

NEWS LETTER



Safe Respectful Learners

TERM 1 | WEEK 3 | February 2021

WELCOME Year 7 2021!

Our wonderful Year 7 students are settling in well at Toormina High School, becoming more familiar finding their way around the school and getting to know all their teachers.

Students I spoke to at the swimming carnival said they had a good day and it was great to see them participating and having fun in the sun.

We are holding a 'Meet the Teacher' afternoon tea on February 18, RSVP notes will be sent home with your student.

Ryan Sullings, Year Adviser



Below is a link to a headspace initiative to support year 7 student's transition to high school.

<https://headspace.org.au/friends-and-family/the-transition-from-primary-to-secondary-school/>



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2021 THS SWIMMING CARNIVAL



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Congratulations to Mitch Hickey who broke 6 records at the 2021 THS Swimming Carnival!! Also, congratulations to the 2021 sport house captains who did a great job, dressing up, cheering on participants, supporting students from our Support Unit and manning the BBQ. Captains this year are: Will Bailey and Emily Buckle, Jordyn McCredie and Adam Rollans, Sophie Henderson and Reece Hargraves, Ben Wainwright and Courtney Jacobson, well done! Barramundi were the overall winners and the 2021 Swimming Champions will be announced at our whole school assembly. The Zone Carnival will be held in Grafton on February 22.



We like to introduce our new staff via a small questionnaire



Name...**Sarah Woods**

THS Position...English Teacher

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

On weekends I enjoy...taking my dogs for walks on the beach.

I love...music, dogs and reading!

I don't like...anchovies on pizza (or in general)

When I was a teenager I wish someone had told me...don't let fear or embarrassment prevent you from participating in life. Once the moment has passed, you do not get that time back.

Name...**Nick Brooks**

THS Position...History, English and Geography Teacher (or HSIE)

The high school I attended was...Colne High School in faraway England.

On weekends I enjoy...being outdoors as much as possible.

I love...challenging myself to try new things, learn new skills and be a better human.

I don't like...things that bite, sting or produce slime.

When I was a teenager I wish someone had told me...to learn to play the guitar as it is so much harder to learn instruments when you are older..



Name...**Rachel Barwick**

THS Position...Support Teacher

On weekends I enjoy ...the natural areas around Coffs Harbour and feeling lucky to live in such a beautiful part of the world.

I love...cuddles with my daughter, eating home cooked meals and reading non-fiction novels.

I don't like...wearing shoes, cold weather or when I can't find my keys.

When I was a teenager I wish someone had told me...travel further, for longer, before the world went on pause in 2020!

Name...**Lynne Smart**

THS Position...School Learning Support Officer

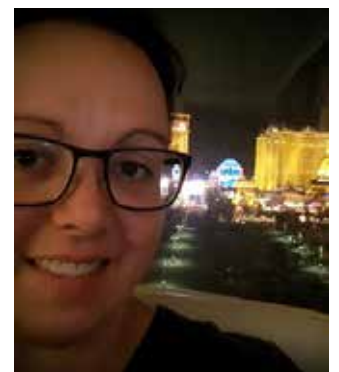
The high school I attended was...Emmaus Catholic College years 7-10 & Jetty High years 11-12.

On weekends I enjoy...reading, Netflix, walking my dog Kyah or catching up with friends.

I love...Dr Who, my dog Kyah and true crime podcasts.

I don't like...coriander, coffee or intolerant people.

When I was a teenager I wish someone had told me...to learn a second, third or even fourth language!



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Name...**Aleesha Cuthel**

THS Position...English Teacher / Year 11 Assistant Year Adviser

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

On weekends I enjoy...camping, exploring and relaxing

I love...ood! And my puppy Rocky.

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

When I was a teenager I wish someone had told me...to enjoy your time being a kid, paying bills sucks.



Name...**James Quinn-Casey**

THS Position...PD/H/PE Teacher

The high school I attended was...St Johns College.

On weekends I enjoy...the beach, coffee and sport.

I love.. to travel.

I don't like...any sports team from England.

When I was a teenager I wish someone had told me...to do a GAP year abroad.

Name...**Joel Warren**

THS Position...TAS and VET Construction Teacher

The high school I attended was...John Paul College.

On weekends I enjoy...golf, catching up with family and friends.

I love...family, cars, motorcycles, music, the ocean and golf.

I don't like...rude people, coriander!

When I was a teenager I wish someone had told me...don't stress as a teenager, and finance knowledge.



