

# NEWS LETTER

Safe Respectful Learners

TERM 1 | WEEK 4 | February 2024



## 2024 THS Swimming Carnival

Age champions and winning house to be announced at our school assembly next week. More photos are available on the school website and the school Facebook page. Thank you to PDHPE staff for their great organisation!



### Lions Youth of the Year

On Tuesday , February 20 Abby Durbin, Penny Farmer, Jack Jones and Eunice Ngongo represented Toormina High School at the annual Bonville/Sawtell Lions Youth of the Year Quest.

Students presented impromptu responses to the questions: 'If you could have dinner with anyone , who would it be and why?' and 'Which is your preferred social media platform and why?' The audience heard about the opportunity for creative expression and connection via Instagram. Some interesting people who would be invited to dinner included God, a Grandma, Malala Yousafzai and Vincent Van Gogh. Prepared speeches of up to five minutes were also delivered on topics such as addiction and mental health, racism, the decline of kindness and empathy, and the educational divide between metropolitan and regional and rural schools. All four students spoke with poise, confidence and passion. The judges and audience of Lions Club members were impressed with all four, who were commended on their participation, the honesty they displayed and passion for their chosen topics. Staff who were present were incredibly proud.

**Abby Durbin was declared both the public speaker and overall winner on the night. She will now represent Bonville/ Sawtell Lions Club at the Regional Final on March 16. We wish her all the very best.**

Toormina High would also like to thank the Bonville/Sawtell Lions Club for their continued support of our students.

**Lisa Mullan, Head Teacher English**



### Thanks THS

Congratulations to the Bongil Bongil Community of Schools aka Toormina District PSSA for another excellent swimming carnival. Outstanding organisation, particularly given short turn-a-rounds from some school carnivals. Well done Mr Sharkey!

Having schools prepared to staff these events has improved 10 fold and thanks to the Principals and schools for doing this.

**The Toormina High School Year 11 students were fantastic and a credit to their school and our community. Such wonderful role models. Thanks to Paul and Toormina High for supporting our PSSA pathway. I had a number of parents comment positively on the new look uniform.**

Well done again everyone.

Our District PSSA is in good hands.

**Dean Burkitt, Principal, Bonville Public School**



### Congratulations

to Rory Buhler, year 12, who has been selected for the North Coast Opens volleyball team. This is the 4th time Rory will represent the region, amazing achievement!



### Bravissimo



Last week, Toormina High School Year 12 2023 student, Lilly Devine, featured in the Bravissimo HSC Excellence concert at the Glass House Theatre in Port Macquarie. She performed her HSC piece to a sold-out theatre. Year 12, 2024 THS Entertainment students Audrey Van Shellebeck, Lily Davies-Jamieson, Poppy Browne, Sophie Watson and Skye Murphy were tasked with capturing the concert on film. The film will be available as a resource for music teachers to showcase excellence in performance. Poppy Browne also worked as a stage technician and supported Lilly as an accompanying musician during the show. Congratulations Lilly and the THS entertainment students.

**Kyle McGeary, Head Teacher CAPA**

### Principal's Column

This week, our remarkable students showcased their exceptional skills to the school community as four participants engaged in the Bonville/Sawtell Lion's Youth of the Year Awards. Abby Durbin, Penelope Farmer, Eunice Ngongo, and Jack Jones delivered two impromptu speeches and a five-minute prepared speech to the audience after undergoing a thorough interview process with the judges. All four students spoke passionately, exemplifying the qualities associated with strong leadership. In a closely contested decision, Abby Durbin emerged as the winner and is set to compete in the regional final in a few weeks. Congratulations to all four students who participated.

Throughout our school community, students are proudly donning the new uniform, and we are delighted to receive positive feedback from our community regarding this change. We encourage continued support by ensuring that your children wear the correct full school uniform each day, including the school shirt, school shorts/skirt, and hoodie.

