

NEWS LETTER

Safe Respectful Learners
TERM 3 | WEEK 4 | August 2020



Congratulations!

During Week 2, students received Merit and Encouragements Awards, in a modified assembly, for their hard work and efforts during Semester 1. These assemblies were held on a rotational basis in the hall. Absent students who have not received their awards can collect them from their Year Adviser.



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THANK YOU to these local businesses for their support of our students during YEAR 10 WORK EXPERIENCE

Pacific Vet Care
 Goodstart Early Learning
 Hopscotch Preschool
 Bangalara Dairies
 Goodstart Early Learning
 Coffs Auto Recyclers
 Sawtell Plumbing
 Boambee Primary
 School
 Bellingen Vet Hospital
 Coles Toormina
 Gyptech
 Zarrafa's Coffee
 Footprints Early learning
 Centre
 Rose Ave Vet Hospital
 Ticli Blaxland Lawyers
 Sawtell Electrical
 Bonville Plumbing
 Active Car & Truck
 Electrics
 Natural Habitat Interiors
 Bryant McKinnon
 Lawyers
 Trendz Hair and Beauty
 Pure Flow Plumbing

Student Comments

Phylcia Stock - I really enjoyed work experience at Boambee Public School. It was a wonderful opportunity to broaden my knowledge of what is involved in education as a career pathway.

Kyan Page - I learnt about the plumbing process and how to fix taps and replace toilets.

Cooper McNally - I had fun working with a good group of people at Sawtell Electrical, who liked to do things properly. I got to experience what is involved if I chose to follow an electrical career pathway.

Claire Gerasimou - I enjoyed learning new things outside of the school environment while doing work experience at Coles. My self confidence increased.



Sawtell Plumbing

Last week we had the privilege of hosting Kyan for work experience from Toormina high school. He was a massive ball of bright energy, with his punctuality, problem solving skills and politeness which was right on point. He has a very bright future ahead, whatever road he may choose...So good to see in these trying times!!!



Sawtell Electrical

Cooper has joined us this week from Toormina High School for work experience. Encouraging to meet a young kid so punctual, enthusiastic, and with good communication skills.

Student Wellbeing & Engagement FAQs for Parents

1

What is it?

Pulse is a tool for measuring the week-to-week wellbeing and engagement of students. It tracks the wellbeing of individual students so that the school can respond to those who express a need. It also tracks anonymised student sentiment about their engagement with the school so the school can make changes based on student voice.

2

Why are we doing it?

Research strongly indicates that measuring student wellbeing in a way that is both comprehensive and timely will enable schools to provide support at both the individual and cohort level. We are using Pulse to get more useful and actionable insight than traditional long-form wellbeing surveys.

3

How does it work?

Once a week, students will be prompted by email to complete a 'Check-In' via a web app. The check-in consists of 5-6 questions.

4

How long does it take & how easy is it to use?

The entire process is very simple and we expect students will spend less than 5 minutes a week on the app. Students are asked to check-in on a weekly basis and are asked a small number of questions each week.

5

What is the impact on my child?

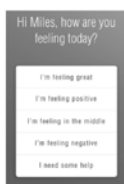
The goal is to have a positive experience and give our students a safe way to make their voice heard and give us their opinion on their experience at school.

6

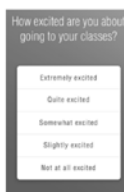
What information are you collecting & who is going to see it?

We are collecting two kinds of information: Identified and Anonymous.

Identified: With each check-in, students will be asked 'How they are feeling?'. This question is asked every week of every student and is 'identified' ie. the student's identity will be attached to their response. This is particularly important if a student asks for help.



Anonymous: The remaining questions (such as the image to the right) are all anonymous. The school will not be able to see the student's identity



7

What happens if my child asks for help?

When we set up your child on the platform, they will be assigned an escalation point within the school if they need assistance and be given the option to be contacted by the relevant staff member. They will also be given the option to speak to someone else if they are uncomfortable with the first suggestion.

8

Who is Educator Impact?

Educator Impact is an Australian business that helps schools to improve their culture and student outcomes by connecting wellbeing, performance and engagement. They have worked with hundreds of trusted educational institutions. If you would like more information about Educator Impact, please visit their website; www.educatorimpact.com

El Pulse app

From Friday 14th August, students in Years 10 – 12 will receive invitations to their school email accounts for the El Pulse app. Pulse is a tool for measuring the week-to-week wellbeing and engagement of all our students. It tracks your wellbeing as an individual so that the school can respond if needed.

