

# TORONTO HIGH SCHOOL



## "Ship to Shore"

March 2013



### Next P & C MEETING

Tuesday 26th March 2013

Commencing at 6.00pm

in the School Library

*All Welcome!*

#### This Issue

- P1 Principal's Report
- P 4 Deputy's Report
- P 5 Deputy's Report
- P6 General News
- P12 Science
- P14 TAS
- P16 Maths
- P17 Welfare
- P21 T & L News
- P23 PDHPE
- P24 Library
- P25 Careers

### Principal's Report

*Mark McConville*

#### Gifted and Talented Education – Catalina Academy

The Catalina Academy for Innovation in Learning (C.A.I.L) is a dynamic program, introduced in 2013 to Toronto High School.



The C.A.I.L. program targets the development of gifted and talented students to attain excellence in academic performance. It aims to provide students and families a viable option to selective high schools (such as Merewether HS).

The Selective C.A.I.L. Test date is **3<sup>rd</sup> April**. Interviews and work sample meetings will be held from **6<sup>th</sup> May**. First round offers for the class will be made on **20<sup>th</sup> May**.

To register your interest in this **limited and innovative educational opportunity** please complete an Expression of Interest form available from Toronto High School, your local primary school and the Toronto High School website.

For further details please contact:

#### **Mark McConville**

Principal

Toronto High School

Email - [mark.mcconville@det.nsw.edu.au](mailto:mark.mcconville@det.nsw.edu.au)

#### **Evelyn Wilson-Babic**

GATS Co-ordinator

Toronto High School

Email - [evelyn.wilson-babic@det.nsw.edu.au](mailto:evelyn.wilson-babic@det.nsw.edu.au)

### School Uniform Changes

We are currently in the process of going to tender to find a Uniform Shop provider. As a result there will be modifications to the Toronto High School uniform. The only correct uniform will be the one provided by the Uniform Shop.

The uniform modifications will be displayed and discussed at the next P & C meeting. This is your opportunity to come along and have a say. The next P & C meeting will be held on Tuesday 26<sup>th</sup> March, 6pm - 7pm.

Field Ave Toronto 2283

Ph: 0249 591788

Fax: 0249 504459

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

Website: [www.toronto-h.schools.nsw.edu.au](http://www.toronto-h.schools.nsw.edu.au)



March 2013

Students will also have an opportunity to provide feedback on the uniform modifications. The consultation period will conclude by the end of term. Information will be on the school website and the THS Facebook page. Please provide feedback.

Any uniform modification will be phased in, so that families are not disadvantaged.

## **National Assessment Program**

In May this year, the National Assessment Program will be carried out across Australia in the same week for students in Years 3, 5, 7 and 9.

The results of these tests will provide useful information for teachers and parents. In particular, they will help to inform teachers in their ongoing efforts to address the literacy and numeracy needs of students across all subjects.

Testing will take place over three days for all students in Years 7 and 9:

- ***Tuesday 14<sup>th</sup> May*** – Language Conventions (spelling, grammar, punctuation) and Writing.
- ***Wednesday 15<sup>th</sup> May*** – Reading.
- ***Thursday 16<sup>th</sup> May*** – Numeracy.
- ***Friday 17<sup>th</sup> May*** – Make-up day for students who have been absent and missed a test.

As well as the ongoing focus on literacy and numeracy, there will be a targeted focus for students in Years 7 and 9 in the lead up to the testing. Students have just completed the Trial NAPLAN testing. These results will be used by the school to target individual and group support.

## **Canteen Upgrade**

The Toronto High School canteen is about to be upgraded. This will result in disruption to the service provided by the canteen and there may be some days when the canteen will not open for business. We will inform students prior to these times. The work will be starting shortly and should be concluded around the end of Term 2. The canteen will be located in the hall for most of that time.

## **Trade Training Centre**

The Trade Training Centre (Metals and Engineering) is progressing well and should be completed by the end of May. It is going to be a fantastic resource for the school. We will publish photos of the Trade Training Centre once it is completed.

## **Head Teacher Special Education & Head Teacher Science**

We would like to welcome Mrs Milson-Black as the Head Teacher of the Support Unit. Mrs Milson-Black will commence in her position at the beginning of Term 2. She is currently leading a Support Unit at another school. We would like to thank Mr Hudson who has been relieving in that position for Term 1.

We are currently involved in the process of interviewing for the permanent position of Head Teacher Science. We should have our new Head Teacher in place by the start of Term 2.



March 2013

## Year 7 2014 Information Night and Enrolment

An information night was held for Year 7 2014 students and their parents. It was great to see such a large number of people in the audience. Applications for Year 7 2014 close at the end of term. Below is a timeline for enrolment. If you are seeking an out of zone enrolment, please contact the Toronto HS office.