Name... **Adam Newman**

THS Position Teacher Mathematics

The high school I attended was...in Perth Western Australia, a long time ago.

On weekends I enjoy...surfing, fishing, making things in the shed, gardening, white water paddling and camping. Weekends are never long enough.

I love...warm offshore conditions and a clean swell on perfect banks.

I don't like...traffic jams, instant coffee, bad vibes in the surf...

When I was a teenager I wish someone had told me...to buy bitcoin.

Name...**Russell Preston**

THS Positio...Mathematics Teacher

The high school I attended was...The Gap State High School.

On weekends I enjoy ...sleeping in, good coffee and going to the beach.

I love...my doggos.

I don't like.....celery.



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Name...**Brett Long**

THS Position...(Assistant) General Assistant

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

On weekends I enjoy...golf and fishing.

I love...oysters.

I don't like...tripe.

When I was a teenager I wish someone had told me...can't say!!



Name...**Steven Markham**

THS Position...Teacher Industrial Arts

The high school I attended was...Glen Innes High School.

On weekends I enjoy...socializing and sport.

When I was a teenager I wish someone had told me...bout being an adult and paying bills.

Name...**Michael Foster**

THS Position...School Learning Support Officer

The high school I attended was...this one!

On weekends I enjoy...spending time with my family.

I love...my country.

I don't like...Covid-19.

When I was a teenager I wish someone had told me...to focus more.



Name...**Erin Lang**

THS Position...English Teacher

The high school I attended was...Coffs Harbour Christian School

On weekends I enjoy...camping!

I love...coffee.

I don't like...insects!!

When I was a teenager I wish someone had told me...life is short - enjoy every moment!!



Name...**Jake Birrell**

THS Position...Music Teacher

The high school I attended was...Green Point Christian College

On weekends I enjoy...surfing, swimming, playing music and reading.

I love...food.

Love Bites

The presentation of our Love Bites program at THS was filmed this week for use by high schools wanting to implement this respectful relationship program.

Our Wellbeing Team, especially Adrienne Gillingham, are passionate about our school's Love Bites program and are proud to be showcasing our students and staff. Representatives from the Local Health Department, Napcan and our much loved Police Liaison Officer, Snowi, will also feature in the film which will premiere at the Love Bites Charity Ball in March. Congratulations Toormina High School!



TAFE and Toormina High School!

Students at Toormina High are engaging in a unique learning opportunity.

In partnership with TAFE NSW, Year 9 Aboriginal languages elective students will be completing a Certificate I Aboriginal Languages – Gumbaynggirr. Teacher Penelope Grace (Aunty Penny) along with TAFE teacher Aunty Kerrie-Ann Jarrett will guide students through the course developing student skills in Gumbaynggirr language and culture, and highlighting to students future employment opportunities within our community.



hARG – headspace Advisory Reference Group

A number of our students have successfully been nominated and selected to join the headspace Advisory Reference Group.

This group is tasked with providing headspace with knowledge and experience of being a young person and to advocate for youth mental health in our local area. These students have a demonstrated interest and passion around youth health and will participate in regular meetings and local community education activities. They are excellent representatives of our school and we are very proud of their commitment to supporting the social, emotional and physical health of young people.

Laura McRae,
Head Teacher Wellbeing



Student Wellbeing

Welcome back to our returning students and families for what will be an exciting year for our school community. In addition, welcome to our new students and families who have started at Toormina High School. Arriving in a new school can be one of the most important transition periods of a child's life and can present some significant challenges for both students and parents. Making new friends, learning new routines and adjusting to new teaching and learning environments is all part of this transition. Some students may find this period of change challenging and need additional support and guidance.

Student wellbeing is a high priority at our school. All students have the right to be and feel safe, to be happy and to be given the opportunity to achieve their potential. Our school has a large Wellbeing Team to assist students with their progress through school life.

Year Advisers are usually the first point of contact for parents/carers. Year Advisers may refer parents/carers to other appropriate staff within the school depending on the nature of the query.

- Year 7 – Mr Sullings & Ms Whittle
- Year 8 – Mr Gale & Mrs Crough
- Year 9 – Mrs Griffiths & Mr Podbury
- Year 10 – Mr Berrada & Mr Ryan
- Year 11 – Miss Taylor & Miss Cuthel
- Year 12 – Mrs Firkins & Mr Howard
- Supervisor of Girls – Mrs Devoy

Our Head Teacher Wellbeing, Mrs Laura McRae, works closely with the Supervisor of Girls, Year Advisers, Student Support Officer (Youth Worker), Aboriginal Education Officer, Youth Workers, School Counsellors and Deputy Principals to support students with any issues they may have in or out of school.

