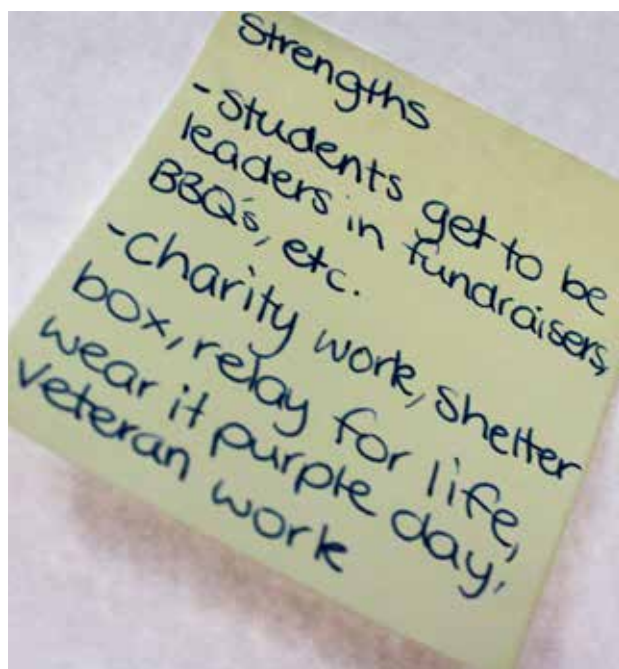
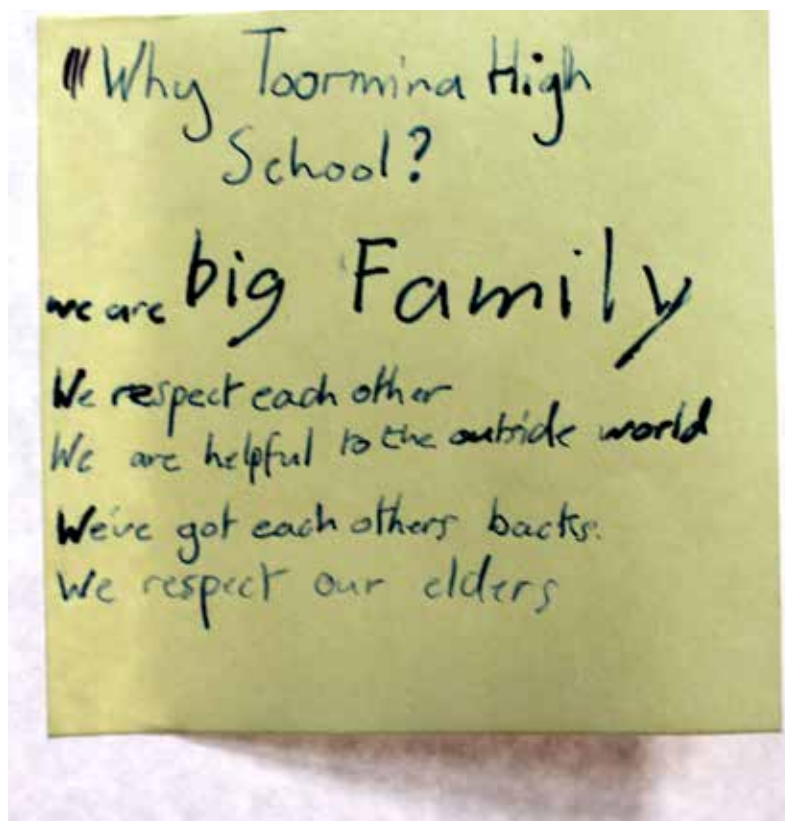
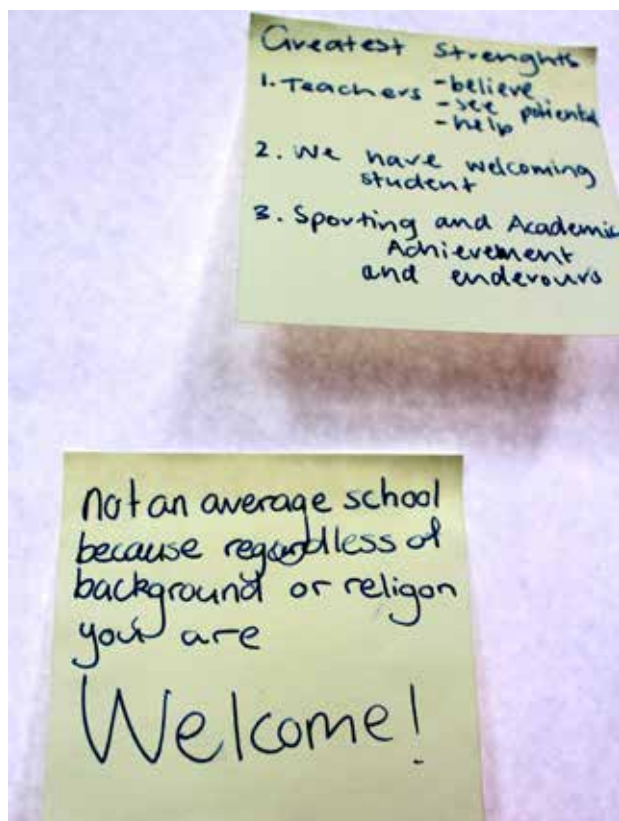




