

# Terrigal High School NEWSLETTER

Newsletter 12 Term 3 Fortnight ending 3rd of August 2018

This week's featured artwork is by  
Jakson Stamper of Year 7 Visual Arts.

## PRINCIPAL'S REPORT

Term 3 started with in a positive way with the mid-year academic awards. Congratulations to those students who achieved first in a course or received a commitment to studies awards. At the assemblies I reminded the students of the school's core values, respect, responsibility, integrity and excellence and representatives from each year group gave an overview of the year so far. The student speeches may be found later in this newsletter.

This week year 12 are completing their Trial HSC examinations. These exams allow the student and teachers an opportunity to identify areas for improvement and give the students experience with the style and content of the final exams. Good luck year 12.

Tania Turik  
Principal

## DEPUTY PRINCIPAL'S REPORT

It has been a busy start to Term 3. Year 12 are currently completing their Trial HSC Examinations, which we wish them luck with.

We held our Academic Awards Assemblies for years 7 – 9 and 10 – 12 in week 1, which recognise students' academic achievements and commitment to their studies across their subjects. We would like to thank all the parents, carers, family and friends that took the time out of their busy schedules to attend and help us celebrate these achievements.

Our Aboriginal Dance Group has been working extremely hard at perfecting their dances and look forward to once again performing at Terrigal Primary School's NAIDOC Day Assembly on Friday the 17<sup>th</sup> of August.

Congratulations to Mr Thew and the Open Boys Rugby League Team who have made it to the Semi-Finals in both the University Shield and the NRL Trophy. Thank you Mr Bowyer for your assistance driving the bus and Bruce Waia for your added Football expertise. Good luck to Mr Thew and the team in their semi-final clash in the NRL Trophy against Patrician Brothers' College Fairfield on Wednesday the 1st of July.

Nicolle Paul  
Deputy Principal

## EXCURSIONS CUT OFF DATE

All payments for Excursions have a cut-off date, which is one week prior to the date of the excursion unless otherwise advised. No money will be accepted after the cut-off date.

## EXPLORING POTTERY IN ART

Year 7 Visual Arts students have been developing their pottery skills. Pictured below are some students with their experiments in pottery techniques. They are now ready to start their major assessment task, which is designing their own sea inspired ceramic work.



Picture: (left) Charley Kennedy, (right) Lachlan Bryant



Picture: (left) Oscar Schwerin, (right) Luca Baldwin

# MAX POTENTIAL

Max Potential is a leadership development program that connects emerging young leaders (aged 16 – 23 years old) with local community leaders, who receive professional coach training.

The program runs over five months with one-on-one coaching, experiential workshops and a focus on delivering innovative community service projects to make a difference locally.

The Max Potential project offers 22 weeks of personal leadership development, including coaching, to young leaders from schools, and the community, to help them maximise their potential during the final years at school, and beyond. It also encourages students to focus on the local community and ways that they can work to improve it.

Max Potential connects young adults with other leaders in their local community. This means that young adults have the opportunity to work with someone who genuinely cares about their future and will invest in it. Max Potential is about building lives, leadership and the future. As a Max Potential participant, you will have a coach who believes in you, cares about you and can help you make smart choices about life, leadership and your future.

We currently have three year 11 Terrigal High School students participating in the Max Potential program sponsored by Gosford RSL and other local businesses.

It was my pleasure to attend the Connect Group 2 “Personal Expression” forum at the end of last term held at Gosford RSL. I was inspired and moved by the diversity of presentations from our three students and am confident that our future is in good hands.

Congratulations to Kaysie Gardner-Harrex, David Fawkes and Ashleigh Ellis for their commitment to the program.

If you would like to attend the Max Potential Showcase being held on Monday 3<sup>rd</sup> September please see the advertisement on this newsletter to RSVP.

**Mrs Surya**  
Year 11 Student Adviser



Picture: Ashleigh Ellis



Picture: (left) David Fawkes (right) Kaysie Gardner-Harrex

**Gosford RSL  
Max Potential  
SHOWCASE  
2018**

Be inspired by our future community leaders as they share the challenges and the change they experienced in their five month personal leadership journey with the Gosford RSL Max Potential Youth Leadership Program.