Students will be able to complete a weekly 'check-in' by answering 6 questions. They can also request a check – in with a chosen support, staff member at school.

I have attached some Frequently Asked Questions to this newsletter, on left, for students and parents. If you need any more information, please don't hesitate to contact myself or your students Year Adviser.

Scott Gale
Head Teacher Wellbeing

Toormina High School TIMETABLES ONLINE

Students can now look up their timetables online by logging in with their school username & password at this link <https://toorminahs.sentrall.com.au/portal2/#!/login>

Alternatively go to the Toormina High School website > Links > Sentral for Students and Staff > Sentral Student Portal.

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.



**Black Dog
Institute**

Toormina High School is 40!

We are posting photos from the last 40 years on our Toormina High School Facebook page to celebrate 40 years of public education! Please like and share with our community!

We hope to hold an 'open' afternoon at school later in the year for our school community and former staff and students, we will keep you posted!

This year, Toormina High School will be offering the Smooth Sailing service to students in Year 8. Smooth Sailing is a web-based mental health service provided by the Black Dog Institute. Delivered in the classroom, Smooth Sailing uses a secure website to screen students' mental health, provide them with a range of helpful information, resources, and activities, and link in with the school counsellor if the students are experiencing severe symptoms of depression or anxiety. The service has been shown to improve students' help-seeking for mental health and reduce feelings of worry and sadness. All students in Year 8 will be invited to use the service. Participation is entirely voluntary but encouraged and supported by our school.

Students who register to the Smooth Sailing service will be given access to the service for 3 months. All students' answers remain confidential and are not shared with any school staff, unless the student reports severe symptoms – then only the school counsellor will be notified. All student responses will be stored on the secure platform owned by the Black Dog Institute.

For more information about this service, please read the detailed Student information sheet that will be sent home with your child. A copy of the Smooth Sailing Information Sheet has been attached to the back of this newsletter. If you would like more information, please visit the Smooth Sailing website. If you have any questions or concerns, you can contact the school or the team directly at smoothsailing@blackdog.org.au.

If you do not wish for your child to use this service, please contact Mr Gale at the school on 6653 3077.

Year 10 Drama

Photo below shows Year 10 Drama students, Mitchell Cutler and Sophia Smith, working hard creating their set designs based on their studied text 'Property of the Clan' by Nick Enright.



Year 8 Textiles

Year 8 Textiles are currently learning lots of new sewing skills by making face masks. One student is making one for someone that works in a nursing home and is making sure that she is sticking to the 3 layer rule as outlined by the World Health Organization. A part of a designer's role is to identify needs in the market. Some of our Australian textiles industries have been busy trying to keep up with the demand that Covid 19 has created on the need for masks as PPE. In Victoria it is a requirement that all individuals wear masks publicly. In NSW the government is currently advising the wearing of masks in areas where it is difficult to follow social distancing guidelines, such as shopping centres. Each mask can be produced with a small amount of fabric and elastic. The students have been encouraged to find their fabric from the remnants crate. **Mask pattern on back page of newsletter.**

Tanya Crough, TAS Teacher



Write a Book in a Day 2020

Toormina High School Library hosted its 4th consecutive Write a Book in a Day last Wednesday with a record number of 99 student participants from our Bongil Bongil Community of Schools. This amazing day continues to grow in popularity due to the ongoing support from our Principal, Mr Paul Humphrey.

From 8 am until 8 pm 11 student teams were successful in completing their task of writing a book in a day. A digital copy of their published books have been sent to the Kids Cancer Project to be distributed to hospitals Australia wide. Our young authors hope to bring a smile to faces of sick children as they read their books whilst in hospital.

THS has contributed \$3410 to the Kids Cancer Project through participating in this event, with the anticipation of finding a cure to childhood diseases.

As you can see in this photo it was smiles all around for a job well done!

The success of this day is attributed to the many hands of help, especially Mrs Karina Allen, Mrs Lisa Mullan, Mrs Kristy Watson and a huge thank you is extended to Ms Gemma Blayney from Crossmaglen Public School and Gabby Brabander.

Mrs Adrienne Gillingham, Teacher Librarian



Year 10 SCHOLARSHIPS

Each year Toormina High School provides up to 2 scholarships to the value of \$1,000 and 4 scholarships to the value of \$500. These scholarships are intended to support the education of Year 10 students who wish to complete their senior studies at Toormina High School. This year, due to COVID-19 we will be using an online process for students to complete their scholarship application. Students will need to use this link <https://forms.gle/9oZsSjBnKKiNPXh17> and login using their NSW DoE login details.

Applications close Monday, 18th August, 2020.

