Year 11 Hospitality students received a real life glimpse into the hospitality industry when they volunteered to assist at the “Indigenous Olympic Presentation Dinner” which was recently held at Tomaree High School MPC.

Students were involved in helping a private catering firm set up the buffet table as well as clearing main course plates and plating and serving over 450 desserts to the table.

They gained practical experience liaising with outside caterers and working in a large team to feed nearly 500 people. Teacher, Karen Shaw, (pictured below in centre with students) helped to “break in” the new Hospitality recruits.

These volunteers represented THS and Vet Hospitality with enthusiasm and great pride. The evening went off without a hitch and the 450 guests were very impressed with our students.

Congratulations to: Brittany Bool, Abby Holloway, Maddison Dell, Justin Pool, Chloe Brownlee, Maddison Donnelly

Year 8 Food Technology Students will be having a delicious Easter weekend eating Easter egg muffins they prepared in class. Students were lucky enough to bake small chocolate cakes and top them with white chocolate buttons and a mini Easter Egg.
FROM THE PRINCIPAL’S DESK . . . .

We currently have 41 Japanese students with two Japanese teachers attending the school. The option of hosting a visit such as this was taken to broaden out students’ understanding of different cultures and provide a means for students to hear about the differences and similarities between school life and living circumstances in each country. I am most appreciative of families who have hosted the students. Being Easter excluded many families due to other commitments and to have people come forward and take a student was most heartening to see. The company organising the visit has been keen to have access to this area for some time and I think we might be able to develop an ongoing relationship where our students benefit and the school earns a few dollars to put towards programs. The timing will need to be looked at though in future years.

Also, the school hospitality students worked with Mrs Shaw to serve at a huge Aboriginal Elders’ Olympics dinner. The hall was beautifully decorated and the evening was a huge success. I understand that there is a possibility of the event being staged here again next year. These opportunities are extremely valuable for our students.

The Uniform Shop has proved a success. The combining of both the Primary and High School outlets has attracted favourable comment and, in discussions with the Primary P&C, an agreement has been reached to invest in software that will increase the efficiency of sales, tracking stock and generating necessary reports. I will also be looking to run VET Retail next year and use the Uniform Shop as a resource to support our students.

Whilst on the uniform, the Student Forum approached the school executive about being allowed to wear black socks. Their request was cogently argued and convinced the executive of the merits of allowing black socks as part of the uniform. The P&C had discussed the option informally at a recent meeting and appeared agreeable to the idea. I will take a formal motion to the next P&C meeting for ratification.

With the increase in school numbers I am fortunate in attracting a little extra staffing. The executive has discussed options for its use and one area I am delighted about is time for a person to manage our social media and internal IT staff systems. We are looking at revamping our webpage; using an app like many other schools to push notices to families and have the ability for parents to send absence notes to us by text; and finally, to keep our calendar current. This improvement is long overdue. You will be reminded of this in future notes and the next newsletter, but next term the **first two school days will be pupil free**.

The first day is the usual pupil free day. The second is a one-off to allow teachers time to work on the Australian Curriculum that begins with Science, History, Mathematics and English next year. Our school is combining with Irrawang and Hunter River High School staff to work in faculty groups on the curriculum.

Finally, thank you for working with the school to have your child turned out in uniform and with the correct requirements for class. The great majority of our 1340 students look fantastic in their uniform. I also thank those who have paid their textbook bonds and voluntary contributions. Next term, I will be invoicing families who have not paid.

Peter Partridge
Principal
Support Class news

The Support Class has had another busy start to the year. Our learning occurs in a slightly different way to the rest of the school with lessons focusing on life skills and teaching students to become valued members of society. As such, we spend part of the week out and about practicing the skills we have learnt in the classroom.

Highlights have included weekly sailing at Grahamstown Dam - a particular favourite for Jacob, our new student who has never had the opportunity to experience this before. Old hands Kye, Jonty and Sebastian have happily shown him the ropes.

Travel training each week gives our students the skills to be more independent by catching public transport. Class members learn the skills of waiting patiently, reading timetables and bus numbers, asking directions and paying for their fares.

