

NEWS LETTER



Safe Respectful Learners

TERM 4 | WEEK 8 | December 2024

2024 HSC Major Works

Our Year 12 Visual Arts students have excelled in their HSC major works, showcasing a wide range of expressive forms, including painting, sculpture, ceramics, and mixed media. Their dedication and creativity are evident in the quality of their work, which reflects both their skill and passion. We are incredibly proud of their achievements and the unique artistic voices they have developed.

Matt Francis, CAPA Teacher

MORE PHOTOS on our website <https://toormina-h.schools.nsw.gov.au/gallery.html>



A Love of Reading

The NSW Premier's Reading Challenge (PRC) is an inspiring initiative that fosters a love of reading among students, encouraging them to read for pleasure and develop habits that last a lifetime.



This year, over 432,000 students across New South Wales took part in the program, diving into a world of stories, ideas, and adventures through books. While participation in the challenge is commendable, completing the task of reading the required number of books is a significant achievement. At Toormina High School we are proud to celebrate the dedication and enthusiasm of our students who embraced the PRC this year.

Congratulations Darshini Prajapati, Mia Kowald and Bethany Hudson for being awarded with the Challenge Completion Certificate.

Congratulations Saskia Iredale who has received the Platinum Award for successfully completing the NSW PRC for 7 consecutive years.

Through their efforts, they've not only met the challenge but have also expanded their imaginations, improved their literacy skills, and deepened their love for reading. We look forward to even more readers completing the challenge next year!

Keep turning those pages!

Adrienne Gillingham, Teacher Librarian



Congratulations



The Coffs Harbour Regional Conservatorium awarded our year 7 student, Zahra Cawley, the Junior Scholarship for her Musical Theatre Performance at the Coffs Eisteddfod. Zahra won THREE categories! First in 'Contemporary Vocal', 'Musical Theatre' and the 'Most Promising Performer'. This is an amazing achievement, congratulations Zahra!

Stronger Strides

We have had a very successful year with this years new Stronger Strides program. This program has enabled students to improve their strength, speed and agility across their chosen sports with a number of students competing at state level in different sports including athletics. The students dedication and hard working attitudes have made the experience a positive and rewarding one for everyone involved and the improvements have been impressive. Thank you to all our Stronger Strides students for the respect and commitment they have shown throughout the program and we hope to work with you and others in the future to work towards achieving your sporting goals.

Alina Hill, Stronger Strides Trainer



Art Enrichment

Toormina High School's Year 10 and 11 Visual Arts students recently participated in an inspiring art enrichment session, where creativity took centre stage. This special workshop featured David from Eckersley's Art Supplies, who generously shared his expertise and demonstrated a range of innovative art materials.

The enrichment period aimed to broaden students' artistic horizons, equipping them with new tools and techniques to explore as they begin preparing for their HSC Visual Arts major works. From traditional to cutting-edge methods, the students were introduced to an exciting variety of materials and processes, including:

Gel Mediums: Adding texture and dimension to their artworks with versatility in mind.

Unique Paints: Experimenting with colours and effects to create bold, expressive designs.

Solar Etching: Delving into eco-friendly printmaking techniques using the power of sunlight.

Digital Art Devices: Harnessing the latest technology to blend traditional and contemporary art practices.

This hands-on experience inspired students to push their creative boundaries, sparking ideas for their upcoming projects. One Year 11 student commented, "It was amazing to see how many possibilities there are. This makes me want to experiment more with my art."

Toormina High School is committed to nurturing the artistic potential of our students, and workshops like this play a vital part in that mission. A big thank you to David and Eckersley's Art Supplies for helping our students explore new possibilities and prepare for a bright artistic future.

Andre Strydom,
CAPA Teacher



High Potential Gifted Education at THS

Toormina High School is excited to announce an Accelerated Dance program for talented Year 8 students in 2025 as part of their High Potential Gifted Education programs. This unique opportunity allows aspiring dancers to complete their Stage 5 Dance course by the end of Year 9 under the expert guidance of Sally Atkins, the school's highly accomplished dance teacher.

Mrs. Atkins brings a wealth of experience, holding qualifications in BAL, Cecchetti Ballet, and Glenn Wood Tap. Her impressive career also includes working at Walt Disney World, Florida. With decades of teaching experience, Mrs. Atkins has mentored hundreds of students, many achieving success as soloists and group performers at eisteddfods across Australia. Her students have won multiple championships and prestigious scholarships, cementing her reputation as an exceptional mentor.

Toormina High offers a wide range of opportunities for students to be involved in extracurricular activities. Debating remains a popular choice with teams from years 7-12 competing in the Premier's Debating Challenge each year, as well as in-school training, mock debates and mentoring. 2024 saw the Toormina High School Year 10 team awarded zone champions and Year 9's Saskia Iredale was selected for the North Coast Junior State Debating Team.

Talented senior students from Toormina High School took on mentoring roles to assist the passionate teachers in training and supporting junior teams and local primary school students. In 2025 the Bongil Bongil Community of Schools hopes to establish a Stage 3 Debating Competition supported by Toormina High Students and their debating coaches.

