



Halogen Leadership Conference

Last week the Student Executive team and the Student Representative Council travelled to Sydney to attend the Halogen Youth Leadership Conference.

The Halogen conference is aimed at school leaders, to inspire and develop capacity to better lead their school. Guest speakers included Channel 7's, Melissa Doyle, and The Naked CEO's, Alex Malley, who presented their experiences in their chosen fields, what inspires them to be leaders and what leadership styles they use. Apart from the delayed flight (by 2 hours) and rough landing the students enjoyed their time in Sydney. There was shopping time and more shopping time, and also a quick visit to the David Jones Christmas windows, which a number of students had never seen before. Ms Cheers and Mr Gale were extremely impressed by the behaviour and interpersonal qualities that our school leaders demonstrated whilst in Sydney, even to the point where Mr Gale had to say they were being too polite amongst the crowds (no one moves aside for you). These students embody all the qualities appropriate for school leaders and all of them (and their parents) should be proud.

Scott Gale



Remembrance Day Ceremony



Our Remembrance Day assembly was held recently to mark this solemn occasion. Mitchell Biggin officiated the ceremony and gave a moving retelling of the sacrifices made by many. Reflections from students and staff gave reasons why we mark this day on our calendars each year and pause for a minutes silence to remember. We continue to remember the sacrifices and those who died or suffered in all wars and armed conflicts.



Congratulations to the following THS students, recipients of awards at the **2016 North Coast Aboriginal Education Awards** at Yarrowarra Aboriginal Cultural Centre on November 23.

Georgia Elliott - Student Participation

Jamie-Lee Buck - Student Participation

Jada-Lee Brunton – Achievement in Sport

Zion Connors – Performing/creative/visual arts

Jacob Robinson-McKay – Student Leadership



NEWS LETTER

TERM 4 | WEEK 9 | DECEMBER 2016



We have celebrated the Year 10 & Year 12 Formals at Opal Cove in recent weeks.
The formals were brilliant nights enjoyed by all! More photos on the THS website.



Best wishes Mrs Ward on your retirement!



And a few words from students
Mitchell Biggin & Natalie Hawkins
on behalf of THS students of ...

Mrs Ward has been an
inspiration to many and
encourages all her students
do their best. The countless
hours she has put into
shows, excursions and class
work has been appreciated
by us all and now it is time
to commend her after all
she has done!

We thank you and will
clearly miss you. Your spirit
will live on in our hearts for a
lifetime.

In her own words...Cheryl Ward

I have the Best memories from my life-long Teaching career in
Drama and Music.

And these last 16 year have been here at Toormina High.

What a privilege...

I have loved creating a Drama Space where any child – no matter
how Flamboyant, no matter how Shy

Can embrace their Inner Shakespeare... or their Inner Clown.

Not just teaching them to be a Character... teaching them to be
Themselves.

Nothing on this Green Earth compares to watching a group of kids
earn the true meaning of Ensemble. As One. Caring. Creative.
Connected.

Working with talented friends and students to create something
Beautiful and Grand and birthed from their Imaginations and
mine.... Together.

Like our Musicals... 6 of them in the last 16 years...

Where I had the pure joy of watching The Ones whom I knew
would Eventually Get It..

Finally.

Really.

Got it.

Giving students permission to sing their own Roof off... taking the
limits off their own Dreams...

To bring the House down with their own Improvisations and Sense
of Humour ...

and never worry anymore

that They Are Ignoring My Script and Just Making It Up As They Go
Along!!!!

Trusting them.

Well... they have trusted me...

So here's to

All my wonderful students who trusted and blossomed and shone!

All the fabulous staff who I have worked with –

Both those who became life-long friends as we laughed (and
cried) together;

and those colleagues who shared stories as we'd chatted in
corridors and staffrooms on the way to our next lunch-meeting ...
such damn-good teachers who taught my own kids...

Blessings to you all for a wonderful life ahead...

I know That's what I have to look forward to..