FUTURE PLANNING



Staff, students, parents and community members have recently been involved in a number of workshops at Toormina High School aimed at developing some future directions for the school. As part of this new school planning process students were asked to reflect on 'Why Toormina High School'? As a prompt for this discussion, we asked the following questions: 'What makes Toormina High School unique or special?' 'Why should students and parents come to our school?' 'What are the beliefs and values we hold dear?' Attached are images of some of the responses students gave.

A more detailed report on the school planning process is offered in the Principal's column.

PRINCIPAL'S COLUMN

In Term 4 schools have traditionally begun to look to the following year in an attempt to anticipate the needs of the school and its students. However, at the beginning of 2014 the Department of Education and Communities introduced the new school planning model which requires schools to forward-project and consult with their communities in order to identify their key directions and future targets. Toormina High School began this process in Term 2 and, over the last two terms, has hosted a number of workshops for staff, students, parents and the community in order to gather feedback. As part of this process we asked participants about our school's strengths and weaknesses as well as challenging them with the question: 'Why Toormina High School?' We have been heartened by the responses and wanted to share some of them with you.

When our student cohort was asked 'Why Toormina High School?' the responses reflected a pride in our school environment, a belief in the quality of education students receive at our school, and a view that care and inclusivity are at the core of our school and student ethos. Amongst many other comments, our students wrote:

'Students from Toormina High School aren't insulated from people with differences, we celebrate everyone'

'We love our school and our community'

'Toormina High School is a place of friendship and support'

'We have great teachers'

'We challenge ourselves to be the best we can be'

'We celebrate potential'

'We care about the wellbeing of everyone and we respect each other'

'We encourage and recognise people's talents and passions'

When we asked our parent and community members about our school strengths they identified our school environment and facilities, the passion and quality of our teachers and students, and the opportunities that we offer to be key. Some of the comments included:

'Toormina High School has committed teachers providing great learning opportunities'

'We have aspirational and hard-working students'

'The school has extension classes that recognise and challenge our able students'

'The teachers go above and beyond'

'It is a beautiful school with a lovely green environment'

We also asked all three groups about our school weaknesses and receive a wide variety of responses around the broad areas of communication, perception, engagement and access. Some identified weaknesses included:

'Lack of disability access to some areas of the school'

'Students choose to go to other schools because of a misconception, not the reality of our school'

'Parental engagement in the school is low'

'Access to the school and parking is difficult'

'More rewards are needed to recognise those students who are doing the right thing'

'Some facilities need upgrading'

All of this information is currently being collated and will provide input into the future directions of the school and the things we will address and prioritise in the next few years. I would like to take this opportunity to thank the staff, students and parents who participated in the process as their feedback has been instrumental

Toormina High School's new school plan will be available through the school website in 2015.