Looking ahead, there are some important events in the coming weeks. The Year 11 (2024) Information Evening is scheduled for Wednesday, 28th February, from 5:00 pm to 6:30 pm. This event is crucial for students and parents to attend, providing insights into the rules surrounding the Preliminary and HSC as well as outlining the supports available for your child. The Year 7 (2024) Meet the Teachers event will take place on Wednesday, 6th March, from 5:00 pm to 6:30 pm. Additionally, our first Parent-Teacher interviews for the year are set for Tuesday, 12th March, from 3:30 pm to 7:00 pm. Keep an eye on your emails as booking details will be released early next week. If you are unable to attend, please contact the school to arrange phone interviews.

Regards

**Paul Humphrey**



### Small Group Tuition 2024

The Small Group Tuition program (SGT) provides literacy and numeracy support for students needing additional support in NSW primary, secondary and specialist schools. Small group tuition involves supplementary teaching and learning support for groups of 2-5 students. Students are taught consistently for a predetermined amount of time with the intention to reinforce classroom instruction.

From 2024, SGT has become a permanent literacy and numeracy program that builds on three years of COVID Intensive Learning Support Program (COVID ILSP) learnings, research, evaluations, and stakeholder feedback. SGT provides short-term support for students Needing Additional Support (NAS) as identified by the new NAPLAN standards or department, and school-based assessments. Small group tuition will now be available in every NSW public school.

SGT will be funded for the next four years through an Education Future Fund. This ensures the continuation of small group tuition with a focus on literacy and numeracy support.

The COVID Intensive Learning Support Program (COVID ILSP) was the foundation of SGT and has proven beneficial to students taking part with schools reporting learning gains for participating students in both literacy and numeracy. Evidence and early evaluation findings indicate that the small group tuition implemented by schools as part of the COVID ILSP has improved student confidence and engagement in learning.

If you would like to discuss SGT for your child, please contact **Todd Winsor or Rachel Barwick** on (02) 6653 3077.

### IMPORTANT DATES

Monday	26/2 -1/3	WEEK A
Wednesday	28/2	Year 11 2024 Parent/Student Information Evening 5:00pm - 6:30pm
Monday	4/3 - 8/3	WEEK B
Tuesday	5/3	Student Leadership Team Day
Wednesday	6/3	Year 7 2024 'Meet the Teachers' afternoon 5:00pm - 6:30pm

Lockers are available to hire for \$5 per year, please see the front office.

### Year 11

We are now accepting payments for the year 11 Moreton Island excursion taking place in week 10 of Term 3. Please make regular payments to ease the stress of paying the large amount at one time in August. \$25 per week will help. More information on this will become available in the near future.

A second round of senior year 2025 jackets has opened for ordering. If your child would like to order a senior jacket, please complete your order through the link below. Delivery will be at the beginning of Term 2. Jackets are \$107 and can be personalised in the link. Orders close March 8th.

<https://www.reformclothing.com/au/order/11285146174>

**Mel Sharkey, Year Adviser**



### Nail the Future

Toormina High School is running a 'Nail the Future' program for selected year 10 students who have identified that they wish to transition to the workforce. A successful induction day was facilitated by HR Culture for our students to meet and greet with their host employers. This day involved completing relevant paperwork, expectations of attending the workplace, meeting your boss's expectations through 'Above the Line Behaviour and Attitude', and activities around communication skills and how best to use these in the workplace. Many thanks to Sam Palise - Senior Project Officer for assisting us with the development of this program, Nichole Maloy - Relieving Deputy Principal 2023, Matt Francis - Toormina High School Transition Advisor, and also Rachel Copeland - School Based Apprenticeship and Traineeship Engagement Officer. A very big shout-out to the following local businesses, without your support in taking our students on for regular work experience, this program wouldn't be possible. Goodstart Toormina, Cook Drive Smash Repairs, Brown and Hurley, ACE Electrical, Park Beach Childcare, Vulcanic TEE, Coffs Joinery, Stowe Australia, Coffs Coast Engineering, Gosling Electrical, Toscan Homes, Total Spade Gardens, Provedores, Coffs Harbour Barbershop, Inspire Homes, Gamumbi Early Childhood Centre, Kutters Hair Design, McGrath Real Estate and RLE Electrical. We look forward to working with you and our students throughout this program.