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Week B, Tuesday, Period 1

A glimpse into just a few of the 46 classes held during one period at THS. Top left - the Trial HSC examinations set up ready to go, Year 9 Cabinetwork. the class from room 23 in the Support Unit learning real life skills in the veggie garden, Daniel Ingram in a study period and year 7 geography on left with teacher, Ash West.



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Week B, Tuesday, Period 1 continues with Kirsten in the canteen, Year 11 Hospitality, Kristie looking after us by wiping handrails, Year 9 elective sport and music - so many great learning experiences.



A local Aunty has made these fabulous masks for our Aboriginal staff. Community looking after each other!



Nextwave Youth Film Competition

There are a bunch of great reasons to make a short film: to flex your creativity, to improve your mental health, to learn new skills, to communicate fun and unique ideas - and of course to win some amazing prizes!

Nextwave, presented by Coffs Harbour's Screenwave International Film Festival (SWIFF), now in its sixth year is host to Australia's largest regional youth short film competition and is free to enter for all young people aged between 10 - 25 years, living outside a metro area. This year the Nextwave team will be giving away tens of thousands of dollars in awards and prizes, including a brand new PlayStation 5! Plus, cash prizes, filmmaking gear and lots more still to be announced.

Check out the Nextwave blog to keep across all the exciting news. All that's needed to enter is to make a short film under five minutes (including all credits) and to creatively include the phrase, "What's Next?" somewhere in your film. Lucky short film finalists will have their films premiere at SWIFF'21 in Coffs Harbour, and at venues across Australia for Youth Week in April 2021.

Submissions for the Nextwave competition close Monday September 21st. For competition guidelines and online workshop info, visit www.nextwavefilm.com.au.

TAFE Courses 2021

Any student who would like to apply for a TAFE course as part of their Year 11 subjects must see Mrs West in the Careers Office and apply by August 17. NO late applications will be accepted.

Photo shows Angela Ford and Alicia Tate who attend a baking course each Friday.

Principal's Column

Well done to all of our parents that are following our requests and supporting our measures in managing the risks associated with COVID19.

This week we mailed out the reports for Semester 1. These reports are comment and outcome based and do not show grades, marks or ranks for the most part. Please contact teachers via email or phone to discuss concerns. Additionally, we have included login details to our Sentral Parent Portal, allowing parents to view real-time attendance data, school reports, student timetables and more. I encourage you to use the access code and review your child's attendance data regularly. This will not replace our SMS daily message system currently in place but this will provide you with more access to what is happening at school.

As most parents would be aware, we initiated Yondr Mobile Phone locking pouches in Term 2 which has resulted in a significant reduction in lost teaching time in the classroom, however it is becoming very clear that many of our students are not using or bringing the pouch to school, choosing to keep their phone in their bags. This has seen an increase in phone confiscations and some anti-social behaviour and parents being asked to collect phones from the office. We will be checking phone pouches again next week and ALL students are expected to bring their pouch to school for checking regardless of whether they have a phone or not. I ask that parents continue to encourage their child to comply with this policy as it is making a major difference in the classroom and playground.

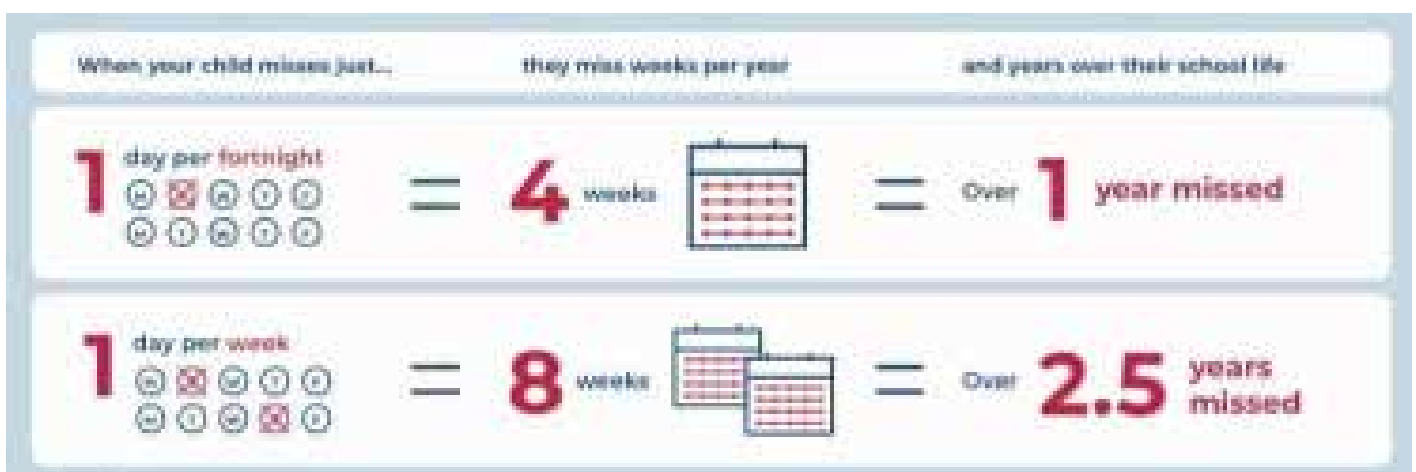
With the cold of winter hitting heavily last week, our standard of school uniform overall took a major hit. It is very important that we are able to identify our students easily from a distance as we need to keep any potential intruders out of our grounds. This is even more important during the current COVID19 tracking phase that schools are required to undertake to ensure our students, staff and community are safe. I encourage you to work with our school in ensuring your child is in uniform every day.

