

NEWS LETTER

Safe Respectful Learners

TERM 2 | WEEK 9 | June 2024



CREATING OUR FUTURE

CHAMPIONS!



Zac Creenaune, selected as the number 1 player in the North Coast tennis team for the fourth consecutive year!



Lily Bright-Taylor swam at the Olympic Qualifiers in the MC category!



Zoe Lloyd, 13 years Girls Zone Athletics Age Champion.



Fletcher Bridgeman, 13 years Boys Champion at the Regional Cross Country.



Zachary Wilson, 17-19 years Boys Zone Athletics Age Champion.

Regional Tennis Gala Day



Zac Creenaune, Levi Baldwin, Jake Creenaune, and Jude Aspden represented Toormina High School with impressive teamwork and skill at the regional tennis carnival. The boys showcased their skills and teamwork with an impressive display of tennis throughout the day. In the semi-final against Camden Haven High School, the team delivered a solid performance, securing a 6-2 victory in sets. They lost only one singles and doubles match throughout the matchup, demonstrating their determination to win. Zac Creenaune faced and defeated Camden High's number 1 seeded player defeating him 6-3, showcasing his talent and durability on the court. Meanwhile, Jake and Jude both secured their victories convincingly, contributing significantly to the team's overall success. Levi faced a challenging opponent in Camden's second seed but displayed resilience and contributed to the team's brilliant performance in their first match. Advancing to the final against Byron Bay High School, the team faced another tough challenge. The highly anticipated match between Zac Creenaune and Byron Bay's top seed was the match up of the tournament. Zac was confident in his abilities and started very strong, breaking his opponent early. This proved to be crucial as he maintained his lead to secure a tight 6-4 victory. Jake continued the team's momentum with a dominant 6-0 win in his match. Despite Levi and Jude coming up short in their singles matches, the team's collective effort and determination led them to a 5-3 victory in sets, clinching the Regional final.

The team's courageous effort earned them a spot in the state final at Nelson Bay next term. Congratulations to Zac Creenaune, Levi Baldwin, Jake Creenaune, and Jude Aspden for their outstanding achievements and best wishes as they prepare for the next challenge. Team Coach, Sami Berrada

Zone Tennis Gala Day



The Opens Girl's THS tennis team showcased remarkable effort and determination at the Tennis Gala Day at Sawtell, facing off against both Grafton teams and CHEC. Despite their valiant efforts and impressive performances in each game, they unfortunately came up short in advancing to the next stage. Congratulations to Whitby, Rory, Poppy, and Audrey, who demonstrated lots of dedication and effort throughout the tournament.

Congratulations



Year 7 students, Zahra Cawley and Imarni Davies, have auditioned and been selected for the Mid North Coast Dance Ensemble. The girls are now learning a routine with Molly Dutton and Janessa Duffy at CHEC in preparation for the Mid North Coast Dance Festival which will be at CHEC in Week 10.

Zahra has also been selected into the NSW Dance Ensemble. She travelled to Sydney 2 weeks ago and learnt from a variety of industry choreographers and has a few more trips next term to learn routines for the State Dance Festival and School Spectacular. Congratulations girls!

Congratulations

Zone Athletics

Toormina High School had an outstanding performance at the recent Zone athletics carnival. The school proudly celebrated two age champions, Zoe Lloyd (13yr girls) and Zachary Wilson (17-19yrs boys) who demonstrated exceptional skill and determination in their respective events. The success extended beyond individual events, as six relay teams from Toormina High School also triumphed at the carnival. Additionally, 39 students from Toormina High School qualified for the Regional Athletics Carnival in Kingscliff early next term, earning us a 4th place overall at Zone Athletics. Congratulations to all those students who participated.

Regional Cross Country

Toormina High School students represented the MNC at the recent Regional Athletic Carnival held in Nana Glen. We were very successful with 9 students qualifying for the State Championship in Sydney next term. A special mention goes to Fletcher Bridgeman who came first in his age group. Congratulations to the following students who qualified:

- Minabellah Hutton
- Scarlett Hopwood
- Chloe Murphy
- Taylor Williams
- Poppy Browne
- Audrey Van Schellebeck
- Fletcher Bridgeman
- Luis Osterloh
- Cooper Hatfield

Kate Williams, CHS Sport Coordinator

More photos next page and on the THS website and the THS Facebook page.

