

Terrigal High School NEWSLETTER

Featured artwork is by Mrs Fletcher (Science Teacher)

Number 54, Term 2, May 2023

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Principals Report

Dear parents and carers,

I hope your families had a lovely Easter and holiday break. Our staff participated in RIOT (Resilience in our Teens) training on the Staff Development Day (SDD) to support our students to regulate and manage their anxiety to allow them to engage in their learning and school life with confidence. The RIOT program will continue to be our focus with presentations to our students to be delivered across the term to reinforce the language we all use and the processes to follow.

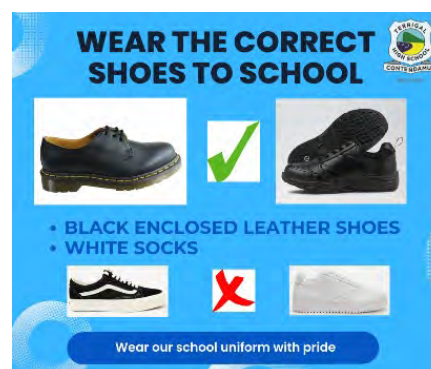
All DoE schools in NSW undertook professional learning (PL) on the SDD on Aboriginal Education. Terrigal HS staff will be participating in this PL for 6 hours in twilight staff sessions across Term 2. They are lucky enough to engage in an Aboriginal art session facilitated by Maurice Goolagong (Aboriginal Education Officer and local award-winning Aboriginal Artist), and by the DoE Aboriginal Education Team at Tuggerah Office.

This PL will help to sustain positive change and improve both educational outcomes and wellbeing for all learners. I want to thank you for your ongoing support as we work to improve outcomes for Aboriginal and/or Torres Strait Islander students and increase knowledge and understanding of Aboriginal histories and cultures.

ANZAC Day - Congratulations to our SRC students, Vice Captains and Captains who represented our school with pride at the Terrigal dawn service on the 25th April. Later that morning Cooper B and Max B represented THS and spoke with passion at the Breakers Country Club Anzac Service. Congratulations to our leaders for their respect and representation of our school. Our THS Anzac Day ceremony was also very moving and we thank Mrs McMartin for organising this for our school community.

THS Expectations

Our students are encouraged to adhere to these for optimum learning and embracing our culture across the school community. These expectations have been broken down and a series of promotional images will be placed on our social media pages and TV screens in the school hallways for reminders on:



Congratulations to our students for making the correct choice around wearing our school uniform. A reminder that students are to bring a note and hand to their respective DP before school if for any reason they are not wearing correct uniform. Please refer to the student/parent/caregiver sent via email for more details.

Flexible Attendance

Year 11 and 12 students are reminded to exit via bottom yellow or the back Maralinga gate at 1.40pm (12.40pm on Tuesdays) or when they are officially finished classes for the day. We are still waiting on equipment that will be used to tap in and out at the beginning and ends of the school day. We will email parents/caregivers when this is rolled out, and senior students will be briefed in year meetings about their responsibility to use this updated process soon.

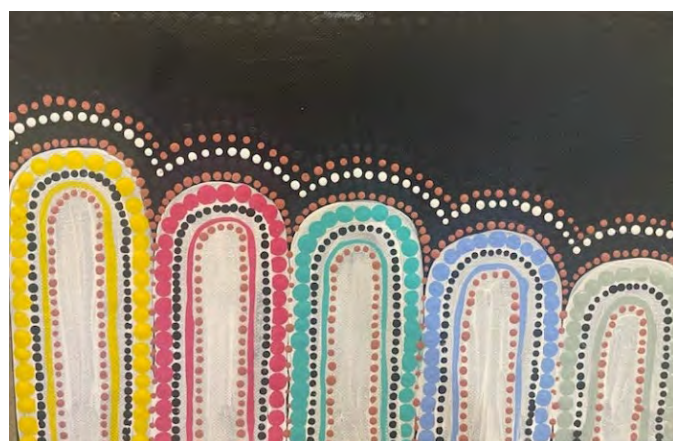
Terrigal Learning Alliance (TLA) Information Evening

We held our inaugural Terrigal Learning Alliance Information Evening on May 17th which was very well attended. Thank you to the families and students from years 3-6 that attended, and your positive feedback around the event has been appreciated. It was an outstanding evening, with our visitors engaged in conversation and the hands-on interactive activities that our faculties prepared to showcase the opportunities available to our prospective students at THS. I would like to thank our staff for their efforts in preparing exhibitions, performances, resources and attending this event. We had over 70 THS students across years 7-12 assist on the night as leaders and faculty helpers which also demonstrated their commitment and the pride they have in our school. Congratulations to all involved.