**Kerstin Woodward, Career Adviser**



### Music Tuition

This week's music tuition included sessions on: guitar, voice, drums, and bass guitar with tutors from the Coffs Harbour Regional Conservatorium. Great opportunity for our budding musicians!



### Valentine's Day



Our year 12 students held a very popular Valentine's Day stall raising money for their Year 12 Formal.

### Reminder to parents/carers about uniform

Given that families have had plenty of time to arrange uniform for their students staff have started consistently monitoring school uniform. Please ensure that your student has, and wears, the correct (old or new) school uniform each day. Formal shirts and skirts are not suitable for sport and PDHPE practical lessons, shorts and polo shirts must be worn on these days.

Bike shorts and tights are NOT part of our uniform

**Kathleen Bear, Deputy Principal**

### We like to introduce our new staff to our school community via a short questionnaire...

Name...**John Hanley**

THS position...Science Teacher

The high school I attended was...Palm Beach, Currumbin

On weekends I enjoy...soccer and body-bashing at the beach.

I love...walking, football.

I don't like...bullying and selfishness.

When I was a teenager I wish someone had told me...don't stress about school marks.





### Year 10 Hospitality

It was a buzz in the commercial kitchen when the Year 10 Hospitality classes did their first practical lesson for the year. The students will be honing their WHS, hygiene and knife skills over the next few weeks. I was very proud of their work!

**Tanya Crough, Head Teacher TAS (Rel)**



CREATING OUR FUTURE

### INCLUSIVE EDUCATION AND SENIOR HOSPITALITY COFFEE SHOP

“VERY EXCITING NEWS”  
WE WOULD LIKE TO ANNOUNCE  
OUR NEW VENUE!  
PLEASE COME AND JOIN US FOR  
THE SAME DELICIOUS  
FOOD AND COFFEE, SERVED BY OUR  
WONDERFUL STUDENTS FROM THE  
BRAND NEW COMMERCIAL KITCHEN  
IN THE HOME ECONOMICS  
FACULTY! THE LOVELY OFFICE  
STAFF WILL DIRECT YOU WHEN YOU  
ARRIVE, OTHERWISE JUST FOLLOW  
THE SIGNS...

- TUESDAY, 27TH FEBRUARY (T1, wk 5)
- TUESDAY, 26TH MARCH (T1, Wk 9)
- TUESDAY, 28TH MAY (T2, Wk 3)
- TUESDAY, 25TH JUNE (T2, Wk 9)
- TUESDAY, 20TH AUGUST (T3, Wk 5)
- TUESDAY, 17TH SEPTEMBER (T3, Wk 9)
- TUESDAY, 12TH NOVEMBER (T4, Wk 5)
- TUESDAY, 10TH DECEMBER (T4, Wk 9)

**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!**

**Rotary Youth Exchange**

Discover the world, become a Rotary Youth Exchange Student.

Gain new perspectives, make lifelong connections, and foster peace.

- **Short Term Exchange** - 3 months to Germany. Depart Oct 2024
- **Long Term Exchange** - 12 months to multiple country options. Depart Jan 2025

**How to find out more**

- Visit our website - [ryea.org.au](http://ryea.org.au) to submit your Expression of Interest...
- Email Nikki - [assistchairypd9660@gmail.com](mailto:assistchairypd9660@gmail.com)
- Call Nikki - 0439 249 574
- or contact your local Rotary Club



### MNC under 15s Touch Football

On Thursday 8th of February, THS boys and girls teams attended the Mid North Coast Under 15s touch trials. Students played a round robin tournament against schools from the region to give themselves the best possible chance to represent the Mid North Coast at the next level. The boys had several sessions to prepare beforehand and were fortunate enough to have key players with previous experience playing together. Game one against Orara was a close match with the boys putting together some structured plays to get the win 4-3. Defence was solid which allowed Javier House and Xavier Carter to connect for a couple of tries. Game two against Woolgoolga was a better turn out for the boys as they put together some strong attacking pieces to see us win by 6 tries. Game three against Grafton was another step above. The boys had a break between games 2 and 3 which allowed for the middles to work on specific targeted attack. The middles and links stood up and delivered the play of the day that bamboozled Grafton with Xavier crossing untouched for another try. After Grafton, Jetty was the final team to beat as we crossed pools to play the top of Pool A. We started the game behind by 1 with our younger year 7 and 8 students starting the match to give them an opportunity to prepare for next year as they step up. Kade Williamson defended and communicated like an excellent leader on the day, and this got the team through as the potent attacking weapons joined the game from the bench. Javier and Xavier again connected for 5 tries and setting up for our wingers to cross in the corner untouched. The most impressive feat of the day was seeing how much enjoyment these young gentlemen had not just from winning but playing together as a team.

