

NEWS LETTER

Safe Respectful Learners

TERM 3 | WEEK 10 | September 2019



CREATING OUR FUTURE

Year 12 2019



Although the Higher School Certificate examinations are still to come we have been celebrating the end of secondary education for the Class of 2019 at school. We have held the traditional volleyball game, a countdown to the final bell, a farewell assembly, a breakfast, a morning tea and a Formal Dinner. BEST WISHES YEAR 12!



2020 Student Leadership Team



The incoming 2020 Student Leadership Team held their Induction Ceremony and Training Day at Bonville International Golf Club.

We have a tradition at Toormina High School of the parents or family member pinning the badge on during the Induction Ceremony. We were very lucky this year to have many family members able to attend and celebrate this proud moment.

We would like to thank organisers, Scott Gale and Tanya Cheers and welcome incoming coordinator, Bridget Thornton.



Senior Music Showcase

The CAPA department held version 2 of the Senior Music concert as the previous showcase had to be postponed. The sold out concert served as an excellent platform for students to rehearse performances in front of an audience prior to their Higher School Certificate performances. The Year 12 Music class and selected students from the year 11 class put on some outstanding performances which were well received by the audience. A special mention should go to Thomas Anderson, Vincent Yap, Daniel Ingram and Ellena Cheers-Favell who supported our HSC students.

Well done to all our CAPA students this year.



Congratulations to these athletes who recently competed at the State Championships!

Toi Wordsworth

Shayla Webb

Shavannah Boota

Charlotte Hargans

Darrelleigh Hickling

Honorine Ilunga

Ilesha Patterson

Congratulations

Under 16's

NSW Country Rugby

League Malakhi

Donovan

Under 15's

Boadhi Sjoberg

Diem Mason Woods



CONGRATULATIONS!

Tori Rose and Jacob Robinson-McKay have been accepted into the Indigenous Access Program being held at the Wagga Wagga Campus in November, 2019. Successful completion of the program will gain them entry into a range of CSU Bachelor courses.



Sawtell Public School

Ms Johnson had the pleasure of speaking at the Sawtell Public School Kindergartern Orientation. She had two wonderful year 7 students with her, Kiara Wishnowsky and Zach Creenaune spoke to the parents about how Sawtell Public set them up to be wonderful students at Toormina High School. This was a great opportunity to engage with the future generation of students who will one day be attending Toormina High School.

Tennis Champions



Congratulations to Luke Field, year 12 and Tekan Collins, year 9, who won silver, for the third consecutive year, as part of the North Coast Tennis Team at the NSW Combined High School State Team Tennis Championships at Wollongong.

Congratulations also to Tennis Coordinator, PDHPE Teacher, Adam Berrada, for his enthusiasm and support!



Parent Teacher Interviews

Toormina High School teachers had 346 appointments with parents at our recent Parent Teacher interview afternoon.

Thanks for supporting your student's education and taking the opportunity to meet their teachers. If you couldn't make the interview afternoon parents and carers can phone the school, 66 533 077, and arrange to have a teacher call them.



Adjudicators!

On Wednesday the 11th of September Ms Johnson took Ryan Gilchrist and Rohan McCartney to Bonville Public School to adjudicate their public speaking finals. They were delighted to hear some exceptional speakers throughout the day. The winners from this day will progress through to the Bongil Bongil Community of School Public Speaking Competition Finals. Congratulations to all students who presented a speech on the day, they were all exceptional examples of the wonderful students who are raised in our community of schools.



Congratulations!

Harrison Winchester, year 9, was awarded with the Australian Scouts Medallion over the weekend in Sydney. Harrison also delivered a message from the Governor of NSW, Her Excellency, Margaret Beazley. Well done Harrison!



