



TERRIGAL HIGH SCHOOL

2025 STUDENT INFORMATION BOOK



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PRINCIPAL'S WELCOME

To our students and families, both new and returning, I welcome you to the new school year here at Terrigal High School.

For the majority of new students this is the beginning of a long association with this school. Terrigal High School has excellent facilities, and it has policies and programs which allow students to aim for high standards of effort, behaviour, and achievement. Our school values of Responsibility, Respect, Integrity and Excellence allow our students to strive to reach their potential.

As you move through the school years, there will be many opportunities to develop your interests and extend your learning in a huge range of academic, sporting, cultural and community activities. I encourage you to become involved and take advantage of all that our school has to offer.

We are very proud of our student body at Terrigal High School. They have made a significant contribution to our school, our community, and the wider environment. I have no doubt that our new students will contribute to our successes and become valued and valuable members of our school.

I firmly believe that each student's education is a partnership that is most effective when parents/caregivers and the school work together to achieve the best outcomes. I look forward to partnering with you. The smooth functioning of such an important partnership relies on quality communication and I encourage all parents/carers to remain in frequent contact with the school. Please contact me if you wish to discuss any concerns you may have and to provide any feedback to improve the functioning of Terrigal High School.

Once again, welcome to the Terrigal High School community and the 2025 school year. I look forward to meeting you and supporting your child's journey through their school years.

Mr Matt Riley

Principal Terrigal High school

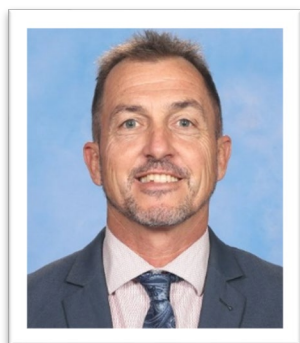
SCHOOL DIRECTORY



Phone: 4384 4677
Email: Terrigal-h.school@det.nsw.edu.au
Office Hours: 8:15am to 3:40pm

Senior Executive

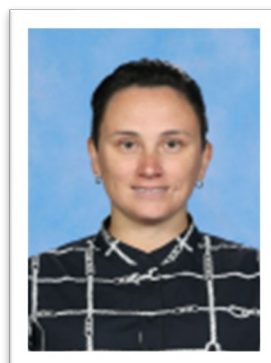
Mr Matthew Riley
Principal



Mr Adam Montgomery
Deputy Principal
Years 8, 10 and 12

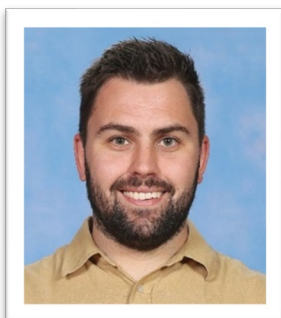


Ms Ilanah Forrest
Deputy Principal
Years 7, 9 and 11



Year Advisors:

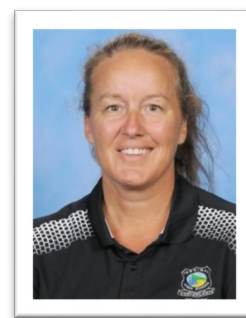
Mr Bond
Year 7 Advisor



Ms Mairead Ward
Year 8 Advisor



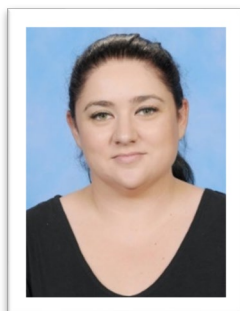
Ms Katy Allen
Year 9 Advisor



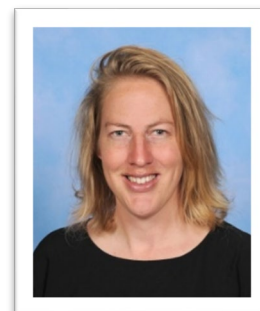
Mr Mitch Baty
Year 10 Advisor



Miss Brioney Alchin
Year 11 Advisor



Ms Jess Bond
Year 12 Advisor



Head Teachers

<u>FACULTY</u>	<u>STAFF MEMBER</u>	<u>LOCATION</u>
CAPA	Mrs Pennings	Music Area
English	Mrs Howe	Blue Area (Upstairs)
HSIE	Mrs Evans	Green Area (Upstairs)
Languages	Mr Taylor	Red Area (Upstairs)
Mathematics	Mr Quinn	Yellow Area (Upstairs)
PDHPE	Ms Playford / Mr Storey	Green Area (Downstairs)
Science	Dr Nugent	Science Area
Support Classes	Mrs Hull	Red Area (Downstairs)
TAS	Mrs Turner	TAS Area (Above Woodwork)
Wellbeing	Mr Yates	Wellbeing Hub by Top Yellow toilets

Various

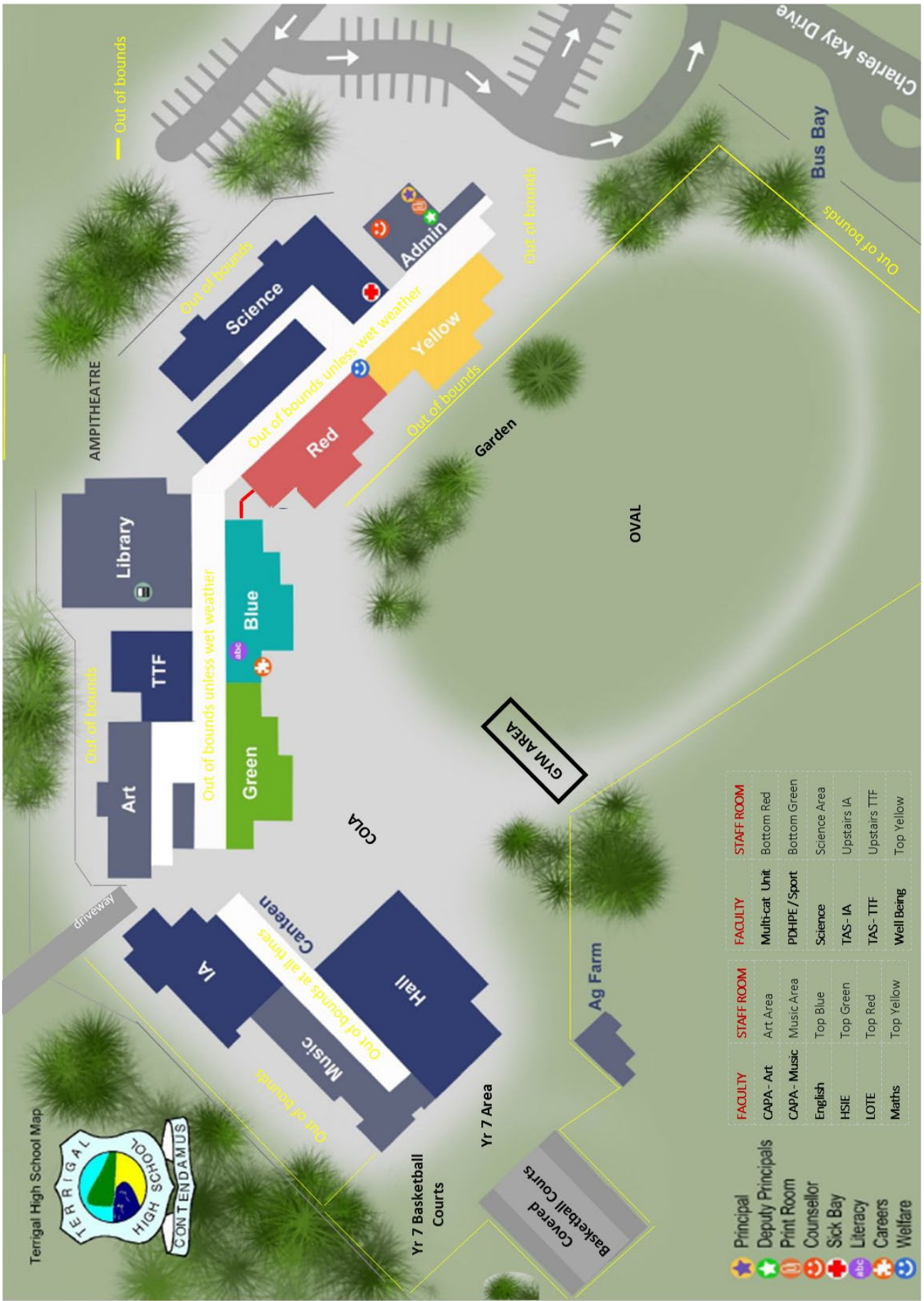
<u>FACULTY</u>	<u>STAFF MEMBER</u>	<u>LOCATION</u>
Careers	Mrs Bates & Ms Bates	Library
Computers	Ms Evans	Library
Enrolments/Leavers	Office Staff	Admin Area
Late Notes, Rolls, Payments	Office Staff	Admin Area
Learning & Support	Mrs Kenny	Library
Library	Ms Gale	Library
Lost Property	Ms Gale	Library
School Counsellors	Ms Spohr & Ms Klausen	Admin Area (Upstairs)
School Psychologist	Ms Quinn	Admin Area (Upstairs)
Sick Bay	Office Staff	Admin Area
Sport	Ms Allen	Green Area (Downstairs)
SRC Cordinator	Mrs Standen	Red Area (Upstairs)
Uniform Pool	Office Staff	Admin Area

2025 STUDENT TERM DATES

TERM	STUDENTS START	STUDENTS FINISH
Term 1	Thursday 6 February (All Years)	Friday 11 April
School Holidays		
Term 2	Wednesday 30 April	Friday 4 July
School Holidays		
Term 3	Tuesday 22 July	Friday 26 September
School Holidays		
Term 4	Tuesday 14 th October	Thursday 19 December

BELL TIMES

Monday, Wednesday, Thursday & Friday		Tuesday	
Roll Call	9:00am - 9:10am	Assembly	9:00am - 9:20am
Period 1	9:10am - 10:10am	Period 1	9:20am - 10:10am
Period 2	10:10am - 11:10am	Period 2	10:10am - 11:00am
Recess	11:10am - 11:40am	Recess	11:00am - 11:30am
Period 3	11:40am - 12:40pm	Period 3	11:30am - 12:20pm
Period 4	12:40pm - 1:40pm	Period 4	12:20pm - 12:45pm
Lunch	1:40pm - 2:10pm	Lunch	12:45pm - 1:35pm
Period 5	2:10pm - 3:10pm	Period 5	1:35pm - 2:25pm



TERRIGAL HIGH SCHOOL CORE VALUES

Excellence

- Doing their personal best
- Being organised, on time and ready to learn
- Setting personal learning goals

Responsibility

- Actively participating
- Modelling appropriate behaviours
- Helping others

Integrity

- Respecting the rights of others
- Being fair and honest
- Showing consideration and tolerance

Respect

- Allowing others to learn without interruption
- Showing care for others and their property
- Following school rules

*“At Terrigal High School **we strive for excellence** in all aspects of our school life. We will take on the **responsibility** to do this showing **respect and integrity** in all we do”.*



EXPECTATIONS OF STUDENTS

Around school, and in all learning environment all students are expected to adhere to the following school expectations:



“WE STRIVE” RECOGNITION SYSTEM AND CELEBRATION

Terrigal High School’s motto is **‘We Strive’**. The aim for all THS students is to strive to do their best, to assist others and to contribute to their community which is underpinned by the values that we all hold. Values shape attitudes to the changing circumstances, events and issues encountered in daily life.

Values are taught explicitly in every subject at THS. Our core values influence how people communicate, work together and make decisions. Values contribute to all individual and group decision-making in our school and wider community.

“WE STRIVE” CLASS SCORE





The ‘We Strive’ Class Score is an online scoring tool based on Terrigal High School’s values. The ‘We Strive’ Class Score reinforces the importance of all students striving to do their best and recognises positive actions for every single student in every subject.

Teachers will give students a ‘We Strive’ Class Score on a 1 – 4 scale based on the student’s behaviour, effort and application in class (not their academic achievement) considered in relation to the school values.

Feedback will be provided to parents, via email and the parent portal 7 times throughout the year. This policy reinforces the school motto “WE STRIVE” and strengthens links and communication between the school and its community.

