

Terrigal High School NEWSLETTER

Newsletter 26 Term 3 September 2019

This week's featured artwork is detail from an acrylic self portrait by Monique S of Year 11.

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

Principal's Message

Welcome to our final THS newsletter for Term 3. This term has been full of exciting events, activities and opportunities for all students both inside and outside the classroom.

On 25th September we farewelled our Year 12 students of 2019. This graduation ceremony celebrated the accomplishments and achievements of Year 12 along with awarding each student their portfolio. I would like to congratulate all Year 12 on their successes and diligence throughout their time at THS and wish them the very best of luck for their upcoming HSC examinations. Our Year 12 students are an amazing credit to themselves and their families as they continually strive for their personal best.

They have worked hard and this is now paying dividends. Students have been well supported by a dedicated staff who are experts in their fields and take pride in students' successes. I would particularly like to acknowledge the dedication and support provided to the cohort by their Year Advisor, Mrs Amanda Surya, who has guided the group since Year 9 along with Ms Anne-Marie Kelly who has assisted Mrs Surya. Both of these advisors have been key figures in the lives of Year 12, they have been instrumental in developing the cohesive and harmonious group of fine young adults they have become. Thank you too must go to all teachers who have contributed so much to the development and learning of the cohort, particularly leading up to the HSC.

This term was a hive of activity as all faculty areas worked tirelessly to beautify and create learning hubs for all students to access during recess, lunchtime and study periods. The transformation of the faculty areas is outstanding and it is exciting to see our students using them to study. The photos of the areas are included in this newsletter.

NAPLAN results were provided to all Year 7 & 9 students this week to take home for their parents/carers. We are looking forward to analysing these results during Term 4 with all staff.

It is with absolute pleasure I introduce to our school community our School Captains and Vice Captains for 2020.

School Captains – Christopher W and Mackenzie W
Vice Captains – Zac R and Elsie T



Congratulations to all our school captain nominees who all so very capably presented speeches to our student body and staff.

We have welcomed this term our Year 6 students who are beginning their Year 7 Orientation Program for 2020. There are a range of programs that Year 6 students will participate in to ensure their transition to High School is as seamless as possible. In closing, I would like to take this opportunity to thank the entire school community for their unending support of our students and staff at THS. It has been an absolute privilege to lead Terrigal High School throughout this term. It is truly a wonderful community to be a part of and I am privileged to be able to work as part of the THS team to allow all students to strive for their personal best.

Have a warm, relaxing holiday and I look forward to working with you all during Term 4.

Mrs Bennett
Rel. Principal

Deputy Principal Reports

It has been another fantastic term at THS with students across the year groups working diligently each and every day.

Over the past Term Year 10 students have been readily working hard to prepare for their transition into stage 6 in 2020. Students have eagerly been participating in the foundation classes on a Thursday morning where they have been gaining skills in goal setting, study techniques and developing strategies to support the rigour of stage 6. During Term 4 classes will focus on extended writing and guiding students around the stage 6 curriculums.

Year 7 students have all selected their Passion Projects for Year 8 2020. The Passion Project concept is aimed at giving students the opportunity to be engaged in a variety of deep concept based learning activities that focus on real world application of skills. Students will participate in 3 different courses over the year each running for 13 weeks in a trimester format.

In Term 4 all Year 7 students will participate in the High Resolves program. High Resolves is a program that focuses on global citizenship, leadership and real world experiences. Students will complete the program on Monday 11th and Tuesday 12th November (Term 4, Week 5) and further information will be communicated closer to the date in Term 4.

Mr Marchant
Deputy Principal

The old adage of 'time flies when you're having fun' is certainly true of my first term as Deputy Principal at Terrigal High School. I would personally like to thank the students, staff and parents for their welcoming support throughout the term.

On behalf of the students and staff of Terrigal High School I would like to congratulate and thank Mrs Jenny Bennett for the outstanding job she has done over the past term leading the school with the school beautification and High Impact Teaching programs as Relieving Principal. It was great to see the students show their appreciation.



It was tremendous to see so many Year 11 students nominate for the School leadership positions for the next twelve months. I was very proud of the courage each of them demonstrated by embracing vulnerability and putting themselves out there by speaking in front of their peers and teachers before the voting process.