Public speaking events throughout the year saw fabulous future leaders competing in the Lions Youth of Year, Junior Secondary and Plain English Speaking Awards. Interest in the SpecFest Poetry Slam grows each year and will encourage more aspiring poets.

The Student Leadership Team is another extracurricular opportunity for students from each year at Toormina High School, which allows students to broaden their scholastic experience.

Tournament of the Minds teams from Toormina High School competed across three divisions this year to demonstrate collaborative problem solving and critical thinking skills. The Language and Literature team, "The Unreliable Narrators" placed first in the region and went on to compete in the state finals in Sydney. This is the second year in a row Toormina High has seen teams make it to the state final level. This amazing academic program will be back again in 2025.

As part of THS's ongoing commitment to creating supportive learning environments, 15 Year 8 students participate in the HPGE art program. Tutor Gabrielle Brabander has worked with students on various projects over the past year, 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. 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 as they navigate their unique world and maintain balance in their realm.

As part of the Schools Reconciliation Challenge 2024, Toormina High Schools collaborative artwork 'Bindarray Jurrilyay - The River is Flowing' won the Judges Choice Award from over 500 remarkable entries from schools across NSW and the ACT. This opportunity allowed talented students to connect with their Gumbaynggirr culture whilst extending their creative skills.

The school band program, run by the school's very experienced music teachers, identifies talented Year 8 students and extends their skills and proficiency through practice and performance.

This year, the school has eight Year 10 students who have accelerated their mathematics knowledge by completing the Year 11 course content in preparation for HSC mathematics in 2025.

A before school training group, 'Stronger Strides,' has enabled THS athletes to improve their strength, speed and agility, with a number of students competing at state level.

Toormina High School looks forward to further inspiring and challenging their HPGE students in 2025.

COMMUNICATION at THS in 2025

We are moving from Sentral to Compass!

Toormina High School will replace the Sentral Parent Portal with the Compass app to enable parents and carers to:

- Monitor your child's period by period attendance throughout the day
- Add Attendance Notes
- View your child's positive achievements and house points earned
- Monitor your child's assessment tasks
- View Semester Reports
- Book Parent Teacher Conferences
- View school news items



We will still be using Schoolbytes for all excursions and finances.

The Compass parent portal is an online portal that allows you to access up to date information about our school and your child's progress. The portal is accessible via the web and via the Compass School Manager App (available for download via the App store on your device).

To log in, you will require your unique family username and password, you will be emailed with these details early next year, you will be able to follow the email's instructions to sign in with your parent code and then set your own password. If you do not get these details by the end of Week 1 next year, please contact the school in the new year.

In the new year we will be running an information session for parents to familiarise you with the new system. Keep an eye on the Newsletter and Facebook for details. If you would like further information check out <https://www.compass.education/guide/>

White Card

Recently we had 18 students complete their White Card course.

What is a white card?

The white card is also known as the construction safety card, or as general construction induction training. It is a required certification that anyone wishing to step onto a construction site must hold.



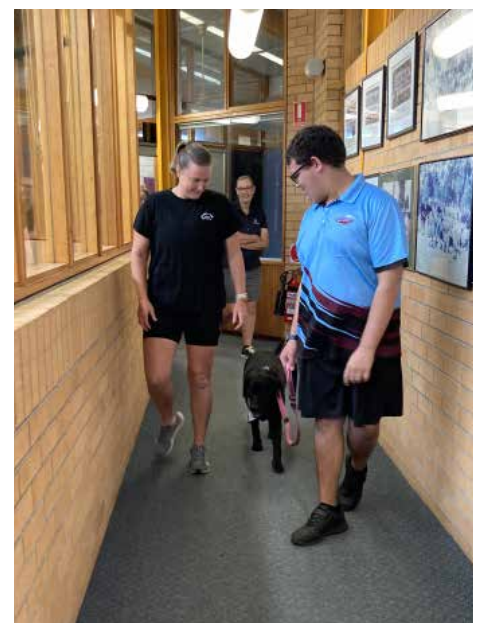
The Soup Place

Recently Inclusive Education students from Room 25 went to 'The Soup Place' run by Coffs Harbour Uniting Church to serve lunch to the diners. The students are developing their confidence in work and communication skills and learning to interact with members of the public. We are so proud of the great work they did serving our local community.

Bec Squires, Inclusive Education Teacher



Delilah from Well Being Support Dogs Mid North Coast evens helps our recycling team!



Paint and Graze Evening

In week 4, Year 12 hosted their highly anticipated second Paint and Graze evening, an event that combined culinary artistry with creative expression. Held on Wednesday night, the event was made possible with the invaluable support of our Year Advisor, Mrs. Mel Sharkey, and our dedicated hospitality teachers—Mrs. Emma Nixon, Mrs. Tanya Crough, and Mr. Scott Gale.

The evening featured an exquisite six-course degustation meal meticulously curated and served by our talented Year 12 students. Each dish was crafted to tantalize the taste buds, showcasing the culinary skills honed throughout the year. While guests savored these delightful courses, they were also treated to a painting workshop led by our fabulous in-house Art teacher, Ms. Rebekah Schafer. Participants were invited to choose their artwork and embark on a creative journey, resulting in stunning end projects that truly reflect the artistic spirit of the evening.