If you do have any concerns about the wellbeing of your child throughout the year, please contact your child's Year Adviser.



Congratulations to these students, winners, from 1,500 entries in the AECG NAIDOC Art Competition 2020!



Artful Recovery
Use your story as inspiration to connect with others and make art about how you coped with the bushfires and COVID-19 in 2019/20

Thursdays from 4-5pm Term 1 starting Thursday 25th February
For more info and to register email HCH@genhealth.org.au or ph 66521878

Open to young people in the Coffs Coast region aged 12-25

Original work by Kirra Ratcliffe © 2021
[@kirrashea.art](https://www.instagram.com/kirrashea.art)





Volleyball Knockout Gala Day

Toormina High School participated in the Mid North Coast Volleyball Knockout Gala Day on Thursday 4th February.

The boys team which was comprised of students from Year 7 to Year 12, were unlucky to be knocked out in the first game against Coffs Harbour Senior College (CHEC) after 2 competitive sets. The girls teams won their first 2 games against Coffs Harbour HS and CHEC so they progressed to the final against Bellingen. Unfortunately the girls lost the final in 2 close sets and came an impressive 2nd in the Zone. As coach of both teams, I am extremely proud of the sportsmanship, leadership, inclusivity and positivity of all the THS students who participated.

We enjoyed ourselves so much, students have asked for a lunchtime volleyball competition which will be starting soon.

Sheridan Johnston, PDHPE Teacher

Musical Instrument Tuition

This year Toormina High School is continuing to offer musical instrument tuition. In conjunction with the Coffs Harbour Regional Conservatorium, Toormina High school is offering private and small group tuition in guitar, keyboard / piano, woodwind and strings at very competitive rates.

If you would like an information and enrollment form, please contact **Mr McGeary in the Music Staffroom.**

DATES		
Wed	10/2	P&C Meeting 5:30 - 7:00pm All welcome!
Mon	15/2 - 19/2	WEEK B
Mon	15/2 - 18/2	CHS Girls Cricket Bathurst
Mon	15/2	Digital Thumbprints Presentation
Wed	17/2	Southern Cross University Head Start Orientation
Thurs	18/2	Year 7 Parents 'Meet the Teacher' Afternoon Tea 4:30-5:30pm
Thurs	18/2	University Roadshow
Fri	19/2	Whitecard Course
Mon	22/2 - 26/2	WEEK A



Please 'like' and 'share' our posts on the Toormina High School Facebook page (look for the school logo) as this is a free, easy way to show our community all the great activities at THS!

Aboriginal Boys Dance

Our Aboriginal boys dance group travelled to Bongil Bongil National Park at the end of last year to attend Boambee Primary's NAIDOC celebrations.

Our students performed dances at the opening and closing ceremonies and ran dance workshops and lessons on how to prepare and apply ochre, and teaching about its significance. They were outstanding representatives of Toormina High School and enjoyed passing on their knowledge to our future students.

Ryan Sullings, CAPA Teacher



TOORMINA HIGH SCHOOL UNIFORM SHOP

OPEN every Monday
8am - 12pm,
every Thursday
12pm - 4pm

For more information
Jess 0468 436 217

NEW Stock has arrived!



Register Online
boambeefc.com.au



Registrations Opening Monday 1st Feb

Join
our
club

New and existing players
welcome 5 yrs to adult



Attendance Matters!

Welcome back to school for 2021. Here are some answers to the most frequently asked questions regarding attendance at Toormina High School.

Students are expected to be on the school grounds between 8.55am and 3.10pm, Monday to Friday. Regular attendance at school is important for all students to reach their full potential.

It is imperative for your child to attend their roll call class between 9am and 9.10am to keep an accurate record of overall attendance. If your child does not present to roll call, a SMS message will be sent to the nominated parent's 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 a late slip from reception to their classroom teacher
- What if my child needs to leave school early for an appointment?
- Send a note with your child explaining why they are leaving early
- Student must take this note to their Deputy Principal before 8.55am to have the note signed (except on a Wednesday when notes are placed in a box on the front counter)
- Take the signed note to Reception and receive an "Early Leaver's Pass"
- At the time of departure, show classroom teacher the Early Leaver's Pass
- Sign out at Reception

What if my child is absent?

