

## Tomaree High Rugby Boys off to South Africa

Three students from our school have been chosen to be part of the Under 16 NSW Combined High Schools Rugby Team touring South Africa in the Easter holidays. These students are Ryan Duffy, Jordan Byfield and Jason Allwood.

During the 14 day tour, the team will play a variety of South African High School teams as well as view a Super Rugby game, experience a wildlife tour and visit famous South African landmarks including Sun City and Robben Island where Nelson Mandela was imprisoned.



We are very proud of the boys and we are looking forward to hearing about their experiences next term. We wish them all the best for the Tour.

Ms Chester

PD/H/PE

## Year 7 Camp a winner!





# A LETTER FROM THE PRINCIPAL ABOUT LMBR (Learning Management & Business Reform)

Dear Parents and Carers

**Tomaree High School** will transition to the new NSW Public Schools' finance system and a new bank account on **22 May 2017**.

**To ensure a smooth transition, there will be changes to the way we accept payments from parents and carers.**

- **Direct deposits:** As of **12 May 2017**, we will no longer accept direct deposits into our current school bank account as we prepare to close this account and transition to the new one. Any payments made using direct deposit after this date cannot be properly allocated to a student's account in a timely manner. Please ensure you have made any outstanding direct deposits before **12 May 2017**.
- **EFTPOS payments:** We will not be able to accept EFTPOS payments between **17 May and 22 May 2017**. Please ensure that you have made any outstanding EFTPOS payments before **17 May, 2017**. From **23 May 2017**, EFTPOS payments will be accepted as before.
- **Cash and cheque payments:** Between **17 May 2017** and **22 May 2017**, we will also not be able to accept payments by cash or cheque as we prepare to close our current bank account and transition to the new one. Please ensure that you have made any outstanding cash or cheque payments before **17 May 2017**. From **23 May 2017**, cash and cheque payments will be accepted as before.
- **Online payments:** As of **22 May 2017**, we will begin to accept online payments using the Department of Education's Parent Online Payment (POP) system. A button to access this online payment system titled '\$ Make a Payment' will be visible on the utility bar on the front page of our school's website at **[www.tomaree-h.schools.nsw.edu.au](http://www.tomaree-h.schools.nsw.edu.au)**

By selecting this link, parents and carers will be taken to a secure Westpac QuickWeb payment page, from which they can make online payments. Please note: As a Westpac-hosted solution, cardholder and account details will be held securely, helping to protect the school and its customers from fraudulent transactions as well as assisting in meeting the Payment Card Industry Data Security Standard (PCIDSS) compliance requirements.

Thank you for your patience and understanding as we transition to our new finance system. We are hopeful the addition of an online payment facility will prove of benefit to families. If you have any questions, please contact **Mrs Vianney Bills, Administration Manager, on 4981 1444**.

**Sue Xenos**  
**Principal**

## Diary Dates

**Contact Details Tel: 4981 1444**  
**Email: [tomaree-h.school@det.nsw.edu.au](mailto:tomaree-h.school@det.nsw.edu.au)**

- March 22 - P&C Annual General Meeting, 6.15pm staff Common Room
- March 22, 23 - Athletics Carnival
- March 27 - Year 7 Vaccinations, March 27
- March 28 - Year 7 2018 Information evening, 5.30pm school tour; 6.15pm Small Hall

For further information check our website: [www.tomaree-h.schools.nsw.edu.au](http://www.tomaree-h.schools.nsw.edu.au)



## From the desk of the Deputy Principal .....Ms D'Arcy

A belated, yet warm welcome back to the 2017 school year. This year I am very fortunate to be the Deputy Principal of Years 9 and 12. I am delighted with the start to the new academic year made by our wonderful students.

**Year 9** students have settled quickly into their new classes and elective subjects. Colleagues regularly pop into my office to let me know how engaged our students are in their learning. I am also seeing this as I visit lessons each day. The last day of this term, Friday 7<sup>th</sup> April, Year 9 students will be going on the annual excursion to the Royal Easter Show.

**Year 12** students are busy in their HSC courses. They have mid-course examinations at the end of this term in Week 11 (apart from English sat in Week 6). Year 12 students should be making summary notes and revision cards on the topics covered so far in each subject and should have a schedule they are following for their examination preparation. The earlier they start revising the better prepared they will be and the less pressure they will have in Week 11. Making use of past examination questions from the NESA website (see below) will be really helpful. In each exam do your personal best. Please don't get over stressed; have some relaxation time built into your revision timetable. For your personal wellbeing it is really important to have a balance.

### **N.E.S.A. – the NSW Education Standards Authority**

The NSW Education Standards Authority (NESA) replaced the Board of Studies, Teaching and Educational Standards NSW (BOSTES) on 1 January 2017. NESA continues to set and monitor quality teaching, learning, assessment and school standards. This includes responsibility, across NSW Public, Catholic and Independent schools, for:

- Kindergarten to Year 12 curriculum
- Accreditation of teachers and teaching degrees
- The internationally recognised HSC
- School registration and home schooling

NESA is in the process of building its new website which you can visit now at [educationstandards.nsw.edu.au](http://educationstandards.nsw.edu.au). All documentation which previously related to the Board of Studies or the Board of Studies, Teaching and Educational Standards NSW (BOSTES) will gradually be updated to reflect this change.

### **Facebook**

Our school Facebook page is used to communicate and promote student achievement and for the immediate communication of relevant information between the school and community. If you haven't already liked and follow us please do so. There are some wonderful photos posted!

