The students of the Support Unit have been working hard in their outdoor space to create a welcoming and exciting area to work and play. Late last term, students had the opportunity to work with Community Engagement Specialists/Youth Workers/Artists - “Up & Up” (Unique People, Unique Promise) to create a mural in the Safe Playground.

This Safe Playground is open to any students, mainstream or Support Unit, who are having difficulties coping with friendships or personal issues. It is a safe place for students to come and feel welcome. This mural helps to create a sense of belonging and brightens up the space.

The mural was designed by student, Kyle Barrett, with input from all the students in the Support Unit. All students were able to create their own personal stencil to be incorporated into the design and were allowed to spray their design onto the wall under the supervision of the fabulous people from Up & Up. Students also created personalised vinyl record designs to keep and take home.

The program ran over three Thursdays and was a real hit! We would like to thank Shane, Faith, Brad and Jamie for their wonderful design inspiration and for the fantastic days of fun and art. We would like to make a special mention of Shane and Brad who are also Hip Hop Artists and jammed with the kids.

Sheridan Workman
Support Unit
FROM THE PRINCIPAL’S DESK

As this year draws to a close we are looking to next year with our planning and staffing.

Jen Florey (Deputy Principal) is retiring at the end of this year. While I have only worked with her this year, I have found her to be a most valuable person to have in the school. Her contribution to supporting students and staff alike have been invaluable and I wish her well with her new endeavours. Consequently we will welcome a new Deputy Principal for 2016. His name is Mr Glenn Sproule and he comes to us from Hunter River High School. Glenn was selected on merit by a panel through the school and we are looking forward to the enthusiasm he brings to the role.

There are a number of other staff changes - mostly informed in the last newsletter, however we still have a few vacancies to fill and I will advise in due course when all the positions are filled.

We are currently looking for an Aboriginal person to take on the role (3 days a week) of Aboriginal Education and Engagement Officer. Please go to our website for the Expression of Interest form. The successful person will have a role in creating positive links between school and community and also supporting Aboriginal students in the classroom. Closing date is 13th November.

Thank you for your patience as we fine tune the operations of the process to notify you when you have an unexplained absence. While the letters that are coming home now are for full day only, please be aware the late arrivals/ early leavers should also have a note and therefore be explained. Many student arriving late do not have a note with them- could you please write a note if you are late so our records can be as correct as possible. To avoid having letters sent home I remind you that you can advise us of the absence via telephone, SkoolBag or sending a note in on the first day returning to school.

Tomaree High School does not support or condone a Formal function for Year 10 students as Year 10 is no longer the end of school for the vast majority of students. Please be aware that if you choose to have your child involved in any function under the banner of a Year 10 Formal, it will have NO supervision from school staff and no responsibility will be accepted by the school for any issues that might arise from any event that may be organised.

Sue Xenos
Principal

P&C NEWS

The next P&C meeting will be held on Wednesday, November 25 at 6.15pm in the Common Room. A warm invitation is extended to all parents and carers to come along and give their input, share information and discuss issues to help create the best possible environment for our students.

Disappointingly, our October meeting failed to get a quorum and could not proceed. We encourage parents to attend our meetings and assist in our endeavours to affiliate with the NSW P&C Association which could make the school eligible for various State and Federal grants.

The School Welfare policy and related documents are currently being reviewed. The draft of the Anti-Bullying policy has been completed and will be tabled at our next meeting giving parents the opportunity to discuss strategies being proposed.

A big thank you to everyone who supported our fundraiser with the Entertainment Books to assist Starstruck students. Over $400 was raised and this will go towards offsetting costs.

We have received notification that State Member for Port Stephens, Ms Kate Washington, will be co-ordinating a monthly P&C Network meeting for those who are President and Secretary office-bearers. Ms Washington said the meetings would allow her to become better informed about the needs of the local community and allow a sharing of knowledge, skills and resources.

A big thank you to our Publicity Officer, Leanne Veasey, who recently stepped down from the position she held for more than five years. Leanne has always been a staunch supporter of the P&C. We thank Leanne for her work and wish her every happiness in her future endeavours.

Richard Davis
President
“A leader should not only be judged by their attributes, but rather by what they contribute” Grip 2015.

What makes a leader? This was one of the many questions the GRIP leadership conference set out to answer last week with participants including 25 Tomaree High and 10 St Phillips Christian College students. The conference was run in conjunction with Newcastle University and supported by the Real Futures Foundation which provided the course fees and bus costs.