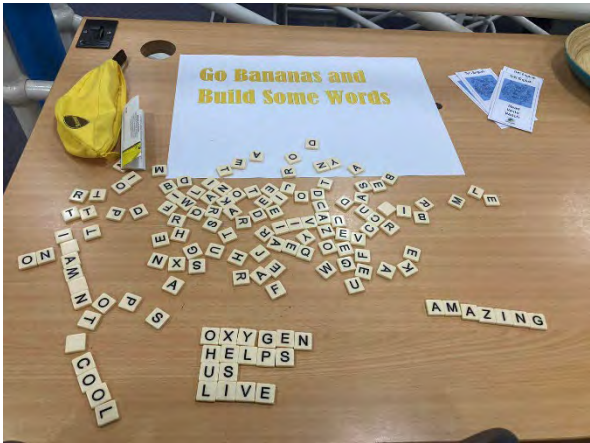
Mrs Sharnee Klempert
Relieving Principal

Staff Professional Development

Staff embraced the Aboriginal Education PL which included creating dot paintings under the guidance of Maurice Coolagong (Aboriginal Education Officer and local award-winning Aboriginal Artist). Some hidden talent was found among staff in the office, Science and PDHPE!



TLA Information Evening



Attendance



It's hard to believe that we are almost at the halfway mark of 2023.

Attendance has been a focus area for improvement here at Terrigal High as we get back into the swing of things in our post covid world. Attendance has been on the increase which is pleasing to see. We have 51% of our students attending more than 90% of the time. This time last year, that figure was 36%. A huge congratulations to the student body for making the commitment and improving. Our Year 7 students are our best attenders with an attendance rate of 90.4%. Our Year 10 and Year 11 students have demonstrated the biggest improvement this year. Our school attendance rate is currently sitting at 80.7%, so there is still some work to be done to meet our targets.

To help motivate and reward our positive attenders, we have introduced the attendance raffle each fortnight at assembly. All students who have attendance of over 90% for the term during the fortnight are entered into a draw for the chance to win a \$10 canteen voucher. There is one voucher per year group per fortnight. This then cumulates in the draw for the major prize. Our first term prize was a set of air pods which was won by Maddy C in Year 7. Congratulations!!

Another initiative we have undertaken is the fortnightly attendance blast. The purpose of this email is to update you on your student's attendance rate, be it good, bad, or ugly. If you have any questions about this, please do not hesitate to contact the front office.

As we get into the cold months with sickness, it is important that all absences are explained by return text message or by note within 5 days of the absence. When you are looking at travelling, please advise the school as soon as possible and apply for leave. We also encourage parents and students to look at the calendar and familiarise themselves with the dates of our assessment blocks to ensure that there are no conflicts. Keep up the great work.

Ms Roberts
Head Teacher Administration

All Things SRC

It is both an honour and privilege to be the new Student Representative Council Co-ordinator at Terrigal High School. Ms Caitlin Byrnes, is certainly a hard act to follow! We congratulate Ms Byrnes and Mr Spence, on the recent birth of their baby boy, Sullivan.

This term has been a busy one so far, for our amazing leadership team and for the entire SRC. Marching with our SRC students for the ANZAC Day march in Terrigal at dawn was an honour for both myself and our Principal, Mrs Klempert. Furthermore, listening to our amazing School Captain's, Max B and Cooper B, deliver their heart-felt speech to the Breakers Memorial Club ANZAC Day Service later the same morning was indeed, a proud moment for us both. What a beautiful tribute to our Armed Forces, both past and present, by Max and Cooper and by our SRC students, who marched at dawn.





Our SRC were a great help to Mrs McMartin, in organising our School's ANZAC Service which took place during the first week back this term. All of our members played a significant part in the day's success and our honourable guests, Scott Warr, President of Terrigal Wamberal RSL Sub Branch and both Jack Wade and John George, Vietnam veterans, were in awe of our SRC members and our entire student body for the respect afforded to the occasion.

Our SRC were also instrumental to the success of our School's Open Night on Wednesday evening, 17th May. Our students welcomed our many guests and escorted them to the hall and then were available to guide families to the various faculty displays and to answer any questions from the valuable student perspective. Of course, our School Captains, gladly delivered a speech to all of our guests about their roles and the roles of the SRC, providing these families with great insight into the amazing work of our SRC and their contribution to our school.

On Friday, 19th May, twelve members of our SRC collected donations in shifts from 8:00 am to 4:00 pm, at McDonalds, Erina for the Salvation Army's Red Shield Appeal. They truly were the most incredible ambassadors for our school and were so willing to give their time and effort to raise money to help those on the Central Coast who are far less fortunate. Their community spirit was certainly alive, and I was truly proud of them all.



