

NEWS LETTER

TERM 4 | WEEK 2 | OCTOBER 2016



2016 YEAR 12 FAREWELL ASSEMBLY Principal's Speech

I'd like to congratulate all of Year 12 on the completion of 13 years of education. I know I speak on behalf of the staff here at Toormina High School when I say how proud we are of our Year 12 students and understand the importance of this occasion for them and their families.

Normally at Year 12 Farewell Assemblies the Principal stands before the graduating class and offers some sage advice before wishing them every success, that they might reach for the stars and that all of their dreams and aspirations come true. Of course I too wish that for you, but I also hope that you each experience disappointment and failure in your life journeys. For there is not a man or woman, who has lived a rich and full life, who has not experienced failure and learnt from the experience. To put it simply, failure is the path to wisdom. So let this be your last lesson ... fail, fail spectacularly, fail at something you have put your heart and soul into, fail in ways that make you reconsider who you are and what you want out of life – and then pick yourself up and go on. Do not let fear of failure stop you from doing what will make you great.

There are many examples of famous and inspiring people who attribute their success to failure. Steve Jobs was fired from Apple, the company he founded, at the age of 30. In his commencement speech to Stanford University in 2008 Jobs attributed his later success to this earlier failure: *I was a public failure he stated I didn't see it then, but it turned out that getting fired from Apple was the best thing that could have ever happened to me. The heaviness of being successful was replaced by the lightness of being a beginner again, less sure about everything. It freed me to enter one of the most creative periods of my life.*

Michael Jordan, considered by many to be the greatest basketball player of all time, failed to make the basketball team the first time he tried out in high school. Yet Jordan has written that without failure he would never have become a success. He writes: "I've missed more than 9,000 shots in my career. I've lost almost 300 games. Twenty-six times I've been trusted to take the game-winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed."

Examples too can also be found in history. Thomas Edison spent more than three years attempting to invent the lightbulb before succeeding in 1879 and when questioned as to why he didn't stop after so many failed attempts he famously replied "I did not fail. I simply found 10,000 ways that did not work before discovering one that did."

The challenge, of course, is that we live in a culture that glorifies success and demonizes failure. We pay homage to those who achieve remarkable results without considering the hard work and repeated failures that often preceded that outcome. Conversely, we vilify public failures. And when we treat failure as anything other than a normal part of life and an incredible opportunity for growth and wisdom, we send a terrible message to our children and young adults. We teach them to play it safe in a world that demands innovation and risk-taking. We encourage them to think of each failure as a reflection of their character and ability, as opposed to an incredible learning opportunity. For Failure teaches us empathy, it allows us to see ourselves in the eyes of the runner who came second in the race, in the face of the friend whose relationship has fallen apart, and in the slumped form of the homeless man in the street. Failure also allows us to acknowledge our own fallibility and to appreciate the power of kindness as we help others through their struggles on life's journey. It shows us who are our true friends, the people who stand beside us through thick and thin, and teaches us how to say 'thank you' and 'I love you' to all those who need to hear it. Failure teaches us about persistence, perseverance and resilience, it gives us the courage to face the next hurdle because we have successfully navigated the last one.

So graduates, here ends your final lesson. Do not let a fear of failure stop you from doing amazing things. You will not succeed in doing something great without the risk of failure. You will never be heard without the risk of being criticised. You will never love without risking great loss. So my wish is that you should dare to fail, fail spectacularly, fail fearlessly and embrace each failure as an opportunity to learn and grow.

Dr Joanne Bellette, Relieving Principal

2016 Year 12 Farewell Assembly AWARDS

The Rueben F. Scarf Award - Tunai Tarrant

The Caltex All Rounder Award - Jesse Kirkman

Australian Defence Force Long Tan Leadership & Teamwork Award - Shaylee Poole

The Pierre De Coubertin Award for Sporting Excellence - Nathan Pollitt

Outstanding Achievement in the HSC Year - Layne Murphy

Principal's Recognition Award - Gypsy Musumeci

Premiers Sporting Challenge Medal - Erykah Kitchener-Waters

Faculty Awards:

TAS - Taylor Hargraves-Lord

PDHPE - Tunai Tarrant

CAPA - Taylor Hargraves-Lord

English - Shaylee Poole

HSIE - Tom Harding

Mathematics - Layne Murphy

Science - Layne Murphy

Support Work Experience - Cameron Pollard, Hayden Castle

Academic Excellence Awards:

