Toormina High School is very excited to have two class sets of iPads. A set of 20 is being used in Music and a class set of 8 in Learning Support. iPads are the latest in interactive technology, with touch screens that make them easy to use, compact and portable. They can be used like a small computer but their capabilities go much further with the addition of apps, of which there are thousands. Some of the music apps include Garageband (which allows students to compose and play on virtual instruments then record professional quality music) and Music Tutor which makes Music Theory fun and interactive. Their use in education is limitless and the students are excited to learn!

These sets have been set up with a new system which means they are locked to Toormina High School, and cannot be used on any other network. This makes them extremely secure and easy to manage.

Students in the Support Unit are actively engaged with their iPads purchased at the end of 2012. Specific apps have been downloaded onto each iPad to suit the learners needs, and to reinforce skills in various subject areas. It has taken the students no time to learn their way around this technology and they thoroughly enjoy using them in class.

Some of the applications include assistive technology which can read and predict text for the student and augmentative language apps which enable non-verbal students to communicate with peers and teachers. Educational interactive games provide practice and reinforcement of skills and for less able students 'cause and effect' apps give immediate feedback to keep students engaged in learning. They in no way replace the classroom teacher as students still need to be kept on task and guided thorough levels and stages using a particular app.
School of Rocks

Year 11 Preliminary Biology class spent the day at Woolgoolga completing an assessment on the Rock platform. Students gathered data and collected samples to establish the health and layout of the platform ecosystem, while putting some of their field techniques to practice. The area enabled our young scientists to explore various species and their interaction with the environment for their Ecology assessment.

Ms. P. Maloney
Photos show Cassandra Midson-Davies, Jaiden Harrison and Brendan Britten hard at work.

International Women's Day

On Friday the 8th of March a group of prefects, captains and staff of THS attended the Zonta and Business Womens Network Breakfast at Coffs Ex Services Club for International Women's Day.

Guest speaker Dr Judy Henderson spoke of her inspiring and courageous journeys to Nepal and her illustrious career as a paediatrician. Zonta has recently celebrated the production of their one millionth birthing kit, which are assembled by a team of volunteers and are sent to assist women in Third World countries around the world. We also learnt about the significance of Zonta in advancing the status of women through service and advocacy. The breakfast was an extremely insightful experience.

Article by Remi Hillery and Grace Hayward, School Vice Captains.

Year 7 Police Talks

Senior Constable Snow, the School Police Liaison Officer, ran workshops for Year 7 on March 14 and 15. She covered issues relating to cyber-bullying and how to stay safe on the internet.

L. Mullan
THS Chess Club

THS Chess Club is run by the Maths Faculty, the Coordinator is Mr Liu. The chess club is open to all students who are interested in chess, and the practice time is every Tuesday lunch time in Room 3.
The club will provide chess equipment and you can bring your lunch to eat while playing.
The top 5 students will be selected to represent Toormina High School in the NSW Junior Chess League.
Last week THS Chess Team beat Christian Community school in their first outing.

Meet the Job Detectives

or the Careers Advisor and Transition Advisor - Rob n Rob
Robyn West - An*Ideas*Person Rob Berry - Working*Class*Man

Hospitality

Year 11 Hospitality is in full swing for 2013 with students working towards Certificate 11 Hospitality. Students are starting with precision cuts to help develop their knife skills.
Judy Phemister
Hospitality Teacher

PLANT FAIR

THS Support Unit
ALL WELCOME
Thursday, April 4
10:00am - 2:00pm
Heaps of plants at great prices - Coffee & Cake available

Braidon Mort and Kate Fisher
Uniform

Toormina High students are expected to wear correct school uniform each day. The wearing of uniform displays pride in a school and a sense of belonging to the school community.

The recent wet weather highlights the fact that at times students may not have all the correct uniform. The procedure for being out of uniform is as follows:

1. A note must be brought from home.
2. The note is taken to Mrs Mullan’s office before school.
3. The student will be issued with a uniform pass for the day.
4. The names of students out of uniform without a pass will be recorded.
5. Repeat offenders will be dealt with through the school discipline system.

As the weather starts to turn cooler we would ask that jumpers/jackets are plain black and without hoods. We would also like to remind the school community that rugger shorts are NOT part of our uniform. Girl’s shorts must be black and of a modest length.

Not just Pi in the Sky

Pi - Greek letter \( \pi \), or 3.14159 is celebrated around the world on March 14 (3.14)!

By celebrating Pi Day the Maths Faculty hope to get students thinking, talking and interacting with mathematics around them outside the classroom.

Members of the maths staff designed fun t-shirts about pi to wear for the day.

Photos show Year 8 maths classes forming a human Pi and the staff.

We have listed the equations from the teacher’s t-shirts below (solutions in next newsletter).