Netball Gala Day

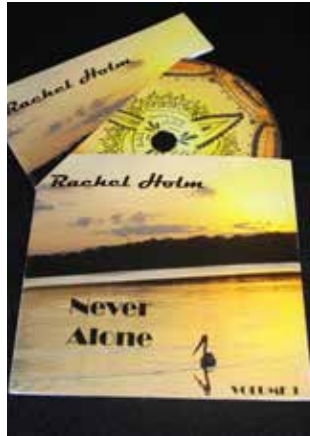
Six students from the Support Unit attended the TAFE NSW All Abilities netball Gala Day at Grafton on Monday. They joined 10 schools and over 100 students from the region to develop skills, play games and socialise with their peers.. A great day was had by all with lots of smiles on faces. The day finished on a high with some awesome netball being played in great spirits.

Gav Vanderkly, Support Teacher

Year 11 Visual Design

The Year 11 Visual Design students have been working on graphic design for the music industry. Their work is highly creative and well executed. Enjoy this selection of images from the class, great work year 11!

Nicole Browning, CAPA Teacher



Swans Cup AFL

Toormina High School recently competed in the Swans Cup AFL Gala Days.

The year 7/8 boys won a thrilling grand final against John Paul College 20 -19, coming back from a two goal deficit at half time to defeat a strong JPC team in the dying minutes.

The year 9/10 boys also showed some outstanding skills.

Standout performers were Travys Downton, Harry Smith and Liam Hand for the year 9/10 boys and Credence Donovan, Bryson Woodhouse and Warren Craig for the junior boys.

Kyah Schwartz, Team Manager



Please inform the school, 66533077, if you or your partner change -
*phone number *mobile number *email address *emergency contact details
*medical requirements/health care plans

BroSpeak

BroSpeak is a small group program for Aboriginal boys attending secondary school. The program is run by the school and is designed to help the boys be strong in their Aboriginal identity and smart in their approach to achieving their life goals.

BroSpeak, a cultural and mentoring program run at THS, has a strong cultural focus and is designed to inspire and motivate young Aboriginal men about the importance of education. BroSpeak creates a safe environment for young men by drawing on the traditional methods of men's business.

The program also tackles a range of social issues head-on including grief and loss, mental health, nutrition, alcohol (and other drugs), sexual health, gambling and self-esteem.



Photo shows students, staff and guest presenter, Lachlan Skinner.

Monday, October 14,
is the first day of Term 4
for students and staff,
we start on WEEK B.

Have a safe and
happy holiday!



Thank you Mrs Strachan!

Jasper Williams showed his appreciation for his teacher, Francine Strachan, by making her a recycled pallet timber garden bed!



'Virtual' Study

Last week our HSC Mathematics 2 students participated in a 'virtual' Study Day. These days provide an opportunity for any HSC class in a NSW Department of Education school (rural, remote or metropolitan) to connect and revise with other students from across the state via live streaming.

Aurora College Study Days utilise a range of experts, experienced teachers and HSC markers who present HSC examination advice and up to date information on course content. What a great opportunity for our students!

Let us know how we are doing....please complete the Tell Them from Me Parent Survey

<http://nsw.tellthemfromme.com/y2hg9>

Survey takes approximately 15 minutes to complete.

Thank You!



SCHOOL HOLIDAYS

SPRING 2019

MON 30 SEP	12pm-3pm AFL Camp \$20
TUES 1 OCT	9am-12pm Ball Skills \$20
WED 2 OCT	9am-3pm Craft Creations \$60
THURS 3 OCT	9am-11am Dance Workshop 1 \$15 11:30am-1:30pm Dance Workshop 2 \$15
FRI 4 OCT	10am-12pm Tie Dye T-shirts \$30 1pm-3pm Catch your own dream catcher \$20
WED 9 OCT	12pm-3pm AFL Camp \$20
THURS 10 OCT	12pm-2pm Paint it workshop \$40
FRI 11 OCT	9am-11am Dance Workshop 1 \$15

Program is designed for children aged 5-12 years.
Please pack hat, recess & lunch for your child.
Each participant must be a member of PCYC \$10 per child, per year.