The Next Grand Chapter in this gorgeous comedy called Life...
and remember...

There is always.... Always...

Always room for just One More in the Team...

And we are ALL Stars of our Own show.

Time to shine, peeps!

NORTH COAST SCHOOL SPORTS ASSOCIATION AWARD

Congratulations to THS year 9 student, Alikkan Jerrard. Alikkan received the North Coast School Sports Association 2016 Sports Recognition Award.

A talented high jumper Alikkan has represented the North Coast Track & Field team every year since 2014. Alikkan has also been a member of the North Coast Touch Football Team and has represented in a variety of school sports, congratulations Alikkan!



The Community Quilt Project photo above

The Community Quilt project in the IM class combined a number of textile techniques. Also the students had to adopt a community spirit in putting the project together, they worked hard to get it finished and should all be very proud of their efforts.

'Our class made the quilt to raffle off and the money raised will go to a local charity. To make the quilt we had to think of colours and tones. It was fun to see what you could come up with'. Zac.

'I liked doing the quilt because it was fun and good'. Leon.

'I liked doing the quilt because I had fun learning to use the sewing machine'. Evan

'The part I liked most about the quilt was when it was put together and you could see all the pieces next to each other'. Brianna

'I liked doing the quilt because it reminded me of the skills to sew and working to help other people in need'. Pat

'I liked doing the quilt because I got better at sewing and putting colours together'. Kaylee

'I loved watching the smiles and the skills develop each lesson as the students explored their inner creativity and put their ideas into practise. I am extremely proud of the effort they ALL put in to our Community Quilt'. Kim Carter, IM SLSO
Tanya Cheers, TAS Teacher

Elsa Dixon Graduation

The Elsa Dixon Aboriginal Employment program, named in honour of prominent Aboriginal activist Elsa Dixon, has helped fund a pilot school-based traineeship program for the Mid North Coast Local Health District (MNCLHD).

THS Year 12 student, Dakota Mace-Secombe, recently completed her School-based Traineeship.

The program aims to promote workforce diversity and innovation for the Health District and better health outcomes for patients. We congratulate Dakota on completing her traineeship and also gaining admission into the Bachelor of Nursing degree at Southern Cross University.



OUR THS BOYS MAKE A STAND!

White Ribbon Day highlights domestic violence, in particular, the unacceptable occurrence of violence against women. This year a goal was to have men in our community make a stand and show their support publicly by taking the oath - **"I will stand up, speak up and act out to prevent men's violence against women. This is my oath"**. This was done at an assembly by male staff and male students who voluntarily and unashamedly stood up and in loud clear voices, made the oath together, giving a clear message that violence against women is not tolerated. Brad Poidevin

I would like to congratulate Brad Poidevin for creating such an amazing whole school experience on our assembly today. For those of you who were not present...

Brad asked the male staff of our school to stand at the front of the assembly to support White Ribbon Day (to support women who experience domestic and family violence by saying it is not O.K). Brad then asked asked for male students to stand up to join in with the pledge.

Teachers and female students started clapping in appreciation. It was an amazing experience to witness.

On behalf of all women (including our female students) I would like to thank the male staff for being such great role models for our boys.

Thanks Brad for making it happen.

Adrienne Gillingham, Teacher Librarian

Sydney University Visit

This term, John Hobson, Director of Indigenous Education programs at the University of Sydney and his colleague Susan Poetsch took the opportunity to visit Toormina High School to meet Penny Grace and observe her teaching the Gumbaynggirr language. This visit was part of a field trip to the Coffs Coast region for six students enrolled in the unit of study 'Re- awakening Australian Languages at the University of Sydney'.



VIRTUAL WORLD!

Virtual Reality is a new tool for the classroom teacher. It allows a teacher to take a class almost anywhere in the world with a 360 degree view. The IM class tested out a 'Virtual' world and expressed their thoughts on how great it was.

