

Terrigal High School NEWSLETTER

Newsletter 21 Term 1 February 2019

This week's featured artwork is a mixed media piece
By Amber G from Year 9 Visual Arts.

e: terrigan-h.school@det.nsw.edu.au p: 4384 4677 w: <https://terrigan-h.schools.nsw.gov.au/>

Welcome back

Terrigal High has had a fantastic start to the school year. We welcomed some fresh faces with our eager-to-learn year 7 students who have settled in very well in their new school environment.

We will be issuing our newsletter twice a term now, and look forward to sharing with you the learning, achievements, and fun that goes on here at our school.

New school website



Terrigal High School

A quality comprehensive education with a history of academic success.

T: 02 4384 4677 E: terrigan-h.school@det.nsw.edu.au



Terrigal High School now has a new Website which will be updated on a regular basis. The link for the new website is <https://terrigan-h.schools.nsw.gov.au/>

Special education class

This year Terrigal High School has welcomed our first ever Special Education class. We currently have six students who are in Year 7 and 8 and this number will grow as further students are placed at Terrigal High School.



Miss McKenna, Mr Spence and I are their main teachers, together with Mrs Martin for TAS, Mrs Warren for PDHPE, Mrs Hazell for Science and Mrs Green for Art. Kathy and Michelle are our wonderful Student Learning Support Officers who are with the students throughout the day. We are located in bottom Red where construction work is continuing on a new shower and toilet and outdoor area, as well as

new connecting doors. This will hopefully be completed by the end of Term 1. Our students have already taken advantage of specialist classrooms for cooking, art and science within the school.

We wish to congratulate each student on their transition to high school and a new school setting. We also wish to thank staff and students who have been supportive and welcoming of our class.

Mrs Hull
Head Teacher, Administration/Multi-Categorical Class

School photo Day



Monday March 11th

Advanced Life Photography Order forms/envelopes have been sent home with students. We encourage you to order your photos online as per the instructions. Spare forms/envelopes are available in the office.

What's on around school?

Look out for "Terrigal Talk" which is emailed to parents every Friday to give you a snap shot of what is happening at school for the upcoming week.

TERRIGAL TALK WEEK 4 TERM 1

Email: terrigan-h.school@det.nsw.edu.au
Website: <https://terrigan-h.schools.nsw.gov.au>

New Timetables

This week we adjusted the school timetable to accommodate the fluctuating numbers in the school. The students received a printed copy of the timetable on Monday and I am very pleased with the way they have settled into the new routines.

P&C Meeting

A reminder the first P&C meeting of the year will commence immediately after the year 7 Welcome BBQ on Tuesday 26 February. This is a great opportunity to meet other parents and have a discussion with the Principal and Deputy Principal. Arrive at 7:15pm for a 7:30 start.

Valentine's Day

The SRC were busy yesterday morning delivering chocolate hearts for Valentine's Day. This is a traditional fundraiser for the SRC to put towards school projects.

Library news

It's wonderful to see how well our students have settled into school this year. I would like to remind all of our students that if they need any support with their research to please talk with Miss Gale, I would be more than happy to help.

There are a large number of senior students utilising the library for their study periods, which has been wonderful to see. We have a positive study environment for them to enjoy. Miss Gale is available Monday to Wednesday to support students with their research needs. I encourage students to become a member of the local library to utilise the wonderful free support and resources that they have to offer. I am happy to work with them to learn how to use the research databases to find information to support their studies.



Mrs Morris has sent an email to senior students with information about how she can support their learning as a senior student. She is available Monday, Wednesday, Thursday and Friday for senior students to book an appointment with her.

Finally, I would like to remind parents and students of the Premier's Reading Challenge (PRC) that takes place every year. Students in Years 7 to 9 are encouraged to participate. Any books that you have read since September 2018 are eligible to be included in your reading challenge. There will be more information regarding the PRC during the year. In the mean time you can find all relevant information on their web site
<https://online.det.nsw.edu.au/prc/home.html>

Miss Gale
School Librarian

Student Voice



“Optimism” by Lola W (delivered at Year Assembly)

I'm in Class 7-O in which the “O” stands for Optimism. Optimism means hopefulness and confidence about the future or success of something.

