

# Terrigal High School NEWSLETTER

Featured artwork is by Jamie T in Year 11

**Number 42, Term 4, November 2021**

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## Principals Report

### Welcome back after our short break

Thank you to the school community for your understanding and patience during the events of last week. As a school we have pulled together to support each other whilst waiting for the correct information. It is pleasing to see everyone settled back into the routine of school.

### HSC Exams

The HSC exams commenced on Tuesday with English paper 1. The students indicated they were a little nervous, but well prepared. After the exam there were smiles all round and a large number of students told me the exam was "good and fair". Good luck for the rest of your exams Year 12.

### Covid update

Teaching and learning wearing face masks and socially distancing in the school setting certainly has its challenges! Thank you to all the staff and students for following the regulations and for adapting well to the situation to keep us all protected. In this Newsletter is the NSW Department of Education Term 4 Roadmap.

### 2022 School Leaders

Congratulations to our newly appointed school leaders for 2022. School Captains Lauren G and Ashley C and Vice-Captains Seth J and Jacob C. We know that you will do a fantastic job.



Mrs Turik  
Principal



## Year 8 Passion Projects

### Café Delights

In Week 4 students got creative in the kitchen making spooky and delicious Halloween cupcakes. Here are some examples of their fantastic work.



Ms Martin  
Teacher TAS

## Library News

### Premier's Reading Challenge

Congratulations to all students who successfully completed the Premier's Reading Challenge this year. Your reading records have been sent to the organisers and I expect to receive your certificates soon.

### Audio Books

Terrigal High School has a subscription to Wheelers audio books. This is free for our students to access.

- [Click here](#) to access this platform and use your Department of Education login details.
- There is only one copy of each book. If you find a title that is already on loan you can reserve that book to read when it becomes available.
- See Miss Gale in the library if you would like some assistance navigating the site.
- The books available are novels. We do not have any non-fiction or text books available at this stage.



### Library Website

THS has its own [Library Website](#). Be sure to check out this very useful resource to support student learning, research and reading.

Miss Gale  
Teacher Librarian



## Duke of Edinburgh

Unfortunately, Covid-19 has impacted on our ability to run the Duke of Edinburgh award at school this year. We are hopeful that next year things will be different.

There will be an information evening held early Term 1, 2022. We hope that Year 9 and Year 10 students of 2022 who are interested, can inform themselves about the program with you and see if it might be something that they would like to be part of. It is a worthwhile program where participants gain enormous self confidence and resilience working within the team. We will inform you early in 2022 when the information evening will be held so that you can come along and hear about the program and ask any questions. In the meantime here is some further information to familiarise yourself with the program.

### What is The Duke of Ed?

The Duke of Edinburgh's International Award is a global framework for non-formal education, which challenges young people to find their purpose, passion and place in the world.

### How do you find your Purpose, Passion & Place?

To find your purpose, passion and place in this world, start by trying new things and challenging yourself. Who knows where that will take you.



## Key Award Facts

### AUSTRALIA

- Over 40,000 young people participate in the Award in Australia each year
- The Award is supported by a network of 60,000+ adult volunteers acting as Award leaders, Assessors and Supervisors.
- 850,000+ volunteered hours by Participants every year
- The Award can be found in over 1,200 locations and institutions across Australia including cities, rural and remote areas, through Government and independent schools, universities, Indigenous communities, refugee support programs, detention centres, community organisations, disability groups and other youth programs.
- 775,000+ Australians have participated in the Award since 1959

### INTERNATIONALLY

- The Award operates in more than 130 countries with 1.2m Participants
- Over 8 million young people worldwide have participated in the Award since 1956.

For more information, follow our pages!