DATE	ACTIVITY
By 8 <sup>th</sup> Mar	All public primary schools have issued to parents/carers the Expression of Interest (EOI) for placement in secondary school
22 <sup>nd</sup> Mar	All public school parents/carers have completed and returned EOIs to <b>primary schools.</b>
3 <sup>rd</sup> April	<b>Catalina Academy Selective Test Date.</b>
6 <sup>th</sup> May	<b>Catalina Academy – Interviews commence</b>
20 <sup>th</sup> May	<b>Catalina Academy – First Round Offers</b>
30 <sup>th</sup> Aug	<b>All secondary schools send out their ‘confirmation of enrolment’ letters on this day.</b> <b>Applications for Talent Enrichment Classes will be sent home.</b>
13 <sup>th</sup> Sept	<b>Final date for TEP forms submitted to PS’s.</b>
During Nov	<b>Auditions / Testing for TEP classes (if required)</b>
27 <sup>th</sup> Nov	<b>Toronto HS Year 7 2014 Term 4 Information Evening – Class Lists published.</b>
4 <sup>th</sup> Dec	<b>Year 6 Orientation Day for all secondary schools</b>



March 2013

## **THS App, Facebook and Twitter**

Great news! Our school App is in its final stages of “tweaking” therefore will be fully operational commencing Term 2. The best way to keep up to date with happenings at the school is to have the THS App and access our Facebook accounts. Please read further information provided later in this bulletin.

## **Laptops**

There is a change in the laptop program for Year 9 2013. It appears that this is the last year of the Federal Government Program. As to what is occurring in the future – we are awaiting a response from the government and Department of Education. Mr Morgan’s report will outline the changes and details of our upcoming laptop night.

## **Year 7 and 11 Parent Teacher Night**

Parent Teacher interviews for Year 7 and Year 11 students are being held on Wednesday 3<sup>rd</sup> April in the hall. It is an opportunity to touch base with the school to see how the transition to high school and senior school has progressed. There will be other parent teacher nights to be advised throughout the year.

## **Canteen Helpers Needed**

Helpers are desperately required to assist in the school canteen. Please contact the office for further details.

## **Student Assistance**

Parents experiencing financial difficulty in meeting school expenses including subject specific fees and uniforms are invited to confidentially contact Mr Russell Moore (Relieving Head Teacher Welfare) to discuss the process. A limited amount of funds is supplied by the Government for needy families to assist with educational expenses. I encourage parents to seek this assistance.



## **Deputy Principal’s Report – Yrs 7, 9 & 11**

*Greg Morgan*

At this time of the year there are a few upcoming events that are worth mentioning.

On Thursday 21<sup>st</sup> March 2013 there is the Year 9 Laptop Information Evening from 6pm to 7pm. The Australian Government DER Laptop Program has finished and the rules and requirements for the 2013 Program are now determined by the school. The school has been issued with new laptops by the State Government. The school has decided to issue these to our current

Year 9 students but the laptops will remain the property of the school.

Year 12 Half Yearly exams will be held for many subjects in the last week of this term.

A Parent Teacher evening is being held on the 3<sup>rd</sup> April for Years 7 and 11. This is a good time for parents to catch up with staff to check on the progress of your child.



On Tuesday 26th March the P & C Annual General Meeting will be held in the School Library. It runs from 6pm to 7pm and all are welcome to attend.

This year is running smoothly, Year 7 students have settled in well and teachers are indicating that the rest of the school is settled and for the most part, working well. Please remember that if your child has a problem or you need information then please contact the Year Advisor. The following staff are the Year Advisors for these years -

Year 7 Adviser - Mrs Gibson, CAPA Faculty  
Year 8 Adviser - Mrs Willot, PE Faculty  
Year 9 Adviser - Mr Muxlow, TAS Faculty  
Year 10 Adviser - Mr Marshall, PE Faculty  
Year 11 Adviser - Mr Moore, PE Faculty  
Year 12 Adviser - Mrs Goman, HSIE Faculty

All Year Advisors can be contacted through the school's front office on Ph 49591788.

### **Deputy Principal's Report – Yrs 8, 10 & 12**

*Paula Reilly*



As the term progresses, I continue to be impressed by the many wonderful programs and hardworking staff and students at Toronto High School. I have also had the pleasure of meeting the members of the P&C which meets on the fourth Tuesday of every month. I would encourage you to attend if at all possible. It is a great way to meet other parents/caregivers and play an important role in supporting programs and future directions of the school. The continuing successes of Toronto High School depend very much on the shared partnerships between the school and its community.