Renee Dawson

\[
\begin{align*}
\text{-} & \quad \sqrt{-1} \ 2^3 \sum \pi \\
\text{qt} & \quad \pi \\
\text{(r) & \quad Have your } \pi \\
\left(\pi^5 + \pi^4\right)^{1/2} & = 2.71828 \ldots \text{ and e it too} \\
\text{Too much } \pi & \text{ is increasing my r}
\end{align*}
\]

Team Pi
Joe Anderson, Craig Holden
David Montgomery, SimonLiu,
Adrienne Gillingham,
Jacqui Cooper, Renee Dawson

Right - Year 8 Maths Team Pi

• \( \sqrt{-1} \ 2^3 \sum \pi \)
• \( qt \pi \)
• Have your \( \pi \)
\((\pi^5 + \pi^4)^{1/2} = 2.71828 \ldots \) and e it too
• Too much \( \pi \) is increasing my \( r \)
Making a smooth start to secondary school

Getting used to new subjects and new teachers, as well as forming new friendships are just some of their challenges during this period.

Starting secondary school is a time of change and uncertainty, which places new demands on kids. Being at the bottom of the pecking order where they are unsure of the playground hierarchies is just one adjustment that they need to make. Getting used to new subjects and new teachers, as well as forming new friendships are just some of their challenges during this period.

Some kids take these new experiences in their stride but it is natural to experience some difficulty, particularly as it’s accompanied by the potentially unsettling transition from childhood to adolescence. It’s no coincidence that children’s learning levels cut in the transition year presumably because the social tasks of adjustment take precedence over academic performance.

It helps to remember the 3 P’s to assist your young person to settle in:

1. Patience
   Be patient and understanding in the early weeks. Brush up on your listening skills as you help your young person adjust. Talk to your young person about change and reassure them that it is normal to feel nervous in new circumstances. Let them know that many of the difficulties they face will be temporary.

2. Positive attitude
   Confidence is catching so make sure you see this transition time as an exciting challenge that your child can handle rather than an event to be feared. Ask them about the new subjects or interesting activities they are doing, and try to shift their focus to the positive aspects of school. Discuss settling in problems with the appropriate person such as a year level coordinator, but give your young person time to handle them on their own before seeking help.

3. Process their day
   Some young people may come home with fairly exaggerated accounts of secondary school and may not always paint a fair picture. They can be sensitive to many things, which they would have shrugged off in primary school. It helps if you can listen without judgement and show a real interest in their new school, while providing them with the space they need to get away for a while. Expect some behaviour blowouts as many kids let off some steam in the safe and stable environment of a loving family.

   If your eldest is starting, then secondary school will be a relatively new experience for you too. It will take some time for you to adjust to the school’s culture and communication methods.

   Although secondary schools may seem a little foreign for those used to the relative intimacy of primary schools one aspect is the same – outcomes for students is maximised when schools and parents work together in the best interests of the student.

   One way to support your young person’s school is by actively promoting the schools’ values. For instance, if respect is a prominent school value then you can discuss this in relation to the way your young person behaves around friends, relatives and family.

   Most importantly, talk your young person’s new school up, rather than talking it down as kids of all ages take their cues from the most significant adults in their lives - their parents!

Published by Michael Grose
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For more ideas, support and advice for all your parenting challenges visit: www.parentingideas.com.au

PO Box 167 Balnarring VIC 3926  R,  03 5983 1798  F,  03 5983 1722  E,  office@parentingideas.com.au

Construction Industry Training Day at THS

A Training Day will be held on **Friday the 3rd May** for students wishing to gain a **General Certificate in Occupational Health and Safety for the Construction Industry**.

This certificate will allow students to access construction and building sites for Work Experience or paid employment as required by Occupational Health and Safety legislation. The training day will provide students with a certificate that will be a valuable inclusion in their resume and will be requested by employers before entering a construction site.

This certificate is required for any Work Experience positions that may involve work being carried out on a construction site; for example builder, plumber, electrician, bricklayer, concreter, cabinetmaker, kitchen installer, glazier and air conditioning installer as well as careers in quarrying, mining, surveying and excavation industries. Even an architect, interior designer or engineer may be required to have this certificate if they intend doing any work on a construction site.

The training day will be held at Toormina High School starting at 8.45 a.m. The cost will be $100. A $20 deposit can be made now with full payment due by Wednesday the 1st of May.

Students must also provide proof of identity on the day of the course. As a minimum requirement students will need their School Photo ID card. Other acceptable forms of ID include: Passport, Drivers Licence.

There is a strict limit of 20 students for this course and places will be allocated on a first to pay basis. See Mr Berry or Mrs West for further details.