We Strive Class Score	Emailed to parents
1	Term 1, Monday Week 6
2	Term 1, Monday Week 10
3	Term 2, Monday Week 5
4	Term 2, Monday Week 10
5	Term 3, Monday Week 5
6	Term 3, Monday Week 10
7	Term 4, Monday Week 7

“WE STRIVE” REPORTING SCORE DESCRIPTORS

<p>FOUR </p> <p>RESPECT: Always interacts respectfully, and positively with staff and students. Always displays respect for school property and the property of others.</p> <p>RESPONSIBILITY: Always takes responsibility for their own learning and for the completion of all set tasks. Always wears correct school uniform, is on time to class, and their organisation and readiness to learn is outstanding.</p> <p>EXCELLENCE: Always participates in the classroom, consistently going beyond teacher expectations.</p> <p>INTEGRITY: Always displays honesty and fairness and offers assistance to fellow peers and teachers. Always demonstrates excellent behaviour. Always considerate and tolerant of others.</p>	<p>THREE </p> <p>RESPECT: Usually interacts respectfully, and positively with staff and students. Usually displays respect for school property and the property of others.</p> <p>RESPONSIBILITY: Usually responsible for their own learning and for the completion of all set tasks. Usually wears correct school uniform, is on time to class, and their organisation and readiness to learn is satisfactory.</p> <p>EXCELLENCE: Usually participates in the classroom, usually going beyond teacher expectations.</p> <p>INTEGRITY: Usually honesty and fair and offers assistance to fellow peers and teachers. Usually demonstrates excellent behaviour. Usually considerate and tolerant of others.</p>
<p>TWO </p> <p>RESPECT: Occasionally interacts respectfully, and positively with staff and students. Occasionally displays respect for school property and the property of others.</p> <p>RESPONSIBILITY: Occasionally takes responsibility for their own learning and for the completion of all set tasks. Occasionally wears correct school uniform, is on time to class, and their organisation and readiness to learn is inconsistent.</p> <p>EXCELLENCE: Occasionally participates in the classroom, occasionally going beyond teacher expectations.</p> <p>INTEGRITY: Occasionally displays honesty and fairness and offers assistance to fellow peers and teachers. Occasionally demonstrates excellent behaviour. Occasionally considerate and tolerant of others.</p>	<p>ONE </p> <p>RESPECT: Rarely interacts respectfully, and positively with staff and students. Rarely displays respect for school property and the property of others.</p> <p>RESPONSIBILITY: Rarely takes responsibility for their own learning and for the completion of all set tasks. Rarely wears correct school uniform, rarely on time to class, and organisation and readiness to learn is developing.</p> <p>EXCELLENCE: Rarely participates in the classroom, rarely going beyond teacher expectations.</p> <p>INTEGRITY: Rarely displays honesty and fairness and offers assistance to fellow peers and teachers. Rarely demonstrates excellent behaviour. Rarely considerate and tolerant of others.</p>

“WE STRIVE” CELEBRATIONS

Celebration events differ from year to year, however they follow the following pattern:

- Term 1:** Early lunch & food/drink item provided. 'We Strive' Class Scores 1 & 2 average
- Term 2:** BBQ Lunch - 'We Strive' Class Scores 3 & 4 average
- Term 2:** Half day excursion 'We Strive' Class Scores 1 – 4
- Term 3:** Early lunch & food/drink item provided. 'We Strive' Class Scores 5 & 6 average
- Term 4:** BBQ Lunch - 'We Strive' Class Scores 7 average
- Term 4:** Full day excursion. Average of 'We Strive' Class Scores 1 - 7

At the end of each year, the 'We Strive' Student of the Year Award' for each year group will be presented at the Annual Academic Awards presentation. Students with outstanding overall 'We Strive' Class Score averages will be presented with the Principal's 'We Strive Award' to recognise their achievements and positive contribution to the school. An overall We Strive student of the year will also be awarded for the highest average score across the whole school.



NSW Department of Education

Behaviour code for students

Information for students and parents or carers

NSW public schools are committed to providing safe, supportive, and responsive learning environments for everyone across a range of settings. We teach and model the inclusive and safe behaviours we value in our students.

In NSW public schools students are expected, to the best of their ability, to:

- show respect to other students, their teachers and school staff and community members
- follow school and class rules and follow the directions of their teachers
- strive for the highest standards in learning
- act in a courteous and respectful way that makes all members of the school community feel valued, included and supported
- resolve conflict respectfully, calmly and fairly
- meet the school's agreed uniform policy or dress code
- attend school every day (unless legally excused)
- respect all property
- be safe and not be violent or bring weapons, illegal drugs, alcohol, vapes, e-cigarettes or tobacco into our schools
- not bully, harass, intimidate, or discriminate against anyone in our schools.

Schools take action in response to behaviour that is detrimental to self or others or to the achievement of high-quality teaching and learning.

All students have a right to:

- safety at school
- access and fully participate in their learning
- be treated with respect by other students, teachers and school staff
- express their views, set goals and selfadvocate.

The principal and school staff, using their professional judgment, are best placed to maintain discipline and provide safe, supportive and responsive learning environments and apply an appropriate action when students are not meeting these expectations. The department is responsible for the provision of a policy framework and resources such as legal issues bulletins, access to specialist advice, and professional learning to guide principals and their staff in exercising their professional judgment. In this context, the NSW

Government and the Department of Education will back the authority and judgment of principals and school staff at the local level.

Behaviour code for students: Student actions

Promoting the inclusion, learning, wellbeing, and safety of all students in NSW public schools is a high priority for the Department of Education.

We implement teaching and learning approaches across a range of settings to support the development of skills needed by students to meet our high standards for respectful, safe and engaged behaviour.

To meet the expectations set out above, students in NSW public schools, to the best of their ability, should adhere to the following principles.

Respect

- Treat one another with dignity.
- Communicate and behave courteously.
- Act and work cooperatively with other students, teachers, and school staff.
- Develop positive and respectful relationships.
- Value the interests, ability and culture of others.
- Respect the learning needs of other students.
- Dress appropriately by wearing the agreed school uniform or dress code.
- Take care with school property and the property of staff and other students.

Safety

- Model and follow school and class rules and expectations around behaviour and conduct.
- Negotiate and resolve conflict.
- Be aware of and take responsibility for how their behaviour and actions impact others.
- Care for self and others.
- Be safe and help others to make safe choices that do not hurt themselves or others.

Engagement

- Arrive at school and class on time.
- Be prepared for every lesson.
- Actively participate in learning.
- Aspire and strive to achieve the highest standards of learning.

BEHAVIOUR SUPPORT AND MANAGEMENT LEVELS

When a student successfully corrects their behaviour for the specified duration of a Level, the student will return to Level 0.

	Who is responsible?	Consequences	Monitoring Card	Duration Period	Classroom practice?	Moving up a Level?
Level 0	All Staff	A range of classroom management strategies. For example: seating plan, alternate tasks counselling by teacher, school service or detention can be applied.	None	N/A	All teachers are expected to employ a variety of classroom management Strategies to enable students to remain at Level 0	When a student demonstrates persistent disobedience, and is documented on Sentral, the student is moved to L1
Level 1	Classroom Teacher contacts parent via phone call and Level 1 letter on SENTRAL emailed by office	1 lunch with classroom teacher	Yellow A5 Sheet given, checked and held by class teacher for 5 lessons	5 lessons of respective class	Continue with variety of classroom management strategies. Discussion involving reflection and goal setting for desirable behaviour.	The third L1 results in moving to L2. This must be done by the Head Teacher of the third Level 1
Level 2	Head Teacher contact parents via phone call and Level 2 letter on SENTRAL emailed by office	2 lunch detentions with HT	Orange A5 Booklet given and checked by HT. Carried by student to every lesson for 5 days	5 school days	Continue with variety of classroom management strategies. Discussion involving reflection and goal setting for desirable behaviour	The student can be moved up a Level by a DP at any time within the L2 duration period if the student's behaviour is not improving
Level 3	Deputy Principal contact parent via phone call and Level 3/ Suspension warning letter	3 lunch detentions With DP	Light Blue A5 Booklet given and checked by DP. Carried by student to every lesson for 5 days	5 school days	As above, plus loss of privileges: <ul style="list-style-type: none"> • No excursions • No offsite sport • No sporting teams For the 5 days of Level 3	A Suspension Warning will be issued at the commencement of the L3 duration period. If the student's behaviour is not improving, this may result in the suspension of student.
Suspension	DP or HT completes investigation and makes recommendation to the Principal .			Principal ensures DoE suspension policy procedures are adhered to.		

BEHAVIOUR AT RECESS AND LUNCH

Playground:

All students are expected to behave in a **safe and respectful manner** at all times. Students are to:

- Keep their area clean and place rubbish in the appropriate bins.
- Remain in designated areas at all times.
- Promptly leave the playground to go to class after recess and lunch.

Canteen:

- Students are to wait behind the yellow lines in the correct year group lines.
- Only students purchasing items are to be in the area.

Hallways:

Are out of bounds except:

- To go to the toilet, the library or front office. Students are to enter and leave via the nearest door.
- When it is raining.

Oval:

- The oval is an active space and is out of bounds before school.
- Tackle games are not permitted anywhere in the school.
- Ball games are not permitted on the asphalt in front of the office or on the roadway.

Table Tennis Tables:

- This is an active space
- It is not for sitting and eating

Outdoor Gym:

- This is an active space
- It is available for all year groups to use
- It is expected that the equipment is used correctly and safely

Amphitheatre:

This area is for **senior students only**. All students should behave in a mature and sensible manner following the playground behaviour rules already outlined.

Year 7 Area:

This is a passive area for Year 7 students and operates during Terms 1 to 3 only.

Enclosed Basketball Courts:

Students with a basketball pass are permitted on the enclosed basketball courts during recess and lunch. Passes are not required before school.

Outdoor Basketball Courts:

The outdoor basketball courts are for Year 7 students only and they have access to these courts year-round at recess and lunch.

THE USE OF SCHOOL BUILDINGS

Before school, after school, during recess and lunch, students should not be within the school buildings. When it is raining, students may need to use the school buildings for shelter during recess or lunch. Students may enter the buildings to use the toilets, visit the library, or make payments at the office but are expected to use the doorway nearest to their destination for both entry and exit.

MOVEMENT IN THE BUILDINGS

Students are expected to make their way promptly to each class and wait outside the room until directed by a teacher to enter. Students who arrive late to class must bring a late note from their previous teacher. A permission note from a teacher must accompany a student visiting the library, toilet or on an errand during class time. Students may not enter any staffroom unless a teacher is present or has given permission.

THE USE OF SCHOOL GROUNDS

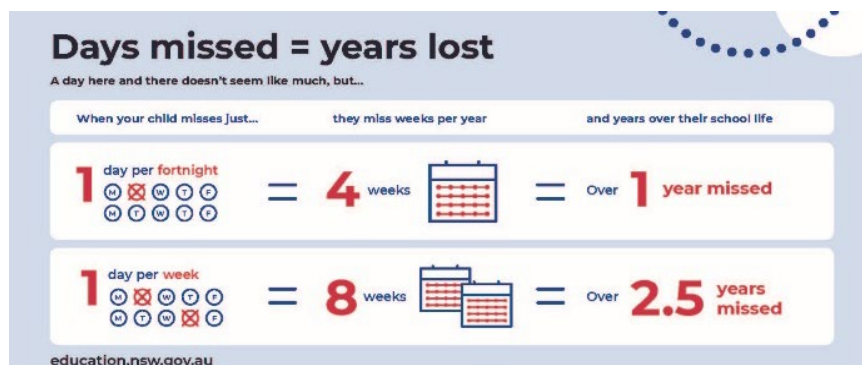
Students must remain within school grounds once they have reached school in the morning. No student should leave the school unless they have a passout and are collected by their parent via the front office. There are a number of areas in the schoolgrounds designated as out of bounds. See School Map (page 38).

ATTENDANCE

Under the 2008 Education Act, parents have a legal responsibility to ensure the regular school attendance of their children aged between 6 and 17 years and now must complete Year 10.

Is regular attendance important?

YES – from the first day. If students miss the basic skills in the early years of school, they often experience difficulties later. It has been shown that irregular attendance in the infants and primary years often leads to the development of poor attendance at high school.



Must I send my child to school?

YES – unless

- the child is too sick to leave the house
- the child has an infectious disease like chicken pox, mumps or measles.
- the child is incapacitated by injury preventing movement around the school
- the child has to honour a religious commitment.

Wherever possible, dental and medical appointments should be made out of school hours.

Must I seek leave for holidays in term time?

YES – if the child is accompanying his or her parents on a family holiday which cannot be arranged in school vacations. This should be arranged with the Principal prior to the absence. To do this an application form must be lodged well in advance. This form is available to download off the school website: <https://terrigan-h.schools.nsw.gov.au/about-our-school/forms-and-notes.html>

Does my child come to school if not attending an excursion?

Some students are quick to inform their parents that because of the excursion “nothing has been organised for them at school” or “it will be a waste of time to go to school today.” We would encourage you to ignore these statements and send your child to school. Programs do continue at school on excursion days. As well, allowing students to have “a day off” on excursion days may have an unsettling effect on their progress. Alternative lessons are always organised on excursion days and we would appreciate your support in ensuring that students are at school whenever possible.

Should I notify the school if my child refuses to go to school?

YES – You should contact the Principal and seek assistance as a matter of urgency.