Last newsletter, I wrote a little bit about what my experience tells me students can do to improve their chances of success. Parents too are vital in this equation. Research tells us that the home environment and parent attitudes are very important to student learning. Often parents think that once their child starts high school, they are no longer able to participate in the education process. This is untrue and in fact, your child really needs your support through these difficult teenage years, though it will be a little different from the activities you might have engaged in at primary school. More importantly, research also tells us that maintaining high expectations of your child is critical. They will work, achieve and behave to the level of your own expectations.

What can parents do? Highly respected child and adolescent psychologist, Dr Michael Carr- Gregg suggests the following considerations:

- There is no such thing as a perfect parent.



March 2013

- All of us are influenced by the parenting style from our childhood.
- Consequences are crucial.
- A parent's role is to be a mentor not a mate.
- Think before you react.
- Set rules and boundaries and say no over things that matter.
- Relationships are everything.
- Children need to feel liked. Humour and playfulness are very important.
- They need attention.
- Reinforce positive behaviour.
- Young people need limits and boundaries.
- Be consistent.
- Don't put up with disrespect.
- Accept chaos sometimes!
- Communication is crucial. Be ready to drop everything to really listen when children are ready to talk.

**"Young people are only 13% of the population but 100% of the future."**

(A favourite quote of Dr Carr- Gregg's.)

So, thank you for entrusting your children to us. We understand how precious they are and ask that you always work closely with us to ensure the best possible future for them.

## **GENERAL NEWS**

### **Fees**

Student Invoices for 2013 are included in this bulletin. Payments can be made by cheque, cash or EFTPOS at the school's front office. For your convenience we are also able to take credit card payments over the phone. The hours for receipting are 8.00am to 2.00pm. Should you be unable to pay the entire amount upfront, these fees can be paid weekly, monthly or quarterly.

### **Updating Your Records**

When students start or enrol in school, information such as medical details, addresses and contact details are recorded in the DEC enrolment system. This information is transferred from primary school to high school, and when students enter Year 7 we request the information is updated.

Once in high school, this information can regularly change over the course of the six year enrolment and we need to ensure your student's details and records are accurate. This is particularly important for changes in medical conditions.

Therefore should there be any changes whatsoever please contact the school. Feel free to phone one of our friendly ladies in the front office to check your details if you are unsure if you have updated this information. Your support on this important matter is greatly appreciated.





March 2013

## **Uniform Shop**

Hours of Operation for the Uniform Shop are –

Monday	8.00am to 8.15am	1.00pm to 1.20pm
Wednesday	8.00am to 8.15am	1.00pm to 1.20pm

Should you be unable to attend the shop at these times, kindly contact the front office on Ph 49 591788 to make an appointment. An appointment will enable us to attend to your needs at a designated time, out of normal opening hours, whilst also alleviating any waiting times for you. Thank you.

## **Canteen**

There has been a large number of students presenting at the canteen with \$50.00 notes over recent weeks. Whilst we are happy to accommodate our students, where possible, we ask that parents refrain from sending their child to school with this large denomination. The canteen holds a minimal amount of change only, therefore, the change of large notes cannot be given. This could, unfortunately, result in your child being turned away without their intended purchases. We are also unable to offer credit. Your co-operation and understanding is appreciated.

As mentioned previously the canteen will be undergoing a major upgrade in the coming weeks. We will keep you up to date with developments as they occur.

## **Boys Welfare Morning**

Our school boy cohort of students from Year 7 to 11 recently had the opportunity to attend the “Whole School Boys Welfare Morning”. On this day Matt Lantry, the Newcastle Knights Development and School Liaison Officer, visited the school with 2 NYC players, Matt Hay and James Elias. The Knights’ players spoke with the boys about “Bullying, Goal Setting and Respect”.

The morning’s presentations included dvds on bullying, supporting your friends and achieving dreams. The students were totally engaged with many asking and answering questions. They were left inspired to aim high to reach their goals regardless of what sport they play regardless of their chosen field.

Mr Banks, the THS Boys Adviser, emphasised to the boys that he was readily available to assist them should they have any issues with school or outside lives. Mr Connell, the THS Careers Adviser, informed the students regarding work opportunities, tax file numbers and school based apprenticeships. Our Deputy Principal, Mr Morgan, and Mr Chapman addressed the group with topics regarding the respect for women, the boys’ role within the school and attendance.

It was an excellent morning with many boys remarking how they enjoyed the meeting. They were keen for a similar meeting when more inspirational people would be visiting.

