



## Positive Learners for the Future



During the past few weeks of Peer Support in year 7, the students have been learning how to become positive learners for the future. This kind of thinking allows them to believe that new skills and strategies are beneficial and can make a difference to the outcome. A difficult or new situation may require hard work, perseverance, courage or support from others. Open thoughts allow us to make the most of any situation feeling optimistic about the possible outcomes. Limiting thoughts still allow us to work through challenges, however, they prevent us from stretching our abilities and exploring positive outcomes to bring about change.

We have redefined failure as the absence of effort, recognising that results simply inform us of the next steps to take. Students are reminded that perseverance is not a case of doing the same thing over and over. Persevering in any situation requires much effort, constant reflection and sometimes a number of strategies.

Students have researched famous identities that have worked hard, failed, and overcame obstacles to eventually become successful.

This fortnight, year 7 are encouraged to identify their strengths. These strengths could be their achievements, activities they enjoy, their aspirations and the opportunities and people they have to support them. Using this information, students will create a goal. This can be short term, or long term, but must be their personal goal. They will be encouraged to create steps towards their goal and work on the skills needed to experience success.

**Katie Griffiths, Peer Support Teacher**

See tips on resilience - back page of this newsletter.



## 2020 Toormina High School ATHLETICS Age CHAMPIONS

### GIRLS

12 Mackenzie Cassidy-Stevens  
13 Jorja Barnes  
14 Shayla Webb  
15 Casey Cowgill  
16 Jade Devir  
17 Nikia Cain

### BOYS

12 Kodie Hilton  
13 Luke Jones  
14 Koban Pavitt  
15 Max Riddle  
16 Ben Wainwright  
17 Malakhi Donvovan



### Year 12 NEWS

In light of the announcements made by the Premier of NSW on Monday 7 September 2020 regarding Year 12 Formals and Graduation Ceremonies, we will be postponing these events in-line with NSW Government Policy until after 11 November 2020. It is hoped that parents and carers may now be able to attend these events. At this stage we have booked the Graduation Ceremony for the morning of 12 November 2020 and the Formal in the evening. Further details will be provided after Friday 11 September when schools are advised by the NSW Health Department about restrictions that will apply.

Additionally, Year 12 will be required to remain attending school up to and including Monday 19 October 2020. This is a requirement that has been set by the NSW Department of Education. Normal classes will operate during this time.

Additional support during the school holidays is being arranged in the form of HSC tutorial lessons. A timetable will be provided later this week of the subjects that will be available for students. HSC tutorial lessons will be offered over three-hour blocks, from 8.45am – 11.45am and then from 12.15pm – 3.15pm. I encourage all students with an upcoming HSC Examination to attend.

**Paul Humphrey, Principal**

### Premier's Debating Challenge, Years 7 and 8



Well done to the Year 7 and 8 debating teams who have just completed rounds one and two of the Premier's Debating Challenge via video conference. Toormina High's Year 7 team, Ella Chowdhury, Hunter Broadbent, Eva Smith and Kyah Hope, have competed against Hastings Secondary College and Macksville High in very close debates, narrowly being defeated in these rounds. Our Year 8 team Kaitlin Kirby, Kiara Wishnowsky, Akira Carpenter and Pollyanna Elliott were also narrowly defeated by Nambucca Heads High in round one. The team, with the addition of Zac Creenaune as the first speaker for round 2 defeated Macksville High in a challenging debate about banning violent video games for people under 18. These teams face tough competition as they face off against one another for round three in week 9. Best of luck to both teams!

**Anita Milne,  
Junior Debating Coordinator**



### AUTHORS

The Toormina High School students who participated in 'Write a Bookin a Day' received their books last week (photo above). Congratulations to students involved, Teacher Librarian Adrienne Gillingham, and library administration officer, Karina Allen.

### Drama

Photo shows some of our wonderful year 8 students experiencing their first ever drama lesson! A lot of laughs, energy and ideas with Mr Janssen in the Drama Studio last Friday.