What kind of assistance is available?

The Home School Liaison Program is a supportive resource to students, parents and schools. Its major focus is school attendance matters. The program is conducted by the NSW Department of Education with support from the Department of Youth and Community Services.

Home School Liaison Program

This is a supportive resource to students, parents and schools. It aims to ensure the full participation of all students in education. The Home School Liaison Officer is the contact person between the home and the school when there are attendance problems. The officer works to establish reasons for school non-attendance and arranges appropriate help to restore attendance.

Under The Education Reform Act 1990 it is the duty of parents or care providers to ensure the regular attendance of their children. Parents and students are reminded there are strict attendance requirements for the award of both the ROSA and the Higher School Certificate.

If your child is sick or off school for the day

Parents/carers are required to contact the school before 9:00am via email/sms/phone call to advise the school of your child's absence. If you do not do this, your child will be marked absent in morning Roll Call, generating a text message that gets sent out at approximately 10am. It is a requirement that parents/carers reply to the text message with the reason for your child's absence.

Your child is absent from school

Upon returning to school a written note signed by the parent/carer is required. The note should include: Student name, year, date/s absent and the reason. This note needs to be handed to the front office.

Your child is late to school

If possible the student should have a note from their parent/carer explaining the reason for the lateness. Upon arriving at school the student must report to the office to sign in and to get a late slip. It is important that students **do not** go straight to class or else they will be marked absent for the whole day!

Passouts to Leave Early

Occasionally students may need to leave school early to attend medical or other appointments or to attend to urgent family business. A note with an explanation of the circumstances must be approved by a Deputy Principal and submitted to the front office. Student's full name and year are to be clearly written on the note.

Notes are to be submitted **before school**. Notes which do not give reasons for the pass out request may not be accepted.

Students in Years 7 to 10 who have a passout must be collected from the front office by a parent/carer. Parents are asked to ensure that where possible appointments and non-urgent business are conducted outside school hours.

This same process and conditions apply to sport. Please note that repeated absences from sport can place your Record of School Achievement in jeopardy.

STUDENT WELLBEING SUPPORT

At Terrigal High School Student Wellbeing is seen to cover any issues relating to the physical, mental, psychological, cognitive and financial wellbeing of our students that may be detrimental in any way to an individual or groups of students. The Head Teacher of Student Wellbeing is Mr Yates.

LEARNING SUPPORT TEAM (LST)

The Learning Support Team 2025 consists of:

- Mrs Kenny - Learning and Support Teacher
- Mrs Hull - Learning and Support Teacher
- Siobhan Quinn, Olivia Spohr and Nikki Klausen - School Psychologist Service
- Rhiannon Wheway - Student Support Officer
- Student Advisors / Girls Advisor
- Mr Yates – Head Teacher Student Wellbeing
- Deputy Principals

Any student experiencing difficulties in their learning can be referred to LST. Referrals can be made by teachers, students or parents. As a result of this referral, students may receive support from the Learning and Support Teacher (LaST). The role of the LaST is to assist teachers overcome difficulties students may face in particular subject areas. This might include diagnosing weaknesses, preparing special programs, working together with the class teacher in the classroom, helping small groups of students through special lessons or sometimes running programs with individual students. Staff are encouraged to discuss any concerns they may have about a student's progress with the LST (Mr Yates), Ms Forrest, the Year 7 Deputy Principal, the School Counselling Services or Mrs Kenny.

Student Support Officer (SSO)

The SSO supports the implementation of the school's student wellbeing team, helping students develop social and emotional skills through targeted strengths-based programs and strategies that build resilience, coping skills and positive relationships.

Year Advisors

Each year group has an appointed Year Advisor that starts the High School journey with students in Year 7 and remains with the cohort as they go on to the next year and right through to Year 12.

Year Advisors are responsible for the wellbeing of students in their year group and how this impacts upon their learning. They are part of the wellbeing team and work with the whole school community to improve the outcomes for students in their year group. Year Advisors are usually the first point of contact for parents/carers in relation to any issues or problems about a student in their year group.

The Year Advisors play a vital role in the development of a safe and happy school environment and the achievement of desired student outcomes by:

- **nurturing** the personal and social development of students within the Year cohort.
- providing **strong links** between home and school by the development of effective communication channels for parents.
- **assisting staff** to promote students' personal and social development through effective liaison with teachers.
- initiating **and implementing proactive strategies** to meet the changing wellbeing needs of the year cohort.
- initiating, as part of the School Wellbeing team, ongoing strategies to meet the wellbeing needs of the whole school community.

School Counselling Service

With the ever-increasing demand on the Wellbeing system for counsellor support, it is important that the time of our school counsellors is used efficiently. The school has one counsellor on site every day to support the needs of over 900 students. For this reason, it is necessary that the school has a set procedure for referrals to attempt to ensure the most acute needs are met and at times priority of need will vary considerably. Students are able to access the school counselling services via self-referral.

Parents who wish to make a referral to the school counselling service are asked to initially make contact with the Student Advisor for Year 7. They will make the referral on behalf of the student if required. Students can self-refer if the need arises.

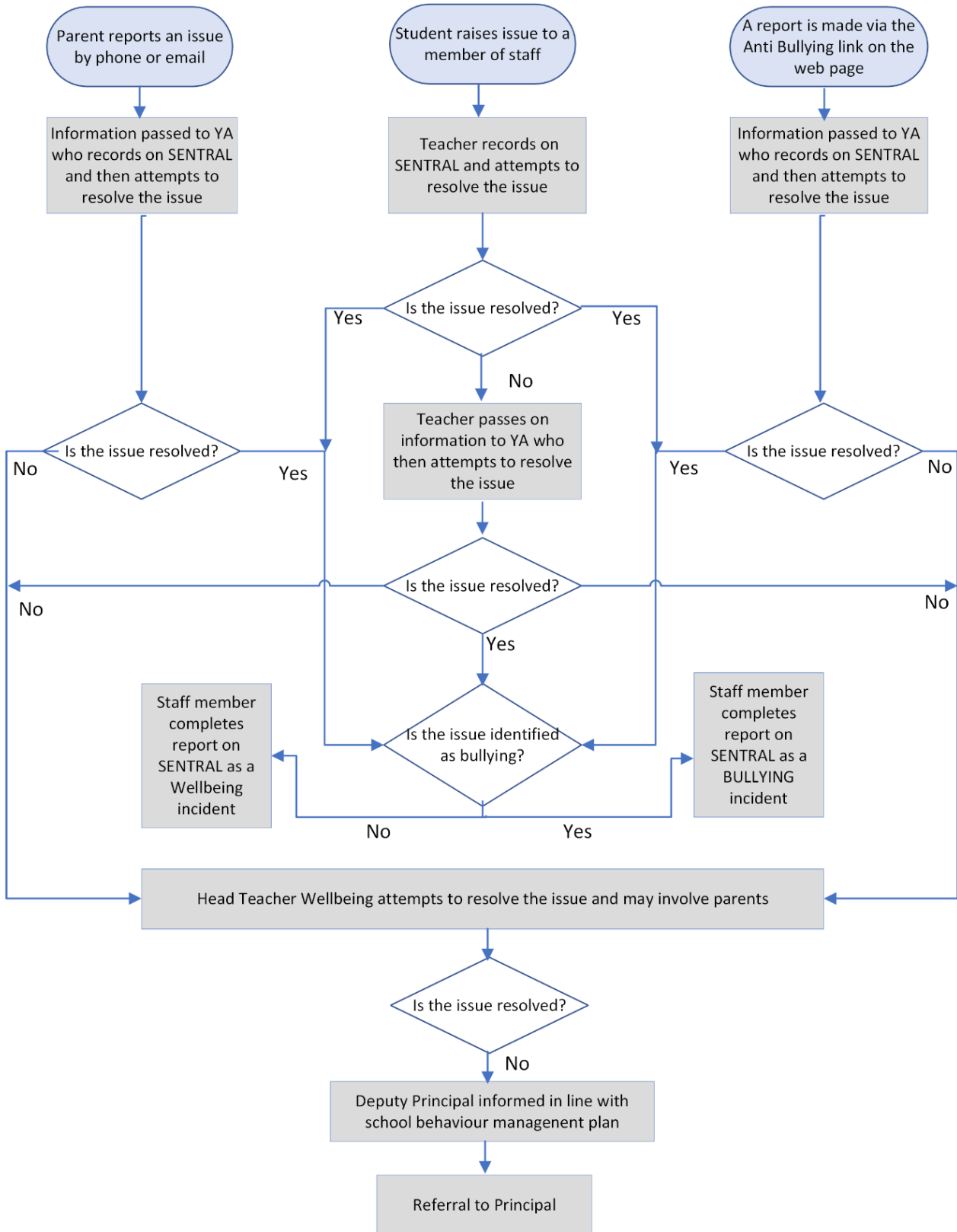
Feedback from any counsellor sessions is given in line with Department of Education policy guidelines.

Lunch Clubs

A variety of lunchtime Clubs are available for students to be involved in. They offer an opportunity for students to mix with others across the school who share common interests. The Clubs are run by teachers. Some of the Clubs on offer are: Ball Games; Board Games; Computer Club; Chess Club; Dance Club; Flipside Christian Group; Nintendo Club; Mindful Making and Music Club.

ANTI BULLYING ACTIONS FLOWCHART

Terrigal High School: Anti Bullying Actions Flow Chart (2024)



ANTI BULLYING REPORTING FORM

Online reporting of incidents of bullying can also be reported through the school website, The reported information will be dealt with in a confidential manner.

BEAT BULLYING - Reporting Form

This form is to be completed by any Terrigal High School student who wishes to report incidents of bullying in our school. You can report bullying by completing this online form or by speaking with a teacher at the school, preferably your Year Advisor.

What is a bullying?
A pattern of repeated behavior that is meant to hurt someone and has an imbalance of power. Not every instance of mean behavior is bullying. Bullying has these criteria:

- *Misuse of power (one-sided)**- not teasing back and forth, not a 2-sided argument, one side has more power
- *Intentional**- not an accident
- *Repeated**- not a one time name call or harassment
- *Harmful**- can take three forms:
 - Physical:** hitting, spitting, stealing or damaging belongings
 - Verbal:** threats, lying to cause trouble, name-calling
 - Psychological:** intimidation, social exclusion, spreading rumors

For online assistance follow this link <https://kidshelpline.com.au/teens>

If you or someone is seriously injured or needs urgent medical help please call Triple Zero(000)

[Sign in to Google](#) to save your progress. [Learn more](#)

* Indicates required question

Name of reporter *

Your answer

The above **BEAT BULLYING - Reporting Form** can be found on the school website:

<https://terrigan-h.schools.nsw.gov.au/supporting-our-students/student-health-and-safety.html>

or by following the link below:

https://docs.google.com/forms/d/e/1FAIpQLSepx-Qwcc_0Wst4dzDdXv-NFmTFCSpyJvrnVaiJhjh0vEiWw/viewform

SCHOOL UNIFORM

The Terrigal High School uniform code represents a general agreement on what is considered appropriate in a contemporary local environment. The code is considered to be a sensible, reasonable one which represents a consensus viewpoint of parents and the school community.

THE UNIFORM CODE

1. All students will be expected to wear the school uniform as jointly adopted by the P & C and the Administration of the school.
2. There will be regular checks on student adherence to the Code and consequences given for non-compliance.
3. If students are out of uniform they are expected to bring a note. All students who are out of uniform are expected to report to the Deputy Principals or Uniform Coordinator for a Uniform Note before school.
4. Students must be in full school uniform for all excursions.
5. The school uniform is available for purchase from Lowes Erina.
6. The school also has a Uniform Pool where recycled uniforms can be donated and purchased.

SPORTS AND PE UNIFORM

White/blue polo shirt and blue shorts, both with the school emblem.

Please Note:

- Only students wearing the correct uniform will be permitted to participate in sport and PE, unless an acceptable, written explanation from a parent/carer is provided.
- Only students in **Years 9 and 10** are permitted to wear their sports uniform all day on **Tuesdays** only.
- Further Information on correct uniform, availability and cost is on the following pages.

SUN SENSE AND THE WEARING OF HATS

Students are encouraged to be aware of the harmful effects of the sun on exposed skin. The wearing of sunscreen and hats whilst outside is encouraged. The school does not have an endorsed hat, but recommends a hat which adequately covers both the face and neck.

The wearing of hats inside school buildings is not permitted.

FOOTWEAR SAFETY

Health and safety regulations make it necessary to insist that all students wear safe, solid, fully enclosed leather shoes. The Department of Education (DoE) clearly outlines footwear requirements in schools:

'Substantial footwear appropriate to a practical activity should be worn. Footwear such as thongs, open weave type shoes, soft slip on shoes, shoes with openings at toes or heels, soft sole shoes, fabric shoes, shoes without a heel, platforms or high heel shoes should not be worn' DoE website.

