



Congratulations

Congratulations to these talented swimmers who qualified at the Regional Carnival for the Combined High School State Championships at Homebush in April. Mitchell Hickey, Luke Jones, Zac Wilson, Fyn Harrison and Jesse St Leon will compete at Homebush in April.

A special mention to Mitchell for his success in four individual events and therefore becoming North Coast Champion!



Great representatives of Toormina High School, good luck boys!

2020 Bonding Day

The Year 7 Bonding Day saw 150 of our students, including two peer mentors, head off to Boambee Bay for a day of fun, socialisation and education. Students were put into 8 teams and rotated through a variety of activities, many of which were team building opportunities. The day finished with a police talk by SC Buzza from the PCYC and a giant tug-of-war.

It was great to see all the smiling faces. I would like to thank all of the helpers on the day.

Notes have also been sent home for the year 7 camp to Forster Adventureland. Deposits are now being accepted, with payment plans available. If your child requires a note they can come and see me to collect one.

Tanya Crough, Year 7 Adviser



NEWS LETTER

Safe Respectful Learners

TERM 1 | WEEK 7 | March 2020





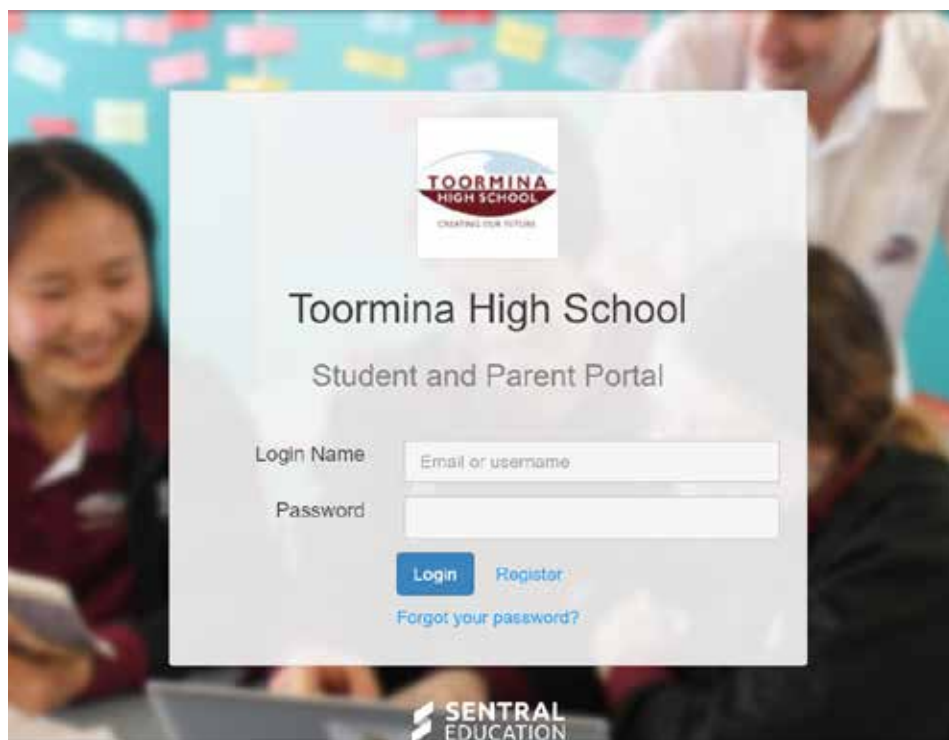
Zonta international Women's Day

Photo shows student leaders, Kirra Richards and Deborah Ngongo at the Zonta international Women's Day Breakfast last week with Mariam Issa, the keynote speaker. Also in photo on right Ellena Cheers-Flavell, winner of the Zonta Coffs Harbour Young Women in Public Affairs Award for 2020.



COMING SOON! Launch of the Parent Portal

Our school is undertaking a new initiative in the coming weeks called the Parent Portal. This portal is both web-based and available as an app for mobile devices on either the App store or Google Play store.



The portal will provide parents with discreet information relating to their child or children attending Toormina High School. Initially, the information will include the children's timetable, attendance data and academic reports. Over time, more information and functionality will become available on the Parent Portal.

