

# NEWS LETTER

Safe Respectful Learners

TERM 1 | WEEK 3 | February 2020



CREATING OUR FUTURE

The year 7 cohort have made a brilliant start to their secondary education. We would like to welcome them and their families to our THS school community!



WELCOME to Year 7 2020





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Swimming Carnival 2020





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Safe Respectful Learners

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We had an amazing day at the Toormina High Swimming Carnival, thankfully the bad weather held off and our students had a great time.

**Three records were broken by year 10 student Mitchell Hickey: 50 and 100 backstroke and 200 m freestyle in the 16 years age division.**

In a very tight contest Marlin just beat Barramundi house to win their first swimming carnival in close to ten years!

**2020 Age Champions**

- 12 Kodie Hilton and Charlotte Beadle
- 13 Fyn Harrison and Eva Knight
- 14 Oscar Hickey and Lily-Grace Herden
- 15 Braydan Paunovic and Montana Anderson
- 16 Mitchell Hickey and Sharny Williams
- 17 Ryan Gilchrist and Sahra Stevens

**Adam Berrada, Carnival Coordinator**



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



Name...**Jacqueline (Jacqui) Fogarty**

THS Position...School Administrative Manager

The high school I attended was...Toormina High School.

On weekends I enjoy ...the beach.

I love...animals.

When I was a teenager I wish someone had told me.... I'd be back working here lol!

Name...**Marg Hope**

THS Position...Room 13 Support Teacher

The high school I attended was...Maroubra Junction Girls High School in Sydney.

On weekends I enjoy...chilling out with my family and friends. One Sunday a month I have a market stall at the Harbourside Markets.

I love...Boambee Soccer Club and have been the Canteen Coordinator for the last 4 years.

I don't like...getting up early.

When I was a teenager I wish someone had told me ... life gets better the older you get!



Name...**Ash West**

THS Position...HSIE Teacher

The high school I attended was...Forbes High School

On weekends I enjoy...playing video games, watching Netflix, gardening and spending time with my dogs.

I love...escape rooms! Always top on my list when travelling to new places.

I don't like...capsicum, mangoes, cold weather.

When I was a teenager I wish someone had told me: not to move to Sydney (too expensive and too many people!).

The Year 8 Textiles class are seeking donations of unwanted denim jeans for an upcycling project.

## REMINDER

Year 7 students - please return Bonding Day notes and money . Also, the Expression Of Interest note for the camp at Foster Adventureland is due on Monday, February 17. We need this returned in order to determine if the camp will go ahead.

**Tanya Crough, Year Adviser**



This year, Toormina High School will be participating in a web-based mental health service with the Black Dog Institute, called Smooth Sailing. Year 8 will be given the opportunity to participate in the program. The service is aimed at students help-seeking for mental health and reduce the feelings of worry. All students in Year 8 will be able to use the program across Terms 1 and 2. This program is not compulsory and if parents wish their student to not participate please contact me at school. Information sheet below.

**Scott Gale, Head Teacher Wellbeing**

## SMOOTH SAILING

### Smooth Sailing is now available at your school. The Black Dog Institute invites you to use this new and exciting service!



**Smooth Sailing** is a web-based mental health service for high school students. The service is delivered by the Black Dog Institute – one of Australia’s leading mental health organisations. Smooth Sailing was built by a team of researchers at the Institute in partnership with young people, their parents/carers, school counsellors, and health professionals. The service has been shown to improve students’ help-seeking for mental health and reduce feelings of worry.

All students in your year group will be able to use the service for two school terms.

This service gives students access to a range of internet activities, resources and online modules which include information about mental health symptoms and teaches young people skills to talk to their family, friends and trusted adults about their mental health.

#### What do I have to do?

Participation in the service is entirely voluntary, so if you decide not to take part, that’s completely ok. Your relationship with the Black Dog Institute or the University of New South Wales will not be affected. It is important for all students and their parents/carers to read this form and discuss together what is involved.

If you decide you would like to use the service, you’ll be asked to register on the Smooth Sailing website in class time. You’ll create an online profile including your **name, email or mobile number, date of birth, gender, and state**. You can update this information at any time by clicking on “My Profile” in the home screen.

