

Terrigal High School NEWSLETTER

Newsletter 18 Term 4 Fortnight ending 9th November 2018

This week's featured artwork is a drawing by Tyger-May Rodda from Year 7 Visual Arts.

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.

YEAR 9 AQUARIUMS PROJECT



After a few hiccups, such as a broken tank and fish disappearing, the Year 9 Marine Studies class have finished setting up their aquariums and they are looking fantastic! We have a variety of fish including 'Bruce' the Murray Cod and 'Jeff' the Blackmoore.

Students have researched the different requirements of the fish and developed a maintenance plan for their tank. They will continue to test the water quality and feed their fish throughout the term.

I'd like to thank the Noel family and Dunlop family for their donations of fish and tanks. I'd also like to congratulate the students on their behaviour and dedication to this project.

Mrs Gencur
Science Teacher





From the Wellbeing Centre



YOUNG PEOPLES PROGRAM

In Term 4, 2018 the Wellbeing Centre will be introducing the Seasons for Growth - Young Peoples Program, at Terrigal High. This program is designed to strengthen the social and emotional wellbeing of young people who are dealing with significant change in their lives.

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

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

More information about Seasons for Growth for Children and Young People can found on the Goodgrief website https://www.goodgrief.org.au/sites/default/files/CYPP%20Web%20Fact%20Sheet_0.pdf. If you would like your child to be involved in the Seasons for Growth program please complete the Expression of Interest Form and return to Gail Kenny at the school. If you have questions please do not hesitate to contact the school.



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!

Newcastle University Visit Day Thursday 29th November

Year 12 students have the opportunity to spend the day at Central Coast campus. Students will learn more about the University and all that we have to offer. Tour the facilities, attend presentations, meet with staff and students, ask questions about degrees, or find out more about different pathways into the University. See Ms Bates to collect a permission note.

Changes to University Admissions - EARLY OPENING 2019

Applications for admission to tertiary study in 2020 will open in April 2019 to accommodate university trimesters and early entry schemes. This will also give schools the opportunity to rate their SRS applicants earlier in the cycle. Year 12 students will receive their UAC PIN in March 2019. At this time all semester 2, 2019 courses will be available, and some semester 1, 2020 courses. All semester 1, 2020 courses will be available from August as per usual

Year 10 Central Coast Secondary Schools Mentoring Program

Students involved in the mentoring program for this term had a great experience walking into Terrigal and having a Career Chat with Mr Stuart Tipple who is a very successful lawyer on the Central Coast, and who has had much experience in the industry. He shared some amazing information to the students about career choices and pathways. We are very appreciative of Stuart giving up his time to come and chat with our students.



CCGT KNOWS HOW TO MAKE YOU **STAND OUT** FROM THE CROWD

WHO IS CCGT AND WHAT DO WE DO?

CCGT are the largest employer of apprentices and trainees on the Central Coast. With a network of over 120 employers, CCGT employ more than 160 apprentices and trainees every year.

Let us help you:

- ✔ Sort out your future
- ✔ Write your resume
- ✔ Ace an interview
- ✔ Find out what makes you tick

We can help
you decide
what direction
to take.

Drop us a message on
Facebook or give us a
buzz on **02 4353 2655** to
chat with a member of
our Success Squad today!

WHAT'S
NXT?

#DESIGN A FUTURE
YOU'LL LOVE



Stand Together

A group for mothers who have experienced domestic family violence

When: Wednesday's 24, 31 October, 7, 14, 21 and 28 November 2018

Where: Wyoming Women's Health Centre

37 Maidens Brush Road, Wyoming

Time: 9:30am - 11:30am

Childcare available for a gold coin donation; Bookings essential

Participants will need to complete a pre-group interview

CENTRAL COAST



FAMILY SUPPORT SERVICES

To register, please contact
Central Coast Family Support
Services on 4340 1585 or
ccfss@ccfss.com.au



TERRIGAL WAMBERAL NETBALL CLUB



2019 SEASON GRADING DATES JUNIORS

NOVEMBER 20 – 12'S & 13'S

NOVEMBER 27 – 10'S & 11'S

DECEMBER 5 – 15'S & 17'S

ALL DETAILS ON TWNC FACEBOOK PAGE

Tuesday 20th November 2018 at 5.00pm - Players turning 12 in 2019

Tuesday 20th November 2018 at 6.00pm - Players turning 13 in 2019

Tuesday 27th November 2018 at 5.00pm - Players turning 10 in 2019

Tuesday 27th November 2018 at 6.00pm - Players turning 11 in 2019

Wednesday 5th December 2018 at 6.00pm - Players turning 14 & 15 in 2019

Wednesday 5th December 2018 at 7.00pm - Players turning 16 & 17 in 2019

****Grading will be held at Central Coast Grammar School RLC, Erina

Please email coaching@terriganwamberalnetball.net with your child's age group, name and positions in the SUBJECT line of your email. eg: "12s Jane Smith GK GD".

Erin Murray, Publicity, Social & Sponsorship Convenor, Terrigan Wamberal Netball Club.

CENTRAL COAST



FAMILY SUPPORT SERVICES



GRANDPARENTS RAISING GRANDCHILDREN PROGRAM

REGULAR GROUPS

Our Grandparents Raising Grandchildren Support Groups meet for a coffee and a chat in a casual, confidential and welcoming environment. Providing an opportunity to meet other caregivers, to relax and take time out and to receive support and information about services available.