We will soon be sending letters to parents, containing setup instructions and access codes. For an overview and some help with setup, you can watch this video provided by the supplier, Sentral for Education.

<https://vimeo.com/326752907>

Kathryn Gibney,
Information Technology

NEWS LETTER

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Year 7 Girls Group



Each Wednesday afternoon year 7 girls learn about positive friendships, building resilience and resolving conflict. The group rotates fortnightly and this valuable initiative is run by Gaye Devoy, our THS Girls Supervisor.



Thank you Bunnings!



Our Support Unit students gain valuable work experience at Bunnings each week. We are very appreciative of the opportunity for students to gain life skills and this valuable training has been occurring for over 20 years! Thanks Bunnings!



Careers Expo

Students studying agriculture attended the Botanical Gardens Careers Expo in Coffs Harbour. Horticulture, agriculture, conservation, forestry and education were some of the career choices explored through practical workshops and information from industry professionals.



Another great Coffee Shop in the Support Unit



Please download the FREE Skoolbag communication app to your phone. We use this app for reminders and alerts. Instructions are on the Toormina High School website. Follow Toormina High School on Facebook (look for the school logo).

Please **NO AEROSOL DEODORANTS** anywhere at school! These products are **BANNED** as they adversely effect students and staff with asthma.

Fast and Furious

Year 7 Technology Mandatory students using the Fast and Furious race tack and our brand new iPads below.





Dance

Our Toormina High School Dance Ensemble have started learning their new choreography for this year's performances. This group will compete at the Coffs Harbour Dance Eisteddfod and the Mid North Coast Dance Festival under the guidance of teacher, Sally Atkins.

Poos from the Past - Can you dig it?

Students in 8 History 1 have been exploring the nature of archaeology and its role in investigating the past. Students have learnt about the science of archaeology, and how to draw conclusions from a variety of sources, ranging from written sources to unusual artefacts.

The class recently got to work like an archaeologist by examining fake coprolites (fossilised faecal matter) to examine the diets of people from the past. The students had to extract different food items from their playdough which contained seeds, grains, stones, and certain vegetables and use clues to determine the time period the coprolite belonged to – Roman, Viking or Tudor.

The class discussed how the coprolites can provide historians and archaeologists with clues not just about diet, but food production, health issues and trade and contact, and how these things changed over time.

The class also learnt about where studies of this nature have been carried out ranging from the sewers of Pompeii and Herculaneum, to one of the largest coprolites ever found – the Lloyds Bank coprolite belonging to a rather unhealthy Viking.

Cheryl Cutter, HSIE Teacher



Mobile Phones at THS

We believe that mobile phones have great utility. We have also found that learning and social behaviour improve drastically when students are fully present so they can engage with their teachers and classmates. We are writing to share the exciting news that we will be making our school a phone-free space to improve teaching and learning. We are using a system called Yondr to achieve this goal. Yondr is currently used across the world in over 1,000 schools, as well as at concerts, comedy shows, weddings and special events of all kinds. The goal of these spaces is to encourage people to engage with each other and their surroundings. The Yondr Program employs a simple, lockable pouch that stores a mobile phone. Every student will secure their phone in a personally assigned Yondr pouch when they arrive at school each morning. They will maintain possession of their phones, and will not use them until they are unlocked at the end of the school day. Students are required to bring their Yondr pouch to and from school each day and are responsible for their pouch at all times.

We are encouraged by the effects of this system in learning institutions. In 2019, Yondr surveyed over 400 school partners to measure the effects of creating phone-free educational environments. These schools achieved notable progress in multiple areas:

- 69% of schools saw an improvement in academic performance
- 84% of schools saw an increase in student engagement in the classroom
- 80% of schools saw a decrease in behaviour referrals

In an effort to best serve your child, we appreciate your full support in adoption of the Yondr Program at our school. More information will be sent home soon.

Paul Humphrey, Principal



Frequently Asked Questions

What if I want to reach my child during the school day?