Optimism comes from the Italian word “optimus”, meaning “best”. This describes how an optimistic person is always looking for the best in every situation and expects good things to happen. Optimism is to believe, expect or hope that things will turn out right. Even if something happens like the loss of a job, an optimist always sees the bright side.

There are multiple quotes about optimism and the two that I like are, “*Don't cry because it's over smile because it happened*” by Dr Seuss, and “*We are all in the gutter, but some of us are looking at the stars*” by Oscar Wilde.

Optimistic people are happier, more successful and healthier. Optimism builds resilience and helps us see disappointing events as temporary setbacks. These are some ways to be more optimistic. You could notice good things when they happen and not blame yourself when things go wrong and you could remind yourself that it's just another hurdle you can jump.

Year 7 2019 are full of optimism and I can see that in all your big smiles.

Visual Arts

The Sean Lonergan Schools Project is an opportunity for Central Coast school students to learn from an Indigenous artist and experience the process of working with a professional artist to create a collaborative artwork for exhibition. The exhibition continues the work of Sean Lonergan who promoted reconciliation and created opportunities for Aboriginal artists in our region for many years.

Selected schools will have their work displayed as a group exhibition at Gosford Regional Gallery from Reconciliation Week in May to NAIDOC week in July.

Terrigal High School has been selected to participate in the Sean Lonergan Schools Project this year. Our school will be paired with an artist.

