

Terrigal High School NEWSLETTER

Artwork featured is by Alexis N in Year 12 (detail of ArtExpress work)

Number 43, Term 4, December 2021

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Principal's Report

This year has been an extraordinary year in so many ways. As a school community we have faced the pandemic together, yet ensured our students felt connected to the school and their wellbeing needs were supported. The students have shown resilience, determination and perseverance yet supported each other through the multitude of hurdles placed in front of them. I have been impressed with the way families and school staff have supported students who needed to isolate with food, essentials and phone calls.

As a school we made student and staff wellbeing our priority with regular phone calls, wellbeing time and Thoughtful Thursday to get students away from their computers and try a new skill. The school's Wellbeing Hub was updated and enhanced with inspirational stories from community members and ex-students, a collation of photos and videos to celebrate student work and a page of links of contacts. Over the upcoming break I encourage families to refer to these links via the [Wellbeing Hub](#) to access the external agencies that can support families during difficult times.

Each year at the presentation ceremony I select a quote from my favourite author – Dr Seuss.

"When you think things are bad, when you feel sour and blue, when you start to get mad... you should do what I do! Just tell yourself, Duckie, you're really quite lucky!"

This quote reminds us that we will always face situations you don't want to be in, but if you appreciate what you have you realise you are lucky compared to what could have been. I think this sums up this year for every one of us.

Please take care over the summer break and I will see you all back here next year.

Mrs Turik
Principal

Key Dates for 2022

Here are some key dates for the start of the 2022 school year:

Friday 28th January

- Staff Development Day

Monday 31st January

- Staff Development Day

Tuesday 1st February

- Years 7, 11 & 12 return to school

Wednesday 2nd February

- All students return to school
- THS Swimming Carnival

Thursday 3rd February

- All students in class



"WE STRIVE"

Farewell Bruce

Sadly, Bruce Waia Terare, our sensational Aboriginal SLSO is leaving Terrigal High to help in his community on his Butchulla homeland which encompasses Frazer Island (K'Gari). Bruce has made an immense contribution to the education, enlightenment and wellbeing of this school.

Bruce hopes to come and help at the school some time in the future. His knowledge, compassion, generosity and understanding was not only given to our Aboriginal and Torres Strait Islander students but to all students, teachers and parents that he touched with his magic.

He will be sorely missed.



Bruce with Year 9 students Makayla, Isobella, Maoi and Illeirah. The painting is by our Aboriginal students Summer, Illeirah, Montanna, Lani, Molly and Isobella.



The Butchulla word “NYMBOO” meaning farewell features prominently on this painting for Bruce. Also featured are local and

Butchalla totems of the whale and dolphin with footsteps leading to and from both symbolising his journey between the two cultures.

Mr Thew
Aboriginal Student Coordinator

Attendance Matters

Attendance at school is key to successful teaching and learning and will be a focus area at THS next year. A day off here or there does not seem like much however, over time it adds up. One day off a fortnight adds up to a whole month off school. Similarly, being 5 minutes late per day is the equivalent of missing 3 days of school. How quickly the time adds up.

Whilst we encourage students to stay home if they are unwell, studies have shown a direct link between student attendance and academic achievement. At THS next year as we look to build on our academic performance, we will be looking at rewarding students with excellent attendance above 90%. There will be prizes for students who maintain excellent attendance, which will be celebrated.

We are asking for help to achieve our attendance goals in 2022. Students should be at school unless they are absent for the following reasons:

- being sick, or having an infectious disease
- having an unavoidable medical appointment
- being required to attend a recognised religious holiday
- exceptional or urgent family circumstance (e.g. attending a funeral)

[Click here](#) for more information on student attendance.

We are also asking for parents to help us by making absent notes and texts (including pass outs) clear and concise with the student's full name and roll call class at the top of the note and the reason for the leave clearly stipulated.

Looking forward to a new year and new on time at school 2022.

Ms Roberts
Head Teacher Administration

HSIE News

Year 9 Commerce

On Monday, 6th December, a former wonderful student of Terrigal High School, Douglas Clarke (2016), who now works in marketing for Coca-Cola, volunteered his valuable time to come and speak with our Year 9 Commerce students. Our students are currently studying 'Promotion and Selling'.