A weekly shopping and cooking program compliments the more traditional work of literacy and numeracy taught in the classroom.

Students have also benefitted from the use of iPads and an interactive whiteboard to further engage them in learning.

Karen Fraser
Class Teacher
Tomaree Alternate Learning Centre - TALC

It has been a very busy term in TALC. Our days are always busy and full. For those of you who don’t know what goes on in our room, here is just a small snapshot of some of our great programs.

**Behaviour and Social Skills** lessons are how we begin each day. These lessons allow us to reflect on our behaviour, assist us to make choices which will benefit us and give us strategies to cope with challenges we all face in our everyday life.

**Art** – we have some extremely creative artists here in TALC. Some of our works have included Aboriginal colourings and drawings, guided graffiti works and some brilliant personal posters.

**P.E** – TALC students love a challenge, whether it is on the basketball court or playing handball. The word is Ms James is a pretty good handball player!

**Other KLA’s** –

- French – bonjour to you all
- Geography – we are honing our mapping skills and becoming very aware of our natural and built environment
- English – we all have a ‘superhero’ inside us. Our students are producing some quality work depicting their alter egos
- Maths – anyone up for a timetable challenge?

So, as you can see, TALC is certainly always busy. We are putting all of our hard work on display and holding a TALC Expo on Thursday 4th April between 12.00 and 1.30. Drop in and see us if you get the chance.

Sarah James and Kim Anderson
Teachers

**Receipting procedures**

Office hours for receipting have been extended for the convenience of parents and students.

The office will now be temporarily closed for receipting 1.30-2.15pm daily and then re-open for transactions from 2.15-3.45pm.

There is an administration fee of 50cents for any EFTPOS transaction.

Thank you for your assistance
Audiences were delighted last Tuesday by a diverse range of excellent performances at our Formal Assembly. James Kentish (pictured above) performed an improvised drum solo, which had all the assembly engrossed.

Mrs Kerr’s Year 9 dance class (above right) performed a contemporary dance sequence that was both lyrical and beautifully performed. Mrs Knaggs’ Star Struck dance team, joined by additional elective students performed with energy the 2013 Star Struck Dance Finale.

Amy Fredes of year 10 as usual, captivated the audience with her beautiful voice and performance quality. Amy is currently rehearsing for her role of “Lucy” in the stage musical “13”. This musical will be performed in Singleton on the 18th April and in Newcastle 22nd May. Tickets are available through Ticketek. “Good luck Amy we are all so proud of you.”

As well as the performers, our student leaders are to be congratulated on their smooth presentations of awards and their overall leadership. Students received awards for Zone and Age Swimming Championships, (pictured right), Clean up Australia Day at Tomaree, and the Random Acts of Kindness.

All students are to be congratulated and as usual I am a very proud teacher at Tomaree High School.

Alita Knaggs

www.tomaree-h.schools.nsw.edu.au
“What’s Happening in CAPA”

STAR STRUCK: Congratulations to all students in Star Struck this year.

Tomaree High School’s Dance team (pictured right) and Drama team have been successful in their audition DVD’s and will soon be notified as to the item in which they will be performing. During Term 2 all students participating in Star Struck will rehearse with Mrs Knaggs and Mrs Fletcher in Sport time (Wednesday afternoons).

MUSIC: Don’t forget that our concert band has begun rehearsing with Mrs Thurlow and Mrs Bartley. The band is always open to new members and would love to see interested students on Fridays, first break in Music room 1.

Hornsby Girls High School Concert Band will be performing at Tomaree High on Friday, March 5.

Beginning in Term 2, there will be a series of Vocal and Musical workshops held in Music room 2 during break 2 on Thursdays. The music session will be held by Jess Stalder from Spectrum. Interested students should give their names to Mrs Bartley.

VISUAL ARTS : Congratulations to Levi Ceccato of Year 12 whose art work was selected to be hung at the 2013 “Be Art” Exhibition this week in Sydney. This exhibition is sponsored by the Beacon Foundation, and we wish Levi every success.