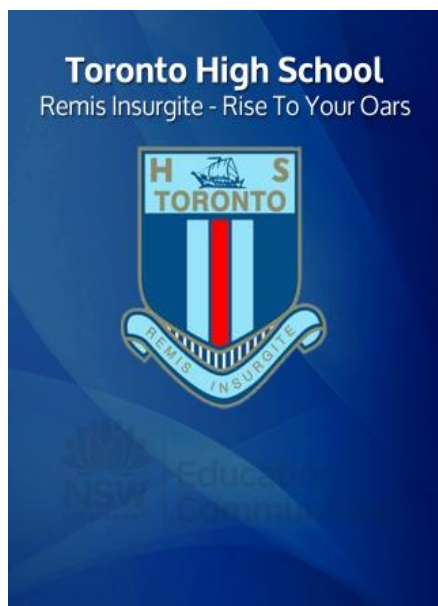
Thank you to Mr Chapman for organising the day.



# TORONTO HIGH SCHOOL

March 2013

## Coming Term 2 - THS SCHOOL APP



Commencing Term 2 our school will have a mobile app. What's that you may ask? It is a little application that sits on your phone and gives you instant access to our school information when you click on it, 24/7. The app is going to give parents the ability to instantly access newsletters, or send in a sick note while you stand outside the school because you forgot to write a paper note! Remember – your personal details including email address must be up to date with the school to use this feature.

We will be sharing many of the other features with you over the coming weeks.

**Instructions on how to download the School App will be provided via the monthly bulletin, Facebook, and the THS website – [www.toronto-h.schools.nsw.edu.au](http://www.toronto-h.schools.nsw.edu.au)**

**REMEMBER – it will not be fully operational until the beginning of Term 2**



To access our facebook page - [Toronto High School NSW – Official Site](https://www.facebook.com/TorontoHighSchool)  
Go to [www.facebook.com/TorontoHighSchool](https://www.facebook.com/TorontoHighSchool)





March 2013

## EXEMPTIONS FROM SCHOOL

**Did you know that your child may be exempted from attending school?**

**What does this mean?** It means that your child is not required to attend school for a period of time, maybe a term or even just one day.

**What are valid reasons for exemption from attending school?**

Principals may grant exemptions due to:


- exceptional domestic circumstances, including but not limited to participation in family holidays during school term subject to being satisfied that this is in the best educational interests of the child
- other exceptional circumstances such as health of the student where sick leave or alternative enrolment is not appropriate
- the child being prevented from attending school because of a direction under section 42D of the Public Health Act 1991
- employment in the entertainment industry or participation in elite sporting events

**Why would I bother to apply for an exemption?** If your child is exempt they will not be marked absent. This can be significant to year 9, 10 and senior students when they are applying for part time or full time work. Imagine an employer looking at your child's school report and seeing 45 absences because of circumstances they couldn't control! If an exemption had been granted their report would show nil absences.

**How do I apply for an exemption?** The school has Exemption Application forms. You should ask at the office. Fill in the details – dates, student's name, reason for seeking exemption, and return it to the school. The Principal will consider your application and inform you of the determination. If the application is successful you will be provided with a Certificate of Exemption.

Applications for exemption from school attendance must be applied for in advance.

**I still have questions, who should I talk to?** Your child's Year Adviser or the Deputy Principal should be able to answer your questions. Contact them through the school.




**YEAR 7 & 11**

**PARENT TEACHER INTERVIEWS**

Wednesday April 3<sup>rd</sup> 2013 5:00pm-7:00pm

Booking information is attached to the Year 7 & 11 interim reports.  
Please contact the school if you are unable to access the online booking system.





March 2013

## Lions Youth of the Year

Congratulations Jaca Ridgeon and Jett Wheelhouse for entering the Lions Youth of the Year Quest. This quest targets young, aspiring individuals and helps them to gain valuable personal rewards through the friendships they make and the unique opportunity they are given to voice their opinions and passions on local and worldwide issues.

Jett and Jaca represented Toronto High School and the Local Lions and Lioness Clubs of Toronto. They were required to attend a 30 minute interview. The interview involved answering a series of unseen questions on Sunday 10<sup>th</sup> February, followed by a dinner on Wednesday 20<sup>th</sup> February, where two impromptu speeches and one prepared speech were presented to a panel of judges and guests of the Lions Club. Students were marked on knowledge of reasoning, coherence of presentation, engagement of audience, clarity and diction.

Both Jaca and Jett thoroughly enjoyed their experience believing that they forged new friendships, enhanced both their public speaking abilities and leadership qualities. They would not hesitate in recommending the quest to future Year 11 and Year 12 students.

A special congratulations needs to be extended to Jaca who won the Lions Public Speaking Award for her prepared speech on the night.



Representatives from Toronto High School were Mr Mark McConville (Principal), Mr Andrew Carlson (Head Teacher English), and School Captains Jaca Ridgeon and Jett Wheelhouse.