### **Years 7 and 9 Parent information evening for NAPLAN**

We held a NAPLAN parent information evening on Tuesday 14<sup>th</sup> March for Parents of students in Years 7 and 9. It provided the opportunity for parents to experience what it is like to sit a NAPLAN test in the formal setting of the MPC and for us to share suggestions of how they can support their children in preparing for them.

Students in Year 9, 2017, will be the first cohort of students who will be expected to demonstrate a 'Minimum Standard' in both literacy and numeracy in their individual NAPLAN results to be eligible for the HSC. This minimum standard is Band 8 in all areas: Reading; Writing; and Numeracy.

**NAPLAN testing occurs during Term 2, Week 3, May 9-11, 2017.**



## ABSTUDY

ABSTUDY helps with costs for Aboriginal or Torres Strait Islander Australians who are studying or doing an Australian Apprenticeship. You may be able to get ABSTUDY if you are an Aboriginal or Torres Strait Islander Australian enrolled in an approved course or apprenticeship and are not getting any other government help to study or do an apprenticeship or traineeship.

## ABSTUDY payments

**Parents or guardians of students younger than 16 and living at home** may be able to get ABSTUDY Schooling Allowance.

**Full-time students who are 16 or older and living at home** may be able to get ABSTUDY Living Allowance. The amount you get may depend on your parents' annual income.

**Full-time tertiary or preparatory course students and other secondary students** may be able to get ABSTUDY Living Allowance. The amount you get may depend on personal, parental or partner income.

**Full-time Australian Apprenticeship, traineeship or trainee apprenticeship students** may be able to get ABSTUDY Living Allowance. The amount you get may depend on personal, parental or partner income.

## Applying for ABSTUDY

To claim, call the ABSTUDY line on **Freecall 1800 132 317**. You can submit supporting documents online at **[humanservices.gov.au/submitdocumentsonline](https://humanservices.gov.au/submitdocumentsonline)**

If you can't claim over the phone, you can get a claim form at **[humanservices.gov.au/abstudy](https://humanservices.gov.au/abstudy)**

How long it takes to assess your claim depends on how complex your situation is.

Wishing all of our families the very best for the remainder of term 1. Students, remember to make the most of all the opportunities on offer to you and to do your personal best in each and every lesson, by having a positive attitude and putting effort into your work and learning.

Sue D'Arcy  
Deputy Principal



## Staff Contacts

**Contact Details Tel: 4981 1444**

**Email: [tomaree-h.school@det.nsw.edu.au](mailto:tomaree-h.school@det.nsw.edu.au)**

### Leadership Team

Principal: Mrs Sue Xenos

Deputy Principals:

Year 7 & 10: Arron Stevens,

Year 8 & 11: Glenn Sproule

Year 9 & 12: Sue D'Arcy

### Faculty Leaders

Maths: Rod Lyon

Admin: Brad Foley

Science: Linda Hazell

Teaching/Learning: Stacey Hinks

CAPA: Anne Gorton (Rel)

Special Education: Jen Florey (Rel)

Wellbeing: Vicki McCleer/Benji Trieger (Rel)

P/D/H/PE: Jim Papworth

English: Mark Wagland

VET: Emma Chester

H/Ec: Karen Shaw

HSIE: Craig Windon (Rel)

Industrial Arts: Shane Fitzpatrick

### Year Advisers

Year 7: Gary Stuart

Year 8: Averil Jarvis

Year 9: Joel Ross

Year 10: Anne Gorton/

Karen Smith

Year 11: Steeve Gillett

Year 12: Leila Courts



## From the desk of the Year 7 & 10 Deputy Principal, Mr Stevens

### Part Day School Absence

It is important that all students attend school every day. The impact of student absence from school not only affects students academically, but extends through to their social wellbeing. One of our core values at Tomaree High School is to be at the *Right Place*, at the *Right Time*. The importance of school attendance extends to part day attendance.

Part day attendance may include students arriving to school late or being signed out early. There are sometimes extenuating circumstances where a young person may need to be signed out throughout the day. There are important processes in place to ensure students are attending. Helping our school ensure all students are safe at all times is a priority of all staff. If your child is late to school, please provide a note to explain their absence. If you require your child to be signed out throughout the school day, please send a note in advance that morning; the student reports to their Year Deputy Principal and an early leavers pass is generated. Students then present this pass to their classroom teacher to indicate that they need to go to the office to sign out. Once they sign out through the office the student will receive a printed receipt. Please make all endeavours to arrange any appointments students may need to attend (for medical appointments, etc) outside of normal school hours.

If your child is late to school on a regular basis please arrange an appointment with their Deputy to discuss ways that our school can support in maximising their attendance at school.

If a student misses or is not engaged in just one lesson per day (out of our 5) then statistically, that represents 20% of their schooling, or one whole year of missed learning by the time they finish Year 11.

### Year 7 Camp

Our lovely Year 7 students had the opportunity to get to know each other and form life-long friendships at camp. A big thank you to Year 7 Adviser, Mr Stuart, for organising a wonderful camp and to all of the teachers and Year 10 student peer support leaders who made this such an enjoyable experience. I am sharing a few photos of the fun here and there are more on the following page. A written report on the camp will be in the next newsletter.



Arron Stevens  
Deputy Principal









# YEAR 10 ADVISERS' REPORT

Being a teenager can be a tough gig at times. Learning how to be more resilient during difficult times is an important skill to develop. Throughout life's ups and downs we can draw on these skills to help manage tough situations.