The success of the event is a testament to the hard work and professionalism of the Year 12 students, who executed their roles flawlessly throughout the night. Their efforts in the lead-up to the event were commendable, and they should be congratulated for their dedication and teamwork.

We would also like to extend a special thank you to Mr. Tim Warner, who generously volunteered his time to wash dishes and ensure the kitchen remained running smoothly throughout the evening. His support was instrumental in allowing our students to focus on delivering an exceptional experience for our guests. A heartfelt thank you goes out to all the parents, staff, and community members who attended the evening. Your support is vital in making these events possible, providing our students with invaluable real-world experiences. Year 12 hopes you enjoyed the evening and were inspired to rekindle the artist within!

Melanie Sharkey, Year Adviser

Here's what some of our guests had to say about the night:

Great night out.. great selection of paintings to choose from with excellent explanation and assistance with the painting throughout.. the continued selection of meals catered for all and was thoroughly enjoyable. Thanks!

Kirsty

The food was amazing, so professional and the courses just kept coming! It was so much fun to have a go at painting with the help of our own art teacher. Thank you for a fun evening.

Helen

We had an unforgettable night at the Toormina High Paint and Graze! The 5-course tasting menu was absolutely delicious, the mocktails were on point, and the creativity was flowing. Huge shoutout to all the hardworking students and amazing staff who brought their talents together to make the night a total success!

Melinda

Participating in this Paint and Graze fundraiser at Toormina High School organised by the Year 12 students and lead by Mel Sharkey and the dedicated teachers was a delightful experience. I stepped into a warm and inviting atmosphere filled with excitement as the grazing began. The meal was outstanding, featuring a fantastic assortment of tasty options, and the way the students and their mentors served everything was truly impressive.

The painting session was lead by the incredible art teacher and an what a blast! I had such a great time, im already looking forward to the next community event at Toormina High School. An Awesome, Fun night.

Caroline

NEWS LETTER

Safe Respectful Learners
TERM 4 | WEEK 8 | December 2024



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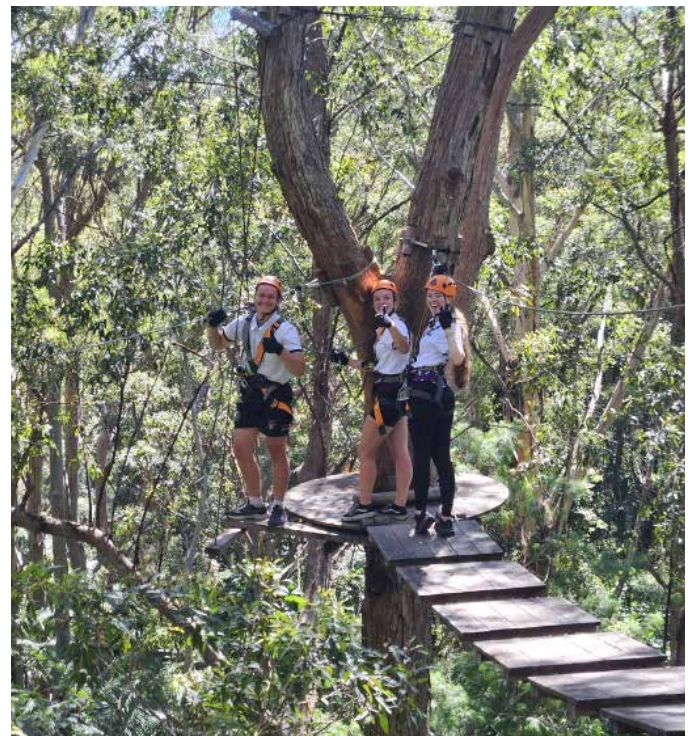
TERM 4 | WEEK 8 | December 2024



Wellio 'Fashions in the Field'



Student Leadership Team Training Day



Indoor Volleyball

It was a pleasure to take the Toormina High School Indoor Volleyball teams to the Mid North Coast knockout gala day at Sportz Central. Due to changes in the draw on the day, both THS teams progressed straight into the semi-finals. The girls were up against Orara HS and the boys against Woolgoolga HS. The girls lost to Orara, who ended up winning the girls competition, in an intense 2 set match. The boys fought a very even and tough match going down 13-15 in the third set. The day also allowed for individual students to be selected to represent the zone team. The following students were selected for this team: Stephanie Allere, Ayle Joaquinio, Tobi Rushbrook, Ella Loader, Taj Bennett & Zach Wilson. Congratulations!

Sheridan Johnston, Head Teacher PDHPE

Stephanie Allere (Girls Volleyball Vice-Captain) -

The volleyball gala day was not only a fun day but a day full of happiness and connection. The day started off very hot, but very nice. Everyone worked together really well, whether they were experienced with the sport or not. It was fun watching, teaching and helping the boys and girls teams. The game against Orara high was pretty good, with each girl on the team doing their best and playing with lots of fun. Overall, the day was full of joy and happiness, coming from both the boys and girls team, with everyone working together and enjoying a fun but hot day playing volleyball. Very proud for each and everyone that played that day!

