

Terrigal High School NEWSLETTER

Newsletter 15 Term 3 Fortnight ending 14th of September 2018

This week's featured artwork is by
Chloe Fisher of Year 9 Visual Arts Elective.

CONGRATULATIONS!

It is with pleasure that we introduce to you our School Captains for 2019.

School Captains

- Jacob Rawang
- Alex McMartin

Vice Captains

- David Fawkes
- Sarah Weston



Pictured above: Alex McMartin, Kaysie Gardner-Harrex, Jacob Rawung, Ethan Buchanan, Sophia Stanbury, David Fawkes and Sarah Weston.

LOST PROPERTY

At the moment there are a large amount of lost property – lots of winter jumpers and lots of bags with PE uniforms and sneakers in them. The lost property is kept in the Science area please call in to claim your lost property.

SCHOOL SECURITY

Is everyone's responsibility. If you are driving past the school and see anything suspicious we urge you to contact School Security on 1300 880 021. Let's all band together to stop any building or ground vandalism.

CHANGED ADDRESS OR TELEPHONE NUMBERS?

Have your child come to the front office and we will complete the necessary paperwork. It is very important to have details up to date in case your student is sick or there is an emergency at school.



STUDENTS WITH ASTHMA

If your child has asthma and even if they rarely require ventolin, it is imperative they always have an inhaler on hand at school, at sports carnivals and on excursions. Please ensure there is always an inhaler in their bag. For hygiene reasons, the school does not keep ventolin on hand to share between students.

STUDENT FOOTWEAR



All students participating in P.E. and school sport are required to wear correct PE shorts, correct polo shirt as well as covered lace up sports shoes that are suitable for them to participate safely in their chosen activity.

OUR JOURNEY TO THE SHIELD

After winning the Central Coast round we hosted Bathurst in a tough game that taught the boys not to be cocky. It was a good victory over a good side. Opens Rugby League Week One Double Triumph Our opens team travelled north to Inverell on Monday week one of this term for a Tuesday game to face a very determined side in front of their home crowd. We were five players down and it looked like this game was going to be the end of the line for us. An unbelievably spirited second half saw our boys surge ahead and defend their line to take a good victory from a very capable Inverell. The final score was 22 to 16.



Above: The mighty 15 on the way home from Inverell!

They backed up three days later on Friday against Melville High School who were a very spirited and equally determined side. Once again the boys had to travel and face a very hostile/passionate Kempsey audience and once again Terrigal held the line against an unusually high penalty count against them. Melville led 2 nil at half time but ended up losing to Terrigal 16 to 6 in a very brutal clash. Our team kept their composure and stayed solid. In every match this year Terrigal has played with fairness, heart, skill and soul. Well done to a team of exceptional young men! Cooper Bromwich taking the fight to Melville



Above: Clint Norris breaking the line.



Above and below: A well-deserved victory.



The boys travelled close to 2,000km this week and have done our school proud. A very special thank you to Mr Bowyer and Mr Pearce for their exceptional assistance travelling with the team for both games.

Singleton Semi Final victory. A very hard clash against a team we were not supposed to beat, but we did. Another second half comeback and we won 20 to 12.



Grand Final victors over a determined Lambton. Our team was always just that bit better and came out on top 24 to 22. Corey Fenning stopping a certain try from a determined Lambton just on the final bell. Another team we weren't supposed to beat. The smallest team with the biggest heart. The last three teams we faced were either taking victory pics or singing victory songs before the game. It's a good thing they did it then while they still had a smile on their faces.



Above: Man of the match, Cooper Bromwich

No one person makes something like this happen. We had a great squad of players who stuck together. Our training and on field support were the best. Thanks to our trainers Geoff Pearce and Mark Boland, spiritual guidance from Bruce Wia and top class coaching in the form of Jeff Coroneos

Glenn Thew

1.2.3. STINGERS!



ROCK STARS OF MATHEMATICS

Recently 7MW enrolled in an on-line mathematics competition.

Students were given a number of quizzes, games and activities to do over a 2 week period. They earned from 1 point through to 3 points for completing graded activities.

