

NEWS LETTER

Safe Respectful Learners
TERM 3 | WEEK 8 | September 2021



Wear It Purple Day

Wear It Purple Day strives to foster supportive, safe, empowering and inclusive environments for LGBTQI+/rainbow young people.



Wellbeing

Hello everyone,

As we enter a fourth week of lockdown, some of you will welcome the time at home, and others will find it hard. It may be hard for reasons such as missing out on time with friends, cancelled events, difficulties online with HSC, or just a change in routine.

Please remember that we are here to help you if you need us. In the meantime, here are three recommendations (whether you are enjoying your time in lockdown or not) that may help you:

1. Begin each day with intention

An intention is different from a goal - it means that you set out to achieve something. You put your energy into reaching the goal but you don't have to get there. For example, you might have the intention of being productive; relaxing more; connecting with friends. Maybe you make small steps or maybe you take great leaps - but you know at the start of the day what direction you are facing.

2. Have a rhythm to your day

Without our awareness, the simple things we do every day occurs like clockwork. You brush your teeth, put on your uniform, travel to school, the bell rings and you walk to class etc. When a change happens, we lose our rhythm. Maybe you wake up late, maybe you get dressed, maybe you watch some tv... A suggestion that might help you maintain your rhythm throughout the day is use a schedule over this time (see attached "Activity Schedule"). In the schedule, balance out these things: study/self-care; must dos (eating; showering) / chores. Ask your teacher how much study you need to do and put it in the schedule. Ask your parent/ carer how much time you need to put into chores. Put it all in the schedule and once it is in there - commit to whatever it is that you intend to do and utilise the schedule to keep you on track

3. Connect

Please schedule some time for connection, because this is one of the hardest things to maintain during lockdown. We lose our physical social connections. Connections don't always have to be social either. You might have a pet who would love to spend more time with you. Maybe you connect better in nature, and just feeling the grass or smelling the fresh air works for you? Or maybe time to yourself is important, and connecting with your inner world is something you don't usually get enough of.

Here are some activities to try - depending on how you prefer to connect:

A. Call/video chat with a friend or your group of friends

B. Connect with nature. Find a spot in nature. Try to focus on one sense at a time before moving on.

- Notice all the green / red / blue you can see;

- Close your eyes and count all the sounds you can hear;

- With your eyes still closed feel the texture of the ground (is it cold/soft/hard?);

- See what you can smell;

- Finally, see if you can tune into taste - put something sweet in your mouth and let the taste stay for as long as possible.

Try one of these at least once a day, to experience a sense of calm.

REMEMBER: Be kind to yourself and others - especially during this time.

Continued on next page...

Wellbeing continued

If you are needing support we can be contacted through your teachers. We have available video calls for anyone needing counselling through this time. Appointments will be scheduled through an email sent to you. There are also phone numbers for counselling services available (see below).

Your teachers are all here to help as well, and we all want the best for you. We understand this is a difficult time and we will do what we can to make it easier - you just have to reach out.

Kids Helpline: 1800 55 1800 <https://kidshelpline.com.au>

Lifeline: 13 11 14, text on 0477 13 11 14

Beyond Blue: 1300 22 4636 <https://www.beyondblue.org.au>

QLife: 1800 184 527 (gender/sexuality/identity group support) <https://qlife.org.au>

Mindspot: 1800 61 44 34 (for anxiety/low mood) <https://mindspot.org.au>

eHeadspace: 1800 650 890 <https://headspace.org.au/eheadspace/>

Suicide Call Back Service: 1300 659 467 <https://www.suicidecallbackservice.org.au>

NSW Department of Education Connect <https://education.nsw.gov.au/teaching-and-learning/learning-from-home/wellbeing/care-and-connect/connect>

Kind Regards,
Toormina High School Wellbeing Team

APPRENTICESHIP

Position: Apprenticeship in Certificate IV Kitchen and Bathroom Design
Keena Kitchens is looking for someone awesome to join their team!

Ideally this person would enjoy CAD drawing/interior design or similar and is, preferably, someone finishing Year 12 this year.

Duties will eventually include kitchen and bathroom designs, preparing quotes and 3D drawings, sales, on-site measuring and trade co-ordination. Please note this is not a factory/hands-on position this is an office/ front of house/on the road position.


