

Tomaree High School

Respect - Responsibility - Success

March 2020

Principal's message

Welcome back to all our families and students to a new school year. Also, a big welcome to Tomaree High to all our new enrolments. I trust you will enjoy your time here.

I am very proud to continue to be the Principal at this school. It has an enviable reputation in terms of student performance and offers our students a wide range of activities and learning experiences. The vast majority of our student are polite, respectful and hardworking and are a credit to their families. Please support us by ensuring your child takes their education seriously, we have the skills and expertise to teach them well, they need to commit to their learning so we all get the best outcome.

Student information High school can be quite daunting for many students and families who may be used to receiving information quickly from the one class teacher. We want to develop in our young people the ability to manage their work and commitments and therefore you may not always get the information you need.

How can you keep informed? We use a Student Management system called Millennium. Parents are able to have access to the Parent Portal of the system. By logging into the system, you will see the timetable for each child you have at school. You can see the classes and teachers of each class, attendance, school semester reports and the calendar of school events such as excursions or other activities you might need to know about. To access this, you need to send an email to the school, specifically requesting access to Millennium. Once set up, an email will be returned to you with the log in details and password.

We also use a system called School Bytes. This is used to send you invoices via email and links you to the Parent Online Portal for ease of payment. Additionally, the system manages our excursions and if your child has been nominated to attend an excursion that has a cost, you will receive an email about that as well.

Contacting THS Tomaree High is a large school and we endeavour to look after all our students and families as quickly and respectfully as we can. If you are experiencing any issue with settling into school, please do not hesitate to contact us to discuss your concerns. We like to use Facebook as point of celebration and would hope you would contact the school directly with concern or use the private message channel and we will endeavour to get back to you. Be aware that Facebook messages are not responded to on a daily basis, if the matter is urgent, please ring the school.

Who should I talk to? If the issue relates to a student well being issue such as feeling anxious about school, or if a family situation has arisen that we should be aware of, the best people would be firstly the Year Advisor and then Mrs McCleer as Head Teacher Well Being. If it is a specific issue relating to a class/subject such as an assignment issue, contact the class teacher or Head Teacher of that faculty. The Deputy Principal should be contacted for major issues or if you have tried the other avenues and want further advice or input. All class teachers, Year Advisors and Head Teachers have a teaching load and may not get back to you immediately. It may take a few days, so it is best to contact early, rather than waiting until the issue become more serious. If you come into the school without an appointment, the Deputy will endeavour to see you, but you may have to wait some time, as they are likely to have other appointments, so always best to make an appointment.

These might seem like restrictions - they are not intended to be. We want to work with you as quickly as possible on any issues that may be impacting on your child's learning. Our focus is always on the best needs for the student and we want to hear from you directly if there is an issue.

BYOD (Bring Your Own Device), More information will be coming out regarding this process around devices, security, storage, safety, equity and best use for learning. Year 7 is our target year to come on board with this program and the Year 7 Deputy Mr Stevens is working with our deputy in charge of Technology, Mr Colley, to develop a quality program in the school, to which ALL students will have access. It is an exciting time in education and we need to be preparing our students for a world that we as parents did not experience at school. Keep an eye on Facebook for information around the program and all Year 7 will receive further specific information for them.

Mobile Phones are not permitted to be out in class without the permission of the teacher. Students may have their phones during breaks and to and from class. Once they step into a learning or formal environment (includes assemblies and sport) they must either put their phone (on silent) in their bags or if they can't go in their bags inside the room, the teacher will have a box to put them in as they come into the room. Failure to follow these rules will result in confiscation for the day and phones can be collected at the office at the end of the day. The number of phones being confiscated is very low which shows what we already know about this school - we have great kids who want to get on with learning.

There is a distinction between our Mobile Phone Policy and the upcoming BYOD program. Mobile phones are not considered a learning device - they are useful for looking up pieces of information but not for doing assignments, creating PowerPoints, storing class work. Students will be taught how to use products such as Microsoft Team which will allow them to access worksheets, notes and submit assignments which cannot be done effectively on a phone. Additionally, laptops connect to the wi-fi through our own secured network to prevent access to sites like Facebook or Instagram and we can then monitor usage.