A number of students spent considerable hours out of class time and are to be commended for their dedication. In particular, the following students deserve special mention:

Duke Cooper, Baxter Graham, Jay Sim, Lana Smit, Jacqueline Hutchinson and Taisha Malikides.

Mr Richards, Mathematics.

CAREERS CORNER

with Ms Bates, your Careers Adviser

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

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



Don't forget to check out the [Terrigal High Careers Facebook](#) page. This will have the most up to date information regarding Courses, Jobs, Apprenticeships/traineeship, and University information.

Work Experience Year 10

Year 10 students should be planning their Work Experience if they haven't already done so. Whilst there is no set date for them it is highly advised they participate in this very valuable experience before the end of the year. Students were given a Work Experience booklet during their Career Classes. If they need a form or more information please see Ms Bates in Careers!

TAFE Applications for 2019

TAFE Applications are open on the 13th of August and close on the 21st of September. Please see Ms Bates for more details.

Meet a Keeper Excursion

Students in years 10-12 who are interested in the animal industry-Meet a Keeper is a one-day program for students who have expressed an interest in a career at the Zoo. The day includes a seminar presented by a range of Zoo staff to learn aspects of working in a zoo environment, including qualifications, career opportunities, core responsibilities, careers structures and wages. Afterwards students make their own way to a mystery behind-the-scenes animal tour. Please see Ms Bates before week 10 of this term!

Important for Year 12 - University

UAC Books for year 12 **ARE** available now! Year 12 students will be emailed their **UAC PINs** Monday 30 July to the email address they have registered with NESA. Applications for undergraduate study will open on **Wednesday 1 August**. Year 12 students need to apply before early bird applications close at midnight on **Friday 28 September** to avoid the higher **processing charge**.

Schools Recommendation Schemes (SRS) are one way institutions make **EARLY OFFERS** of undergraduate admission to Year 12 students. They do this by using criteria other than (or in addition to) the ATAR. SRS is not available for all courses. The institution-specific SRS criteria detail any exceptions. See Ms Bates for more details.

Educational Access Schemes (EAS) aim to help students, whose education has been negatively affected during Year 11 and/or Year 12, receive an offer to university. If you are eligible for consideration under an Educational Access Scheme (EAS) and your ATAR is below the required selection rank for a course, an institution can:

- increase your selection rank for that course (this is called an 'equity adjustment') or
- allocate you a place reserved for EAS applicants.

So you don't receive an 'EAS offer'; you simply receive an offer as part of the standard undergraduate offer rounds.

Please see Ms Bates for more details. **Both of these applications are completed online via the UAC website.**





Above: Boys at marshalling area ready to go

CHS BOYS UNDER 14 4x100

Congratulations to the Terrigal High School 14 years boys relay team that were placed 7th in the final of their event at the NSW Combined High Schools Athletic Championships. We are very proud of Zac, Jamie, Tom and Kalem.

WIN (WRITING IMPROVEMENT NOW) TERM 3 2018 WINNERS!

Throughout Term 3 teachers have been collecting samples of student writing produced in their classrooms. Teachers were then required to nominate their best writers for the WIN competition. These entries were judged across year groups and courses in the junior school. The entries were judged on their cohesion, sentence structure, spelling, punctuation, grammar and how well they addressed the task.

After a long judging process the Term 3 winners were decided. They are as follows:

Year 7 Taisha Malikides – PDHPE

Year 8 Charlotte Swain – Visual Arts

Year 9 – Chloe Fisher – English

Year 10 – Alice Aitken – History

A short excerpt from each student text reveals the high quality of writing produced by each student.

Year 7 Taisha Malikides - PDHPE

Puberty is the transition from adolescence to adulthood. Everyone goes through it. Boys and girls suffer with the many struggles that accompany it. But the real question is... who has it harder? Boys or girls?

I strongly believe that girls have it considerably more difficult than boys during puberty. They experience so many changes that affect them for the rest of their

lives. They will have to learn how to deal with the emotional rollercoaster that comes with the increase in hormones from puberty.