Electronics - Jarrod Blaxland

Sport, Lifestyle & Recreation - Robert Brilley

Visual Design - Nicholas Drazic

Hospitality - Rachel Fuller

Primary Industries - Mark Gementiza

English Standard - Tom Harding

English Studies - Taylor Hargraves-Lord

Exploring Early Childhood - Taylor Hargraves-Lord

Work Studies - Kiahna Howe

Mathematics General 1 - Jayden Innaimo

Visual Art - Tim McIntosh

Mathematics Extension - Layne Murphy

Mathematics - Layne Murphy

Chemistry - Layne Murphy

Physics - Layne Murphy

Senior Science - Billy O'Brien

English Advanced - Shaylee Poole

Biology - Shaylee Poole

Ancient History - Shaylee Poole

Stage 6 Italian Beginners (Distance Education) - Shaylee Poole

Drama - Chloe Smiles

Mathematics General 2 - Tunai Tarrant

Personal Development, Health & Physical Education - Tunai Tarrant

Legal Studies - Kade Wilson

Sport Awards:

Age Champion Swimming, Regional Rugby Union - Jesse Kirkman

Regional Representative Rugby Union - Tristan Smith

Regional Representative Rugby League - Tyler Eather

Age Champion Swimming & Cross Country - Shaylee Poole

Sportsman of the Year Award, Age Champion Swimming, Cross Country, Athletics

& Regional Representative Soccer - Nathan Pollitt



Thank you to these local businesses for their ongoing support of our school through their annual contributions for our Year 12 Awards.

TOORMINA PHYSIOTHERAPY
TOORMINA DENTAL SURGERY
SAWTELL RSL CLUB
JIM ROONEY GLASS
COFFS HARBOUR CeX CLUB
CABA'S DRAPERY

GOLD MEDAL!

Year 7 student, Demi Martin won a gold medal in Level 4 Gymnastics at the Country Championships in Newcastle during the holidays.

Earlier in the year Demi won gold at the State Championships in Sydney! Congratulations Demi!



At the end of last term the IM class went sailing. It was a fantastic day with sightings of several whales including changing course to avoid one! We also had an eagerly anticipated pizza party. Pam Wilson, IM Teacher





Team Prepares for STATE SEMI-FINALS!

Our Year 9 Debating Team took part in a training day against the North Coast Regional Representative team on Wednesday in preparation for their upcoming State Semi-finals. They worked with Ms Johnson and the regional representative team coach, David Coia from Macksville High School, to improve their skills and strengthen their arguments. It was a wonderful opportunity to sharpen their skills and prepare themselves for their State Semi-Final debate in Sydney on Wednesday 19th of October against Sydney Girls High School. **Good luck to our year 9 team!!**

Team on left in photo comprises Ryan Gilchrist, Ella Burgun, Oriana Watts and Danielle Tate.



Congratulations!

Congratulations to year 7 student, Cooper Bake-Smith, on his selection in the NSW Country Squad for baseball. Cooper hit 3 home runs as well as superb pitching & fielding during the NSW Country Championships and was rewarded for his consistently high standard by his selection in the squad.

TERM 4 MUSIC TUITION

Term 4 guitar, saxophone, drum and vocal tuition has started again, these lessons will be held on Wednesday and Friday. Piano tuition is now also available!

Band has also begun at 3pm every Wednesday and we will be working towards live performances later this term.

Please phone the school, 66 533 077, and speak to music teacher, Kyle McGeary for more information.

Spirit of Toormina Award

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

**Jack Seccombe
Cody Fellows**

UNIFORM SHOP

OPEN EVERY MONDAY during term,
8am-4pm

Enquiries Karina 0468 436 217

HOMEWORK CENTRE IS BACK IN TERM 4

Every THURSDAY 3:30 - 5:00pm

THS Library

with qualified teachers

ALL WELCOME!

STATE CHAMPION

Year 11 student, Kye Reid (photo right) is the BMX State Champion in the 17-24 age group even though he is only 16 years old!

Drew and Ryan Gilchrist (below) also performed well at the Championships held in Penrith recently placing 9th & 7th in their age groups.

Congratulations boys!



Drew Gilchrist (on BMX bike above right and also photo on right) has also been enriching his musical metier. **Drew recently performed at the Sydney Opera House as part of the Regional Youth Orchestra in concert with the Australian World Orchestra.** This is a select group of Australia's best musicians, what an awesome experience to add to Drew's growing list!



The LIONS Club has awards for **YOUNG LEADERS IN SERVICE.** If you are interested in Youth Service Projects please see Ms Winsor. Some suggested service projects are in the fields of: literacy, public health, helping the homeless, the environment and aid for the elderly.

Last term BOLT teacher, Andy Robb, received this appreciative email from a mother of one of the students involved in our **Boys Outdoor Learning Program at THS**

Hi Andy

I just wanted to say thank you for all your work with BOLT and particularly my son this past term. I have noticed he has a greater awareness and appreciation for the environment and comes home telling me of places he has been to.

He looks forward to Tuesdays and the physical challenges he faces. Less obvious to him - and possibly all these boys - are those emotional and mental leaps being made. The power of this program in building respect, cooperation, appreciation and confidence can't be under-estimated.