Students explored what being a leader and part of a leadership team actually means. Practical activities allowed students to develop an understanding on how to co-ordinate events, learn how to make dynamic speeches, how to motivate others and strategies on helping to reduce bullying in schools. Tomaree students joined in the fun on stage and proved to be outstanding ambassadors for their school and community.

Maybe you would like to be a leader and be part of the many leadership teams in our school. If so, start by helping out around the school. Sometimes the most mundane jobs are done by the best leaders.

Scott O’Hara
Head Teacher Wellbeing
MATHEMATICS COMPETITIONS

During the year, students have been invited to participate in various mathematics competitions to extend and enrich the abilities of students at Tomaree High School.

Seventy two students entered the University of NSW (ICAS) Mathematics Competition which resulted in the award of 11 Merit, 29 Credit and four Distinction Certificates.

Credit Certificates were awarded to: Yr 7 - Will Ahrenfeld, Cooper Beasley, Ben Bradbury, Carlin Gordon, Doeun Kim, Jared Robinson; Yr 8 - Casey Ballard, Taylor Christie, Declan Forsyth, Emily Kenny, Andre Laus, Rhiana MacKenzie, Ronan O’Connell; Yr 9 - Oliver Bylart, Caspar Flint, Corey Goodwin, Maegan Johnston, Harrison Liddell, Anna Mather, Bradley McArthur, Lucas McLeod; Yr 10 - Brianna Brill, Kayleigh Dynes, Isla Farmer, Lauren Hughes, Faith Moore, Cassandra Northey, Nathan Redhead; Yr 11 - Sophie Cottam

Distinction Certificates were awarded to: Yr 7 - Ben Anderson - top 2% of all Year 7 participants; Yr 9 - Tim Anderson - top 10%, Thomas Boehm - top 10%, Adam Bradley - top 5%

Thirty nine students entered the Australian Mathematics Competition which resulted in the award of 16 Credit and one Distinction Certificates.

Credit Certificates were awarded to: Yr 7 - Ben Anderson, Doeun Kim, Jack Everitt, Jasper Gippel, Will Arnenfeld, Ben Bradbury; Yr 8 - Declan Forsyth, Rhiana MacKenzie, Casey Ballard, Taylor Christie, Emily Kenny; Yr 9 - Thomas Boehm, Maegan Johnston.; Yr 10 - Nathan Redhead; Yr 11 - Joshua Dickson, Sophie Cottam.

A Distinction Certificate was awarded to: Yr 10 - Lara Holbert - top 8%

Thirty students from 7M and 8M1 entered the Australian Problem Solving Mathematics Olympiad. The Olympiad involved five separate problem solving activities. The top students in Year 7 were Ben Anderson and Rhys Schultz. The top student in Year 8 was Eilish Nesbitt, who was in the top 25% of participants.

Twelve students from 7M, 8M1 and 9M1 are currently participating in the MAWA ‘Have Sum Fun Online’ competition. Certificates for all Year 7 to Year 10 students will be included in the student portfolios at the end of the year.

Wayne Anderson
Maths
All Science students have been busy this term with some or all of the following: finalising courses; preparing for and completing examinations and topic tests; working on research projects, homework and practical tests.

Year 12 students in Biology, Chemistry, Physics and Senior Science have been working hard to achieve the best possible results in their school assessments and the Higher School Certificate examinations. All have now finished their exams. We wish them all good luck for their results which will be released near the end of the school year.

Year 11 students have completed their Preliminary courses and started work on the HSC courses in Physics, Chemistry, Earth and Environmental Science, Senior Science and Biology. They will now have to balance the responsibility of being the student leaders of the school with the need to work diligently at their studies.

Yearly examinations in Science for Year 10 started this week and for Year 9 students the exams will start on either Monday 9th or Tuesday 10th November. Students should check with their class teachers for the exact date and time of the examinations and the content that will be tested. Each student must ensure that they bring the correct equipment. Pens, pencils, a ruler and a calculator may be needed for their examinations.

The students in Years 7 and 8 do not have a separate Yearly examination in Science. Their assessments will be based on Topic tests, classwork and homework. However, Year 8 students will also be sitting for the VALID test during the period between November 9th and 17th. This is a compulsory computer-based test for every mainstream Year 8 student in NSW and replaces the ESSA test. It uses virtual experiments and information to assess scientific literacy and communication as well as comprehension, science knowledge and interpreting data. Individual reports similar to the NAPLAN results will be supplied to parents in due course.

