



## Lions Club

## Youth of the Year

On February 16, Toormina High School was represented by Sharnte Cannon, Ellena Cheers-Flavell, Mitchell Hickey and Phyllicia Stock at the annual Lions Youth of the Year Quest. The students completed a written application and attended a formal interview.

At the Lion's dinner on February 16, they competed in the public speaking competition. Impromptu speeches of two minutes covered topics such as the best way to deal with drug offenders and what would be the best age to solve the problems of the world. All four then delivered five minute prepared speeches. Sharnte spoke about why people believe in horoscopes; Ellena explored gender equality; Mitchell shared his sporting journey and Phyllicia outlined why nurses should be considered heroes more than fictional characters like Superman.

All four were impressive representatives of Toormina High School. 2021 School Captain, Ellena Cheers-Flavell won the speaking competition and was also named the overall winner. She will now represent Bonville/Sawtell Lions Club at the zone final in Nambucca Heads next month.

**Lisa Mullan, Head Teacher English**



## Congratulations Cooper

Cooper Bake-Smith, also a 2021 Toormina High School Captain, was recently awarded an Australian Defence Force Future Innovators Award. This award recognises rising young, talented, innovative students studying science, technology, engineering and mathematics who will contend with the challenges of a fast evolving, technological world.

Cooper achieved a Band 6 in Mathematics Advanced and E4 in Mathematics Extension 1 in 2020. E4 is the equivalent of a band 6 in an extension subject. Cooper is continuing his learning and is currently completing Mathematics Extension 2.

## Congratulations Toormina High School SWIMMING CHAMPIONS 2021

### Boys

- 12 Darcie Carpenter
- 13 Beau Pavitt
- 14 Fynn Harrison
- 15 Oscar Hickey
- 16 Jacob Smallwood
- 17 Mitch Hickey

### Girls

- 12 Imogen Bilsborough
- 13 Charlotte Beadle
- 14 Eva Knight
- 15 Lilly-Grace Herden
- 16 Montana Anderson
- 17 Emily Buckle

## Zone Swimming Carnival

A great day was had by all who attended the Zone Swimming Carnival in Grafton this week.

Standout performances by Mitchell Hickey to become 17+ Boys Zone Age Champion. The following students all qualified for the Regional Swimming Carnival next Tuesday in Coffs Harbour: Mitchell Hickey, Montana Anderson, Lily-Grace Herden, Darcie Carpenter, Fyn Harrison, Luke Jones, Jesse St Leon, Jacob Crawley and Imogen Bilsborough. Congratulations!

**Sheridan Johnston, PDHPE Teacher**





## Primary Links Marine Program

The Primary Links Marine program, run by Toormina High School Marine Studies teachers, is off to a great start this year. Year 6 students from Boambee Primary School had fun learning basic snorkelling skills and drawing field sketches of Sawtell Beach.

This 8 week program, run for primary school students within the Bongil Bongil Community of Schools involves weekly outdoor excursions combined with sessions held in the Toormina High School Science laboratories. This innovative program is targeting a point of need identified in junior science students and has been designed specifically to improve scientific literacy and first-hand data skills of stage 3 students prior to their transition into high school. Students engage in marine related activities which encourage them to cultivate a sense of responsibility for their local environment, increasing connectivity, cultural identity and global citizenship while learning science concepts and principles.

**Lucy Thomas, Science Teacher**



## Open Letter to Parents

Since we returned to school this year, several of our students have involved themselves in vaping or using e-cigarettes. Reading the research and literature from around the world on youth and the use of e-cigarettes paints an extremely worrying picture. Fit, healthy young people engaging in vaping, in some cases for less than two months, have been left with life-long lung injuries that will impact their lives and reduce life expectancy. Usually, vaping products come in a variety of flavours and may or may not contain nicotine. People, especially children, mistakenly think that vaping is just breathing in flavoured air, or that the danger of smoking is eliminated when tobacco is out of the equation. These are common misconceptions, and ones that perpetuate the belief that e-cigarettes are a safe option.

This makes the statistics on e-cigarette use in Australia even more alarming. The most recent data indicates that the age group with the highest percentage ever using e-cigarettes was 18-24 year olds. Across nearly all age groups, e-cigarette use is on the rise.

While e-cigarettes don't contain tobacco, they may still contain many of the same toxic and cancer-causing chemicals found in regular cigarettes. This includes the highly addictive chemical nicotine, heavy metals, ultrafine particles, volatile organic compounds, and some flavouring chemicals that can be harmful to health. It's difficult for children to know exactly what's in e-cigarettes – for example, nicotine has been found in e-cigarette liquids claiming to be nicotine-free. Other ingredients that may be acceptable for use in foods could be extremely harmful when inhaled as a vapour.

E-cigarettes are subject to the same laws as tobacco or cigarettes. This means they cannot be:

- used in no-smoking places including schools;
- sold to children under 18 years of age;
- advertised, promoted, or displayed at retail outlets; and
- provided for sale via vending machines.

Smoking or vaping on school grounds is not permitted. Students risk being suspended if caught using these devices. Students who sell vaping products or cigarettes to children will also be dealt with harshly by the school.

Vaping products are not approved as an aid to quit smoking in Australia. E-cigarettes are not harmless. If you've never smoked before, don't start. I have attached a link (below) to a news report from News.com.au about a young person who suffered serious lung damage after vaping for one month.

