Year 10 participated in the Toormina High School annual ‘Love Bites’ Program in weeks 2, 3 and 4 of this term. Love Bites is a program that focuses on the development of respectful relationships and violence prevention. Our Year 10 students developed the skills to identify what a safe, equal and healthy relationship is and also developed respectful conflict resolution skills and problem-solving skills.

The Love Bites program consisted of a morning session involving two interactive educational workshops on Domestic and Family Violence and Sexual Assault. In the afternoon our Year 10 students participated in an Art Workshop where they were able to express their ideas about relationships and sexual assault on canvas.

A huge thanks is extended to our wonderful Mid North Coast Health workers and educators and Senior Constable Snow for presenting the ‘Love Bites’ Program.

Thank you also to Lina Bluhm, Sheridan Watkins, Lisa Mullan, Annie Harman and Brad Poidevin.

Adrienne Gillingham - ‘Love Bites’ Coordinator
‘Love Bites’ Continued

Below are some quotes from students who attended the ‘Love Bites’ Program.

“I didn’t know how serious domestic violence was.”

“Some people don’t take notice of other people’s feelings.”

“I am so proud of my Year 10 group. They were honest, creative and caring.”

“I didn’t know there were so many types of abuse.”

“It really opened my eyes.”

“It was mad!”

“I was educated and I learnt awareness when dealing with domestic violence and sexual assault.”

“I never want to be afraid to speak up.”

“The way it was taught was fun and enjoyable.”

“Thank you for a wonderful, educating day, I wish we could do more of these.”
Our school is delighted to announce that we have received funding to operate a homework centre. The funding has been provided primarily to ensure that students who have English as a second language have access to resources and teacher help for their homework and assignments. We are, however, opening up the centre to all students who have a need to access teacher support and library resources, including computers with internet, in order to complete their required school work.

Hours of Operation will be:
   Monday - 3:30pm to 5:00pm
   Thursday - 3:30pm to 5:00pm

All students have access to this centre. There will be at least two teachers in attendance on each day. These teachers will come from a number of faculties across the school.

Students will be expected to sign in and out of the homework centre. We believe that this centre will be an asset to our school and especially beneficial to those students who do not have access to computers and/or internet at home. We strongly encourage students to make use of this service.

For further information regarding the Homework Centre please call Mrs Gaye Devoy on 66533077.
Year 7 2016 Extension Class Applications Now Open

Applications are now open for Toormina High School’s Year 7 2016 Extension Class.

The extension class has been established to meet the needs of talented, motivated students. The students in this class will be taught an appropriately broadened, extended and accelerated curriculum and will be challenged, motivated and inspired.

Placements in this class are based on student applications and an interview.

Information kits and application forms are available from the school and are also available on our website under Curriculum and Activities - Learning Extension.

For any further information or questions please do not hesitate to contact Mrs McRae - Head Teacher Welfare.

YEAR 10 INTO YEAR 11 2016 CAREERS MARKET DAY & PARENT INFORMATION EVENING
THURSDAY 21ST MAY

Youth Directions and Directions Plus Careers Expo - Coffs Harbour Racing Club

All Year 10 students will travel by bus to the Coffs Harbour Racing Club where over 50 exhibitors will showcase various career options. There will be an opportunity for students to participate in Health Careers workshops, gather information and ask questions.

Permission notes plus $3 must be handed in to the front office by Monday 18th May. Notes are available from the Careers Office.

Buses will leave Toormina High School at 9.15am and return by 11.30am.

Year 10 – 11 Subject Information - Toormina High School Library

Following the Expo Year 10 students will have a late recess back at school followed by an information session in the Library from 12 noon – 1pm. Following lunch, school faculties will present their Year 11 subject choices for 2016 in the form of an Expo in the Library. Students will have the opportunity to speak to teachers about possible subject choices. The Careers Adviser will be available to speak to individual students.

Parent Information Evening - Toormina High School Library

Parents of our Year 10 students are invited to attend the Year 10 into Year 11 Parent Information Evening which will be held on Thursday, 21st May 2015 in the Toormina High School Library from 5.30pm until 7.30pm.

Information available on the night will include:
- Presentations explaining; HSC (Higher School Certificate), RoSA (Record of School Achievement) and ATAR (Australian Tertiary Admission Rank)
- How parents can best support their child/children in the transition from Year 10 to Year 11
- Senior Subject Selection choices
- Displays by various faculties
- Pathways of study in Senior years

THIS FULL DAY OF CAREERS AND SUBJECT SELECTIONS WILL BE VERY VALUABLE FOR ALL YEAR 10 STUDENTS - PLEASE MAKE SURE ALL STUDENTS ATTEND

WE HOPE TO SEE AS MANY PARENTS AS POSSIBLE IN THE EVENING AT OUR INFORMATION EVENING AS THERE WILL BE THE OPPORTUNITY TO TALK TO TEACHERS AND CAREERS ADVISERS ON THE NIGHT
On Thursday 7th May our Art & CAPA students put on a wonderful display of their works to date. School staff and students enjoyed the lunchtime exhibition greatly. The students are to be commended for their talent and extraordinary skills. On this page and the following page are photos of some of the wonderful acts and artwork that was featured during the display. Keep up the great work and we can't wait to see your next celebration of talent.
Coffs Harbour Show Girl Competition

Two of our students, Kaitlyn Bland of Yr 10 and Zara Saxby of Yr 7, are competing in this year's Coffs Harbour Show Girl Competition. As part of the competition they become ambassadors for the show and help out during the show weekend. Below each of the girls has given us a personal insight into the competition.

