

NEWS LETTER

Safe Respectful Learners

TERM 4 | WEEK 2 | October 2021



CREATING OUR FUTURE

Congratulations to our incoming Student Leadership Team! School Captains are Phylicia Stock and Mitchell Hickey, Vice Captains are Molly Ward and Jake Simpson with Prefects: Hayden O'Rourke, Jacob Fuller, Casey Cowgill and Katie Homes. A fantastic group of inspiring young leaders.

Congratulations!



Masks

We are now considered level 3 and as such masks for students are NOT mandatory outside. It is recommended that they wear a mask outside but this is now a personal decision. Masks are still mandatory for all inside activities.

Vaccinations

Our next school vaccinations will be held on Tuesday, 19th October, for students from years 7,8, 9 and 10. This is the usual school vaccination program: Year 7 HPV, Year 10 Meningococcal, Year 8 and 9 catch-ups. These school vaccinations can be given 7 days before or 7 days after Pfizer or Moderna Covid vaccinations. Parents please advise, by sending a note with their child if they are having Covid vaccinations within these 7 day time frames.

Laptops

Students who still have a laptop on loan need to return to the front office this week please. These laptops are part of class sets and are essential for learning.

Visitor Checkin at THS

From 18 October all visitors must enter the school via the front office only.

Parents will use their Services NSW app to sign into the school by going to "School Check in" and scanning our QR code.

Then follow the prompts.

If parents do not have a smartphone they can sign in using a device at the front office, and if they need assistance, our friendly administrative staff will help.



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.

Water, water, water!

We would encourage ALL students to bring their own water bottle to school and use our amazing chilled water refill stations!



Principal's Column

Welcome back to school for term 4 of 2021.

It was wonderful to see so many of our students arrive back at school this week. Our attendance for Tuesday exceeded 91% and has been pleasing this week. I encourage all students who have not yet returned to school to come back and re-engage in their classes. We also had an average of 20 Year 12 students who attended classes this week, preparing for their HSC exams. Congratulations and well done to all students and parents.



We are hopeful that term 4 will be a very settled term for all students, with exams scheduled for Year 7, 8, 9 and 10 from week 3 – 5 inclusive, it will require students to work hard and catch up on any work missed so far this year. I encourage all students in Years 7, 8, 9 and 10 to really focus on achieving personal best results this term in their assessments through study and preparation. The hard work will be rewarded.

Our new school captains for 2022 have been elected and will be advised in the coming weeks. The incoming team of students are an amazing group of young people who I am confident will demonstrate our core values as school leaders.

Next week I will meet with the contractors that will be installing our new air-conditioning systems into classrooms under the Cooler-Classrooms project. The project is finally about to commence and will take approximately 12 – 14 weeks to complete. This will cause some disruptions around the school as the contractors move from classroom to classroom. I will be able to advise our community after that meeting when the work will commence. This work will have a significant impact on student learning and engagement in the hot summer days.

Paul Humphrey, Principal

Term 4 Programs

Deputy Principal Michelle Elliot, Aboriginal Education Officer, Gloria Mercy and SLSO, Daryl Lockwood planning for Aboriginal Education programs for Term 4 when our current restrictions change.



2021 Wellbeing Team

As a Wellbeing team, our goal is to support students in their ability to connect, succeed and thrive for personal success. We work collaboratively to instil a sense of trust, respect, belonging and connectedness for all students which can lead to improved wellbeing and academic outcomes. The Wellbeing Team also aims to empower our school community to build a culture of resilience and high expectations.

Laura McRae, Head Teacher Wellbeing

School Counsellor	Christy Thatcher (Tuesday, Wednesday, Thursday) Ryan Squires (Monday and Wednesday)
Year Adviser	Year Adviser, Assistant Year Adviser
Year 7	Ryan Sullings, Wendy Whittle
Year 8	Scott Gale, Tanya Crough
Year 9	Katie Griffiths, Maurice Podbury
Year 10	Adam Berrada, Matthew Ryan
Year 11	Bree Taylor, Aleesha Cuthel
Year 12	Leanne Firkins, Derek Howard
Youth Workers	Penny (Thursday & Friday) Cameron (Monday & Thursday)
Student Support Officer	Leanne Woods
LGBTI+ Group	Leanne Woods (supported by Scott Gale & Sue Jordan)
Supervisor of Boys	Brad Herman
Supervisor of Girls	Gaye Devoy
Aboriginal Education Officer	Gloria Mercy
Attendance Officer	Karina Menzies
Peer Support Coordinator	Katie Griffiths
Student Leadership Team Coordinator	Bee Thorton
Bro Speak	Ryan Sullings
Sista Speak	Gloria Mercy & Kate Williams
Rock and Water	Joseph Anderson & Gaye Devoy
Head Teacher Wellbeing	Laura McRae

Supervisor of Boys

PDHPE teacher, Brad Herman has recently accepted the position of Supervisor of Boys. His extensive experience in coaching and playing our local sporting community and his role as THS's Rugby League Coordinator has enabled him to build rapport and develop effective relationships with boys in the classroom and beyond.

The central focus of the Supervisor of Boys is on the wellbeing of young males in day-to-day activities at school and support them to reach their full potential. It also gives an additional support option for our young men who may be going through difficult issues.

Mr Herman will bring an enthusiastic approach to the role and encourage male students to take on opportunities in areas they wish to succeed in and promote learning both in and outside of the classroom. He will also look to enhance our male students' self-esteem and resilience, develop supportive relationships between and among boys and increase the leadership skills of older male students within the school to support their younger peers.

The introduction of this role is a Toormina High School initiative, as not all schools have a Supervisor of Boys. The role is a positive step for boys in our school to be able to access additional guidance from an experienced and passionate teacher. The role compliments the already established Supervisor of Girls role held by Mrs Gaye Devoy.