@TheDukeofEd



@dukeofedaus



The Duke of Edinburgh's  
International Award - Australia



@dukeofedaus



The Duke of Edinburgh's  
International Award - Australia

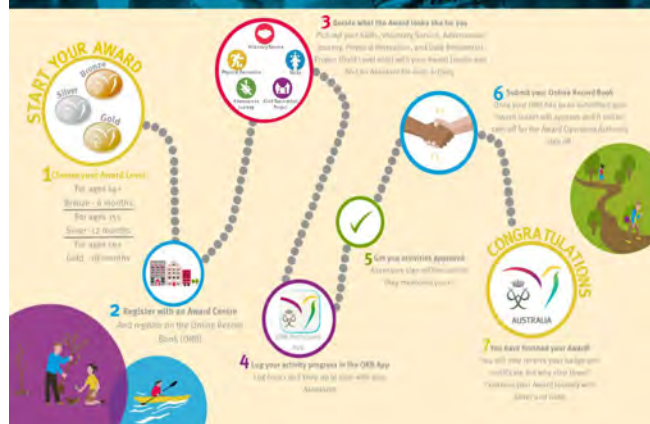


@thedukeofed

The Founder: **HRH Prince Philip**, Duke of Edinburgh, KG KT  
Chair of the Trustees: **HRH Prince Edward**, Earl of Wessex KG GCVO  
Chair, International Council: **Lord Paul Boateng** PC  
Australia – National Chair: **Hon Gary Nairn** AO  
CEO: **Peter Kaye** AM

### How To Achieve The Award

#### The Award Journey



THS Duke of Edinburgh Team

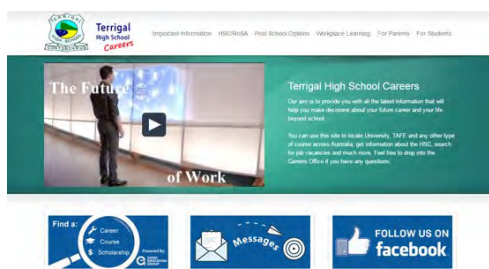
## Careers Corner



### THS Careers Website

The school has its own career website  
[www.terrighscareers.com](http://www.terrighscareers.com)

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.



### Reminders

#### Year 10

TAFE & TVET Applications will open again on 29 November, please email [jocelyn.bates@det.nsw.edu.au](mailto:jocelyn.bates@det.nsw.edu.au) or [elyce.bates3@det.nsw.edu.au](mailto:elyce.bates3@det.nsw.edu.au) if you are interested.

#### School Leavers

There are lots of apprenticeship employers contacting us at this time of year, please regularly check your school email for offerings.

Some of the recent ones:

- Accounts/Business Traineeship at TyrePower  
<https://www.seek.com.au/job/54160527>
- Dinky Di Kids Preschool Traineeship email [terrigh@dkindydikids.com](mailto:terrigh@dkindydikids.com)
- NECO Electrician apprenticeships  
<https://www.necatrainig.com.au/electrical-apprentices/expressions-of-interest/>
- Horticulture and more!

Also, if you're wanting to leave school right now, the Department of Education are running 'Summer Skills' courses. [Click here](#) for details.

### Work Experience

A reminder that work experience is still not possible due to COVID restrictions, however, if you are trialling for either a school based or full-time apprenticeship, please contact me to discuss.

Ms Bates  
Careers Advisor





# Term 4 roadmap

## From 8 November

All schools will operate on updated Level 3 settings for the rest of Term 4.

- School sports allowed
- Inter-school sports allowed outside of school hours
- Assemblies and presentations allowed outdoors on-site
- Excursions allowed outdoors
- Dancing and some music classes allowed
- Fully vaccinated visitors allowed on site to support curriculum delivery, wellbeing programs and school operations
- Community use allowed (including P&C meetings)

## From Term 1 2022

We can look forward to more freedoms as schools return in 2022.

## Keeping us all safe

A **combination of layered safety measures** allow us to prioritise student and staff wellness while we keep schools open.

### Stay home if unwell

- Do not attend or participate if unwell, even with mild symptoms.



### Vaccinations required

- All adults must be fully vaccinated.



### Always check in

- All staff and visitors must check in when attending a school site or gathering.



### Wear masks indoors

- Masks are required indoors for all staff, visitors and students in Year 7 or above, and strongly recommended indoors for primary students.
- You can take your mask off when eating or exercising.