I look forward to another fantastic year.

Mrs Xenos

Principal

RESPECT, RESPONSIBILITY, SUCCESS

Deputy Principal's Report

Welcome back to the students, staff and Tomaree High School learning community. What a great start to the year it's been. We are so lucky to be part of this system that has again proven through our outstanding HSC results that Tomaree High School is a great place to work and learn. I'm certainly looking forward to the year ahead. Each year I take the opportunity to remind all students that there's nothing they can't do at our school. The most significant benefit in being a large school is the range of subjects and extra curricula activities we have to offer. There is something for everyone at our school. When students work in partnerships with our dedicated staff they will be successful at Tomaree High School.

YEAR 8

Already these young people have matured over the holidays and returned older and wiser. And taller. Over the past few weeks I've been tracking how Year 8 have started the year and the feedback is pleasing. I've personally had the pleasure of spending time in English, Maths, Science, PDHPE and HSIE lessons across all classes. Parents and carers should feel heartened by the calm, settled learning environments that are positively impacting on student outcomes. The dedicated and hardworking staff at Tomaree High should also be acknowledged for the quality of lessons they are delivering. This is the starting point for a great year ahead.

YEAR 11

What an amazing group of young adults we have on our hands. I can't wait for the next two years ahead. The students presented so well in their new white shirts, ready to begin their final two years of secondary school. All parents and carers should be proud.

Study Plans

Senior school is hard work and takes real dedication. More importantly, all students need to be in school for a purpose. They should know why they are here. They should know what they are working towards and then design a suitable study plan which will help them achieve their goals. Balancing school work with casual employment, sporting commitments and socialising is always a challenge. Any student needing help designing a flexible study plan should ask staff at school.

Changing Courses

Over the last few weeks we have been able to accommodate a large number of course changes. Whilst we would hope that students maintain the study pattern they selected last year, we understand that there will always be some changes. It is our belief that students wishing to change courses do so as soon as possible so they are familiar with the course content before assessment tasks are due. If a student is considering changing courses they should approach the Careers Adviser or myself as soon as possible.

Wednesday Afternoons

All Year 11 students finish their regular timetabled lessons at 11:30am on Wednesday mornings. However, Wednesday afternoons should not be thought of given free time. The library remains open for study and finishing assignments and students may be required to attend excursions or extra-curricular activities from time to time. No student should be rostered on for paid work during regular school hours. We are putting faith in our already responsible students that they will use their time wisely to ensure they are effectively managing their education.

Glenn Sproule | Years 8 & 11

Year 12 Report – Term one 2020

Welcome back to school for our Year 12's – what a great year ahead we have! Yes, it is a big year of exams, deadlines, assessments, study, study and more study, however we have a lot of opportunities for students to enjoy their final year of schooling.

Our Year 12 Formal Committee is busily planning the end-of-year formal. We have some enjoyable fundraising and promotional events on the horizon including the annual Scavenger Hunt, graduation assembly and final barbecue. In what will be a challenging academic year, Year 12 students can also look forward to a range of activities to let their hair down and celebrate the end!

In moving into the HSC year, students would have noticed that the workload has steadily increased and that there is more pressure to stay on top of work and assessment tasks. This is why it is vitally important that students arrive to school on time, be in class on time and use their time constructively. My mantra has always been, "a little bit all the time". This means that students should avoid burning themselves out with all night cramming sessions and last minute bursts of work. Instead, they should be continually developing their skills and knowledge through consistent effort and application.

In saying this, it is also vital that students look after their own wellbeing whilst navigating senior school. Taking time to see friends and family, to exercise, catch up on sleep or relax away from the pressures of school is important for a young person's development. There is a time and place for everything and I encourage Year 11 students to manage their time effectively. By creating a structured plan for work, study and leisure, students can foster balance and control over their lives.