After this, you will also be asked to **answer some questions about whether you have felt down, sad, or worried** in the past two weeks. These questions are used to work out what types of activities and information will be most helpful to you. As you use the service, Smooth Sailing will record whether you complete the suggested online modules and activities. Smooth Sailing will also track your program usage and how long you spend on any of the Black Dog Institute programs or apps that are recommended by Smooth Sailing.

Parents or carers will not know or be provided with the answers of their child’s responses to any of the surveys or activities included in the Smooth Sailing service.

Mandatory reporting requires that a parent or guardian is informed if a school counsellor deems a student to be at risk of suicide or self-harm.



## Best Start Year 7

Best Start Year 7 is a new online assessment for students which helps provide information for teachers on the literacy and numeracy skills of students at the beginning of Year 7.

The Best Start Year 7 will take place at our school in Term 1, 2020 during Weeks 3 & 4.

The assessment, covers key literacy and numeracy skills that are important to a student's success in all subjects in high school. Students come to high school with a range of experiences, skills and abilities in literacy and numeracy. It is important that teachers have current information about their students so that they can plan programs and lessons that best support the learning needs of every student.

The Best Start Year 7 Assessment will be completed at school during class time.

No preparation is needed for this assessment. Its purpose is to provide our teachers with additional information to best support the teaching of your child.

Please contact the school if you have any questions regarding the Best Start Year 7 assessment.

Telephone Interpreter Service

If you need an interpreter to assist you to contact the school, please call the Telephone Interpreter Service on 13 14 50 and ask for an interpreter in your language. The interpreter will call the school and will stay on the line to assist with the conversation. You will not be charged for this service.

**Suzanne Hardy, Learning and Support Teacher**



**COFFS COAST**  
**CCBA**  
BODYBOARDING  
ASSOCIATION

**COOPERS**  
SURF AUSTRALIA

**SURFING**  
NSW

**ALL AGES & SKILL LEVELS  
ARE WELCOME COME  
AND GIVE IT A TRY**  
**2020 SEASON DATES**  
FEB 02 - SIGN ON DAY  
FEB 16 - ROUND 1  
APR 19 - ROUND 2  
JUN 14 - ROUND 3  
JUL 19 - ROUND 4  
SEP 20 - ROUND 5  
NOV 15 - ROUND 6  
DEC 06 - PRESENTATION DAY

RIDER - HOLDEN STUBBS IMAGE - HEATH WERNER

EMAIL FOR DETAILS  
CCBA@HOTMAIL.COM  
OR FOLLOW US AT



## Attendance

Welcome back to School for 2020. As we begin the term, I would like to take this time to remind parents that students are expected to be on school grounds between 8:55am and 3:10pm, Monday to Friday. Regular attendance at school is important for students to reach their potential.

It is imperative for your child to attend their roll call class between 9:00am and 9:10am to keep an accurate record of overall attendance. If your child does not present to roll call, a SMS text message will be sent to the nominated parents mobile phone every day after 9:30am. The SMS text messages ensure that you are aware that your child has not presented at school. This is particularly important information in the event of an emergency so we can account for all students in attendance.

### What if my child is late to school?

If your child arrives after 9:10am, your child must

- Take a note explaining their absence to the front office
- Sign in at reception
- Take late slip from reception to their class teacher

### What if my child needs to leave school early for an appointment?

- Send a note with your child explaining why they are leaving school early
- Student must take this to their Deputy Principal before 8:55am to have note signed, (except on Wednesday when notes are placed in box on the front counter)
- Take the signed note to Reception and receive an 'Early Leavers Pass'
- At time of departure show classroom teacher 'Early Leavers Pass'
- Sign out Reception

### What if my child is absent?

Nominated parent mobile phone number will receive a SMS Text message after 9:30am. Please notify us the reason for absence by:

- Responding to the SMS Text Message
- Sending a note for your child to give to their roll call teacher
- Phone the school 02 6653 3077
- Via the Skoolbag App.