Undefeated on the day was the challenge thrown down and they didn't disappoint taking out the final match 7-1. The result was important for these boys confidence in the sport, but the ultimate reward was having our three key middle players making the MNC side with ease. Comments from the selectors included "that play was outstanding" and "those young boys really came to life in those last games". Kade Williamson, Javier House and Xavier Carter stood up and played smart, fast, touch football. Congratulations to these young boys.

Special mention for the behaviour of our students on the day coping with the crazy weather which turned from cold, wet and windy to overcast and humid in a matter of minutes. Tough conditions brought out the best in our students. They finished their matches by shaking hands with the opposition, thanking the referee and the other schools coaching staff, this sign of respect is a great show of attitude from our wonderful students.

Lastly, thank you to our assistants on the day Lyla Kelly and Isabelle Eggins for running the water between fields, assisting both teams in warmups and Lyla for stepping up for a round and refereeing a game, in the rain, to allow the referees to have a break. These young students were able to pass on suggestions to implement during games and assist in coaching the junior sides.

**Brad Herman, Team Coach**







The girls representing Toormina High School displayed exceptional talent in the Under 15s touch football tournament held at Woolgoolga, securing victory in all three matches without conceding defeat. Their performance was marked by a display of unwavering effort and sportsmanship throughout the whole competition. Well done to Grace Rae-Banks, Miley Smith, and Scarlett Hopwood for their selection to represent the mid north coast—a testament to their outstanding abilities and commitment to the sport. Toormina High School extends its sincere congratulations to all the girls for their commendable achievements.

**Sami Berrada, Team Coach**



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!



## Under 15's Boys AFL



Our boys lost in the first round to Coffs High, but came storming back in the second game to get a win over Woolgoolga High School. Congratulations to Xavier Carter-Leisha, Henry Hone, Otto Knight and Clancy Tune who were all selected for the MNC team. A big thank you to the 4 girls who gave up their day to run water in the heat for the teams and umpires.

**Kate Williams, Team Coach**

## Attendance Matters Every Day!

Thank you for the amazing start of the year attendance wise! Well done to our new Year 7's who topped the attendance chart so far this year. There have been a huge 264 students who have 100% attendance, canteen vouchers have been given out to those whose names were pulled from the hat. But don't worry if your child has had a day off, the draws happen once every 4 weeks.

We know that school is the best place to learn. By attending school every day your child will get the most out of their learning and improve their career and life options.

When your child is absent it is important you let the school know, including the reason why, on the day or the day before. This helps make sure we know where our students are and offer support for you and your family if needed. Don't forget you can let us know by phoning, replying to the SMS message you will be sent or writing a note for your child to bring with them their next day at school.

If you are having trouble getting your child to school every day or on time, please talk to our school staff so we can work together, because every day counts.

Missing a day here or there may not seem like much, but absences add up and can negatively impact your child's learning and wellbeing. When your child misses one day per fortnight, that's 4 weeks of missed learning in one year. Over an entire school journey this adds up to 1 year of lost learning.

**Tim Warner Attendance Officer**



### The Resilience Project Year 9

Throughout 2024, we will be working closely with The Resilience Project to support the wellbeing of our school community.

The Resilience Project delivers emotionally engaging programs and provides evidence-based, practical strategies to build resilience.

Our Partnership Program consists of online presentations and fortnightly lessons during PDHPE for students, professional development for staff, and Parent & Carer Hub (inc. digital presentations) for our parent and carer community.