Joel Ross | Year 12 Advisor

PDHPE Report

It has been a very hectic but rewarding start to the school year in PDHPE. Following the installation of new carpets in the staffroom over the holiday period and the re-homing of the CAPA staff, PDHPE faculty members had to quickly set up their desks for the commencement of Term 1 lessons.

At the end of last year, the PDHPE faculty said goodbye to both Miss Hill and Miss Kelly. We thank them both

for their dedication and hard work and wish them well in their future endeavours.

Mr Squires has accepted a full-time position in the PDHPE faculty for 2020. He is assisting Mr McClennan in the Sports Organiser role this year. Mrs Attard is currently completing a four-week block in PDHPE and will remain with us in a casual role, for the rest of the year. After a long search, we are pleased to welcome a new member to the PDHPE staff for the remainder of 2020. Miss Jeffs will join us from Hunter Sports High and is very much looking forward to meeting the staff and students at Tomaree High School.

All Stage 4 and 5 PDHPE classes have commenced their units of work for Term 1 in both their theory and practical lessons. Students are reminded of the need for their sports uniform in practical lessons. This includes suitable shoes for physical activity. In this warm and humid weather, students are also encouraged to wear sunscreen and a hat, and to bring a water bottle for each practical lesson. Assessment Tasks for Years 7-10 are due to be completed in Weeks 9 and 10 this term. Assessment Task Notifications will be distributed to students in the next couple of weeks.

The Year 7 Selective Sport Class has been busy with Mr Cameron putting them through their paces in a round of modified games.

The Year 8 Selective Sport Class has been put to the test, literally, over the first few weeks of term, completing a series of fitness tests. Congratulations to Mr Sproule for his outstanding performance during his demonstration of the reaction time test.

Year 9 and 10 PASS classes have commenced work on their Body Systems/Energy and Nutrition Units respectively. We also have four Stage 6 SLR classes and two Sport Coaching (VET) classes in PDHPE who are working hard to develop their respective skills. The two new Year 11 PDHPE classes are already deep into Core 1 of the PDHPE Preliminary Syllabus and will be completing their first Assessment Task in Week 8 this term. The HSC PDHPE classes received notification of Assessment Task 2 this week and are preparing to complete the task during Week 7 this term. Good luck to our HSC students and to all those completing tasks over the rest of the term.

Term 1 is always a very busy time with a variety of knockout sporting teams preparing for their respective competitions. There are also a range of trials being run for representative teams. Students need to be aware of any announcements in the daily notices during roll call, assemblies, SkoolBag, Facebook or come and speak with Mr McClennan or Mr Squires to stay up to date regarding any upcoming events.

Tomaree High School's annual swimming carnival has been run and won for 2020, congratulations Yacaaba. It is the first carnival I have been to since coming to Tomaree High and I was extremely impressed with the organisation and implementation of the carnival. Mrs Stewart and her team are to be commended on an excellent job. I was also very pleased to see so many students attending and participating in the carnival. Obviously, the highlight of the day had to be the greatly anticipated Belly Flop competition. Congratulations to Ali Mitchell of Year 7 for her fearless and highly technical 'belly flopping'. This year, our competitive swimmers joined Tomaree Public School's carnival, and by all reports, the concept proved to be very successful. The younger students were able to watch and cheer on our best swimmers, and witness the results that training and commitment can yield. Many of our senior Sport Coaching and SLR students also helped support the younger students in their races. They performed this role admirably and are commended on demonstrating such good spirit within the Tomaree School Community.

The school's Athletic Carnival will be held over two days in Week 7 this term. Please lock in Wednesday 11 and Thursday 12 March in your calendar. Organisation is underway for what should be another fun and exciting event. It's not too late to start training!

Other exciting news in PDHPE is that work has started on redesigning and revamping the School Fitness Lab (Gym). I will be working with senior students from the Sport Coaching class to create a high quality and functional space for students and staff to utilise, to improve their fitness.

That's all for now. Stay healthy everybody.