This is DoE policy, under Work Health and Safety legislation.

Terrigal High School Uniform Code requires all students to wear solid, black, fully enclosed, safe, leather shoes. Parents need to be aware that there is an important Work Health & Safety aspect regarding the shoes your child wears at school. The school is not prepared to breach DoE policy.

If a student is required to enter workshops, kitchens, Textiles rooms, Science labs or the School Farm they MUST have a SUBSTANTIAL PROTECTIVE shoe that COVERS the top of his/her foot. 'Slip on' type footwear DOES NOT meet these requirements.

All students participating in PE and School Sport are also required to wear a covered LACE UP sportsshoe that is suitable for them to participate safely in their chosen activity.

Please be aware that a student may not be allowed to participate in practical or sporting activities if the supervising teacher deems his/her footwear to be unsafe. In this situation, the student will be expected to carry out appropriate alternative work, supervised by the teacher, or the Head Teacher of the Faculty concerned.

If a student repeatedly fails to complete mandatory practical activities, due to unsafe footwear (or any other reason), it may mean he/she does not meet all required outcomes in many courses.

The shoes pictured on the next page are examples of acceptable and unacceptable school footwear.

APPROPRIATE SHOES

INAPPROPRIATE SHOES



- x - white walls and tick
- x - canvas side of the shoes



x - leather toe only



TERRIGAL HIGH SCHOOL UNIFORM



SCHOOL UNIFORMS

TERRIGAL HIGH SCHOOL

2025



"We strive"

ALL SEASON UNIFORM FOR GIRLS AND BOYS

YEARS 7-10

	RRP
96895 Short Sleeve Sky Polo with Embroidery -Jnr - Unisex	\$42.95
56337 S/S Sky Blouse-Jnr - Girls with Embroidery	\$42.95
95761 Short Sleeve Sky Deluxe Shirt with embroidery -Jnr - Boys	from \$44.95
91803 Grey/Blue Plaid Skirt - Girls	\$60.95
95031 Grey Blocker Shorts - Boys	\$29.95
51141 Navy Trackpants with Embroidery - Unisex	\$51.95

YEARS 11-12

98868 Short Sleeve White Polo with Embroidery -Snr - Unisex	\$39.95
56485 S/S White Blouse-Snr - Girls with Embroidery	\$38.95
95762 Short Sleeve White Deluxe Shirt with Embroidery -Snr - Boys	\$49.95
91803 Grey/Blue Plaid Skirt - Girls	\$60.95
95031 Grey Blocker Shorts - Boys	from \$30.95
51141 Navy Trackpants with Embroidery - Unisex	\$51.95

JUMPERS & JACKETS FOR GIRLS AND BOYS

89889 Navy Sloppy Joe with Embroidery	\$48.95
87704 Navy Fleece Jacket with Embroidery - Unisex	\$62.95

SPORTS FOR GIRLS AND BOYS

88854 S/S White/Blue Sublimated Sports Polo with Logo - Unisex	\$42.95
94647 Navy Sublimated Sports Shorts - Short Leg	\$29.95
88493 Navy Sublimated Sports Shorts Longer Leg	\$41.95
51141 Navy Trackpant - Unisex	\$51.95

SOCKS FOR GIRLS AND BOYS

82754 White / Navy / Royal THS Socks	\$10.95
97975 Trafalgar White Crew Socks	\$6.95
97906 White Sport Socks	\$6.95

ACCESSORIES

99045 Navy Apron	\$17.95
99004 White Apron	\$17.95

ALL PRICES ARE SUBJECT TO ALTERATION

Erina
373 Terrigal Drive, Erina, 486 2250
(02) 43651200



SHOP IN STORE OR ONLINE
www.lowes.com.au/schools-online

LOWES
will pay a commission
to the school on
every item of school
uniform sold in our
local store.

SCAN THIS QR CODE FROM YOUR
MOBILE PHONE CAMERA TO GO TO WEBSITE





WITH YOUR LOWES ZERO CARD YOU WILL RECEIVE 5% DISCOUNT ON EVERY PURCHASE.
RECEIVE 5% IN REWARD POINTS TO REDEEM, PLUS GREAT FEATURES AND BENEFITS.

TOPS



JUMPERS & JACKETS



BOTTOMS



SENIORS SHIRT



PE/SPORT



GENERAL INFORMATION (A-Z Guide)

ASSESSMENTS

All students will have assessments tasks to complete throughout the year. Assessment schedules and procedures will be distributed to students toward the beginning of each year. The Assessment Guide for each year group is available on the school website under "Student Essentials" <https://terrigal-h.schools.nsw.gov.au/student-info.html>

BEFORE SCHOOL SUPERVISION

1. A member of the Senior Executive and Executive Team will be in the school from 8:30am each day.
2. Students are to remain in designated areas under the COLA, outside green and red classrooms or in the Amphitheatre for Years 11 and 12. These areas are for passive recreation only i.e. no running or ball games.
3. In wet weather, students may go indoors and are expected to sit in designated areas (main hallway up to Library) before school. These areas are for passive recreation only, i.e. no running or ball games.
4. Junior students are not to arrive to school prior to 8:30am as there is no playground supervision before this time.
5. Senior students can arrive at school from 8am if they have a timetabled Period 0 class for that day. Period 0 classes run from 8:00am to 9:00am.
6. Students who wish to play basketball are permitted to play on the covered courts from 8:30am – 9:00am.
7. Students who need assistance or advice before school can report to the office (from 8.15am) OR nearest staff room.

CANTEEN

Terrigal High School runs a fully operational canteen where students can purchase food and drinks for before school, recess and lunch. The canteen opening hours are 8am to the end of lunch.

The most recent Canteen Menu is on the last page of this booklet and available on the school website under Student Essentials.

It is preferred that orders are made through Flexi Schools and they must be placed before 9am.

For over the counter orders/purchases, EFTPOS and cash options are available.



flexischools

How to register with Flexischools

- 1 Download the Flexischools app and select **"Register"**
- 2 Enter your email and hit submit to create an account
- 3 Go to your inbox and click the link to verify your email (check spam if lost)
- 4 Follow the prompts to complete your registration, creating a password and adding your personal details
- 5 In the navigation bar, add your student(s) under **"Profile" > "Students"** > **"Add new"** then hit **"Save"** once done.

Now you're ready to start ordering!

Download the app now

Download on the App Store GET IT ON Google Play

flexischools

Welcome!

Enter your email address and country below to register

Email address

Confirm email address

Country

Australia

DIGITAL DEVICES

Terrigal High School uses a system called 'Phone Locker Pouch'. This system ensures a clear and consistent process used by all students to keep phones safe and protected when in school bags. www.phonelocker.com.au

Mobile phones, smartwatches and air pods are all digital devices and as such are not be used during school hours in line with the Department of Education policy. Every student is assigned a personal Phone Locker Pouch with an ID Number, similar to being assigned a textbook. While the Phone Locker Pouch is considered school property, it is each student's responsibility to bring their pouch with them to school every day.

School Arrival: As students enter the school grounds they will:

1. Turn their phone off.
2. Place their phone inside the THS phone pouch and securely close it.
3. Store the phone pouch in their school bag.

Each student will maintain possession of their mobile phone inside their THS Phone Locker Pouch for the duration of the school day. Each day during roll call, teachers will check this procedure has been followed. Students arriving late will go through this process at the school office.

School Exit: As students leave school, they will:

1. Unlock their pouch using a magnet station at one of the school gates
2. Remove phone from their pouch.
3. Securely close their empty pouch and place in their school bag for the next day.

If a student brings their phone to school and does not have their pouch with them, they are to hand their phone into the office. The phone can be collected from the office at the end of the day.

Phones are to be off and away at all times, secured in a locked phone pouch when on school grounds during school hours.

Students who are adhering to the BYOD policy can continue to bring their laptop to school for educational use. Please ensure that students have completed the BYOD Student Agreement and are aware of the requirements around this agreement. THS has no provision for lockers to store devices, therefore these are students' personal responsibility and should be kept in school bags unless using for curriculum purposes.

This information is taken from the Terrigal High School Digital Device Policy. Please contact the school if you require a copy of the full policy document.

EXCURSIONS

Special excursions are organised from time to time. Excursions are an integral part of school work where enrichment activities take place. These are not to be seen as easy days. All excursions require investigation, research and usually a written report. Parents will be notified via email of intended excursions and all students are encouraged to participate. Parental consent is necessary for all excursions and students must be in correct school uniform whilst on excursions.

Level 3 students may be excluded from excursions. An alternate program is provided for all students not taking part in an excursion activity. These students are required to attend school.

HOMEWORK

Homework is given to allow students to practise or develop skills and expand on the knowledge gained at school. It is a vital part of every student's development and should be pursued diligently. It is suggested that homework should be done on four nights of the week, plus some work on weekends.

The following rate is a guide as to how much homework may be expected:

Nightly homework: Year 7 – 1 hour	Year 8 – 1 ½ hours
Year 9 – 1 ½ hours	Year 10 – 2 hours
Year 11 – 2 ½ hours	Year 12 – 3 hours

Homework demands may vary but may not necessarily be written work. It can involve going over notes and work done during the day, extended reading, spelling practice, the preparation of work or completion of assignments.

INTERNET USE

Each student has their own personal username to the computers at school. They are allocated a user name (generally firstname.surname); they must then create their own secret password to ensure that their work on the computer is secure. When logged on correctly, the student has a secure location on the network server where they can save their work. School work only is to be stored in this location.

The Department of Education also allocates each student access to the Internet. Their user name is generally the same as their school log on; This is done via the DoE Portal: to access the portal, type in the address bar: portal.det.nsw.edu.au

Students should also use the portal page to create a secret question and answer to allow them to change or reset their password if problems arise. The portal page also gives students access to their DoE email. Each student has a DoE email account with the address: username@education.nsw.gov.au Students should use this email for schoolwork only.

Students have access to classwork that is posted regularly on the subject Google Classroom site. Access codes for each subject will be provided to students by their class teachers during Term 1

PARENT/TEACHER NIGHTS

Parent/Teacher nights are held in Terms 1 and 2 to allow for improvements to occur before reports are finalised by teachers. All parents are strongly urged to attend these evenings to meet the teaching staff and to discuss their child's progress.

PAYMENTS

Payments can be made at the front office between the hours of 8:15am to 1:30pm each day. Students can make payments at the front office before school, recess and lunch times only. Over the counter payment options are credit/debit card or cash.

Statement of Accounts are emailed every 2 weeks. The Statement of Account will contain school fees, excursions and other payments that arise. At times you will receive a Statement of Account for an individual item e.g. an excursion that needs payment by a certain date.

Payment is encouraged to be made online via School Bytes. Use the link which is supplied on the Statement of Account or within the excursion permission notice.

Payment due dates must be followed to ensure adequate planning time with venues and bus companies, and to avoid student disappointment. Sport payments must be made prior to the student attending the sport. For those families experiencing financial difficulties please contact to the school to make alternative arrangements for school fees and course charges.

P & C ASSOCIATION

Parents are urged to join the P & C Association. Meetings are held in the evening on the fourth Tuesday of each month in the school library. Parents can come along and have a say in matters involving their children. For more details on how to get involved with the P & C please contact the school.

SCHOOL REPORTS

School Reports are emailed to parents at the end of each Semester after each reporting period and can also be located on the Parent Portal.

SICK STUDENTS

Students who become ill at school will receive a PERMISSION NOTE from the class teacher to go to the office. Here they will be signed into the sick bay by office staff. Pupils may remain in sickbay for 10 minutes to recover. If they are still ill and unable to return to class, parents will be notified and requested to take them home for further care. A parent or carer must collect students from the office. School bags and mobile phones are not permitted in sick bay and as such students will be required to hand them in to office staff when being signed into sick bay.

VALUABLES AND LOST PROPERTY

Students should not bring expensive personal items to school. This will avoid possible damage or loss. Money may be left for safekeeping at the front office. Students should not leave items such as wallets or calculators in unattended bags, and all personal property should be clearly marked. Lost property is placed in storage for 2 weeks and can be claimed from the Library.

SCHOOL LIBRARY

The library plays a vital role in the high school years. To get the greatest benefit from the resources, it is important that students become regular users of the library, both in lesson times and in breaks. The library staff is always on hand to help students to find information and to suggest ways of approaching difficult projects.

At the beginning of each year, time is set aside to familiarise new students with the library and to introduce them to some useful information skills. This process is continued throughout the year when teachers bring their classes to the library to research specific topics. The library also runs the Premier's Reading Challenge program for students in Years 7, 8 and 9. Although it is on a voluntary basis, students are strongly encouraged to participate in this very valuable activity to improve their reading skills and enjoyment.