The nominated parent mobile number will receive a SMS message after 9.30am. Please notify us the reason for the absence by:

- Responding to the SMS message
- Sending a note for your child to give to their roll call teacher
- Phone the school on 02 66533077 or email THS
- Via the SKoolbag App
- Via the Sentral Parent Portal (instructions on following page)

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

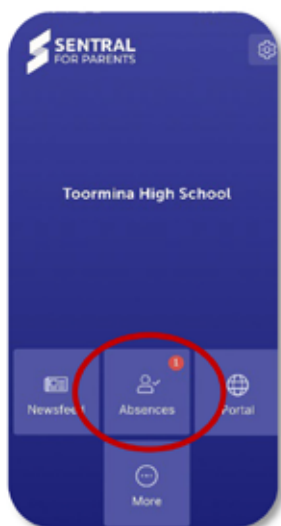
If leave is due to other reasons, parents must apply for special extended leave that the Principal will approve or not approve as per the DoE Policies. Please see the Front Office for the form to complete.

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/carer of a child to ensure that children of a 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 026653077 to update these details as soon as possible.

Karina Menzies, Student Attendance Officer

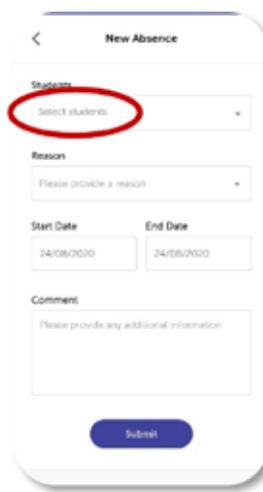
To advise the school of your student's absence, open the Sentral for Parents app.



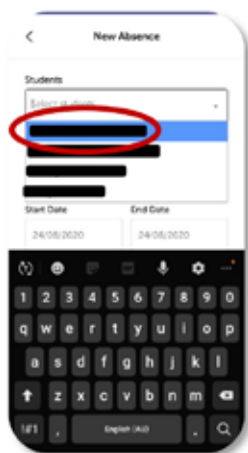
Tap on Absences.



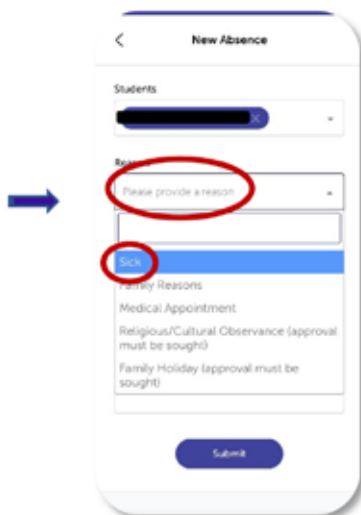
Tap on + at the top right.



Tap on "Select students".



Tap on the relevant student.



Tap on "Please provide a reason" and then tap on the reason for your students' absence, e.g. "Sick".



Adjust the start or end dates & add a Comment if necessary. Tap on Submit.

We recommend downloading the free [Skoolbag app](#), instructions are on the school website. This app can be used by parents for student absences and the school sends reminders and alerts via this app.

Principal's Column

Welcome to 2021 for all of our returning and new students and parents. Our enrolment for 2021 has stabilised after rapidly growing over the past 3 years with 812 students. It was great to see the smiling faces of our Year 7 students on their first day of high school.

Our HSC class for 2020 did very well. Two students achieved 3 Band 6 results. Ryan Gilchrist continued his success with a Band 6 in Drama and Cooper Bake-Smith of Year 11 achieved Band 6 results in Mathematics Advanced and Mathematics Extension. Despite being a small cohort, 33 students sat 136 examinations with 20% achieving a Band 5 or 6 result. Well done Year 12 2020. Last week we celebrated Ryan and Cooper's success with our annual Band 6 dinner. Ryan also received the school's highest ATAR result for 2020 and received the Graduation Scholarship prize of \$2000.00. Congratulations Ryan and Cooper.