## **MATHS COMPETITION 2013**

**Please pay at front office by Friday 5<sup>TH</sup> April 2013 - \$5.50**



March 2013

## Student Leadership Day Out

On Thursday, 21st February 2013, Mr McConville, the Student Leaders and Miss Goman attended a Leadership Day out in Sydney. The day began with an early start at Fassifern at 6am to catch the train to Central Station in Sydney. From there, the students enjoyed a full day walking tour of Sydney's CBD through the bustling city streets.

The students met with many interesting and inspiring people throughout the day, including Mr Geoff Wilson, the CEO of Wilson Asset Management. Mr Wilson spoke to our students extensively about the importance of setting goals in life, and gave excellent advice. He also gave our students a tour of the offices of Wilson Asset Management, and allowed them to take in the spectacular views of Sydney's CBD and the Harbour.

The students had a tour of the ASX (Australian Stock Exchange) in Sydney, and were encouraged to participate in the purchasing of shares or the ASX Stockmarket Game to 'get in the game' early in life. They saw the Stock Exchange market and were given a detailed explanation of how the stock market works.

A highlight of the day for the students was the opportunity to visit the offices and studios of the Finance News Network in Sydney. They met with news presenters, journalists and researchers. They were also given a tour of the studio itself, and were able to witness a finance report go live on air. The students were very excited about this opportunity.

Our final stop for the day allowed the students to sit in a beautiful boardroom overlooking Sydney Harbour. They met with several successful businesspeople who inspired the students, listened to their stories, and gave advice about how they could go about achieving their goals. The students were also given a gift bag as a token of their day.



The Student Leaders at Toronto High School for 2013 are:

Captains - Jaca Ridgeon and Jett Wheelhouse

Vice Captains - Lauren Jeffress and Jai Moore

Senior Prefects - Grace Banks and Ryan Cowie

Prefects - Kayelene Pring, Mikhayla Callagher, Aleesha Watson, Alex Winn, Callun Tracy, Jacob Dwyer





March 2013

## Science News

We have been very busy in Science this term. All years have undertaken their first assessment tasks. Students and parents are reminded to review the assessment schedule for when the next tasks are expected. Please note that the second Year 7 task has been delayed due to staff illness. Further information will be sent home when it becomes available.

On 19<sup>th</sup> February, we had 4 classes of Preliminary Science students attend the Hunter Wetlands Centre to undertake their Local Ecosystems Field Studies. Students were enthusiastic and really enjoyed the opportunity to study one of our local aquatic ecosystems. Students used a variety of equipment and techniques to measure abiotic factors, such as pH, temperature and turbidity. They were also able to observe the various insects and aquatic organisms within the area and determine how these organisms were affected by their environment. Students were commended by Hunter Wetland staff for their behaviour and attention on the day. It was a pleasure to take these students out into the field!



**Please see the Assessment Schedule below for how we are assessing your child. Should a student miss a task they have ONE CYCLE to complete the task – if the task is NOT completed the student will receive a zero or an estimate based on their appeal form.**

2013 Assessment Schedule - Science Faculty				
YEAR	Semester 1 (100%)			
	Task 1	Task 2	Task 3	Task 4 Semester 1 Exams
7	Bunsen Burner Licence	Being a Chemist Topic Test (Lit/Num focus)	Separation Practical	*Being a Chemist *Being a Biologist - Cells
Weighting	10%	30%	20%	40%
Task Date	Term 1 Weeks 4/5	Term 1 Weeks 6/7	Term 1 Weeks 9/10/11	Term 2 Week 4/5
Teacher Responsible	Kim Gogarty	Jasna Kusan	Melissa Ready	Kim Gogarty

2013 Assessment Schedule - Science Faculty				
YEAR	Semester 1 (100%)			
	Task 1	Task 2	Task 3	Task 4 Semester 1 Exams
8	Basic Experimental Design	Group Research Project	Identifying Rocks	* Being a Researcher * Being a Geologist * Being a Particle Physicists - Atoms
Weighting	10%	30%	20%	40%
Task Date	Term 1 Weeks 3/4	Term 1 Weeks 7/8	Term 1 Weeks 9/10/11	Term 2 Week 4/5
Teacher Responsible	Kim Gogarty	Emily Clewett	Melissa Ready	Andrew Golvers

2013 Assessment Schedule - Science Faculty				
YEAR	Semester 1 (100%)			
	Task 1	Task 2	Task 3	Task 4 Semester 1 Exams
9	Angle of Reflection	Physical World Topic Test	Sense & Control Practical	*Physical World *Living World *Chemical World - Periodic Table
Weighting	10%	30%	20%	40%
Task Date	Term 1 Weeks 4/5	Term 1 Weeks 7/8	Term 1 Weeks 9/10/11	Term 2 Week 4/5
Teacher Responsible	Paul Ditz	Leanne Darby	Andrew Golvers	Jasna Kusan