Over the coming weeks, we will be sharing the Parent & Carer Hub with you. The videos are 5-10 minutes long and will walk through the key pillars of resilience: Gratitude, Empathy & Mindfulness. You will hear stories and be introduced to activities to show how these strategies can support our student's learning and development, and support you as parents and carers.

This program is an important part of our school's effort to look after the mental health of our community.

View the first presentation of the series here:

Part 1: Meet Martin and learn about The Resilience Project <https://theresilienceproject.com.au/2023-parent-carer-hub-inspire-martin/>

We will be in touch soon to share the remainder of the program, including research and wellbeing activities to integrate into day-to-day life.

For mental health resources and support information, visit The Resilience Project's Support Page.

If you have any questions please contact me on 0266533077.

**Sheridan Johnston, Head Teacher PDHPE**



### Message Stick

We celebrated the completion of the Message Stick Transition program that year 6 students participated in last year. This program assisted a smooth transition to high school.





## Teaching a learner driver?

### Helping Learner Drivers Become Safer Drivers - free workshop

Helping Learner Drivers Become Safer Drivers is a free two-hour workshop for parents and supervising drivers.

The workshop aims to support you to become an effective teacher, with training on what to do before supervising a learner, such as refreshing your knowledge of the road rules, and the importance of giving your learner constructive feedback.

Be well equipped to help your learner driver become a safer driver. It includes important road safety information, licencing conditions for learner and provisional drivers, and tips on how to use and complete the learner driver log book.

**Date:** Thu Mar 14, 2024

**Time:** 4:30pm - 6:30pm

**Location:** Cavanbah Centre - Room B (facing Community Village) 191 Harbour Drive, Coffs Harbour

**Bookings:** Eventbrite: <https://www.eventbrite.com.au/e/827993208977> as light refreshments provided.

This free workshop has been designed by Transport for NSW to provide support on how to give driving lessons in a structured and effective way, and is proudly presented to you by the City of Coffs Harbour and Service NSW and funded through the LGRSP by the NSW State Government.

## COFFS COAST JUDO

TERM 1 STARTS 6TH

FEBRUARY 2024

TUESDAY & THURSDAY

BEGINNERS - 4:30-5:15PM

INTERMEDIATE - 5:15-6:00PM

SENIORS - 6:00-7:30PM

LEARN HOW TO DEFEND YOURSELF AND FALL SAFELY WHILE HAVING FUN IN BOTH RECREATIONAL AND COMPETITIVE JUDO. A MARTIAL ART AND OLYMPIC SPORT, JUDO IS IDEAL FOR ALL AGES.

CHILDREN WILL:

- |                     |                 |
|---------------------|-----------------|
| <b>BUILD</b>        | <b>IMPROVE</b>  |
| • CONFIDENCE        | • FLEXIBILITY   |
| • DISCIPLINE        | • BALANCE       |
| • SELF CONTROL      | • POSTURE       |
| • CONCENTRATION     | • CO-ORDINATION |
| • CONTACT AWARENESS |                 |



柔道

JUDO - the gentle way

OUR DOJO:  
MEZZANINE LEVEL  
L BLOCK  
COFFS HARBOUR  
SCU CAMPUS

CALL:  
SENSEI CLIVE  
0416 225 455

COFFSCOASTJUDO

PAYMENT OPTIONS:  
IPPON PASS  
TERM FEES

SCAN QR:



# MAC PIT STOP

## TUNE UP YA LIFE

EVERYONE WELCOME

**10am-1pm**  
**Wednesday 28 Feb 2024**  
Mission Australia Centre (MAC)  
9 Duke St, Coffs Harbour

**GET STARTED ON:**

- Applying for Confirmation of Aboriginality
- Applying for Birth Certificates
- Car Rego concession rates and discounts
- Sorting out money problems
- NBN Upgrade Info
- and more...

**SERVICES**

- Aboriginal Lands Council
- Galambila
- MNC Legal
- Wesley Financial Counselling
- Service NSW
- Services Australia
- Plus more...