Taj Bennett (Boy's Volleyball Captain)-

The volleyball gala day we attended on the 14th was a great experience. A big thankyou to Mrs Johnston for the effort she put into the training sessions and making the teams available. Trying out a new sport was difficult at the start but the amount of training we had allowed us to develop our skills, this training also helped both myself and Zach Wilson to get selected for the boys MNC team. A huge thankyou to the staff that put their time and effort into making this possible.



Ryan Minchinton, Science, Marine Science, Agriculture

Meet another of our great teachers... **Teacher**

- Would you rather speak 10 languages or play 10 instruments? Languages, to better understand people's perspectives from around the world.
- If you could make a rule that everyone had to follow for a day, what would it be? Pick up ten pieces of rubbish from their local area regardless of whether they put them there or not.
- Your favourite food? Anything that another person cooks for me.
- If you could pick up a new skill in an instant what would it be and why? I'd like to learn how to build my own tiny-house one day.
- Do you have pets? No
- Your secret/obscure talent or something we don't know about you....lots, but I have been a lifelong follower of the heavy metal scene.
- Your 'go to' karaoke/ shower song..... The shower is the only quiet place sometimes so I prefer to enjoy that while I can.
- If you could 'univent' something..... Nuclear weapons definitely
- Pineapple on pizza, yes or no? Yes, with pepperoni and onion especially.
- Chocolate or chips? Both at the same time.
- Cats or dogs? Cats because I like their attitudes.
- Binge watch - The Last Kingdom. I've rewatched it about five times already.
- Favourite quote from The Castle... "I pay cash!"
- Time travel – would you choose the past or future? I'd love to go back to the past to a time when all of our ancestors were living in smaller tribes in complete connection to the natural world.
- If you could meet anyone, who and why? Whoever the richest person in the world is at the time to ask them why they need so much money while there is so much inequality and people suffering in the world.
- Something you're really bad at? Driving a manual car
- One place you've always dreamed of going? Antarctica. I hope to get there one day before the rest of the world colonises it.
- Favourite place you have been? Far north of Norway where the midnight sun shines for months on end. Lots of places really, and many more I wish to see one day.
- If money were no object, what's the first thing you would buy? Lots of land that could be regenerated and looked after for conservation purposes.
- Describe your perfect day.....Early wake-up, coffee at the beach with some stretching and quiet time followed by surfing in perfect weather. I'd go home and listen to music while making brunch and then lay around reading books for the afternoon and then a beach walk before bed at 7:30pm.
- Your 'Brush with Fame'... I've been fortunate to meet quite a few of my heroes over the years but I'm not really that impressed by people who are famous for no beneficial reason.
- First album/concert... First album I was ever given was "The Final Countdown" by Europe. I still love it and the title track is the weakest song on the album.



Mid North Coast League Tag Gala Day

On Thursday, November 21, Toormina High School entered 5 sides for a League Tag tournament on the Mid North Coast. All sides returned undefeated at the end of the day, indicating our sport stars are transferring their skills across multiple disciplines. On top of the performance was the behaviour that all students showed on the day, respecting opposition sides and playing in the spirit of the sport. All teams trained for multiple weeks prior to refine and develop their skills and the class above showed with other staff and parents commenting the level of skill THS possessed. All students should be proud of their efforts and look to build into next year with our upcoming touch football competitions and potentially and OzTag competition.

Under 17s Boys

The young men finished the day with a combined total score of 23 tries scored and 4 conceded. This was considering the first game was played with an 8 minute delay of 16 minute games. Although the emphasis of the day was to grow interest in schooling communities and have fun, it was extremely pleasing to see the effort the side put in to ensuring they did not lose a game. The skill was on show with some of the plays of the day and often other schools watching our games to see the high level these young boys could play at. Javier House linked well in the middle with Riley Hudson and Kade Williamson to orchestrate some great attacking play. Billy Chubb and Jake Creenaune and Kai Sjoberg a number of tries on the back of nothing but their blistering pace and hard line running making it difficult to tag. Kodie Hilton and Tate Eggins had moments of brilliance whilst Jack Cameron, Archie La Macchia and Joe Anderson provided much needed effort and pace on both sides of the ball, shutting down certain tries. Senior leaders Taj Bennett and Riley Swift worked tirelessly in the middle to ensure defensively we were sound and in attack sparked the side with the fleet-footed performances.

For most of these boys I have had the pleasure of coaching for the year in rugby league or touch sides and it is amazing to see their growth transition between sports and develop over the year. Thanks for another fun comp, until next time gentlemen.

Under 15s side (Team A)

This young side consisting of a range of girls with experience at a representative level to never playing outside of PDHPE lessons it was amazing to see this side continue to show the rest of the North Coast how talented our young ladies are. The girls went undefeated the entire day with a number of their tries on the back of the hard work from Rosie Dunning and Koah Boyes. These two young girls were the engine room for their side, communicating and directing members of the team to the positions on the field they wanted to go. Ultimately it would result in a try whether it was Bobbi Rattray running away for her 326th try of the day or the other side of the field with newcomers Alara Goodwin, Ade Amado Taylor and Molly Williams crossing over for another brilliant try. The most impressive moment of the day was watching this side respond positively to their captain warming them up at stages to prepare for upcoming matches in the absence of their coaches. The initiative this young side showed made all staff members present proud and excited to see them continue their development in the sport for years to come. It was also great to see the amount of parents and carers that turned up to watch their young children in action have a fun time. Every member of this side should be proud of their efforts and we hope this kickstarts interest in the sport and gets them keen to sign up to upcoming touch football competitions.

