

Terrigal High School NEWSLETTER

Newsletter 13 Term 3 Fortnight ending 17th of August 2018

This week's featured artwork is by Annika Trost of Year 10 Visual Arts Elective.

ART CLUB IS ON EVERY WEDNESDAY AFTERNOON

Open for one and all! Please see Mrs Green to join. We're in the Art Area from after school onwards to about 4:30/5:00pm.

YEAR 12 DRAMA NIGHT

Year 12 Drama Night was a success, with students showing off their skills and entertaining the audience thoroughly – well done to all involved!



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.

TERRIGAL HIGH STUDENTS MAKE A SPLASH

THS Students Keaton Pollington, Skye O'Mara, Mitch Clayton, Kye Green, Jack Baker, Jackson O'Mara, Kiara Frost and Lilly Egan recently travelled to the SA Aquatic Centre to take part in the SLS Australian Pool Rescue Championships.

Pool Rescue is an international sport aimed at providing lifesavers with skills to enhance their capabilities in events such as line throw, fins, manikin carry and tow, rescue medley, obstacles and super lifesaver.

There were many PB's for all our students and top six placings.

Australian Championship medals for Keaton, Kye, Jack and Kiara - well done.

THS can be very proud of our students' efforts.





ACADEMIC AWARDS CEREMONY YEAR 11 SPEECH

Hi my name is Sarah and I'm Kaysie.

Two terms down and one to go for our first short but intense introduction to senior school life, some of us have embraced the new workload and flexible timetable while others have found it a lot more challenging than they thought.

Year 11 seems to be ending no sooner than it began we have completed two preliminary assessment tasks so far, the first of which we are acknowledging at this assembly today, a selection of year 11 students have had sporting success across a variety of sports, one student has been selected in the UBS finance Academy while three of our students are in the final six weeks of their max potential program.

At the end of this term, we will also have our first decision to make as year 12 students, which is whether we will drop a subject or not so as to lighten our work load for the HSC or hold onto them all for the long run.

Many students have also gotten their licenses and are able to drive to and from school with figuring out where to park, almost as difficult as where to sit a recess and lunch. As we come to the end of our time in year 11 we wish the year 12's good luck in their exams and I hope that as senior students we can all become closer and more prepared for our year 12.

By Sarah Weston & Kaysie Gardner-Harrex.

CLINIC PROCEDURE

Some students are unaware that when sick they are to report to the front office with a note from the teacher of their current class advising they are sick. Some are ringing home instead of reporting to the office and therefore their absence is recorded as a truancy. If your child does initially ring you please check that they report to the office before going home so that a record of their attendance can be maintained.

STUDENTS LEAVING SCHOOL EARLY (PASS OUTS)

At times throughout the school year, your child may need to leave school early for a valid reason. To ensure that your child is ready to leave on time, please provide a signed note requesting permission to leave which states:

- the christian name and surname of your child and their year
- a valid reason for leaving early
- the time and date that they are required to leave.

Students should present this note to the Deputy Principals Mrs Jenny Bennett or Ms Nicolle Paul prior to the commencement of the school day for approval.

On the rare occasion when a note cannot be provided due to last minute arrangements, please notify the school in advance via a phone call to the school switch - 4384 4677.

When parents arrive at school to collect their child without prior notice, some delays are to be expected while the request for leave is processed and the student is retrieved from their classroom.

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.



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.

REMINDER TO ALL PARENTS

Please ensure your child's medical details are up to date with the front office of the school. If your child has medication or an Epi-pen, the school also requires you to ensure these items are up kept up to date.

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. Please see Ms Bates for more details.

YEAR 12

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 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.

Nursing School Based Traineeship Opportunity- Year 10

Students who are interested need to see Ms Bates before the 17th August.

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 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

TERRIGAL HIGH SCHOOL SUPPORTS THE "DOING IT FOR OUR FARMERS" DRIVE

Terrigal High School you are amazing! What a fantastic response to week 1 of our DOING IT FOR THE FARMERS drive. We boxed up over 1000 food items and over 200 toiletries as well as over 200 litres of water to go to our farming families in crisis. Your generosity has been wonderful and already we are helping to make a difference. This week these items have gone out to Tamworth and special hampers were also made up for the 6 families that make up the school community of Tambar Springs which is 100 km outside of Gunnedah. An ex-student of Terrigal High is a teacher at the school so this connection is also a special one. More donated food toiletries and water is going to Singleton.

Week one's results saw Year 9 being our most generous year group on 265 items. Go year 9!!! Year 10 were on 92 items, year 8 on 206 items, so not far behind the winners. Year 11 were on 113 items and year 7 on 185 items. Year 12 are on 100 items. Don't forget we will continue our drive for our Aussie legend farmers every Friday. Check our Facebook page for pictures of your great efforts so far!