### What if my child is going to be away for an extended period of time?

- If leave is due to illness please contact the Year Adviser or Head Teacher Wellbeing to organise work and/or support for student's return.
- If leave is due to other reasons parents must apply for special extended leave that the Principal will approve or not approve as per the DoE Policies. Please see the front office for the form to complete.

The school is required to record the reason for any absences as a way of ensuring that students are absent from school only when they are sick or have a good reason for missing school. The Education Act (1990) states that it is the duty of the parent of a child to ensure that children of compulsory school age attend school on each day that the school is open for instruction. It is also a requirement that absences from school are explained within seven (7) days of their occurrence.

If you have changed your contact details or address over the holidays, please contact our office on 02 6653 3077 to update these details as soon as possible.

**Brock Janssen, Student Attendance Officer**



Toormina High School's Parents & Citizens Association has taken out **Student Injury Insurance** for students enrolled at our school. The policy covers every student enrolled against accident, injury or death, 24 hours per day, 7 days per week.

If your child is injured please refer to Student Insurance on the Toormina High School website in the 'About our School' section or contact the THS office for a copy of the policy.

The policy is underwritten by Accident and Health International. The policy covers physical injuries, ambulance trips, non-Medicare medical expenses, dental expenses and small property losses (see pages 9, 10, 11).

Cover 1 refers to during school hours. Cover 2 refers to outside of school hours.

To make a claim you will need to send a written notice of claim to A&H International within 30 days of the date of the injury occurring and then A&H International will send you a copy of their claim form (see pages 4, 6).



**WEP**  
WORLD EDUCATION PROGRAM AUSTRALIA

**TXT 'EXCHANGE' TO  
0428 246 633  
FOR A FREE INFO PACK!**

**WEP STUDENT  
EXCHANGE**

**AT A GLANCE:**

- Choose from over 25 countries
- Attend school overseas
- Live with a local host family
- Learn about yourself and the world around you
- Make international friendships
- Learn a language
- Make memories to last a lifetime!

**SCHOLARSHIPS  
NOW AVAILABLE!**

**"THIS HAS BEEN THE MOST  
AMAZING ADVENTURE, THERE ARE  
NO WORDS!" CAITLIN, CANADA**

**WEP.ORG.AU | INFO@WEP.ORG.AU | 1300 884 733**



## Behind The Screen

Untangling your tweens & teens from technology:  
Practical (and positive) strategies for parents



In this dynamic 90-minute seminar, psychologist Jocelyn Brewer will help parents and carers understand aspects of technology, app and video game design that prove to be so seductive (and perhaps even 'addictive') to young people and their still developing brains. Jocelyn will introduce her concept of Digital Nutrition™ as a positive framework for shaping healthy techhabits and a diverse digital diet, as well as how to apply the 3M's (mindful, meaningful and moderate) to online activities.

**Where: C.ex Club (Blue Room), 2-6 Vernon St Coffs Harbour**

**When: Monday 27th April, 6:30-8:00pm**

**Cost: FREE! Registration essential (limited numbers)**

**Register via Sticky Tickets:**

[www.stickytickets.com.au/ZUPHS](http://www.stickytickets.com.au/ZUPHS)



## Thank You



The THS Support Unit would like to thank Baringa Private Hospital for their ongoing support. Bottle collection continued over the holidays with more than 1000 containers cashed in and recycled.

This money will be used to support student learning initiatives, playground equipment, school to work programs, literacy and numeracy programs.

**Gavin Vanderkly,**  
**Support Teacher**

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!

The THS Library also has a Facebook page.