Our students were most interested by Doug's presentation which gave them great insight into Coca-Cola's marketing strategies as well as their corporate social responsibility stance. After Doug's presentation, our students had lots of super questions for Doug and their teachers were very proud of their mature behaviour and the level of interest shown by them.

We are most grateful to Doug for his visit which was of great benefit to our students - not only in terms of this supplementing their studies, but also in terms of inspiring our students to work hard and towards an interesting and fruitful career.



University of Newcastle Illuminate Business Challenge

Throughout week 7 of this term, two teams, each of six students from Year 9 and 10, represented Terrigal High School in the Illuminate Business Challenge sponsored by the University of Newcastle. There were 25 teams in total from schools all over the Central Coast and the challenge was run remotely this year, rather than at the Ourimbah campus, due to the pandemic.

Students had to develop a business idea and business plan including financial and marketing material, meeting tight deadlines throughout the week, whilst being mentored and judged remotely, by local business people and academic staff at the UoN. It was certainly a challenging and busy week for our 12, Year 9 and 10 students who worked in the most collaborative and creative manner. The theme of this year's challenge was 'improving community resilience'.

Indeed, we must CONGRATULATE our students for their enormous success in the challenge:

Our fabulous Year 10 team came '1st Place overall! AND also won 'Best Pressure Cooker Submission' . Their not-for-profit business - 'Heart of the Phoenix' is a 'one stop shop' for Central Coast abuse survivors, offering a range of beneficial services such as self-defence classes, yoga sessions and group and individual counselling sessions.

Our wonderful Year 9 team came '4th Place overall' AND won 'Best Business Launch Presentation'. Their not-for-profit business - 'Limbs 4 Youth', 3D prints custom prosthetics for children in war-torn Yemen recycling and replacing these as they outgrow their limbs.

Our Year 10 team members were: Caitlin R, Charlie S, Lani F, Taisha M, Jacqueline H and Max B.

Our Year 9 team were: Lily P, Izaak E, Milly R, Josiah P, Jai M and Srey Nin P.

We are certainly proud of these students for their outstanding efforts throughout the week.



Message to Year 8

Congratulations on making it to the end of Stage 4 in your learning journey. You have displayed resilience and strength through an extremely tough year.

Mr O'Rourke and I are very proud of you and look forward to continuing our support of you in 2022. Enjoy your well-deserved break. Look after your loved ones and make sure that you take the time to appreciate all the good things that you have in your life.

Have a safe and happy holiday. See you all next year.

Mrs Surya
Year Advisor

Library News

Books to Return

It's that time of year again when we need all school library books to be returned. You will have received an email with a list of any library books that you have. Check under beds, behind cupboards and in your classroom. You'll be surprised where library books can hide. If you have any questions regarding your books, please see Miss Gale in the library.

Summer Reading

Don't forget that THS has a subscription to audiobooks. Use the address below or [click here](#) for access. Simply use your Department of Education login details and you'll be all set for a Summer of reading – or listening.

<https://terrighhs.eplatform.co/>

Merry Christmas

A very merry Christmas to all students and their families from the library staff. We look forward to seeing you again in 2022.

Ms Gail
Teacher Librarian



Ms Massie
HSIE Teacher

Visual Arts News

The Art Faculty is so pleased to announce Alexis Nojin from our recently graduated year 12 2021 cohort has been selected to appear in the prestigious Art Gallery of NSW collection of the ArtExpress exhibition. She has put over 300 hours into this large-scale biro pen drawing featuring motifs and memories from her rich multicultural childhood.

Congratulations Alexis!

One quarter, three quarters, whole (2021) by Alexis Nojin.



"My artwork allows the audience's eye to peer into the window of the soul of my childhood, into whimsical scenes displaying a rich heritage. One quarter of the window is Dutch, revealing the windmills from my garden, clogs worn to collect the mail, and paintings of tulips my mum hung around my room. Three quarters of the window is Russian, showcasing the multi-layered Matryoshka doll from my shelf, the onion palaces of a much-treasured dollhouse, the samovar that shared her tea on special occasions, the fairy tales spoken and read, and the chamomile that I used to sip from, tea before bed.