Joanne Bellette – Relieving Principal

Photo shows Jenny Murray, Director of Public Schools, Jo Bellette, SRC and prefects.



Sun, Sea and Switched-on Scribbling



A creative writing camp at Valla Beach took place in September and this three-day experience was jam-packed with opportunities for six of our brightest students from Years 9 and 10, to interact with motivated and literary students from other local high schools. Somehow there was also time for a dip in the pool and a game of beach soccer amongst all the feasting on ideas (and pizza).

We slept for two nights in comfortable motel-style shared cabins and only terrorised other campers on the first night with a game involving running around in the dark with torches and lots of squealing.

Two practicing authors, as well as our dedicated supervising teachers, stimulated us with words of advice and encouragement, as we rose to the challenge of connecting with the muse.

The incredibly dynamic Scott Wings inspired every student in the house, with his dramatic and passionate slam poetry and his advice to “fail beautifully” when writing. His high-energy presence thrilled us and had everyone scribbling frantically in notebooks, trying to keep up with the galloping ideas and emotions spilling from pens like wild horses released from captivity. Scott conducted two sessions and it was truly inspirational to share a creative space with this young male Australian writer and performance poet.

Greg Barron, published by Harper Collins is a bestselling writer of thrillers who presented some concrete advice about the writing of powerful fiction. Greg aims in his work to “create fiction that keeps readers on the edge of their seats, and maybe, in some small way, make the world a better place.” He spoke about the structuring of longer works of fiction and the discipline and lengthy processes of editing and rewriting in the business of making “a book”.

All six of our student participants and their teacher loved this experience. Some of their creative writings are offered on right.

We Are

We are the fans
spinning in a circle
not knowing if we'll spin out of control
We are the lights
illuminating and brightening lives
turned off when we aren't needed
We are the television
flicked aside channels
used only when there is nothing else to do
We are the walls
firm, tall, strong, stable
until we are knocked down
WE are the floor
relied upon to stand
always trodden on
We are the house
Inside we hold, support, shelter
Outside people see empty, plain.

by Natalie Hawkins
Year 9

Human Zoo

City is not a concrete jungle
It's a human zoo
Homes make up the enclosures
Skyscrapers make trees.
I cannot breathe
I suffocate
Under the weight
Streets are not the path we need to take
Windows show us outside
But neglect to reflect
What is within
Population is flourishing
Compassion is dying
This zoo's enclosures constrain and crush creativity
Lines that give power
Hold back from potential
Compassion is dead
We now compete for the best clothes,
Best house, Most money.
Clamouring to be the main attraction.

by Kate Malcolm
Year 10

Participants in photo above are: Natalie Hawkins,
Keiran Lopes, Kirrily Newman, Kate Malcolm, Grace
Richardson, Zoe Meikeljohn with English teacher,
Marilyn Kelly.

Audrey Gillingham (year 12, 2013) was nominated by THS as the recipient of this prestigious award. A dinner was held by Quota International Coffs Harbour in honour of each school recipient and it was a privilege to be able to be with Audrey as she was recognised for her outstanding dedication and compassion at Toormina High School. Throughout Audrey's schooling years she was an exemplary mentor to all students, raising funds for charities, representing the school as a Red Cross ambassador and in the last few years actively supporting a student diagnosed with Hodgkin's Lymphoma. Audrey gave freely of her time to help and support those in need. It is an honour to recognise those students who understand the compassion and need to be true global citizens.

Kathy McDowell - Deputy Principal

Quota International Young Women of Achievement 2014



Audrey with her mother, Adrienne Gillingham and Kathy McDowell.

IMPORTANT DATES - WEEKS 3 & 4

MON	20/10 - 7/11	Year 12	HSC Examinations
	20/10	Year 7	'Uni opens up your world' Excursion to SCU
TUES	21/10	Year 9	Vaccinations



The Coffs Harbour Volunteer Branch of Make-A-Wish® Australia Presents

10th Anniversary Party!