### Bell Times

We have had slight changes to the Toormina High School bell times. Wednesday afternoon sport now finishes at 3:10pm in line with the other school days.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Bell	8:55 - 9:00	8:55 - 9:00	8:55 - 9:00	8:55 - 9:00	8:55 - 9:00
ROLL CALL	9:00 - 9:10	9:00 - 9:10	9:00 - 9:10	9:00 - 9:10	9:00 - 9:10
Period 1	9:10 - 10:00	9:10 - 10:00	9:10 - 10:00	9:10 - 10:00	9:10 - 10:00
Period 2	10:00 - 10:50	10:00 - 10:50	10:00 - 10:50	10:00 - 10:50	10:00 - 10:50
			ASSEMBLY 10:50 - 11:10		
RECESS Bell	10:50 - 11:20 11:15	10:50 - 11:20 11:15	RECESS 11:10 - 11:40 Bell 11:35	10:50 - 11:20 11:15	10:50 - 11:20 11:15
Period 3	11:20 - 12:10	11:20 - 12:10	Period 3 11:40 - 12:30	11:20 - 12:10	11:20 - 12:10
Period 4	12:10 - 1:00	12:10 - 1:00	LUNCH	12:10 - 1:00	12:10 - 1:00
LUNCH Bell	1:00 - 1:30 1:25	1:00 - 1:30 1:25	12:30 - 1:00 Bell 12:55 SPORT ASSEMBLY	1:00 - 1:30 1:25	1:00 - 1:30 1:25
Period 5	1:30 - 2:20	1:30 - 2:20	Bags in room 1:00 - 1:10	1:30 - 2:20	1:30 - 2:20
Period 6	2:20 - 3:10	2:20 - 3:10	SPORT 1:10 - 3:10	2:20 - 3:10	2:20 - 3:10

### YEAR ADVISERS and Assistants, 2020

Toormina High School has, as members of the teaching staff, six Year Advisers. These advisers are appointed primarily to assist pupils with their progression through their school life. They are available for interview, to assist and advise in the following areas:

- Personal and educational problems, including choice of subjects and courses of study.
- Problems related to school uniform and general conduct.
- Problems associated with attendance, punctuality and absentee notes.
- Changes from one class to another.

Year 7 - Tanya Crough and Melanie Sharkey, both located in TAS Staffroom

Year 8 - Cherie O'Brien and Katie Griffiths, Ms O'Brien in English and Ms Griffiths in Mathematics staffrooms.

Year 9 - Adam Berrada and Matt Ryan, Mr Berrada can be located in PDHPE and Mr Ryan in Science.

Year 10 - Bree Taylor and Brock Janssen, Ms Taylor is in English and Mr Janssen in CAPA.

Year 11 - Leanne Firkins and Sally Atkins, both are in the English Staffroom.

Year 12 - Sheridan Johnston and Kate Williams, both located in the PDHPE Staffroom.



IMPORTANT DATES		
MON	17/2 - 21/2	WEEK B
MON	17/2 - 21/2	CHS Cricket Championship, Bathurst
TUES	18/2	Youth Mental Health Workshop
THURS	19/2	University Roadshow
FRI	21/2	Youth Mental Health Workshop
MON	24/2 - 28/2	WEEK A



## REGISTER NOW FOR 2020 SEASON AT:

[Boambeefc.com.au](http://Boambeefc.com.au)

OR

See us at

Toormina Gardens

- 8/15/22/29 Feb

*Orientation Day 21/03*

*Active kids vouchers accepted  
with registration*



*The family friendly club*

## P&C News

I hope everyone had a safe and good holiday.

I would like to welcome new and returning families to Toormina High school. I would also like to welcome any new staff to our school.

If you have any suggestions, ideas, concerns or just want to be in "the know" please come to our P&C meetings, they are held every 2nd and 8th Wednesday of each term 5.30-6.30pm in the staff common room.

The purpose of the P&C is to promote the interests of the school by bringing parents, citizens, pupils and teaching staff into close co-operation; assist the teaching staff in establishment of school policy, and have a say where P&C funds should be spent just to name a few.

Last year P&C funds raised went towards the purchase of student injury insurance, financial assistance for students representing the school, financial assistance for teams who participated in the Kokoda challenge at the Gold Coast, helping fund students from the support unit to attend the Awards Night, Focus on Ability Short Film Festival, in Sydney and the purchase of Year 12 Graduation gowns & sashes.

Our next P&C meeting will be the 18th March, it'll be great to see you all there. Hopefully we'll have a cruisy and successful year.