Hockey

Congratulations to year 12 student, Ella-Ruth Beynon-Whitelaw, goalkeeper in the North Coast CHS Hockey team that recently won at the State Championships in Wyong!



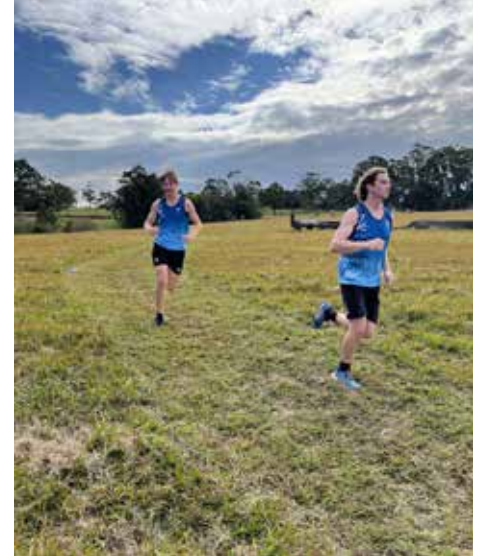
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Regional Cross Country and Zone Athletics more photos on THS website and THS Facebook





HOUSE POINTS!

TOP 5 HOUSE POINT RECIPIENTS

@ June 26, 2024

Categories are: Academic Achievement, Cultural, School Service, Sporting

IRWIN

- Year 12 - Zac Creenaune 522
- Year 11 - Taj Bennett 350
- Year 10 - Jake Creenaune 346
- Year 9 - Jack Benfield 304
- Year 8 - Adelle Desir 240
- Year 7 - Fletcher Bridgeman 256

BARTY

- Year 12 - Poppy Browne 351
- Year 11 - Keira Welsh 249
- Year 10 - Sophie Watson 418
- Year 9 - Koah Boyes 252
- Year 8 - Darshini Prajapati 343
- Year 7 - Banjo Kearney 308

MAUBOY

- Year 12 - Audrey Van Schellebeck 235
- Year 11 - Penelope Farmer 345
- Year 10 - Skye Murphy 447
- Year 9 - Jude Aspden 328
- Year 8 - Wyatt Stevens 453
- Year 7 - Bethany Hudson 108

MABO

- Year 12 - Oscar Hickey 554
- Year 11 - Eva Smith 335
- Year 10 - Emily Crawford 236
- Year 9 - Taylor Williams 407
- Year 8 - Molly Williams 352
- Year 7 - Lilly O'Brien 117

Student Leadership Team Training Day

The leadership team recently participated in a bonding day at the new Escape Rooms at the Big Banana. Students had to demonstrate their communication and leadership skills to escape the room while developing their teamwork. Rooms included - Prison Break, Temple of Doom and School of Wizards. Only one team did not escape.

We returned to school for the afternoon planning future event for the school and learning about leadership.

The purpose of the Student Leadership Team bonding days is to bring the team together so every member is able to use their skills effectively as leaders.

We encourage students with any concerns or suggestions to please talk to any member of the team.

Jack Jones, Year 11

Principal's Column

Today we have over 100 students engaged in the Write a Book in a Day competition. Students commence working on their book at 8.00am and the finished book needs to be written, illustrated and bound before 8.00pm. Yes 12 hours later. We have students from Toormina High School, Boambee Public, Bonville Public, Toormina Public, Crossmaglen Public, Sawtell Public and William Bayldon Public. A big congratulations to the teachers and support staff from Toormina High and the Primary Schools for their incredible work today.

Recently we sent out a permission note for an activities day on the last day of term that included the term 'Pastoral Care Team'. Please rest assured that the use of this term at Toormina High School does not include any aspect of religious education. The school team supervises the House Points system and felt that a day of activities around the upcoming Olympics would build leadership skills, a sense of belonging and increased student engagement. The day will operate similarly to last terms Cross Country Carnival utilising the school houses to continue building team spirit. We will be making a name change to this team to avoid any future confusion in this area. I encourage all students to attend and participate in this exciting day.

