

# Terrigal High School NEWSLETTER

Featured Artwork is by Mitchell R (Yr 10)

**Number 47, Term 2, July 2022**

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## Principal's Report

### End of Term 2

I would like to thank the school community for your understanding during a very difficult time due to staff and student illness. I hope everyone has a good break and there is the opportunity for rest, recuperation and re-charging the batteries.

### Year 8 Skills

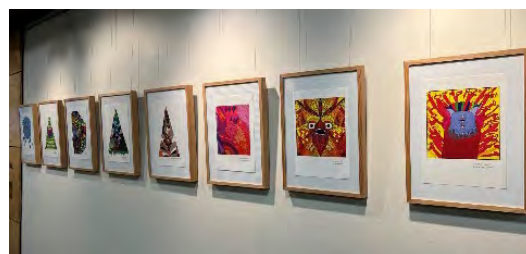
In Year 8 Skills we have been focusing on developing students' social emotional skills. We have been challenging stereotypes and assumptions about ourselves and others through group tasks, looking at the way we speak about ourselves (and our inner self talk), as well as how we speak to one another and how this can impact on our own self-worth and how others perceive us as individuals. In this area we have been exploring the idea of integrity through a range of given situations and highlighted what it means to be true to yourself, to stick to your values and beliefs and break away from peer pressure and the urge to conform. We have been investigating what it means to have a positive mindset and how we can go about building positive relationships while devising strategies to identify and resolve conflicts with others. We have been exploring all the factors which work together on the Wheel of Wellness to create an overarching sense of health and wellbeing and discussed how our habits and routines can impact on many factors of our identities.

As well as the focus on social emotional skills that is part of the Year 7 and 8 skills program, all Year 9 students have recently participated in an Antibullying

seminar run by the Students Support Officer, Belinda Carpenter, and Year 9 Adviser (Ms Bond). The Year 10 Adviser, Ms Walker, also organised a discussion on respect for all Year 10 boys. Thank you to Mr Holmes and Mr Parker for sharing insights on respect and to Belinda and the Year Advisers for their organisation.

### Art Exhibitions

Congratulations to our Art teachers and students who have exhibited work as part of two projects. The first project was Erina Rotary Club's Culture of Youth exhibition at the Erina Centre gallery. The works included Terrigal High's Year 7's digital prints of drawings inspired by American animator, Gary Baseman, creator of the cartoon Teachers Pet and the Year 8 skateboard decks decorated as part of a Passion Project.



The second project was an exhibition for the 5 Lands walk. The 5 Lands committee have passed on very positive feedback from the community on the high standard of artwork from Terrigal High School. There were many requests to purchase the student artwork.

Mrs Turik  
Principal



## Year 7 Camp

Year 7 were greeted with a winter blast during their inaugural high school camp week 6 of this term at the Great Aussie Bush Camp.

Our students challenged themselves on the giant swing, rock climbing walls, high ropes and the dual flying fox. With smiles from ear to ear, students engaged with intent to overcome their fear. Students then reached the water activities of canoeing and raft building where their leadership skills were tested with the risk of falling in the arctic tempered water. With bravery and a hot shower in mind, our students proudly represented THS and forged lifelong friendships.

Our 5 supervising teachers (Mr Staniford, Mr Kane, Mrs Jarmaine, Ms McKenna and Ms Byrnes) together chose 5 reward recipients based on their bravery and leadership over the 3 days. Joel Y, Joel E, Tor M, Mati M and Monique T stood out within their camp group and should be praised with their efforts.



Mr Baty  
Year 7 Advisor



## Coffee Clinic

THS staff were very excited this term to see the Coffee Clinic reopen after a long Covid spell! The Hospitality students are certainly putting their barista skills to great use and keeping the staff well energised.



## English News

On Thursday June 16<sup>th</sup>, our Year 7/8 Debating Team competed in the first round of the Premier's Debating Challenge against Berkeley Vale Campus. Our first speaker was Bethany J, second Imogen C, third Abby P and fourth Amelia E.

The topic was that 'all school teachers should have to be fit non-smokers' and we were the Negative Team. After much skilled argument and rebuttal, Terrigal emerged the clear winner.

The team are to compete against Macquarie Fields in the second round next term. Well done to everyone involved.



Abby P  
Year 7 Student

## Maths News

This term a Math Breakfast Club was formed and so far, the early Friday morning roll up has been a great success. Students bring along their own maths work and get to enjoy pancakes and hot chocolate as they calculate away. Thank you to Ms Richardson and the staff involved in this great initiative.



Mr Willis  
Head Teacher Mathematics

## Support Unit News

The end of Term 2 marks the end of a very busy and successful semester for our classes.

Community Access has recommenced for the Blue and Green classes, as they focus on knowing our local area. The Orange class has been working on our garden bed redesign project which has been made possible by a Clubs NSW/Breakers Country Club grant.

We have also had our first interclass debate as part of our Persuasive Writing unit. The Blue Class team won the debate, presenting the negative argument to 'Video Games make you smart'. Impressive arguments and rebuttals were presented by all participants.



In Science, we had a visit from our special guest student, Scully the Skelly as part of our unit on the form and function of living things.



We have also had great sporting success with our inaugural Boccia team winning their way to the final eight teams in NSW and looking forward to participating in the state championships at Homebush during Term 3. Terrigal Bowling Club has continued to be a great supporter of our classes and have generously made available their courtesy bus to transport students.

Here is a recount, "Boccia Champions" by Andrew B in the Yellow Class...