### Physically distance

- Maintain 1.5 metres physical distancing wherever practicable.



### Maximise ventilation

- Activities and events should be held outdoors where practicable.
- Indoor spaces will be well ventilated and as large as possible for the number of attendees.



### Stick to your cohorts

- Avoid mingling with other groups when moving around the school.



**It's okay**  
if you're not feeling okay.



**Sad?**

**Angry?**

**Feeling helpless?**

**Financial pressure?**

**Burnt out?**

**Nowhere to turn?**

**No one to talk to?**

**Alone?**

Whether you're trying to improve your own sense of wellbeing, looking for help with something that's bothering you, or helping someone you care about, Head to Health Centre is a good place to start.

1800 595 212

# Take a breath. Connect.



**1800 595 212**



## HEAD TO HEALTH Pop Up

1

Have a conversation



2

Find the level  
of help you need



3

Be connected to the  
best service for you



Who it is for	The Head to Health service is open to people of any age who may be experiencing distress or mental ill health. This includes people who have never accessed mental health services before, or for their family and friends.
Where it is located	The Head to Health network is growing quickly throughout NSW. The best place to start is to phone us. You will be guided to a phone or location service best suited to your needs. You may also go to <b>headtohealth.gov.au</b> for up-to-date locations.
How you can access	Call Head to Health on <b>1800 595 212</b> . You will be guided to the best support for your needs. Your GP or another health professional might also suggest you use the Head to Health service.
How it works	When you call Head to Health on <b>1800 595 212</b> , an experienced mental health professional will listen and work with you to find the best ways to get you the help you need.
What help you receive	Depending on the assistance you need, we may connect you with online support or an existing mental health service, or other health or support service to get you back on track.
Who is involved	Head to Health hubs have mental health workers who can support you through telehealth, or onsite at a hub.
What to expect	Your mental and physical wellbeing are linked, so the best way to improve your mental health is with a team-based approach.

To find out more go to: [headtohealth.gov.au](https://headtohealth.gov.au)

Head to Health Pop Ups is an initiative of NSW Primary Health Networks and funded by the Australian Government.

# eSafety parent guide

## to online gaming

Join the eSafety Commissioner's expert education and training team for a FREE live webinar.

**This Term 4 webinar will provide parents and carers with an understanding of the benefits and risks of online gaming. It is designed for parents and carers of young people aged 8–13.**

**Register now**

**Dates:** (AEDT)

**15 November** 12.30 to 1.30pm

**24 November** 7.30 to 8.30pm



**Register now:** [esafety.gov.au/parents/webinars](https://esafety.gov.au/parents/webinars)





cos.net.au

# Back to School

Find and order your child's school pack in less than 4 minutes!

Order  
before  
**FREE**  
delivery  
ends!

Username:

Password:



A family  
owned  
Australian  
business



1300 79 27 85



parentportal@cos.net.au



# 3 DAY EVENT 18<sup>TH</sup> - 20<sup>TH</sup> NOVEMBER

ZERO & REWARDS CARD HOLDERS

**20% OFF\***  
**SCHOOLWEAR**  
& EVERYTHING ELSE!

DON'T HAVE A CARD? APPLY IN-STORE OR  
ONLINE & START ENJOYING THE BENEFITS

\*T&C'S APPLY, SAVINGS OFF ORIGINAL PRICES. INSTORE & ONLINE



SHOP SCHOOLS ONLINE



SHOP SCHOOLWEAR

**LOWES PRACTISES COVID SAFE MEASURES.**

\*Offer available instore & online, ends midnight (AEDT) 20/11/21. Must use Zero or Rewards card to receive discount. Excludes Gift Cards & schoolwear lay-bys. Cannot be used in conjunction with any other offer, no rainchecks.

## PAY-AS-YOU-WEAR!

Flatten your expense curve  
by paying off your LOWES  
purchases over 12-months  
with your Zero Card.



**PLUS** take an  
**EXTRA 5% OFF**  
your purchases.

FIND OUT MORE ABOUT LOWES ZERO CARD >