Regards

**Sandra Jeffery, P&C President**

Toormina High School  
UNIFORM SHOP

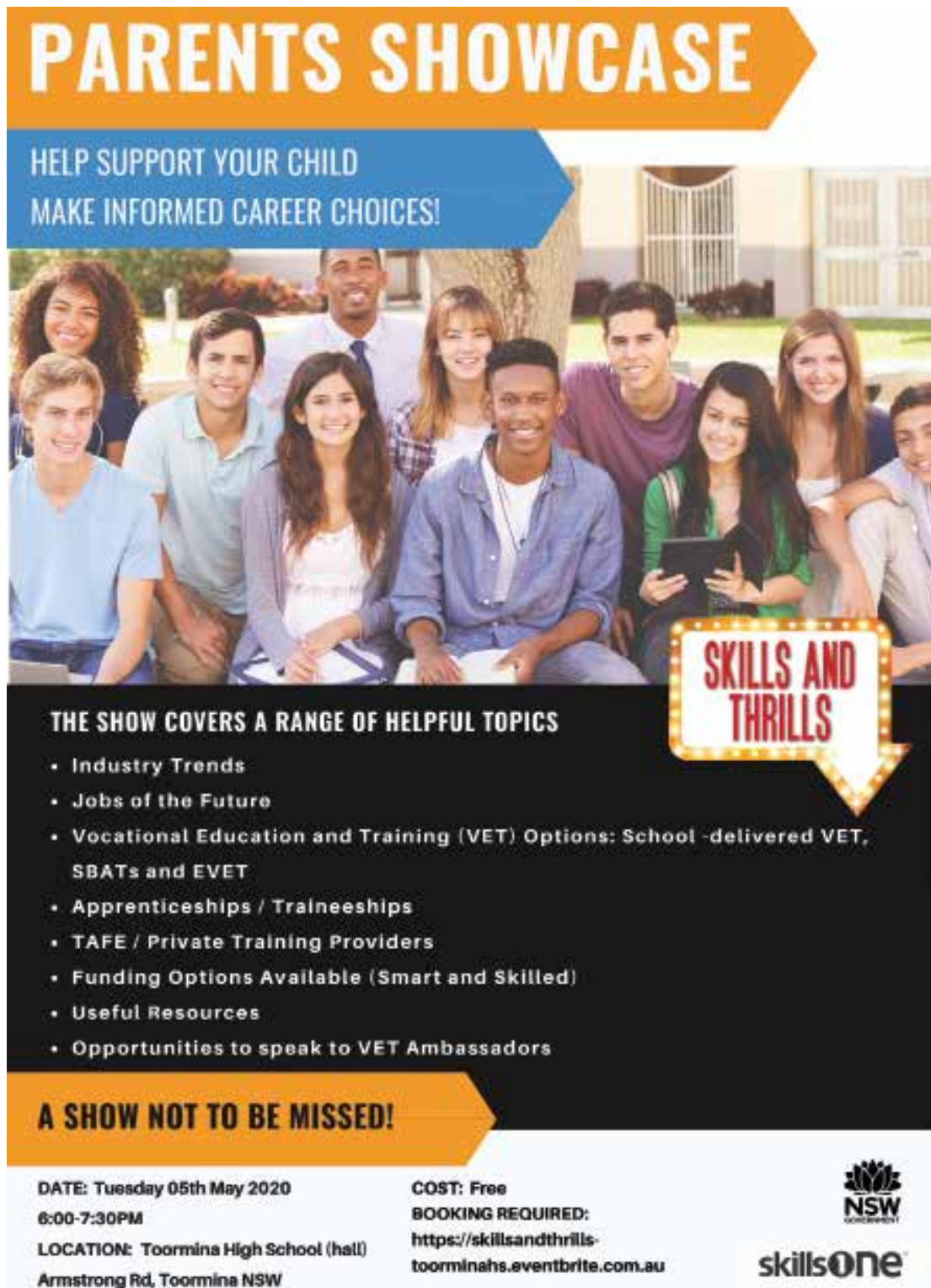
Shop open  
every Monday 8:00am - 12:00pm  
every Thursday 12:00pm - 4:00pm  
Manager - Jess0468 436 217

Please join us for this **FREE Careers Showcase**

On Tuesday, May 5, Toormina High School will be hosting a Parents Showcase to be attended by students and parents from across our local area. This is a free event but bookings are required, please click on hyperlink below.