**FREE ACTIVITIES**

- Raffle Prizes
- Haircuts
- Kids Activities
- BBQ
- Face painting

**INFO** 0427 228 258    [abelle@missionaustralia.com.au](mailto:abelle@missionaustralia.com.au)



### 2024 Winter Junior Competitions Term 2 & 3

We are excited to announce that our junior domestic competition will now be played on Wednesday and Friday nights.

Please follow the link below to register your child as being interested in playing. Registrations close at 5pm Sunday, 10 March 2024.

[https://docs.google.com/forms/d/1FAleQLSthELVWM-gmbakTGeGQkGtK32Y46CwPQ6hDeB8wF12YRkKtCA/viewform?usp=sf\\_link](https://docs.google.com/forms/d/1FAleQLSthELVWM-gmbakTGeGQkGtK32Y46CwPQ6hDeB8wF12YRkKtCA/viewform?usp=sf_link)

#### Competition Dates

Our Junior Winter Competition will run from April to September 2024.

The first two weeks will be grading. To be held on 1<sup>st</sup> & 3<sup>rd</sup> May and 8<sup>th</sup> & 10<sup>th</sup> May 2024.

Semi Finals on 18<sup>th</sup> and 20<sup>th</sup> September 2024

Grand Finals on 25<sup>th</sup> and 27<sup>th</sup> September 2024

Note: No games will be played during the school holidays.

#### Days & Times

All games will be played on a Wednesday or Friday night from 4.30pm to 9pm. Younger age groups will be played at the earliest timeslots where possible.

#### Wednesday Night

U10 Boys - 2017 to 2015  
U10 Girls - 2017 to 2015  
U12 Girls - 2013 & 2014  
U14 Girls - 2011 & 2012  
U16 Girls - 2009 & 2010  
U18 Girls - 2007 & 2008

#### Friday Night

U12 Boys - 2013 & 2014  
U14 Boys - 2011 & 2012  
U16 Boys - 2009 & 2010  
U18 Boys - 2007 & 2008

#### Costs & Fees

##### BNSW Registration

All players must be registered with Basketball NSW at the time of taking the court. If you are not registered you are not insured. The cost for this is as follows:

- |                        |                      |
|------------------------|----------------------|
| • \$110 Seniors        | \$80 Juniors 8 to 11 |
| • \$95 Juniors 12 - 17 | \$20 Under 8         |





# TERM 1, 2024

## ACTIVITIES @ THE MAC

MISSION AUSTRALIA CENTRE

- 9 Duke St -

### Tuesdays



#### MINDFULNESS

What: Mindfulness skills can help cope with day to day stresses

When: 11-12pm Starting: 6 Feb - 26 March (8 weeks)



#### FRIENDSHIP GROUP

What: An inclusive group to share a cuppa and connection with others

When: 12-2pm Starting: 6 Feb - 26 March (8 weeks)

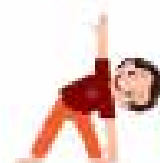


#### BOARD GAME HUDDLE

What: Cards, Chess, Scrabble, Jenga & more - all adults welcome

When: 2-4pm Starting: 6 Feb - 26 March (8 weeks)

### Thursdays



#### STRENGTH & MOBILITY

What: Gentle exercise to maintain independent living for older locals

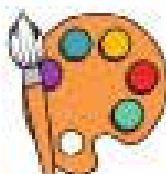
When: 10:30-11:30am Starting: 6 Feb - 27 March (8 weeks)



#### TAI CHI

What: Awareness through movement - for all ages & abilities

When: 2-3pm Starting: 1 Feb - 4 April (10 weeks)



#### ART CLASSES

What: Art skills and creative outlet

When: 3:15-4:15pm Starting: 7 Feb - 27 March (8 weeks)

**For bookings:**

<https://events.humanitix.com/copy-of-activities-the-mac-term-1-2024>

**For info contact Celeste on:**

abelle@missionaustralia.com.au & 0427 228 258

**MISSION  
AUSTRALIA**

Please see THS Aboriginal Education Officer, Chris McDonald for more information.



# REPRESENT YOUR INDIGENOUS NATION

- Rugby League
- Basketball
- Netball
- Football Fives
- Team Gym
- Free G



**16th - 19th July 2024**  
Contact your PCYC Club  
to get involved

