



CREATING OUR FUTURE

## Tournament of Minds 2024 State Finalists!

We have had another successful year at Tournament of Minds with four amazing teams competing across three divisions in the Regional Finals at the Coffs Harbour Education Campus last weekend.

Tournament of Minds is an academic competition focusing on collaborative

problem solving and critical thinking.

Our Social Science team 'Just 7' won honours, our Language and Literature team, 'We are the Lo-rax' also won honours, and our Language and Literature team 'Unreliable Narrators' won first place!

Unreliable Narrators will travel to Sydney in two weeks to compete in the State finals.

Well done to all of our dedicated teams and a big thank you to supporting teacher Rachel Barwick!

**Ella Lehr, Tournament Facilitator**







### Zonta Club of Coffs Harbour Young Women in Public Affairs

Congratulations to our School Captain, Eva Smith and the other finalists for the Zonta Club of Coffs Harbour Young Women in Public Affairs (YWPA) Award. What a great role model for our younger students and wonderful representative of THS and public education!

### Wear it Purple Day

Student Support Officer, Anthea Flowers ran lots of activities for the THS Wear it Purple Day, including a door decoration competition! Delilah from Well Being Support Dogs also added purple accessories for her day in the ACE and the Stage 4 classes!







### Friendship

Head Teacher Wellbeing, Gaye Devoy, ran sessions on Friendship with our year 7 girls this week. Girls discussed and defined what friendship is, how to navigate conflict within a friendship group and the value of each other's support and kindness.

### Respectful Relationships

Respectful relationships are the focus of an interactive workshop running each Wednesday with our Student Support Officer, Anthea. Please ask your year 10 student if they have participated yet and continue the conversation at home on this important issue for our teenagers.



### YEAR 12 GRADUATION ASSEMBLY and BREAKFAST

Year 12 parents and carers please remember to fill out the survey to RSVP for the breakfast and assembly on Friday, September 27.

<https://forms.gle/VGVU6fbLE5vn75RJ7>





## Creative and Performing Arts Showcase

Our HSC musicians and artists showcased their talents and hard work last week with a fantastic concert and exhibition.

We will share pictures of the artworks after they are marked next month.

Congratulations to staff and students!



### Diaries of a Broken Teen by H.J Kelly

We are thrilled to share exciting news from our Toormina High School community! Hayden O'Rourke, a talented graduate from the class of 2023, has recently accomplished a remarkable feat. Following his successful completion of the HSC, Hayden has ventured into the literary world by publishing his debut book titled "Diaries of a Broken Teen".

"Diaries of a Broken Teen" is more than just a collection of poems; it is a heartfelt exploration of mental health issues. Hayden draws upon his personal experiences to offer poignant insights into the complexities of mental health, aiming to promote understanding and compassion in a topic often surrounded by stigma.

Whilst working on his second book Hayden is currently studying Law and Criminal Justice at Charles Sturt University in Port Macquarie. His journey from our school halls to becoming a published author exemplifies the power of determination and the pursuit of meaningful endeavours.

Toormina High School has purchased a number of Hayden's books, which have been signed by Hayden and are available for borrowing from our school library.



We, at Toormina High School, are immensely proud of Hayden O'Rourke's achievements and look forward to seeing his continued success in inspiring others through his writing. Hayden's story serves as a reminder to all students that with passion, perseverance, and a willingness to share one's voice, anything is possible. Congratulations, Hayden, on this incredible milestone!

**Adrienne Gillingham, Teacher Librarian**



### Navigating online friendships-transitioning to secondary school [🔗](#)

Moving to high school can be scary. Parents can play a supporting role in this transition. This webinar from the eSafety Commissioner is suitable for parents and carers of young people in year 6, moving to year 7 in 2025.

**Date and time:** Tuesday, 29 October 2024 12:30 – 1:00 pm AEDT

This is the link to the NSW Government Cyber Safe Parents page:

[Cyber safe parents | NSW Government](#)

The link to register to the webinar:

[Registration \(gotowebinar.com\)](#)





## Row Challenge

PDHPE staff ran a fun recess activity.

A 30 second maximum distance row challenge - students row for 30 seconds and receive house points, with the top placing in each stage and gender receiving more points. So far Mr Herman has set the challenge with a huge 195 metres! Every point counts in the house points race!



## SLR Sport, Lifestyle and Recreation

Our year 11 SLR students joined in the Paralympic spirit by trying their best at blind football and sitting volleyball.





## Assemblage Art



Year 8 High Potential Gifted Education (HPGE) art students exploring assemblage art. Students are working with local found beach objects and materials to create unique sculptural pieces. Through these works students are encouraged to experiment with repurposing discovered items into new and unexpected art forms. The HPGE program fosters artistic development and creative proficiency through hands-on learning experiences across a range of interdisciplinary activities.

**Gabrielle Brabander, Art Tutor**



## Relay Training

Our Stronger Strides trainers, Alina Hill and Brad Herman, have held extra training sessions for our relay teams heading to the NSW championships next month.