I believe this program offers some life changing lessons for young people and the focus on the environment and sustainability can only be good for all of our futures. Wishing you all the best for the continuation of the program and a big thank you!

Michelle Moore
North Coast TAFE
Coffs Harbour Education Campus



Adaptive SURFING

Dane Magill, a year 12 student in the THS Support Unit, along with sixty two athletes from ten countries recently enjoyed participating in Adaptive Surfing as part of the Duke Kahanamoku Festival in Hawaii. Well done Dane!



Check out the new THS Facebook page!

Look for our school logo!



SAVE THE DATE

The incoming Year 7 Parent Information Evening will be held on

TUESDAY, NOVEMBER 15 in the THS Library.

Details to be confirmed, please reserve this date.

PBL in Action - A LIBRARY FOR THE 21ST CENTURY!

Monday 19th September saw our year 8 TAS classes presenting their Library Redesign project to judges, students, parents and community members. We were very fortunate to have a number of community members volunteer their time throughout this project and also to act as our judges. Mr Oliver Gee of G2 Architects (and an ex-THS student), Mr Phil Magann of Innovative Furniture Solutions and Ms Roslyn Cousins of Coffs City Council, joined the Director of Public Schools, Ms Jenny Murray to judge our students' designs.

Ms. Wilson's class set the scene by presenting their research on "Why libraries are for everyone". They had also surveyed students to see how our current library is used and what aspects of it we most need to update. Both the judges and other audience members were very impressed with the quality of their work.

All year 8 TAS classes then took turns showcasing their designs and discussing the research and reasoning behind them. Presentation styles varied from scale plans and 3D models to mood boards and a virtual walk-through library created on the Sims program. Students had also documented their learning in a collaborative digital folio which allowed their audience to see the research and design process they had undertaken.

Throughout the day parents, carers, teachers and judges all commented on the mature behaviour of our students and the pride and enthusiasm they showed when presenting their ideas. **Ms Murray stated that "Every student was completely engaged in the discussions we had and with the content of the presentations. They were interested and had strong views on the layout and design of the library. My [judging] partner and I asked a lot of questions and students answered with enthusiasm and clarity. They were all able to speak with detail about the topic and they had some very practical ideas to resolve problems they perceive within the library. They listened to feedback and responded very positively."**

Overall, the day was a great success and I'd like to thank the TAS staff, Ms Wilson and our SLSO staff for the time and effort they put into designing, teaching and supporting students to ensure this was a valuable learning experience. Hopefully, in the future we will be able to begin updating our Library and incorporating some of their excellent ideas.

Julie Roberts, Head Teacher- Teaching & Learning



Hello to all the Students, Parents and Carers of the Toormina High School Community

I would like to say a big "thank you" to all the students that attended the Dreamworld Excursion late last term. We had a fantastic day and all students and teachers went on some bone shaking rides! Many students had not visited the park before and were excited to be given the opportunity which was the reward for their excellent effort at school during semester one this year. The students displayed exceptional behaviour throughout the whole day presenting a positive representation of Toormina High School. I would like to thank all the teachers and support staff for their assistance in making the day a wonderful experience for the students of our school.

Regards

Chris Metcalfe, Relieving Deputy Principal

Student Feedback Survey

I am delighted that this term, our school, like many other public schools in the state, will participate in a Department of Education initiative: the Tell Them From Me student feedback survey. The survey aims to help improve student learning outcomes and measures factors that are known to affect academic achievement and other student outcomes. The focus of the NSW-wide survey is on student wellbeing, engagement and effective teaching practices.

More information about the survey is available at: <http://surveys.cese.nsw.gov.au/information-for-parents>

The survey is a great opportunity for our students to provide us with valuable and quick feedback on what they think about school life, how engaged they are with school and the different ways that teachers interact with them. Schools in Australia and around the world have used the Tell Them From Me survey to help improve how they do things at school.

I want to assure you that the survey is confidential. The survey is conducted online and will typically take less than 30 minutes to complete. It will be administered during school hours between 22 August and 21 October. Participating in the survey is entirely voluntary.

A consent form and FAQs for parents/carers about the survey is being sent home with students. If you do not want your child or children to participate, please return the form to school by 17th October 2016. Copies of the form and FAQs are available from the website above.

Parent Feedback Survey

This term, our school will be participating in the Partners in Learning parent survey, another part of the Tell Them From Me suite of surveys (student, teacher and parent surveys) on student engagement. The survey asks parents and carers questions about different factors that are known to impact on student wellbeing and engagement. Running this survey will help our school understand parents' and carers' perspectives on their child's experience at school. These include: communication between parents/carers and staff, activities and practices at home and parent/carer views on the school's support of learning and behaviour. This valuable feedback will help our school make practical improvements.