Next week we will hold our annual school athletics carnival. ALL students will need to attend school and travel by bus. We will not be charging for the bus or stadium access. Parents and spectators will not be permitted to attend the carnival due to restrictions set by Council on venue capacity and the Department of Education during COVID19. Students who are dropped to the venue will be asked to contact their parent(s) to take them to school. We are required to maintain accurate attendance records on the day.

I will be sending out a link via Skoolbag and Facebook to some parent surveys early next week that will help guide the creation of our 2021 – 2024 school plan. I encourage you to provide us with feedback that we can use in determining our directions for the future.

Paul Humphrey, Principal

WHY ATTENDANCE MATTERS





Year 12 Hospitality Final Practical Examination

Students participated in a practical examination for four hours. During this time they were required to prepare, present and serve two portions of the following menu.

Menu

- Spicy beef potstickers with ginger dipping sauce
- Spice rubbed Spatchcock with daikon and green bean salad
- Pineapple, lemongrass and coconut crème brulee

This was carried out complying to industry standards, working in teams. All areas of this practical was assessed, including uniform, hygiene, work space and cleanliness, cleaning, skills, methods, cutting techniques, selection of equipment, organisation, presentation and service.

Students presented the dishes at required times to comply with the service of a three course luncheon. Sadly COVID-19 guidelines restricted parents from being able to attend. The students worked magnificently and produced restaurant quality dishes that were served with timing and precision.

Greg Woods. Head Teacher TAS

The Support Unit students are collecting bread tags, there is a collection box in the school library, thank you for your support!

Any donations of uniform items are gratefully received and can be handed in by students to the office or Head Teacher Wellbeing, Scott Gale.

If you have any changes to phone numbers, emergency contact details, medical conditions etc please ring the school office 66533 077



Welcome back Tori!

Tori Rose finished her education at Toormina High School last year and has now returned for a 4 week clinical community work placement in the THS Support Unit as a component of her Paramedicine degree at Charles Sturt University.

Tori studied Peer Support in year 10 and, therefore, has experience in our Support Unit. Completing units in Chemistry, Biology and PDHPE as part of her Higher School Certificate at THS has also been invaluable for her degree.

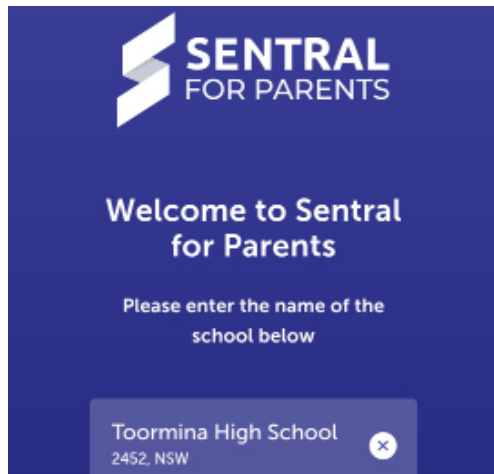
Tori is thoroughly enjoying her time at THS as a volunteer.

Positive Behaviour for Learning



The Toormina High Positive Behaviour for Learning team 'zoomed' into classrooms recently. Each faculty now has an individualised box for student's Value Plus cards - these are awarded when our core values of being Safe, Respectful, Learners are displayed at school. Staff dressed up to launch the next stage of PBL at THS, positive behaviour by students in classrooms can be rewarded with Value Plus cards and go into the draw for prizes.

Parent Portal



Toormina High School has been using 'Sentral' for managing school administration and student data for a number of years. Sentral are now providing a new Sentral for Parents mobile device app to help parents stay connected and access discreet information about their child/children at school.