2013 Assessment Schedule - Science Faculty				
YEAR	Semester 1 (100%)			
	Task 1	Task 2	Task 3	Task 4 Semester 1 Exams
10	Using a Microscope	Individual Research Project	Chemical Reaction Practical	*Living World *Chemical Reactions *Physical World - Electricity
Weighting	10%	30%	20%	40%
Task Date	Term 1 Weeks 4/5	Term 1 Weeks 7/8	Term 1 Weeks 9/10/11	Term 2 Weeks 4/5
Teacher Responsible	Jasna Kusan	Emily Clewett	Paul Ditz	Paul Ditz





March 2013

## TAS Faculty News

Hospitality students have been busy this term designing and producing a range of culinary specialties for the Year 7, 11 and 12 Parent Awareness Information Night. A big thank you to all the students involved and Mrs Pratt.

This term has also seen Year 12 Construction students, under the leadership of Mr Mulhearn, working on a series of projects around the school. They have been building retaining walls and constructing garden edging.







# TORONTO HIGH SCHOOL

March 2013

## Toronto High School Trade Training Centre

Construction of the Toronto High School Trade Training Centre for Metal and Engineering has continued at a steady pace. There has been a series of concrete pours and they have started construction of the covered outdoor work area frame.



### *TAS Course Fees*

TAS course fees need to be paid as soon as possible. Non-payment of fees impacts greatly on the delivery of the practical components of our subjects. A course fee provides us with money to buy the consumables that are required for our practical based subjects. The consumable materials include timber, numerous food products for cooking classes, metal, nails, screws, glues, textile materials, just to name a few.



March 2013

## Maths Road Show

On the 23<sup>rd</sup> March Years 7 and 8 attended 'The World of Maths Road Show' in the MPC. The Road Show identified to students the link mathematics has to their everyday lives, from riding their bike to being driven by car. It even discussed how it is utilised in the winning tactics of a weekend sporting game. Mathematics weaves itself throughout our lives and 'The World of Maths Road Show' gave students an opportunity to explore this concept further.

Students were divided into small groups and set a number of practical problem solving tasks. Challenges were completed with a great deal of enthusiasm and students showed initiative and tenacity throughout the two hour session.

Activities included using an ancient calculator to do three figure multiplication; a treasure map that required clever young minds to solve a number of directional riddles and as a result find a lost treasure; and even a Houdini style puzzle where pairs of students were asked to find a way of unlinking two plastic chains twisted together without letting go of their chains. Despite some quite humorous and at times scary looking attempts by students with the chains, a few creative Years 7 and 8 students discovered the trick and through an admirable show of team spirit helped other groups to also successfully unlink the chains.

A special thank you to those students who participated in 'The World of Maths Road Show'. They showed a great deal of enthusiasm, team work and cooperation through all of the activities.





### PARENTING ADOLESCENTS

I believe parenting is one of the hardest jobs there are. Lots of people are ready to tell you when you're doing the wrong thing but not many are there to tell you what a great job you're doing. It's 24/7, 365 days a week for no monetary reward. And it's the most responsible job in the world. Having said that, being a parent can also be one of the greatest things that you will ever be fortunate enough to experience - a feeling that you can't believe how lucky you are to have this young person in your life (and hopefully you will feel like that most of the time).

Parenting adolescents can be very challenging. Just when you thought you and your child had things fairly well worked out, you put your little loved one to bed one night and the next morning out of their room comes a person you feel you have never met. For them, it seems as if they can't understand how the parent they thought knew everything suddenly seems to know very little compared to them.

### THE 4 GREATEST GIFTS YOU CAN GIVE TO YOUR CHILD

#### 1. **Look after yourself**

Think about the adult you would like your child to be and try to demonstrate the traits you value (eg honesty, caring, confidence, strength, maturity, etc) in the way you live your own life. It is a scary fact that kids watch us all the time and learn more about life from what they see, than from what we say. If you are unhappy with your life, it is important that the child doesn't think that it is their responsibility. We all have issues and it's important to try to work on these. A GP referral to a psychologist (counsellor) will put you out of pocket about \$30 a visit (less if you have a Health Care card or you go to Medicare Local). This can be money very well spent, even if you only go once a month. It is important to be there for your child and to also find some time alone to be there for yourself.

#### 2. **If you have a partner, look after your relationship.**

Think about the relationship you would like your child to have when they are an adult and try to nurture that relationship with your partner. It is important to try to make time alone for the two of you. If you can find the money for a babysitter, once a week or once a fortnight, it is money well invested in your child's happiness. Or you might be able to organise for them to sleep over at a friend's house for the night and you can have the house to yourselves. If there are problems in the relationship which need outside help, the above referral to a psychologist for couples counseling, is also well worth the investment.