We want our students to be engaged in their learning. Please refrain from contacting your student during the school day unless it is an emergency. Contact the main office at 66533077 to reach your child.

What if there is an emergency?

In case of an emergency, we direct our students to safety first. School staff will be able to unlock a Yondr pouch in a matter of seconds for students once they are in a safe and secure location.

Will my student's phone be safe?

Students are in possession of their phone - in their Yondr pouch - for the entire school day. We will advise students to store the pouch in their backpacks where it is completely safe.

What if the pouch gets damaged?

The Yondr pouch belongs to Toormina High School just like any other school supply. If a student damages a Yondr pouch, he/she will be held responsible. The student's phone will be confiscated, and a parent must come to school to retrieve it.

Toormina
High School

UNIFORM SHOP

Shop open
every Monday

8:00am -

12:00pm

every Thursday

12:00pm -

4:00pm

Manager

Jess 0468 436 217


IMPORTANT DATES		
Mon	16/3 - 20/3	WEEK B
	16/3 - 20/3	Year 12 Hospitality Work Placement
Tues	17/3	Year 7 Vaccinations + Year 8 'catch ups'
Wed	18/3	P&C Meeting, all welcome! 5:30 -7:00pm
Mon	23/3 - 27/3	WEEK A
Thurs	26/3	Support Unit Coffee Shop, 10am - 2pm.
Mon	30/3 - 1/4	WEEK B
Tues	31/3	Parent Teacher Afternoon

**PARENT TEACHER
INTERVIEWS** will be
held on Tuesday,
March 31 from
3:30 - 6:30pm.

Bookings for interviews
are made online,
as soon as possible
we will advertise
on Facebook and
Skoolbag, the code
needed to book
online, also a note will
go home with your
student.

You're invited!

Shared Lives



Shared Lives is a FREE introduction for people interested in becoming foster carers. Family & supportive friends of prospective carers are also welcome and encouraged to attend.

Shared Lives will be presented over 3 weekly sessions on Wednesday evenings in March.

Learn about:

- ✓ Exploding myths about foster care
- ✓ Children's experiences & the impact on their development
- ✓ Parenting strategies
- ✓ Preparing to welcome foster children into your home
- ✓ Promoting positive behaviours
- ✓ Supporting children's identity & culture
- ✓ Connecting with a child's family
- ✓ Being part of a 'care team'
- ✓ Supports for foster carers
- ✓ And lots more...

We look forward to you joining us!

Coffs Harbour


Dates
Session 1: Tuesday 10th March 2020
Session 2: Tuesday 17th March 2020
Session 3: Tuesday 24th March 2020

Sessions will run from 4pm until 9pm

Venue
 Uniting Training Room
 7 Maclean Street
 Coffs Harbour

Catering
 A light supper will be provided each evening. However, as we are unable to cater for specific dietary requirements, please feel free to bring something suitable if required.

RSVP by Fri 6th March 2020
 Phone: 6559 2844 or
 Email: rerickson@uniting.org



Principal's Column

Recently, I attended the Bonville Sawtell Youth of the Year Awards event. The event consisted of an interview of the students by a panel of judges, a prepared speech and unprepared questions. Three of our students, Amy Newcombe, Deborah Ngongo and Ryan Gilchrist competed at the event. Public Speaking is a very challenging activity to undertake with all three students performing incredibly well. Congratulations to Ryan who moves on to the regional final on Saturday night.

Our school has high expectations that students will apply themselves everyday in their learning to the best of their abilities. Assessment tasks are issued to all years in all subjects with the expectation they are completed and submitted on time. All year groups have now received their assessment booklets for 2020. These booklets identify when assessable tasks are needing to be completed and submitted for marking by teachers. The booklets help parents in supporting our teachers to ensure the best academic outcomes for students. I encourage parents to look at the booklet and highlight with your child when tasks are due so that you can assist them in achieving the submission due dates.

School uniform continues to be an issue with several students deciding not to wear the correct uniform. Our school is a uniform school, and our expectation is that students will be in uniform each day. Wearing the uniform gives students a sense of identity and connection as well as ensuring that we can readily identify young people on our grounds as students. The uniform shop is open on Monday from 8.00am to 12.00pm and Thursday 12.00pm to 4.00pm. Families under significant financial hardship can apply for student assistance for uniforms.