During this week a pack is being mailed out to parents containing the Semester 1 Academic Reports, along with a letter and step-by-step instructions for downloading and setting up the Sentral for Parents app. To get started parents will have access to their students' timetables, attendance data and Reports. Parents can also report their children's absences through the Sentral for Parents app, e.g. if their child is sick for the day. Over time, as more parents register, we will use the Newsfeed and additional features of the app to communicate with our parent community on a day-to-day basis.

Keep an eye out for the letter and instructions over the coming week. Please join us in this exciting new initiative!

Kathryn Gibney, Technology Support

Athletics Carnival

Toormina High School will be holding the annual Athletics Carnival on Thursday, August 20 at the Coffs harbour International Stadium.

ALL students will travel to and from the venue by bus. NO SPECTATORS are allowed this year due to Covid 19.

Students may wear house colours but must wear covered shoes. hand sanitiser will be available. Students should bring a hat, sunscreen, food and water bottle. A canteen will be available.

House colours are determined by first letter in surname.

Barramundi A-D Red

Marlin E-K Blue

Nannygai L-R Yellow

Trevally S-Z Black and White



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DATES		
Mon	3/8 - 14/8	Trial Higher School Certificate Examinations
Mon	10/8 - 14/8	WEEK A
Fri	14/8	Student Leadership Team nominations due
Mon	17/8 - 21/8	WEEK B
Thurs	20/8	Athletics Carnival

Parents/carers please be aware there will no 2020 Year 10 Social due to Covid 19.

The Year 12 Final Assembly and Formal are currently scheduled for Tuesday 22 September 2020. However due to NSW schools COVID-19 guidelines and NSW Government restrictions these events may look different compared to past years (including date, venue and guests).

We at Toormina High School, including the Year 12 Year Adviser and Executive Staff want to assure you that we plan to give you some type of celebration and are working hard to try and achieve this. We ask that you please be patient and mindful of the current climate while we plan and adjust these events to adhere to current rules and regulations.

Based on the proximity of the current scheduled date we will start accepting a deposit payment (\$30.00) for student Formal tickets from Monday 3 August 2020. If circumstances change, these payments will be refunded.

If we are unable to have our Formal on Tuesday 22 September 2020 we have scheduled an alternative date of Friday 13 November 2020. If you have any queries or concerns please contact Year 12 Year Adviser, Sheridan Johnston, 66533077.

P&C News

The P&C exists primarily to help sustain and support the Toormina High School community. Members of the P&C have represented our school's parents on many interview panels for staff recruitment and our input is also valued on other school procedural matters such as out of area enrolments, the school uniform, which has changed several times with our input, and lobbying with the school for the zebra pedestrian crossing at the front.

I would like to thank all the past and present P&C committee members who have organised and helped with P&C fundraisers by doing pie drives, numerous raffles, election BBQs, Bunnings BBQs and trivia nights. Thank you to the community and staff for support with these fund raisers.

The P&C has continually raised funds to financially assist students who represent the school, support all curriculums and aids with library resources and equipment. In 1995, the P&C raised funds for a PA system and shade sails at the school. In 2001 & 2002 the P&C helped with the purchase of air conditioners for the canteen and the Drama room. In 2002 the P&C contributed towards the purchase of more shade sails. In 2003 funds went towards lockers and outdoor tables.

In 2014 the P&C started raising funds towards the Toormina High School Bus/Shed. In 2017 the P&C made the major contribution to the school bus. In 2019 we purchased year 12 graduation gowns and sashes and we will continue to supply personalised graduation year sashes. We have also purchased student injury insurance, and the P&C has supported teams of students and staff who participate in the Gold Coast Kokoda challenge. The high school P&C has been supporting our school for 40 years and will continue to do so. If you have a memory of a P&C funded event or resource, please share to our Toormina High School P&C Association page on Facebook.

Additionally, I would like to thank everyone who supported the 2020 THS P&C pie drive, which was a great success.

If you would like to address anything you are more than welcome to attend a P&C meeting or contact me.
Regards

Sandra Jeffery, P&C President

Requirements

- Sewing Machine
- 1 piece of light cotton 20cm x 30cm (front)
- 1 piece of fabric for lining (back) 20cm x 30cm (I used flannelette, but you could use a light cotton like muslin). You could upcycle old clothing or see if your family has some scraps.
- Option for extra filtering 20cm x 30cm of thin cotton batting
- 35cm of 3mm soft elastic
- Matching thread
- Scissors (paper + fabric)
- pins

