20m off the ground, our intrepid Deputy Principal, Paul Baxter, flies through the air with the greatest of ease.

SEE YEAR 7 ADVISOR, BEN McCARTNEY’S PAGE 3 REPORT ON HIS FIRST THS SCHOOL CAMP

RECORD 23 CRATE STACK

www.tomaree-h.schools.nsw.edu.au
FROM THE DEPUTY PRINCIPAL’S DESK

Welcome, the term is progressing at such a fast pace – Easter is nearly upon us; Year 12 students sit for their half-yearly examinations at the end of term; and then Term 1 will finish soon afterwards!

2013 DATES TO REMEMBER
Mon 25th March School Photos
Tues 26th March Year 9 Easter Show Excursion
Wed 27th March School Athletics Carnival
Thurs 28th March School Athletics Carnival
Wed 3rd April School Cross Country
Fri 12th April Last day of Term 1
Wed 1st May First day of Term 2

New National curriculum
Staff are busily planning for the introduction of new syllabuses in 2014. The Australian Curriculum, Assessment and Reporting Authority (ACARA), in collaboration with states and territories, has developed agreed Australian curriculum for English, Mathematics, Science and History. Other learning areas will introduce new syllabuses after 2014. In NSW the Board of Studies has worked closely with teachers and education stakeholders to develop syllabuses that include Australian curriculum content. As a result the new syllabuses in English, Mathematics, Science and History will be taught in Years 7 and 9 in 2014 and introduced into Years 8 and 10 in 2015. New syllabuses will also be introduced in primary school. The Department of Education and Communities has allowed schools an additional staff development day at the beginning of Term 2 so that staff can engage in professional learning about the new syllabuses. As a result, students will return to school on Wednesday 1 May 2013. More information about the new syllabuses and other information for parents can be found at: http://www.boardofstudies.nsw.edu.au/parents or http://syllabuses.bos.nsw.edu.au

National Day of Action Against Bullying and Violence
On Friday 15 March Australian schools will be participating in the third National Day of Action Against Bullying and Violence. The Minister for School Education Peter Garrett has encouraged all schools to “Take a Stand Together” and to raise awareness of their policies and initiatives that encourage positive behaviour and counter bullying in their school communities. At Tomaree HS we will be promoting a range of strategies and initiatives to highlight this important message. As Minister Garrett recently said in the media, “the message is clear – we say no way to bullying in all shapes and forms including cyber bullying, physical violence and intimidation. There is no place for bullying or violence in, or outside, our school.” We have always strongly encouraged students to report any incidents of bullying so that appropriate measures can be taken and ask for your support as well. Students can download a free iPhone app „Take a Stand” to keep bullying tips close to hand http://www.takeastandtogether.gov.au/under13/downloads/index.html and the Bullying No Way website is an excellent place for parents and their children to start discussing the anti-bullying message: www.bullyingnoway.gov.au

Paul Baxter
Deputy Principal
MY YEAR 7 CAMP  by Ben McCartney

With bags packed to the brim and extra undies just in case, the enthusiastic entourage of 208 excitable Year 7s finally boarded their buses on Wednesday morning.

The warmth of the sun was a welcome break from almost a week of torrential rain and set the tone for the day. Feeling bright, cheerful, full of wonder and energy, we enjoyed the short trip north to the Great Aussie Bush Camp. We were hurled off the busses grabbing gear at random, then unpacked the bare essentials in our cabins - like sleeping bags, i-pod chargers and hair care products - some for the girls also.

The first activity was lunch! Everyone succeeded, then with clean plates and cutlery it was off to the real challenges. Some danced on the high wires, while others built record-breaking monuments to the skies which they climbed with effortless finesse. The fearless Deputy Principal was hoisted 20+ metres into the air. With a mighty yank and white knuckles, he was set free to swing through the atmosphere before safely arriving back on earth. A quick change of pants and round two began with canoeing, archery, and team building activities filling out the day.

The first evening had the mighty minions going commando as they donned matching outfits of army prints and black face paint that terrified the locals. As the sun descended, and the rules were read out around a roaring fire; smoke filled their eyes and the hostages were taken deep into the jungle. Relying on their animalistic prowess, hunting parties were forwarded into the great unknown trudging through the mud and debris. A number of successful raids were conducted and victory was felt through the camp.

A solid night’s sleep and we were ready to go again. Each group rotated through the activities including a perilous canyon and lake crossing on the flying foxes and a dainty step from a 10m tall pole in the ‘leap of faith.’ Great inspiration came from our fearless vision impaired student, who, having climbed skyward, stood with arms outstretched, and, to thunderous applause, leapt into the unknown.