Brad Herman, Coach



Toormina High School recently took part in the NRL's Mid North Coast League Tag Gala Day, and I had the privilege of coaching a formidable Under 17s girls' team. These girls were eager to represent the school with pride and aimed to secure some wins. While the day's focus was on fun, the team's competitive spirit was clear. With five teams competing in the Under 17s age group, our girls were determined to go 4 from 4.

Our first match was against a strong Bellingen High School side. Despite putting in the hard work at training, we started slowly, conceding a try in the first minute. However, the girls responded brilliantly with some beautiful play between Ella, Jorja, and Sienna, which led to our first try in the opening set. It quickly became a game of back-and-forth tries before we managed a stop on defence. Then it was Eryn Sandry's turn to shine. She dazzled through the opposition, setting up a couple of tries and giving us a commanding 5-3 lead with limited time remaining. To Bellingen's credit, they scored again, but time ran out, and Toormina High took the 5-4 victory.

Game 2 saw us face the always strong Orara High School. The girls were confident and maintained their good form with the ball. From the outset, the skillful ball playing was clear, with Mokura and Sienna controlling the middle, creating plenty of space for pacey players like Izzy and Miley. The team started strongly and were too difficult to catch, winning 5-2.

Next, we played Coffs High School. The pattern continued, with our girls showcasing a high level of skill, cutting through the opposition with precise passing and running. Eryn put in another fantastic performance, well supported by Amber, Lexie, and Savannah, who crossed for a beautiful try. The girls' effort was truly evident when Abbie made a diving tag to stop a certain try after the opposition broke the line. The girls powered on, winning 6-2.

In our final match of the day, we faced a determined Woolgoolga High School. The girls knew that winning would give them the bragging rights for 2024, having gone undefeated against all teams in our pool. The match started with our girls letting the ball flow freely, with Ella and Jorja finding gaps thanks to silky passes from Izzy and Sienna. With the score tied at 2-all, Eryn stepped up once again. She bounced off the opposition and broke the game wide open, scoring one try and setting up another. The girls pulled away to finish 4-2 victors. Eryn Sandry was crowned our THS 17's player of the day, a just reward for Eryn who has spent over a year out injured with a knee injury.

Coaching this highly skilled group of girls was an absolute pleasure, but more importantly, they are a group of individuals who show a remarkable level of respect for themselves and the school. Their behaviour and sportsmanship were exemplary, and it was only fitting that their skill and effort were rewarded with a successful day. A big thank you must go to Brad Herman and Sami Berrada, who assisted with training the girls during lunch breaks.

Adam Berrada, Coach

Under 15s Boys

On the 21/11/24, our Under 15s Boys League Tag team took part in a mid north coast gala day. The team fought hard each game and remained undefeated throughout the event. With 3 wins and 1 draw, they displayed incredible teamwork, skill, and determination.

Each player showed immense pride in representing Toormina High School, and their performance was a true testament to their hard work and dedication. The boys not only demonstrated great skills and abilities, but also sportsmanship and respect for their opponents, making them standout representatives for our school.

A huge congratulations to the team for their outstanding efforts. We couldn't be prouder of how they played and carried themselves throughout the day. Well done, boys!

Sami Berrada, Coach

Mid North Coast League Tag Gala Day continued over page

League Tag Gala Day

Last Thursday the 15s girls played three really great games of league tag. Despite the majority of our players having little to no prior experience or knowledge of the game, we trained and played extremely hard. The tremendous efforts of the girls led us to be undefeated and victorious on the day! Well done girls!

Rosie Dunning, Captain Toormina A Under 15s Girls

Everyone who attended on the day absolutely loved it. The weather was great and although the sun was out and it was really hot, the teachers came prepared and made sure everyone was safe by supplying sunscreen and gazebos that protected us from the sun.

We definitely appreciate what the teachers that attended have done for us on the day including boosting the morale and lifting the spirits of the teams that either, suffered a loss (no teams lost) or just weren't motivated that day. The way the teams were sorted out also gave everyone a chance to bond and unite with people they may not usually interact with and an opportunity to create and execute new plays and techniques they made throughout the brainstorming of their team. It was an awesome day full of bonding and having fun and I most definitely would love to attend an event like this in the near future.

Riley Swift, Captain Toormina 17s Boys



K-Mart Wishing Tree Appeal

Toormina High School is participating in the K-Mart Wishing Tree Appeal again this year. The K-Mart Wishing Tree Appeal helps individuals who are disadvantaged at Christmas time and provide gifts to those who may not receive any or can't afford to purchase them. We are asking for any donations, for any ages (newborn to elderly), to be brought to the PDHPE staffroom. All donations are required to be new (not second hand or used, as per the policy of the appeal) and still in packaging or if it is clothing, with the tags still attached. All donations will be taken to K-Mart during the last week of school by the Student Leadership Team and all gift tags will be written from Toormina High School. Thank you so much in advance for your support.

Bianca Bilbija, SLT Coordinator



High School

Each year we welcome Boambee Public School students to Toormina High School for an early experience of high school.