Mr Welch | HT PDHPE

Science Report

Developing our students' practical investigation skills in Working Scientifically prepares them for a future where creativity, collaboration, critical thinking and communication are essential skills for success in their chosen pathways. Our classes have already been heavily involved in a range of activities that engage them in this way.

Year 7 | In the Lab

Our new Year 7s have settled in quickly in the Labs learning about safety, lab equipment and the skills needed to carry out scientific investigations.

Ms Curby's class did a mysterious experiment, surprising everyone with gas and bubbles, hot and cold, and colour changes all happening inside a cliplock bag which blew up until it almost popped.



Year 7 in the lab



Year 7 in the lab



Year 7 in the lab

Year 7 | Agriculture

Year 7 students have started getting their hands dirty by working on our Sand Mining Restoration Project potting up some of the native seedlings we've propagated from seed-stock collected from the mine site. This partnership with Sibelco engages our students in important environmental rehabilitation work while providing the company with the plants they need.



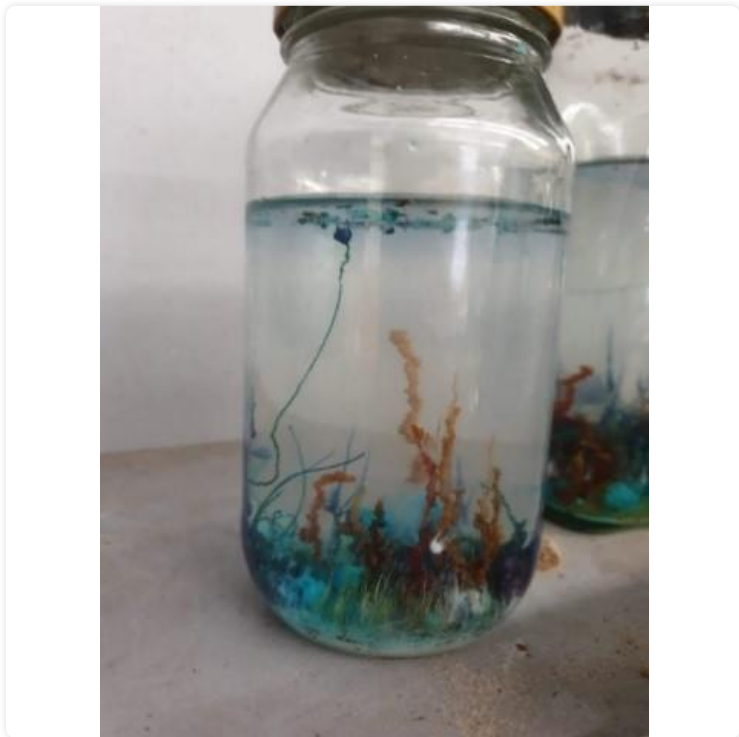
Mr Stuart showing students the steps to successful potting of the seedlings