Year 7, 8, 9, 10 and 11 reports should all be available from the Sentral Parent Portal mid next week. Year 12 reports are already available Sentral Parent Portal.

Paul Humphrey, Principal

SOLSTICE

Last Friday at 11.44 am (solar noon) Mr Richardson's year 9 mathematics class measured the latitude of Toormina and the circumference of the earth. We recreated the experiment first done by Eratosthenes in 240 BC.

See <https://m.youtube.com/watch?v=Mw30CgaXiQw&pp=ygUYZXJhdG9zdGhlbmVzIHJvdW5kiGVhcnRo>

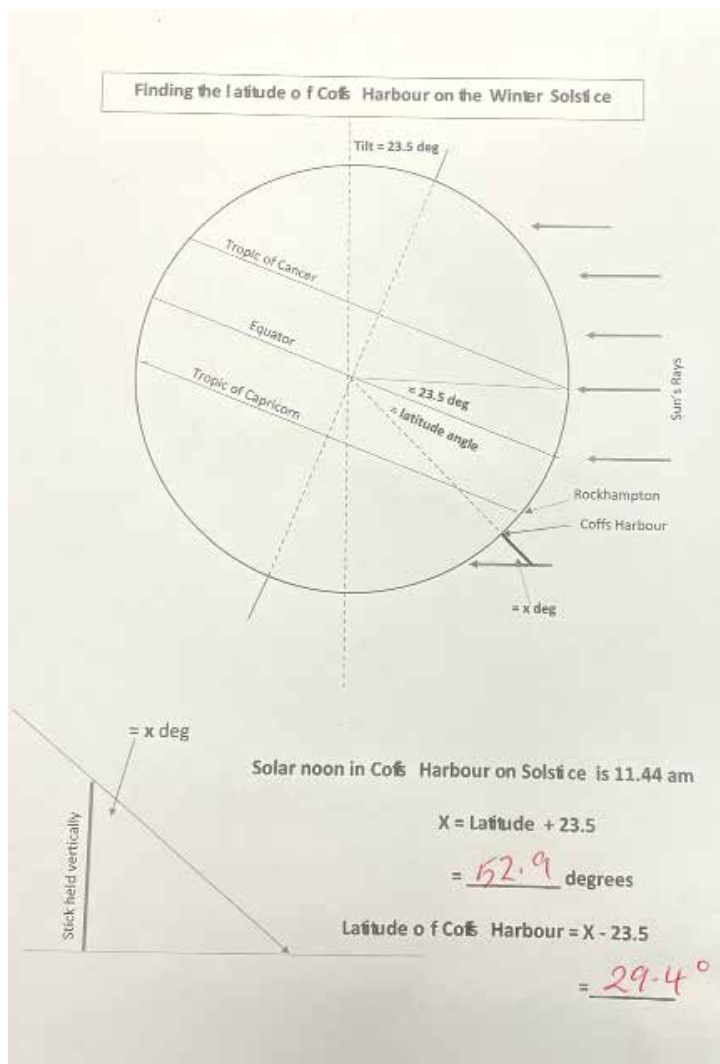
Basically on the Winter Solstice at Solar Noon (11.44am) the angle the sun's ray makes at the top of the stick is equal to the latitude plus 23.5 degrees (the earth's tilt on its axis), from the latitude it is an easy calculation to get the circumference of the Earth.

Year 9 results -

We calculated the latitude as 29.4 degrees. This is very close to the actual figure of 30.17 degrees. The restaurant Latitude 30 is named for this reason.

We found the circumference to be 40,081 km which compares favourably with the accepted measurement of 40,030 km.

Geoff Richardson. Mathematics Teacher



CALCULATIONS

1. Latitude

Method 1

Measure the length of the stick and the length of its shadow at Solar Noon on the Solstice. Draw a scale diagram and use a protractor to determine the angle X at the top of the stick.