These are just some of the initiatives that our 32 SRC students have been involved in this term. They are also busy preparing a 'School Fun Day' for the end of this term, not to mention the other tasks that they perform daily, such as helping in the canteen at lunch time to deliver lunch orders and reading out daily notices at our school assemblies. They are also busy preparing for our next visit to Coast Shelter after school in a couple of weeks, to help cook dinner for those in need, not to mention their weekly recess meetings to voice student concerns and ideas to our SRC leaders who then raise these at the weekly meeting with Mrs Klempert, the next day.

No doubt I will have more to report in our next school newsletter. It is such a pleasure to work with these incredible young leaders, whose integrity, work ethic and devotion to our school and the wider community, is indeed, inspirational. These students are AMAZING!!!



Ms Massie
SRC Coordinator & HSIE Teacher

Debating News

On Friday 19th May our debating team went up against BWSC Woy Woy. The topic was, "we should never be suspended from school". Woy Woy was the affirmative team and Terrigal the negative one. Terrigal were the victors in this bout. Well done students!

Mr Watson
English Teacher

Year 8 Passion Projects

The first rotation of Year 8 Passion Projects came to a successful conclusion in Week 3, just in time to put up a display during Parent Teacher night. Year 8s should now be settled into their second Passion Project for the year, enjoying another learning adventure.



Ms Turner
Head Teacher TAS

Science News

THS Waste Audit

Year 12 Earth and Environmental students conducted a waste audit of the school and are working on an action plan to help reduce the amount of waste sent to landfill. Students were guided by Rumbalara Education Centre and found the activity insightful.



Ms Austin
Science Teacher

Dance, Dance, Dance

We have 14 students in the THS Dance Ensemble auditioning for Showcase 2023. We also had Ken G, Allira S, Talita F, Sydney M and Maddi J successfully make it through to the live auditions for Specialist dancers in the 2023 School Spectacular. These students really enjoyed participating in the live auditions and we have our fingers crossed that they are all selected. Well done Dancers!



Our Year 11 Dance students enjoyed running an Open Class for Primary school students.



Mrs Walker
Dance Teacher

Sports News

THS Cross Country

The annual school cross country carnival was held on Thursday 4th May at Adcock Park West Gosford. The day was filled with excitement, energy, and plenty of running. The course allowed our runners to test their endurance and stamina, and it catered for all those students who were happy just to participate by giving them an opportunity to walk in the sunshine.

There were several outstanding performances, with a number of students achieving personal bests. Congratulations to all students who participated and to all of those who were selected to represent Terrigal High School at the Zone Carnival.

School Age Champions

12 Girls – Matilda B
12 Boys – Kyah S
13 Girls – Kit P
13 Boys – Luke S

14 Girls – Tyla C
14 Boys – Nate B
15 Girls – Maia A
15 Boys – Harry M
16 Girls – Sienna P
16 Boys – Cade H
17+ Girls – Heidi Z
17+ Boys – Alex M

Zone Cross Country

The Tuggerah Lakes Zone Cross Country was held at the Central Coast Regional Sporting Complex on Friday 19th May. The new venue and change of track were well received, with more than 30 Terrigal High Students selected to represent Tuggerah Lakes Zone at the Sydney North Regional Cross Country Carnival next month. 8 THS students were named Zone Age Champions after finishing first in their age group.

Zone Age Champions

12 Boys – Kyah S
13 Girls – Kit P
14 Girls – Tyla C
15 Girls – Maia A
15 Boys – Harry M
16 Girls – Sienna P
17 Boys – Alex M
18 Boys – Kai A



State-wide Knockout Competitions

Terrigal High School has been dominating in the round games of the State-wide competitions in a number of sports. Congratulations to the following teams who have progressed through the round games and are into the final stages of the competition.

- Open Boys Hockey – defeated in Sydney North Quarter Final
- Open Boys Basketball – Top 16 in NSW. Playing Quirindi High for a spot in the State Quarter Finals
- Open Boys Football – Sydney North Semi Finals
- Open Boys Tennis – Sydney North Semi Finals
- Open Boys Touch – Sydney North Quarter Finals
- Open Girls Touch – Sydney North Quarter Finals
- Open Girls Football – Sydney North Quarter Finals
- Open Girls Netball – Sydney North Quarter Finals
- Open Bowls – Sydney North Champions. Playing in State Final Series

A reminder that playing in State-wide competitions often incurs a fee per match. This is to cover costs of venue hire, referee payments etc. Team members will be invoiced these costs and they should show on school bytes when the online permission form is emailed.