Practical activities are also a major component of all Science courses. The photos below show some of the experiments carried out at Tomaree High. Prospective students from the feeder primary schools have also attended “taster” lessons in Science recently with Mr Bishop and Ms Carney. Positive feedback received indicates that all enjoyed their experience and we look forward to welcoming them to the school next year.

Linda Hazell
Head Teacher Science
On Friday, October 30, the Support Unit had a Halloween themed cake stall to raise money for an excursion.

These students - Savannah Davidson, Leeann Wood, Shani-Lee Morse, Amy Murphy, Hannah Thomas, Stevie-Rae Ball and Lucy Jenkinson - wore their Halloween hats and helped the teachers with selling the cakes, cupcakes and other delicious things to eat.

There were toffees, eyeballs, worms and fingers. It was held near the MPC at both break times.

By: Shani-Lee Morse
Environmental Warriors, Maths Masters & Musos shine at our Formal Assembly

Molly O’Sullivan from Year 10 and Ryan Orgo, Year 8, were each awarded a $50 voucher and a certificate for Outstanding Services to the Environment

Year 11 music student Brock Herman & his electric guitar

Year 8 student, Eilish Nesbitt received a High Achiever trophy for gaining 1st place at THS in the Australian Problem Solving Maths Olympiad (APSMO)

Year 11 music student, George Burgass sang “About a Girl”

Ben Anderson, Year 7, received a Certificate of Distinction for coming in the top 2% in the State in the ICAS Maths competition run by NSW University

Tomaree High School
Forward Together >>>

www.tomaree-h.schools.nsw.edu.au
**Why did you choose to study Visual Arts in year 11?**
I like doing art and I've always liked drawing.

**What aspect of Visual Art do you enjoy the most?**
I have enjoyed learning to use charcoal and studying the work of the artist Brett Whiteley. I would suggest everyone take art.
WHAT'S HAPPENING IN CAPA?

STOP PRESS..... STOP PRESS......STOP PRESS........ Congratulations to Year 12 Visual Arts students - Ellie Schmakeit and Hannah Tollis - who have been nominated for the prestigious ARTEXPRESS 2016 & their wonderful teacher, Marion Wheeler. Ellie’s work “Opa: Artifacts of a Harsh Life” and Hannah’s “Visual Language” will now be sent to Olympic Park for the final selection process. Good luck girls!

It has been a fabulous few weeks in the Creative & Performing Arts Faculty. Year 12 HSC Bodies of Work has now been marked by the HSC examiners, and we wish them the very best results.

7P, our CAPA class performed a class showcase under the guidance of Mr Pearse. An audience of family, and friends were treated to a Musical showcase that featured vocalists, dancers and musicians. All students are to be congratulated and we thank Mr Pearse for his work with the class.

On Tuesday the 20th October, Visual Arts students from Years 9, 10 and 11 participated in an excursion to Maitland Regional Art Gallery. All students participated in a drawing workshop and had the opportunity to visit multiple exhibitions. Of particular interest was Art Express, which featured the Body of Work of Courtney Walker, a Year 12 student from 2014.

At the recent Formal Assembly, three Year 11 Music students performed their version of the Nirvana song, “ About a Girl.” George Burgass, Cameron Crerar and Brock Herman are to be congratulated on their very enjoyable performance. Claire Hancock of Year 9 played the guitar as guests entered and Kianne Heffron (7P) and Maegan Johnston (Year 9) sang the national anthem.

Year 7 & 8 Visual Arts students are reminded that all Homework assignments are due by now; for Year 7 “Creepy Creatures” and Year 8 “Ordinary into Extraordinary”. This work should be submitted to their art teacher for marking in time for the report period.

Dates to remember:

♦ The Year 10 ROSA Visual Art and Visual Design Exhibition will be held in the Small Hall on Friday 13th November, 3pm to 6pm.
♦ 20th November: Year 9 and 10 Visual arts and Visual Design Excursion to Wollombi Sculpture in the Vineyards.
♦ Year 7 and 8 CAPA classes will be performing at their stage assemblies on the 10th December - parents are most welcome.

As always I am a very proud teacher at Tomaree High School.

Alita Knaggs
Head teacher CAPA
On Friday 16th October the THS Support Unit held a fundraiser BBQ at Bunnings Taylors Beach. It was a very successful day, raising over $400. The day gave the students the opportunity to serve customers, practise their money skills and have fun in a learning environment outside the classroom. All money raised will go towards end of year activities for the Support Unit.

We would like to thank the important community businesses mentioned below for their extreme generosity.