Method 2

$$\tan X = \frac{\text{Length of shadow}}{\text{Length of stick}} = \frac{121}{91.5}$$

$$X = \tan^{-1} \frac{\text{Length of shadow}}{\text{Length of stick}} = \tan^{-1} \left(\frac{121}{91.5} \right)$$

$$\text{Latitude} = X - 23.5$$

$$= 52.9 - 23.5$$

$$= 29.4^\circ$$

2. Circumference of Earth

$$\frac{360}{\text{Latitude}} = \frac{\text{Circumference}}{\text{Distance from Equator}}$$

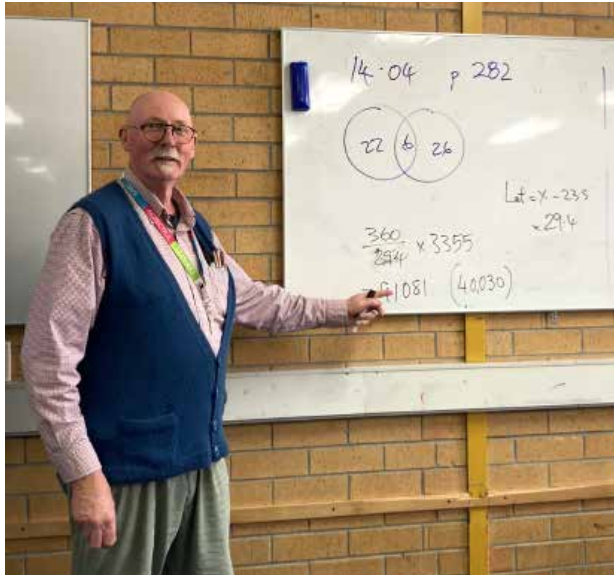
$$\text{Circumference} = \frac{360 \times \text{Distance from Equator}}{\text{Latitude}}$$

$$= \frac{360}{\text{Latitude}} \times 3355$$

$$= \frac{360}{29.4} \times 3355$$

$$= 41,081 \text{ km}$$

Solstice contd.

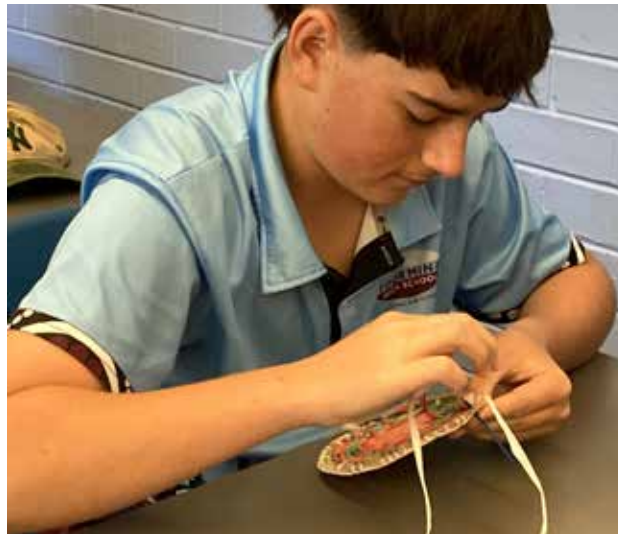


Reconciliation NSW School Challenge

THS students have been busy working on their entry for the annual Reconciliation NSW School Challenge. This year's theme: Learning From Legacy: Healing Our Country.

Aunty Penny's Year 8 LOTE class, and Year 7 students from the Small Group Art Program, have been learning new skills using paper raffia to weave around clay discs. Eventually they will be sewn together to make a larger artwork. Also collaborating on the project are 10% On Top tutoring participants who will write Gumbaynggirr words on the discs. We cannot wait to see this colourful creation finished.

Gabrielle Brabander,
Tutor





Crime Story

Students from Toormina High School have been treated to a different way of learning – which may sound grisly, but is getting results. The students worked on simulated crime scenes for two days, to build skills needed for the workforce. An experiential workshop bridging real transferable skills to industry, commercial, retail, trades, life and leadership positions.