We encourage parents and carers to discuss 'resilience' with your children to help them develop skills in how to cope when they get overwhelmed with life. The chart below illustrates aspects of resilience and the following page has information on coping skills. You could watch the YouTube clip on the following link as a starting point: <https://www.youtube.com/watch?v=KF2hQ0XLf6U>

We have had a positive start to 2017, Year 10 are looking more mature and have transitioned into the groove of school life quite well. Attendance is key to success at school; we are keen to work with parents to ensure your son/daughter gets here every day. Remember to inform the office if your child is absent due to illness or for other family reasons and let us know if we can do anything to support you and your child in their educational journey.

Anne Gorton & Karen Smith  
Year10 Advisers



## Coping Skills, resilience and teenagers

‘Coping’ describes any behaviour that is designed to manage the stresses and overwhelming feelings that come with tough situations. By learning and developing positive coping skills in their teenage years, your child will build resilience and wellbeing and be set up with an important skill for life.



### Positive coping skills will help if:

- Your child doesn't cope well with stress
- Your child often feels overwhelmed
- Your child's health and wellbeing are negatively impacted by stressful events and difficult emotions.

### Why is it important to build coping skills?

Being young isn't easy. The teenage years are accompanied by a number of stressors and significant life stages. Throw into the mix the hormonal changes that accompany puberty and an increasing need to fit in with their peers, and it's no wonder that young people often find their adolescent years stressful and overwhelming. To tackle the difficulties that come with being a young person, it's crucial to encourage young people to develop positive coping strategies.

### What is positive coping?

Positive coping strategies increase long-term resilience and wellbeing. In contrast, negative coping strategies usually only produce a helpful distraction in the short term. For example, using drugs and alcohol may provide temporary relief from difficult emotions, but reliance on this strategy can lead to substance dependency and abuse. This is why a focus on positive coping skills is crucial in maintaining long-term wellbeing or resilience.

### What is resilience?

Resiliency is the ability to 'bounce back' from a difficult situation. A resilient person is able to:

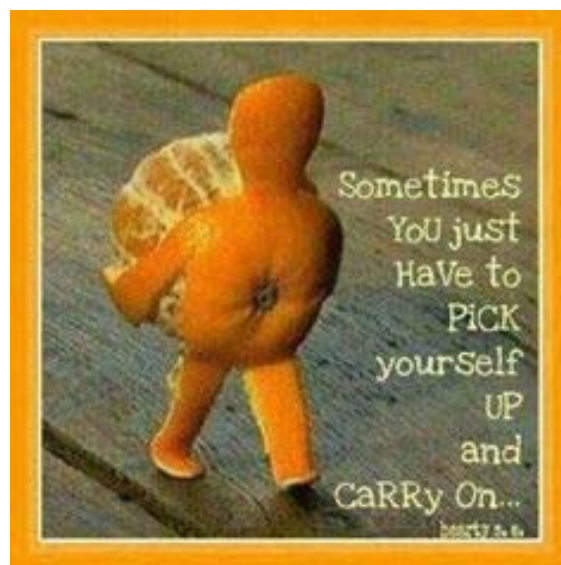
- Withstand adversity
- Learn from their experiences
- Cope confidently with life's challenges.

Psychologists have identified some of the factors that make someone resilient. These include:

- Having a positive attitude
- Being optimistic
- Having the ability to regulate emotions
- Seeing failure as a form of helpful feedback.

Resilient teenagers are able to control their emotions in the face of challenges such as:

- Physical illness
- Change of schools
- Transitioning from primary school to high school
- Managing study **workload** and exams
- Change in family make-up (separation and divorce)
- Change of friendship group
- Conflict with peers
- Conflict with family
- Loss and grief.





# Year 12 Adviser's Report

Welcome back to our Year 12 cohort and their ever supportive parents. Year 12 have made a great start to 2017. They are settling into their final year of schooling well, look great in their uniforms and seem to have matured so much over the Christmas break!

For those who are unaware, my name is Leila Courts and I have taken over the role of Year Adviser for Year 12. Stepping into Alison Baillache's shoes is a big task, yet it has been a pleasure getting to know this year group even better. They are friendly, co-operative and polite students who, as our most senior students, are setting a great example for our new Year 7.

Tomaree High School is committed to providing the best education possible for all our students. My role as Year Advisor is to support all students to achieve their personal best, not only academically, but socially and emotionally. If you have any concerns or issues that may impact on your child's wellbeing or ability to learn, please do not hesitate to contact me by phone, come in for a meeting or email me (Leila.Courts1@det.nsw.edu.au). I am excited to be able to work with parents and caregivers to ensure your child's final year of schooling is as stress-free as possible.

For many students, Year 12 tests their organisational skills. Students who have regular study plans in place and maintain a high level of organisation tend to find the demands of this final year far more manageable. Laminated A3 study planners have been distributed to all Year 12 students – if a student has not received one, they can come and see me at the Maths staffroom and start getting organised straight away.

Mid-course examinations for most subjects will be held during Week 11 of this term. These assessments will influence final HSC marks and as such all teachers are working hard to prepare Year 12 for their assessments. Students should be studying now for these examinations and ensuring they fully engaged in all lessons to help them achieve their best. It is important to maintain a high rate of attendance in this final year of schooling, especially in the lead up to major assessment tasks.

I truly hope all Year 12 have a memorable and successful 2017. The year will be busy, but there is much to look forward to! We will hold several fundraising events, distribute Year 12 jerseys, celebrate the end of secondary school at the Year 12 formal, have lots of fun at the end of year Scavenger Hunt and then say farewell at the final Year 12 Assembly.

I am looking forward to the excitement of this year and feel blessed to be a part of such a great year group.