Year 8 Charlotte Swain – Visual Arts

Thunder rolled across the world. A bolt of lightning lit up the deep indigo sky. The wind cut like a knife through grass and bush alike, tossing confetti from long-forgotten parties into the air, where eventually it would flutter to the ground again. The tall lamp posts creaked but would shed no light upon the ever-darkening marketplace. Only a few stalls remained, and most of the owners were fighting, struggling and battling the howling wind as they loaded their cargo into trunks and crates.

All but one.

Year 9 – Chloe Fisher – English

The little girls stood there wide eyed and clueless, the older one holding her hand tightly. They looked at each other. The light breeze blew past them as they leaned over the skateboard and sat down. The fear in the eyes of the little one was glowing. The older one assured her that everything was going to be okay. They both looked down the steep hill and took a deep breath. 1...2...3...

Year 10 – Alice Aitken – History

The 1960s was a period of great social and political upheaval, with Western society gradually recognising its deep-rooted discrimination and segregation policies. The acknowledgement of this led to a widespread push for a more egalitarian and just world for everyone, no matter their status or race. This led to movements such as the Civil Rights campaign in the USA. In Australia too, Aboriginal and Torres Strait Islander (ATSI) people, began pushing for greater rights and freedoms in their own land. One such group was Student Action for Aborigines (SAFA), led by university student, Charles Perkins. Taking inspiration from the success of the US campaign of the same name, where activists had ridden buses down through the southern states to protest the blatant racism of groups such as the KKK, SAFA decided to create their own Freedom Ride around NSW. Their aim was to showcase and protest against the widespread segregation, bigotry and cruelty of Australian country towns.

Debbie Evans

Head Teacher HSIE - *Human Society and its Environment*





Photographer: Peter Clark



Terrigal High School Targeted Sports Program



TSP Information
2019

TERRIGAL HIGH SCHOOL



"We strive"

Targeted Sports Program

Engaged Athletically, Engaged Academically

Mission Statement

To set the standard in school sport in the Sydney North & Central Coast sporting community by nurturing positive attitudes in talented sports persons and developing and refining sport specific skills.

What is the Targeted Sports Program?

The Terrigal High School Targeted Sports Program (TSP) is designed to provide students who excel in particular sports with elite coaching and a framework that enables them to reach both their academic and sporting goals. The focus of the Targeted Sports Program is to afford elite, and emerging elite, athletes an environment for academic and social development, whilst acknowledging, and assisting with the development of the individual training and competition demands in a chosen sport.

Why participate in the Targeted Sports Program?

The program encourages talented young sportsmen and women from the Central Coast to pursue success in their sporting field through an engaging cross training technique. The program provides them with:

- Sports specific coaching by qualified coaches
- Cross training techniques to assist in the holistic development of the athlete
- Leadership and teambuilding activities
- A pathway to school sport leadership
- A team environment that fosters positive growth in both sporting and educational outcomes

What will the Targeted Sports Program help me to achieve?

The Targeted Sports Program operates in unison with the academic and social framework of the school curriculum and it actively promotes the physical, social and educational value of sport in assisting with the development of a student. It provides students with an opportunity to attain their optimum potential in their chosen sport.

What will I do in the Targeted Sports Program?

Students in the Targeted Sports Program participate in training every Tuesday afternoon in school sport time. Each sport has 5 sports specific coaching sessions a term, 3 cross training sessions, 1 game based activity and 1 leadership/teambuilding activity each term.

These sessions aim to build upon an individual's skills in their chosen sport as well as develop a mature athlete who demonstrates the qualities of professional sportsperson.

All students seeking placement in the Targeted Sports Program are required to submit an application form. The selection process will include a trial in the nominated sport in addition to an examination of their school records.

Photos: Harvix & SportsScene

PADDLE TO THE PODIUM IN PARIS

SEPTEMBER 23 2018

AVOCA LAKE, NSW
10AM - 12PM

14-17 YEAR OLDS
MALE & FEMALE

CONTACT - SCOTT CUNNINGHAM
0452 430 153

DO YOU HAVE WHAT IT TAKES?
COME ALONG TO OUR TID DAY TO FIND OUT!

With Paris recently announced as the host city for the 2024 Olympic Games – Australian Canoeing is on the search for our next Canoe Sprint (Kayak) Olympic Champions.