Art Express



A group of our talented art students participated in an inspiring tour of Art Express at Yarrila Arts and Museum last week.



Year 12 Construction

Year 12 Construction students have been hard at work building a 'mock' wet area. They have used carpentry skills to design and construct the internal walls and floor to Australian building standards. They used villa board sheets to act as a substrate to complete our wall and floor tiling unit of work. Each student will complete a section of the wall which includes tiles that are set out in the best available layout. Each wall also include a provision for tapware cut into the wall and tiles. This unit will result in a tiled, grouted and caulked wet area.

Joel Warren

TAS and VET Construction Teacher



NAIDOC Organisation Our student leaders have been meeting to plan THS NAIDOC celebrations.



Coffee Shop. Tuesday, July 2, 10am - 1:30pm!

Students and staff preparing for next week!



Drama Workshop

Last week, a group of aspiring thespians, had the opportunity to participate in a drama intensive over four days. Students from Year 8 to Year 11 worked together with industry professionals to build a complete, polished performance generated in its entirety by the students. This initiative, known as smArts, is offered to partner schools nationwide by the Smith Family, in collaboration with the theatre troupe, Grin and Tonic. Over the four days, our students were given the opportunity to experience the work of drama and theatre, firsthand and in a meaningful way. They had the privilege of watching Grin and Tonic perform Shakespeare's Romeo and Juliet. On the final day, each student invited two people to come and enjoy the show they created. A great way to end the week. I commend all the students who elected to take part in this program. Their dedication, focus and commitment was outstanding.

Amanda Sheahan, English, Drama Teacher

It was such a great week and I thoroughly enjoyed seeing the program from beginning to end. The surveys the students filled in were extremely positive, they were a lovely group. Hope to work with Toormina HS again soon.

Leah Holmes, Program Coordinator, Learning for Life, The Smith Family



Art Program.

As part of THS's ongoing commitment to creating supportive learning environments, 15 Year 8 students participate in the High Potential Gifted Education (HPGE) art program. Tutor Gabrielle Brabander has worked with students on various projects over the past 12 weeks, including drawing, painting, sculpture, and storyboarding.

Students have enthusiastically embraced experimenting with previously untried creative mediums and techniques, producing excellent results. Writing accompanying artist statements reflecting on processes has been essential to the HPGE art program.

Using everyday still-life objects as abstract subjects, students considered shape, form, and harmony. Using a limited palette to promote visual tension and design, HPGE participant Emmerson commented, "I learned the power of using complementary colours." Eric noted, "My art is usually realistic drawings; through this exercise, I learned a lot about abstract art."

Students are currently exploring tension, balance, and shadow drama through kinetic sculptures. Monica was excited with the result, "shadows being a part of the artwork makes it much more interesting."

In other HPGE art, students are collaborating to write and illustrate a 36-page graphic anime work. Set in a fantastical world, the story follows the adventures and conflicts of a group of monster hunters (doubling as an 80s rock band) as they navigate their unique world and maintain balance in their realm.

Gabrielle Brabander, Tutor



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When you vape why do people now call it an aerosol and not vapour? What's the difference?

You'd think that because electronic cigarettes (or e-cigarettes) are often called vapes that's what they would produce when they are used – a vapour. In fact, they don't – these devices produce an 'aerosol'. There's quite a big difference between the two, particularly in terms of what you're inhaling when you vape.

Put simply, a vapour is a gaseous state of something that is normally a liquid (e.g., steam is a vapour, it's the gaseous state of water). When a vapour is released it will continue to spread until completely mixed with air. Most importantly, it contains nothing else but the gas itself.

Aerosol is quite different as it's a mixture of tiny liquid particles suspended in a gas. Instead of just mixing with the air, like a vapour would, the aerosols produced by vaping can leave tiny droplets behind. These droplets or residue contain a range of chemicals and substances. Some of these will be listed on the packaging, such as propylene glycol and glycerin (both used as food additives and solvents in pharmaceuticals and cosmetics) and whatever flavouring has been added to the liquid.