Year 7 - Agriculture

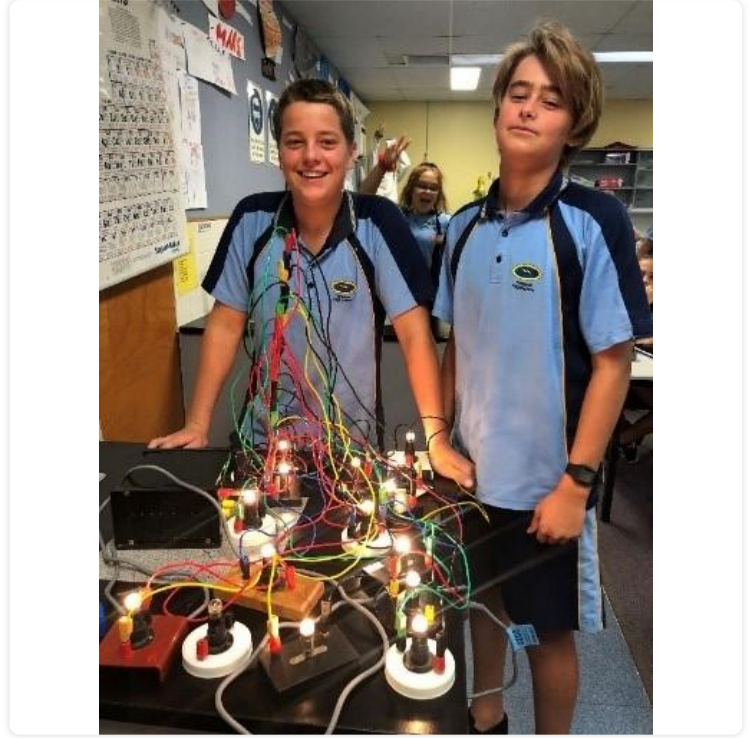
Year 8 | Erupting Volcanoes

Ms Carney's Year 8 class went outside to erupt their volcanoes. Then they made crystal gardens in the Lab. They have been learning about our changing Earth.



Year 9 | Creative Electrical Circuit Work

Year 9 students applied considerable creativity when problem-solving setting up their electrical circuits.



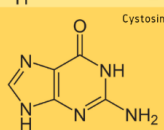
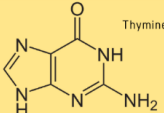
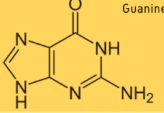
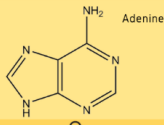
Year 10 | Developing their ICT Skills to Present Scientific Information

Our students are increasingly being challenged to develop their ICT skills to communicate their understanding. 10SCIA1 used Canva, an online design application, to create infographics about genetics. Here are some great examples of their posters.

Claudia Smoilenko

DNA STRUCTURE

DNA INFOGRAPHICS



DNA PAIRS

GC is where its AT
Guanine and Cytosine
Adenine and Thymine

Year 10 Infographic

EBONY STUART
DNA (Deoxyribonucleic Acid)

DNA STRUCTURE

What is DNA

DNA is made up of molecules called nucleotides. Each nucleotide contains a phosphate group, a sugar group and a nitrogen base.

4 Nitrogen Base Molecules

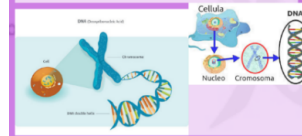
There are 4 nitrogen bases (Adenine, Thymine, Cytosine and Guanine) Because of their structure in base can only pair with one other. For example A with T and C with G. The bases come in two categories, thymine and cytosine are pyrimidines and adenine and guanine are purines.

When Was DNA Discovered

DNA was first observed in 1869 but was not until 1953 that scientists realised could carry biological information.

Where is DNA Located

Nearly every cell in a person's body has the same DNA. Most DNA is located in the cell nucleus, but a small amount of DNA can also be found in the mitochondria.



Year 10 Infographic

HOW TO CLONE DNA

Genetic Engineering for Dummies



Isolate DNA part to be cloned

Obtain a purified gene of interest and vector. Example: fossilised dinosaur DNA or a strip of DNA encoding for antibodies.



Insert the isolated DNA into a Suitable Vector

Use enzymes to cut and paste the GI and vector to create a hybrid of the two DNA molecules, recombinant DNA.



Add recombinant DNA into a Host

Insert the recombinant DNA into a host using different methods. Host cells that take the recombinant DNA are called transformed cells.



Selecting Transformed Host Cells

Filter and select the host cells that have transformed successfully. These cells will contain the gene of interest.



Multiplication of the Gene of Interest

Grow and multiply your host cells that contain the gene of interest by providing optimum parameters.



Isolation of Multiplied DNA

Isolate the multiplied gene of interest that is attached to the vector to the transformed host cells.



Purification of the Isolated Gene of Interest

After harvesting of the isolated GI, purify it using different methods and use a DNA sequencer to check it.

Year 10 Infographic

Support Unit Report

A number of students have successfully transitioned to Year 7 support classes at THS. They have been busy making new friends and accessing a range of educational activities. This has included the Community Access Program in which they have experienced learning environments, other than the classroom, including the natural environment and other community settings.