As the sky began to leak slowly in the early evening we made our way to a disco with plenty of jumping, shaking, screaming and rejoicing. Finally, exhausted, it was again off to bed. With the dawn of the final morning came the rain. Torrential is an understatement. An uncharted river developed at the front gates, raincoats did little to prevent the penetrating downpour. But spirits remained high as indoor challenges brought the camp to a close.

Boarding the coaches and saying farewell to new friends was a difficult time but our kids finally arrived back to school returning to their loving families once more.

I am extremely proud to have had the privilege and opportunity to attend camp with such a wonderful group of students. All the teachers and staff complimented them continuously and for good reasons. They tirelessly participated, patiently observed, enthusiastically assisted and flawlessly demonstrated the core values of Tomaree High School.

Looking forward to the next challenge,

Ben McCartney
Year Advisor in Training.
TOMAREE HIGH SCHOOL
INFORMATION EVENING

2014 Year 7 Parents
Are invited to a
Parent Information Evening
At the Tomaree Public School Hall

Wednesday 27th March 2013

Information Session from 7pm – 8pm
Optional High School tour from 6:00pm
Outline of primary to high school transition activities
Answers to questions raised in parent surveys
CAPA and Academic Extension Class application process

For further information contact
Karen Thurlow: karen.thurlow@det.nsw.edu.au or ph: 4981 1444

Peter Partridge
Principal
WOULD YOU LIKE TO HOST A JAPANESE STUDENT?

Forty two Japanese students are visiting us March 25 - April 3 and the school urgently needs more host families. CAN YOU PLEASE ASSIST? This is a wonderful opportunity to experience someone from another culture and show them our way of life.

Billets need to have access to their own room and be provided with breakfast, lunch and dinner and it’s envisaged host families would enjoy activities with their visitors during Easter. There is a payment of around $200 to the host family to assist with costs. Application forms are available at the office. An information evening will be held for host families next Thursday, March 19.

The students will have a 3 hour English class at school each morning and then join in normal classes and a range of fun activities have also been arranged.

On Tuesday, April 2, a dinner will be held and host families will be requested to bring a meal to share. The visiting students will give a performance. On the last day, host families will be invited to a small assembly where students will be presented with certificates and small gifts before leaving for Sydney Airport.

THANK YOU FROM P & C ASSOCIATION

The P&C would like to say a big thank you to the staff members who gave up their time to speak at the Parent Forums on Wednesday, February 27 and Wednesday, March 6. The presentations were extremely informative and we were heartened to see the number of parents and carers who attended, making both evenings successful.

During the year, the P&C will be holding more Parent Forums with the aim of providing valuable information to the school community.

Upcoming P&C events include:

Wednesday, 10th April - P&C Meeting, 7pm in the Teachers Common Room
Wednesday, 29th May - Parent Forum, 7pm in the Teachers Common Room - a presentation by Police Liaison Officer, Margaret Sordo, on CYBER SAFETY

A warm welcome is extended to everyone - we hope to see you there.

Leanne Veasey
P&C Publicity Officer
TITANS QUALIFY AS PORT STEPHENS 1 IN CHS COMP

Last Thursday, Tomaree High School’s open girls’ netball team, the Titans travelled to Raymond Terrace to participate in the CHS netball knockout tournament.

The team’s first match was against Hunter River High who were short a wing defence for the first half. However, Tomaree was unable to capitalise on the advantage going into half time with scores even. With the arrival of the oppositions 7th player, Co-Captain, Sigrid Allen and Percy Collins stepped up in defence providing opportunity for our speedy mid-court players, Emma Cram and Emily Orr, to move the ball swiftly into our attacking third. With the help of some confident shooting by Issy Stefanish and Co-Captain Pippa Smyth, Tomaree was able to score a run of goals in quick succession to put on a convincing win.

It was a close first half again in the second game against Francis Greenway. Tomaree had plenty of scoring opportunities, but struggled to drop goals and gave away too many possessions. A change of attitude at half-time and a few positions saw Tomaree move clear of the opposition and take a convincing win.

The temperature began to soar and the breaks were down to 5 minutes between matches. Tomaree took the court for the third match of the day against the girls in green, Irrawang HS. Irrawang proved no challenge for the mighty Titans! Briley Clifford demonstrated class with her shooting skills giving Tomaree an unbeatable lead.

The last match, in which Tomaree needed success to secure their place in the 5th round of the CHS competition in Newcastle, was against Dungog High School. Bobbi Law displayed some lightning quick moves in defence providing the ball in the mid court to Georgia Waugh, who worked tirelessly to send the ball to the attackers. The final score 43-12 highlighted the quality of the Tomaree team.

A special thankyou to Brooke Price for umpiring in hot difficult conditions - she did a great job!