Others won't be found there as these are not added during the manufacturing process. These are produced and then found in the aerosol due to chemical reactions caused by heating the device or the flavourings. The heating of e-liquid flavourings has not been well researched but it appears that this poses the greatest potential risk to lung health.

We're learning more about the chemicals found in aerosols produced by e-cigarettes all the time and there is great debate about their potential risks. It is clear, however, that those who use these devices are not just vaping 'harmless' water vapour.

Website - Darta.net.au

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!



IMPORTANT DATES	
Fri 28/6	Write a Book in a Day
Mon 1/7 - 5/7	WEEK A
Mon 1/7 - 5/7	Year 10 Work Experience
Mon 1/7	Year 10 Debating
Tues 2/7	Coffee Shop 10-1:30pm
Tues 2/7	Year 9 Debating
Thurs 4/7	University of Newcastle Excursion
Thurs 4/7 - 5/7	NAIDOC Celebrations
Fri 5/7	SPIRIT DAY Last day Term 2

ACADEMIC AWARDS ASSEMBLY

Parents are invited to join us for this assembly on **Thursday, July 4**, at 11:30am, there will be no live stream.

MERIT AWARDS

Awards will be presented at year group meetings - years 10, 11, 12 and Inclusive Education awards on Friday, June 28.

Year 7, 8, 9 awards on Tuesday, July 2.

SPIRIT DAY

Toormi Spirit Day, July 5, aims to improve student attendance, foster student and staff connectedness and enhance student sense of belonging. Activities on the day will include cross curricular links and support learning outcomes. The event will promote the Olympic values of: striving for excellence, demonstrating respect and celebrating friendship.

SAVE THE DATE

Year 10 will have a Parent Information Evening
Tuesday week 2 next term, July 29, hall, 5:30 – 7pm.

NEWS LETTER

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TERM 2 | WEEK 9 | June 2024



Mini Olympics

The Inclusive Education faculty ran a 'Mini Olympics' last week which included :

- Egg and spoon race
- Bean bag toss
- Basketball shoot out
- Plank challenge
- Ten pin bowling
- Jenga
- Musical chairs
- Wall sit challenge
- Hula Hoop

Students entered each day during recess to earn house points and the winners at the end of the week could earn coffee shop vouchers.

Congratulations to our Olympians and the staff involved!



KIDS HELPING KIDS, BY WRITING A BOOK IN A DAY

Toormina High School is buzzing with excitement as we prepare to participate in The Kids Cancer Project "Write a Book in a Day" which will be held on Friday, June 28 in our school library. This is a unique opportunity for students to engage in creative writing while making a meaningful difference in the lives of other children. This year is set to be our biggest year ever, with 16 enthusiastic teams from the Bongil Bongil Community of Schools joining forces equating to 122 participating students. These students will be working tirelessly to write, illustrate, and publish their own books in just one day. The completed works will be distributed to hospitals across Australia, providing young patients with stories to enjoy during their stay.

"Write a Book in a Day" is not just about creativity and teamwork; it's about kids helping kids. All funds raised go toward vital childhood cancer research to discover cures for the 950 Australian children that are diagnosed each year. The Kids Cancer Project's goal is for 100% survival.

This initiative gives our students a chance to contribute to a cause that could potentially save lives and improve the quality of life for many children and their families.

The sense of community spirit and collaboration throughout the day in our school library will be palpable as students brainstorm, write, illustrate, and edit their stories. It's a challenging yet incredibly rewarding day, demonstrating the power of teamwork and the impact of collective effort.

Join Us in Supporting This Wonderful Cause

We encourage everyone in our school community to support our young writers. Whether through donations, cheering them on, or simply spreading the word about this fantastic event, your support is invaluable.

Together, we can help write a brighter future for children everywhere.