ACCESS

The library is open before school, at recess and lunch for students to work individually on assignments or to browse and read for enjoyment. Senior students or any open high school students can use the library during study periods. Other students, who come to the library during lesson time must bring a note from their class teacher requesting use of library computers and/or general library area.

BORROWING

Students can look up the library's catalogue on the inquiry terminals at the library circulation desk. It is also available on each student's DoE portal, "My Portal" under "My Library". Junior students can borrow up to four books and senior students can borrow up to six books from the school library. The loan period is two weeks. If books are not returned by the due date, overdue notices are sent via email or letter throughout the year. If there are any questions regarding these overdue items, please contact the Teacher Librarian, Miss Gale.

COMPUTERS

The library is equipped with computers with access to the Internet and a range of software programs for presenting students' work.

The computers in the library computer area may be used for general interest activities before school and at recess. At lunchtime and during lessons, the library computers are to be used for schoolwork only.

There is a photocopier in the library for student use and for school-related copying only. The cost is 10c for black and white printing or 0.50c for colour printing. See the Library Staff for printing credit/access.

BRING YOUR OWN DEVICE

Students have computer access at Terrigal High School and are not expected to bring their own device. Students who wish to bring their own device need to return a completed consent form (available from the library) and our technology staff will configure the device for use at school. For further Department of Education BOYD information, visit: <https://education.nsw.gov.au/policy-library/policies/pd-2020-0471>

TEXTBOOKS

Textbooks remain the property of the school and are loaned to students. Whilst in possession of a textbook, the student is responsible for it. Any loss or damage must be compensated for (in consultation with the Faculty Head Teacher).

STUDENT REPRESENTATIVE COUNCIL

The Student Representative Council is a committee of students elected by staff and the student body as a whole. Four students are elected to represent each of Years 8 to 10. Ten students are elected to represent Year 11. The Captains and Vice Captains are elected by Year 12 students and the staff.



The 2025 Terrigal High School Leadership Team with Mr Riley

The SRC in 2025 is excited to be incorporating initiatives developed during the Student Voice Program. The Student Voice program will continue to form an integral part of the SRC calendar. Students in the SRC are able to develop their leadership skills across a range of whole school activities with a strong emphasis on building the sense of school community, forging links with the wider community and engagement in social justice programs.

Elections for the SRC are held late in Term 3 for senior students and early Term 4 for years 7-10. Nominations are open to all students, however, eligibility to run for Captain and Vice-Captain positions requires SRC involvement in Year 11.

For more information you can contact the SRC Coordinator.

TRAVEL TO & FROM SCHOOL

TERRIGAL DRIVE - KISS & DROP

Students travelling to school by car can be picked up and dropped off at the bottom of the school grounds at the designated drop-off/pick-up zone accessed via Terrigal Drive.

SENIOR CARPARK

There are 20 onsite designated parking spaces for Senior students located in the top overflow carpark accessed from Charles Kay Drive.

BUS TRAVEL TO/ FROM SCHOOL

For information or to apply for a school travel passes or School Opal Card visit the Transport NSW website: <https://transportnsw.info/school-travel-apply>

School Opal Cards may only be used when travelling to and from school on a set bus. They cannot be used for sport buses or excursions.



School Opal cards are issued by Transport for NSW for free school travel or as a School Term Bus Pass inside Sydney and surrounds. School Opal cards can be accepted on metro, train, bus, ferry and light rail services.

The School Opal card is only valid for use between home and school on the transport operators specified in your original application. If students try to use the School Opal card for unapproved travel the Opal card reader will show an error message. For personal travel, children aged 16 years and under should use a Child/Youth Opal card.

All students travelling by bus must follow the Code of Conduct for Bus Travel and have their bus pass with them every day. The Code of Conduct can be found at:

https://www.transport.nsw.gov.au/sites/default/files/media/documents/2017/code-of-conduct-transport_0.pdf

BUS TIMETABLES

Red Bus CDC NSW and Busways timetables can be found on the following pages of this booklet. The timetables can also be downloaded at:

https://www.busways.com.au/sites/default/files/school_timetables/Terrigal_High_School.pdf

<https://wp.redbuscdc.com.au/wp-content/uploads/2024/05/terrighigh.pdf>

Terrigal High School

Timetable effective from Monday 21 October 2024

(R) Bus Turns Right - (L) Bus Turns Left

MORNING				
Bus Number	Route Number	Time	Locations Serviced	Route Description
2039	-	7:04 AM	Kincumber Copacabana Avoca Beach Picketts Valley	Departs opposite Kincumber Church via Avoca Dr (R)Empire Bay Dr (L)The Scenic Rd, Cullens Rd (R)Copacabana Dr (L)Chico St (7:09am) (L)Del Mar Dr (L)Del Monte PI (L)Vista Av (R)Vista Av North (R)Del Monte PI to Copacabana Surf Club (7:22am) continues Del Monte PI (R)Pampas Av, Copacabana Dr, Cape Three Points Rd (R)Austral Av (R)Avoca Dr (L)Burns St to Avoca Theatre (7:30am) (R)Avoca Dr (L)Cape Three Points Rd (R)The Round Dr to Ridgway Rd (7:37am) continues The Round Dr (L)Karani Av (R)Hillside Rd (L)Avoca Dr (R)Scenic Hwy (L)Charles Kay Dr to School.
2064	-	7:08 AM	St. Huberts Island Empire Bay Kincumber South Kincumber	Departs Discovery St & Weatherly Pd via Discovery St (R)Beachfront Pd, Helmsman Bvd (L)Empire Bay Dr (L)Greenfield Rd (R)Rickard Rd (L)Kendall Rd to Empire Bay Post Office (7:20am) continues Kendall Rd (L)Sorrento Rd (L)Gordon Rd (L)Rickard Rd (R)Greenfield Rd (L)Empire Bay Dr (L)Avoca Dr to Kincumber Church (7:35am). TRANSFER TO SCHOOL BUS 2052
2040	-	7:37 AM	North Avoca Terrigal Wamberal	Departs Bradleys Rd & Scenic Hwy via Bradleys Rd (L)Lake Shore Dr, Easter Pde (R)Surf Rider Av (R)Tramway Rd (L)View St (L)Elgata Av to North Avoca Shops (7:45am) (R)North Avoca Pde (R)View St (R)Tramway Rd (R)Scenic Hwy (L)Kurrawyba Av (R)Church St (7:52am) (R)Campbell Cr (L)Terrigal Dr (R)Ocean View Dr (L)Dover Rd (R)The Brow (L)Hilltop Rd (R)Plymouth Dr (L)Windsor Rd (L)Willoughby Rd (R)Aspen Av (R)Hastings Rd (L)Brunswick Rd (R)Terrigal Dr (L)Mobbs Rd (8:05am) (L)Kings Av (L)Duffys Rd (R)Terrigal Dr (R)Charles Kay Dr to School.
2052	-	7:38 AM	Kincumber Picketts Valley	LAST PICK UP SCENIC HWY & BRADLEYS RD Departs opposite Kincumber Church via Avoca Dr (L)Scenic Hwy to Bradleys Rd (7:44am), then to Brunswick Rd & Terrigal Dr (8:08am). SETS DOWN ON BRUNSWICK RD BEFORE TERRIGAL DR
-	68	7:45 AM	Gosford East Gosford Erina	LAST PICK UP TERRIGAL DR & MOBBS RD Departs Gosford Station via (R)Mann St, Central Coast Hwy (R)Karalta Rd (L)Into Erina Fair (8:00am) (R)Terrigal Dr to Mobbs Rd (8:06am), then to School.
AFTERNOON				
Bus Number	Route Number	Time	Locations Serviced	Route Description
-	68	2:43 PM	Erina East Gosford Gosford	OPERATES ON TUESDAYS ONLY LOADS ON TERRIGAL DR OPPOSITE BRUNSWICK RD Departs Terrigal Dr opposite Brunswick Rd via Terrigal Dr (L)Duffys Rd (R)Kings Av (R)Mobbs Rd (L)Terrigal Dr to Erina Fair (2:57pm), (R)Karalta Rd (L)Central Coast Hwy (R)Mann St to Gosford Station (3:19pm).
2553	-	3:25 PM	Erina Green Point	OPERATES ON MON, WED, THURS & FRI ONLY Departs School via (R)Charles Kay Dr (L)Terrigal Dr (L)Duffys Rd (R)Kings Av (R)Mobbs Rd (L)Terrigal Dr (L)Into Erina Fair (R)Karalta Rd (L)Central Coast Hwy (L)Ernest St to Erina High School (3:44pm). Then continues as School Bus 2583 via (R)Ernest St (L)Central Coast Hwy (L)Avoca Dr to Davistown Rd.

2521	-	3:25 PM	Wamberal	OPERATES ON MON, WED, THURS & FRI ONLY Departs School via (R)Charles Kay Dr (R)Terrigal Dr (L)Brunswick Rd (R)Hastings Rd (L)Aspen Av (L)Willoughby Rd (R)Windsor Rd (R)Plymouth Dr (L)Dover Rd (R)Ocean View Dr to Terrigal Dr (3:38pm) .
-	67	3:27 PM	Erina East Gosford Gosford	LOADS ON TERRIGAL DR OPPOSITE BRUNSWICK RD FIRST SET DOWN CENTRAL COAST HWY & ERNEST ST Departs Terrigal Dr opposite Brunswick Rd, then to Central Coast Hwy & Ernest St, continues Central Coast Hwy, Mann St to Gosford Station (3:58pm) .
2546	-	3:30 PM	Terrigal North Avoca	OPERATES ON MON, WED, THURS & FRI ONLY FIRST SET DOWN TERRIGAL DR & OCEAN VIEW DR Departs School via (R)Charles Kay Dr (R)Terrigal Dr (L)Brunswick Rd (R)Hastings Rd (L)Aspen Av (L)Willoughby Rd (R)Windsor Rd (R)Plymouth Dr (L)Hilltop Rd (R)The Brow (L)Dover Rd (R)Ocean View Dr (L)Terrigal Dr to Terrigal Surf Club (3:39pm) , continues Terrigal Esp, Scenic Hwy (L)Tramway Rd (L)View St (L)Elgata Av (R)Nth Avoca Pde (R)View St (R)Tramway Rd (L)Surf Rider Av (L)Easter Pde (L)Lake Shore Dr (R)Bradleys Rd (L)Scenic Dr to Picketts Valley Dr (4:02pm) .
2526	-	3:36 PM	Picketts Valley Avoca Beach Copacabana	Departs School via (L)Charles Kay Dr (R)Scenic Hwy (L)Avoca Dr to Avoca Bowling Club (3:43pm) . Then continues as Route 66C via Avoca Dr (R)Hillside Rd (L)Karani Av (R)The Round Dr (3:47pm) (L)Cape Three Points Rd (R)Avoca Dr to Avoca Theatre (3:58pm) (R)Avoca Dr (L)Cape Three Points Rd (L)Chico St (L)Del Mar Dr (L)Del Rio Dr (L)Segura St (R)Del Monte Pl (R)Pampas Av, Copacabana Dr (L)Cullens Rd to Scenic Rd (4:19pm) .
-	65	3:45 PM	Green Point Kincumber MacMasters Beach Killcare Pretty Beach Wagstaffe	CATCH SCHOOL BUS 2553 FROM SCHOOL & TRANSFER AT ERINA HIGH SCHOOL Departs Erina High School via Ernest St (R)James Sea Dr, Dalgety Cr (L)Sun Valley Rd (R)Link Rd (L)Milpera Rd (R)Koolang Rd (L)Avoca Dr to Kincumber Shops (4:04pm) continues Avoca Dr (R)Empire Bay Dr (L)The Scenic Rd (R)The Scenic Rd (L)Lakeside Dr (R)Tudibaring Pde (R)Warri Cr (L)The Scenic Rd (L)Namatijira Dr to Scenic Rd (4:20pm) (L)The Scenic Rd (L)Hats St (R)Manly View Rd (L)The Scenic Rd, Killcare Rd (L)Araluen Dr, Heath Rd (L)Pretty Beach Rd (R)Wagstaffe Av to Wagstaffe Post Office (4:37pm) .
-	64	4:06 PM	Erina Green Point Kincumber Kincumber South Bensville Empire Bay St Huberts Island	CATCH ROUTE 67 FROM TERRIGAL DR OPPOSITE BRUNSWICK RD & TRANSFER AT ERINA FAIR Departs Erina Fair Shopping Centre via (R)Karlta Rd (L)Central Coast Hwy (L)Ernest St (R)James Sea Dr, Dalgety Cr (L)Sun Valley Rd (R)Link Rd (L)Milpera Rd (R)Koolang Rd (L)Avoca Dr to Kincumber Shops (4:26pm) continues Avoca Dr (R)Oberton St, Melville St (R)Scaysbrook Dr (L)Melville St (R)Cullens Rd, Scenic Rd (L)Empire Bay Dr (R)Kallaroo Rd (L)Kildare St (4:42pm) (R)Kallaroo Rd (R)Empire Bay Dr (R)Greenfield Rd (R)Rickard Rd (L)Kendall Rd (4:51pm) (L)Sorrento Rd (L)Gordon Rd (L)Rickard Rd (R)Greenfield Rd (R)Empire Bay Dr (R)Helmsman Bvd (L)Weatherly Pde (R)Discovery St (4:59pm) (R)Beachfront Pde (R)Helmsman Bvd (R)Daley Av to the Rip Bridge (5:04pm) .