Congratulations to each of you and I look forward to working alongside you in school improvement. Special congratulations to Chris, Mackenzie, Zac and Elsie on gaining the school captain and vice-captain positions.

Congratulations to Year 11 on successfully completing their Preliminary examinations. I was very impressed with the manner in which they conducted themselves over the course of their first official examination period. I am looking forward to supporting each of you over the next twelve months to achieve your goals. I would also like to thank Mrs Hull for her outstanding organisation of the exams as well as Janice Stephens for printing the exams and Jan Taylor and the staff for supervising the exams.

Whilst I have only known Year 12 for a very brief period of their schooling life, I would like to wish each of them the very best for their HSC and future pursuits.

Mr Montgomery
Deputy Principal

What's on?

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

TERRIGAL TALK - WEEK 9 - TERM 3

Email: terrighighschool@det.nsw.edu.au

Website: <https://terrighighschools.nsw.gov.au>

CALENDAR DATES

September 16	Yr 7 English Assessment Task 3
	Yr 8 English Assessment Task 3
	Yr 9 English Assessment Task 3
	Yr 11 Examinations
September 17	Whole School Assembly
	Coonamble Exchange
	Silver Duke of Edinburgh Qualifying Walk (Sat Sept 14 to Mon Sept 16)
September 18	Yr 10 Japanese Assessment Task 3 (speaking)
	Yr 11 Examinations
	Coonamble Exchange
September 19	Yr 7 Animal Encounter Report due
	Yr 9 Marine Studies Assessment Task 3
	Yr 10 Japanese Assessment Task 3 (written)
September 20	Yr 11 Examinations
	Coonamble Exchange
	Bronze Duke of Edinburgh Qualifying Walk
September 21	Yr 11 Examinations
	Independent Living Program (MCAT)
	Coonamble Exchange
September 22	Yr 9 Photography Assessment Task 3
	Yr 11 Examinations
	Coonamble Exchange

Year 7 news

School uniform is very important for many reasons and throughout terms 1, 2 and 3 Mrs Green has worked tirelessly to support our students to wear their uniform correctly. Wearing school uniform develops pride and creates identity for a school. Wearing the school uniform correctly, helps develop a sense of belonging and teamwork. Year 7 are to be commended for the consistent excellence with school uniform. They are encouraged to "keep it up!" heading towards the end of term. I am sure you would agree Year 7 wear the uniform well and it says so much about who they are.

Expectations for THS school uniform are clearly outlined in the Terrigal High school Uniform Policy.

Students from 7S participating in PE in their correct sports uniform.



Students from 7 Hill looking very smart in THS school uniform



Student Voice – "Integrity" by Imogen B (speech delivered at Year Assembly)

A short excerpt from Imogen's speech:

The definition of integrity is "the quality of being honest and having strong moral principles."

Integrity means to me that I will have the courage to make my actions consistent with my knowledge of right and wrong. Being a person of integrity doesn't mean being perfect, it means being authentic. It's the choice between what's convenient and what's right (Tony Dungy).

Integrity is helping your friends whether it's at school or on line if someone is being bullied or left out or having problems at home. It's about speaking up when no-one else will to protect someone or something important to yourself or a cause, even though it may hard to speak up and people may disagree with you... it's about honesty, trust and fairness. You know in your heart you have done the right thing, that's INTEGRITY. We need to mindful of our integrity of what we post, say and do on social media, everything we post can have far reaching affects for us personally, and our friends, family and community ...

.... Mrs Walker says that Year 7 2019 have shown they are sincere and honest students who have fantastic morals. She is very proud of how we conduct ourselves at school and in the community so let's keep doing what we are doing!



I would love to receive photos and stories of Year 7 enjoying success in the community. Please send me information of what the Year 7 group is up to on the weekends with their sporting/community groups, artistic activities or social justice endeavours. Email terrighal.school@det.nsw.edu.au Attention Yolande Walker.