'It was COOL! I liked the roller coaster the best. I felt like I was on it. The best was watching Amber as she shouted and waved her hands about. I liked being underwater until I turned around and saw the shark'. Kaylee

'Pretty cool because it was like being in an avatar's body. I felt like I was there, especially on the roller coaster. I was underwater when I saw a boat but thought it was a shark and had a shock'. Evan

'It was cool. I liked the roller coaster because it went fast and I could look all around'. Brianna

'It was crazy, I felt I was really on a roller coaster. The sharks were scary when I saw them'. Amber



THS students selected for STEM Summer School

Congratulations to THS students, Jarod Reeves, Corey Warn, Amanda Casey and Georgia Elliot have been selected to attend the Aboriginal Summer School for Excellence in Technology and Science (ASSETS). 105 students from across Australia have been selected to attend one of the three summer schools which will take place during December 2016/January 2017.



Photo above is Jarod Reeves and Georgia Elliot,

THS students 2017 HEAD START Program at Southern Cross University

Head-Start provides an opportunity for Year 11 and 12 students to gain direct entry and advanced standing into a variety of courses offered at Southern Cross University. Free from university fees, the program offers students the chance to gain a taste of university life, stimulate their interest in academic pursuits and enhance their educational performance and long term aspirations.

Congratulations to our successful Year 10 students on gaining entry to Head Start for 2017: Meg La Macchia, Tori Van Stijn, Erin Potter and Chloe Rann.

Principal's Column

In my final Principal's Column I'd like to take a moment to thank the staff, students and parents of Toormina High School for their support and guidance during my two years as Relieving Principal. I continue to be inspired by the dedication of our school community and their determination to see the best for our students. I'd like to give particular thanks to Kathy McDowell, Deputy Principal, whose knowledge of Toormina High School and its community is unsurpassed; Mr Christopher Metcalfe, who has worked tirelessly in the role of Relieving Deputy Principal, and wish him all the best on his return to Grafton High School; and Mrs Michele Bake who has been a great advocate for our school, students and families in her role as P&C President. Whilst I would love to spend the time spelling out how inspired I am by all of our staff as they have gone about achieving amazing outcomes with our students ... time, space and a lack of superlatives prohibits this. Suffice to say my time at Toormina High School has been wonderful and I thank you for that. I would also like to take this moment to recognise the amazing work of two staff members who are retiring at the end of this year. Ms Yvonne Klepzig has been an integral member of our school administrative staff for many years, most recently she has been working in our school library. She will be a great loss to our school team and we wish her all the best in retirement. Mrs Cheryl Ward, our much beloved Drama teacher, will also be exiting stage right at the end of the year. Cheryl has been an inspiration to many students throughout her years at Toormina High School, she is upheld as an amazing teacher not only for her subject knowledge but also for her great compassion and kindness. Of course one of Cheryl's greatest achievements has been her role as the driving force behind the Bongil Bongil Musicales and we thank her for the many memories her wonderful leadership in this endeavour has left us. We wish Cheryl all the best in her retirement. Wishing everyone a joyous Christmas and New Year.

Dr Joanne Bellette

Tis the Season for Giving



A Christmas tree has been set up in the library. Students and families are asked to bring in toys UNWRAPPED and place them under the tree. These presents can be for a female or a male of any age. The presents will then be wrapped by the SRC and sent off to a local organisation to be delivered to local families in need.

Year 10 PE Elective

As part of the Year 10 PE Elective subject students assist our local primary schools in the organisation and management of a variety school, zone and regional sports carnivals.

To show their appreciation of the great work done by these students Mrs Greenway from Toormina Public School sent certificates to be awarded.

Hayley Drazic
Thomas Sheely
Hayden Sheely
Zyla Steele
Jessica Lee
Mikayla Veale
Myciah Richards
Zac Horsburgh
Bianca malone
Seth Martin
Holly Brooke
Chloe Rann
Hayley Bowman
Sarah Bailey
Somarah Fimeri-Scott
Jamie-Lee Buck
Hannah Richardson
Kylani Rann
Tori Van Stijn
Liam Taylor
Hayden Smallwood

Financial Services Course

On Monday 28th and Tuesday 29th November, The Smith Family ran a free Certificate 1 – Financial Services Course at Toormina High School.

