

NEWS LETTER

TERM 4 | WEEK 6 | NOVEMBER 2016



Building Respectful Relationships through 'LOVE BITES' program

Year 9 participated in the Toormina High School Love Bites program in weeks 3, 4 and 5 of this term. The maturity and level of participation displayed by year 9 throughout the program was excellent. Love Bites is a respectful relationships program that focuses on identifying characteristics of a healthy relationship as opposed to an unhealthy relationship. Our year 9 students are developing the skills to ascertain what a safe, equal and healthy relationship is; respectful conflict resolution skills; and problem-solving abilities.

The 'Love Bites' program consisted of a morning session involving two interactive educational workshops on Domestic and Family Violence and Sexual Assault. In the afternoon the students participated in an art workshop where they were able to express their ideas on canvas. These paintings will be on display around the school over the next few weeks.

A huge thank you is extended to our wonderful Mid North Coast Health workers and educators and Senior Constable Snow for presenting Love Bites.

Thanks also goes to Susan Winsor, Matthew Gray, Brad Poidevin, Julie (School Counsellor), Cheryl Cutter and the art and music staff for supporting this wonderful event.

Adrienne Gillingham, Love Bites Coordinator



LOVE BITES Continued



Below are some quotes received from students that attended the 'Love Bites' program at school:

"It helps us know where to get help if we have problems with relationships."

"I learned a lot about stuff I didn't know, to do with love."

"There are a lot of people to go to for help and support."

"There are a lot more types of sexual assault than I thought."

"I learned abuse usually happens from someone you know."

"I liked that we got to discuss the topics, cause it happens in real life."

"Consent is so important."

"Respect others, both males and females."

"It taught us life lessons."

"It taught new things that we don't do in everyday class."

"Males get abused too."

"I learned about consent."

"I wish we had more time to learn more!"

"It was very informative and educational in a fun way."

"I liked how upfront and honest the workshops were."

"It clarified a lot of things for me."

"We went over all the important things about abuse, and got a good understanding of the issues."

"I liked that it was informative and wasn't sugar coated."

"You need to seek help if you need it."

"I learned relationships can change."

"I liked talking and having your own opinions, and being able to say them."



LOVE BITES Continued





CELTIC THUNDER MEDIEVAL PERFORMANCE written by Lori Newman and Deborah Chambers

On Wednesday, 12th October year 8 students joined Celtic Thunder's Ray and Colin for a day of medieval merriment. In the session we were enlightened to the happenings of medieval Europe focusing mainly on Scotland, Wales, Ireland and England.

The year 8 students had a chance to experience and handle weaponry from medieval times witnessing long bows in action and holding replica weaponry in a battle stance while performing a war cry of the students' own invention.

Six of the year 8 students got a taste of what peasant life was like dressing in traditional peasant clothing. One student being accused of witchcraft and another suffering from the plague. Later the students performed a short skit for the rest of the group resulting in a peasant boy being locked in the stocks for stealing a piece of cloth. The costumes provided by Ray and Colin offered a first hand experience of the attire of a male and female peasant, a lady-in-waiting, a knight and a monk or friar. Towards the end of the performance a student was dressed as a plague doctor wearing his raven costume and mask in order to scare the plague demons away.

The day was fun, educational and very enjoyable. On behalf of year 8 we would like to thank everyone who had a hand in making this day possible. We wish it could have lasted longer.



Principal's Column

I am always impressed by the generosity and kindness of our students and school community in times of crisis. For many years now Toormina High School students have worked with the Coffs Harbour Rotary Club to fundraise for ShelterBoxes which are sent to families and communities in crisis. This week I received confirmation that our two most recently donated ShelterBoxes have been given to families in desperate need on the Syrian/Turkish border. In a letter confirming their deployment Mike Greenslade of ShelterBox Australia wrote, "I have worked in a number of disaster zones and have seen first-hand the incredible difference your donation makes. Our specially designed tents can provide families with a place to sleep, our water filtration equipment means they have safe water to drink whilst thermal blankets and gloves can help them to keep warm. Thanks to you we are making a huge difference and directly changing lives by giving families aid in times of crisis." As we progress toward the 'Season of Giving' I hope this spirit of kindness and generosity that we embrace at Toormina High School is shared by you, your family and your community.

Dr Joanne Bellette, Relieving Principal



HUMANITARIAN TRIP BACK TO HAITI WITH FRONTIER PROJECTS

Cheryl Ward, a Drama teacher at Toormina High School, recently returned from another humanitarian trip to Haiti where she and her Frontier Projects team helped train the teachers at Bouvier School. This school has been built in the mountains behind the capital city of Port au Prince. The team also continued to renovate the Love Community Home for orphans and children rescued from trafficking. For more information on the work Cheryl is undertaking in Haiti please visit www.frontierprojects.org.



Girls in Trades Special Initiative Program

On Tuesday, 8th November, 22 female students from Toormina High School and Coffs Harbour High School participated in Phase 2 of the Girls in Trades Special Initiative program. This involved a tour of the plumbing, tiling, construction and bricklaying facilities at North Coast TAFE, a mosaic tile workshop, a visit to the Sawtell Fire Station and several local industry visits. The industries visited were KTR Engineering Toormina, Brown and Hurley Trucks Coffs Harbour, Faircloth and Reynolds Coffs Harbour and Total Gardens Coffs Harbour. The female students were made welcome at all venues and were given a tour of each facility. They particularly enjoyed the talk by the two female fire fighters from Sawtell Fire Station and the 'hands on' tiling workshop.