If you wish to support our students by sponsoring a team or student please follow the link below:

<https://writeabookinaday.com/sponsor-a-student/>

THS Team names:

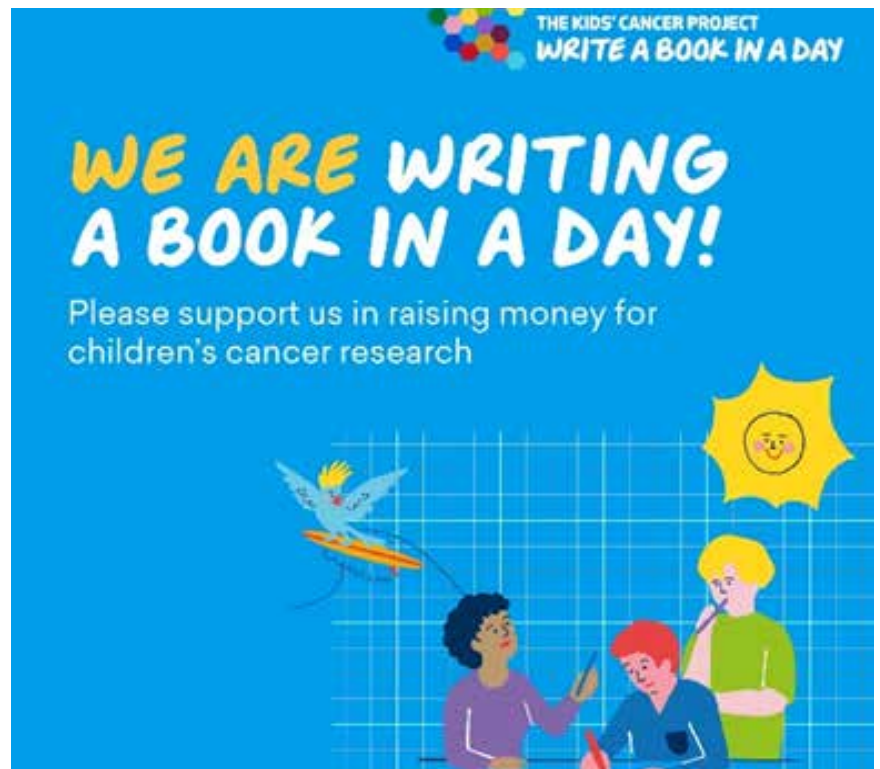
The Monkeys; Pedro-Walrus; The Croquets; Papa's Pizzeria; The Frog Lords;

The Fictions; The Bethanies; The Squidwards; Waffle; Mellow Yellow; Stella Idea; Meow; Tim Tams;

Yaam Gaawil (The Seagulls); Yaam Mujaay (The Echidnas); Yaam Yugiirr (The Dolphins)

Good luck to all of our students participating on Friday.

Saskia Iredale, THS Library Monitor



Debating



The Premier's Debating Challenge for Years 7-10 has begun for 2024 with our junior teams facing off against one another in the first round. Congratulations to our newest Year 7 team: Alia Gill, Banjo Kearney, Bethany Hudson and Amelie Ferreira who defeated Year 8: Darshini Prajapati, Kirra Blackman, Wyatt Stevens and Adelle Desir in a very close debate!

Year 10: Kai Dal-Bon, Miranda Crawford, Emily Crawford and Esme Musumeci were also successful in their debate against Year 9: Mason Howarth, Cooper Meadows, Jack Benfield and Jacinta Iredale.

In 2024 we are delighted to have a number of new and first time debaters joining our teams. A huge thanks must go to our amazing senior debating students, Eva Smith, Keira Welsh and Jack Jones who have been volunteering their time to help coach and mentor our junior teams. This has been a great learning experience for everyone and a fantastic way to share their skills and experience.

Special thanks to former Toormina High student and debater, Maya Farmer, who has also volunteered her time and experience. Maya completed Year 12 in 2023 and has since been studying at university in Melbourne. She has generously given up her free time during her holidays to run debating training sessions and provide valuable feedback to our junior students. In addition to being school captain in 2023 and receiving the highest ATAR in the local government area, Maya was a high achieving public speaker and debater for a number of years at Toormina High. It has been a pleasure to have Maya return and share her incredible skills!

Our junior teams will continue to participate in 2 further rounds in our school zone into term 3. Good luck everyone!