The survey is conducted entirely online at home or on public computers. The survey will typically take 15 minutes or less to complete and is completely confidential. The parent survey will be conducted between 22 August and 21 October. Participating in the survey is entirely voluntary, however, your responses are very much appreciated.

More information about the survey is available at: <http://surveys.cese.nsw.gov.au/information-for->



IMPORTANT DATES

FRI	14/10 - 4/11	Year 12	HIGHER SCHOOL CERTIFICATE EXAMINATIONS
WED	19/10		P&C Meeting ALL WELCOME! 5:30-7:00pm
MON	24/10	Year 7	Vaccinations
TUES	25/10	Year 11	SCU Senior Schools Day 9:45am - 2:00pm
WED	26/10	Year 9	'Love Bites'
WED	26/10	Year 6	Taster Lessons for 2017 Year 7 students 1:30 - 3:00pm

CREST YEAR 12 LUNCHTIME WORKSHOPS

Heading into Year 12, now is the time to kick your study habits and essay writing into top gear!

The workshops below are open to any year 12 student and all you need to do is turn up at the start of lunch Friday and bring paper & pen or a laptop. Topics vary from week to week.

Where? Science Lab1.

Week 2, Friday 21/10, Create a study space, summarising, memorising & study tips

Wk 3, Fri 28/10 Websites to help you research & revise (Quizlet, Google drive, Office 365 & others)

Wk 4, Fri 4/11 Essays 1-Thesis & intros, structuring & supporting your argument

Wk 5, Fri 11/11 Essays 2-Using quotes/facts and sources well & strong conclusions

Wk 6, Fri 18/11 Creative writing for AOS, how to go in prepared!

Wk 7, Fri 25/11 Using facts & evidence to support your responses

Wk 9, Fri 9/12 To be advised

Careers

SCU Senior Schools Day

Southern Cross University, Coffs Harbour Campus will be holding this year's Senior Schools Day on Tuesday 25th October 2016. This valuable information day provides students with the opportunity to explore a range of inspiring courses so that they can start to plan post-secondary school options. Sessions will cover courses available at Southern Cross University's three campuses, university life, the Star Entry Scheme, costs and scholarship opportunities. There will also be a question and answer panel with current university students and the opportunity to hear from a graduate speaker.

The day commences at 10am and concludes at 2pm.

Interested students will need to provide their own transport to and from Southern Cross University.

Please note the following points:

- BBQ lunch is provided by the university
- Students are expected to wear full school uniform

This session is a must attend for any student contemplating tertiary studies upon completion of their HSC.

Permission notes are available from Mrs West and need to be returned to the careers office by Wednesday 19th October.

Whitecard WH & S Course

A Training Day will be held on Wednesday 23rd November 2016 for students wishing to gain a General Certificate in Workplace Health and Safety for the Construction Industry.

This certificate will allow students to access construction and building sites for Work Experience or paid employment as required by Workplace Health and Safety legislation. The WHS certificate will be a valuable inclusion in their resume and will be requested by employers before entering a construction site.

The training day will be held at Toormina High School starting at 8.45am and finishing at 3.15pm. The cost will be \$50.00. Full payment and permission note are due by Friday 11th November.

Students will need to present their School Photo ID card on the day. Students will need to obtain a USI (Unique Student Identifying) number in order to do the course. See Mrs West with Birth Certificate or Medicare details if you need help to apply for a USI number.

Year 10 Work Experience

Next session is 5th December - 9th December paper work to Mrs West by 25th November

School based Traineeships

Two traineeships are available in the Coffs Harbour region for students going into year 11 in 2017.

First is with the Commonwealth Bank and the second is in retail.

See Mrs West in the Careers Office for more details.

REGIONAL WELLBEING MASTERCLASSES

PROMOTING THE

WELLBEING

of YOUNG PEOPLE



Choose 2 masterclasses for your day:



Dr "Happy" Tim Sharp

Happiness for all: Taking care of yourself so that you can take care of others

This powerful approach is based on the exciting science of Positive Psychology to bring about more happiness & wellbeing in your work with young people.

Anna-Louise Bouvier

Happy Bodies / Happy Minds: How energy & sleep can help mood & stress

How small changes to everyday habits can boost energy and mood and take a young person to magnificence!



Therese Joyce

A strengths based approach: Practical strategies to help you connect and thrive


Practical ways to engage young people, and to empower them with strategies to develop their sense of purpose, create opportunities to grow and to build resilience and skills to take on the world around them.



this energising day also includes: wellbeing activities, entertainment, delicious healthy food, panel discussion.

Early bird \$150 (Available until 30th September)

Regular price \$180 Limited tickets available

 @regionalwellbeing

Register <http://midcoastcommunities.org.au/events/regional-wellbeing-masterclasses-promoting-wellbeing-young-people/>