Leila Courts  
Yr 12 Adviser



## Coming Up in Term One...

**Burray Aboriginal Boys Group**  
**Wednesday—Week B**  
**10.30-11.30am**



**Shane and the team will be joining a small group of Aboriginal students for a graffiti art workshop.**

**Wednesday 29th March—All Day**

Justin and Joey leading the students in resume creating and job application writing.

**Thursday 30th March**



**All Aboriginal Students and Families are invited**  
**Thursday 30th March**  
**@ Tomaree High Library**

**'Close the Gap' Health Checks**  
**Thursday 6th April**  
**No Charge**





## 24U Wellbeing Day

Earlier in the term we were lucky enough to have some great speakers come to Tomaree High School to educate students on topics including personal health, self esteem, goal setting, healthy diet and overcoming adversity.

Both the Boys and Girls days were a big success. Thanks to the staff and students who helped to make this happen. Particular mention needs to go to Ki McClelland, (pictured below) who is one of our school captains, for sharing his story with students at this event.



Benji Trieger  
HT Wellbeing



## ADMIN NEWS

**Thank you to those parents who have already paid students' fees in response to the Statement of Account invoices that were recently posted home.**

**In light of the imminent introduction of the new financial system (LMBR) to NSW Public Schools as outlined in the Principal's letter on page 2, it would be most appreciated if parents could support the administration office by promptly paying any outstanding school fees. Your attention to this matter would greatly assist us in preparing for the transition process.**

**Thank you for your co-operation.**



## **Year 7- 2018 Parent Information Evening**

**TUESDAY 28TH MARCH, 2017**

**Where:** Small Hall at Tomaree Education Centre

**Time:** *5.30pm* for school tours,  
*6:15pm* start for Information Session

This night will give you an opportunity to hear about what we offer at Tomaree High school, meet staff and hear from Head Teachers, the Deputy Principal and Principal and to find out about our school, Specialist Programs and generally become familiar with us.

We look forward to meeting you.





## P&C ANNUAL GENERAL MEETING

A warm welcome is extended to all parents and carers to attend Tomaree High School P&C's ANNUAL GENERAL MEETING which will be held on Wednesday, March 22 at 6.15pm in the Common Room staffroom.

As we are now affiliated with the State P&C body, there is an extra vice-president position to be filled along with President, Secretary and Treasurer. Another change is that to vote you will need to be a financial member which will be payable prior to the AGM starting.

Please remember to bring along your \$2 coin !

On the GENERAL MEETING agenda will be the election of a school finance committee representative, SIT rep (School Improvement Team) and the position of Publicity Officer.

If you are in a circle of people who all have children at our school we encourage you to attend this month's meetings and those in the future.

### FEBRUARY MEETING

We started our year well with a good attendance and were pleased to welcome three 'first timers'.

The following issues were discussed:

**Traffic Planning** - Port Stephens Council has no plans in the immediate future to reduce our morning traffic congestion problems. In the review of a school critical incident several years ago it was recommended that a road be constructed along the eastern boundary. It would ease the current pressure on traffic in the event of an emergency and provide a solution to our current a.m. congestion. We would welcome ideas for discussion to present to Council to improve traffic movement on site of a morning.

### Real Futures Fund Raising

Our school is committed to the RF Program which focuses on Year 10 and 11 students. They are in the process of finalising a fund raiser in which the major prize includes a boat. We have been asked to assist by selling tickets at targeted locations organised by RF in our peninsula on particular dates. More information will come via Skoolbag.

### 2016 HSC results

It was agreed we send a letter of congratulations to the Principal and staff for their contribution to our great Year 12 results.

### Entertainment Book Fundraiser

Once again, the P&C will be helping to raise funds through the sale of Entertainment Books.

It can be a great gift for Mother's Day and there are big incentives if you order a book before April 1 (see the advertisement below). There will be more information on Skoolbag and in the next newsletter.

Richard Davis  
President



The entertainment fundraiser is here! Pre-order yours for Early Bird offers.

**WE'RE FUNDRAISING WITH ENTERTAINMENT!**

By purchasing a 2017/18 Entertainment Membership you'll be supporting Tomaree High School and saving BIG on over 100 local dining, shopping, travel, attractions and activities.

In addition to having more than \$20,000 worth of value, pre-order your

**Entertainment Book or Digital Membership** before 1<sup>st</sup> April and receive over \$170 worth of savings which you can start using straight away! These are just SOME of the new and exciting businesses to feature in the upcoming edition: -

**IN HOUSE** **HORIZONS** **Vienna's** **La Bouchée** **THE BISTROT**

Order your book or digital membership online at [www.entbook.com.au/372883](http://www.entbook.com.au/372883)

## FRC ROBOTICS UPDATE FROM TEAM 6522 (COAST)

Students from the Year 9 STEM elective class have this week been competing in the First Robotics Competition (FRC) Regional Championship at Sydney Olympic Park.

During Term 1, STEM students have been working in class and after school every second Thursday to build a robot that is capable of working as part of an alliance of three robots to complete various tasks. The 2017 competition is called STEAMWORKS and an animation of the game competition can be viewed here:



<https://www.youtube.com/watch?v=EMiNmJW7enI>

STEAMWORKS has three main ways in which the game can be played. Small balls, representing fuel, are loaded onto the robot and delivered to a goal. Gears are also loaded onto the robot and transferred to a tower with a human player. The human player collects the gears using them to turn rotors. Near the end of each match ropes are deployed to the field which the robots can use to climb. Points are scored by teams for completing each of the tasks. The team of three robots scoring the most points at the conclusion of the match is declared the winner.