Student lateness and absence from school continues to be a major focus for 2021. Being late to school every day by 15 minutes adds up to a total of 9 days absent from lessons per year (almost two weeks). Having a day off a fortnight (approximately 87% attendance) over a student's entire career correlates to over 260 school days (over 1.25 Years) absent from kindergarten to Year 12. The same can be said about students who truant classes. A student who truant 1 period every day for a year misses out on about 34 days of learning. All of this adds up and places the student behind in their studies, making success at school more challenging. Students are required to attend all classes each day including roll call. Students who do not attend roll call create issues around the accuracy of their attendance at school, indicating a potentially worse attendance result than what it really should be. Please assist us to provide the high quality education your child deserves by supporting us in getting your child to attend school and class every day and every period.

Last night (Wednesday), the Parents and Citizens Committee met for the first time for 2021. It was great to see several new parents. Much discussion occurred around two aspects of school life; our school uniform and improving communication with parents. Both of these areas are significant aspects of our Strategic Improvement Plan for 2021 – 2024 that we are currently developing. We are looking at improvement targets in both of these areas and appreciate the support we receive from our parents with school uniform.

My staff and I look forward to working with you in partnership during 2021 in supporting your child's academic endeavours.

Paul Humphrey, Principal

We would like to thank
Coffs Harbour Officeworks
for their generous
donation of stationary
supplies to our Support
Unit!

Our **year 7 students** will be completing the Best Start online literacy and numeracy assessments in Week 4. If possible we would like students to bring earbuds or headphones to school.





Could \$500 help you with school costs?

Join Saver Plus and we'll match your savings, dollar for dollar, up to \$500 for school costs.

-  laptops & tablets
-  lessons & activities
-  uniforms & shoes
-  books & supplies
-  sports fees & gear
-  camps & excursions

To join Saver Plus, you must be at least 18 years or over, have a child at school or starting next year, or attend vocational education yourself, have regular income from paid employment (you or your partner), have a current Health Care or Pensioner Concession Card and be in receipt of an eligible Commonwealth social security benefit, allowance or payment*



Contact
your local Saver Plus
Coordinator

Phone
0428 428 444

Email
CoffsHarbourSP@
thesmithfamily.com.au

Online
saverplus.org.au

Find us on Facebook 

* many Centrelink payments are eligible, please contact your local Coordinator for more information.

Saver Plus is an initiative of the Brotherhood of St Laurence and ANZ, delivered in partnership with Berry Street, The Benevolent Society and The Smith Family and other local community agencies. The program is funded by ANZ and the Australian Government Department of Social Services. Go to www.dss.gov.au for more information.

What is Saver Plus?

 A free ten-month savings program providing financial education, budgeting and savings tips.

 Participants receive up to \$500 from ANZ in matched savings for education costs for themselves or their children.

 Delivered by Brotherhood of St Laurence, Berry Street, The Benevolent Society and The Smith Family and other local community organisations.

 Offered in communities across Australia in every state and territory.

A Saver Plus Participant's Journey



Goal

Talks to a Saver Plus Coordinator from a community organisation and, if eligible for the program, sets a goal to save a regular amount of money over 10 months



Saving

Opens an ANZ Progress Saver account and makes regular deposits



Education

Completes the MoneyMinded financial education program with support from a Saver Plus Coordinator



Matching

Reaches savings goal and receives matched funds, up to \$500, for their own or their children's education costs

Who can join?

Participants must meet all of the below criteria:

- Be 18 years or over
- Have a child at school or starting next year, or attend vocational education themselves
- Have regular income from paid employment (themselves or their partner)
- Have a current Health Care or Pensioner Concession Card
- Be in receipt of an eligible Commonwealth social security benefit, allowance or payment*

Benefits for participants¹



87% continue to save the same amount or more 3 to 7 years after completing the program



78% were better equipped for unexpected expenses



88% reported increased self-esteem



80% had more control over their finances

How did it start?

Saver Plus began in 2003 as a Brotherhood of St Laurence and ANZ pilot program with 268 participants in three sites across Victoria and New South Wales.

Since then, the program has expanded to all Australian states and territories, reaching more than 40,000 people, making it the largest and longest-running program of its kind in the world.

Since 2003¹:



40,000+ participants



\$23m+ total amount saved by participants



\$18m+ matched funds paid by ANZ

Find out more

-  1300 610 355
-  saverplus@bsl.org.au
-  saverplus.org.au
-  @SaverPlusAU

* many Centrelink payments are eligible, please contact your local Coordinator for more information.

¹ RMIT University, 2018. A number of Saver Plus program evaluations have been carried out since 2003. For more information see anz.com/saverplus

**saverplus**

Graeme Grice- Saver Plus Coordinator Coffs Harbour: 0428 428 444