If this sounds like you or someone you know please get in touch with our Coordinator Sue on 0434 702 488

If your student needs to borrow a LAPTOP from school for online learning please phone THS, 66533077, to arrange a time for pick up.



Please 'like' the Toormina High School Facebook page (look for the school logo) and 'share' our posts - this is a free, easy way to show the world our achievements and activities!

The THS Library also has a Facebook page.



**TERM 4
FUTSAL
SCHOOL
COFFS HARBOUR**

ACTIVE KIDS

Juniors | 5 years to 16 years | Tuesdays & Thursdays from 4pm
When | From the 12th October to 18th December | 10 Weeks
Cost | \$175 Per player | \$100 Active Kids vouchers accepted
Register Now | <https://justfutsalformstock.com/terms/golprograms2/>

LOCKDOWN BREKKY CHALLENGE!



Mr Woods year 11 and 12 hospitality students participated in a lockdown Brekky Challenge! The challenge was to design and cook your version of the best BREKKY ROLL. Students could use any ingredient that would be great for breakfast, Thanks Mr Woods for sharing some of the pics with us!



LET'S DANCE!!

Teacher, Katie Griffiths, is going to start a dance class on Thursday afternoons via Zoom.

Staff and students and their families are welcome to join for some fun and exercise.

Thursday afternoons from 2pm, join via Google Classroom....

Code: g7mzzm6

Please email your
'Learning at Home'
photos to the THS
email address!

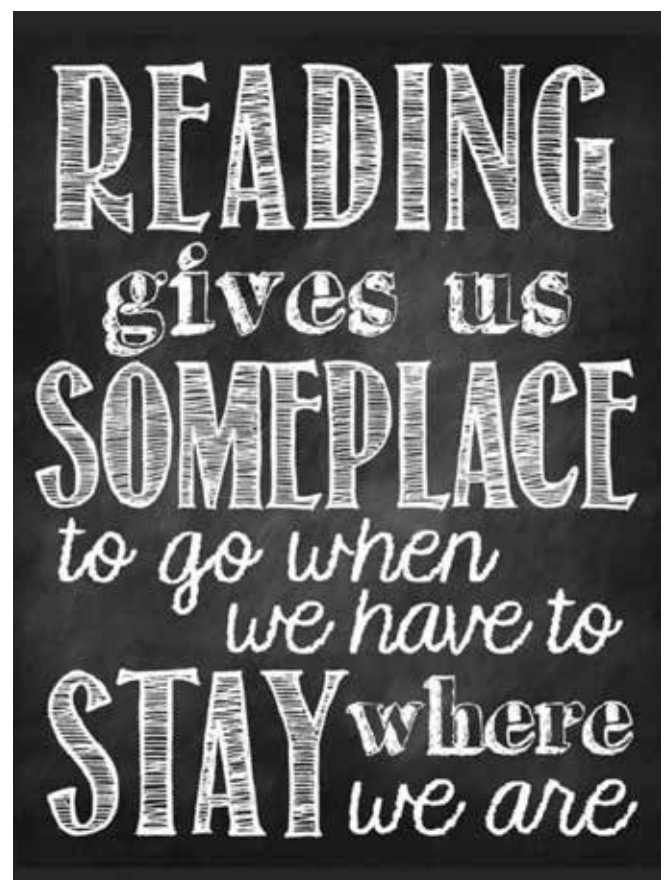
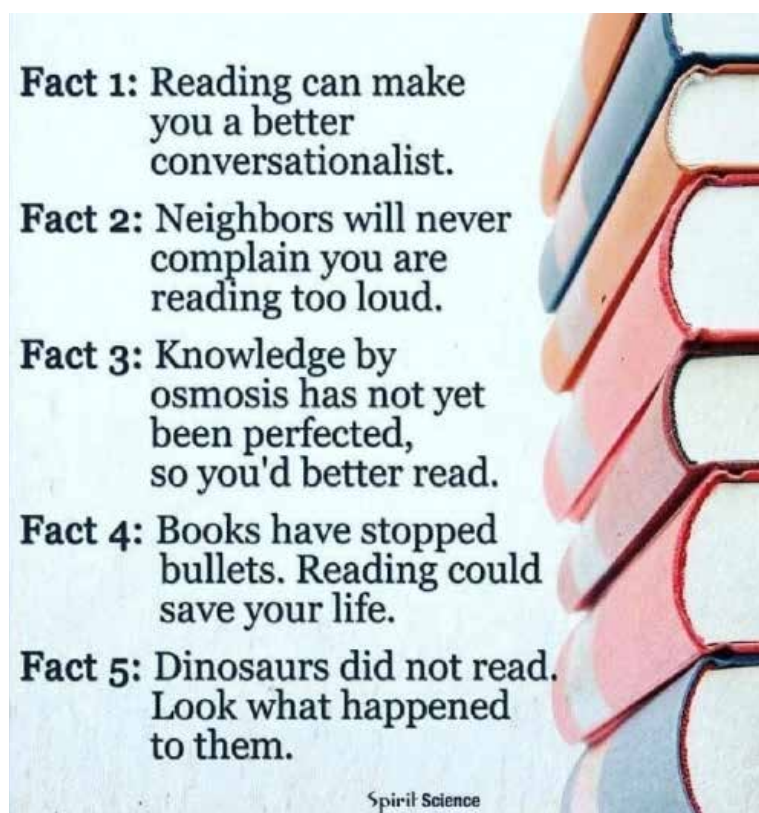
toormina-h.school@det.nsw.edu.au