Paddle
Australia



AUSTRALIA



AUSTRALIA

TO REGISTER

VISIT [HTTPS://AVOGAKAYAKCLUB.WUFOO.COM/FORMS/Q14VJX1LOY0974L/](https://avogakayakclub.wufoo.com/forms/q14vjx1loy0974l/)





MENINGOCOCCAL DISEASE

Vaccinations are available for meningococcal disease – a serious, often fatal illness.

Symptoms of meningococcal disease In children and adults are non-specific but may include:

- sudden fever
- joint pain
- dislike of bright lights
- headache
- a rash of red-purple spots or bruises
- nausea
- neck stiffness
- vomiting

In young children, symptoms may also include:

- irritability
- high-pitched crying
- rapid or laboured breathing
- difficulty waking up
- refusal to eat

Anyone showing symptoms of meningococcal disease should see a doctor **urgently**.

Vaccination is the best way to prevent the spread. Contact us about vaccinating your loved ones against Meningococcal disease.



Complete Health
AT CROSSWAYS

The information in this flyer about Meningococcal disease and its symptoms has been sourced from NSW Health www.health.nsw.gov.au

87 Terrigal Drive TERRIGAL NSW 2260

www.completehealthatcrossways.com.au | 02 4384 7200

Mon to Fri 8am - 5pm | Sat 8am - 1pm | FOLLOW US ON FACEBOOK



UPCOMING EVENTS & SENIOR ASSESSMENT TASKS

Aug 27 th to Aug 31 st	Year 12 Hospitality Cluster
Aug 27 th	Food Tech Task
Sept 3 rd	Vis Arts HSC Body of Work due HSC Drama Practical Exam
Sept 5 th to Sept 7 th	CHS Athletics
Sept 5 th	Year 12 Marine Studies Exam
Sept 6 th	Marine Studies Excursion
Sept 17 th	HSC Music Practical Exam
Sept 25 th	TSP Ice Skating and Laser Tag
Sept 26 th	Year 12 Final Assembly
Sept 27 th to Sept 28 th	Duke of Ed Gold Walk
Sept 28 th	Dance Spectacular
Oct 17 th to Oct 18 th	Presentation Day
Oct 19 th to Nov 16 th	HSC
Oct 23 rd	U15's Girls Waterpolo
Oct 31 st	Year 7 Immunisation Year 8 Catch up
Nov 12 th to Nov 23 rd	Year 12 Hospitality Work Placement Year 12 Formal
Nov 13 th	TSP Laser Tag
Nov 19 th to Nov 30 th	Year 12 Construction Work Placement
Nov 21 st to Nov 23 rd	Year 9 Camp
Nov 22 nd	Gulang Fest
Nov 26 th to Dec 7 th	Year 12 IDT Work Placement
Nov 26 th to Nov 30 th	Year 10 Illuminate Nextgen Business Challenge
Nov 27 th	TSP Aquasplash
Dec 3 rd	Year 8 to Luna Park
Dec 5 th	Year 12 2019 Standard and Mathematics AT1 P3 Year 12 2019 AT1 P2
Dec 18 th	TPS Rewards Day 8:30am to 4:00pm at Charlestown

Merit Awards Recipients

Congratulations to the following students who have been awarded Merit Awards this fortnight. To be eligible for a Merit Award students must receive five Commendations.



"We Strive"

YEAR 7

Ashley Howell
Isabella McNally
Isobel Smith
Baxter Graham
Jacqueline Hutchinson
Jake Elliott
Rowan Stock
Montana McLean

YEAR 11

Ross Fitzgerald

YEAR 12

Edward James
Suraya Newell
Daniel Burwood
Kate McCumstie
Max Hough

YEAR 8

Abbey Anido
Kalem Surya
Caethan Davidson
Georgie Bailey
Emily Weston
Charlie Swain
Milayna Middler
Indiana Craig
Seth Judge
Miles Gannan
Emily Perkin

YEAR 9

Aliya Barrett
Allanah Pitcher
Emily Fitzroy
Tahdj Jennings
Mia Pettigrew
Darcy Harris

YEAR 10

Monique Vanderpoel
Leila Patch
Isaac Hails