Sydney North Representatives

Congratulations to the following students who have recently gained selection into Sydney North Representative teams:

- Jade D – Swimming
- Mia E – Swimming
- Sam G - Bowls
- Cooper H – Open Boys Basketball
- Jake E – Open Boys Rugby Union
- Brooklyn R – Open Boys Rugby Union
- Montana M – Girls Rugby 7's
- Miila L – Gymnastics
- Kayla P – Gymnastics
- Kara T – Gymnastics
- Jake E – Open Boys Rugby League
- Brooklyn R – Open Boys Rugby League
- Montana M – Open Girls Rugby League
- Ethan B – U15 Boys Touch
- Jake E – Open Boys Touch
- Brooklyn R – Open Boys Touch
- Kate G – Open Girls Touch
- Ethan D – Open Boys Football



NSWCHS Representatives

Congratulations to Ethan D on his selection into the NSWCHS 1st team for Football.

Ms Playford
PDHPE Head Teacher

Sports Reports

Touch Football

Both our open boys and girls touch football teams have made it into the Sydney North Final Series which is on Thursday 1st of June. They will be competing against the top 7 teams who also won their knockout games to get to this stage. We wish them the best of luck from coaches Playford, Baty and Cook.



Mr Baty
Maths Teacher

Boys Football

The Open boys football team came up against a well organised Gosford High School team in the round of 16 in the Sydney North region of the CHS championships. Going behind three times in the game, the players never gave up, scoring in the final 30 seconds to send the game into extra time. With constant pressure, we were able to score early in the first period of extra time to progress to the semi-final against Kariong High.



Mr Purnell
Maths Teacher

U15 Boys Rugby League

On Wednesday May 10th our under 15's boy rugby league team competed in the city cup gala day at Erina oval. The team was lead by captain Levi B who showed outstanding leadership on and off the field all day which resulted in 2 wins from 3 games. In game one the boys defeated Lisarow 26-4 and in game two the boys defeated St Philips 30-0. The real test was game three, where the boys faced off against St Edwards who looked like the team to beat. The boys started strong and got out to an early 6-0 lead and confidence was high, this led to a tight tussle for the first half going into the break at 6-6. Unfortunately, St Edwards got a large amount of possession in the second half, and scored a couple of tries to run away with the victory despite the boys making tackle after tackle.

Congratulations to all the boys who participated and a massive thank you to all the parents who came to support the team.

Play of the day was a beautifully weighted cross field kick from Jimmy K found a flying Nic J who was horizontal when catching the ball scored in the corner.



Mr McCartin
PDHPE Teacher

Dragon Boat Racing

Portia R in Year 10 recently competed at the Australian Championships as a State representative for NSW and her club, Sydney Zodiacs. She returned with 10 Gold Medals! Portia has been selected to represent Australia at the 16th IDBF World Dragon Boat Racing Championships in Pattaya Thailand in August. Congratulations and good luck!



Wellbeing News

Top Blokes

The Top Blokes program for our Year 9 boys runs every Thursday morning during Terms 1 and 2 this year. Top Blokes aims to improve young male health and well-being by increasing their resilience, empathy, and respect for themselves and others. By doing this, it will reduce the rates of suicides, mental health issues, and antisocial and risk-taking behaviours.



Resilience in Our Teens (RIOT)



Thursday evenings 6:30 – 8:45pm
June 15, 22 & 29

A course by psychologist Michael Hawton that helps parents guide their teens through life's challenges and build resilience.

The course is based on a parent-led approach: Empowers parents to coach their teens through distressing episodes, providing practical tools and understanding.

Resilience in our Teens includes anxiety screening test and resources: Offers an anxiety test, a parent workbook, and a free copy of Michael Hawton's book, Engaging Adolescents.

For more details and to register [CLICK HERE](#)

THS Wellbeing Team

Careers Corner

THS Careers Website

The School has its own career website 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.

Work Experience

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 information on this earlier in the year. If they need a form or more information please see Ms Bates in Careers!

White Card Course

19 students, including 1 girl, from years 9 to 11, are completing the 2nd work safety course for construction sites for this year on 15 June. Notes to go out soon!

Mentoring Program in Terms 2 & 3

Terrigal High's mentor program for some of our year 10 students kicks off on 8 June. The program will run for a couple of hours in the morning each Thursday for 20 weeks. It is a highly rewarding experience for mentors and an invaluable experience for our students needing a little bit of extra help finding their way with post school planning.

UAC (University Admission Centre)

University applications through UAC opened early April. Macquarie University gave a presentation during the year 12 assembly on 16 May and the University of Newcastle held a presentation for interested students at recess on 26 May. The Careers Advisers are also available in the Careers Office to guide students through the process and inform them of Early Entry programs too.

Ms E & Mrs J Bates
Careers Advisers



"WE STRIVE"