Terrigal High School Morning Buses

Route No.	Time	Suburb	Route
Route Bus 29	6:50	Lakehaven The Entrance Long Jetty Click here to view map	Departs; Lakehaven Shopping Centre, Continues as per Route 29 to outside The Entrance Campus (7:30), Students transfer to S727 at The Entrance Campus (7:38). Click Here for Route 29 Timetable
S768	7:05	Killarney Vale Click here to view map	Departs; CC Hwy after Passage Rd, (R) Shelly Beach Rd, (L) Lindsay St, (L) Swadling St, (L) CC Hwy, (R) Wyong Rd (7:21), (L) South St, (R) East St, (L) Main St, into Robertson Rd, (R) Brooke Ave, Brooke Ave Public School (7:25), (L) Eastern Rd, (R) CC Hwy, (R) Bellevue Rd, Tumby High School (7:33), Students transfer to S730 at Tumby High School for travel to school.
S730	7:33	Forresters Beach Wamberal Click here to view map	Accepts; Transfers from S768 at Tumby High, (R) Bellevue Rd (R) CC Hwy, (L) Forresters Beach Rd, into South Scenic Rd, into Kalaku Ave, (R) Crystal St, (L) Noorong Ave, (L) Spoon Bay Rd, (R) Lavinia St (7:43), (R) John St, (L) Hopetoun St, (R) Malkana Ave, (L) Crystal St, (L) CC Hwy (7:47), (L) Ocean View Dr (7:51), (R) Terrigal Dr, (L) Charles Kay Dr, (L) Terrigal High Bus Bay (7:58).
S729	7:18	Bateau Bay West Tumby Umbi Wamberal Click here to view map	Departs; CC Hwy after Passage Rd, (L) Cresthaven Ave (7:22), (L) Eastern Rd, (R) Northumberland Way, (R) Roberta St (7:27), (L) Tumby Rd, (R) Aldinga Dr, (L) Benwarrin Rd, (R) Mawarra Rd, (R) Aldinga Dr, (R) Tumby Rd, (R) CC Hwy, (L) Ocean View Dr (7:47), (R) Terrigal Dr, (L) Terrigal High Bus Bay (7:55).
S727	7:38	Bateau Bay Forresters Beach Click here to view map	Accepts; Transfers from Route 29 at The Entrance Campus (07:25), CC Hwy, (L) Whalans Rd, (R) Lowanna Ave, (R) Forresters Beach Rd, (L) CC Hwy (7:48), (L) Pitt Rd, (R) Dillon Rd, (L) Bluebell Dr, (R) Matawai Ave, (L) Wairakei Rd, (L) Ocean View Dr (7:53), (R) Terrigal Dr, (L) Charles Kay Dr, (L) Terrigal High Bus Bay (8:00).
S726	7:40	Wamberal Click here to view map	Departs; Tumby High School on Bellevue Rd, (L) Tumby Rd, (R) CC Hwy (7:47), (L) Ocean View Dr, (R) Old Gosford Rd, (L) Plymouth Rd, (R) Windsor Rd (7:53), (L) Willoughby Rd, (R) Terrigal Dr, (L) Charles Kay Dr, (L) Terrigal High Bus Bay (7:59).
Route Bus 20	7:40	Matcham Oak Rd Click here to view map	Departs; End of Oak Rd, (R) Coachwood Rd, (R) Milina Rd, (L) Carlton Rd, (L) Central Coast Grammar School (7:55), Students transfer to S728 at Central Coast Grammar for travel to school. Click Here for Route 20 Timetable
Route Bus 20	7:30	Holgate Wattle Tree Click here to view map	Departs; CC Hwy before Carlton Rd, (R) Milina, (L) Wattle Tree Rd, U-turn Pollard Cl, (R) Milina, (L) Carlton Rd, (L) Central Coast Grammar School (7:53). Students transfer to S728 at Central Coast Grammar for travel to School. Click Here for Route 20 Timetable
Route Bus 20 S728	7:34	Matcham Matcham Rd Click here to view map for Route 20 Click here to view map for S728	Departs; Matcham Rd after CC Hwy, U-turn Wambina Rd, into Matcham Rd, (R) Coachwood Road, (R) Millina Rd, (L) Carlton Rd, (L) Central Coast Grammar School (7:55) Bus number changes to S728 at CC Grammar, Accepts transfers form Routes 20, (L) Carlton Rd, (L) CC Hwy, (R) Oceanview Dr (8:08), (R) Terrigal Dr, (L) Charles Kay Dr, (L) Terrigal High Bus Bay (8:15). Click Here for Route 20 Timetable

Terrigal High School

Monday, Wednesday, Thursday, Friday Afternoon Buses

Route No.	Time	Suburb	Route
S659	15:20	Tumbi Umbi Click here to view map	Departs; School Bus Bay, (R) Charles Kay Dr, (R) Terrigal Dr, (L) Ocean View Dr (R) CC Hwy, (L) Tumbi Rd, For travel to Tumbi Umbi, Berkeley Vale, Glenning Valley students transfer to S613 on Tumbi Rd after The Ridgeway (15:41) , (R) Roberta St, (L) Northumberland Way, (L) Eastern Rd (15:46), (R) Cresthaven Ave, (R) CC Hwy to Coleridge Rd (15:52).
S656	15:20	Wamberal Click here to view map	Departs; School Bus Bay, (R) Charles Kay Dr, (R) Terrigal Dr, (L) Ocean View Dr, (L) Old Gosford Rd (15:27), (L) CC Hwy, (L) Willoughby Rd (15:31), (L) Windsor Rd, (L) Plymouth Dr, (R) Old Gosford Rd (15:37), (L) Ocean View Dr, (R) CC Hwy, (L) Tumbi Rd, (L) Aldinga Dr, (L) Benwerrin Rd, (R) Mawarra Rd, (R) Aldinga Dr, Wamberal Public (15:42).
S661	15:20	Forresters Beach Wamberal Click here to view map	Departs; School Bus Bay, (R) Charles Kay Dr, (R) Terrigal Dr, (L) Ocean View Dr (15:29), (R) CC Hwy, For travel to Killarney Vale Students transfer to Route 22 on CC Hwy at Cabarita St , (R) Crystal St, (R) Noorong Ave, (R) Lavina, St (15:38), (R) John St, (L) Hopetoun St, (R) Malkana Ave, (L) Crystal St, (L) CC Hwy, (R) Tumbi Rd, (L) Aldinga Rd, (L) Benwerrin Rd, (R) Mawarra Rd, (R) Aldinga Dr, Wamberal Public (15:45).
S655	15:35	Forresters Beach Bateau Bay Click here to view map	Departs; School Bus Bay, (R) Charles Kay Dr, (R) Terrigal Dr, (L) Ocean View Dr, (R) Wairakei Rd, (R) Matawai Ave, (L) Blue Bell Dr, (R) Dillon Rd, (L) Pitt Rd, (R) CC Hwy (15:49), (R) Forresters Beach Rd, (L) Lowanna Ave, (L) Whalans Rd, (R) CC Hwy (15:56), For travel to North Entrance students transfer to S653 and for travel to Bateau Bay West and Toowoan Bay students transfer to Route 23 on CC Hwy after Passage Rd , (R) Yakalla St, (R) Bateau Bay to CC Hwy (16:05).
S657	15:36	Matcham Holgate Click here to view map	Departs; School Bus Bay, (R) Charles Kay Dr, (R) Terrigal Dr, (L) Ocean View Dr, (L) CC Hwy, (R) Carlton Rd, (R) Central Coast Grammar (15:54), (R) Carlton Rd, (R) Milina Rd, (L) Wattle Tree Rd, U-turn at Pollard Cl (16:04), Wattle Tree Rd, (L) Milina, (L) Coachwood Rd (16:12), (L) Matcham Rd, U-turn at Wambina Rd (16:17), Matcham Rd, (L) CC Hwy to opposite Willoughby Rd (16:23).
Route Bus 22	15:40	Killarney Vale Click here to view map	Accepts; Transfers from S661 at Cabarita St, continues as per route 22 to Torrens Ave. Click Here for Route 22 Timetable
S613	16:00	Tumbi Umbi Berkeley Vale Glenning Valley Click here to view map	Accept; Transfers from S659 at Tumbi Rd after The Ridgeway, Tumbi Rd, (L) Hansens Rd, (L) Leetes Lane into Palm Valley Rd, into Beckingham Rd, (L) Wyong Rd, (R) Pindarri Ave, (L) Jubilee Pde, (R) Kilkenny Pde, (L) Jeannie Cres, (L) Bundilla Pde, into Berkeley Rd, into Bundeena Rd, into Kingsford Smith Dr, (L) Lakedge Ave, (L) Chittaway Rd opposite Shops (16:27), For Travel to Westfield, Mardi & Wyong students transfer to Routes 19, 25 or 26 opposite Chittaway Shops.
S653	16:00	Bateau Bay East Shelly Beach The Entrance Nth Entrance Click here to view map	Accept; Transfers from S655 on CC Hwy after Passage Rd, (R) Bateau Bay Rd (16:04), (R) Grandview St, (L) Shelly Beach Rd, (R) CC Hwy (16:13), (L) Fairview Ave, (R) Torrens Ave, onto CC Hwy, (R) Roberts Rd, (L) Hutton Rd, (L) Mini St, (R) CC Hwy to Two Shores Caravan Park (16:23).



Route Bus 23	16:07	Bateau Bay West Toowoon Bay Click here to view map	Accept; Transfers from S655 on CC Hwy after Passage Rd, Continues as per Route 23 to Torrens Ave. Click Here for Route 23 Timetable
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Terrigal High School Tuesday Afternoon Buses

Route No.	Time	Suburb	Route
S662	14:32	Wamberal Forresters Beach Click here to view map	Departs; School Bus Bay, (R) Charles Kay Dr, (R) Terrigal Dr, (L) Ocean View Dr (14:37), (R) Wairakei Rd, (R) Matawai Ave, (L) Bluebell Dr, (R) Dillon Rd, (L) Pitt Rd, (R) CC Hwy (14:42), (R) Crystal St, (R) Noorong Ave, (L) Spoon Bay Rd, (R) Lavinia St (14:47), (R) John St, (L) Hopetoun St, (R) Malkana Ave, (L) Crystal St (14:49).
S654	14:32	Forresters Beach Click here to view map	Departs; School Bus Bay, (R) Charles Kay Dr, (R) Terrigal Dr, (L) Ocean View Dr (14:36), (R) CC Hwy, (R) Forresters Beach Rd, (L) Lowanna Ave, (L) Whalans Rd. (R) CC Hwy to after Long Rd (14:45).
S658	14:35	Wamberal Matcham Holgate Click here to view map	Departs; School Bus Bay, (R) Charles Kay Dr, (R) Terrigal Dr, (L) Ocean View Dr, (L) Old Gosford Rd, (L) Plymouth Dr, (R) Windsor Rd, (R) Willoughby Rd, (L) CC Hwy, U-turn at Erina Heights Public School (14:50), (L) Matcham Rd, U-turn at Wambina (14:57), Matcham Rd, (R) Coachwood Dr (15:02), into Milina Rd, (R) Wattle Tree Rd, Holgate Public (15:09), Wattle Tree Rd, U-turn at Pollard Cl (15:17), Wattle Tree Rd, (R) Milina Rd, into Carlton Rd (15:23).
S660	14:35	Wamberal Tumbi Umbi Bateau Bay Click here to view map	Departs; School Bus Bay, (R) Charles Kay Dr, (R) Terrigal Dr, (L) Ocean View Dr, (R) CC Hwy, (L) Tumbi Rd, (L) Aldinga Dr, (L) Benwerrin Rd, (R) Mawarra Rd, (R) Aldinga Dr, (L) Tumbi Rd (14:55), (R) Roberta St, (L) Northumberland Way, (L) Eastern Rd (15:00), (R) Cresthaven Ave, (L) CC Hwy (15:10), (R) Yakalla St, (R) Bateau Bay to CC Hwy (15:20).