"DOING IT FOR OUR FARMERS": **FUNDRAISING ACTIVITIES AT TERRIGAL HIGH SCHOOL.**



"We strive" Dear parents and caregivers,

No one watching the plight of our drought stricken farmers could not help but be moved and we at Terrigal High School want to offer our help and "Do it for the farmers".

Many parts of NSW and Queensland are facing the worst drought in over 100 years. Over 99 % of NSW is now declared in drought and over 25% in severe drought. Queensland is also in crisis. Farmers are being forced to buy supplementary feed just to keep their animals alive which can cost up to \$10,000 a week. Dams and rivers are dry, feed sheds and silos are empty.

Farmers are an important and valuable part of our country. They are the backbone of our nation and the suffering in our rural communities affects all Australians.

Our school community is committed to helping our hard working farmers and let them know they are not alone.

We aim to help in two ways :-

1. Raise money that can be used to buy feed, pay ongoing costs and restock farms, buy groceries and essential items.
2. Collect donations of non-perishable food items and toiletries from our students, teachers and the wider community. These will be collected from the school by charities and redistributed to rural communities in need.

*Terrigal High School will be holding a MUFTI Day on Friday August 31. We encourage every student to bring a gold coin donation on this day. All monies collected will be directed to charities who are working with rural communities in crisis such as the "Buy a Bale" organisation to buy feed for starving livestock. We are particularly interested in supporting our sister school community in Coonamble.

*We also ask our parent and carer community to please donate non-perishable food items and toiletries. We are an official collection point for the "Doing it for the farmers" movement. Any items will be collected from the school and redistributed to rural communities and families in need. You can send these items to school with your student or alternatively leave them in the front foyer of our school admin building between 4PM AND 5PM any day of the week. You can find a donation item suggestion list on the back of this page. We will continue to run this initiative for the remainder of the year.

Please encourage your neighbours, family and friends to get behind this very worthy cause. We will continue to give updates on our progress in fundraising and grocery collection throughout the year in our newsletter, Facebook page and Terrigal High School website.

Together we can make a difference to our fellow Australians in crisis.

Thank You,

Mrs Tania Turik: Principal

Mrs Kellie McMartin: HSIE Faculty

DOING IT FOR OUR FARMERS DONATION DRIVE

Head to our [facebook page](#) for a full list of donation points.

New and unopened items.

Some examples include but are not limited to the following products:

Non Perishable Food:

Canned Food
Glass Jar Food
Sauces
Soups & Noodles
Breakfast
Snacks
Confectionery
Pasta, Rice & Grains
Coffee, Tea & Sugar
Drinks
Flour and cooking items
Pet food of all kinds

Household Items:

Shampoo & Conditioner
Toothpaste & Brushes
Floss
Soap
Sun Screen
Nail Clippers
Tweezers
Tissues
Cleaning Products
Razors
Shaving Cream
Deodorant
Bodywash
Lotion

Hairbrush
Hair Spray/ Gel
Hair Dye
Sanitary Items
Dry Shampoo
Nappies
Wipes
Formula
Baby Wash
Baby Shampoo
Baby Lotion
Bibs
Socks
Handkerchief
Bodywash

"This is a wonderful thing to do. About 20 years ago we were in a severe drought and we were all desperate. Sydney organise a care package of toiletries to be sent out to the farmer's wives. I was one lucky person to receive one of these.

I never thought I was depressed until that moment. I cried and cried. It meant so much. Even to this day it still brings tears to my eyes." Veronica.

SMILES PROGRAM

Simplifying Mental Illness *plus* Life Enhancement Skills



A School Holiday program for 8-12 year olds, who have a family member experiencing a mental health problem (Specifically schizophrenia, bipolar disorder, depression or anxiety)

When: 3 day Programme - Tuesday 9th, Wednesday 10th and Thursday 11th October 2018
9am - 3pm daily

Where: Erina Trust Hall, Karalta Road Erina.

The SMILES Program is designed to achieve:

- ♥ Increased ability to cope effectively
- ♥ A new freedom for self expression
- ♥ Development of creativity
- ♥ Reduction in feelings of isolation
- ♥ Increase in self-esteem
- ♥ and much more!



This is achieved through:

- ♥ Education about mental illness
- ♥ Artwork & music
- ♥ Peer support
- ♥ Interactive exercises
- ♥ Relaxation exercises
- ♥ Problem solving

This all takes place in a fun-filled, supportive and caring atmosphere.