We would also like to thank the following families for assisting at the BBQ: The Barrett family, The Davidson family, The Swinton family, The Ball family, The Goodwin family, The Reher family, The Murphy Family, The McFarlane family.

**Guy’s Choice Cuts**
73 Magnus St
Nelson Bay 2315

For donating all the yummy sausages for the BBQ

**Bayz Patisserie**
1/30 Donald St
Nelson Bay 2315

For Donating the bread for the BBQ.

**Bunnings Warehouse**
Corner Port Stephens Drive & Taylors Beach Road
Taylors Beach 2316
Surviving year 12
Fact sheet for parents

Supporting your Year 12 student

Year 12 is considered by some to be the most important year of schooling. There is an enormous amount of pressure on Year 12 students and it comes from parents, teachers, schools and the students themselves. There are a number of ways parents can support their children as they work through their final year of schooling.

Balance
It’s important that you make sure your teenager has lots of opportunities to play sport or pursue an artistic activity like drama or music. Also, try to make sure that they spend time with their family and friends.

Routine
Parents can do lots of things to help teenagers develop smart study habits. These skills do not develop automatically and parents will need to be patient while these new habits develop and the old, unhelpful ones are discarded.

A study-friendly home
Environment
It is important to make your home a place where it is easy for your teenager to think.

Help eliminate distractions such as television, radio, MP3 player, talking, noisy younger children, or cluttered work areas. It is impossible to watch TV and study. Show how important schoolwork is by keeping the TV off during study time.

- Keep your conversation to a minimum and encourage younger children to use this time as their study time or quiet time, too.
- Provide physical conditions that help concentration, such as good lighting, cool temperatures and a table or desk with a supportive chair.
- The work area should be neat, have enough space for writing and reading, and should be kept clear of any clutter.
- Remind them to sit with good posture in a comfortable chair. Lying down may be as relaxing that it interferes with concentration.

Making time to study
You can support your teenager by helping him or her focus on their study.

- Schedule study time. Study times should be scheduled for whenever there are the fewest distractions or interruptions. If your teenager needs help to establish a routine, have a chat about which times could be best used for studying. Set that time aside on at least five days a week. Use the afternoon or early evening as study time, as this leaves time later in the evening for relaxing activities.
- Plan study in two 50 minute blocks with a 15 minute break. One 50 minute study block is better than several hours full of distractions and interruptions. Use a kitchen timer or an alarm clock to signal breaks and to indicate the end of study time.

At exam time
The exam results do not represent your teenager’s future. The end of secondary school is the start of the next and usually more exciting time in your teenager’s life. The moment the exams are over, celebrate. Such a celebration is crucial, as the message you will be reinforcing is that the final score is accidental. Getting through high school is a wonderful achievement in itself.

When the exam results arrive
This period can be even more uncomfortable than the exams because everyone feels so helpless. There is always the potential that your teenager might fall short of his or her predicted scores, and the goal of achieving a place at his or her chosen university, TAFE or apprenticeship might seem unreachable. This can result in weeks of anxious waiting. Everyone in the family is treading on eggshells, and when the results do finally arrive, quite often the family can be too emotionally drained to celebrate or regroup.

You need to recognise that feeling on-edge or anxious is a natural response. Talk to your teenager about why they are feeling this way and what they can do to feel better.

Tomaree High School
Forward Together

www.tomaree-h.schools.nsw.edu.au
When the results are not what your teenager hoped

Don’t be fooled if your teenager appears to be indifferent to his or her results. Almost all students care deeply about their results and about the attitudes of their friends and relatives.

- Encourage your teenager to talk and reassure him or her. Reassure your teenager that failing an exam doesn’t mean he or she is a failure, and that while you may all be disappointed in the results, you are not disappointed in him or her.
- If your teenager was after a score that would allow him or her into a particular university course, reassure him or her that all is not lost, with thousands of university places being offered through the preference process.
- Put things into perspective. Reassure your teenager that everyone loses out at some time or other, and failing an exam isn’t the end of the world. He or she could re-sit and do better; or decide to go a different route next time.
- Encourage your teenager to look for positive ways forward, to consider all the options available. Your teenager may want to consider completing Year 13, working or travelling for a year, or doing an internship. A career counselor or university advisor may be able to help.
- Tell your teenager that whatever happens, you will be behind him or her 100 per cent.