If you feel as if your son may require additional support, please do not hesitate to contact Mr Herman on 6653 3077.



Supervisor of Girls

Mrs Devoy has had an interest in girl's education for the past 30 years. She has held numerous positions and coordinated many programs which have helped her understand the pressures facing girls during their teenage years. She is especially interested in building resilience and helping girls focus on using techniques which can relieve or lessen feelings of anxiety and stress. Her role includes interviewing and counselling girls, developing special programs for girls and building their resilience. She developed a program for Year 7 girls which works through the idea of recognising healthy friendships and learning how to cope with the changes of friendship groups which can occur during high school. She has also established a space for girls to visit during lunch time which is a non-judgement, safe space where they can do craft activities, read, listen to music or socialise with other students. Room 17 is open at lunch time daily and all girls are welcome.

Photos from some of our Support Unit classes last week: Information Technology with robots, Science with chickens and baby ducks, dance class and work skills. What great learning opportunities!

Support Unit Lessons



Apprenticeship Opportunities

Coffs Harbour Kitchens

Early 2022 two apprenticeship opportunities in **Cabinet Making**

Contact: Daniel De Nardis 0402681446

HIA

2 x Roof Plumbing Apprentices – four year apprenticeship, driver's license isn't essential but an advantage.

Need to be comfortable with heights and must be willing to undertake a working at heights ticket.

Waterproofing Trainee – 2 year traineeship, cert. 3 in construction waterproofing. Needs to have driver's license.

Expressions of interest of Carpentry apprentices.

Contact: Glen Cassidy 0420306481 or 0299783386

Novaskill

Painting and Decorating Apprenticeship

In this position they will be completing their Certificate III in Painting and Decorating over 4 years.

It will be full time work of 38 hours per week.

Contact: Brett Vella 0408 166 978 or 66017000

School Based Apprenticeship – My Car Toormina

Cert 3 in Light Vehicle Automotive.

Submit your resume to careers@mycar.com.au

N.B More information on any of these opportunities can be obtained from the Careers Office

Preparing today's learners for uncertainty – a webinar for parents

'Uncertainty tolerance' (UT), or how we process and respond to unknown or complex situations, is increasingly recognised as an essential workplace skill. Uncertainties in the workplace are ever-present and we've seen shared, global experiences of this with the uncertainties surrounding work during the COVID-19 pandemic.

On Tuesday 9 November Associate Professor Michelle Lazarus will discuss the impacts of UT on students, and outline some strategies to help parents to support their children to improve their UT to prepare them for their futures in further education and work.

Register via this link: <https://attendee.gotowebinar.com/register/1213662242126413580>

Work Experience

Please note that while level 3 restrictions are in place, students are unable to participate in work experience.

As soon as this changes, students will be able to resume their work experience.

IMPORTANT DATES		
MON	18/10 - 22/10	WEEK A
MON	18/10 - 29/10	Year 10 Examinations
TUES	19/10	Vaccinations
WED	20/10	P&C Meeting
MON	25/10 - 5/11	Year 7, 8, 9, Examinations

Check-in Assessments YEARS 7, 8 & 9

Year 7, 8 and 9 students will participate in a reading and numeracy check-in assessment.

The check-in assessment is a NSW Department of Education online reading and numeracy assessment available to support schools to assess and monitor student progress following the period of learning from home.

The check-in assessments can supplement existing school practices to identify how students are performing in literacy and numeracy and to help teachers tailor their teaching more specifically to student needs.

The assessment will be scheduled for our students during class time in Term 4 between Weeks 2 and 6.

Students with disability may receive the same level of support during the assessment that they would normally receive in the classroom.

Students will need to bring headphones or earbuds that plug into a computer to enable them to hear audio during the assessment. Earbuds used for mobile phones or other portable devices may be suitable for use during the assessment.

This week at the Canteen

This week's specials are
Mon and Tues...Beef
Lasagna...\$4.50

Thurs....Nacho loaded
potatoes...\$4.90

Fri...Toormi cheeseburger...4.99

Now the weather is warming
up we will have a weekly salad
bowl special and this week is
Chicken Caesar Salad....\$5

Don't forget you can pre order
your lunches up until 11.30

Kirsten and Dave



Wellbeing week



Monday October 11th to
Friday October 15th
Mental wellbeing Activities

take care
of your mind

Monday - Connect



Connection supports and increases our feelings of happiness. Chat with your friends. Play a game with someone. Speak to someone on the phone or write them a letter.

Tuesday - Tune in



Be present. Being aware of what is happening within you and in the world around you is being mindful. It can help calm us down if we are upset or angry. See below for mindful activities.

Wednesday - Get inspired, Keep learning

Feed your curiosity. Try something new. Get drawing, painting, take photos, get writing. Get creative - crafts are an important part of expression. Draw on the pavement with chalk. Learn a new song or dance. Learn to cook. Plant a seed. Try yoga. Learn a musical instrument.

Thursday - Move Joyfully



Exercise is good for our body and our mind. Dancing can reduce stress. Set aside time to dance and have fun. Move your body - keep a balloon or ball above ground, go for a long walk, do the burpee challenge.

Friday - Show Kindness, Give to others



Helping others can makes us feel good too. It can reduce stress and improve emotional wellbeing. Write a thoughtful message to a classmate, do something for a good cause, volunteer and make new friends ,bake a cake for someone, set the table for dinner. pick up litter , give a flower to someone.

Mindfulness

breathe



Mindfulness Apps: Smiling Mind. Research Dadirri - Aboriginal practiced mindfulness - deep and respectful listening.

Explore your senses - eat mindfully close your eyes and savour the tastes. Go for a walk, what can you see? hear? feel? Practise some mindful colouring.