Internationally recognised as best practice by the American Journal of Orthopsychiatry (Accepted Apr 2003, published Jul 2004).

Co-facilitated by:

Parramatta Mission Family & Carer Mental Health Program with
Mary Cesca, COPMI Health Education Officer

Contact for further information & to register:

Mary Cesca or Ruth Phelan COPMI, NSW Health

Ph: (02) 43047878

THS Book Week Competition - 2018

Match each person with their favourite book. The prize will be a gift voucher at Bookface, Erina Fair.

HOW TO ENTER

Send a list with each person's name and what you believe to be their favourite book to Lyndall Gale at Terrigal High School.

You can either send it in with a student to hand to me

or email the school (attention: Lyndall Gale) terrigal-h.school@det.nsw.edu.au

The Winner will be announced on Friday 24th August, 2018

GOOD LUCK!



Ms Anderson



Mr Bennett



Mrs Blanch



Ms Bond



James Drennan



Mr Maloney



Mrs Rankin



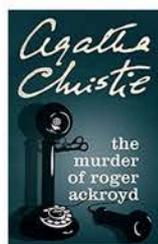
Mrs Richards



Pride & Prejudice

by

Jane Austen



The murder of
Roger Ackroyd

by

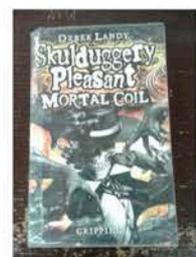
Agatha Christie



Reading in the
Dark

by

Seamus Deane



Skulduggery
Pleasant - series

by

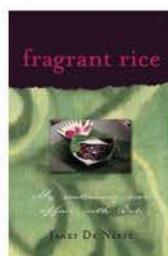
Derek Landy



The secret keeper

by

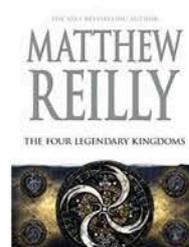
Kate Morton



Fragrant Rice : my
continuing love
affair with Bali

by

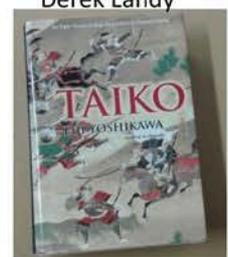
Janet de Neefe



The four legendary
kingdoms

by

Matthew Reilly



Taiko

by

Eiji Yoshikawa



PLAY CRICKET TERRIGAL-MATCHAM JUNIORS



JUNIOR BLASTERS

Girls & boys ages 5 to 7

\$99 for 8 weeks - Learn the basics



Junior
Blasters



MASTER BLASTERS

Girls & boys ages 7 to 10

\$125 FOR 12 WEEKS - For those with
basic cricket skills



Master
Blasters



JUNIOR CLUB CRICKET

Girls & boys 10 to 16

\$165 - All standards welcome



JUNIOR
COMP

All games Saturday morning

REGISTRATION by Friday 24 August

**On-line @ playcricket.com.au and
search for Terrigal**

DETAILS AT

e tmcricket.com

f [facebook.com/tmcricket](https://www.facebook.com/tmcricket)

Or call John 0402 037 467



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

1st Aug | 8th Aug | 15th Aug | 22nd Aug

29th Aug | 5th Sept | 12th 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

22nd Aug, 2018

Venue: Interrelate Central Coast

Address: Level 1, 40 Mann St
Gosford, 2250

Bookings Essential – Phone 4363 8000

UPCOMING EVENTS & SENIOR ASSESSMENT TASKS

| | |
|---|---|
| August 17 th | Year 12 Legal Studies Assessment Task 4 (Shelter) due |
| August 20 th | Year 12 Textiles Major Project due |
| August 29 th | Year 11 Excursion B Streetsmart |
| September 3 rd | Year 11 SLR Task 3 Year 12 Aboriginal students UAC talk – Uni of Newcastle |
| September 4 th | Business Studies AT2 Business Plan (SME) due |
| September 5 th – 21 st | Year 11 Final Course Examination |
| September 25 th | TSP Ice Skating |
| September 26 th – 28 th | Duke of Ed Gold Walk |
| September 28 th | Dance Spectacular |



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

Belle Armitage, Carla Barnes, Eva Barrett, Kai Avis, Luca Baldwin, and Zane Archer

YEAR 8

Bronte Ayres, Cushla Alpen, and Georgie Bailey

YEAR 9

Ashlee Barlow, Emily Hancock, Finn Barlow, Holly Ayres, and Samuel Altuneg

YEAR 10

Alice Aitkin and Lachlan Andrew

YEAR 11

Evie Baldwin and William Akhurst

YEAR 12

Haylee Adamson, Isabella Barbera

