

# NEWS LETTER

TERM 4 | WEEK 8 | NOVEMBER 2014



## REMEMBRANCE DAY ASSEMBLY 2014



### IMPORTANT DATES - WEEKS 8, 9, 10

<b>MON</b>	8/12	Yr 7-11	Presentation ASSEMBLY Encouragement & Merit
<b>TUES</b>	9/12	Yr 10	Formal Dinner
<b>THURS</b>	11/12	All School	'headspace' youth worker at THS
<b>FRI</b>	12/12	Yr 7-11	Presentation ASSEMBLY Outstanding Achievement
<b>MON</b>	15/12	Yr 7	Excursion NEW DATE
<b>WED</b>	17/12	All School	Students last school day 2014

### Principal's Column

Dear Parents

In the past week we have had year 10 on a very successful excursion to Moreton Island. Students behaved in an exemplary manner. Excursions allow our students to develop many important life skills, such as co-operation, sharing and patience. Add to this the wonderful experiences available at these destinations and the educational opportunities they offer making the expense and effort worthwhile for all involved. I would like to thank the staff involved in the organisation.

This week we also held our Information Night for the incoming Year 7 students for 2015. We would like to welcome new families to our school community and look forward to meeting all the new students next year.

Best wishes,  
Liz Donnan

### HOLIDAY REMINDER

from Karen at NSW TrainLink Travel Centre Coffs Harbour

As we are nearing the end of the school year, I wanted to remind students, who are 16 or over to make sure that they have their current transport concession card for travel.

## UNIVERSITY BOUND

Last Thursday, I and some other year 7 students participated in Uni-bound. Uni-bound is a program run by Southern Cross University encouraging kids to go to university. We were put into groups and assigned mentors for the day.

Our day went like this;

1. We arrived and had morning tea
2. In the auditorium a professional storyteller came and taught us about the sequence of a hero's journey and how to make our life one.
3. Then we did aboriginal dancing the girls did a cherry picking dance and the pipi dance then we did some hip-hop dancing.
4. Then came lunch - pizza!!!!
5. We then met Simone who taught about her journey and what she does at the university.
6. We met some students and they told us about their uni story.
7. We then made our big dream sheets. On these we had to put; us now, us in 5 years and us in 10 years.
8. We went back to the auditorium to complete a survey.
9. Finally, as we left we got a free pen and highlighter!

Going to this day has given me a good insight into uni life. Anybody can go to university. After today I definitely am!

Oriana Watts - Year 7



## SUMMER HOLIDAY JOBS



Sharon Matthews and Billy-Joh Ballantyne from Nortec visited Toormina High School on Monday, November 17, with Mitchell Ballantyne, an ex-student of Toormina High School, who is the store manager of McDonalds, Coffs Harbour South.

They spoke to keen year 9 and 10 students and their parents about gaining employment at McDonalds over the summer holidays. The expectations around having a job were discussed and also the training and education available from work places such as McDonalds.

For further information contact Nortec Coffs Harbour or McDonalds South.  
Sally Johnson - Transition Adviser

## English Assessment Task

Tyson Neve from year 9 had to choose from 5 photo portraits and create a life story about his chosen person.

Zeik is eleven years old and he is a wonderful boy. He lives in a small village near the Zomboy River in Africa. He is smart but he is shy. He is fast and listens well. He is a good hunter and gatherer.

Even though he has lost all his family, he is scared of nothing that you could put him through. He will stand strong.

He loves life and all that dwells in it: he loves how it can be so dangerous but still so gentle. He loves how life flows free, how the trees grow so tall and how something can be so small but strong.



## CONGRATULATIONS YEAR 11! White Ribbon Day

Twenty six Year 11 students from Toormina High School showed their support for White Ribbon Day by attending a rally in the City Centre Mall on Thursday 20 November. Also in attendance that day were representatives from the Police, Fire Service and the Mayor. The NBN news team filmed the event. It was a pleasure to see the students of Toormina High School represent us so commendably and make a strong stand against domestic violence. Well done to these students as Toormina High was the only school involved on the day.

Phil Ward - Year 11 Adviser



## ROAD SAFETY

This week year 10 students participated in small group workshops on road safety and associated issues with Senior Constable Snow and NRMA representative, Anneliese Chivers and liaison officer, Michael Gibbs.



## SPIRIT OF TOORMINA AWARDS

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

Kathryn Gibney

Linda Berry

The financial year for Toormina High School ends on November 30. To enable all end of year transactions to be completed in a timely manner only manual receipts will be issued for any payments made on Thursday, November 27, Friday November 28 and Monday, December 1. We apologise for any inconvenience.

Linda Berry - School Administration Manager

## NEW LASER CUTTER ENGRAVER for TAS FACULTY



Teacher Phil Ward checks out the new machine with senior Engineering Studies students Andrew Ward and James Benecke.

The Industrial Arts department has just taken delivery of a 'state of the art' laser cutting engraving machine. This machine will move the faculty into the twenty first century. It is a 40 watt CO2 laser machine which produces a high intensity infrared beam which can be focused to cut through or engrave materials such as timber, MDF, textiles, acrylics, glass, stone or coated metals. This is an exciting time for the faculty as we will be able to create very intricate designs unable to be produced by hand.

Stand by for upcoming photos and information as Year 9 Electronics are working on an ipod dock and Year 8 Tech mandatory designing lamp shades.