Numeracy Update

It all adds up

In high school, your teen's math lessons become more advanced, covering topics such as algebra, calculus and trigonometry. Here are some ways you can support your teen's mathematics learning at home:

Build their confidence

Help your child achieve their best by having high, but realistic, expectations of them. Let them know that you believe they can do well at maths and give praise when they put in effort and show progress.

Build a strong foundation

Try looking through your teen's maths workbook together. Ask them to explain the examples their teacher has already worked through with the class. Can they apply this to some more examples? If your teen expresses that they did not completely understand the concepts covered in maths class that day, encourage them to talk to their teacher.

Stay positive

Try to talk positively about mathematics with your teenager—even if you struggled with it at school yourself. Saying 'I was bad at maths' can lower your teen's own expectations of themselves and can give them an excuse not to try.

Talk about maths

Talk about how maths is used in everyday life and find real-life examples for the maths they learn at school. For example, you can talk about household bills, such as electricity and water, analyse the graphs on the bills and discuss the costs and ways to reduce energy or water consumption. Or get your teen to research the costs of different mobile phone plans to find the best value option for them based on call costs, calling patterns, their phone usage and previous bills.

If you need help in supporting your child's numeracy learning at home, please do not hesitate to contact me on school number.

Adewale Kareem | Numeracy Coordinator

Reference <https://www.learningpotential.gov.au/routines-and-teens-how-you-can-help>

NSW SCHOOL VACCINATION PROGRAM

Each year NSW Health works in partnership with schools to offer the vaccines recommended by the National Health and Medical Research Council (NHMRC) for adolescents as part of the school vaccination program.

In 2020 the following vaccines will be offered:

YEARS	VACCINE	NUMBER OF DOSES	DATE
Year 7	Human papillomavirus (HPV) vaccine	2-doses at least 6 months apart	2 April 2020
	Diphtheria-Tetanus-Pertussis (whooping cough) vaccine	Single dose	5 November 2020
Year 10	Meningococcal ACWY vaccine	Single dose	14 May 2020

Parent Information Kits that include an information sheet, consent form and privacy statement will be sent home to parents/guardians. To consent to the vaccination of their child, parents/guardians are advised to:

- read all the information provided
- complete the consent form, including signing their name next to the vaccine/s they would like their child to receive
- return the completed consent form to their child's school
- ensure that their child eats breakfast on the day of the school vaccination clinic.

Please note that, to improve vaccination completion, students will be opportunistically offered any missed doses during Year 7 or 8 (for HPV and dTpa vaccination) and during Year 10 or 11 (for Meningococcal ACWY vaccination).

Parents/guardians who wish to withdraw their consent for any reason may do so by writing to the school Principal or phoning the school. The Procedure for Withdrawal of Consent is available on the NSW Health website at www.health.nsw.gov.au/immunisation/Pages/withdraw_consent.aspx

A Record of Vaccination will be provided to each student vaccinated at each clinic either as a physical card or a text message sent to the mobile number recorded on the consent form. Details about vaccinations given at school will also be uploaded to the Australian Immunisation Register (AIR) to support complete vaccination histories.

Swimming Carnival 2020

Tomaree High School recently had two days of fantastic action at the swimming carnival in both the competitive and novelty events. Tomaree High School recently had two days of fantastic action at the swimming carnival in both the competitive and novelty events.

Yacaaba won the overall point score for the third year in a row, almost tripling the score of the nearest rival, Tomaree followed by Stephens and Nelson.

The age champions are as follows - 12 Years: Evie Manning; 13 Years: Campbell Stewart and Ebony Nix; 14 Years: Anekah Sargeant and Jed Smith; 15 Years: James Whitmore; 16 Years: Brady Stewart and Vanessa Frary; 17+ Years: Angus Tonks and Logan Stewart.

There were an incredible 13 records broken at the carnival. Ebony Nix set seven new individual records, breaking some by over 10 seconds. Aiden Tyacke, Logan Stewart and Maddison Mitchell, each broke a record and Anekah Sargeant broke two. The Yacaaba 12-14 year old 4 x 50m girls relay also broke the previous record. Another highlight of the day was Ali Mitchell taking out the Belly Flop competition.