Explore the expo stands and celebrate the difference these young leaders have made locally through their community service project.

**MONDAY 3 SEPTEMBER 2018**  
3.00PM – 5.30PM  
Official presentation from 3.30pm

**Gosford RSL Club**  
26 Central Coast Highway, West Gosford NSW 2250  
Light refreshments served

RSVP: Monday 20 August 2018  
Maureen Horne - Gosford RSL Club  
gosrsl@grsl.com.au  
02 4323 2311

Proudly sponsored by



gosford.rsl



Your local club  
ClubsNSW



KONAMI





# Parents not Partners

This is a six-session program for separated parents in conflict over their children. It is designed to improve emotional and developmental outcomes for children in separated families by:

- raising parents' awareness of the impact on their children of the ongoing conflict in their family
- providing them with knowledge, tips and strategies to be able to focus on their children rather than on their issues or conflicts with the other parent

**Parents will learn:**

- ways to better regulate their emotions and to self-care
- ways to help their children manage their emotions
- to recognise the effects of ongoing, mismanaged conflict on children
- skills to better manage conflict with the other parent
- to reorient interactions with their child's other parent to be respectful and cooperative
- to recognise and differentiate between their own and their children's individual needs
- skills to communicate effectively with the other parent
- to reflect on their behaviour and make changes where needed

**Monday 5.00pm to 7.30pm**  
 1<sup>st</sup> Aug | 8<sup>th</sup> Aug | 15<sup>th</sup> Aug | 22<sup>nd</sup> Aug  
 29<sup>th</sup> Aug | 5<sup>th</sup> Sept | 12<sup>th</sup> Sept 2018  
 Cost: \$25/session or \$15/session (concession)  
 Venue: Interrelate Gosford  
 Address: Level 1/40 Mann Street Gosford

Bookings Essential – Phone 4363 8000



**FREE**

# Building Bridges

When parents separate, they often live in two homes and kids need to find a way to build their own bridge between their parents' homes.

Building Bridges is a free two-hour workshop for children to discuss how bridges connect families that are living in two separate places.

**Children will learn:**

- to understand feelings about parental separation and conflict
- about changes in families following separation
- how to feel safe in the family
- to become emotionally stronger and more resilient

**Wednesday, 3:30pm – 5:30pm**  
 22<sup>nd</sup> Aug, 2018  
 Venue: Interrelate Central Coast  
 Address: Level 1, 40 Mann St  
 Gosford, 2250

Bookings Essential – Phone 4363 8000



# bstreetsmart NSW 2018

## AUSTRALIA'S LARGEST EDUCATIONAL EVENT ON ROAD SAFETY

Year 11 students are invited to attend the excursion to bstreetsmart at Qudos Arena this August. This excursion counts towards the mandatory hours needed for the completion of the compulsory crossroads program in year 11.

“bstreetsmart is the inspiring initiative of the Trauma Service at Westmead Hospital. Westmead's Trauma Service is constantly reminded through their hands on work that young people aged between 15 – 30 are disproportionately represented in road trauma. As a result, they have a strong commitment to Road Safety Education.

The purpose of bstreetsmart is to reduce the fatality and injury rates of young people by promoting safe behaviour as drivers, riders and passengers.”

Money and payment need to in by 9<sup>th</sup> August so the venue knows our numbers.

Year 11 students were issued a permission note on assembly week 1 and are encouraged to attend.

**Mrs Surya**  
Year 11 Student Adviser

# CAREERS CORNER

with Ms Bates, your Careers Adviser

<http://www.terrighscareers.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