In order to be successful at competition, students must design and build attachments they can connect to their robot chassis. Tomaree High School (team 6522 COAST) set an early goal to build a gear loader to attach to the front of their robot. During this time they also developed designs to assist the robot to climb. By competition it is hoped they will complete each of these two game tasks. During the competition they will also develop designs to enable their robot to score points using the balls.

The event can be watched live at <http://watchfirstnow.com/> or <https://firstaustralia.org/programs/first-robotics-competition/> and following the link to *live stream*. Please help support the team.

## Year 10 Gold Coast Excursion



The annual Year 10 Gold Coast Excursion will be taking place from  
**Sunday 3<sup>rd</sup> – Friday 8<sup>th</sup> December, 2017.**



Many students have already returned the initial permission slip and have paid their deposit. It's not too late to join us if you have not already done so.

The second information note containing details of upcoming payments was handed out to students on Thursday 9<sup>th</sup> March, 2017.



If you were away or require any of the above information, notes are available from Ms Smith and Mrs Gorton in the CAPA staffroom.

It will be a great week and we look forward to spending the week away with many of you!

Ms Smith and Mrs Gorton  
Year 10 Advisers



# ENRICHING ENGLISH

## Welcome back to everyone

Once again dear friends, once again we enter the world of learning and what a world it is. In first term most of the junior classes have been undertaking a novel study. They are learning about true events, a post atomic war Sydney, an iron clad bushranger and a reinvention of Shakespeare's world.

At this time the classes are well underway with their assessment preparation, so it is important to remain focussed in class and to draft at home in order to achieve results which reflect their ability.

## A big welcome

On behalf of the English KLA and the school I would like to welcome Miss Meaghan Montefiore to our ranks. Miss Montefiore has settled in well and is engaging really with her classes.

## Year 12

Year 12 have just finished their Mid-Course English exam and now is the time to review their grades and work on areas that they may have struggled in. Having finished their Area of Study –Discovery it is important that they don't lock away the notes until early September. It is important to revise the work completed and begin to work on improving their essays. With effort along the way the HSC becomes that little bit easier.

## Year 9 Boys English

The boys have started the year by reading the historical novel The True History of The Kelly Gang. Part of their thought process is to look at how the character of Ned Kelly is shaped and then ask themselves; Is he a hero or a villain?

One of their first tasks was to read the Stringybark creek incident and turn it into a comic strip or graphic; the results were amazing! Enjoy a few examples -



## Time for some fun. What movies do these lines come from?

"Greed, for want of another word, is good."

"Houston, we have a problem."

"What we've got here is failure to communicate."

"Yeah baby!"

"Say hello to my little friend."

"Who you gonna call?"

"Good morning, and in case I don't see ya, Good afternoon, good evening and good night."

"Have you ever danced with the devil in the pale moonlight?"

"I'm the king of the world."

"Yo Adrian."



Till next we meet  
Mr Wagland  
Head Teacher English



## IT'S ALL GO FOR STARSTRUCK 2017

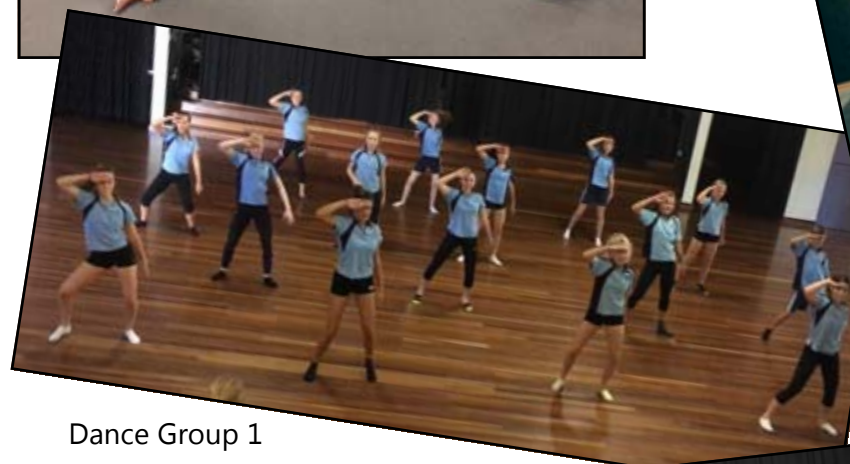
The CAPA department is very excited to announce that all of its Starstruck groups were successful with their auditions! Our Dance students had to learn a pre-choreographed dance in only three days and 32 dancers were chosen to represent our school. A big thank you to the Year 9 and 10 students who helped teach the various movements to our younger students.

The Drama students were split into two groups led by some very talented older students. The groups had to create a series of frozen images that represented the storyline of an Australian film. Our groups chose 'Rabbit Proof Fence' and 'The Sapphires' – both iconic Australian films. Starstruck will be performed at the Newcastle Entertainment Centre in June this year. More details to come.

Miss Clunies-Ross and Ms Jarvis

The Sapphires

Rabbit Proof Fence:



Dance Group 1



Dance Group 2



## Year 11 Drama

Year 11 Drama students are in the process of creating and developing their own characters, based on a costume. These characters will then be performing to the Year 10 Dance class later in the term.

Students walked into the Drama room to find it littered with various costume pieces. They were then asked to try on whatever they liked and whichever costume felt the most interesting – that was the one for them.

The students then began to create a personality, a physicality and background story for their characters and are now writing a monologue for the character to present to a live audience. Pictured below is the Drama Room covered in costumes.