Year 8 Pinch Pots

Year 8 students in the Enrichment Class have been learning to make ceramic pinch pots which have then been fired for decorating. LOTE teacher Aunty Penny and art tutor Gabby have been guiding this very eager group as they finish their pieces with woven raffia. Beautiful results!



P&C News

We had a fantastic fundraiser for the THS P&C at Bunnings, raising \$2500. A big thank you for donations goes out to Bakers Delight for bread and Coffs Yacht Club for ice. Also Kirsten from Toormina High canteen who has generously supported our last 3 Bunnings BBQs. Plus thank you to all the parents, kids and teachers who came to help, couldn't do it without you all.

Sonja Lacey, P&C President

Principal's Column

As we near the end of the 2024 school year, I am thrilled to share some of the remarkable activities and achievements that have taken place at Toormina High School this year. The energy, enthusiasm, and commitment displayed by our students continue to inspire me and highlight the vibrant spirit of our school community.

We began the year with our annual Swimming Carnival, where students demonstrated their swimming skills and competitive spirit. It was heartening to witness so many students participating and supporting one another, fostering an atmosphere of camaraderie and school pride. Congratulations to all participants, especially our champions who represented Toormina at the regional and State levels!

Shortly after the Swimming Carnival, we held our Athletics Carnival, a highlight of our sporting calendar. Students eagerly competed in a variety of track and field events, showcasing their athletic abilities and sportsmanship. Among the standout performances were our high-performing relay teams, whose exceptional teamwork and determination were evident in every race. Their impressive efforts not only earned accolades but also exemplified the unity and support that define our school community.

This year, our "Stronger Strides" athletics program has made a significant impact, focusing on enhancing our students' physical skills and overall well-being. Through dedicated training sessions and competitions, participants have been working hard to improve their performance and endurance. The enthusiasm and commitment shown by our students has been remarkable, and I am excited to see their continued growth in the program as we move into 2025.

I would also like to take a moment to acknowledge our five teams that participated in the Kakoda Challenge on the Gold Coast. The teachers and students' resilience and determination in tackling this challenging event were commendable. Each team demonstrated exceptional teamwork, perseverance, and a true spirit of camaraderie. We are incredibly proud of our teachers and students for representing Toormina High with such dedication.

In addition to our sporting achievements, we recently hosted a series of Paint and Graza evenings, which were a delightful success! These events provided a wonderful opportunity for students and families to come together, explore their creativity, and enjoy a relaxing evening of art and connection. It was heartwarming to see the community spirit flourish as participants showcased their artistic talents while enjoying each other's company.

Our Music HSC concert was also a tremendous success! Our talented Year 12 music students took to the stage to showcase their hard work and creativity. The concert celebrated their musical journeys and was a testament to their dedication and passion. It was wonderful to see the support from families and staff, all coming together to celebrate the accomplishments of our young musicians.

Furthermore, our debating teams have been actively competing in inter-school competitions, demonstrating exceptional critical thinking and persuasive speaking skills. Their hard work and preparation have allowed them to represent Toormina High with confidence and determination, and I look forward to their continued success in upcoming debates.

Our Inclusive Education Unit continued to open its doors to our community twice a term through its highly regarded Coffee Shop program. This has grown from strength to strength this year, with students accessing the commercial kitchen facilities to prepare food and drinks. Many parents, former-students and community members make this a signature event each time and I would like to thank them for their ongoing support.

Lastly, our recent Harmony Day celebrations beautifully highlighted the diversity and inclusivity within our school community. Students came together to celebrate various cultures through food, music, and activities, promoting understanding and respect for one another.

As we approach the end of the year, we are eagerly looking forward to some incredible HSC results once again this year. I have full confidence that our students' hard work and dedication will be reflected in their achievements.

I would like to extend my heartfelt gratitude to our amazing and dedicated staff, supportive families, and the broader Toormina community. Your involvement and encouragement play a vital role in our students' achievements and overall development.

As we move forward into 2025, I encourage all students to embrace new challenges, support one another, and strive for excellence. Together, we are building a nurturing environment that allows every student to thrive.

Wishing everyone a merry and safe Christmas! Thank you for being an integral part of the Toormina High School community.

Warm regards, Paul Humphrey

Coffee Shop

As the end of the year approaches, I want to take a moment to celebrate the incredible success of our Inclusive Education and Senior Hospitality Coffee Shop. This initiative has been more than just a place to enjoy a coffee or a meal—it has been a vibrant space for our students to develop valuable vocational skills, grow in confidence, and experience the rewards of teamwork and dedication.

A heartfelt thank you goes to our incredible students who have worked tirelessly to make the Coffee Shop a success, learning and growing every step of the way. A very special thanks to my fellow teachers and SLSO's for their unwavering help and support, ensuring the Coffee Shop continues to be a place of growth and opportunity. Of course, none of this would be possible without the wonderful support of our school community—our loyal customers! Your encouragement, feedback, and return visits have truly made a difference and inspired us to keep going and keep striving! We hope you can come along to our last Coffee Shop of the year - our Xmas Coffee Shop! Tuesday, December 10, 10am - 1:30pm. Everyone welcome! We're thrilled to announce that the Coffee Shop will return next year, bigger and better than ever! We can't wait to welcome you all back and continue this journey together. Thank you again for being a part of this special project.