Date: Saturday 25th October, 2014
Time: 6pm

Where: Sawtell Golf Club, Bayldon Road, Sawtell

Cost: \$35, includes finger food and lucky door prize entry

Contact: Emma Rhoades -0430 535 487 | Kristy Hodges -0431 342 695

Be entertained by Coastal Soul and Kada, win a helicopter joy flight, holidays and so much more!

Tickets available from the Golf Club and online at www.stickytickets.com/20004 and at Charlene's Beauty and Nails

Proceeds will help Make-A-Wish® grant wishes for children with life-threatening medical conditions in Australia. makeawish.org.au

Registered Event Number: 21152



KATY PERRY comes to THS!



Deputy principal, Kathy McDowell, was the instigator in THS entering a competition to have Katy Perry appear at our school!

Mrs Babbage and students made a great video, which we are hoping will win!

Photo shows Mrs McDowell addressing the school assembly in her Katy Perry wig last term.

CLINT GREENSHIELD'S CUP 2014

Toormina High School's Under14 Rugby League team took out the Clint Greenshield's Cup again this year with a gripping 'come from behind' victory against CHCCS in the final.

In an extremely close and hard fought encounter, our boys finished the stronger, erasing a 10 point deficit in the final 5 minutes to run out 22-20 point victors. All the boys should be congratulated for their effort, teamwork and sportsmanship throughout the competition.

Ky Schwartz - Team Coach



Young People and Risk Taking

Risk-taking in adolescence it is an essential part of learning and personal development. Every healthy adolescent takes risks as he or she grows towards independence. Most researchers agree that if there is no risk there is no growth. A common problem for some young people is their inability to evaluate the potential risks and consequences of everyday behaviour. Thrill seeking, speeding, the desire to impress one's friends; feelings of invincibility and the search for new experiences are all motivating forces that drive many teenagers. As a result they are over represented in every category of risk taking resulting in injury and trauma.

The RRISK Program aims to reduce risk-taking behaviour associated with alcohol and drug use, driving and partying amongst Year 11 students in the Mid North Coast of NSW. RRISK is relevant to the social life, developmental stage and concerns of adolescents. It extends the school based drug education and road safety curriculum by providing opportunities for senior high school students to develop knowledge, attitudes and skills to reduce risk taking and develop safer celebrating strategies. Over 4200 students from more than 53 high schools from Port Macquarie to Tweed Heads have registered to attend RRISK Seminars. Research shows that RRISK is effective in reducing young driver crashes by 44%. The researchers consider RRISK a best practice program because it builds resilience by equipping young people with strategies and practical skills to manage risks in their social life and on the roads as drivers and passengers. All of our Year 11 students will be attending RRISK later this year.

Laura Ryan - Head Teacher Welfare



SPIRIT of TOORMINA AWARDS

Congratulations for showing a fantastic attitude that embodies the Toormina High School philosophy of caring, sharing and participating...

Billy Briginshaw

Thoma Lockyer

Nick McCann

Jarryn Walter

Jack Brook

Kurt Cullen

Liam Taylor

Emily Taylor

Geoff Devoy

Chris Owen

Amelia Cook


Jason Dickson

Regular Attendance = Better Learning

Often students and parents do not see that regular and punctual attendance at school is important. Nothing could be further from the truth. Besides missing out on valuable content – students miss out on information, discussion and skill development that is the pathway to success and the development of high self-esteem. The following chart highlights the impact of non-attendance and partial attendance over time. Viewed in this context, the implications of regular absenteeism is startling.

The chart shows the cumulative effect of persistent non-attendance over the period of schooling from Kindergarten to the end of Year 10.