All these rich heritages frame the centre – my identity as an Australian. Born in Sydney, I grew up to the sounds of screeching cockatoos, I boated beneath the Harbour Bridge, and the fuzzy, golden wattle reminds of the drive from school to my childhood home. As my heritage intertwines, so do my drawings."

Ms Friend
Visual Arts Teacher

RYPEN 2022

Congratulations to our Year 9 RYPEN candidates for 2022.

Rotary Youth Program of Enrichment (RYPEN) offers opportunity to develop "life skills" and motivation to help young leaders cope with the challenges of a very competitive future.

The students will participate in a 2-day online camp at the beginning of 2022. The chosen students always strive for excellence and conduct themselves with integrity, showing respect for others in all that they do. We are very happy to work with Terrigal Rotary to offer them this great opportunity.



Mrs Walker
Year Advisor

Around TAS

Year 9 Textile Technology

In textiles this term students have enjoyed creating their own designer jumpers. Pictured are some examples of their fantastic work.



Year 8 Tabletop Hockey Games

Term 4 saw the eagerly awaited return to the workshops for the budding engineers in Year 8 and the MCYTAS classes. The theory around energy and motion had been done, some experiments at home had been carried out and it was now time to create a fun game that illustrated the engineering concepts learnt. The students produced Tabletop Hockey games, utilising their woodworking skills in combination with their engineering and aesthetic design skills.



Ms Turner
Head Teacher TAS

Dance News

Year 9 and 10 Elective Dance have been working extremely hard to create some amazing Musical Theatre presentations. The presentations included their creative adaption of a movie of choice to a stage production. The students created a visual set model of a chosen scene from their musical and portfolio with detailed drawings and presentation of costumes, makeup, lighting and accompaniment. They were also required to choreograph the dance movement for the scene and perform this for their classmates.

As you can see the results (pictured) were outstanding and we may have some budding Producers/Directors here at THS!



Mrs Walker
PDHPE/Dance Teacher

WIN (Writing Improvement Now)



The **“WIN”** Writing Improvement Now initiative has continued to thrive at our school in 2021. Below are some excerpts of our student’s writing across different subjects. Congratulations to all the nominations this year.

“I still encourage anyone who feels at all compelled to write to do so. . . Writing has so much to give, so much to teach, so many surprises. . . The act of writing turns out to be its own reward.” - Anne Lamott

WIN “Writer of the Year”

Congratulations to Ashlyn F of Year 8 with her poem “Refraction”.

Refraction

*When the world is a circle and you start a race,
are you always restarting, or never begin in the first
place?*

*When the world is spinning, is your first task balance,
is it orientation, or do you measure resistance?*

*When the world is dark and you lose your way home,
do you find a new one, or remain on your own?*

*When the world is unfair and the odds aren't yours,
do you go on regardless, or close open doors?*

*When the world is dangerous and yet you find wonder,
do you proceed to embrace it, or leave it a blunder?*

*When the world is transparent, would you open your
eyes,*

let the light shine in, let yourself be blind?

*When the world is monochrome and you find a new
colour,*

*could you describe what it looks like, without
comparing to another?*

*When the world is blue, with more water than land,
do you start to sink in, or find where you stand?*

*When the world is lying, and you know that it is,
say, “calm down and listen”, as you tell it this,
“your world is my own, which we share together,
through strife and strain, even fights with each other.*

*When all you had is gone, it's not just you that's lost,
because when everything's forsaken, we're all that
we've got.”*

*So, when your journey is ending, if your possessions are
teeming,*

you'll realise without life, they lose all meaning.

Congratulations to our Term 4 WIN Awardees;

Taisha M - Year 10 Visual Arts

Her naïve painting style is not due to her lack of experience or judgement. Instead, Watson's work is fiercely calculated to evoke emotional reactions from her audiences. "White horse with telescope" 2012, incorporates child-like figures, blocks of colour and simplistic strokes to transport her audience to a time of innocence and joy. It evokes suppressed memories and emotions within her audience. Even some of the world's greatest artists fail to convey emotions or messages in their art when Watson does it so flawlessly. She creates a window into how our past experiences shape who we are, and for this reason, Watson should be valued as highly as any other accomplished artist. Watson reveals that the emotional impact of an artwork does not depend solely on the level of technical skill applied.