DATES		
Mon	14/9 - 11/9	WEEK B
Mon	14/9 - 25/9	Year 11 Exams
Mon	21/9 - 25/9	WEEK A
Fri	25/9	Last day Term 3
Mon	12/10	First day Term 4
Mon	19/10	Last school day Year 12
Tues	20/10 - 11/11	2020 Higher School Certificate
Thurs	12/11	Year 12 Graduation Assembly and Formal





**Year 9 Food Technology** had a mystery box challenge as a practise before their ration bag practical assessment on Friday. At the start of the lesson students were given half a cup of tinned apples and one sheet of puff pastry and had a double lesson to create a dish. They were able to use other basic ingredients from the pantry or fridge. Some students used laptops to research, whilst others developed a recipe on their own. It was amazing to witness the students working as a team to develop outstanding dishes.

**Tanya Crough, TAS Teacher**



### TOORMINA HIGH SCHOOL UNIFORM SHOP

SALE HOURS Monday and Thursday 8am - 4pm  
For more information ring Jess 0468 436 217

### UNIFORM SHOP

**20% OFF SALE\***



**MONDAY 14<sup>th</sup> SEPTEMBER  
TO  
FRIDAY 25<sup>th</sup> SEPTEMBER**

### SPECIAL SALE SHOP HOURS

\* 20% OFF STOCKED ITEMS  
(EXCLUDING SOFTSHELL JACKETS, WOOL JUMPERS,  
BLAZERS & BACKPACKS)

\* NO REFUNDS OR EXCHANGES  
(UNLESS GARMENT IS FAULTY)

\* NO RAINCHECKS



**MONDAY 8-4<sup>PM</sup> THURSDAY 8-4<sup>PM</sup>**





### Agriculture

Spring is here! The school farm is a very busy place with lots of projects underway. Year 10 have been learning how to safely operate the tractor under the guidance of Farm assistant, Kenny Higgins and myself. Most students can use the gears to move the tractor forward and reverse and can lower and raise the implements. Some students have also managed to plough a paddock in preparation for planting. The year 10 class have also set up raised garden beds and are germinating seeds in the glasshouse. Year 9 have been looking after the poultry. The chickens are producing lots of eggs which have been used in Food Technology classes to make some fantastic cakes. Year 9 have also placed some chicken eggs in the incubator and are patiently waiting for them to hatch. We have two ducks sitting on eggs and 11 baby ducklings. In Term 4 we are looking forward to raising some Dorper lambs which have been purchased from a local farm.

**Michelle Nicholls, Agriculture Teacher**





# NEWS LETTER

Safe Respectful Learners

TERM 3 | WEEK 8 | Septembert 2020



Our Support Unit students also love visiting the farm during their science periods.