If you are on your own, focus on the positives in your life. (Remember the old adage, "It's better to come from a broken home than live in one.") As a single parent, be very clear in your mind about the difference between a relationship between 2 adults and the relationship between a parent and a child. It is not helpful for your child to sometimes feels as if they are playing the role of your partner. It's better to use your friends as your support people. Your child needs you to be the adult in their life.





### 3. Help your child to develop self-love and strength.

Your child has to live with themselves forever. If they don't love themselves deep down, this can make the journey very difficult. It is important that you show them how much you love them always and how important they are to you. Give them the very clear message that you really enjoy hanging out with them- doing household stuff, driving places or just having fun together. (They probably don't want to hang out with you as much as they did when they were younger. That's normal.) Also give them the message that you believe they are a great person and that most of the time they make smart choices. Offer specific praise when your child does the right thing, "That was great the way you...". When your teen does the wrong thing, it is much better to say, "That was not okay," rather than, "You're a bad person." There is a huge difference. You may find that there are days when you love them but have trouble liking them. That's okay.

Encourage the child to develop confidence, independence and responsibility. Rather than begrudging how few household chores your adolescent does compared to you, you could give them the responsibility of looking after their own washing or preparing their own lunches, as well as sharing chores with the rest of the household. Remember to be specific when asking your teen to do household jobs. Suggesting they "*do more around the house*" may be a bit too vague. It helps if you give them a little bit of power in the negotiation - maybe give them a choice of tasks. It's important to share the work.

Resilience is another great gift you can help your child develop. There will always be people who don't like us and it's not good to dwell too long on this. Help them to see that

we can't change other people's actions but we can change how we react to them.

### 4. Set boundaries and stick with them.

One of the biggest challenges of parenting adolescents is working out how much to step in and how much to step back. You are trying to encourage your child's independence and at the same time you are letting them know that you are here to support them. Remember: the goal of raising a child is to end up with an adult who is confident, caring and able to control their own emotions and behaviour. Encourage the confident and caring side of your teen by allowing them to increasingly demonstrate the skill of monitoring and controlling their own emotions and behaviour.

We have all known two-year-olds in adult bodies and they're not much fun to be around. Even though it may not seem like it, children and adolescents like boundaries and they need them in order to develop their own ability to make wise choices. They also need the structure of the "I'm the parent - You're the child" model. Yes, you can be their friend, but being the dependable adult is more important. There need to be consequences for unacceptable behaviour, even though it is easier to give in to the child in the short term. At a time when they are not in trouble you might like to let your child help you choose what the consequences should be for when they have done the wrong thing - a day off the computer, no pocket money/phone credit for the week, etc. Make sure that it is something that you are prepared to carry out and that it is fairly brief and effective.

It is important to pick your battles and stick with your decision and to let them know that once the decision has been made, the matter is not up for discussion. For this reason it is very important that you either decide on



March 2013

the spot and stick with your decision or you say you will think about it. Refuse to get dragged in to ongoing discussion on the matter. (Sometimes it's easier to take yourself into your own room and shut the door.)

Smacking and shouting are not ideal consequences, even though they might make the adult feel good in the short term. We are trying to encourage the adolescent to solve problems without using violence and to show them how to deal with difficult situations in an adult way.

It is important that most of your time together is warm and fun.

**GOOD LUCK**

**Jo Wickham**

**Parent, Registered Psychologist, School Counsellor**



Our school recently took part in the program “Bullying! No way!” which was part of the National Day of Action Against Bullying & Violence initiative.

All students are encouraged to behave positively and safely every day but on the National Day of Action we raised awareness on anti-bullying strategies by holding a ‘Bottoms only’ Mufti day. Proceeds of \$256 were raised and have been donated to Kids Helpline. *Fantastic effort!!!*

“Bullying! No Way!” is developed by the Safe and Supportive School Communities (SSSC) Project. It is an initiative of all Australian education jurisdictions – all state, territory and federal education departments, as well as national Catholic and independent schooling representatives.

The “Bullying! No way!” website has some fantastic information for parents and students of all ages about the National Day of Action and how we can all help create a supportive school environment free from bullying, harassment and violence.

<http://bullyingnoway.gov.au/>

In conjunction with the National Day of Action, the National Youth Mental Health Foundation project, “Headspace” developed an exciting new free App for young people called The Fifth Army. The App encourages Young people to educate themselves & friends and family around three main topic areas - bullying, depression and homophobia - and gives them the opportunity to win some great prizes.