Paul Humphrey, Principal

Youth Week Photography competition "Speak up. Be involved. Get connected. Have fun."

Submit a photograph that depicts one or more aspects of the 2020 Youth Week theme.

Limit of five (5) photos per person.

Photos taken by camera, phone or iPad all acceptable.

Great prizes!!

Entries close: 26 March 2020. Photos will be displayed in the library and voting available from 01 April - 30 April by people's choice.

Our prize donors:



Submit your photograph in JPEG or PNG format by email to the library: marina.dobson@chcc.nsw.gov.au
Include your name, age, email address, & title of your photograph.
Explain how you were inspired by the Youth Week theme.

Winners will be voted by People's Choice in three age categories:

- 12 - 15 years
- 16 - 19 years
- 20 - 25 years.

Open to all residents and students of Coffs Harbour Local Government Area aged 12 - 25 yrs

Get in touch:

coffs.library@chcc.nsw.gov.au

libraries.coffsharbour.nsw.gov.au

Follow us:

[@coffsharbourlibraries](https://www.facebook.com/coffsharbourlibraries)

Cnr Coff & Duke Streets, Coffs Harbour 2450

Information Contact: 02 6648-4900

Coffs Harbour Libraries are cultural facilities of Coffs Harbour City Council



Year Adviser Phone Calls

The start to 2020 has seen a number of parents make appointments and call the school to discuss their child with their student's Year Adviser. This is the correct procedure if you wish to inform us of any important external information about your child or to discuss any issues.

Recently we have had some parents calling to speak with a Year Adviser a number of times throughout the day while the advisers are on class. Our Year Advisers will return calls, generally within 24-48 hours. Could I ask parents to please be patient. Our front office will take your message and pass it onto the relevant person.

Scott Gale
Head Teacher Wellbeing

Coronavirus (COVID -19)

Information for parents and carers to support children and young people

How you can support your child

It is perfectly normal for children to have questions about events that are covered in the media, such as the information currently being distributed about COVID-19. Children look to the significant adults in their lives for guidance on how to manage their reactions and you can help your child by remaining calm and reassuring them. There is a common misunderstanding that talking with your child about a topic such as COVID-19 may increase their anxiety. This is not the case. It is important to listen to your child and answer their questions as honestly as possible and correct any misunderstandings. This will help them feel informed and understand what is happening. Keeping up to date with the facts from reliable sources will help keep conversations calm, considered, and constructive. Provide information in words that are appropriate to the age of your child. Children can be distressed by hearing repeated stories so monitor how much your child is being exposed to television and social media and encourage them to talk to you about what they are seeing and hearing.

Some practical advice

Some practical advice for your child includes reminding them to cover their nose and mouth when they cough or sneeze (coughing into their elbow is a useful strategy), keep their hands clean by washing them regularly with soap and water, and avoid touching their eyes, nose, and mouth before washing their hands. These are easy habits for children to adopt, and should help them feel as though they're able to exert some control over their circumstances. If your child must stay at home, it is important for your child to maintain a healthy lifestyle including proper diet, sleep, and social contact at home and by email and phone with family and friends.

Communication is important

- read the department's response to COVID-19 for current information
- read any information sent home by the school.
- contact the school if your child becomes unwell.

Where to get help

Contact the school if you are concerned about your child's wellbeing to discuss the most appropriate support. Support is also available through a number of agencies and community organisations. Parents and carers can:

- call the National Coronavirus Health Information line (1800 020 080)
- review the NSW Health COVID-19 website for the latest information and advice
- obtain help and information from the local General Practitioner or Community Health Centre

If you would like additional support, the following services are available

- The school counselling service
- Kids Helpline – 1800 55 1800 – kidshelpline.com.au
- Headspace – 1800 650 890 – eheadspace.org.au
- Parent Helpline – 1300 1300 52
- Beyond Blue – 1300 22 4636
- Lifeline – 13 11 14