Kaitlyn - I started the Show Girl competition when I was 10 which was in 2010. I was very shy, but I progressed through the years. I became more independent and learnt a lot about Coffs Harbour. There are different stages of judging and they include:
* The Interview - You are tested on your knowledge of Coffs Harbour and how you speak in front of a panel of 3.
* The Cocktail Party - You are tested on how you mingle and get to know all the sponsors of this year's show.
* The Show - On Show Day we help in the kids area. When the parade begins we get in Vintage Cars and drive around in the parade and the winner is announced as well.

Zara - This is Zara's first competition. Her mum signed her up. The panel asked her questions about herself and Coffs Harbour. Zara had her hair and make-up done by the TAFE students and borrowed clothes from a boutique in Sawtell to wear to the Cocktail Party.

On Saturday she will participate in the Grand Parade travelling in a Vintage Car and then will wait for the winners to be announced. During the show she will be helping out with the Jumping Castle.

We wish you both all the best for the weekend and good luck in the final judging.

Year 10 Work Experience 2015

All year 10 students are expected to complete a week of Work Experience as part of their pattern of study.

Some of the benefits of participating in the Work Experience program are:
* Greater chance of developing employment related skills and personal attributes such as communication, team work, personal presentation, organisation, self-esteem, motivation, problem solving and self-management
* Increased chance of part-time work
* Add Work Experience to a resume
* Increased knowledge about career interests and possible future pathways
* Guide to subject choices for year 11

Dates for Work experience are:
1. Term 3 Week 3  July 27th – July 31st
2. Term 4 Week 9  Nov 30th – Dec 4th

What you need to do:
* Make some decisions regarding the type of Work Experience you are interested in
* Research possible employers by phone, websites, relatives, friends
* Check with Mrs West or Mr Francis about the suitability of your choice
* Go to Toormina High School Website > Careers > THS Careers > Important Information > Work Experience
* Print off the Student Placement forms
* Fill in the 4 different sections:
  1. Student Information
  2. School details
  3. Host employer details
  4. Parent permission
* Hand the completed forms in at the Careers Office at least 2 weeks before your work experience date
2015 Year Group Excursions Reminder

Just a reminder that the following excursions are coming up. To secure your child’s place please pay the following deposits BEFORE the due date:

Year 7 with Miss Watkins: Day trip to Coffs Coast Adventure Centre in Bonville
$30 deposit is due by Friday 18th September

Year 8 with Mrs Gillingham: 3 days to the Great Aussie Bush Camp to Tea Gardens
$50 deposit is due by Friday 26th June

Year 9 with Mr Anderson: Day trip to Sea World on the Gold Coast
$50 deposit is due by Friday 22nd May

Year 10 with Ms Bluhm: 4 days to Moreton Island in Queensland
$170 deposit is due by Friday 29th May

Please contact your child’s Year Adviser if you have any further questions regarding the excursions.

University Of New England Open Day Excursion

On Friday 1st May we attended the University of New England Open Day accompanied by Mrs West - Careers Adviser.

We enjoyed the campus tours which included various colleges, faculties and university facilities that are available. Although we experienced a cold day in Armidale, with the threat of flooding on our way back down Waterfall Way, it was an excellent day and well worth the trip.

I would highly recommend this excursion to any students considering attending UNE in the future.

Kaila Jones - Year 11 Student

CREST Update

Due to family commitments I will be away during weeks 5 to 10 this term, so I have set up a small group structure among the CREST students which will enable students in similar classes to support each other.

During weeks 1-4 Term 2, I have worked with the CREST students as usual, as well as showing them some ways they can work with others in their Study Group during the rest of the term. By doing so they will enhance their ability to work independently and collaboratively, plan and edit their own work, offer constructive feedback and manage their time effectively to meet deadlines. All of these are important skills for future employment.

I will return to school Term 3 and the CREST program will resume, with both rostered mentoring sessions with me and small group support continuing.
Principal's Column

In recent weeks there have been media reports on university studies comparing academic outcomes for public and private school students in Australia. I was not surprised that these found no difference between public and private schools, once student background was taken into account. What did make a difference were things like the age and gender of the child, their health status, the initial stock of skills that the child has before commencing school, their parents’ level of education, the neighbourhood they grow up in, household income and the number of books in the home. This reinforced the findings of other studies, some of which have found advantages for public school students in social development and university performance. Accordingly, congratulations Toormina parents – your children are receiving an excellent education, and you are saving thousands in school fees every year! If you missed the 60 Minutes report on this subject, go to www.9jumpin.com.au/show/60minutes/stories/2015/april/public-vs-private

Joanne Bellette - Relieving Principal

THS Students Congratulated on Anzac Day Presentation

The school recently received a lovely letter regarding students behaviour at the recent Anzac Day Ceremony held in Sawtell. In the letter Mrs Elsie Cooley congratulates the two Toormina High School students, Lil Ross and Justin Pryce, who gave an address,”Their presentation was without fault, they are a credit to the school and their parents.” Mrs Cooley also stated, “As an old ‘Toormina Mum’, dating back to when the school opened I was especially proud to see the school so well represented.” Congratulations to all students who represented the school and made us proud.