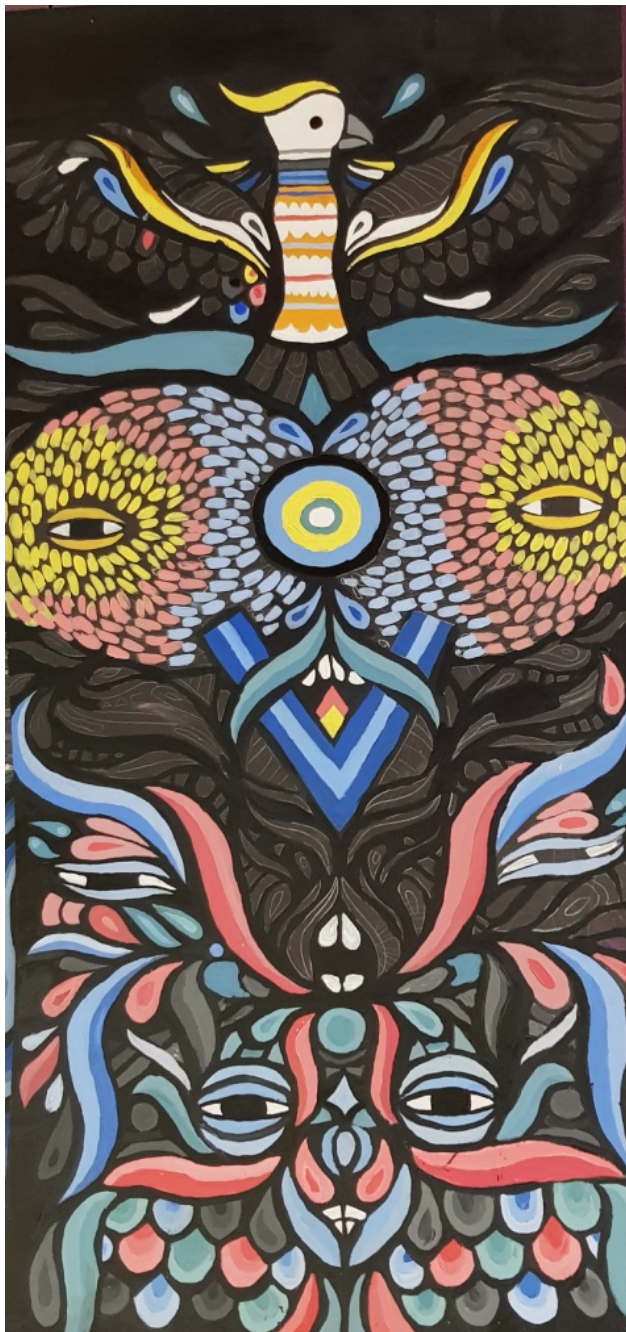


Congratulations to three Terrigal High School students have been selected to exhibit at the Gosford Gallery for the 2019 Central Vision Exhibition which runs from February 28th to March 27th. The students are Sam F (Year 12, 2018) with his work “Unity of Colour”, Ariel D (Year 9) for her drawings titled “Perplexity” and the Year 10 Photo media Class with their Collaborative project. Be sure to take a look at the amazing works of our budding young artists. For more details visit:

<https://www.centralcoast.nsw.gov.au/whats-on/galleries/central-vision>

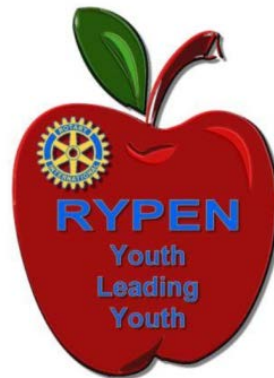


Art Club students are busily working on some large decorative panels for the Seniors Area in the hallway. Pictured is a panel created by Bronte, Charley K, Ashley H and Jackson S.



Mrs Green
Head Teacher, Creative and Performing Arts

RYPEN – Rotary Youth Program of Enrichment – Youth leading youth



A huge congratulation must go to four of our wonderful Year 10 students, Abbey D, Alex P, Luke D and Bailey H who were chosen to attend this year's Rotary Youth Program of Enrichment camp at the end of Week 1 on the weekend of the 2nd and 3rd February at the Sydney Academy of Sport and Recreation, Narrabeen. Our students had a wonderful weekend of meeting students from all over the Central Coast and Sydney engaging in activities to develop their critical thinking, leadership and team work skills. Our students also delivered speeches to the Rotary Club of Terrigal about their experiences and they spoke articulately and confidently to their audience.

We are so proud of our students for all that they have achieved over the weekend and for representing our school so incredibly well. We must thank, Mary Crammond and all at the Rotary Club of Terrigal who sponsored our Abbey, Luke and Bailey and for all their continued support of our school and to Kian Safaei and all at the Rotary e-club of Sydney for sponsoring Alex.



Ms Massie
Teacher, HSIE

Careers corner

with Ms Bates, your Careers Advisor

<http://www.terrigalhscareers.com/>

The School now has its own career website. Students and parents can use this site for a wide range of career information. This site is particularly useful for students in the senior years; however, other students can access information on part time employment while they are still at school. If students register in the "Student Only" area they will be able to make use of many of the proformas available. They can develop a resume, a cover letter, find out how to act in an interview, what to wear for an interview and many other things.



Careers mentoring program

Year 10 Mentoring program has kicked off for the Term. We have six students and six mentors. The Mentors volunteer their time once a week to work with these students in helping them to create a successful career pathway. We look forward to the celebration at the end of the term and to seeing the student's progress.



White card course

The course will be running on the 20th March 2019, here at Terrigal High! Cost is \$100. Notes can be collected from Ms Bates in Careers. First in best dressed. Limited to 20 places!

Community Corner



Register now!



Terrigal Avoca PANTHERS

Angela Roche 0434 395 187
info@panthersjuniors.org.au
Open for Boys and Girls 5-17

 Sign up for junior footy play.afl

What's On Term 1, 2019

Program description	Day / date / Time	Venue	Cost
Parents not Partners Six week program for separated parents in conflict over their children. It is designed to improve emotional & developmental outcomes for children in separated families.	13 th , 20 th and 27 th February, 13 th , 20 th and 27 th March Wednesdays 5:00pm – 7.30pm	Venue: Interrelate Central Coast Address: Level 1, 40 Mann St Gosford 2250	\$25.00 per session or \$15.00 concession per session
Building Connections Interactive seminar for parents having trouble sitting down together to work out what is best for their children since their separation.	Run weekly – ask your practitioner 10:00am–1:00pm or 5.00pm-8.00pm	Gosford & Wyong (am only)	FREE
Stronger Connections Interactive seminar to follow on from Building Connections for parents still having trouble working out what is best for their children since their separation.	Run monthly – ask your practitioner 10:00am–1:00pm or 5.00pm-8.00pm	Gosford & Wyong (am only)	FREE