Days Absent	Total Days	Number of Terms	Number of Years missed
1 day per week	451	9	2 years 1 term
1.5 days per week	676.5	13.5	3 years 1.5 terms
2 days per week	902	18	4 years 2 terms
3 days per week	1353	27	6 years 3 terms
5 weeks per term	1127.5	22	5 years 2 terms
Average 5 days per term	220	5.5	1 year 1.5 terms
Average 10 days per term	440	8.8	2 years 1 term
Partial absences			
1 hour late per week	75 days	1.5 terms	
½ hour later per day	188 days	3.75 terms	Almost 1 year
1 hour late per day	376 days	7.5 terms	1 year 3 terms



JUDO

COFFS HARBOUR PCYC

Learn how to **defend yourself and fall safely** while having fun in both recreational and competitive judo. Judo is a martial art and Olympic sport, ideal for males and females. Meaning 'the gentle way' in Japanese, judo has a **strong emphasis on safety.**

Join PCYC - first 2 lessons FREE

Improve:


- flexibility
- balance
- posture
- co-ordination

Build:

- confidence
- self esteem
- discipline
- self control

Classes Tuesday and Thursday school terms

Phone: PCYC on 6651 9961



CAREERS

1. SCU Senior Schools Day

Senior High School students who are considering going to University should make the most of the SCU Information day being held on Tuesday 21st October from 9.50am to 2pm. Even if students are considering attending a different University there will be relevant information regarding various courses that might be of interest. For more information please see Mrs West.

2. Queensland University Excursion

27th and 28th November – Year 11 and 12 students who are considering studying in Queensland are welcome to attend. Some of the Universities being visited include; Bond University, Queensland University of Technology, University of Queensland, Griffith University (Gold Coast Campus) and Southern Cross University (Gold Coast Campus). Notes are available from the Careers Office. Cost is \$135, with \$50 deposit required by Tuesday 21st October.

3. PACTS Workshop

6th November 9.30 – 11.30

This is a free workshop supporting parents to learn about study and work options for young people. The venue is the Innovation Centre, Coffs Harbour Education Campus. The session will be run by local secondary school careers advisers in association with Youth Directions. See advertisement this issue.

4. Year 10 Work Experience

Dates for Term 4 are 1st December – 5th December. This is an important part of career development, when students can have a chance to “try out” a job/ occupation to decide if they are suited to it or not. Forms are available from the Careers Office.

5. Apprentice Cabinetmaker

If this sounds like you, please speak to Mrs West in the Careers Office.

6. Heavy Vehicle Diesel Mechanic

Busways are currently recruiting for apprentices to commence January 2015. Positions across the state advertised on SEEK.



The Child Dental Benefits Scheme (CDBS) provides up to \$1,000 every year for two consecutive years in dental treatment for eligible children aged 2 to 17 years.

- Eligibility**
- If you are a family who holds a Health Care Card, receives a Centrelink payment or Family Tax Benefit A, your child(ren) may be eligible for the CDBS
 - Call Medicare on 132 011 to confirm your family's eligibility

- If your eligibility is confirmed**
- Make an appointment with a dentist of your choice
 - Ask your dentist about additional costs and payment methods (mention the CDBS)

- At the appointment**
- The dentist must discuss your child's treatment and associated costs before starting treatment
 - You will need to sign a consent form before treatment begins
 - Some dentists may bulk bill **OR** you will have to pay the account and claim the refund through Medicare



**medicare
local**

NORTH COAST NSW

Make your child's smile shine!

Keeping people healthy and out of hospital

2015 Year 7 Parent Information Evening & Orientation Days

Thursday, November 27, 6pm
Year 6 into 7
Parent Information Evening

Wednesday, December 3
Year 6 into 7
Orientation Day

Wednesday, December 10
7 Blue Extension Class 2015
Extra Transition Day

Free Parent Workshop

Parents As Career Transition Support

PACTS

Want to know how to help your teenager with career ideas?

What is HSC & VET?

What is the difference between TAFE & University?



How to explore careers and make a good choice?

What is an apprenticeship?

Supporting parents to learn about study and work options for young people

When: Thursday 6th November 2014

Time: 9.30am—11.30am

Where: Innovation Centre, Coffs Harbour Education Campus
The session will be run by local secondary school careers advisers in association with Youth Directions

Places are limited. To secure your booking please contact either Suzy Zullo or Jo Symons at Youth Directions on 0266532900 or Email: admin@youthdirections.com.au by Tuesday 4th November.