P&C News

Our P&C ‘Your Inspiration At Home’ Fundraiser orders need to be in to school with payment by Thursday 21st May. The school will receive valuable funds from the sale of the products so please support us and help support your children at school by purchasing some of the delicious products. Don’t forget to let your neighbours take a look at the catalogue as they may like to order also.

Uniform Shop News

With the cold weather upon us please remember that the Toormina High School Jumpers are now available.

Shop Hours
Monday, 8:30am - 12:30pm
Thursday, 1:30pm - 5:30pm

THS Uniform Shop
0468436217

Please leave a message

SPIRIT OF TOORMINA AWARDS

Congratulations for showing a fantastic attitude that embodies the Toormina High School philosophy of caring, sharing and participating...

Mattea Andrews
Kelsey McGrane
Keeden Corliss
Damion Dumas

IMPORTANT DATES - WEEKS 5 & 6

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<tr>
<th>Day</th>
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<td>Mathematics Examination</td>
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<td>Mathematics Day Armidale</td>
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<td>10,11,12</td>
<td>Defence Force Talks</td>
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<td>MON</td>
<td>18/5</td>
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<td>Science Examination</td>
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<td>18/5</td>
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<td>ZONE Cross Country Grafton</td>
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<td>TUES</td>
<td>19/5</td>
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<td>ATHLETICS CARNIVAL</td>
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<td>19/5</td>
<td>11,12</td>
<td>HSC Beat the Stress Day CHEC</td>
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<td>WED</td>
<td>20/5</td>
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<td>‘Core of Life’ All Welcome</td>
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<td>21/5</td>
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<td>P&amp;C Meeting 5pm</td>
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<td>Market Day &amp; Parent Information Evening</td>
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<td>21/5</td>
<td>All Welcome</td>
<td>Support Unit COFFEE SHOP</td>
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<td>Orders Due Today to School Office</td>
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<td>FRI</td>
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<td>Mathematics Examination</td>
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<td>RELAY FOR LIFE</td>
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<td>7 &amp; (some) 8,11,12</td>
<td>Vaccinations</td>
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<td>TUE</td>
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<td>9 &amp; 10</td>
<td>‘Core of Life’</td>
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<td>WED</td>
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<td>Sausage Sizzle for Nepal</td>
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<td>FRI</td>
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<td>Whole School</td>
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ARMSTRONG DRIVE, TOORMINA NSW 2452 026653 3077 toormina-h.school@det.nsw.edu.au www.toormina-h.schools.nsw.edu.au
Bicycle Helmets Save Lives

A number of students have been spotted riding to or from school WITHOUT a helmet on or with their helmet not properly secured.

Helmets are a legal requirement when riding a bicycle in NSW.

The helmet laws for cyclists of all ages in NSW help prevent head injuries and brain damage from falls and crashes. Under the Road Rules on the NSW legislation website a bicycle rider on roads and road-related areas must wear an approved bicycle helmet securely fitted and fastened. This applies to all cyclists, regardless of age, including children on bicycles with training wheels and any child being carried as a passenger on a bike or in a bicycle trailer. The current fine for not wearing a helmet is $69. We urge you to please talk with your child/children regarding the wearing of a helmet.

“Level UP!” Youth Festival

Haven MNC, in conjunction with Headspace and Mid Coast Communities, are running a youth event called “Level UP!” on the 23rd of May at the Coffs Harbour Racecourse. Level UP! is a family friendly event aimed at Youth (Ages 13-25) but open to all ages. The day will consist of games, workshops, competitions, stalls and information sessions all with a strong focus on ‘pop’ and ‘nerd’ culture. Some of the activities include: Cosplay Competition, Zombie Runs, Quidditch Matches, Live Forging, Debates, Pokemon Tournaments, Yu-Gi-Oh Tournaments and much more. For more information or to sign up online visit http://midcoastcommunities.org.au/events/level-up/

THS Lucky Draw!
WIN A LAPTOP!

If you pay your student voluntary contributions by June 26 your name will be in the draw to WIN one of 3 LAPTOPS!

School Parking Zones

Please be aware of School Parking Zones and Signage as they are there to protect your children.

Parents who are not obeying the School Parking Zone rules are putting the lives of our students at risk.

School Parking Zone fines start at $173 for parking in a No Parking Zone and go up to $311 for stopping in a No Stopping Zone, Bus Zone or Double Parking.

The speed limit during School Zone times is 40 KPH - PLEASE SLOW DOWN!!!