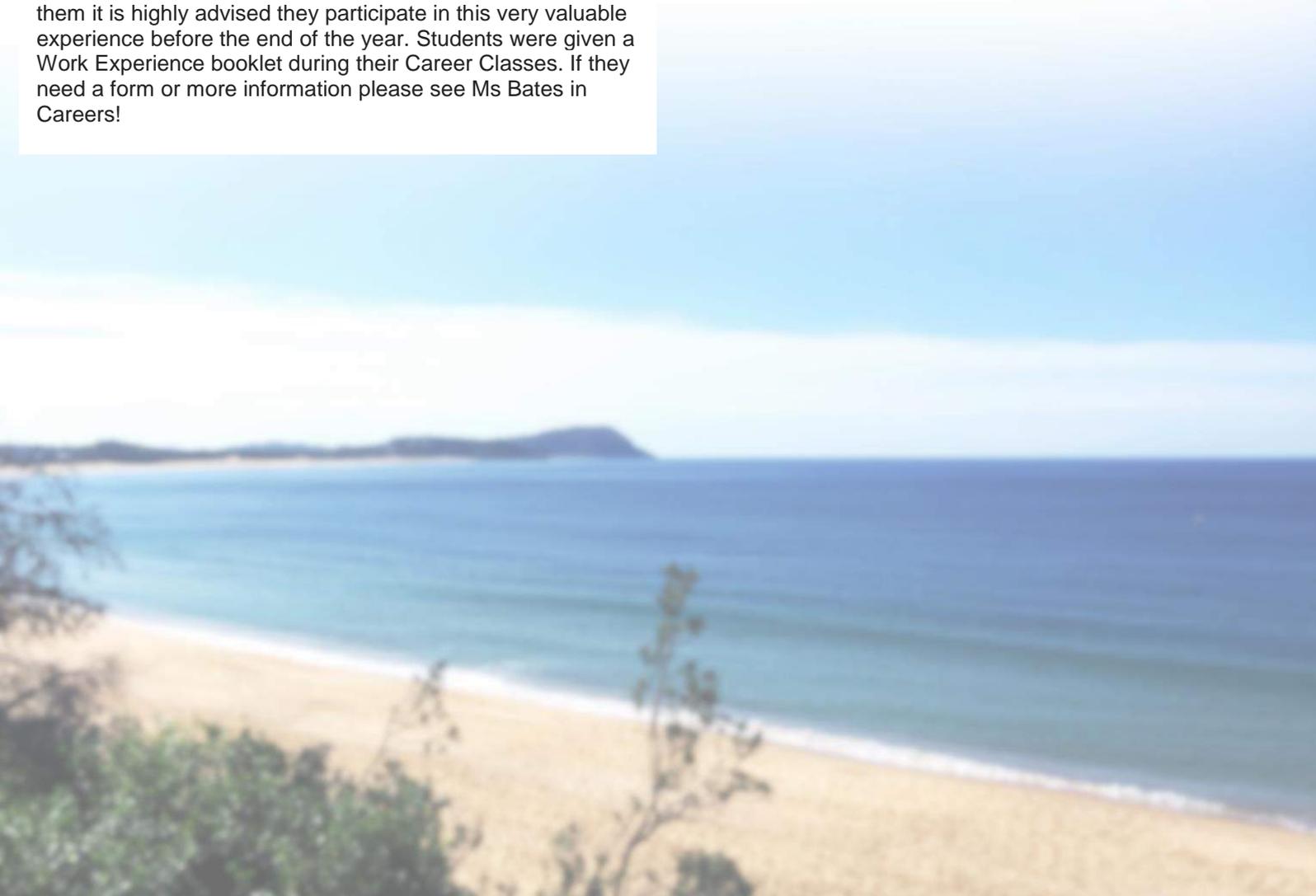
Applications are open from the 13<sup>th</sup> of August for TAFE 2019. Please see Ms Bates for more details.

## Year 12 Exit Interviews Term 3

A reminder that year 12 will be receiving their **Exit Interview** time slots in the mail this week. Parents are invited to attend. They are only 15min time slots so please be prompt. I would like to discuss your child's "exit plan", (whether it be applying to university or full-time TAFE, looking for an apprenticeship or traineeship, full time work or a gap year).

UAC Books for year 12 will be issued shortly. Year 12 students will be emailed their UAC PINs Monday 30 July to the email address they have registered with NESAs.

Applications for undergraduate study will open on Wednesday 1 August. Encourage your Year 12 students to apply before early bird applications close at midnight on Friday 28 September to avoid the higher processing charge. There will also be a workshop coming up on applying to University to those wishing to attend.