Wishing you all a safe and happy holiday season!

Natalie Lumley,
Inclusive Education Teacher



**TUESDAY 10TH
DECEMBER
10AM - 1:30PM**

INCLUSIVE EDUCATION & SENIOR HOSPITALITY XMAS COFFEE SHOP

<p>SOMETHING SWEET \$4.50</p> <ul style="list-style-type: none"> • CHRISTMAS CARROT CAKE (GF) • CHERRY RIPE SLICE • VANILLA PANNACOTTA W/RASPBERRY COULIS AND CINNAMON CRUMBLE • BAKED PASSIONFRUIT CHEESECAKE • RED VELVET & WHITE CHOC COOKIE 	<p>SOMETHING SAVOURY \$4.50</p> <ul style="list-style-type: none"> • HOMEMADE FLATBREAD W/DIPS - ROASTED CAPSICUM DIP - CREAMY SPINACH AND BASIL DIP (VEGO) • PORK AND FENNEL SAUSAGE ROLL • PUMPKIN, FETA AND ROSEMARY FRITTATA (VEGO/GF)
<p>SOMETHING HOT \$4.50</p> <ul style="list-style-type: none"> • CAPPUCCINO • LATTE • FLAT WHITE • LONG BLACK/ SHORT BLACK • MOCHA • HOT CHOCOLATE • TEA (ENG BREAKFAST/EARL GREY/ PEPPERMINT) 	<p>SOMETHING COLD \$4.50</p> <ul style="list-style-type: none"> • MILKSHAKES (CHOCOLATE/CARAMEL STRAWBERRY/VANILLA) • ICED COFFEE • ORANGE JUICE • APPLE JUICE

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

NEWS LETTER

Safe Respectful Learners

TERM 4 | WEEK 8 | December 2024



Thank you!

This term students have participated in Bro Speak, Sista Speak and Message Stick, Thank you to community visitors and presenters.



IMPORTANT DATES

Wednesday 27/11 - 28/11	Year 10 Bonding Excursion
Wednesday 27/11 - 29/11	Year 7 Great Aussie Bush Camp
Friday 29/11	Year 12 Signout Day
Monday 2/12	P&C Meeting, 5:30pm-7:00pm, all welcome!
Monday 2/12 - 4/14	Year 9 Lake Ainsworth
Monday 2/12	Junior State Debating
Tuesday 3/12	Year 7 2025 Orientation Day
Thursday 5/12 - 6/12	Queensland University Excursion
Friday 6/12	BARTY Movie World Excursion
Tuesday 10/12	Coffee Shop 10am-1:30pm, all welcome!
Tuesday, 17/12	Presentation Assembly
Wednesday, 18/12	Last day, 2024 SPIRIT DAY
THURSDAY 6/2/25	ALL student's FIRST DAY 2025

Time to apply
or update
student details
for school
travel in 2025

<https://transportnsw.info/tickets-opal/ticket-eligibility-concessions/school-student-travel/update-school-travel-pass>



**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!

Please notify the office staff
66533077 of any changes to -

CONTACT DETAILS

- phone number
- address
- emergency contact
- email address

**MEDICAL UPDATES
from ALL health professionals**

Barty students, as the 2024 winning house, have the opportunity to attend an excursion to Movie World on Friday, December 6. Cost is \$45 and the day will start at 6:00am and arrive back at school at 10:30pm. If your student is in Barty house, payment and permission note are due by Wednesday, November 27. **GO BARTY!**

TOORMINA HIGH SCHOOL

TOORMINA
HIGH SCHOOL

CREATING OUR FUTURE

UNIFORM-FITTING DATES

DECEMBER
2nd to 20th

Appointments available for full uniform fitting

Book online: <https://www.teamspiritschools.com.au/appointment>
or scan QR code

Shop Reopens

JANUARY 6th

For all your back to school uniform needs

MONDAY TO FRIDAY

8.30AM - 4.30PM



TEAM SPIRIT SCHOOLS

School Holiday Programs
Coffs Harbour

Join us for fun
social activities
with our mob

Registrations are now open

for our school holiday group programs and activities

Our programs are suitable for children aged 5-15 years who need a little extra support getting involved, making friends and becoming more independent. We find culturally appropriate activities everyone can enjoy! All programs run from 10am-2pm with lunch included

Tues 7 Jan 2025	Thurs 9 Jan 2025	Tues 14 Jan 2025	Thurs 16 Jan 2025
Butterfly House	Cultural Day with Troy Robinson at Mick's retreat, Sawtell.	Jetty Foreshores BBQ and Beach Day	Coffs Coast Wildlife Sanctuary (Previously known as Douglas Marine Mosaic)
Tues 21 Jan 2025	Thurs 23 Jan 2025	Tues 28 Jan 2025	Thurs 30 Jan 2025
The Golfing range - Mini golf.	Stoney Aqua Park - Telegraph Point.	Springloaded	Family Day and BBQ at the Jetty Foreshores



Website: windaan.org.au/school-holiday-programs/

Register by: ASAP

call: 1800 946 322

email: info@windaan.org.au

Our school holiday programs are eligible under NDIS funding.