Greg Driscoll - Head Teacher TAS

## Changes to the Secondary Schools Tax File Number Program in 2015

The Secondary Schools Tax File Number (TFN) Program will not continue beyond 31 December 2014. This means that School TFN forms will no longer be processed beyond this date.

How students can apply for a TFN from 1 January 2015

The Australian Taxation Office in partnership with Australia Post is making it easier for individuals to apply for a TFN.

Students can now apply for a TFN online and have their identity verified through an interview at a participating Australia Post office.

Applying online is the fastest and most convenient way for students to get a TFN. More information on applying online can be found at [ato.gov.au](http://ato.gov.au) by searching for 'QC27248'

Students who are unable to visit a participating Australia Post office will need to complete the application form Tax file number - application or enquiry for individuals form (NAT 1432). More information about lodging this form can be found at [ato.gov.au](http://ato.gov.au) by searching for 'QC22604'

The ATO will continue working with teachers to educate students about tax and superannuation. The curriculum resource Tax, Super & You is a free, easy to use, online educational resource aligned to the school curriculum of each state and territory. This resource can be accessed at [taxsuperandyou.gov.au](http://taxsuperandyou.gov.au)

In the coming weeks we will provide more information by email on how students can apply for a TFN and the educational services we can provide. In the meantime if you require any further information you can phone 1300 130 282 between 8:00am and 5:00pm Monday to Friday.

Regards

Steve Vesperman

Deputy Commissioner of Taxation



## TEENAGERS and SLEEP

A 2014 combined project by Oxford, Cambridge, Harvard, Manchester and Surrey Universities declared, 'Society has become supremely arrogant in ignoring the importance of sleep'. The researchers cite living in a 24hour society coupled with technology overuse as part of the issue.

The National Sleep Foundation in the US found that more than half of the parents surveyed said their 15 to 17 year-olds routinely get seven or fewer hours of sleep. That is less than most adults, at a time when the brain needs more sleep for growth, development and learning.

Which means these teens are chronically sleep deprived over the long term.

### How much time is recommended for teenagers?

\* Older teenagers need 8 1/2 to 10 hours of sleep per night

\* Younger teens need 9 to 10 hours/night

\* Young children need 10 to 11 hours per night

### What is the effect of blue light on sleepiness?

There are numerous brain studies that show melatonin, a hormone associated with nighttime, signals that it is time to sleep. The problem is, although most of our screens emit light of all colours, it is their blues in particular that pose a danger to sleep. Blue light is especially good at preventing the release of melatonin. In fact, you don't even have to be staring directly at a television or computer screen; if enough blue light hits the eye, the gland can stop releasing melatonin.

### What is affected when sleep is lacking?

For teens, sleep is vitally important for learning, memory, brain development and health.

Sleep influences 4 main areas:

1. Physiological (body systems, like cardiovascular and endocrine systems and physical health)
2. Psychological (emotional and mental health)
3. Psychosocial (behaviour, peer and family relationships)
4. Cognitive (learning, attention, problem solving)

My colleagues and I sometimes see teens misdiagnosed with ADHD, depression or other issues, when they are in fact sleep deprived and nobody has questioned their sleep habits. Additionally, teens already struggling with anxiety or depression, learning difficulties etc., will find their symptoms exacerbated when their brains are starved of sleep.

### Recognising sleep deprivation:

Some teens display tiredness, not by yawning or falling asleep on the desk at school, but by emotional outbursts, crying or bouts of anger. This understandably affects their relationships with both adults and peers.

### Recommended pre-sleep wind down.

- \* Get active during the day to boost sleep at night.
- \* Eat dinner a few hours before bed (a small snack later on is fine)
- \* Switch off screens an hour before bedtime – at a minimum.
- \* Get into a good bedtime routine – this gets the brain prepared for sleep.
- \* Engage in reading activities at bedtime, rather than games or shows with flashing lights and movement.

The bottom line according to Dr, Seton is, "There's a strong correlation between electronic media usage and sleep deprivation. It doesn't matter how good the education is; if kids are tired, the learning is futile."

This is an excerpt from an entry which was posted in Mental Health & Wellbeing, Science and tagged blue light, brain development, sleep, sleep deprivation, technology, Teenagers, young minds. Downloaded from <http://www.generationnext.com.au/2014/11/teen-sleep-deprivation-effect-blue-light/>

Collett Smart is a registered psychologist, psychology tutor at UWS, speaker, freelance writer and mum of 3. She writes on her blog 'Raising Teenagers'. You can follow here on Twitter at @collettsmart and on her Facebook page.

## For sale by tender

1. Metal shaping machine
2. Reciprocating power hacksaw

Items are available for inspection in school hours 8.30am – 3.30pm by appointment only. Please contact the school to arrange a suitable time. Closing time and date for receipt of offers 3.30pm on 13 December. Offers must be provided in a sealed envelope addressed to:

Greg Driscoll, Toormina High School, Armstrong Drive, Toormina NSW 2452



**Sawtell Uniting Church  
and  
Sawtell Golf Club Ltd**



invite you to attend

# **SAWTELL CAROLS BY CANDLELIGHT**

when

**Thursday, 18<sup>th</sup> December 2014**

where

**Join us on the 18<sup>th</sup> fairway of the  
Sawtell Golf Club from 6pm**

*Bring a blanket, a chair and a picnic dinner or there will be  
food and refreshments available from the club.*

*Parking is available on the Oval in Bayldon Road,*

**Santa will be arriving at 7.15pm  
to start the Carols**

"For the information of members and their guests"