# STUDENT VOICE SPEECHES

## WEDNESDAY 25<sup>th</sup> JULY

### Georgie Bailey & Brianna Card - Year 8

Good morning, my name is Georgie and I am Brianna and we would like to tell you a bit about the wonderful, awesome and amazing things Year 8 have gotten up to this year so far. This year we have had the privilege to select one elective subject to do throughout the whole year. There were many great subjects to choose from like dance, drama, outdoor education, café skills and art to name a few.

Students participating in the café skills course have been very busy with their sweet desserts. A few teachers have been lucky enough to receive some of the coffees and biscuits that they have been making.

In visual arts students have been doing some amazing sketches. They have done a charcoal sketch of a homeless person on cardboard, which was used to help raise awareness for homelessness in communities. They have also been busy doing other sketches of celebrities and their pets.

We have also completed cross-country and our swimming and athletics carnivals already this year. We have had some talented students go on to represent our school at the CHS carnivals and made our school very proud.

Also, many year 8 students have done a great job of representing the school in dance and were part of the "Step Back in Time" performance at Evening with the Stars. We also had some amazing solo performances in the show by Chloe Patch, Eric Ridley and Oliver (Eyre) Air.

And finally, we would like to congratulate all students receiving an award today.

### Allannah Pitcher and Jake Prior - Year 9

So, its official – we're halfway through our high school life. During this time countless memories have been made, along with new friendships, challenges and experiences. Coming into this year meant that we got to select the electives, which we would be learning for the course of stage 5. For some of us this meant new subjects to experience and for others the return to subjects previously studied.

The year has flown by and so many accomplishments have been made by year 9. Already we have had numerous representatives in sports such as swimming, cross-country and athletics, along with a wide variety of team sports at various levels.

For us, a milestone was achieved, being this year the last year of the NAPLAN testing for the rest of our lives. I think we can all agree they may not be too missed.

This semester we got to experience some new and educational courses from numerous visitors to our school. This included the Smashed Project Performance educating about under aged drinking, and the YAM sessions, which we participated in across 3 consecutive weeks about youth awareness of mental health. We are grateful for the opportunity to experience these insightful projects.

But the fun has far from ended, with the anticipated Year 9 School Camp at Glenworth Valley approaching in the following semester. This will be a great last chance for our year to enjoy the outdoors together before senior school. Finally, we would like to take this opportunity to thank all the staff and teachers for making the first half of this year a successful and enjoyable one.

So hang in there year 9, only 3 years and a term of school to go.

Thank you.

### Thomas Bunce - Year 10

We started off the year as per usual excited, eager and enthusiastic to get back to normality of 5 days a week, 10 weeks a term of school with all of the good bits in-between. Can't say we missed it....

Semester one was busy and rewarding as it was jam packed with many highlights and achievements from all students of year 10. Our year group has achieved greatness throughout sport, performing arts and academics, which we should all celebrate today.

We all strived to beat our personal best at the sporting events such as the swimming, cross-county and athletics carnivals this year and pushed ourselves to get that mark we always wanted in academics.

We also all had the amazing opportunity to participate in events such:

- the careers expo,
- the try a skill day
- work experience

These prepared us for choices we will have to make not too far in the future. Year 11 is only 2 terms away and I'm sure all of year 10 has mixed emotions towards it, but are overall excited to be a senior.

With the transformation into becoming seniors comes choosing subjects, our year was super lucky as we had a massive selection to choose from, which meant all of us got to at least choose a few subjects we are really passionate about.

If we look back to year 8 when the teachers would tell us we were the worst, most immature and disruptive kids they've ever had. Look at us now, nothing's changed.

Don't say that, Ms Walker explained to me, that over our time here at Terrigal High we have all matured and become the responsible young adults she can see in all of us and personally, I can say that I'm really proud in how far our year has come from that first day of year 7.

I can't wait for what the next couple of years will bring.

Thank you.

## Jazmyn Rodwell and Daniel Burwood - Year 12

Good morning guests, parents, teachers and students. Today, Jaz and I would like to take you for a journey into the last 10 months of our year 12 experience and enlighten you with the enjoyable moments that we have shared together, as a cohort.