Congratulations to the team for displaying such a positive attitude and competing with drive and passion. A great day and a fantastic result. Tomaree qualified as Port Stephens 1 for the 4th consecutive year. Well done!

Sarah Bergan
Coach
Commendable efforts at the Regional Swimming

Twenty two swimmers from Tomaree High School attended the Hunter Regional Championships at Maitland Pool on March 5, competing in 13 individual events and 7 relay teams.

Lily Hampstead placed 2nd in the 14 year Girls’ 100m Backstroke; Georgia Woodley came 3rd in the 15 year Girls’ 200m Freestyle; Kyle Morison was 1st in the 15 year Boys’ 50m Freestyle and 3rd in the 15 year Boys’ 200m Freestyle.


All of these swimmers have been selected to go to the CHS carnival on April 4 – 6 at Homebush Olympic Pool. In other relays, our 15 year Girls’ finished 6th; 17 year Girls 5th; 15 year Boys’ 5th; Knockout relay 4th and the Girls’ All Age relay 5th. **There were many other fine swims by our competitors and they are to be congratulated on their efforts.**

(Photos above - Back Row: Lily Hamstead, Emma Cram, Josh Hersant, Davis Wood, Jack Hawking. Front row: Kyle Morison, Hayley Dufour, Sam Burns, Georgia Woodley)

(Photos below - left: Lily Hampstead and April McGillicuddy from the 14 year Girls’ 4x50m Freestyle Relay right: CHS qualifiers Georgia Woodley and Kyle Morison)
World Education Program (WEP) Australia is now accepting applications from students who wish to participate in 2013/14 exchange programs for a summer, semester or year. Students can choose to study and live life with a carefully selected host family in more than 25 countries.

I did it! 10 months in a foreign country, without knowing the language, culture and not even a single person at first. I have experienced unforgettable moments of highs and lows, but I can’t imagine not having done this now. Thinking about all the amazing people I’ve met, the lessons I have learnt and things I have seen, I feel really lucky to have been here living a different life. I have no regrets, as I have grown to be more mature, open to life and aware of the world around me. Despite it being hands down the hardest, it has also been the best thing I have ever done for myself. I now feel ready to start life in Australia with a clearer idea of who I am, knowing my strengths, weaknesses and my future goals. Exchange has really helped me define myself and become a stronger and more confident person.

Alison (Moreton Bay College) year program to Italy

Exchange students return to Australia with maturity, confidence, and in many cases, proficiency in another language. If learning another language is not for your child, excellent programs to the USA, Canada, Ireland and the UK are also available.

Scholarships to Argentina and China and Early Bird Specials are now available for programs commencing in 2014!

Become a WEP Host Family! Experience the joys of hosting an exchange student and gaining an international family member. Visit www.wep.org.au to find out more.

Find Out More!
Request a free information pack. Visit www.wep.org.au, email info@wep.org.au or call 1300 884 733.
FOOD TECH STUDENTS ‘TAKE THE CAKE’ AT NEWCASTLE SHOW

Year 11 Food Technology students took the opportunity to enter their Butter cakes in the Newcastle Show this year.

Each student worked diligently to prepare their cake tins correctly, cream the butter and sugar perfectly, sift the flour with utmost care and precision before mixing all the ingredients together and pouring into the baking tins.

This attention to detail paid off with Karlee Bell winning the Junior (12 – 18 years) category and then going on to win Champion Cake.

Other students who achieved “Highly Commended” were Bethany Newey, Teghan Manwaring and Celine McAliece.

Congratulations to all those students who entered the competition.
Liz Smith

EMPATHY FOR POVERTY

My class is currently studying hunger in developing countries. One of their tasks was to create a poem about poverty. I was really impressed by the quality of work from the class and the variety of poems I received. I have copied one of the poems (an acrostic poem) below. It is by Year 10 student, Andrew Allen.

Poverty Poem

P
Places I have never been, people I have never seen
O
Over time I can’t believe, people dying in poverty
V
Visualising places over there, with violence and crying in the air
E
Everyday I get up smiling, everyday they get up just surviving
R
Realising that to live their lives, they are also making a big sacrifice
T
Tomorrow I can only hope, that their will might shine and glow
Y
You wish you had some food to give, they wish they had some food to live

H
Hundreds of families love apart, the parents left with a broken heart
U
Under-aged kids with so much will, their stomachs with a gap to fill
N
No one know where they are, because they’ve been left out in the dark
G
Getting their kids in their arms, hoping that they’ve not been harmed
E
Everyday they hope they’re safe, but why should they live in a world of hate
R
Realising that their kids are starving, can only feed them by constant farming

Scott O’Hara
HT Welfare
~ We Need Your Support ~

The way schools receive their funding is about to change. Until now, money was given on the numbers of students in the school with some extra money attached for programs. The move is to funding on need. The Federal Government will be giving significant money to schools based on the academic level and occupation of parents. Schools need to have accurate information so the full amount of money it deserves, is paid.