LEARNING AT OUR SCHOOL

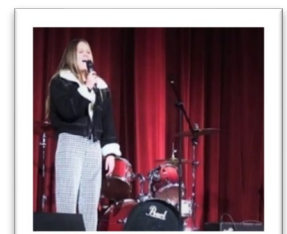
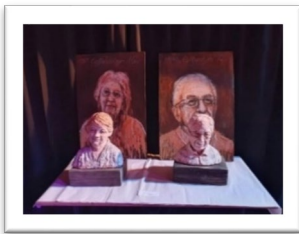
CREATIVE AND PERFORMING ARTS (CAPA)

Each art form has its own unique knowledge and skills, elements or concepts as well as a capacity to inspire and enrich lives.

Students must study 100 hours of both music and visual arts during Years 7 to 10. They also have an opportunity to further develop their knowledge and skills in other art forms through elective subjects. Students can then select from a range of courses in Years 11 to 12.

In creative arts, students discover a variety of art forms through a study of dance, drama, music and visual arts.

In 2024, THS implemented the CAPA program for our High Potential and Gifted Creative and Performing Arts students in years 7 – 10. The speciality areas for 2025 include Dance, Drama, Music, Technical Crew and Visual Arts.



ENGLISH

English study is mandatory in NSW from Kindergarten to Year 12.

In English, students learn about the study and use of the English language in its various textual forms. These encompass spoken, written and visual texts through which meaning is shaped, conveyed, interpreted and reflected. Complexity increases as students progress through their schooling.

Developing proficiency in English enables students to take their place as confident communicators; critical and imaginative thinkers; lifelong learners; and informed, active participants in Australian society. Their understanding of English through knowledge and skills acquisition is essential to their intellectual, social and emotional development.

The study of English should develop a love of literature and learning and be challenging and enjoyable. It develops skills to enable students to experiment with ideas and expression, to become active, independent and lifelong learners, to work with each other and to reflect on their learning.

In Year 11 and 12, the study of English is mandatory. Courses offered include:

- English Extension 1 & 2
- English Advanced
- English Standard
- English Studies
- English as an Additional Language or Dialect (EAL/D)
- English Life Skills.

HUMAN SOCIETY AND ITS ENVIRONMENT (HSIE)

In Human Society and Its Environment, both subjects of history and geography are mandatory from Kindergarten to Year 10.

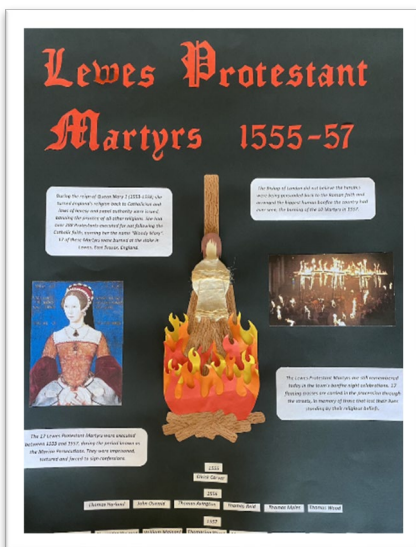
Students learn specific historical and geographical concepts and skills in history and geography. They also have an opportunity to learn more about people and the societies and environments in which they live through elective subjects in Years 7 to 10 (Stages 4 to 5).

A large number of individual subjects make up the key learning area of HSIE in which students:

- research, gather and analyse information
- question and make judgements
- write for a variety of purposes.

In Year 11 and 12, students can choose from a range of HSIE courses. These include:

- Aboriginal Studies
- Ancient History
- Business Studies
- Economics
- Geography
- History Extension
- Legal Studies
- Modern History
- Society and Culture
- Studies of Religion.



LANGUAGES

In NSW high schools, languages is a key learning area.

Language study allows students to develop communication skills, learn about languages as systems and explore the relationship between language and culture. Students engage with the linguistic and cultural diversity of societies and reflect on their understanding of social interactions.

The study of a language is compulsory for 100 hours in one continuous school year from Year 7 to Year 10, but preferably in Years 7 or 8.

In Years 11 and 12, NSW schools offer a wide variety of languages, catering for beginning students to background speakers.

MATHEMATICS

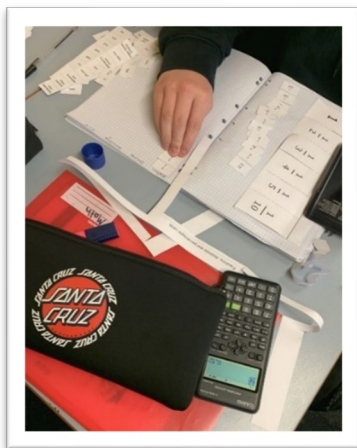
The study of mathematics is mandatory from Kindergarten to Year 10. By studying mathematics, students learn to work mathematically – developing fluency, understanding, problem-solving, reasoning and communication skills.

The syllabus consists of the following strands:

- number and algebra
- measurement and geometry
- statistics and probability.

In Year 11 and 12, the study of mathematics is optional. Courses offered include:

- Mathematics Extension 2 (Year 12 only)
- Mathematics Extension 1
- Mathematics Advanced
- Mathematics Standard 2
- Mathematics Standard 1 (Optional HSC examination)
- Mathematics Life Skills
- In 2025 we will be offering an Accelerated mathematics pathway for selected Year 9 students.



PERSONAL DEVELOPMENT, HEALTH & PHYSICAL EDUCATION (PDHPE)

Personal Development, Health and Physical Education aims to give students the knowledge, skills and attitudes to understand, accept and lead a healthy lifestyle.

We hope our students will develop:

- the ability to make informal health decisions
- movement skill and personal fitness
- social well-being and self-esteem
- creative and aesthetic awareness

PDHPE consists of three periods per week - one for Health and two for Physical Education. It covers four strands, and these are developed through Years 7 to 10 inclusive.

The areas to be covered are:

1. Self & Relationships
2. Movement Skill and Performance
3. Individual & Community Health
4. Lifelong Physical Activity

Through the PDHPE program we hope that our students will participate in an active healthy lifestyle while they are at school and carry on these activities when they leave school. The PE program will continue during wet weather so students will require their uniform on **ALL** PE days. Non participation in PE must be explained by a letter giving the date, reason and signature of one parent and/or guardian. Prolonged non participation in PE requires a Doctor's Certificate.

HEALTH

Department of Education policy requires this school to inform you of the nature of the Health Education Program being presented. The program has been developed in accordance with the PDHPE syllabus from NESA. The syllabus provides the opportunity for young people to explore issues that are likely to impact on the health and well-being of themselves and others, now and in the future. The issues include: Physical Activity, Mental Health, Drug Use, Sexual Health, Nutrition, Supportive Relationships, Personal Safety, Gender Roles & Discrimination. A small percentage of lessons are described as "sex education". These areas include:

Years 7 & 8 Units in Growth and Development – which look at changes during puberty, including physical, social, emotional and mental changes. These units also explain the reproductive system.

Year 9 A unit in Sexual Health – which includes work on the reproductive system, pregnancy, contraception and family planning – Sexually Transmitted Diseases (STI's) and an extension of AIDS education.

This program is taught by experienced teachers in Health Studies, and endeavours to reinforce the student's self-esteem and decision-making skills in these areas. As parents, you have the right to request that your child be withdrawn from these parts of the course. Before making this decision, however, we urge you to make an appointment with Ms. Playford, Head Teacher PDHPE to discuss any aspects of concern.

SPORT

Sport is compulsory for all students as it is a requirement of the Department of Education. Organised sport is an integral and important part of each pupil's education.

Year 7 and 8 students participate in an Integrated Sport program. Their sport periods will generally occur as single periods integrated within their timetable. This program has a greater emphasis on team sports and differs from the PE program. **Year 7 and 8 students are required to wear the full correct school uniform each day and change into sports gear during their timetabled Sport lesson.**

For Years 9 and 10 Sport is held on Tuesday afternoons. The school offers "paying" and "non-paying" sport activities on a term basis for a variety of leisure activities undertaken during the Tuesday afternoon sport periods.

Paying Sports include such activities as aqua splash, ten-pin bowling, ice skating, indoor soccer, basketball etc. where the school accesses outside facilities. As there are limited spaces in these sports, the first students to pay are the most likely to get the sport of their choice!

Students on Level 3 can only attend school sport, these students may be placed on Sports Detention by the Deputy Principals if the need arises.

Non-Paying Sports include softball, soccer, touch, volleyball, netball, beach sports, etc. conducted at school with school teachers as the instructors.

Students who, for medical reasons, are unable to attend sport need to provide medical evidence of their inability to participate. Supervised study will be provided at school.

Parents are asked not to request permission for their children to go home on sports afternoons as such permission can only be given under extenuating circumstances.

Please note:

- All students are required to wear correct PE uniform for sport.
- Year 9 and 10 Students can wear their correct sports uniform to school on Tuesdays (sportday). See uniform page for correct uniform.
- Only students wearing the correct uniform will be permitted to participate in sport.

SWIMMING

All Year 7-10 students (plus Duke of Edinburgh students) will be tested for swimming competency each year due to Department of Education requirements.



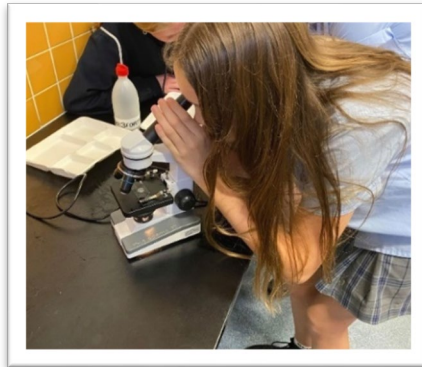
SCIENCE

Science is mandatory for all students from Year 7 to Year 10. Science 7-10 provides a way of inquiring about the world around us. It explores evidence and investigates ways to discover, develop and produce solutions to real-world problems. Science emphasises the skills for working scientifically, as well as critical and creative thinking to address scientific issues.

In Years 11 and 12, students can choose from different science disciplines, including:

- Biology
- Chemistry
- Earth and Environmental Science
- Investigating Science
- Physics.

In Year 12, students who are studying at least one other science subject may also choose to study Science Extension.



TECHNOLOGY AND APPLIED STUDIES (TAS)

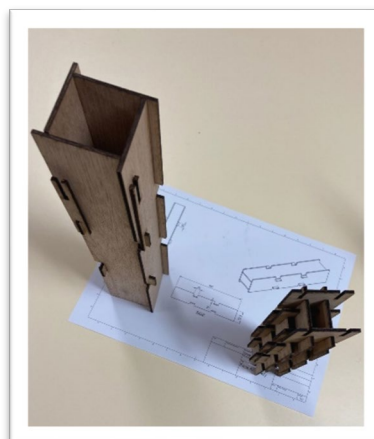
Technological and Applied Studies is mandatory for all students in Year 7 and 8. Students can also select from a range of elective TAS subjects. In TAS, students develop knowledge, understanding and skills through a design and production process using a range of tools, materials and techniques in theory and practical lessons.

The continuum of technology learning is:

- mandated from Kindergarten to Year 8 through Science and Technology K-6 and Technology Mandatory Years 7-8 syllabuses
- based on students becoming increasingly sophisticated in their ability to apply knowledge, skills and understanding to design and produce solutions
- optional for student specialisation in high school through a range of syllabuses addressing particular technologies and aspects of design.

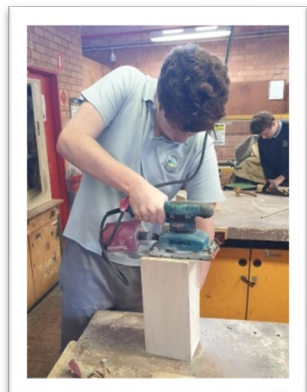
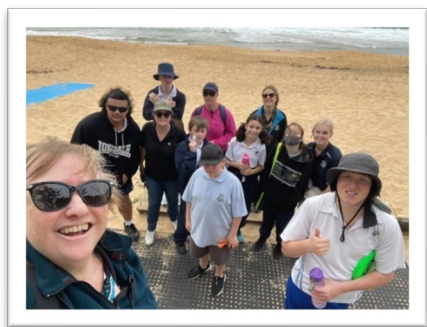
Available courses include:

- Technology Mandatory Years 7-8
- Agricultural Technology Years 7-10
- Design and Technology Years 7-10
- Food Technology Years 7-10
- Graphics Technology Years 7-10
- Industrial Technology Years 7-10
- Information and Software Technology Years 7-10
- Textiles Technology Years 7-10
- Agriculture Stage 6
- Design and Technology Stage 6
- Engineering Studies Stage 6
- Food Technology Stage 6
- Industrial Technology Stage 6
- Information Processes and Technology Stage 6
- Software Design and Development Stage 6
- Textiles and Design Stage 6.



SUPPORT UNIT

Terrigal High School's Special Education faculty consists of four Multi-Categorical (MC) classes for students with moderate to high learning and support needs - as defined by the Department's disability criteria. Our core values, as a faculty, are that every student is Known, Valued and Cared for and all our actions relate to three central themes: Rigour, Relevance and Relationships.