Do’s and don’ts

Do
- guide, support and encourage your teenager
- encourage healthy eating, regular exercise and plenty of sleep
- take your teenager’s efforts seriously
- create an effective work space in the house if your teenager can’t study in their room
- take a whole family approach to supporting your teenager
- remind your teenager of his or her goals

- give your teenager positive feedback whenever possible
- encourage your teenager to take study breaks when necessary
- remember, the final year is about your teenager, not you
- help your teenager put, and keep, the year in perspective
- keep an eye on his or her emotional health – look for changes in sleeping or eating habits, and see your GP if you are worried
- let your teenager know that you’re there when he or she needs you
- encourage your teenager to believe in themself.

Don’t
- nag
- overload your teenager with domestic chores
- tell your teenager to work harder or he or she will fail.

The research

According to the Mission Australia Youth Survey in 2012, coping with stress and school or study problems remain major concerns for respondents. Research has shown that Year 12 can increase rates of depression, anxiety, suicidal thoughts and even suicide. In particular, the fear of failure and the apparent lack of prospects as a result of poor results in Year 12 were identified as major stressors for many young people. As well as managing school, many young people were also trying to cope with work, family and social commitments. The cumulative effect of these demands appears to be leaving many young people feeling besieged and struggling to cope.

References
- Robotham, J. (2003), Suicide linked to pressure of HSC. Sydney Morning Herald Newspaper, January 23, 2003

Where to find more information

Beyond Blue
www.beyondblue.org.au
Learn more about anxiety and depression, or talk it through with our Support Service.
1300 22 4636
Email or chat to us online at www.beyondblue.org.au/getsupport

Mindhealth Connect
www.mindhealthconnect.org.au
Access to trusted, relevant mental health care services, online programs and resources.
facebook.com/beyondblue @beyondblue
@beyondblueofficial
Donate online www.beyondblue.org.au/donations
Transport for NSW

Fact sheet: The School Opal card

Who’s eligible?
To be eligible for a School Opal card, students need to be NSW residents and may need to live a minimum distance away from their school.
- Years K-2 (Infants): there’s no minimum distance.
- Years 3-6 (Primary): 1.6km straight line distance or 2.9km walking or further.
- Years 7-12 (Secondary): 2.0km straight line distance or 3.9km walking or further.

Students completing secondary studies at TAFE, boarding school students and students temporarily in Australia may also be eligible for a School Opal card. The eligibility criteria for these students is available at transportnsw.info/school-students.

A School Opal card is provided to eligible students who need to travel within the Opal network. Paper travel passes are issued to eligible students who need to travel outside the Opal network.

Who needs to apply?
Most students or parents won’t need to apply for the School Opal card. The School Opal card will be sent to a student’s school automatically at the beginning of the new school year in 2016.

However, a new application is required if:
- The student is just starting school or has not had a pass for travel before.
- The student is progressing from Year 2 to 3, or Year 6 to 7.
- The student is changing schools, including moving between primary and secondary school.
- The student’s personal details have changed (e.g. address).

Applications must be made by a parent or guardian for children aged 15 years and under. Applications must be made by the student if aged 16 years or older.

How to apply
Step 1: Complete the application at transportnsw.info/school-students.
Step 2: Print, sign and submit the form to the school for approval.
Step 3: The school will then forward the application to Transport for NSW for processing.

Once approved, Transport for NSW sends the School Opal card to the home address given in the application.

The application may take several weeks and the applicant’s email address is required.

If the student doesn’t qualify for free travel
They may be eligible for a Term Bus Pass which allows travel on buses between home and school at a discounted rate for the whole school term.

Apply at transportnsw.info/school-students.

Find out more
For more information on the School Opal card and the School Student Travel Scheme (SSTs), please visit transportnsw.info/school-students.

NSW Transport for NSW

Tomaree High School
Forward Together >>>

www.tomaree-h.schools.nsw.edu.au
PORT STEPHENS ANNUAL AWARDS 2015

NOMINATE TODAY

Do you know someone in our community who goes a little bit further, who opens their arms a little bit wider and who gives a little bit extra to inspire us all to make every day better?

CATEGORIES
- Citizen of the Year
- Young Citizen of the Year
- Freeman of Port Stephens
- Port Stephens Medal
- Sportsperson of the Year

NOMINATIONS CLOSE NOVEMBER 30TH
Community Development and Engagement Team
awards@portstephens.nsw.gov.au | 4980 0190

For more information please read the Port Stephens Annual Awards Guidelines available on Council’s website.

Tomaree High School
Forward Together >>>

www.tomaree-h.schools.nsw.edu.au