Anita Milne, English Teacher
North Coast Regional Debating Coordinator



Carrot Mummies

Ms Maloy's year 8 history class have been mummifying carrots while learning about Ancient Egypt. Carrots were coated in salt, anointed in fragrant oils, wrapped in bandages, decorated with amulets and placed in a sarcophagus. We will show the mummies in the newsletter when they are unwrapped at the end of next term!

P&C

P&C Pie Drive will be in Term 3.

Notes will go out in the first week of next term.

The P&C will be holding a Trivia Night on August 24 at the Sawtell RSL - please save the date!

\$20 per person, tables of eight, only 18+, free hot snacks, money raised will support students at THS.

CAPA Showcase

This week our CAPA (Creative and Performing Arts) students and staff held an amazing showcase. The sold out art exhibition and concert enabled families to see all the hard work and practice their talented students have accomplished this semester!





The **year 11 Paint and Graze** evening held for staff during week 9 was a tremendous success! Students went above and beyond to ensure the evening ran smoothly, from serving a delicious 5 course degustation meal to participating in a painting workshop led by our talented art teachers, Ms Schafer and Mr Walsh.

It was heartwarming to see the students taking time away from their own families to give back to their teachers and staff members. Their dedication and hard work did not go unnoticed, as the staff in attendance were blown away by the level of service and hospitality displayed by our students.

Not only did the evening showcase the students' impressive painting talents, but it also highlighted their ability to work as a team and provide exceptional service. It was a true testament to the leadership and teamwork skills that our students possess, and it was inspiring to see them shine in their roles.

Events like these are not only a great opportunity for students to showcase their talents and give back to the school community, but they also help raise funds for the students themselves. We encourage all year 11 students to get involved in these events, as they not only benefit from the experience but also contribute to our school community.

I am incredibly proud of the students who attended the Paint and Graze evening. Their hard work, dedication, and willingness to go above and beyond truly exemplify the spirit of our school. I have no doubt that these students will continue to thrive and succeed in all that they do, and I look forward to seeing their future accomplishments.

I would like to give a huge thank you to Ms Schafer, Mr Walsh, Mr Gale, Mrs Crough, Mrs Nixon for their help and support with the event. We would like to thank all staff who attended the evening and supported our year 11 students.

Melanie Sharkey, Year Adviser

UNIFORM

TEAM SPIRIT

1/10 GDT Seacombe Close,
Coffs Harbour
66519030

OPEN Monday-Friday, 8:30am-5:00pm

<https://www.teamspiritsports.com.au/>

For online orders USERNAME toorminahs
PASSWORD uniform25

PLAIN BLACK JUMPERS are also appropriate iniform.



Beats & Bars

A Youth-led 'World No Tobacco Day' Campaign

Do you like to create your own music?
Are you between 12 and 18 years of age?

Then come along and join us with Lizzy from Grow the Music Studio. You can come to all sessions or just one!
No experience is needed, just bring yourself and your creativeness!!

3 sessions:
15th, 16th & 17th July
11am - 2pm
Sessions are FREE and lunch is included!

Register here 

Funded by Cancer Institute NSW and Mid North Coast Local Health District



\$12 STUDENT TICKETS

Monday - Thursday

*T&Cs apply. Must be a Cinebuzz member. Online booking fee applies.

BOOK NOW

Student Membership

Student Cinebuzz membership, by adding the promo code 24STUDENT to their Cinebuzz membership students can receive \$12 tickets Monday to Thursday while also earning points to be able to redeem a \$9 ticket once they have seen 4 movies.

The school holidays are fast approaching and we have our Cinebuzz Family Saver tickets on Family films before 5pm. To become a Cinebuzz member is absolutely free, either download the Events app or go to <https://www.eventcinemas.com.au/> and click on Cinebuzz in the top right hand corner.



DUNGEONS & DRAGONS

Come on an adventure into the world of D&D

9th & 16th of July
10am - 2pm @ Key
Community Group

Open to 12 - 25 years old
FREE lunch supplied
FREE Event

Make friends and slay
enemies

Build social and interpersonal
skills

Hone your problem-solving
abilities

Practise confidence and self
expression