KOKODA
YOUTH FOUNDATION
Changing Lives

DIGITAL DETOX
PROGRAM

About the Digital Detox Program

The Digital Detox Program (DDP) by the Kokoda Youth Foundation targets 12 to 14-year-olds at risk of technology addiction. The program educates participants and their families on the dangers of excessive digital use and offers strategies for achieving a healthier balance. Through adventure-based therapy, educational workshops, and ongoing support, DDP helps build resilience, mental well-being, and stronger family connections.

Problem

Adolescent mental health is on the decline, with excessive social media use and gaming as key contributors. Teens who spend more than three hours daily on social media are twice as likely to suffer from depression and anxiety. With 23% of young people affected by technology addiction, the need for effective interventions like DDP is critical.

Our Solution

The DDP combines adventure-based learning with an evidence-informed curriculum to help young people and their families manage technology use. The program includes:



8-Day Retreat at Kokoda Park: Participants disconnect from technology and engage in activities that promote healthy habits and mental well-being.



Parent Involvement: Parents join the final two days to develop sustainable strategies for home.



6-Week Support Group: Post-retreat support reinforces the lessons learned and helps families maintain a balanced digital lifestyle.



DDP EVALUATION FINDINGS

The impact of the Digital Detox Program on reducing internet addiction, a risk factor associated with various negative outcomes for children, is evident from the recent program evaluation:



Reduction in Internet Addiction scores: 36% reduction in internet addiction, with average PCAT scores dropping from 60 to 39.



Improved Communication: 94.74% of parents reported that their communication with their child improved after the program.



Increased Awareness: 84.21% of parents noticed an increase in conversations about internet usage and its impact on daily life with their child.



Enhanced Confidence in Managing Screen Time: 94.74% of parents felt better equipped to manage their child's screen time post-program.

Why DDP Matters

Excessive digital consumption is a growing concern, with nearly half of teenagers exceeding healthy usage limits. This overuse leads to mental health issues, social isolation, and disengagement from important real-life experiences. The DDP addresses these challenges by equipping young people with the tools they need to navigate the digital world responsibly and effectively.



SHUTDOWN

UPDATE

RESTART



10 New Street, Nerang, QLD 4271



07 5539 4141



kokodayouthfoundation.com

26 November 2024

Sport 2025 – Term 1

Dear Parents/Carers and Students

Sports selections for Term 1 2025 will be held in Week 8 on Thursday 5 December 2024. A list of sports on offer and a description of the sport is attached. Students will be required to select their sport via an online form that will be emailed to them. Please have a conversation with your child/ren regarding their preferred sports. Please note that some sports have a fee attached and is the cost of the sport on a weekly basis. The Stand-up paddle boarding/Kayaking fee needs to be paid up front for the term. Some sports require students to bring their own equipment or have completed specific courses, these requirements are in the description of each sport.

Parents/Carers will be able to make online payments week by week or for the full term. When making weekly payments please ensure you pay for the correct week to ensure your child/ren can attend that week. Students will also be able to make payments at the office for sport using EFTPOS or cash at any time during the week **until the end of recess on a Wednesday**. If your child/ren miss sport, they must see the office to have the payment switched to the following week.

There is limited availability for some sports, so students will select three preferences. Preferences will be allocated on a first come first serve basis. If there are not enough students to run a sport, students will be allocated their other preferences where possible.

Permission notes will be sent electronically to parents/carers. Only sports that are **off-site require permission** from parents/carers and these notes need to be returned **before the end of Term 4 2024**. Students who have not returned permission notes will be reallocated to an on-site sport, without choice of sport. New sports will commence Wednesday 12 February, Term 1 2025.

Students will NOT be able to change sports due to the new payment system and are asked to make wise choices on their sports selections. Students that repeatedly forget money will be reallocated to an on-site sport. This is due to the popularity of off-site sports and giving students that will attend these sports priority.



**North Coast Population &
Public Health Directorate**

Whooping cough information for parents and carers

November 2024

Whooping cough update

Across NSW there have been 21,032 cases of pertussis reported to date, compared with 875 cases in total across NSW last year.

The highest rates of whooping cough notifications across NSW this year have been in children aged 5-14 years.

Information for parents and carers

Whooping cough is an illness that usually starts like a cold. It spreads very easily between people. It can cause a bad cough which gets worse and may last for many weeks.

While anyone can get whooping cough, newborns and babies are most at risk of getting very sick. Whooping cough caught at school or childcare can be spread to family members at home.

People with whooping cough can infect others for up to 3 weeks. Early treatment with antibiotics can reduce how long it can be spread to others.

Vaccinated children can still get sick, although their illness may be less severe.

What you can do

If your child has whooping cough:

- let your school or childcare centre know
- keep your child home for 5 days after they start antibiotics, or 21 days after their cough starts if they are not taking antibiotics
- keep your child away from babies and pregnant women. Whooping cough can make babies very sick.

Whooping cough vaccination is available for free under the National Immunisation Program at your local GP, AMS or pharmacy

For more information visit:

<https://www.health.nsw.gov.au/infectious/whoopingcough/Pages/information-for-childcare-and-schools.aspx>