Thank you to Ms Menzies's student for sharing this reflective piece of writing on Life in Lockdown...

Writing Friday Topic

What new traditions have you created with your family?

Well, every Friday afternoon my family and I make a cake or some other type of baking stuff and on Saturdays we have a family day. We have lunch together and have dinner together. It's nice because we have never really had to have that, but ever since Covid there is a lot more time to do it. We sit in the lounge room and just talk about how we feel about the Covid and how we feel about how the world is going. Then on Sundays, I make breakfast for everyone, either pancakes, hash browns, egg and bacon rolls etc. The only annoying thing is that I gotta clean all of the dishes after! Haha! But waking up early on Sunday mornings is nice because sometimes I get up early and walk on the beach, but it's really cold. Then Sunday afternoon me and my little sister do something together, exercise, build stuff, do some art etc but it's nice. Last Saturday we made a cubby house on the trampoline and slept on it at night time, it was really cold though. But in a way I'm kinda glad Covid happened because now I get to spend more time with the family but then yet again it's also bad because we are stuck in a house together and it's hard to get a break from each other.



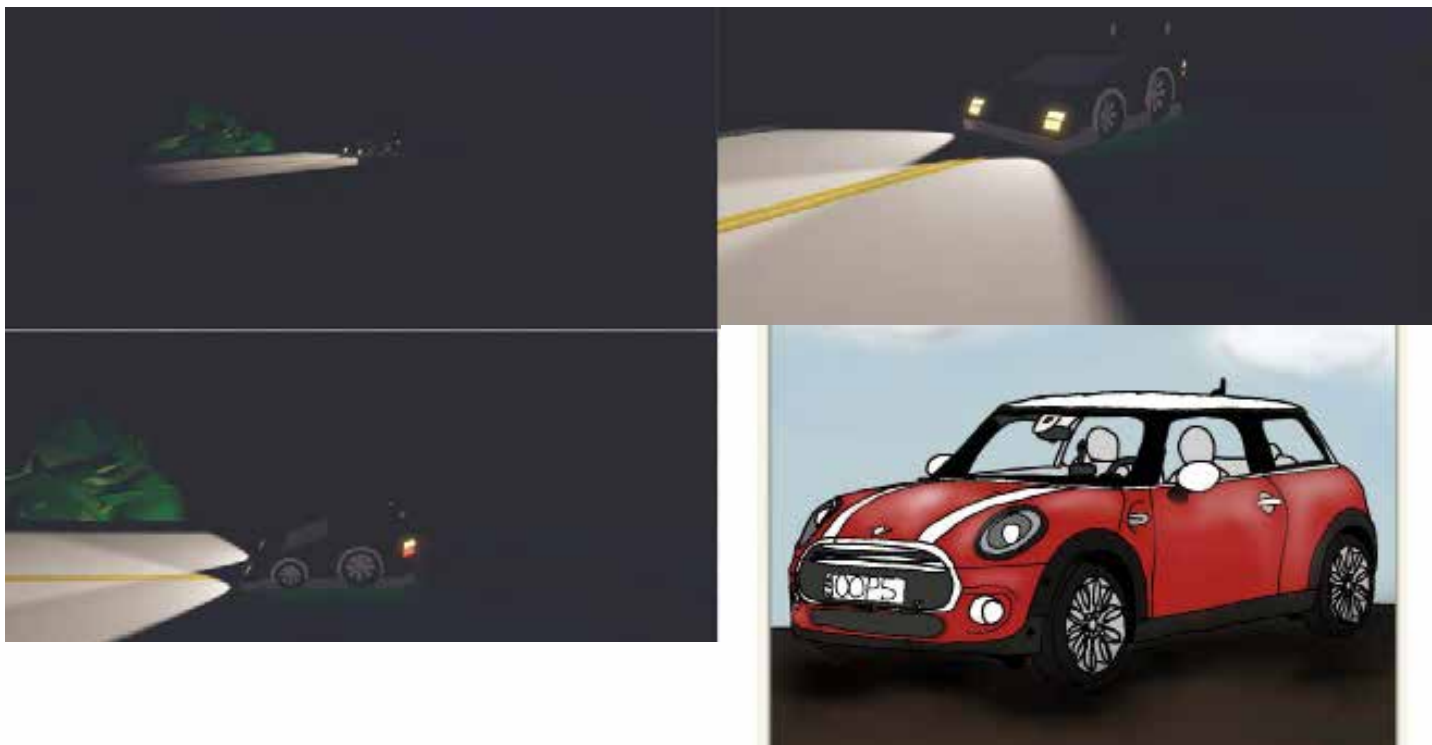
Cooking and Gardening

Support Unit students, with Essential Worker parents, who are still attending school, have been enjoying a break away from their screens to get outside and get some fresh air and enjoy some vitamin D in the garden. We currently have a healthy crop of broccoli, sugar snap peas, silverbeet, limes and tomatoes.

Students are also enjoying cooking during free time some afternoons, keeping busy with school work until 1pm works up an appetite!

Natalie Zegers. Support Teacher





Car Unit

Year 8 students have been completing a Car Unit and have been designing and drawing cars in a range of mediums including apps and drawing software, well done!

Wendy Whittle, CAPA Teacher



Learning at THS

In the hall this week Conner is working diligently on his LOTE project and Myah also working hard.

Racel Barwick, Support Teacher

SUMMER SKILLS