Mrs Walker
Year 7 Advisor

Science news

Year 9 Marine Studies - Department of Primary Industries Visit

On Wednesday September 29th Year 9 Marine Studies were treated to a visit from an ex-Terrigal High School student, Travis, who has built a career in the Department of Primary Industries Fisheries Department. He discussed careers in the department, the Shark Smart program and sustainable fishing practices. Students were enthralled by his stories of capturing and tagging sharks, and were provided with valuable fishing resources to take home. We appreciate Travis donating his time to inspire students to promote sustainable use of the waterways and envision themselves with a career in the Fisheries Department.



Clean4Shore

Year 9 Marine Studies had another busy and exhausting day on Monday 26th August participating in the Clean4Shore program. A large number of derelict oyster products including baskets and trays were collected around Woy Woy Bay. An old mattress and table were also hauled onto the boat, along with bags of smaller litter. The trailer was overflowing with the rubbish we collected, we were wet and cold but there were no complaints from the students. I'd like to thank the students for their effort and positivity in the poor weather conditions.



Ms Gencur
Science Teacher

Year 11 news

Bstreetsmart Excursion

On Thursday 12th September Year 11 attended the Bstreetsmart excursion at Qudos Bank Arena, Homebush. Bstreetsmart is the inspiring initiative of the Trauma Service at Westmead Hospital. The purpose of Bstreetsmart is to reduce the fatality and injury rates of young people by promoting safe behaviour as drivers, riders and passengers. Year 11 experienced a live action crash scenario performed by police, ambulance and firefighters. They were also told real life stories, student based role plays and brake testing. Year 11 gained a wealth of knowledge on road safety and the responsibilities that come with driving in a motor vehicle. Congratulations and well done Year 11 on a successful excursion.



Max Potential

Over the past 6 months, two of our year 11 students have been participating in a program called Max Potential. This program is unique in that young adults from local schools across the region receive coaching from members of the community, while community coaches receive best practice coach training and professional coaching that contributes to their personal development and can be applied back in the business environment. Congratulations to Tom B and Sarah P who successfully completed the Max Potential program with a showcase and presentation ceremony.



Mr Spence
Year Advisor

THS wins Rugby Union Waratah Cup

What a way to finish your schooling career. For many of us, this was the end of 13 years of hard work and good times coming to an end. It was our last hoorah. And we won the State Championship. For the last 6 years this team has been playing with each other in all areas of school sport, reaching state finals for oztag, rugby league, union and touch football. However, this was the pencil. Our last ever game of rugby together, our last ever school sport together, and we finish the game as State Champs.

It was a long journey to reach this point. We started out at Tuggerah versing St Edwards who we have always had close battles with, across all facets of sport. However, we managed to bind together and put on our best performance over the entirety of our school days. We end up winning 60-7. Following this game, the team progressed through to the finals of state which was held at The Kings School. During this day we were to play 2 pool games that were 20 minute games. We managed to win both our pool games without conceding a point. As a result we progressed to the semi-finals of state in which we faced Tomaree High. Again we came out

victorious without conceding a point after a hard fought battle. Hence, we progressed into the State Final.

This was held a few weeks ago at TJ Milner Oval, Eastwood's home ground. We were to face Xavier College, a team we faced in the pool games at Kings. Whilst we had beaten them at Kings, we knew it wouldn't be an easy win. Our team came out firing, we scored points straight off the bat, heading into half time up 31-0. However, Xavier had turned their game around, starting off the second half with a try. The rest of the half was a tight encounter. In the end we came out victors, State Champs, 38-7. It doesn't get much better than that. Finishing your school rugby career, your school sport career, your schooling career, a State Champion!



Hugh N
Year 12 Student

WIN (Writing Improvement Now) Term 3 2019 – Winners!

The pursuit of writing excellence continues at Terrigal High School. The teachers and students are actively working together to improve our students' skills in the area of writing. This is a combined effort and members of the THS student body should be commended for their application and improved attitude towards completing set pieces of writing. Each term, samples of writing are collected in each classroom and teachers are asked to nominate entries for the WIN program awards. Entries are judged across the junior classes in the school. All WIN entries are reviewed for their ability to address the question asked, their cohesion, sentence structure, spelling, punctuation and grammar. The Term 3 winners are as follows:

Year 7 – Josiah P – Science

Year 8 – Ashley C – History

Year 9 – Bianca S – History

Year 10 – Lucas R – PDHPE

A short excerpt from each of the student's work reveals the high quality of writing produced.