Regional Representatives

Some of our regional swimming representatives from back left, Grace Murdoch, Catarina Gordon, Amanda Zerbe, Geoffrey Hemmant, Zone Manager - Steve Place, Travis Lee, Front left - Matilda Murdoch, Sarah Bailey, Georgia Ensbey, Jasmyn Newcombe, Jessica Lee, Georgina Field

Absent from photo - Zone Manager Neal Greenway, Taylah Elkins-Baker, Ella Shaw, Jaydan Stevens, Corey Warn, Liam Taylor, Blake Greenway, Simon Greenway, Mitchell Elkins, Jake Saunders

THS Combined High School Representatives

Rated PG
Recently, Year 11 Exploring Early Childhood students had the opportunity to experience the May Be Baby Simulators for one week. This valuable opportunity provided 'hands on' experience in handling/holding babies, comforting, feeding, changing nappies and general care and responsibilities required to care for a new born baby.
The experience had positive and negative reactions but overall the class was grateful for the opportunity.
J. Parbery
Pictured with their 'babies' are Hannah Jackson, Anne Stewart, Sarah Gregg, Amy Duffy and Hope Rose.

English Extension Experience
The Year 12 English Extension 2 Class attended a three day ‘camp’ in Bonville to provide experiences and a network of help to students studying this subject in the region. The camp included presentations to maximise marks as well as memorable experiences such as archery, ice skating, the zorb ball and the leap of faith.
The camp was attended by students from Grafton to Wingham and has provided everyone with an opportunity to meet new people and to represent our school in the wider community.

Principal's Column
Dear Parents,
The school year continues to be very busy. This year our students have excelled themselves with their participation in numerous events, including successful representation at the state swimming carnival to be held next month, in record numbers.
Record numbers also have been recorded in excellent student behaviour within and outside the classroom. Our students are to be commended for their commitment to their citizenship, friendship and their studies.
I would like to continue the input for you about suicide prevention. Staff have this information and use it to support anyone at risk of serious harm. The information emanates from the Mental Health First Aid Guidelines:
If you suspect someone may be at risk of suicide, ask them directly. Do not avoid the word “suicide”. Ask the question without dread and without expressing a negative judgement, e.g.
· “Are you having thoughts of suicide?”
· “Are you thinking about killing yourself?”
If you appear confident in the face of a suicide crisis, this can be reassuring for the person concerned. Showing that you care and want to help is important. Express empathy for the person and what they are going through. Let the person know that thoughts of suicide are often associated with a treatable mood or other disorder – this may give some hope. Let them know that thoughts of suicide do not have to be acted on and that they are not uncommon.
Speaking about suicide does not put the idea into someone’s mind. A myth is that someone who talks about suicide is not serious – in fact, it may be that they are indicating just how badly they are feeling.
Your role, if someone says they are suicidal, is then to enlist professional psychological and medical help. 

Liz Donnan
**In the Library**

**The Hunger Games by Suzanne Collins**

The Hunger Games is a thrilling, dramatic, action packed book that is so hard to put down, your parents will have to snatch it out of your hands and put it in a safe so you will go to bed! You may have seen the movie and think that it was the greatest thing on earth, but trust me, the book is better.

The Hunger Games is the first of the trilogy written by Suzanne Collins. It follows Katriss Guerdeen, a teenager who lives in District 12. You see her battle in a game that puts 24 children, aged 12-18 and sees them battle to the death. The best and saddest part of the book, I think, was Rue’s death. It was just so emotional and beautiful I was in tears.

This is one of my favourite books, it’s the most epic and powerful book I have ever read.

The library has all the books in the Hunger Games trilogy: The Hunger Games, Catching fire and Mockingjay. Remember, if a book is already out, you can reserve it.

*This Book Review was written by Natalie Hawkins Year 8.*

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**Tournament of Minds**

**Toormina High**

Each year Toormina High School participates in a programme especially suited towards our gifted and talented students called ‘Tournament of Minds’. Students are required to solve demanding open ended challenges from one of the following disciplines:

- Applied technology
- Language literature
- Maths Engineering
- Social Sciences

Tournament of Minds is an opportunity for these students who have a passion for learning and problem solving to demonstrate their skills and talents in an exciting, vibrant and public way.

Tournament of Minds looks beyond the student’s academic achievement and understands that the pursuit of excellence knows no boundaries. It is a total experience, allowing these students to work in a team and to literally think outside the square. It is rewarding, challenging, and value adding. It does require discipline and some after school and weekend work. If your child would like to participate please ask them to see Mrs McDowell in the library as soon as possible. Believe me, it is worth the effort!

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**Term 1**

**Weeks 9/10**

**IMPORTANT DATES**

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<td>• Celebration Assembly</td>
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<td></td>
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<td>Wednesday</td>
<td>27.3.2013</td>
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Contact us:
Toormina High School, Armstrong Drive, Toormina 2452
t.(02) 6653 3077 f. (02) 6658 2310
e.toorminah.school@det.nsw.edu.au
www.toormina-h.schools.nsw.edu.au