I implore every parent to hold a conversation with their child about this serious topic and take strong action to ensure that their child is not participating in this very dangerous activity at school or outside of school.

Sincerely

**Paul Humphrey**

**Principal**

<https://www.news.com.au/lifestyle/health/health-problems/teen-nearly-dies-from-vaping-left-with-permanently-damaged-lungs/news-story/a557d95fe2c62837883b242ef6147c93>

## P&C News

I'd like to welcome all the continuing and new families to our school. Hopefully this year there will be less interruptions to our school year.

I would like to invite all families and the community to our next meeting (which will also be our AGM) to be held on the 17th of March, 5.30pm in the school library.

Hope to see you there.

If you have any questions you can either contact the school or me on 040964705.

**Sandra Jeffery, P&C President**



# NEWS LETTER

Safe Respectful Learners

TERM 1 | WEEK 5 | February 2021



## THANK YOU

Thank you to our year 7 parents and carers who braved the weather to come to our 'Meet the Teachers' afternoon tea. Your student will understand the importance you place on their education. Welcome to our school community!







### Congratulations Arla!

Congratulations to Arla Aspden, year 8, who has been awarded Junior Lifesaver of the Year for the Sawtell Surf Lifesaving Club!

### Valentine's Day



Well done to the year 12 students who raised \$260 for the Heart Foundation in their Valentine's Day fundraiser.



### Recess Volleyball Competition

In Term 1, the PDHPE faculty are running a volleyball competition in the hall. Students have nominated their teams and are competing against in a round robin format.

Results to date: Zali's Team defeated Knees Bees in the Year 10 competition, PE Staff dominated Year 12 Mardi's Team, Mr Herman's 11 SLR class won against Mrs Johnston's SLR class. In the Year 7 competition the Bin Chickens beat the Wingless Crows in their first game but went down fighting against the Ravens in their second game.

**Sheridan Johnston, PDHPE Teacher**



### University Roadshow

Year 12 students are pictured above engaging with representatives from four regional universities at the recent University Roadshow. The session was extremely informative for our students and the university staff commented on the enthusiasm of the Toormina High School students.

**Robyn West, Careers Adviser**



## Daily Notices

During roll call each morning the Daily Notices inform our students of the various activities taking place at THS.

Some of the opportunities on offer for this week have included: Chess Club, a Geography competition, 'Shave for a Cure', delicious canteen specials, joining a competitive aerobics team, a Financial Literacy course, lunch time volleyball and boy and girl school touch teams.

## Career News

### Work Experience

Year 10 students should be thinking about their one week's work experience. Dates are Week 10 Term 2 and Week 10 Term 4, see Mrs West or Mr Francis in the Careers Office for further information.

### Southern Cross University Head-Start Program

The following Year 11 students have been accepted into the program for 2021: Hayden O'Rourke, Katie Homes, Molly Ward, Jessika Sandry and Mitchell Hickey

Charles Sturt University Explore Day, March 10, at Port Macquarie Campus, places are limited.

## 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		
Fri	26/2	Regional Art Gallery Excursion
Fri	26/2	White Card Course
Mon	1/3 - 5/3	WEEK B
Tues	2/3	Year 11 Parent Information Evening
Tues	2/3 - 5/3	CHS Individual Tennis Championships
Wed	3/3	Chess Day
Wed	3/3	MNC Rugby League Trials
Thurs	4/3	MNC Open Boys Basketball Trials

## 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!**



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!



A glimpse into high school life with just some of the classes held during Tuesday, Period 1, Week B...



Clockwise from top left, Year 11 Industrial Technology, Year 11 Visual Arts, Year 9 Food Technology, Year 12 Society and Culture and Year 12 Sport, Lifestyle and Recreation.

On the next page Year 10 Mathematics, Year 8 Mentoring, Room 26, Year 10 Science, Room 23 Support Unit class and Room 21 students.





# NEWS LETTER

Safe Respectful Learners

TERM 1 | WEEK 5 | February 2021





# NEWS LETTER

Safe Respectful Learners

TERM 1 | WEEK 5 | February 2021



Toormina High School  
**Year 7 2022**  
**Parent Information Evening**  
**Thursday, March 11, 2021**  
School tours between 5:30 - 7:30pm  
Information Session 6:30pm



Meet the Principal, Paul Humphrey  
Year 7 2022 Year Adviser, Rachel Charnock  
and teaching staff, view displays  
and demonstrations from each faculty  
and tour our school.

Due to Covid-19 restrictions bookings are essential, limit of two adults  
accompanying each student (no additional family members please),  
RSVP on 66 533077 by March 5. We look forward to meeting you!



## INDIGENOUS YOUTH PROGRAM

### FREE 6 WEEK PROGRAM

STARTING FROM 22 FEBRUARY, EVERY MONDAY 5 TO 6 PM

FOR TEENS 13 TO 18 YEAR OLD  
LIMITED PLACES AVAILABLE

### WESTSIDE TENNIS CLUB

Cnr of King & William Streets, Coffs Harbour NSW 2450

FOR MORE INFO CONTACT OUR CLUB TODAY  
CALL: 0419 655 437 OR EMAIL: [HARBOURTENNIS@BIGPOND.COM](mailto:HARBOURTENNIS@BIGPOND.COM)  
OR VISIT OUR WEBSITE [WWW.HARBOURTENNIS.COM](http://WWW.HARBOURTENNIS.COM)