Alita Knaggs
HT, CAPA

~ 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
To coincide with Anti Bullying week Year 7 CAPA students were given the task to develop their very own Anti Bullying Rap. They separated into groups and brainstormed lyrics, eventually deciding on the ones printed below. They rehearsed their raps and were then required to bring their best ‘gangsta’ costumes to class as they filmed their raps. Mrs Fletcher was incredibly proud of Year 7 CAPA’s achievements in such a short amount of time. All students were dedicated to the task and were proud to be sending such a strong message – we don’t tolerate bullying at Tomaree High School.
Year 12 Hospitality at your service at the Hospo Café.

Another Assessment Task sees our Hospitality Students transform their classroom into a pop up Café.

Several VIP’s were invited to attend as each class created their own unique menu consisting of hot and cold beverages such as homemade iced teas, milkshakes, iced chocolate, smoothies and a variety of espresso coffees.

All this with a selection of main courses including:

- Rustic steak sandwich with deep fried onion rings
- Salt and Pepper Squid with fresh garden salad
- Triple decker club sandwich or a Turkish bread with chicken, Swiss cheese and avocado

All beautifully cooked, presented and served with a smile!

CONGRATULATIONS YEAR 12 HOSPITALITY

Karen Shaw - Hospitality
HSIE News

Outstanding 2012 HSC Results:
Congratulations to the 2012 HSC students on the impressive results they obtained in their HSIE subjects. HSIE had 95 candidates in the seven subjects delivered by the faculty. A number of students studied two or more HSIE subjects.

The following students deserve special mention for their outstanding results in HSIE:
Adelaide Haynes who received a Band 6 in both Geography and Society & Culture
Madelaine Southall who received a Band 5 in Geography, Legal Studies and Modern History
Harrison Cockburn who received a Band 5 in Geography, Legal Studies and Business Studies
Matt Chamberlain who received a Band 5 in Geography and Business Studies
Jessica Duggan, Tayla McMahon, Connor O’Sullivan, Nikki Van De Weyer, Jadell Villanueva and Daniel Wardle who received a Band 5 in Business Studies
Jessica Linz, Ella Page and Brad Pobje who received a Band 5 in Geography
Taylah Carney and Jessie Mehan who received a Band 5 in Society & Culture
Imogen Ewing who received a Band 5 in Ancient History
Dylan Nicholson who received a Band 5 in Modern History
Ashley Morgan who received a Band 5 in Retail Services

I know these students would want to thank and recognise the dedication and guidance of their HSIE teachers for their work last year.

Upcoming Assessment Tasks:
Year 12 will be sitting their Mid-Course Exams in Week 11 in the following subjects; Ancient History, Business Studies, Geography, Legal Studies, Modern History and Society & Culture.
Stage 5 Geography students should have submitted their research and fieldwork assignments in week 7 or 8 while Stage 5 History students have completed their source analysis assessment tasks in class in these weeks as well.
Stage 4 HSIE students and Stage 5 elective students are also in the full swing of completing class assessment tasks. Teachers are more than happy to answer any parent query in relation to their child’s assessment task.

ANZAC Day Ceremony
Tomaree High will be holding an ANZAC Day Ceremony on Wednesday 10th April at 8:15am. The construction of the Burma-Thailand railway of the notorious Hellfire Pass where almost 10,000 Australian prisoners of war worked in appalling physical conditions began in April 1943. This year represents the 70th anniversary of this significant wartime event.

Goodbye Ray (Mr Chips) Milton
On behalf of the HSIE staff I want to take this opportunity to thank Ray Milton for all his work in the faculty over a long and distinguished career. Ray has been the Head Teacher of HSIE since 1989 at Nelson Bay High and at Tomaree High since 1998. He has guided a generation of students on the Tomaree Peninsula and shared his love and passion of History with them. Ray is incredibly popular with all his teaching colleagues. His loud and raucous laugh is a tonic in a job that can at times be incredibly demanding. We wish Ray all the best on his long service leave this year pending his retirement in 2014.

Craig Windon (Relieving Head Teacher-HSIE).
On Thursday 4 April, Tomaree High School will celebrate World Autism Day. World Autism Day is an international day to raise awareness about Autism.