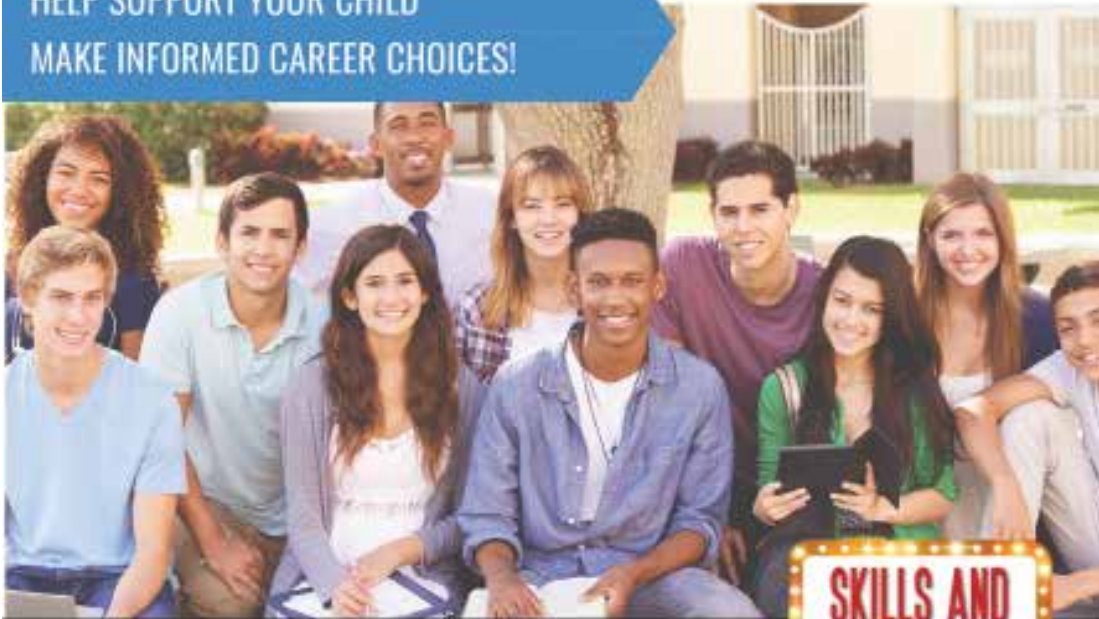
<https://skillsandthrills.toorminahs.eventbrite.com.au>

**Robyn West, Careers Adviser**



**PARENTS SHOWCASE**

HELP SUPPORT YOUR CHILD  
MAKE INFORMED CAREER CHOICES!



**SKILLS AND THRILLS**

**THE SHOW COVERS A RANGE OF HELPFUL TOPICS**

- Industry Trends
- Jobs of the Future
- Vocational Education and Training (VET) Options: School-delivered VET, SBATs and EVET
- Apprenticeships / Traineeships
- TAFE / Private Training Providers
- Funding Options Available (Smart and Skilled)
- Useful Resources
- Opportunities to speak to VET Ambassadors


**A SHOW NOT TO BE MISSED!**

**DATE:** Tuesday 05th May 2020  
**6:00-7:30PM**

**LOCATION:** Toormina High School (hall)  
Armstrong Rd, Toormina NSW

**COST:** Free

**BOOKING REQUIRED:**  
<https://skillsandthrills-toorminahs.eventbrite.com.au>



**skillsone**



### Principal's Column

Welcome to all of our new and returning families for 2020. For the third year our school has continue to grow in size with an additional enrolment of 30 students overall bringing our current enrolment to 809 students.

Our HSC class for 2019 performed very well. Three students achieved Band 6 results in their subjects. Luke Field, taught by Ms Bronte Kedraika achieved a band 6 result for History Extension. Ryan Gilchrist, taught by Mr Joseph Anderson, achieved a band 6 result for Mathematics and Danielle Tate, taught by Mr Kyah Schwartz achieved a band 6 in PDHPE. Additionally, Danielle Tate was awarded the Dux of Year 12 for 2019. The three students and their parents attended a special dinner at Bonville International Golf Resort to celebrate their achievements and Danielle received a \$2000 scholarship to assist with her university studies.