It is startling to think... we have almost had our final "last yeeeeeeet"... "last athletic and swimming carnival" and our final "last chicken schnitty from the canteen" to mention a few.

But what I can guarantee won't *be your final last* ... following this year of graduation will be the relationships and connections that have evolved between groups and individuals throughout high school, which has not only brought us closer together as a whole, but has built the strong foundations in which we can share new experiences with in the future.

This year alone year 12 have participated passionately in the annual swimming carnival, the annual athletics carnival and also in the annual cross-country. It is in these events that we worked as collective and had fun and which saw certain individuals excel to the next level to Tuggerah Lakes Zone and some even excelling to Sydney North.

We have all energetically and actively participated in the successful fundraising event – 'Pyjama Day' supporting local hospitals in the purchase of much needed equipment for unwell kids across the Central Coast and abroad.

We've continued to have students excel in all areas of this school including CAPA nights, drama performances, dances and of course the reason we are here today, outstanding academic achievements. Our year as a whole have progressively grown together over the past 6 years, and as we look at the final term ahead of us, may we continue to support each other through highs and lows and strive to be the best versions of ourselves together.

Year 12 is one of the biggest years of our lives to date, and even though there is still plenty of challenges ahead of us, we look forward to making it memorable.

It on this final note that Jaz and I would like to wish year 12 the very best in their upcoming assessments and beyond! It is the act to decide to make a change today, that results in the rendering of a substantial change tomorrow, be the change maker and let the future be in your hands...

Thank you.

## HELLO PARENTS AND STUDENTS OVER 16!

Week 2 of this term happens to be the Australian 'Donate Life Week 2018' to encourage all Australians to register their organ donation decision and to discuss their organ donation decisions with their loved ones.

Did you know only one in three Australians have joined the Australian Organ Donor Register, even though 81% believe registration of donation decisions is important?

Registration is important - 9 in 10 families agree to donation proceeding when the deceased is a registered organ donor. This drops to just 52% where the deceased was not registered and the family had no prior knowledge.

More than 1,400 Australians are today on wait lists for a life-saving or life-transforming transplant. If you are willing to one day save lives by becoming an organ and tissue donor, please register and discuss your decision with your family and friends.

Registering is really easy and takes 30 seconds. Simply visit: [www.donatelife.gov.au](http://www.donatelife.gov.au) and click on 'Join the Donor Register' and have your medicare card details handy. You should do this even if you have already 'ticked the box' on your drivers licence application because some of this data has not moved over to the register.

We hope that you never need a transplant or will ever be in the situation where your organs may become available to donate, but if we ALL get on board, it improves outcomes for ALL Australians.

Many, many thanks.

**Dale Massie**

**HSIE Teacher**



Coming  
soon...  
Students of  
the week!

# UPCOMING EVENTS & SENIOR ASSESSMENT TASKS



Aug 1<sup>st</sup> – 3<sup>rd</sup> Year 10 Pass Snow Excursion

Aug 1<sup>st</sup> Year 11 Biology Australian Museum Excursion

Aug 8<sup>th</sup> Project Air 3:30pm – 5:00pm

Aug 9<sup>th</sup> Preliminary Economics Assess Task 2 (Report)

Aug 15<sup>th</sup> Project Air 3:30pm – 5:00pm

Aug 16<sup>th</sup> HSC Ind Tech Task 5 Major Project (TBC)

Aug 17<sup>th</sup> Year 12 Legal Studies Assessment Task 4 (Shelter) due

Aug 20<sup>th</sup> Year 12 Textiles Major Project due

Aug 29<sup>th</sup> Year 11 Excursion B Streetsmart

Sept 3<sup>rd</sup> Year 11 SLR Task 3

Year 12 Aboriginal students UAC talk – University of Newcastle

Sept 4<sup>th</sup> Business Studies AT2 Business Plan (SME) due

Sept 5<sup>th</sup> – 21<sup>st</sup> Year 11 Final Course Examination

Sept 25<sup>th</sup> TSP Ice Skating

Sept 26<sup>th</sup> – 28<sup>th</sup> Duke of Ed Gold Walk

Sept 28<sup>th</sup> Dance Spectacular