The girls were inspired to possibly consider a 'non-traditional' trade as a career pathway in the future. Thanks to Mrs Dionne Court from CHHS, who helped organise the day.

Phase 3 of the project will occur in 2017.

Robyn West, Careers Adviser

Nu Era Kitchen, Bathroom & Home Renovations P/L

Currently offering 2 Apprenticeships in Cabinet Making/Joinery.

Nu Era is one of very few companies that offer a unique trade in cabinetry/joinery as they custom make all of their products by hand using an array of tools and machinery.

Any interested students need to email their current resume to kerry@nueracoffs.com.au or call 02 66509 144 or 0412 654 607 for an appointment.



Above: Left - Students enjoying a look around Sawtell Fire Station. Right - Checking out the 'Big Rigs' at Brown and Hurley Trucks.

Below: Left - Enjoying the 'hands on' mosaic tile workshop at North Coast TAFE. Right - Tour of KTR Engineering at Toormina.



IMPORTANT DATES

MON	21/11	Yr 11	Hospitality Coffee Shop 9:00 - 11:00am
TUE	22/11	Yr 10	Police Talks
THU	24/11	Yr 7 2017	'World' Class Orientation Day
THU	24/11-26/11	Prefects + Some SRC	Halogen Leadership Conference in Sydney
TUE	29/11	All Years	SRC Mufti-Day - "Wear It Blue" Gold coin donation to benefit local family!
THU	1/12-2/12		Queensland Universities Excursion
THU	1/12		Support Unit COFFEE SHOP 10:00am - 2:00pm All Welcome!
MON	5/12	Yr 11	Hospitality Coffee Shop 9:00 - 11:00am
MON	5/12-9/12	Yr 10	Work Experience
TUE	6/12	Yr 7 2017	All Year 7 2017 - Orientation Day

Costly Fines for Parking in Bus Bay

A reminder to all parents that our bus bay is regularly patrolled by council rangers, so please observe the 'No Stopping' times to avoid costly fines. These fines are imposed even if a car drives through the bus bay during designated bus times, so park further away and walk back to collect your child if necessary. Currently the designated '**No Stopping**' times are from **8:00 - 9:30am** and **2:30 - 4:00pm**.

TERM 4 MUSIC TUITION

Term 4 guitar, saxophone, drum and vocal tuition are well underway, these lessons are held on Wednesday and Friday. Piano tuition has now started on a Thursday.



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

Connor Wear-Brodie
Benny Sinclair

UNIFORM SHOP CLOSED

Monday, 21st November

then
OPEN EVERY MONDAY
during term, 8am-4pm
Enquiries Karina 0468 436 217



Check out the new THS Facebook page!
Look for our school logo!



HOMEWORK CENTRE IS OPEN

Every THURSDAY

3:30 - 5:00pm

THS Library

with qualified teachers

ALL WELCOME!

Regional Theatresports Championships

This term year 9 Drama competed in the Regional Theatresports Championships which was held at Nambucca Heads High School in week 3.

Both year 9 teams performed brilliantly against all year 10 teams from Orara High School and Nambucca Heads High School. One of our teams placed third which was a fantastic effort as they were always up against other more experienced teams.

I was so privileged to take this group of THS teams and audience to the competition! Our students were a credit to themselves, their school and their families and we made some very funny lasting memories.

This was another wonderful Drama excursion with our very talented students!

Cheryl Ward, Teacher - Drama



Congratulations to all team members below: (front) Melanie Hughes, Georgia Elliott, Katie Shields, (back) Tahnee Fuller, Luke Field, Jacob Watterston, Ella Burgun, Kate Bowles.



Netball Gala Day

The Under 15 girls netball team had the opportunity to play in the CHS Gala day on Friday, 11th November. Our first game was against Coffs Harbour High School which we won convincingly. We then moved onto the second round against South Grafton and again the girls came away with a commanding win. We went on to face Grafton High in the final. The girls played a fantastic game and held a 1 point lead going into the second half but unfortunately Grafton were just too strong on the day and we were beaten by just a few points on the final whistle.

While the girls preparation for the gala day was limited, they all played like they had been together for many games before. They supported and encouraged each other both on and off the court. They were fantastic representatives of our school and I was extremely proud to be able to coach them on the day.

Rachel Charnock, Team Coach



League Tag Gala Day

On Thursday, 10th November Miss Thomas and I took four teams of boys and girls from years 7, 8, 9 and 10 to play at a league tag gala day.

League Tag combines both the skills of Oz-tag and Rugby League.

A variety of schools from the North Coast played on the day with Bishop Druitt College, Nambucca Heads High School, St Pauls from Kempsey and Toormina High School in attendance.

Both of our Junior and Senior boys teams played right through the day undefeated. Both Junior and Senior girls teams did not lose a game but finished with a draw.

All of the Toormina High School students were commended for their sportsmanship by the organising NRL representatives and thoroughly enjoyed the day.

Avon Medway
Teacher - Mathematics



Year 7 2017 Orientation Days at Toormina High School

Year 7 2017 Extension class (7 World) Orientation day
Thursday, 24th November 2016

ALL incoming Year 7 2017 students (including 7 World, Support Unit & IM class) Orientation day
Tuesday, 6th December 2016

Students MUST be at Toormina High by 8:50am and should be picked up by parents at 2:45pm to avoid congestion with buses.

(Please note that fines apply for using the bus bay during 'No Stopping' times, 2:30 - 4:00pm)

Students are to wear full Primary School uniform on this day and please bring a hat. Light lunch will be provided but parents may wish to send extra food and drink. Hope to see you all on these important days!!!