Autism affects 1 in 100 children in Australia. This number continues to grow each year. With increased awareness, children and adults with Autism can reach their potential and live a fulfilling life.

At Tomaree, we will be holding an out-of-uniform day on Thursday 4 April. Students can dress in anything blue. However, correct school shoes MUST be worn. Students will be asked to donate a gold coin donation during period 1. Members of the Student Forum will also hold a cake stall during Break 1 outside the MPC.

Last year the school raised $1200 for Hunter Aspect School at Thornton. This year we hope to raise even more for the Aspect school.

So dress in blue, bring some loose change and help support Autism. Prizes will be given for the best dressed.

Leanne Hawke

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**P & C NEWS**

**Upcoming P&C Events:**

**Wednesday 10 April** - P&C Meeting, 7pm in the Teachers Common Room  
**Wednesday 29 May** - Parent Forum, 7pm in the Teacher Common Room

Everyone is welcome and we hope to see you there.

Leanne Veasey  
Publicity Officer
What can you do to manage exam stress?

Year 12 students are about to sit there mid-course exams and it is a timely reminder for all of us to think about the stresses involved with exams.

If you're experiencing exam stress, firstly, it's important to try to remind yourself that this is only a small part of your life and won't last forever (even though it might not feel like it at the time!).

Below, we've put together a list of study, practical and relaxation ideas that young people have told us has helped them to manage exam stress. We've also included some tips on how to deal with stress on exam day!

**Study ideas**

It's never too late to set up good study and revision habits.

- Have an uncluttered space to work with ready access to any materials you need.
- Find out exactly what the test involves. Are there past test papers you can look at to help you understand what to expect?
- Ask your teacher if you are unsure of what to expect or what will be tested.

Learn to make *mind maps* and use them to collect ideas and summarise thoughts, use bright colours to help remember important links:

- Make a clear plan of what you want to cover in each study period. Break it down into small tasks and work on one task at a time.
- Take regular short breaks of about 5 minutes to have a drink or something to eat.

Ask for help sometimes. It may be useful to have someone hear you summarise points or to practise an oral presentation.

Alison Cattle
Healthy Schools, Healthy Futures Liaison

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**TOMAREE HIGH SCHOOL**

**ABSENTEE NOTE**

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

Student's name: .............................................................. Roll Class: .................

Date of absence/s: ..............................................................

Reason for absence: ..............................................................

Signature of Parent/Guardian: .............................................. Date: .................

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Tomaree High School
Forward Together >>>

www.tomaree-h.schools.nsw.edu.au
Three teams from Tomaree High - two girls’ teams and one boys’ - recently competed in the Surfest Newcastle Now School teams challenge held over two days.

Messy conditions at Bar Beach on the first day made it difficult for the young surfers to find a decent wave. The boys and one of the girls’ teams won their heats on this long and tough day.

Day two saw the weather worsen and the event was moved to Stockton beach. The conditions were not much better although all surfers were able to get out the back and have a crack at some waves.

The boys competed strongly and won their heat but did not accrue enough points to progress through to the semi-finals.

The girls also put in some solid waves although were unable to score high enough in the terrible conditions.

All surfers showed courage and patience to even enter such surf over the two days and will only be stronger in years to come. Well done to all competitors.

Jodie Laloata

Tomaree High touch girls triumph again

The Year 9/10 all schools State touch football qualifying competition was held recently in Wallsend with Tomaree fielding two strong teams.

The girls dominated all day going through to the final undefeated. They were in flying form scoring 33 tries in the first three games and only conceding two tries.

The boys made the semis and were unlucky not to progress losing by one point on the bell.

Haley West was “a try scoring machine” scoring 15 tries throughout the day. Tomaree has gained this level 3 times, with the same core group of girls and hopefully 2013 is our year.

All players were outstanding especially the younger girls from Year 8 who played up an age level. The hard work now begins with training after school before the team heads to Penrith in May to have another crack at this State title.

As always, I would like to thank all the dedicated parents who assist me in transporting our students to these days. Without your help and generosity it would be a difficult task.

