the 2024 school year. Below is the current pricing schedule for the uniform items. We will advise when these uniform items will be available to purchase.

Paul Humphrey, Principal

Uniform Pricing	
Product Name	Retail Price
Junior Polo	\$40.00
Junior First Nations Polo	\$40.00
Senior Polo	\$40.00
Senior First Nations Polo	\$40.00
Junior Formal Shirt	\$35.00
Junior Formal Blouse	\$35.00
Senior Formal Shirt	\$35.00
Senior Formal Blouse	\$35.00
Shorts	\$26.00
Black Skirt	\$35.00
School Hoodie	\$65.00
School First Nations Hoodie	\$65.00

Please advise
Toormina High School office on 66533077 if there
are any changes to: mailing address, phone
numbers, emergency contact details, health
care needs etc.

IMPORTANT DATES

Wednesday	1/11 - 9/11	Parent/Teacher Phone Interviews
Monday	6/11 - 17/11	Year 7,8,9 Examinations
Tuesday	7/11	Special Education Faculty Coffee Shop
Wednesday	8/11	White Card Course
Friday	10/11	Remembrance Day Assembly



THS have had the **Digital Support Team** instructing our teachers on how to take advantage of the technology available through the computer screens or 'main learning displays' in their classrooms.



**SPECIAL
EDUCATION
FACULTY
COFFEE SHOP**

TUESDAY, 28TH FEBRUARY
TUESDAY, 4th APRIL
TUESDAY, 23RD MAY
TUESDAY, 20TH JUNE
TUESDAY, 15TH AUGUST
TUESDAY, 12TH SEPTEMBER
TUESDAY, 7TH NOVEMBER
TUESDAY, 5TH DECEMBER

10AM - 1:30PM

A RANGE OF FOOD AND DRINKS PREPARED AND SERVED BY STUDENTS FOR SALE ON THE DAY.
CASH OR CARD ACCEPTED

DEVELOPING VALUABLE VOCATIONAL SKILLS AND CONFIDENCE AMONG OUR STUDENTS

"GUESTS TO SIGN IN THROUGH THE FRONT OFFICE BEFORE MAKING YOUR WAY UP TO THE COFFEE SHOP PLEASE"

WE APPRECIATE YOUR SUPPORT!





Please follow us on the Toormina High School Facebook page - look for the school logo. Please 'like' and 'share' to show our community all the fantastic achievements and activities at THS!