# NEWS LETTER

Safe Respectful Learners

TERM 3 | WEEK 8 | September 2020

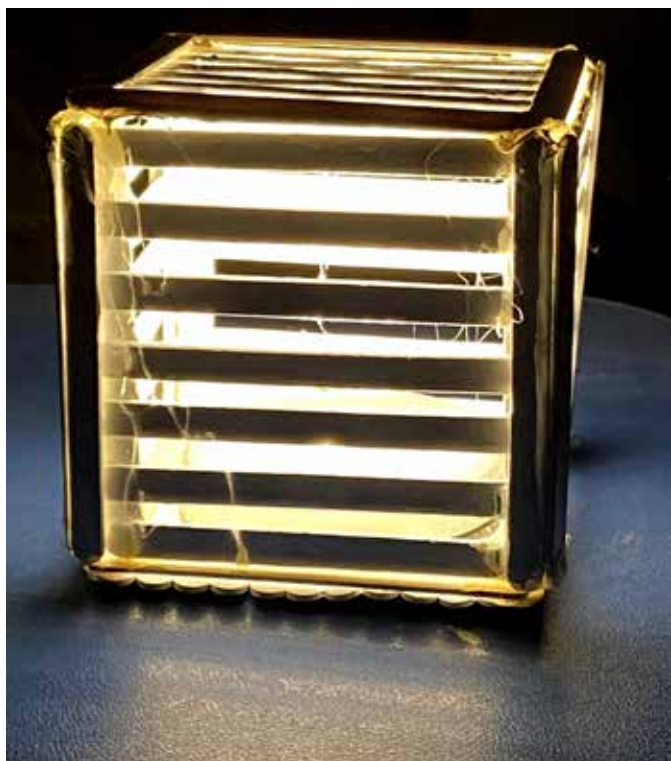




# NEWS LETTER

Safe Respectful Learners

TERM 3 | WEEK 8 | September 2020



CAPA Teacher, Wendy Whittle's Year 11 Visual Design class have excelled in their module **'Light It Up'**. Students worked through a design brief to create an interior/exterior light, for a specific mood, space, task or product.





# NEWS LETTER

Safe Respectful Learners

TERM 3 | WEEK 8 | September 2020



Even recess and lunch are busy at Toormina High School! Today we had intense games of 'Matball' on at recess and lunch in the hall, thank you Mr Berrada. There was a meeting about Amnesty International's 'Write for Rights' - organised by year 10 student Hayden O'Rourke, well done Hayden! Also the library at lunch on Fridays is full of dancing and singing for Karaoke Friday, thank you Mrs Gillingham! Toormina High School rocks!







activities to build

# GRIT & RESILIENCE

in children



by Big Life Journal

1

## DISCUSS THEIR DREAMS AND GOALS

Talk about the steps that would be required in order for your child to reach their goals. Encourage them to create a dream board and/or bucket list.

2

## ENCOURAGE TO CONDUCT "GRIT INTERVIEWS"

Encourage your child to interview grandparents, neighbors, or other acquaintances who have worked hard toward a long-term goal.

3

## SHARE STORIES OF GRITTY FAMOUS PEOPLE

Encourage your child to study famous people (and their failures) like Michael Jordan or J.K. Rowling. These examples will show them that perseverance through failure can lead to great success.

4

## TEACH ABOUT GRIT THROUGH NATURE

Read together the Tupac Shakur poem "The Rose That Grew from Concrete." Then discuss what represents the "concrete" in their life. What are their obstacles? Next, discuss how your child can "break through concrete" like the rose. What can they do to overcome obstacles and reach their dreams?

5

## TEACH ABOUT GRIT THROUGH LITERATURE

Read classic stories of perseverance like "The Little Engine That Could" or Dr. Seuss's "Oh, The Places You'll Go." Help your child form connections to their own life. Talk about their challenges, response to failures, and how to live with grit.

6

## ASK, "WHAT'S THE HARD PART?"

When your child feels discouraged or tempted to give up, ask them, "What's the hard part?" After the two of you have identified the challenge, ask your child what they could do to fix or overcome "the hard part."

7

## FOLLOW THE "HARD THING RULE"

The rule has three parts: 1) Each member of the family has to do something hard. 2) You must finish what you start. 3) No one gets to pick the "hard thing" for anyone else, so your child gets to choose his own challenge.

8

## TRY THE "GRIT PIE" EXERCISE

The pie represents an obstacle your child is facing. Each slice of pie symbolizes a cause of the problem. For each slice, analyze whether their thoughts about the problem are permanent or temporary and whether they blame themselves or others.

9

## SHARE YOUR PASSIONS

Show your child your excitement about activities outside of working and parenting, and devote time to developing these passions.



# TOUCH FOOTY

## REGISTRATIONS OPEN

**PLAY AT:** COFFS HARBOUR TOUCH ASSOCIATION

**LOCATION:** COFFS HARBOUR TOUCH FIELDS

**FOR MORE INFO:** [coffsharbour.nswtouch.com.au](http://coffsharbour.nswtouch.com.au)

**SEASON STARTS FROM:** MONDAY 12th OCTOBER

**COMPETITION NIGHT/S:**

Mondays - Women's & Men's



**GO TO [PLAYNRLTOUCH.COM.AU](http://PLAYNRLTOUCH.COM.AU)**