Attendance at school is vital for the success of all students. Some students place themselves at risk of not progressing to the next year by not attending classes or roll call. I ask that parents work with us to ensure that students arrive at school on time and that they attend each class. I have asked staff to contact parents via telephone and letter when a student is not in attendance in class and should have been. We have established vertical rolls (students from Year 7 to Year 12 in the one roll call class) to allow teachers to ensure that each child is known, cared for and valued. Roll call is a mandatory timetabled class.

We have an extensive wellbeing team to support each student at Toormina High School. Most matters should always start with the classroom teacher for class related matters. The school has Year Advisers (Mrs Crough – Yr 7, Mrs O'Brien – Yr 8, Mr Berrada – Yr 9, Ms Taylor – Yr 10, Mrs Firkins – Yr 11 and Mrs Johnston – Yr 12) and Head Teacher Wellbeing (Mr Gale) to support the wellbeing needs of students. We have full time counsellor support. We have a Supervisor of Girls (Mrs Devoy), who can assist in wellbeing. The Deputy Principals (Mrs Murray, Mrs Elliott and Ms Jordan) are also there to support students and parents/carers with school related matters. Sometimes we are asked to resolve community related matters. These matters are outside our role as educators and will usually be referred on to other agencies.

At the beginning of each year, I remind parents about the bus bay at the front of the school. The bus bay area is a no parking or stopping area from 8.00am – 9.30am and 2.30pm – 4.00pm each school day. You risk a \$337 and two demerit points fine if you enter the bus area during these times.

**Paul Humphrey, Principal**



We would like to thank all the year 7 parents who came to the 'Meet the Teachers' afternoon on Tuesday, photo on left.

Our Year 7 2021 Information Session held after this was also very well attended and we look forward to welcoming these families next year!



## 2020 CANTEEN MENU

Please place lunch orders before 11:30am

### Early starters

Hash Browns .....	\$1.50
Bacon and egg Muffins.....	\$3.90
Raisin toast(2 slices).....	\$2.90
Fruit,yoghurt and muesli bowl.....	\$3.90
Fresh fruit Salad Bowl.....	\$3.90

### Selection of freshly made sangas .... \$4.90

Chicken lettuce mayo *Ham Cheese Tomato
Curried Egg and Lettuce *Chicken Salad
* Cheese *Salad

### Selection of 1/2 Wraps.....\$3.90

Chicken Salad *Ham Cheese Salad
* Beef Salad *Felafel Salad

### BURGERS

BLT Burger...Bacon lettuce Tomato.....	\$3.90
Grilled Chicken Burger w/ Salad.....	\$4.90
Crumbed Chicken Burger w/ Salad.....	\$4.90
Felafel Burger w/ Salad.....	\$4.90
Crumbed fish burger w/salad.....	\$4.90
Beef Burger w/ Salad.....	\$4.90

### TOASTIES.....\$4.90

Ham& Cheese * Ham Cheese & Tomato
* Ham Cheese & Pineapple * Cheese &
Tomato * Chicken Cheese & Pineapple
*Chicken Cheese Avo

### HOT BOX

Sausage Rolls.....	\$3.00
Meat Pies.....	\$4.00
Nacho Pies.....	\$4.50
Cottage Pies.....	\$4.50

### SALAD BOWLS

Salad crunch bowl.....Lettuce,	
Tomato,Carrot,Beetroot,Cucumber,corn.....	\$4.50
<b>Add...</b> Grilled Chicken*Crumbed Chicken	
* Tuna *Felafel * Ham& Cheese.....	\$5.50

### DRINKS

Up & Go Breakfast drink.....	\$2.50
Emma & Toms 5 Star Juices.....	\$3.80
Emma & Toms 5 star flavoured milks.....	\$3.80
Poppers.....	\$2.00
Still water.....	\$2.00
Sparkling Mineral Water.....	\$2.50
Milkshakes.....	\$4.00
Slushies.....	\$3.00

### Barista Coffee

<b>Hot Choc /Chai.....</b> sml	\$3.50
Med	\$4.00
Lrg	\$4.50
Fruit Juice Icy Tubes.....	\$1.50
Treat!.....choc brownie.....	\$2.50