Dive into the Summer Skills program today!

Every summer has its own story, time to write your own!

This summer is expected to be an absolute bumper. Many employers will need summer staff to cope with the huge demand of jobs across a variety of industries.

This is why the NSW Government is offering fee-free, industry aligned short courses for young people wanting to learn new skills.

Who can apply?

Are you a school leaver or aged between 16 and 24? Are you looking to kick-start your summer career? Then Summer Skills could be for you.

Heaps of courses and locations available!

There are plenty of jobs in trendy locations like Byron Bay and all the way down the beautiful NSW Coast, or head inland to magnificent places like Mudgee.

You can choose from a range of short courses where there are plenty of jobs available in these industries:

- Hospitality
- Construction
- Agriculture
- Community Services
- Sport & Recreation – Swimming
- IT/Digital

Set yourself apart from your peers and get the skills you need.

Work in some of the most beautiful thriving parts of NSW. You could do a sea change or a tree change or hit the big smoke!

education.nsw.gov.au

Eligibility criteria

You must be

- a school leaver or
- aged between 16 and 24 (at the start of training)

You will also need to be:

- living or working in NSW
- Australian or New Zealand citizen, permanent resident or humanitarian visa holder
- signed out of school

Visit the Summer Skills enquiry form to register your interest

Scan the QR code or visit



https://skills.syd1.qualtrics.com/jfe/form/SV_8ce73Rijb3h7vDU





NEW SOUTH WALES
AECG
INCORPORATED

Coffs Harbour
Local AECG

2021 Art competition

2021 K-6 Design Competition

Competition closes: Friday October 8 at 3pm

The competition design Brief

To showcase and embrace local history and culture

Prizes include:

1st prize: \$50 Coopers voucher &
their design on promotional material.

2nd Prize: \$30 Coopers voucher

Runners up prizes : AECG learning packs.



2021 7-12 T-shirt Design Competition

Competition closes: Friday October 8 at 3pm

The competition design Brief

To showcase and embrace local history and culture

Prizes include:

1st prize: \$100 Coopers voucher &
their design on their own shirt.