Jodie Laloata
Like the leaves on an autumn breeze, our hearts are uplifted by love...
It is with great joy that we,
The Australian Museum of Clothing & Textiles
Cordially invite you to our latest exhibition
"To Have and To Hold"
16 March — 13 July 2013
Lt. Governor’s Residence, John Street, East Maitland
Admission: $5 (Concession: $2.50)
Thursday, Friday, Saturday 10.00am - 3.00pm
For Out of hours & group bookings, call Lynette McDowell 02 4930 9051
All other enquiries, please call 0438 505 280.

Weddings are a time of hope for the future. Preparations are exciting, often fraught with mishaps or downright disasters & today, often quite expensive.

"To Have and To Hold" traces the customs surrounding weddings through the decades, how fashions have changed, often in response to an event, society’s rules or historical circumstances.

To Have and To Hold

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The Back Page.............. by Scott O’Hara (HT Welfare)

Firstly, I’d like to commend the senior students of Tomaree High School who have been going out of their way to stand up and step in when they have witnessed any type of bullying in our playground. It is great to see such excellent role models setting the tone of our playground and reinforcing that at our school, bullying is not acceptable.

Bullying: It happens. In a perfect world it wouldn’t. But what can we do to prevent it in our corner of the globe? The message we have been trying to get out is stand up, don’t just stand by. We’ve heard these messages before, ask yourself, are you part of the problem or part of the solution? If you, or someone you know is being bullied, please let a Teacher know as soon as possible.

9 Ways to Combat Bullying

1. **Put on a brave face.** When you let a bully know that you are afraid of them, it is like giving them power. If you give them some power, you will find that the bullying gets worse. So, put on a brave face, and never show your fear.

2. **Have a friend around.** Bullies are reluctant to go after someone who has backup. Bullies usually pick out the weakest person they can find, and there is strength in numbers. So, stop a bully by having a friend on hand all the time.

3. **Avoid the bully.** There are some situations where bullying is worse because it is an ideal situation for a bully to go after their victim without any consequences. If there is no adult around, no authority figure like a teacher or parent, then they can bully without fear of getting caught. So, avoid these situations. On the playground stay where other kids can hear, where the playground monitor is around, etc.

4. **Ignore bullies.** A lot of what bullies do is for a reaction. They say or do things to see what you will do. If you want to stop a bully, just ignore their efforts, soon they will find someone else. Whether it is bullying online or in person, ignore, ignore, ignore.

5. **Report the bullying.** Bullies can’t bully for long if they are getting caught. The beginning of getting a bully to stop has to start with an authority figure. So, each time someone bullies you, tell an adult. If it happens at school, tell a counselor, a teacher, or the principal.

6. **Improve your self-esteem.** Bullies usually pick on kids who have low esteem. They look for people who are weak, isolated, that feel alone, and have few friends. There is less chance of them being caught that way. Work on your esteem, and you won’t be picked on long.

7. **Control your feelings.** As mentioned previously, bullies look for reactions, don’t give them one, and soon they will grow bored and move on.

8. **Stand up for yourself when it gets bad.** If a bully is physically harming you, ruining your reputation, or something else then don’t put up with it. Instead, say the words like, “Stop” or “Don’t” and make sure they know you are done taking their bullying.

9. **Don’t bully back.** It is good to say no, but don’t bully in return. You don’t want to be on the same level. Instead, tell someone that they are bullying you, and then do your best to ignore.

A teacher was teaching her class about bullying and gave them the following exercise to perform. She had the children take a piece of paper and told them to crumple it up, stomp on it, and really mess it up but be careful not to rip it. Then she had them unfold the paper, smooth it out and look at how scared and dirty it was. She then told them to tell if they were sorry. Now even though they said they were sorry and tried to fix the paper, she pointed out all the scars they left behind. And that those scars will never go away no matter how hard they tried to fix it. That is what happens when a child bullies another child, they may say they’re sorry but the scars are there forever. The looks on the faces of the children in the classroom told her the message hit home.

If you would like to discuss strategies for bullying please feel free to contact Mr O’Hara or Mrs McCleer at the school.