WHERE

Southern Group
The Erina Centre
Meeting Space 2
The Hive Erina Fair

Northern Group
Sac Centre
Wyong Public School
Cutler Road, Wyong

WHEN

2nd and last Friday of the
month 10:00 - 12:00

1st Friday of the month
9:30 - 11:30



CONTACT

Get in touch today to learn more or get started.

T (02) 4340 1585

E ccfss@ccfss.org.au

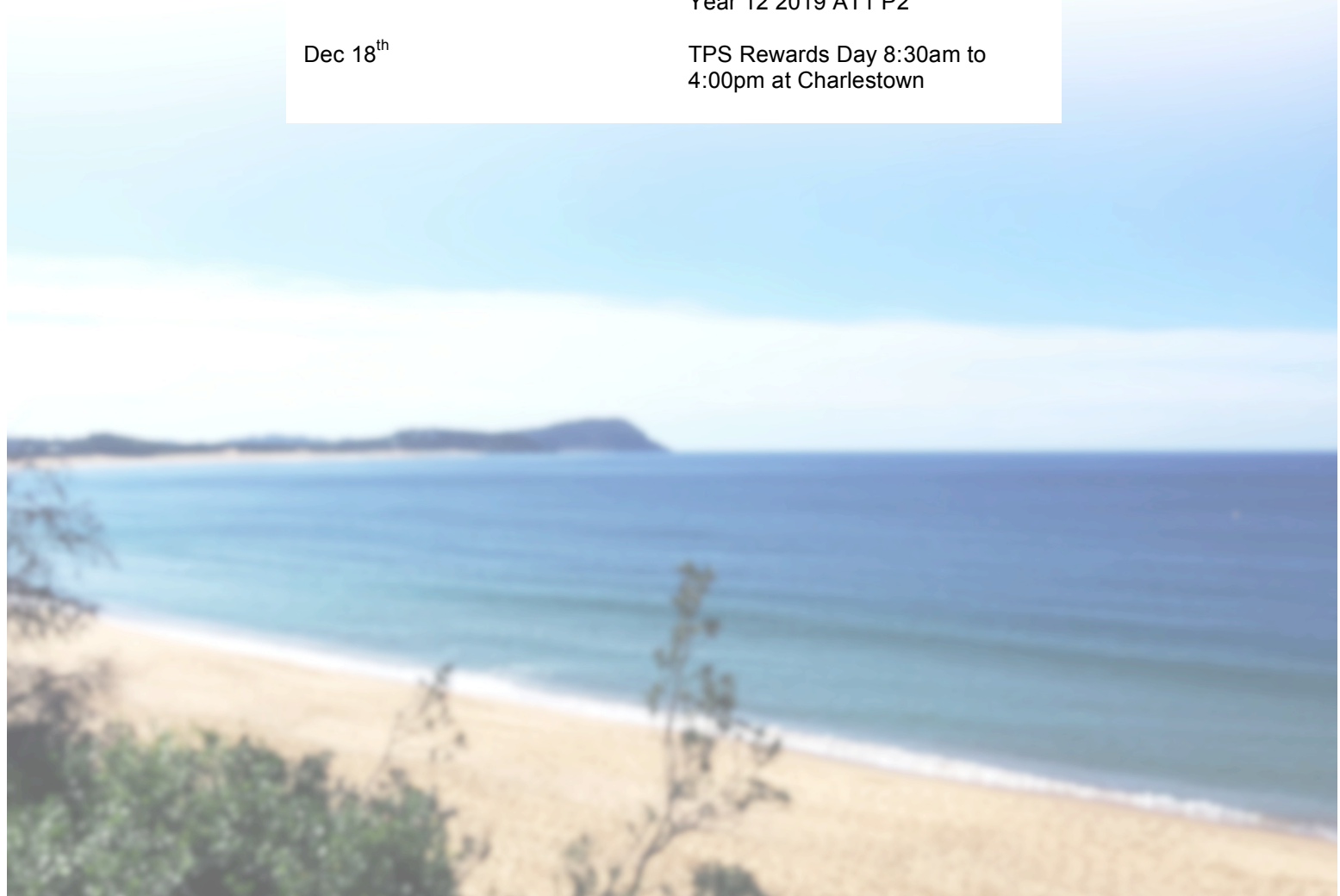
W www.ccfss.org.au

21 Old Mt Penang Rd, PO Box 7125, Karing NSW 2250



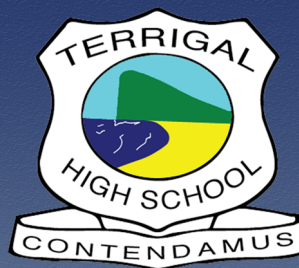
UPCOMING EVENTS & SENIOR ASSESSMENT TASKS

Nov 12 th to Nov 23 rd	Year 12 Hospitality Work Placement
Nov 12 th	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

Mia Temple
Bronte Hall
Taylah Clark
Christopher Hosea
Tamzin Jaksich
Kael Brooke

YEAR 8

Saskia Calabria

YEAR 9

Finn Barlow
Taylor Hogan
Madison Dunlop
Tristan Martin
Tayla Keating

YEAR 10

Jonty Webb
Harrison Baxter
Austin Kirk-Clark

YEAR 11

Charlie Buffon
Declan Ackerley
Meggan Hordern
Jaimy Vegter