2nd Prize: \$50 Coopers voucher

Runners up prizes : AECG learning packs.

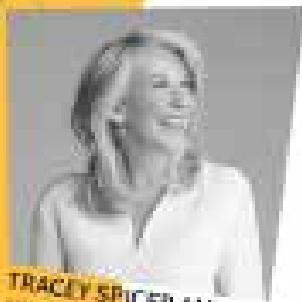


Full competition details are available on the entry forms available from schools in the Coffs AECG district. All entry forms need to be returned by Friday October 8th to Coffs Harbour High School, Woolgoolga High School or Toormina Public School by 3pm.

Entries will be judged by the Coffs Harbour AECG's decision in final, and no correspondence will be entered into.

our students our teachers

A SPECIAL BROADCAST FOR
PUBLIC SCHOOL PARENTS AND CARERS
IS BEING HELD ON TUESDAY SEPTEMBER 7 AT 7PM



TRACEY SPICER AM
AUTHOR AND BROADCASTER

Hosted by author and broadcaster, Tracey Spicer AM, this broadcast will feature education leaders discussing how we can secure the education all children deserve.

Focusing on the impact of COVID-19 and looming teacher shortages, this is a great way to learn more about what's happening in our public schools in these challenging times and how parents and teachers can work together for the benefit of students.



ROBYN EVANS
PRESIDENT NSW PRIMARY
PRINCIPALS ASSOCIATION



CRAG PETERSEN
PRESIDENT NSW SECONDARY
PRINCIPALS' COUNCIL



ANGELO GAVRIELATOS
PRESIDENT NSW TEACHERS' FEDERATION



NATALIE WALKER
PRESIDENT NSW FEDERATION OF
PARENTS AND CARERS ASSOCIATION

DATE
SEPTEMBER 7

TIME
LIVESTREAM
COMMENCES
7PM

DURATION
30MIN

REGISTER
AT WEB ADDRESS
OR VIA QR CODE



Hello! How are you?

We are once again navigating the space of remote learning and for some families also working from home as we enter a period of stay at home orders. Take this time to ask yourself, how are my children feeling about all these changes? **Maintaining good mental health** is more important than ever during these uncertain times - but thankfully there is plenty of help out there!

Can my child speak with the school counsellor?

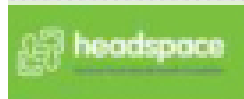
You sure can, it'll just work a bit differently for the time being! Families and students can continue to access counsellor support by ringing **Toormina High School** on **6653 3077** or by emailing the school. A time suitable to both parties will be confirmed by phone or email. School counsellors are able to provide support via telehealth.

If you or your child needs to talk to someone straight away...



Kids Helpline is a free, private and confidential 24/7 phone and online counselling service for young people aged 5 to 25. **1800 55 1800**

<https://kidshelpline.com.au/gat-help/webchat-counselling>



ehheadspace provides free online and telephone support and counselling to young people 12 - 25 and their families and friends. <https://headspace.org.au/ehheadspace/>



A mental health professional will answer your call about mental health concerns.

<https://www.health.nsw.gov.au/mentalhealth/Pages/Mental-Health-Line.aspx>

Some local resources...










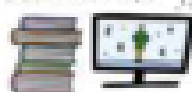
Family Connect and Support brings together families, support services and community resources so that our children and young people are safe and well. **1800 327 679** (8am-5pm weekdays). mncfcs@pathfinders.ngo

Looking after yourself is important ... and so is washing your hands!

Anxiety presents itself in many different ways...

 The desire to control people and events	 Difficulty getting to sleep	 Feeling agitated or angry
 Defiance and other challenging behaviors	 Having high expectations for self, including school work & sports	 Avoiding activities or events (including school)
 Pain like stomachaches and headaches	 Struggling to pay attention and focus	 Intolerance of uncertainty
 Crying and difficulty managing emotions	 Over-planning for situations and events	 Feeling worried about situations or events

when you feel ANXIOUS

 GO OUTSIDE	 ASK FOR HELP	 CREATE SOMETHING
 DRINK WATER	 WRITE ABOUT HOW YOU FEEL	 TAKE A DEEP BREATH
 LISTEN TO SOOTHING SONGS	 STAY PRESENT	 FIND A POSITIVE DISTRACTION