Building Bridges When parents separate, they often live in two homes and kids need to find ways to build their own bridge between their parents' homes. This program assists children to understand the type of bridge their parents have built and learn how they can cross it safely.	5 th February Tuesday 3:30pm – 5:30pm	Venue: Interrelate Central Coast Address: Level 1, 40 Mann St Gosford 2250	FREE
Being A Dad Being a Dad (3 sessions) – to help fathers become more mindful parents & gain skills necessary to build closer relationships with their children	4 th , 11 th and 18 th February Mondays 5:00pm – 7.30pm	Venue: Interrelate Central Coast Address: Level 1, 40 Mann St Gosford 2250	\$25.00 per session or \$15.00 concession per session
Being A Mum Being a Mum (3 sessions) is a course for mothers who want to enhance their parenting skills, gain more confidence in their parenting and learn practical skills to be a better mum.	7 th , 14 th and 21 st March Thursdays 10:00am – 12:30pm	Venue: Interrelate Central Coast Address: Level 1, 40 Mann St Gosford 2250	\$25.00 per session or \$15.00 concession per session
Creating Positive Relationships The need to feel love is a primary human emotional need. Understand the five love languages and learn to speak the primary love language of your partner.	4 th April, Thursday, 10:00am - 1:00pm	Venue: Interrelate Central Coast Address: Level 1, 40 Mann St Gosford 2250	\$25.00 per session or \$15.00 concession per session

Bookings essential – Phone 4363 8050

www.interrelate.org.au



Central Coast Council
of Parents and Citizens Associations
of New South Wales (CCC P&C)

Parents, Carers, Community Members – ALL WELCOME

Cyber Awareness Forum

Do you know what your children are exposed to online?
The consequences of online actions?
Do you want to know how to protect them?

Join Central Coast Council of P&Cs as we host a forum
with staff from the eSafety Commissioner
to discuss the issues, you and your family need to know about to keep safe
in this 21st Century social media world.

Date: Thursday 28th March 2019

Time: 6:30pm for a 7pm start finish 8.30pm

Venue: Mingara Recreation Club, Mingara Drive, Tumbi Umbi, 2261

This is a chance for parents, carers and community members to understand
current risks that children face. Please note: This is a *child free* event.

Please register, for catering purposes, via <http://www.cccpandc.org>

Light refreshments & venue provided courtesy of Mingara

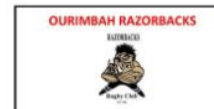
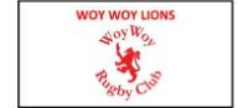


PLAY RUGBY

Boys & Girls – U6's to U17's

Register with your local Central Coast Junior Rugby Union
Club and receive FREE ENTRY to all Waratahs home games!

Just visit ccjrjru.com.au today to find your local club!



School Opal Card

As part of our campaign against fare evasion, and our on-going commitment to provide the level of service needed to transport students to and from your school, Busways conducts regular checks of School Opal card.

All students must be in possession of a valid Opal card or pay a fare.

Students in possession of an Opal card must also tap on/off with their card when boarding our buses.

This is important, because the Opal data collected determines the level of service we are able to provide to your school. If students don't tap on and off, the services will appear underutilised and may be considered for cancellation based on low passenger numbers.

To apply for a School Opal card or to report a lost or stolen card, go on-line to www.opal.com.au/en/about-opal/opal-for-school-students/

Students who are ineligible for School Opal will need to purchase a Child/Youth Opal card or pay a fare to travel on our buses.

Thank you in advance for your assistance and support.