*On Friday I went to Boccia. I played in my school team with Jasmine, Yoel, Blake, and Beau. We went with Mrs Calman and Adrienne. The bus took us to Niagara Park Stadium. Terrigal Bowling club lent us their bus.*

*We took turns and cheered for our team. It was awesome. We won the Central Coast division and made it through to Sydney North.*

*At Sydney North we tried very hard. In the bonus round you need to get a ball in the box. Yoel did it! We had a really good day and came in second place. That meant we were off to State baby!*

*When we got back to school our classes clapped us when we came into the room and played the song 'We are the Champions'. Our teachers are very proud of us and took us to Mr Storey in PE to tell him about our success.*

*We are looking forward to going to State in Term 3!.*





Finally, I would like to publicly thank Mrs Kathy Oldfield, one of our wonderful Student Learning Support Officers, who is retiring. Kathy has been at Terrigal High School since 2018 and was heavily involved in the establishment of the first Multi-Categorical class and our growth since then. We will miss Kathy's experience, warmth and wisdom and wish her the best for her retirement. Ms Tina Halley will be covering Monday – Wednesday in Kathy's role, with Mr Jordan Sheehan covering Thursday and Fridays.

Mrs Hull  
Head Teacher Support Unit

## Around TAS

### Engineering

Year 8 Engineering students have been busy creating lolly dispensers this semester.



Year 9 Engineering students have been tackling the challenges of mastering their technical drawing skills while trying to design the sturdiest tallest tower. Their design brief stated that their tower had to be constructed from repeatable units laser cut from a limited amount of material. Congratulations to the first three finished, Hayden, Xavier and Cooper. Now we just have to wait to see whose towers will be able to stand the "earthquakes" and "cyclones" coming their way.



### Year 10 Textiles

The recent assessment task "Sew Creative" gave students the freedom to create a project, that wasn't apparel, using a variety of decoration techniques. Pictured is the work of Ellie F (tangled pillow case), Asha K (weaved Wall hanging), Srey P (wall hanging of flower bed with clouds) and Lexi G (wall hanging of flower bed).



Ms Turner  
Head Teacher TAS



## Careers Corner

### HSC and Careers Expo, Moore Park June 3

41 students trekked on a coach from Terrigal High to Sydney to be part of the biggest careers expo in NSW! A variety of providers were there; universities, TAFE and Private Colleges. The Defence Force along with the Police Force provided other career options to investigate. From all the students' feedback received so far, it was a worthwhile trip which hopefully has clarified some proposed study patterns or career paths after school.



Mrs Bates  
Careers Advisor

## Online Safety

### Year 9 Cyber Bullying Workshop

In week 9 students engaged with a thought-provoking workshop focusing on cyber bullying. Students were challenged to reflect on how they use social media to interact with their peers and to consider their intentions for engaging with filming and photography functions and apps on their phones. We brainstormed the short-term and long-term consequences of cyber bullying for both victims and perpetrators alike and students were able to gain greater understanding about how they can access help either at the school or online. A huge thank you to Adam Montgomery and Nic Staniford for offering themselves up as bullying targets and thank you to all students for engaging with the workshop. Check out the [eSafety website](#) for more info on cyber bullying and reporting abuse.

### Year 7 Optus Digital Thumbprint Program

Through a variety of interactive activities, students learnt the skills of creating strong passwords, enabling privacy settings on social media, and understanding how easily and far things can spread when shared on the internet. Students began to understand the power and the danger of what is shared online. Later in the year, students will also be taking part in the cyberbullying workshop hosted by Optus.



Mr Baty & Ms Bond  
Year Advisors

## Sports News

### Off to State!

Our Lawn Bowls team made up of Zane A, Ken G, Cooper H & Sam G won the Sydney North Championship and now move onto to the State Finals. Well done boys!



Mr Lambert  
Maths Teacher

### Dance Master Class

Senior Dance students took part in a Performance Master Class run by Ms Cooke. She volunteered her time to help the students by sharing her expertise and knowledge in this area. Thank you.



Mrs Walker  
PDHPE Teacher

## Coming up in Term 3

- Monday July 18 - Staff Development Day
- Tuesday July 19 - All students return for the start of Term 3
- Wednesday July 20 - Academic Award Ceremony for Years 7, 9 & 11
- Thursday July 21 - Academic Award Ceremony for Years 8, 10 & 12
- Monday July 25 to Friday August 5 - Year 12 HSC Trial Examinations
- Monday September 5 to Friday September 16 - Year 11 Preliminary Examinations
- Wednesday September 21 - Year 12 Graduation Ceremony







The THS Wellbeing Centre will be offering the Seasons for Growth - Young Peoples Program again next Semester. 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 [Good Grief website](#). If you would like your child to be involved in the Seasons for Growth program here at school, please send an expression of interest through to Gail Kenny (Head of Wellbeing Rel.)



**LOWES**



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modernslaveryregister.gov.au

The Lowes Erina store will be closed for the upcoming move to our new, bigger and better store on Tuesday 12<sup>th</sup> & Wednesday 13<sup>th</sup> July.

**Re Opening Thurs 14<sup>th</sup> July**

**Shop T107-108 Erina Fair – next to the spot Santa normally sits & the Sit n Chat Cafe**

**Central Coast  
Winter Chess  
Tournament  
for ages 6 to 17**



**Rated by NSW  
Junior Chess  
League**

**Monday 11 July**

**Entry fee \$20**

**includes lunch-pack**  
Payment details and food  
options on contact with...

**Must pre-enter by Thursday 7 July**

Coast Community Church, Adelaide St, Tumbi Umbi  
9.30am – 4.00pm

With an educational chess puzzle competition  
and lots of prizes. Practice puzzles provided on entry.

Gary Losh  
[glosh6090@gmail.com](mailto:glosh6090@gmail.com)

**0432 453 726**

**Minimum ability: Must know how to move the  
pieces and complete games largely unassisted.**