Specialist support classes in mainstream schools have fewer students than mainstream classes. Our classes have a maximum of between 7 – 10 students per class. Each class has a specialist core teacher with experience and qualifications in Special Education, as well as a full time School Learning and Support Officer. Every student within our classes follows a personalised learning and support plan designed around their own individual needs and goals. We also work closely with families and external providers such as psychologists, speech therapists and occupational therapists.

For students enrolled in specialist classes in mainstream schools, there is the flexibility for them to undertake some of their learning in other mainstream classes at the same school. This is largely dependent upon the resources available and the personalised learning and support needs of the students.

As students enter their final years of secondary school, increased emphasis is placed on the skills and experiences they will require for the workforce and full community participation.

Students in specialist support classes have the opportunity to participate in the school and community activities that their school offers. Our students are involved in activities across the school including the Student Representative Council, Junior Aboriginal Educational Consultative Group, drama productions and Nintendo Club. We are also supported by members of our local community, including the Terrigal Bowling Club, Terrigal and Erina Heights IGA and Clubs NSW.

LIFE READY

Life Ready is a mandatory 25-hour program for students in Years 11 and/or 12 in NSW public schools. It aims to prepare and support senior students as they encounter situations related to health and safety as they become more independent and gain more responsibilities. Life Ready focuses on offering opportunities for students to build the functional knowledge and skills for life after school.

ABORIGINAL STUDENT SUPPORT

We are committed to closing the achievement gap for Aboriginal and Torres Strait Islander students. We know that we need to learn about, nurture and value the cultural identity of our Aboriginal students to help them be successful learners. We welcome Aboriginal and Torres Strait Islander family members, parents and carers, as well as community members to our school so that we can get to know each other, learn about the local Aboriginal community and develop shared goals and plans for Aboriginal students.

Some examples of the support and programs offered at Terrigal High School include:

- Dance and Didge This is a regular in school class that is conducted every Friday.
- An Aboriginal student hub is an area available to students to utilise with the support of the Aboriginal Student Support Teacher.
- Literacy and Numeracy support is available to all Aboriginal students with the assistance of the Aboriginal Student Support Teacher.
- We have an active Junior AECG operating at THS who has already represented this school at the first Kuriwa AECG schools Aboriginal student meeting.
- The Barudir Program. Gudjagang Ngara Lhi-Di runs an Aboriginal youth group every Friday.
- University of Newcastle Schools to Uni program. The University staff mentor students from years 7-12, developing self-confidence and self-awareness and explores what university can offer them.
- NRL Schools to work program. This is for Aboriginal students in Years 11 & 12.
- Barra Barang, Dream Builders. This program is for Years 10-12 students. It is designed to empower and build confidence in Aboriginal students through immersion in culture and self-belief strategies.

CAREERS

The school has a Career Advisor, Ms Bates, who is available for consultations by appointment. Students are encouraged to start thinking about their future and careers from an early age, by reading as much material on jobs and careers as they can or by speaking to people about them. Senior students may visit Ms Bates at any time when she and they are free. The school runs regular career presentations and workshops and in Year 10 students get the opportunity to go to a Careers Expo. Parents/carers and students are encouraged to visit the THS Careers website: <https://www.terrighscareers.com/>



TERRIGAL HIGH

CANTEEN MENU – TERM 1 2025

** EFTPOS AVAILABLE **



TERRIGAL HIGH SCHOOL CANTEEN



FRESH FRUIT & VEG SNACKS

Vege Sticks (Assorted)	From \$1.50
Vege Sticks with Dip	\$2.50
Orange (cut if required) (V & CM)	\$1.50
Apple (V & CM)	\$1.50
Watermelon (V & CM)	\$1.50
Small Fruit Salad (V & CM)	From \$3.00
Medium Fruit Salad (V & CM)	From \$4.00
Large Fruit Salad (V & CM)	From \$5.00

DRINKS

300ml Spring Water	\$1.50
600ml Spring Water	\$2.00
1.5L Spring Water	\$3.00
Lightly Sparkling Water	\$3.00
Juice Cup x 3 Flavours	\$1.00
Juice Bomb	\$3.00
Fruit Juice 250ml	\$3.00
Milk (Plain) 300ml	\$2.20
Soy Milk (Cup)	\$2.50
Sipahh Straw	\$0.80
Milk – Flavoured 300ml	\$3.00
Milk – Flavoured 500ml	\$4.50
Up & Go	\$3.00
Hot Chocolate – Small	\$3.00
Hot Chocolate – Large	\$4.00
Light Iced Tea 500ml	\$4.50
Aloe Drinks	\$4.50
Cold Milo Milk – Small	\$3.00
Cold Milo Milk - Large	\$4.00

BREAKFAST MENU

Plain Pikelets	\$0.80
Fruit Pikelets	\$0.80
Toast (2) with Vegemite or Jam	\$1.50
Raisin Toast	\$2.00
Hash Brown	\$1.00
Yummy Drummy	\$1.00
Melted Cheese ½ roll	\$2.00
Melted Cheese & Tomato	\$2.00
Cereal with Milk	\$2.00
Muesli & Yoghurt	\$3.00
Oats, Yoghurt & Fruit	\$3.00
Toasties	From \$3.00
Bacon and Egg Roll	\$5.00
Bacon and Egg Wrap	\$5.00

COLD & FROZEN SNACKS

Jelly	From \$1.50
Plain Custard (V & CM)	\$1.50
Jelly and Custard/ Yoghurt	From \$1.50
Jelly with Fresh Fruit (CM)	From \$2.50
Low Fat Chocolate Mousse (CM)	\$3.00
Low Fat Yoghurt (V & CM)	\$3.00
Yoghurt with Fruit Pieces (V & CM)	\$3.50
Quelch Stick	\$0.80
Frozen Juice Cup	\$1.00
Ice Mony	\$1.50
Jucies Tubes	\$2.00
Low Fat Ice Cream Cup	\$2.50
Paddle Pop	\$3.00
Frozen Fruit Yoghurt	\$3.00
Frozen Yoghurt with Fruit Bits (CM)	\$3.50
Icy Pole	\$2.50

OTHER SNACKS

Cruskits (4) (V)	From \$3.00
Rice Cakes (4) (GF)	From \$3.00
Fruity Bites (V)	\$1.00
Bread Sticks (V)	\$1.00
Milo Wholegrain Cereal (V)	\$1.00
Coco Bombs Cereal (V & GF)	\$1.00
ANZAC Cookies (V & CM)	\$1.00
Popcorn (V)	\$2.00
Red Rock Deli Chips (GF)	\$2.00
Vege Crackers (V & GF)	\$2.00
Low Fat Muffins (V)	\$3.00
Low Fat Slices (V)	\$3.00
Finger Bun (V)	\$2.50
Banana Bread (V)	\$3.00
Cheese and Bacon Roll (V)	\$3.00

HOW TO ORDER

ORDERS CAN BE MADE ONLINE VIA THE FLEXISCHOOLS APP BY 9.00AM. WHEN ORDERING, ITEMS MUST BE SELECTED FOR THE BREAK WHICH THEY ARE REQUIRED (E.G. RECESS OR LUNCH)

ORDERS ARE ALSO ACCEPTED OVER THE COUNTER IN THE MORNING (30 CENT CHARGE FOR PAPER BAG) . ORDERS CAN BE COLLECTED FROM THE CANTEEN WINDOW.



NEW ITEMS AND SPECIALS WILL BE ADVERTISED ON THE CANTEEN NOTICEBOARD & FACEBOOK PAGE

CM = Canteen Made, V = Vegetarian, GF = Gluten Free (All possible care is taken when preparing GF foods)

TERRIGAL HIGH CANTEEN MENU (TERM 1 2025)



SANDWICHES, ROLLS & WRAPS

CUSTOMISE YOUR OWN SANDWICH, ROLL OR WRAP ON FLEXISCHOOLS OR CHOOSE FROM POPULAR OPTIONS BELOW! GF AVAILABLE

ALL SANDWICHES, ROLLS & WRAPS ARE MADE FRESH IN THE CANTEEN.

Ham & Salad	\$6.00
Chicken & Salad	\$6.00
Salmon & Salad	\$6.00
Tuna & Salad	\$6.00
Egg & Salad	\$6.00
Salad with Cheese (V)	\$6.00
Salmon	\$5.00
Tuna	\$5.00
Chicken	\$5.00
Ham	\$5.00
Salad (V)	\$5.00
Egg	\$5.00
Cheese (V)	\$4.00
Vegetemite (V)	\$3.00
Buttered Sandwich or Roll	\$2.00

FRESH SALADS

CUSTOMISE OR BUILD YOUR OWN SALAD ON FLEXISCHOOLS OR CHOOSE FROM POPULAR OPTIONS BELOW!

ALL SALADS ARE MADE FRESH IN THE CANTEEN

Caesar Salad (CM)
Lettuce, Egg, Croutons, Bacon \$6.00
Parmesan And Dressing

Greek Salad (V & CM)
Lettuce, Capsicum, Tomato, Feta, \$6.00
Onion, Cucumber, Olives & Dressing

Cheese Salad (V & CM)
Lettuce, Tomato, Carrot, Capsicum, \$6.00
Celery, Cheese, Cucumber & Dressing

Pasta Salad (V & CM)
Pasta, Corn, Carrot, Capsicum, \$6.00
Cherry Tomatoes & Dressing

Garden Salad (V & CM)
Lettuce, Tomato, Cucumber, Carrot, \$6.00
Capsicum, Celery And Dressing

PIZZA

Ham & Pineapple	\$5.00
Ham	\$5.00
Vegetarian (V)	\$5.00
Cheese (V)	\$5.00
BBQ Chicken	\$5.00
Any Pizza with GF Base	Extra \$1.50

TOASTED FOCACCIA

ORDER ON FLEXISCHOOLS TO CHOOSE YOUR FILLINGS OR CHOOSE FROM OPTIONS BELOW!

Cheese (V & CM)	\$5.00
Chicken & Cheese (CM)	\$6.00
Ham & Cheese (CM)	\$6.00
Ham & Tomato (CM)	\$6.00
Chicken & Pineapple (CM)	\$6.00
Ham, Cheese & Tomato (CM)	\$6.50
Ham, Cheese & Pineapple (CM)	\$6.50
Chicken & Avocado (CM)	\$6.00
Chicken, Cheese & Avocado (CM)	\$6.50

HOMEMADE MEALS

Honey Soy Chick. & Rice (GF & CM)	\$6.50
Beef Nachos (CM)	\$6.50
Vegetarian Nachos (V & CM)	\$6.50
Butter Chicken with Rice (GF & CM)	\$6.50
Pasta Bolognaise (CM)	\$6.50
Vegetarian Pasta (V & CM)	\$5.50
Beef Burrito (CM)	\$6.50
Chicken Caesar Wrap (CM)	\$6.50
Chicken Fried Rice (GF & CM)	\$6.50
Vegetarian Fried Rice (GF, V & CM)	\$5.50
Mac & Cheese (V & CM)	\$5.00

A WIDE SELECTION OF FOODS WILL BE AVAILABLE OVER THE COUNTER FOR BOTH BREAKS – BUT NOT NECESSARILY ALL ITEMS ON THE MENU. ORDER ONLINE TO GUARANTEE YOUR PREFERRED ITEM!

BURGERS

ORDER ON FLEXISCHOOLS TO CHOOSE YOUR FILLINGS. ALL BURGERS BELOW COME WITH SAUCE

Beef Burger (CM)	From \$6.00
Fish Burger (CM)	From \$6.00
Chicken Burger (CM)	From \$6.00
Vegie Burger (V & CM)	From \$6.00
Any Burger with Salad (CM)	From \$6.50

OTHER HOT FOODS

Junior Beef Pie (Low Fat)	\$2.50
Garlic Bread (V)	\$2.00
Boiled Rice (V & GF)	\$2.50
Pizza Slice (Small) (CM)	\$2.50
Cheese Pocket (V & CM)	\$3.00
Ham & Cheese Pocket (CM)	\$3.50
Chicken & Cheese Pocket (CM)	\$3.50
2 Minute Noodles	\$3.00
2 Minute Noodles (GF)	\$3.50
Toasties	See Sandwich section
Hot Dogs	From \$4.00
Beef Pie (Low Fat)	\$4.70
Beef Pie (GF)	\$6.00
Potato Pie	\$5.00
Sausage Roll - Small (Low Fat)	\$3.50
Sausage Roll – Jumbo	\$4.00
Spinach & Ricotta Roll	\$4.00
Sauce Sachets	\$0.30
Chicken Nuggets x 5 (GF)	From \$5.00
Hash Brown	\$1.00
Chicken Tenders x 2	\$4.50
Yummy Drummies	\$1.00