Year 7 – Josiah - Science

Interview regarding climate change - On a global scale, (looking into the camera), I would strongly urge everyone watching to convert as much as they can to clean energy, such as solar or even installing skylights where you can to reduce your overall energy usage. And kids, if you're watching this, you too can help! What you can do is start turning off lights when you leave a room and tell your parents what I said before. (To judge) See? If everyone does what they can to help stop greenhouse emissions, we can have this problem sorted.

Year 8 – Ashley - History

Indigenous peoples are ethnic groups who are the traditional owners and caretakers of a given region. Groups are normally said to be indigenous when they maintain a certain culture and belief of a particular region. Aboriginals and native Americans are indigenous because they were the first people on the land and adapted the traditions of their tribes. Colonisation between the indigenous people and the Europeans left scars and had devastating outcomes. The Aboriginals used the land's resources and stayed true to their culture and beliefs. Native Americans did this too but also used the land for farming. The Europeans, on the other hand, wanted their land to have power and they wanted more resources in order to expand their population growth.

Year 9 Bianca - History

Britain's extensive empire was incentive to expand its economy globally. Its vast global empire assured its economic stability. Now Britain had reliable trade partners. The British Empire also provided Britain with the advantage of a plentiful supply of resources. Whatever Britain could not obtain, it could extract from its colonies around the world. The British Empire, being the largest empire dominating the world at that time, was able to make connections and trade all over the world, allowing it to monopolise trade globally. Combining the large population, innovators and the resources obtained

from global colonies, Britain was the best equipped nation to embark on the Industrial Revolution.

Year 10 – Lucas - PDHPE

Adam Goodes was the former captain of the Sydney Swans before his 2015 retirement. He was a well-respected and idolised athlete within his sport. The two-time Brownlow winner was widely known for his strong connection to his Aboriginal heritage and his determination to pursue his goals. However, his life was drastically changed in the final years of his sporting career.

Mrs Evans
Head Teacher (HSIE)

Music news

On September 2nd Terrigal High's talented musicians from junior electives through to our current Year 12 put on an amazing performance evening at the iconic Avoca Beach Theatre. Congratulations to all the students who took part.



Chloe P of Year 9 Music was a featured vocalist at Sydney Town Hall as part of the Arts Unit Primary Proms Concert on the evening of September 18th. Chloe was the only solo vocal performance across the 4 programs. This tops off a wonderful performance year for Chloe who was selected to perform at YIPA and Central Coast Showcase and recently performed at the Avoca beach music evening.

Chloe was selected via a rigorous audition process and was joined on stage by her sister Lelia in Year 11 who accompanied her on the piano to a full house in one of Sydney's most beautiful and historical performance settings.

Congratulations Chloe on this outstanding achievement and what a special experience for two sisters to share on that stage.



Mrs Rankin
Music & Vet Entertainment Teacher

SASS Appreciation Week

In Week 5 of this term the NSW Department of Education celebrated "SASS Appreciation Week" State wide. To acknowledge our SASS Staff at THS the Executive Team put on a lovely "grazing table" luncheon for SASS in a way of saying thank you for all the hard work they do each day. Our SASS team work very hard to support our teaching staff and students in every aspect of the school day.





Wellbeing

Seasons for Growth is operating again this year. This program is designed to strengthen the social and emotional wellbeing of young people who are dealing with significant change in their lives.

This program will provide students with a safe environment in which to voice their experiences, understand their feelings, learn skills to adapt to change, develop friendships and realise they are not alone in these feelings. Change occurs in every stage of our lives, but often young people need help in developing the necessary skills to cope and adapt to these changes. Many factors contribute to change in our lives including, changes in friendship patterns, loss of someone close to you, parents and families that separate, moving to a new place and new school, impact of illness or even family work and life changes. Participation in Seasons for Growth can help participants normalise experiences, build resilience and social skills while reducing risk factors like isolation that can impact upon mental health and wellbeing. Seasons for Growth also promotes the development of communication, decision making and problem-solving skills.