Jai M -Year 9 Commerce

Sexualised imagery is the most obvious feature of unethical advertising. This kind of imagery has been proven to change the viewer's perception of women, as well as undermining their humanity! By using sexual appeal of women, this suggests that their other human qualities, such as competence and morality, are not prevalent. Assuming children and young adults are viewing this type of content, it will both demoralise the female viewers and harm women's self- image. As sexual appeal is one of the only qualities of women used in advertising, it leads to viewers to believe that without that quality, women are not worthwhile. Furthermore, the abundance of examples showing sexualised imagery lead youth to see this as normal. Sexualised imagery is not something that ethical consumers should ignore nor is it something that businesses should include in their advertising!

Caitlin R -Year 10 Pass

The media can also control our opinion on brands. Sponsorships are what pay for our access to televised sport. During breaks, advertisements will be played, whilst many people don't think much of these ads, the precision of the placement and everything about the advertisement is meticulously and purposefully created and streamed at specific times to control the thoughts of their target market. For example, during a sporting match, athletes who are competing may promote a certain fitness related product. The audience then sees them perform well and subconsciously links the product to their performance.

Mrs Middleby
WIN Coordinator

Merry Christmas & Happy Holidays from the THS Staff



Terrigal High School

Works notification

15 December 2021

Dear parents/carers,

Upcoming maintenance works at Terrigal High School will require working with asbestos containing material. Testing conducted by an independent hygienist has confirmed that the material is bonded asbestos, which means it is attached to other material such as cement or vinyl and cannot be crumbled by light pressure.

The area will be remediated in accordance with the Department of Education's Asbestos Management Plan and SafeWork NSW regulations. All work will be completed by licensed and accredited asbestos contractors, and monitored by occupational hygienists in strict accordance with all applicable legislation, regulations, policies and guidelines.

The material is scheduled to be removed from Block B during the upcoming school holidays between Monday 20 December 2021 and Friday 28 January 2022. The area is safe at present and, as a precaution, it will be cordoned off and remain out of bounds until remediation is completed.

Testing will be completed to ensure the area has been fully remediated. The school will receive a clearance certificate before the area is open to students and staff. We will keep you informed if further material is found which requires removal.

Please be assured that the removal of this material will not pose a risk to the local community.

A comprehensive COVID-19 Safety Plan will be in place for the site and the contractor will enforce strict compliance. Our construction sites will follow all current health guidelines.

Safety is the number one priority for School Infrastructure NSW and we are following all health advice in relation to construction sites.

Thank you for your cooperation during this important work.

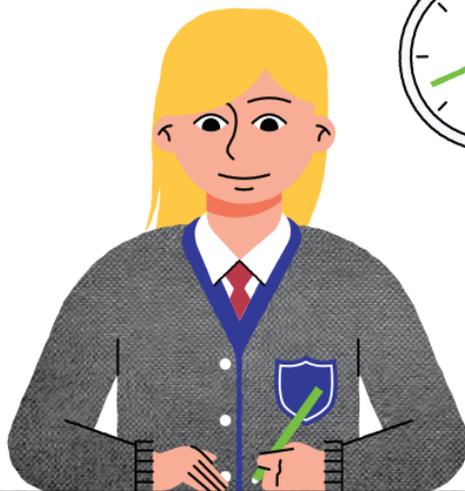
For more information contact:

School Infrastructure NSW
Email: schoolinfrastructure@det.nsw.edu.au
Phone: 1300 482 651
www.schoolinfrastructure.nsw.gov.au



headspace

National Youth Mental Health Foundation



are you
finishing school
in 2021 and don't
know what's next?

During these uncertain times it can help to talk to someone. headspace is here to support you with your work or study situation.

With everything that's happened in the last few years, your work or study plans might have changed, leaving you feeling anxious or unsure about your future. headspace is here to support you with your work or study situation.

If you're 15-25, our team of qualified work and study specialists can help you during this uncertain time.

we can help you with:

- understanding your strengths, skills and abilities
- exploring course and study options
- career planning and advice
- resume and job application support
- study and enrolment support
- support transitioning from school to work or further study
- balancing your mental health and wellbeing with work or study.

**headspace.org.au/workandstudy
1800 810 794**

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