Congratulations to everyone involved over the two days!!



Swimming Carnival 2020



Swimming Carnival | Age Champions 2020

2020 HUNTER SPORT TRIALS

Students who wish to trial for any of the teams listed below **MUST** follow the following procedure:

1. Note the date of the trial and then go to the website <https://app.education.nsw.gov.au/sport/hunter> to gain specific details (nomination details) and other information.
2. **Complete the consent form online** and then print and return it to your school Principal and Sport Coordinator to sign.
3. **YOU ARE NOT PERMITTED TO ATTEND ANY TRIAL** unless you have **SCHOOL PERMISSION**. If you turn up at the trial without school permission you will be sent **BACK TO SCHOOL**.
4. Once the Sport Coordinator has your permission note they will seek the advice of both the Convener and School Coaches as to your eligibility to attend Trials. Students that are too young or are not of the standard or calibre of a Hunter team cannot attend Trials.

5. Once the Sport Coordinator signs off on your attendance then you take the completed permission note to the trial.
6. NOTE that no transport or direct supervision is supplied by your High School.
7. Notes must be completed 2 WEEKS prior the event.

Date	Team	Date	Team
Term 1		Term 2	
February 12	Boys Volleyball	May 8	Lawn Bowls
February 13	Girls Volleyball		WAG/MAG/RG Gymnastics
February 25	Diving	June 22	Girls Tennis
February 27	Boy/Girls Touch 15s/u	June 30	Orienteering
March 4	Boys Basketball	July 2	Trampoline Sports
March 5	Rugby Union	Term 3	
March 6	Boys/Girls Hockey	August 4	Mountain Biking
March 11	Girls Basketball	September 11	Boys/Girls Water Polo
March 11	Boys Football	September 16	Boys Cricket
March 12	Girls Football	Term 4	
March 13	Netball	November 17	Girls Softball
March 18	Rugby League 15s and Opens	November 17	Boys Softball
March 23	Squash	November 26	Girls Cricket
March 24	Boys AFL U/15s	December 1	Boys Baseball
March 26	Boy/Girls Touch Opens		
March 30	Golf		

Trial dates and time printed on this form are subject to change, please refer to the Hunter School Sport website for the most up to date information

**Do you want to play a sport
the whole family can enjoy?**



Why not try hockey?

Fitness and fun for boys, girls, men & women.

Non contact, from 5yrs onwards, social comps for all ages.

All games played at our home ground in Salamander Bay on Saturday mornings. (No travelling)

REGISTRATION DAY

Saturday 29th February 2020

9.00am to 12 noon at the clubhouse

Nelson Bay Hockey Club

Home Ground - Salamander Bay (near the Recycle Centre)

For more info call (02) 4919 1692 or visit

www.nelsonbayhockey.org.au



Nelson Bay Netball Association

REGISTRATION OPEN NOW

2020

\$140 Juniors/Intermediates (10yr - 15yr)

\$110 Modified (8yr - 9yr)

\$110 Mini Modified (6yr - 7yr)

\$110 Net Set Go Netball Skills (3yr - 7yr)

\$ 50 Non-Player (Coaches)

Team
Sheets
close
6 March

Registration Open Day

Saturday 7 March - 9am - 11am

Saturday 21 March - 11am - 1pm

Junior Competition (6yr - 15yr) starts 21 March 2020

Net Set Go Netball Skills (3yr - 7yr) starts 9 May 2020

To download your free \$100 Active Kids voucher visit www.service.nsw.gov.au



All registrations to be completed online

Looking for a team?

Want to play netball but don't have a team? Visit our website and register your interest so we can help you find one!



@nelsonbaynetballassoc



@nelsonbaynetball



Register now!



Nelson Bay
Marlins
AFC

Joshua Horvath 0411 349425
jhorvathpt@live.com
Open for boys and girls 5-17yo



Sign up for junior footy [play.afl](https://www.play.afl)