Each Season for Growth program will operate over 8, one period sessions for groups of about six students and is facilitated by a trained "Companion". It uses the imagery of the four seasons to illustrate the experiences of change. Seasons for Growth does not provide counselling or therapy. The program has a 4 star rating in the Mind Matters Program Evidence of Effectiveness Ranking and is listed on the Australian Government, Child Family Community website as an evidence based program.

More information about Seasons for Growth for Children and Young People can found on the Goodgrief website

https://www.goodgrief.org.au/sites/default/files/CYPP%20Web%20Fact%20Sheet_0.pdf.



The NSW Education Wellbeing Framework for schools states,

"positive relationships foster connectedness and feelings of belonging and are essential for wellbeing. These relationships are characterised by constructive interactions that provide enthusiastic and genuine support. They are important because they help us to build social and emotional skills and in turn nurture other positive, caring and respectful relationships."

In order to support our students at Terrigal High School we have developed a program called SEEDS. This is a small social group facilitated by our Youth Student and Learning Support Officer (Emma Hunter). The aim is to support students' understanding in developing positive relationships. The program will operate for four weeks, one period per week. We believe that students will learn how to be a kind friend and how to cultivate and maintain relationships.

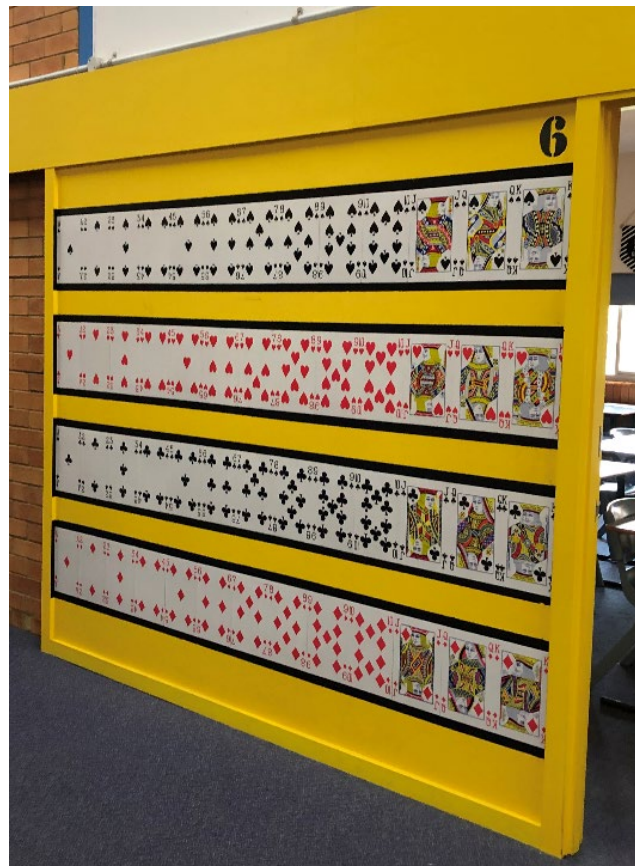
If you would like your child to be involved in the Seasons for Growth and/or SEEDS program or should you have any further questions please do not hesitate to contact either Gail Kenny (Learning and Support Teacher) or Emma Hunter (Youth Student Learning and Support Officer) at the school.