Miss Clunies-Ross

## SOLDIERS POINT MARINA



### - SCHOOL LEAVERS SCHOLARSHIP -

Soldiers Point Marina takes great pleasure in announcing the Soldiers Point Marina Scholarships for school leavers. Applicants will be short listed to motivated 15-18 year olds showing commitment to their career goal. Successful applicants will be eligible for awards of up to \$1,000 for much needed financial support.

For all enquiries regarding Soldiers Point Marina scholarships please email: [hrspm@live.com.au](mailto:hrspm@live.com.au)  
or complete the application form online: [www.soldiersptmarina.com.au](http://www.soldiersptmarina.com.au)

Soldiers Point Marina, PO Box 493, Salamander Bay NSW 2317 / PH. (02) 4982 7445



# OPENS BOYS BASKETBALL

The Tomaree Titans Basketball team played its first-round match in the Craig Shield competition against Cardiff High School in our MPC on Friday 3<sup>rd</sup> March.



From tipoff to the final buzzer, the Titans dominated possession and played physical defence against their opponents. Some strong shooting performances from Josh Norton, Aeddan Holliday and Lewis Daly and tenacious rebounding by our 'biggs' Tristan Esquilant, Martin Duncan and Chad O'Toole ensured a comfortable win and a progression for the Titans to the second of the Shield.



2017 Opens boys basketball squad: Damon Bromage, Lewis Daly, Rory Davis, Martin Duncan, Tristan Esquilant, Jai Harrison, Aeddan Holliday, Josh Norton, Fionn Paul, Joe Murray, Chad O'Toole, Cooper Doyle, Corey McAdam, Kyle Howard.

The second, third and fourth rounds were scheduled for Wednesday 8<sup>th</sup> March at Maitland Basketball Stadium. The boys, fresh from their big win, were feeling confident and the chemistry between the players was starting to form. However, we knew there would be some tough opposing teams to face. Our first game was played against Callaghan College Jesmond Campus. It was 'do or die' in this matchup so we ensured that we had a solid gameplan; 'communicate, keep the ball moving, dictate the tempo and play physical'. The Titans shot out to a quick lead through some great team play, quick cuts to the basket and a few foul shots. Josh Norton hit some tough shots, including a pair of three pointers, Jai Harrison found rhythm with his unorthodox one armed jump shots and the big boys Jason Allwood, Tristan Esquilant and Aeddan Holliday banged around in the paint with gritty rebounds. Cameo appearances from the bench also made a big difference, with Fionn Paul, Rory Davis and Lewis Daly making good contributions on both ends. Damon Bromage, our point guard found the open man with slick passing and some devastating dribble moves that mesmerised defenders. Jesmond hit back late with a surge in the final quarter and Tomaree found itself level with them. With only one minute to spare, both teams failed on shots to put them clear and on the path to victory. The nail-biter game continued and with 20 seconds to go, Josh Norton drove hard to the basket, blowing by three defenders to attempt the layup. He missed! However, the referee called the defensive foul. Josh had the opportunity to nail clutch free throws to ice the game. The first one rattled off the rim.... No basket. The second... swish! We were up by one with 12 seconds to spare. Jesmond inbounded and amazingly a great defensive read by Damon Bromage led to a steal and we won the game! Final score: 35 – 34. (Cont. page 19)

The Titan's second game was against Lambton High School, a known force in the competition with several Hunter representative players. Unfortunately, we were outmatched and outmuscled by the Lambton boys who defended a full court press all game which pressured our attackers, leading to multiple turnovers and easy buckets. Despite this, some excellent individual efforts were made, including young Kyle Howard from Year 9 who made at least three steals. Jason Allwood snatched a few big rebounds and Aeddan Holliday, the team's Most Valuable Player for the day just did what he does best and led from the front.

The Titans went down 61- 18, however, I could not be prouder of the boys and their efforts. It was great to see them play and gel together as a squad and accept the younger boys into the team. They played with fantastic spirit, sportsmanship and humility. Well done!

Joel Ross—Coach



## DEFENCE TRANSITION MENTOR

**Debra Mould**

available

**Monday - Thursday**

**8.15am - 2.30pm.**

Email:

**debra.mould@det.nsw.edu.au**

or

**Phone: on 49811444 Ext 432**





### Tomaree High School Library

The Tomaree High School Library is open until 6pm on Tuesday and Thursday afternoons. This is an excellent opportunity to use specialist resources and the internet in this quiet learning space. Staff are on hand to offer assistance, particularly in respect of assessment tasks. All students are most welcome.

# SPORTS NEWS

## ZONE SWIMMING CARNIVAL

Following on from our school carnival around 40 students attended the Zone swimming carnival hosted by Tomaree. Once again the students performed to a remarkable standard.

Tomaree walked away with four Zone Age Champions and are delighted to have 19 individual and seven relay teams qualifying for the upcoming regional carnival. On the day, Tomaree High place 1<sup>st</sup> to be crowned overall zone champion school.

The Zone Age Champions were:

- 13yrs Boys – Brady Stewart
- 14yrs Girls – Logan Stewart
- 16yrs Girls – Emily Kenny
- 17+ Girls – Lauren Hughes

Congratulations to those students.

## REGIONAL SWIMMING CARNIVAL

Following on from the Zone Swimming Carnival, 19 Tomaree High students were selected to compete at the Hunter Swimming Carnival at Maitland today. Our students performed remarkably and represented the school with distinction.