Fifteen Year 10 students participated in this informative course which covered topics such as; setting financial goals, creating a budget, developing a savings plan, how to better understand credit and debt traps, understanding taxation and basic superannuation and the role of regulators such as the ACCC and ASIC and how they can help you.

Robyn West, Careers Adviser



Work Placement



Hayden Castle in year 12 in the THS Support Unit is a young man with a will to work. He has been working at Nambucca McDonalds for most of this year and has been a star worker.

Many thanks to management for their generosity in providing work placement for not only Hayden but students from Nambucca High School Support Unit also. Congratulations Hayden!

Chris Browne, Head Teacher Support Unit



SLIKK

Year 9 THS student, Lenny Bull, recently participated in a variety of cultural experiences in Sydney as part of the SLIKK (Student Leadership for Koori Kids) program. Together with students from Bowraville, Nambucca, Macksville, Bellingen and Dorrigo, Lenny was part of the the 32nd Kaldor Public Art Project, a sculptural and sound installation which featured in the grounds of the Royal Botanic Garden. The students learnt dances to perform in Sydney and participated in workshops and saw Bangarra Dance Theatre.

Payless Shoes at Toormina Gardens Shopping Centre are offering 10% off all school shoes for students through to the end of January.

Spirit of Toormina Award

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

Charlize Alty
Nick Cooper
Jessica Biddolph
Mitchell Biggin
Billy Briggenshaw
Geoffrey Devoy
Matisse Herdegen
Robert Howe-Jones
Melanie Hughes
Nadine Hughes
Jahni Kemp
Meg La Macchia
Travis Lee
Finley Lewis
Orion Parkes
Aleigsha Swan
Tyke Kemp

THS UNIFORM SHOP January 2017 Opening Hours

OPEN 9am - 3pm

Thursday, 19 January

Friday, 20 January

Monday, 23 January

Tuesday, 24 January

Wednesday, 25 January

During term, OPEN EVERY MONDAY

8:00am - 4:00pm

Enquiries Karina 0468 436 217

'To be or not to be' YEAR 8 Shakespeare Display in THS Library

This term Year 8 have been studying William Shakespeare as part of an Introduction to Drama. Classes have been exploring the importance of his work and the excitement he brought to audiences in London in the Elizabethan Era. While the language of his plays can be fairly daunting for high school students, they can certainly appreciate the comedy and characters in each of his plays.

Classes were asked to reconstruct the Globe Theatre and create a biography of the great bard as they studied his comedy, 'Midsummer Night's Dream'. Their works have been on display in the school library.

Cherie O'Brien and Bree Taylor, English Teachers



NEW on our THS Website

Photo Gallery

- Year 6 'Taster' lessons
- Year 9 'Love Bites' program
- Year 10 Formal
- Year 12 Formal

Also available:

Year 12 2017 Assessment Handbook & Schedule

IMPORTANT DATES

TUE	6/12	Year 7 2017	Orientation Day
TUE	13/12	All Years	Minor Awards Assembly
THU	15/12	All Years	Major Awards Assembly, 10 -11am
FRI	16/12		LAST DAY OF SCHOOL YEAR
2017			
MON	30/1	Year 7	First Day Term 1 2017
TUE	31/1	Year 11 & 12	First Day Term 1 2017
WED	1/2	Yr 8, 9 & 10	First Day Term 1 2017

A huge thank you to SLSO Extrordinaire, KIM CARTER, for delicately balancing two jobs, SLSO and compiling the newsletter for the last 2 issues while I was on leave, thanks Kim!