PCYC 74 Bray Street, Coffs Harbour
coffsharbour@pcycnsw.org.au
COFFS HARBOUR 02 6651 9961




Coffs/Clarence Police District

Youth Fun Day

Coffs Harbour Skate Park/Brelsford Park
Thursday 3rd October 2019
12 md to 3pm
**Sausage sizzle, music, games
stall holders and more.**

All Inquiries: Senior Constable Jo Brooker
29311@police.nsw.gov.au

This is an opportunity for youth and the community to engage and meet with local police and other agencies.







Congratulations to Amanda and her team for another term of fabulous Coffee Shops in the Support Unit!

SAWTELL CRICKET CLUB Registrations open!

Age Groups

Under 10's, Under 12's, Under 14's, Under 16's

Please visit

<https://www.playcricket.com.au/club-finder/club-details>

follow the prompts to register. If you have not used your Active Kids Voucher for \$100, now is the time, you receive two vouchers per year.

Playing cricket and being part of a team is a great way to make friends, build life skills and resilience.

If you are not sure about registration please email

sawtellcricketclub@gmail.com



ENERGY DRINKS

We are concerned as some students are buying energy drinks on their way to school. We would like to share some information so parents can discuss these drinks with their student as they may not be aware of their consumption.

The major health concern surrounding 'energy' drinks is their high caffeine content. Caffeine is an addictive substance that can affect the heart and nervous system. While it may temporarily help you overcome symptoms such as tiredness and restore alertness, it can have other negative side effects, especially in children and adolescents.

Negative or adverse effects of caffeine can include:

- Difficulty concentrating**
- Difficulty sleeping**
- Insomnia**
- Nervousness**
- Headache**
- Rapid heart rate**
- Anxiety**

Due to their smaller body weight, children are at greater risk than adults of developing these adverse symptoms. Energy drinks are low in nutrition value and high in kilojoules, and they may have harmful effects on children and adolescents including increasing risk of excessive weight gain, increasing heart rate and increasing anxiety.

The role of the Anti-Racism Contact Officer (ARCO)

The following URL links to a website that contains a brochure outlining the role of ARCO for families of English as an additional language or dialect (EAL/D) students. Feel free to visit the site and select your home language to discover the role of the ARCO.

<https://education.nsw.gov.au/public-schools/going-to-a-public-school/translated-documents/anti-racism-contact-officer>

Suze Hardy, Toormina High School ARCO

We like to introduce new staff to our school community via a questionnaire...



Name...Aimie Cooper
THS Position...School Learning Support Officer
The high school I attended was...Toormina High School.
On weekends I enjoy... fishing, surfing, beach, exploring, adventuring.
I love...my beautiful kiddies, Bailey and Lauren, and chocolate.
I don't like...prawns.



Name...Claire Fairweather
THS Position...School Learning Support Officer
The high school I attended was...St Mary's Anglican Girls School, Perth
On weekends I enjoy ...spending time with my boys who are 3 and 6, we love exploring places on the Coffs Coast! love...cooking and coffee!
I don't like...leeches.
When I was a teenager I wish someone had told me...dream big and always try new things!



Name...Craig Cook
THS Position...School Learning Support Officer
The high school I attended was...John Paul College.
On weekends I enjoy ...cards and taking the dogs to the beach.
I love...cards, games, chess.
I don't like...liquorice.



Name...Meagan Jamieson AKA Miss Meagan
THS Position...School Learning Support Officer
The high school I attended was...Toormy Rulz
On weekends I enjoy ...leeping in, playing soccer, taking my dogs to the beach.
Drinking copious amounts of coffee and eating homemade nachos.
I love...the beach, my dogs, travel, reading and camping under the stars.
I don't like...litter bugs.
When I was a teenager I wish that someone had told me...that coffee is highly addictive and has cost me thousands of dollars over the course of my life, lol.

The Year 7 English Assessment task was to write about **HEROES**, this excellent essay is by Jack Hone, year 7.

'A true hero isn't measured by the size of their strength, but by the size of their heart'.