### Getting to know some of our fantastic teachers...



#### Anita Milne, English Teacher

- If you could make a rule that everyone had to follow for a day, what would it be? Clean up after yourself.
- Your secret/obscure talent or something we don't know about you: I recently taught myself how to do a Rubik's Cube!
- If you could 'uninvent' something: single use plastic.
- Pineapple on pizza, yes or no? No! Hot fruit is weird...
- Favourite quote from The Castle: A tie between "How's the serenity?" and "It's the vibe"
- Something you're really bad at? Singing! But it doesn't stop me...
- One place you've always dreamed of going? The Globe Theatre
- Favourite place you have been? New York City

#### Ryan Squires, School Counsellor

- Would you rather speak 10 languages or play 10 instruments? Languages
- If you could make a rule that everyone had to follow for a day, what would it be? Be kind
- Your favourite food? Crunchy Peanut butter and banana on sourdough toast
- If you could pick up a new skill in an instant what would it be and why? Speak 10 languages – so I can travel and connect with other cultures...
- Do you have pets? Yes – a cat called Loki, and two dogs (Henry and Juno)
- Your secret/obscure talent or something we don't know about you.... Non-dualism...look it up
- Your 'go to' karaoke/ shower song.....At the moment, its "The man who stole the world" by David Bowie... Sunglasses at Night by Corey Hart would be a close second lol....
- If you could 'univent' something.....plastic
- Pineapple on pizza, yes or no?...occasionally
- Chocolate or chips? Chocolate chips...see what I did there?
- Cats or dogs? Dogs...but don't tell my daughter....
- Binge watch - Game of Thrones, Vikings, Succession or.....Stranger Things
- Favourite quote from The Castle..."What do you call this?...Its what you do with it"
- Time travel – would you choose the past or future? Past 100%
- If you could meet anyone, who and why? The Buddha, I just like his vibe....
- Something you're really bad at? Roller blading...
- One place you've always dreamed of going? Ireland
- Favourite place you have been? Here...I mean it, I love this place...
- If money were no object, what's the first thing you would buy? Complete Kitchen Renovation...
- Describe your perfect day..... Surfing, gardening, connecting with loved ones, meditating, exercise...oh wait that's my weekend...
- Your 'Brush with Fame'... I swear I saw AFL footballer and Richmond royalty Tom Lynch walking down the main street in Sawtell. Go Tiges!!!





### Sheridan Johnston, Head Teacher PDHPE



- Would you rather speak 10 languages or play 10 instruments? languages
- If you could make a rule that everyone had to follow for a day, what would it be? be kind
- Your favourite food? Too many to pick from!
- Do you have pets? Yes, 2 dogs, 6 chickens, 5 cows
- Pineapple on pizza, yes or no? Yes
- Chocolate or chips? chips
- Cats or dogs? dogs
- Favourite quote from The Castle... "Dale dug a hole"
- Something you're really bad at? Saying no & singing
- One place you've always dreamed of going? Japan
- Favourite place you have been? Exmouth

### First Aid

Students completed a First Aid course to complement the Year 11 PDHPE and SLR curriculum.







Follow us on the  
**Toormina High School Facebook page!**

<https://www.facebook.com/profile.php?id=100064085677574>

Please 'like' and 'share' to show our community all the fantastic achievements and activities at THS!

HOUSE POINTS  
@ 9/09/2024  
**SO CLOSE!!!**

BARTY HOUSE GROUP  
**25,760**

MABO HOUSE GROUP  
**25,306**

IRWIN HOUSE GROUP  
**25,077**

MAUBOY HOUSE GROUP  
**25,049**

### IMPORTANT DATES

Monday 16/9 - 20/9	WEEK B
Tuesday 17/9	Inclusive Education Coffee Shop, 10am - 1:30pm, all welcome!
Monday 23/9 - 26/9	Year 11 Moreton Bay Excursion
Monday 23/9 - 27/9	WEEK A
Friday 27/9	Year 12 breakfast, assembly, formal dinner
Friday 27/9	Last day Term 3
Monday 14/10	First day Term 4, students and staff

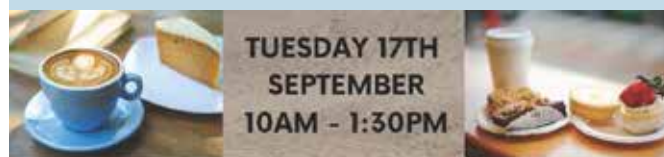
Come along and support our students at the next

**Coffee Shop**

**Tuesday, September 17**

**Open 10am - 1:30pm**

Everyone welcome, hope to see you there!



### INCLUSIVE EDUCATION & SENIOR HOSPITALITY COFFEE SHOP

**SOMETHING SWEET \$4.50**

- LEMON, COCONUT AND BLUEBERRY CAKE (GF)
- PASSIONFRUIT SLICE
- RASPBERRY AND WHITE CHOCOLATE BLONDIE
- TRIPLE CHOCOLATE COOKIE
- SALTED CARAMEL SLICE

**SOMETHING SAVOURY \$4.50**

- SPINACH, FETA AND SUNDRIED TOM MUFFIN (VEG)
- BEEF, BASIL AND PEPPERBERRY SAUSAGE ROLL
- GOURMET HOT DOG W/CHEESE AND TOMATO RELISH

**SOMETHING HOT \$4.50**

- CAPPUCCINO
- LATTE
- FLAT WHITE
- LONG BLACK/ SHORT BLACK
- MOCHA
- HOT CHOCOLATE
- TEA (ENG BREAKFAST/EARL GREY/PEPPERMINT)

**SOMETHING COLD \$4.50**

- MILKSHAKES (CHOCOLATE/CARAMEL STRAWBERRY/VANILLA)
- ICED COFFEE
- ORANGE JUICE
- APPLE JUICE

**DEVELOPING VALUABLE VOCATIONAL SKILLS AND CONFIDENCE AMONG OUR STUDENTS  
WE APPRECIATE YOUR SUPPORT!**