Tomaree finished up with 6 students finishing in the top 3 places in the region, which qualifies them to compete at the NSW CHS carnival later this term. The results are as follows:

- Lauren Hughes - 1st in an incredible 6 individual events
- Angus Tonks - 1st in 100m breast
- Chanel Marley – 2nd 100m Fly
- Alex Howarth – 3rd 50m free
- Lily Hampstead – 3rd 100m back
- Open Girls Medley Relay – 1st (Lily Hampstead, Lauren Hughes, Chanel Marley and Ashlee Seale)
- 17+ Girls Free Relay – 1st (Lily Hampstead, Lauren Hughes, Chanel Marley and Ashlee Seale)

Congratulations to all the competitors and good luck at the CHS carnival!

## TOUCH FOOTBALL

A huge congratulations to Erin Clark, Alyssa Coggan, Andi Law, Maddi Mitchell, Tia Shiner, Jacinda Summers and Tarsha Wellings for being selected in the U16 Hunter Region Touch Team. Additionally, to Hannah Glew and Bayley Rae for making the possibles and probables. Well done to all those students involved and good luck to those girls at the CHS Carnival.

Mrs Stewart and Miss Crossingham





## Open Water Polo

The Open Boys' Water Polo team of Tim Anderson, Jason Allwood, Ben Anderson, Ben Bradbury, Jamie Moran, Jack Rixon, Jack Stewart, Carl Stewart and Sam Tonks travelled to Taree to take on Taree and Chatham Highs.

The boys played well as a team to account for Chatham 6 - 4. In their game against Taree, (reminiscent of the 1956 Olympics), they fought hard but despite having 10 shots on goal compared to 3 they went down 3 - 2. Well done boys.

The Open Girls' Water Polo team of Molly Fraser, Kaitlin Gilroy, Lara Holbert, Lily Hampstead, Lauren Hughes, Emily Kenny, Chanel Marley and Sam Rickwood firstly travelled to Raymond Terrace to take on Scone and Hunter River Highs. The girls played good, full court press water polo in both games with neither of the opposition teams ever getting into the games. Wins of 8 - 1 vs Hunter River and 9 - 0 vs Scone.

Into Round 3 of the Knockout, the girls travelled to Taree to take on Chatham High. Despite being up against a more experienced side the girls again took the game to the opposition and put the pressure on right from the start. With an early goal setting up the pattern of play the team were never headed and won 6 - 4. The girls are now off to the regional finals.



## Surfest High Schools Teams Challenge

Tomaree High School was recently well represented in the Surfest High School Teams Challenge at Newcastle.

Members of the girls' team were Elle Clayton-Brown, Lily Cavanagh-Halliday and Carli Law and the boys', Riley Cruise, Michael Clayton-Brown and Joey Voyzey.

The boys' team dominated the waves in the heats and achieved good scores to come through the first two rounds in third place out of 36 high school teams. They continued to surf strongly and make good wave selection to be placed second in their quarter final before being knocked out in the semis in third place.



The girls' team also made the most of the conditions and surfed good waves early to come through the first two rounds in second place out of 12 high school teams. They were unlucky with the conditions in the finals but persevered to achieve fourth place.

Wayne Anderson  
Water Polo/Surf Co-ordinator





## Year 11 Hospitality get their first taste of commercial cookery

Students in Year 11 Hospitality experienced their first bulk food production lesson when they produced 100 litres of chicken stock. This will supply the Home Economics Department for the next six months at least. Through this activity students had their first practice with the chef's knife using correct knife safety techniques. They also learnt their first precision cut for a 'mirepoix' of vegetables and how to make a 'bouquet garni'. Students then had to strain and store the stock it, implementing correct food safety and storage procedures.







**EXPLORING EARLY CHILDHOOD** is a new senior course running for the first time in 2017. Our new class has been treated to state of the art resources, the same resources that they use to teach nursing and midwifery. So far the class has been learning about pregnancy. Pictured below are students with our pregnancy models showing exact sizes of the developing baby. Students have studied the effects of drugs and alcohol on pregnancy.



Pictured at left Piper and Amber compare the size of a normal size baby model with a much smaller model illustrating the effect of Foetal Alcohol Syndrome.

The Smoking Suzie model pictured at right, demonstrates how smoke passes from the placenta to the baby.





## Year 11 Exploring Early Childhood Midwife Visit

Year 11 Exploring Early Childhood students were fortunate to have a visit recently from practising midwife, Annette Wilson. Annette generously donated her time to come and speak to the class and share the experience of labour and childbirth. She spoke to the students and using our new birthing models, was able to explain the stages of labour and the process of childbirth. The students had had their very own prenatal class and were asking lots of questions.



The support from members of the community is such a valuable learning tool for our students. Real experiences help students see where their learning fits in the world and career paths that may be available to them after school.

***A huge thank you to Annette Wilson for volunteering her time to come and talk to our students.***

## Students in Textiles get their 'L' plates

The Students in Technology Mandatory are learning to operate the sewing machines. Starting with paper sewing students learn to operate and control the machines. Then some threading up races and sewing samples. They will use these new skills to produce their own unique design project.



## BYOD in Technology Mandatory

BYOD has arrived at THS and students are starting to use their own devices at school.

In Year 7 Food Technology students are working on the unit 'My Café Rules' where they are working on a design brief to design a café for the Salamander Shopping Centre and produce a meal that would appeal to our teenagers computers to complete a variety of tasks.

Students have a digital class notebook and will be completing activities such as us: Researching local Cafes, creating and conducting surveys, producing digital logo design and a variety of other task to enrich their learning experience.



If you would like to know more about bringing your own device to school you can find all the information you need on our school website.

Karen Shaw  
HT Home Ec



### **Bus safety: Informal bus stops**

In NSW there are thousands of informal school bus stops, particularly in rural and regional areas. These informal school bus stops are locations along a bus route, either on private property or alongside public roads, where a bus can pick up or drop off students.