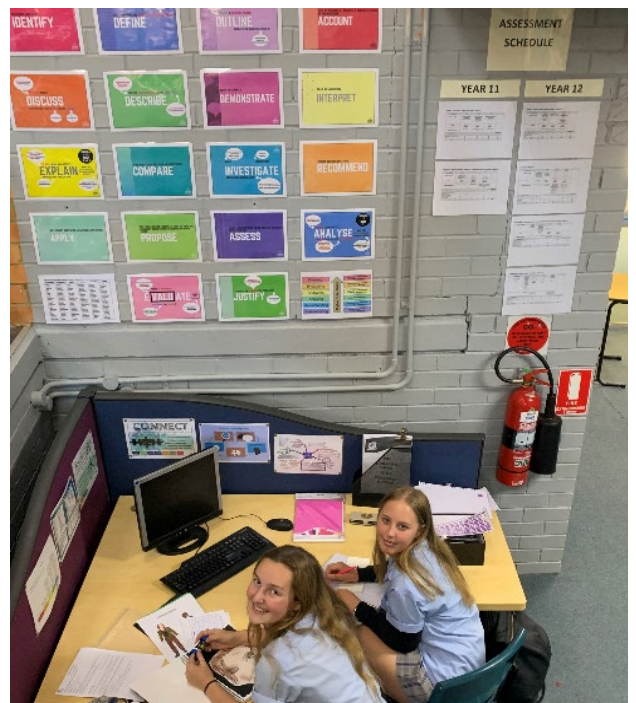
Faculty face-lifts

Our faculties were challenged with a competition to beautify and upgrade the visual presentation of their faculty areas. We could not be prouder of our teacher's efforts in meeting this challenge and creating a new standard for Terrigal's visual presentation for the benefit of our students and staff. Well done one and all.

Mathematics



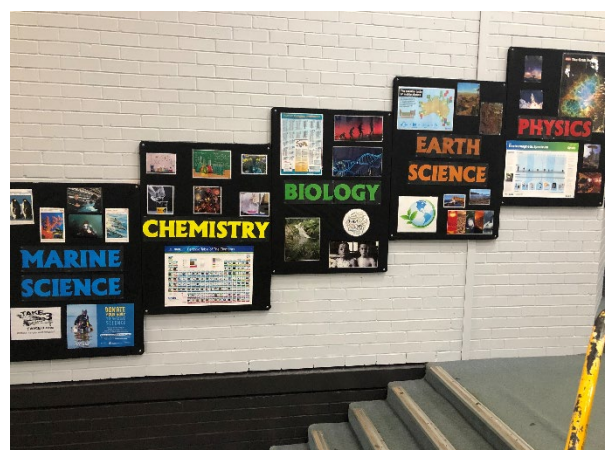
PDHPE



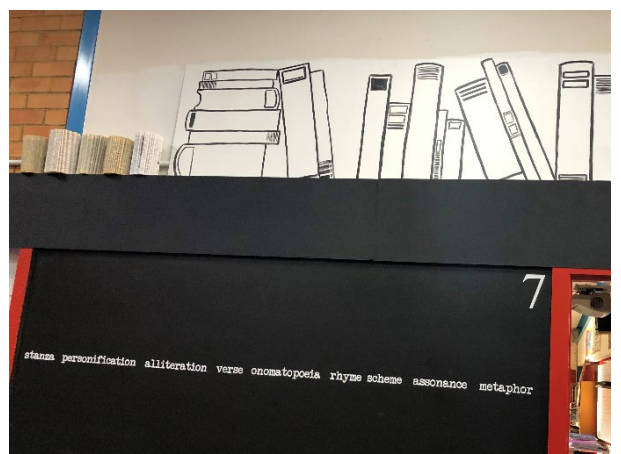
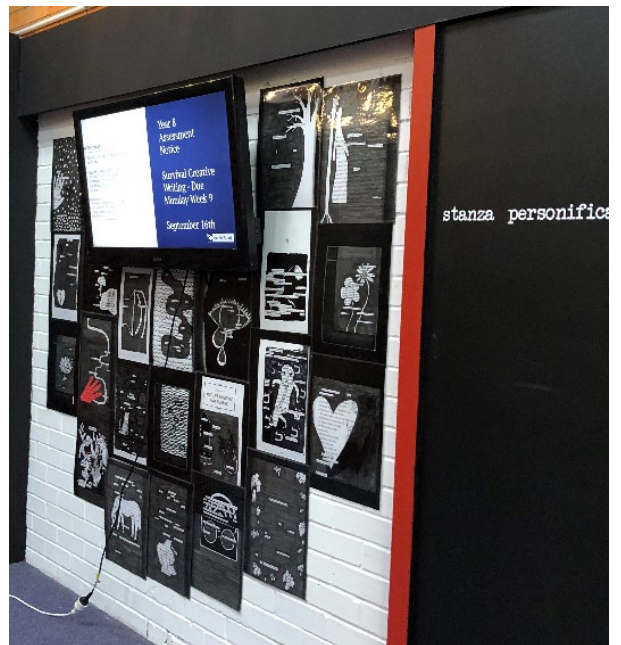
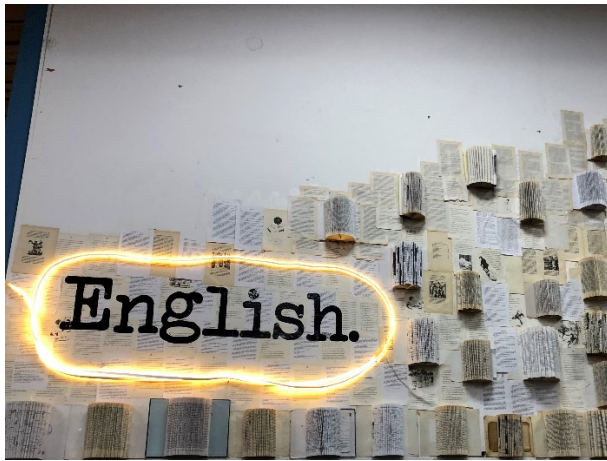
CAPA