A true hero can be anybody! It can be you or me or a stranger we pass in the street. No matter how physically strong we may or may not be, any of us can be someone's hero by acting with care and compassion and having a positive impact on that person's life. This to me is what the quote is all about.

I am lucky enough to know someone who has the biggest heart of anyone I've ever met. He wouldn't win in weightlifting at the Olympics, but if there was an event for the biggest heart, he would surely win gold. His name is Matt.

He is a dad, a businessman and just an ordinary everyday guy. What people don't know about him, is that he also finds the time to organise fundraising charity soccer matches and other activities to help raise money for homeless youth in Coffs Harbour. He doesn't gain anything from this, but the fulfilment of seeing other people's live good lives and work through their difficult situations. This is a big reward for him.

This year he came up with the idea of starting up a soccer academy to help and provide not only for the homeless, but also refugees, people less able-bodied and everyday people like us. What he does truly amazes and inspires me to work harder to be a better person.

This year was the 4th annual soccer charity match he has organised and over those four years he has raised more than eighty thousand dollars for Wesley Mission to help homeless youth. He has donated every bit of this to them, to try to give them better lives through providing basic needs that we sometimes take for granted. Some of the great things he has achieved include enabling 22 young disadvantaged youth to obtain their drivers licenses, provided furniture and white goods for housing, as well as giving away gift packs at Christmas time.

I believe our society needs more people like Matt because he is a humble man with big dreams, just wanting to do the best for other people not as fortunate as us. He is a true hero!



THANK YOU

to the Year
11 Hospitality
students and
Greg Woods,
Head Teacher
TAS, for the
excellent
YEAR 12
BREAKFAST

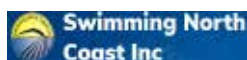


IMPORTANT DATES		
MON	23/9-27/9	WEEK A
TUES	24/9	Year 12 FAREWELL Breakfast 7:30 - 8:30am Assembly - 10:00am Formal Dinner - 6:00pm - 9:00pm, Bonville
WED	25/9	Faculty Meetings, 3-4pm
FRI	27/9	Last day, Term 3
MON	14/10	First day, Term 4, students and staff
MON	14/10 -18/10	WEEK B
WED	16/10	Staff Meeting 3-4pm
THURS	17/10	Higher School Certificate commences
MON	21/10 - 25/10	WEEK A
WED	23/10	Staff Professional Learning 3 - 4pm
WED	23/10	P&C meeting, all welcome! 5:30 - 7:00pm



SWIM CLUB 2019 – 2020

- Season Starts:** Friday 11th October 2019
- Time:** Fridays at 5.30PM
- Place:** Sawtell Swimming Pool
5 Lyons Road Sawtell NSW 2452
(Near the Big 4 Caravan Park)
- Cost:**
- | | |
|--|----------|
| Swimming Member | \$110.00 |
| Family discount for 2nd child or more | \$100.00 |
| Club Shirts – Compulsory for interclub competition | \$ 35.00 |
| Free Club Cap - 1 Only (Extra caps \$15.00) | |
- Active Kids Vouchers Accepted**
2 Week trial available for new swimmers
- Contact us:** sawtellswimmingclub@gmail.com
- Register Online @** sawtell.swimming.org.au
- Follow us:**  sawtellswimmingclub



Please 'like' the Toormina High School Facebook page (look for the school logo) and 'share' our posts - this is a free, easy way to show the world our achievements and activities!

SALE
Toormina High School
UNIFORM SHOP
20% DISCOUNT
Until end of Term 3
Shop open every Monday
8:00am - 12:00pm
every Thursday
12:00pm - 4:00pm
Manager - Jess
0468 436 217

Kimbo's Sawtell

Swimming Squads

-  Stroke & Technique Correction
-  Mini Squads
-  Junior Squads
-  Performance Squads

Monday - Friday (AM & PM)

KR

Proud Supporter of Sawtell Swimming Club
0414 256 004
coachkimroach@gmail.com