We therefore seek your support. We recently sent home a form electronically asking parents and caregivers for information regarding their occupations and education. If you haven’t already done so, we request that you please complete the form and return it to the Front Office so that we know we have the correct information on record. A sealed box will be located at the Student Services area of the Front Administration office for convenience.

If you did not receive a form or have any questions, please contact the school.

Thank you for helping your children and us by doing this.

Peter Partridge
Principal

TOMAREE HIGH SCHOOL

ABSENTEE NOTE
(To be returned to the roll call teacher first day back after absence)

Student's full name:................................................................. Year:..............
Date of absence/s:.................................................................
Reason for absence:.................................................................
Signature of Parent/Guardian:.................................................. Date:..............
Year 9&10 students enjoyed participating in the Pitstop program presented during the recent Future Days initiative. The program highlighted issues on youth mental health, the danger of drugs and alcohol, sexual health, nutrition and sexual assault. Presenters from the Brain Injury Service shared their personal stories highlighting the importance of wearing a helmet when riding a bike. Another outstanding session was from presenters at CDAT, who used a Smoking Sam doll to simulate the effects of smoking. The evidence of tar and nicotine from just one cigarette was a real eye opener to students.

Careers Advisor, Robyn Nichols organised an informative day for seniors giving them the opportunity to practise the latest job interview techniques and an insight into the many techniques that employers use these days to recruit suitable applicants for their places of employment.

The students enjoyed a session of Pilates and physical activity led by Samantha Knaggs.
ARE YOU GRIEVING.......STRUGGLING WITH CHANGE......FEELING DOWN?

Following the successful conduct of the Seasons for Growth programme over the last five years, we are getting ready for 2013.

Perhaps your child may benefit from this programme being offered by Tomaree High School. The program focuses on the issues our kids face - such as self-esteem, managing feelings, problem solving, decision-making and effective communication. It is facilitated in small groups of young people in the same age bracket.

Tomaree High School is in the privileged position of being able to offer this program at no cost to the participants, as a result of a partnership established with Nelson Bay Baptist Church.

The Seasons for Growth Program runs for eight weeks and each weekly session is 40-50 minutes. The program concludes with a celebration session. Later in the year the group will have the opportunity to meet for two further sessions to build on their earlier learning. Confidentiality is assured, as the participants, including the adult companions, make a clear agreement at the commencement of the programme not to disclose any conversations held within the group.

‘Seasons for Growth’ has been running in schools Australia-wide for the past 10 years, with really positive feedback from young people, teachers and parents. Further details can be found on their very comprehensive website (www.goodgrief.org.au).

‘Seasons for Growth’ will commence during school hours in term 2, and will be facilitated by Debra Mould and Greg Smith (School Chaplain). We have received accredited training in the use of this program. If your son/daughter expresses interest in participating in this program, we would encourage you to talk to him/her about this. Should he/she decide to participate, please fill in the tear-off section below and return to Greg Smith or Debra Mould at Tomaree High School, asap.

TO ENSURE PARTICIPATION, THIS SECTION MUST BE RECEIVED PRIOR TO COMMENCEMENT OF THE PROGRAM:
I give consent for .................................................... to attend the Seasons for Growth Program and have discussed this with him/her. I also consent for one of the companions to use their own car for transport to the Celebration Session if necessary.

Parent/Guardian Name: ____________________________ Signature: ____________________________

Contact phone number: (hm) _______________ Mobile: ____________________________

Participant Name: ____________________________ Signature: ____________________________
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Call Prue Avery on 4981-9442 or 0435 246 850 today for a free consult.
The Back Page..........  
Welcome to the Back Page! Each Newsletter, this spot will feature tips and info based on the welfare and learning of our students ~ I hope you find it helpful ~ Scott O'Hara

If you’re like me, it’s hard when the kids bring home their homework and I have to remember everything from what a noun and verb is, to Pythagoras theory and algebra. To help us as parents, the Department of Education and Communities has developed a website and an app for the i-phone and android with tips and tools to help with homework and assignments. The app has games and activities and is easily usable by parents and children. The website has even more features with tips on wellbeing and ways to communicate with difficult teens.

To find the website, type www.schoolatoz.nsw.edu.au into your web browser and follow the links. For the apps, go to the I-Tunes store for Apple products and the Google Play store for Androids.

Remember, if you have a concern about your child’s wellbeing and learning, you can always contact me or Mrs Mc Cleer here at the school.

Scott O’Hara  
HT Welfare