Science



English



TAS



LOTE



HSIE



MULTICAT



Community news



Online Registration
playcricket.com.au
(search for Terrigal)

TERRIGAL MATCHAM JUNIORS

JUNIOR COMP
Junior Blasters - Girls and Boys aged 5 to 7
\$120 for 8 weeks - Learn the basics

ACTIVE KIDS
Master Blasters - Girls and Boys aged 7 to 10
\$150 for 12 weeks - For those with basic cricket skills. Includes a training shirt and cap

CRICKET BLAST
Boys Junior Club Cricket - aged 10 to 16
1st Child \$185, 2nd Child \$135, 3rd Child \$110

Girls Junior Club Cricket \$100
Stage 1 and Stage 2 available, based on experience and skill

The NSW Active Kids \$100 available in July can be used for Registration for each child

Details at:
 tmcricket.com  facebook.com/tmcricket
Or Call John on 0402 037 467



THURSDAY OCT 10
FOR ALL HIGH SCHOOLERS
9AM-3PM \$15 EACH

To register contact Emma on 0410 171 709 or
craigandemma@terriganunitingchurch.com
www.terriganunitingchurch.com

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Coastal Lagoons Catchment Crawl

**Saturday 28th September
2019**

9:00am – 3:30pm

Join Central Coast Waterwatch for a fun and hands on tour of the Central Coast Coastal Lagoons-Wamberal, Terrigal, Avoca and Cockrone Lagoons. Participants will travel by bus and explore the lagoons for native flora and fauna and conduct water testing.

Bookings Essential

Online: www.cen.org.au/events

Phone: 4349 4757 **Email:** waterwatch@cen.org.au

Cost: \$10 Adult \$5 child

includes bus travel, morning tea, lunch and report of information collected on the day.




OFFICE OF SPORT

Spring School Holiday Activities

Get the kids active for the winter school holidays with one of our exciting activities on the Central Coast!

Activity / Location	Dates	Time	Cost
Archery (indoor) – Gosford	30 September or 8 October	12pm – 2pm	\$20
Gymnastics (indoor – 2-day) - Tuggerah	1-2 October or 8-9 October	12pm – 2pm	\$30
Parkour (indoor) - Tuggerah	1 October or 8 October	2pm – 4pm	\$20
Sailing – (3-day) – Gosford	2, 3 & 4 October or 9, 10 & 11 October	9:30am – 3:30pm	\$195
Surfing – (3-day – Avoca Beach	2, 3 & 4 October or 9, 10 & 11 October	3pm – 4:30pm	\$95
Surfing – (3-day) – Umina Beach	2, 3 & 4 October or 9, 10 & 11 October	10am – 11:30am	\$95
Tennis (3-day) – Gosford	1, 2 & 3 October or 8, 9 & 10 October	9am – 3pm	\$140

Book online or call the numbers below:

 Central Coast Regional Office
C/- Ourimbah Campus,
Brush Road, Ourimbah 2258

 02 4348 6700 or 13 13 02

 sport.nsw.gov.au/events &
then search by Central
Coast Region