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





AIME at Toormina High School

The AIME (Australian Indigenous Mentoring Experience) Program this year has enabled the students of Toormina High School to engage in a successful mentoring program over the past year at Coffs Harbour Senior College. Last Monday our students participated in the first tutor squad within the grounds of Toormina High School. This will continue over the next three weeks as taster lessons and jump start the possibility of continuation of the program in 2017. The comments below are feedback from the mentors on the day.

"Yesterday saw our first ever tutor squad at Toormina High. It was wonderful to come into the school and connect with the students in school, and share more stories".

In particular our seven mentor's general sentiment was that it presented an opportunity to talk more 'one on one' about what they were studying at university.

"I can see the 15 year old me in these kids", Indigenous mentor and Bachelor of Education student Cortney said. "It's great to be able to have that conversation about further education and inspire the next generation to set high goals for themselves."

2016 saw over thirty students from Toormina High engage with AIME, with many highlights including Tyler Brunton who received a Deadly Award for his courage to step up and read a speech in front of his peers at an AIME session at SCU. This was a big achievement for a student who never usually speaks up in class."

Emily Allen

AIME Mentoring Program Coordinator

The program was a success and has allowed our students an opportunity to engage within the wider educational community.

Chris Metcalfe, Relieving Deputy Principal



Supporting your young person during the holidays

There are signs that may suggest things are not quite right with your young person and that you might need to talk to someone about what's going on. These include:

- Not enjoying or not wanting to be involved in things they would normally enjoy
- Unusual sleeping or eating habits
- Being easily irritable or angry with friends or family for no reason
- Being involved in risky behavior they would normally avoid
- Feeling tense, restless, stressed or worried
- Crying for no apparent reason, feeling sad or down for long periods of time
- Having lots of negative thoughts

Holidays can take students away from friends and their usual school supports. Changes to routine can cause some young people to feel stressed, isolated and alone. Being a supportive parent is especially important when it comes to a time of change in a young person's routine or life structure.

Tips to help you support your young person:

1. Recognise their distress or concerning behaviour
2. Ask them about it
3. Acknowledge their feelings
4. Get appropriate support
5. Check in a short time afterwards



It's helpful to ensure that your young person stays involved and remains active during the holidays

Some general tips:

- Maintain a regular routine (i.e. getting up in the morning, eating three meals a day)
- Encourage them to keep in contact with friends
- Involve them in decisions and give them responsibility at home (i.e. deciding what to eat for dinner and helping prepare it)
- Encourage them to get involved in activities or projects, and participate with them when you can



If you believe that a young person is at risk of harm, you should seek professional support from your GP, mental health service or emergency department and keep the young person safe until help arrives.

Support Service Options:

headspace.org.au to find your nearest headspace centre
 eheadspace.org.au for free online and telephone support
 reachout.com for information about wellbeing
 Lifeline 13 11 14
 Kids Helpline 1800 224 636
 Parentline 1300 301 300

The Australasian Society of Clinical Immunology and Allergy (ASCIA) recently released updated advice on the management of ticks to the Department of Education.

New Treatment for Ticks

Severe allergic reactions can occur when an embedded tick is disturbed, e.g. through scratching, attempting to remove the tick, or applying an irritant chemical. Disturbing the tick can cause the tick to inject more poison.

The new tick advice is as follows:

If a tick is located, do NOT forcibly remove the tick

Kill the tick first by using a freezing product (for example Wart Off Freeze ® or Elastoplast Cold Spray ®) to freeze the tick. This will prevent it from injecting further poison.

Once the tick is frozen, it can then be removed with tweezers.

For further information on tick allergies refer to the ASCIA Website.



Sawtell Uniting Church
Sawtell Golf Club



Sawtell Carols by Candlelight

**Thursday, 22nd December
at Sawtell Golf Club**



All funds support
Sawtell BMX Club

From 6.00
Santa arrives 7.15
Carols from 7.30
BYO food or available on the course
All alcohol consumed to be bought at the club

www.sawtellunitingchurch.org.au