Free two day workshop and information sessions
for parents and carers of school age children on the autism spectrum

Workshop: 2014NSWPC15

Location: Coffs Harbour

Like all school-age students, children with autism spectrum disorder benefit from strong, positive relationships between the home and school. Positive Partnerships uses evidence based materials and practical resources to help support these relationships by facilitating workshops for parents and carers.

What will you learn?

When you come along to a Positive Partnerships workshop, you will:

- Develop a greater understanding of the impact of autism on your child, both at school and at home
- Understand how to develop effective parent, school and teacher partnerships
- Learn specific strategies that will help you:
 - advocate for your child
 - support your child's participation at school
 - develop an awareness of ongoing learning needs
- Receive information about your local school system's processes
- Have the opportunity to network and share strategies with other parents/carers and key community members
- Have the opportunity to discuss a range of topics relevant to students with ASD and their families

People who work to support families living with autism in your community will also be invited to take part with the goal that there is an ongoing community focus beyond the workshop.

Workshop details

Venue: Australis Sanctuary Resort
250 Pacific Hwy (South), Coffs Harbour NSW 2450

When: **Two day workshop – Wednesday 12 & Thursday 13 November 2014**
Day 1: 9.00 am - 4.30 pm (Registration from 8.15 am)
Day 2: 9.00 am - 3.30 pm

Registration available from Wednesday 1 October 2014 and closes two days prior.

We strongly recommend you register as soon as possible to secure your place. You will receive confirmation of your registration.

Online registrations are preferred directly through our secure website www.positivepartnerships.com.au

Only complete the following form if you do not have access to the internet. Return the completed form to:

Email: parentcarer@autismspectrum.org.au

Mail: Positive Partnerships, ASPECT, PO Box 361, Forestville NSW 2087

Fax: 02 9451 9661

Phone the Positive Partnerships Infoline if you have any enquiries: 1300 881 971



2014-2015 Family Energy Rebate



\$150*
**TOWARDS
ENERGY
BILLS**

Apply before Midnight
16 June 2015

2 MINUTES TO FILL IN A FORM

<https://applications.fer.trade.nsw.gov.au/>

* eligibility criteria apply

**APPLY
ONLINE
NOW!**

WHAT IS THE FAMILY ENERGY REBATE?

The Family Energy Rebate helps to cover the cost of energy bills for NSW households with dependent children. In 2014-2015 the rebate gives:

- A \$150 credit on electricity bills for eligible applicants who hold an account with an electricity retailer
- A \$165 direct payment to nominated bank accounts for eligible applicants who live in a residential community (caravan or mobile home park) and receive electricity from the park operator.

AM I ELIGIBLE FOR THE REBATE?

To be eligible you **MUST**:

- Be a NSW resident; and
- Have been assessed by the Federal Department of Human Services (DHS) as being eligible for the Family Tax Benefit (FTB) A or B at any time during the 2013-2014 financial year, and have received an FTB payment in respect of that eligibility; and
- Be an account holder of an electricity retailer, or a long-term resident of a residential community (caravan or mobile home park), whose name appears on the electricity account for supply to her or his principal place of residence.

WHAT DO I NEED TO DO BEFORE I APPLY?

Before you apply, here's a quick checklist. Have you:

- Lodged your tax return for 2013-14 with the Australian Taxation Office or informed the Department of Human Services (DHS) if you are not required to lodge a tax return?
- Received confirmation from DHS as to your eligibility for Family Tax Benefit A or B for 2013-2014?

HOW TO APPLY

- **ONLINE** – it takes just two minutes to submit an application. Processing starts immediately.
- **PAPER** – download a form from the website, complete and submit by email, fax or post. Use this form if you receive your electricity from the operator of the residential community where you live.

FOR MORE INFORMATION & ASSISTANCE

PHONE Service NSW 13 77 88

EMAIL fer.program@trade.nsw.gov.au

WEB www.resourcesandenergy.nsw.gov.au/info/familyenergyrebate