Informal school bus stops aren't sign posted or developed as formal bus stops. Unlike formal bus stops, informal school bus stops are often agreed between bus operators and families.

Following a student fatality Transport for NSW has developed advice for selecting and reviewing informal bus stops. This advice can be useful for parents and carers of students who use these informal bus stops.

Schools are asked to remind and reinforce safe road user behaviours in and around buses with their students. A key bus safety message for all students is to:

- **Wait till the bus has gone and then use a safe place to cross the road.**
- Visit Safety Town for quality teaching and learning activities for K-6 students around bus safety.
- Information to educate parents and carers about bus safety is also available from Safety Town.
- Explore the Bus safety resource for Stage 3 and Stage 4 students.
- Visit On the Move for quality teaching and learning activities for high school students.
- Your local Department Road Safety Education Officer is also available to provide support about safe bus travel for students or visit the Department's Road Safety Education website for further information.





## **2017 Registrations closing soon!**

Our playing season officially begins on April 1<sup>st</sup> 2017 so we are putting out a final call for any players interested in playing Junior Rugby League in 2017.

There are currently positions left in the 6,7,9,11,12,14 and 15-17 year age groups. Email us at [nelsonbayjuniorrugbyleague@hotmail.com](mailto:nelsonbayjuniorrugbyleague@hotmail.com) with any questions or call Gemma Wykes 0429816655 or Brooke Hill 0428464426.

Go to [www.playnrl.com/register](http://www.playnrl.com/register) for information on how to register or see our website for more details: [www.nelsonbayjrl.leagunet.com.au](http://www.nelsonbayjrl.leagunet.com.au)

Find us on Facebook or Twitter or download our Nelson Bay Junior Rugby League App powered by Sportsbag (available in iTunes and Google Play)

## **LOCAL COMMUNITY COORDINATORS NEEDED**

Student Exchange Australia New Zealand is currently looking for people to become Community Coordinator in Newcastle and the Central Coast. We are a not-for-profit company registered as a secondary exchange organisation with Departments of Education around Australia and with the New Zealand Ministry of Education.

Our Community Coordinators are men and women who believe that student exchange is a life changing experience for young people and for the people they come into contact with in the local community. Coordinators assist with interviewing potential host families. Provide ongoing support to these families and students to ensure that the exchange experience is a success for everyone as well as interviewing local students wishing to go on exchange overseas.

We would be most grateful if you would place a notice in your community newsletter, on your website or have the content raised at any meetings so that people within the community have an opportunity to consider the roles available. You can download the newsletter notice in either [Word format](#), as a [JPG](#) or in [PDF](#) format.

For more information please download the Community Coordinator Flyer in [Word](#) or in [PDF format](#).

If you would like to request a copy of the Coordinator Reimbursement Rates sheet or have any questions about becoming a local coordinator you can either respond to this email or contact me on 1300 135 331 (Australia).

# HSC MINIMUM STANDARD

ADVICE FOR PARENTS OF YEAR 9 STUDENTS 2017

March 2017

**In 2020, your child will need to meet a minimum standard of literacy and numeracy to qualify for a Higher School Certificate (HSC).**



## PRACTICAL LITERACY AND NUMERACY SKILLS



The minimum standard will ensure that your child is ready for further education and training, employment and life after school.

The standard is set at Level 3 of the Australian Core Skills Framework (ACSF), a nationally agreed standard of functional literacy and numeracy.

It means students can do things like:

Find the time and date of a music concert on an online ticket website

Calculate the quantity of paint required to paint a room

Estimate distance, travel time and costs for a transport route

Take notes from a lecture or training session

Create a personal weekly budget in a spreadsheet

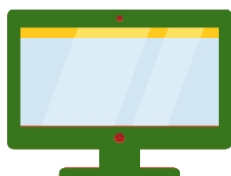
Write a job application letter

Measure quantities to follow a recipe

Follow safety instructions in an equipment manual

Enter data in a computer-based management system

## MULTIPLE OPPORTUNITIES TO MEET THE STANDARD



Your child will show that they have met the standard by passing new online reading, writing and numeracy tests.

They will take the online tests at school. Your child can take the tests up to twice a year in:

- ✓ Year 10
- ✓ Year 11
- ✓ Year 12
- ✓ for up to five years after they start their first HSC course.

Students can take the tests from next year when they are in Year 10.

Visit the demonstration site to see sample test questions:

<https://hscliteracynumeracy.nesa.nsw.edu.au>

## YEAR 9 NAPLAN: A CHANCE TO PREQUALIFY FOR THE STANDARD

Your child can prequalify for the standard by achieving Band 8 or above in their Year 9 NAPLAN reading, writing and numeracy tests this year. This means that they won't have to take the online tests.

**It is important for you to know that not all students are expected to achieve Band 8 in their Year 9 NAPLAN tests this year.**

**Your child will not be stopped from getting the HSC on the basis of their Year 9 NAPLAN results.**



Your child's literacy and numeracy skills will continue to develop and it is expected that they will meet the standard either by the end of Year 10, Year 11 or Year 12.

Your child's school will provide support for them to meet the standard to get the HSC.

## MORE INFORMATION

Contact your school principal for more detailed information about the minimum standard, or visit the NESA website:

<http://educationstandards.nsw.edu.au>

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**TOMAREE HIGH SCHOOL**

**ABSENTEE NOTE**

(To be returned to the teacher Period 1 first day back after absence or place in box in foyer)

Student's Name: .....

Roll Class: .....

Date of absence/s: .....

Reason for absence:

.....

.....

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

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