March 2013

*Students can enlist in the Fifth Army by downloading the free App on both Apple and Android devices. "Under the command of Three Star General Ruby Rose you will enlist in a division and take part in missions to battle against bullying, homophobia and depression."*



*Each division is headed up by its own general. The generals are:*

- *Bullying – Sarah De Bono (The Voice)*
- *Homophobia – James Mason (Neighbours)*
- *Depression – Trent 'Maxi' Maxwell (Bondi Rescue)*

*By rising through the ranks of each division you'll get rewards to use at Cotton On online stores.*

**I WANT YOU**  
**JOIN RUBY IN THE MOVEMENT**  
**THAT'S FIGHTING AGAINST BULLYING,**  
**DEPRESSION AND HOMOPHOBIA.**

Find out more at <http://fiftharmy.com.au/>

If you have concerns about your child regarding Bullying or any other mental health issues, please contact a member of our welfare team!

**School Counsellors** - Jo Wickham & Belinda Robinson (Mon, Weds, Thurs, Fri)

**Student Support Officer** - Maddy Smith (Every day)

**School Chaplain** - Margaret Wood (Thurs, Fri)

**Maddy is also available at 'The Hive' Homework Centre on a Monday afternoon!**

Please look at the links below. There is wonderful information for students, parents and staff including lesson plans.

<http://www.takeastandtogether.gov.au/>

<http://www.bullyingnoway.gov.au/national-day/index.html>





## Teaching & Learning

### The Hive

The Hive opened Monday of Week 4 and has already proven to be a popular venue with the number of students attending, and, is increasing each week. Students have been taking advantage of the easy access to volunteer teachers, gaining assistance with a range of skills including fractions, spelling and Science.

The Hive is a centre focused on learning. It isn't an after school care facility nor a place for students to gather and socialise. To encourage positive participation in The Hive, students involved in learning will be entered into a term draw to win a prize.

The Hive is open every Monday afternoon 2:25pm–3:25pm from Week 4. As The Hive closes after regular school hours, alternative transport arrangements will need to be made for students who normally catch a bus home.

Afternoon tea will be provided. Please encourage your child to attend.

### UNSW Competitions

This year, all students at THS will have the opportunity to participate in academic competitions across 2013. At this stage, numerous students have entered a variety of tests, especially students in Year 7!

Below is a table outlining the subjects examined, the fees and the dates that the tests will run. If you would like your child to participate please return the permission note handed to students and return to school with payment prior to 8<sup>th</sup> April.

ICAS Subject	Year levels	ICAS exam date	Price
Computer Skills	7 - 10	Tuesday 21st May 2013	\$8.80
Science	7 - 12	Wednesday 5th June 2013	\$8.80
Writing	7 - 12	Friday 21 <sup>st</sup> June 2013	\$18.70
English	7 - 12	Wednesday 31 <sup>st</sup> July 2013	\$8.80
Mathematics	7 – 12	Tuesday 13 <sup>th</sup> August 2013	\$8.80
<b>TOTAL cost for participation in ALL exams</b>			\$53.90 (Yr7 – 10) \$45.10 (Yr11/ 12)

### Trial NAPLAN

All students in Year 7 and 9 participated in Trial NAPLAN tests during Week 5. This provided students with an opportunity to develop their understanding of formal test conditions and will allow teachers to analyse the results and develop teaching and learning programs aimed at improving student ability.

Students conducted themselves well during the examinations with many showing a clear commitment to achieving their best results.



March 2013

## **TOP TEN TIPS for students for future exams:**

1. **Answer ALL questions – do not leave any questions without an answer even if you're not sure that that you have got it correct.**
2. **Work out the numeracy problems – test your answer to make sure that it is right.**
3. **Bring a calculator for the numeracy exam.**
4. **Check your answers to the reading questions by referring back to each text – find the proof for your your answers.**
5. **Use all of the time allowed to complete every paper. Use the planning time in the writing test- Don't forget to list technical words, develop an opinion and use TXXXC to plan your paragraphs**
6. **Don't forget to be as persuasive as possible in your writing and write at least one page**
7. **Edit your writing carefully to improve the quality of your answer**
8. **Check the grammar questions by reading the whole sentence – what sounds right?**
9. **Does your spelling look correct? Try to remember the difficult letter/ sound combinations**

Many students performed exceptionally well. **Certificates of Achievement** will be issued at Year Adviser meetings to the following students later this term:

### **Year 7:**

Kieran Burgess Jack Brown Marchello Laguna Emma Roughley Abbey Hardman Olivia Ping	Carolyn Burns Ben Foulcher William MacDonald Connor Smith Gina Lawrence Charley Williams	Catherine Keogh Ryan Kennedy Jed Pettigrew Lachlan Warham Gypsy-Lee Marsh Katie Stone	Hayley Street Georgia Andrews Dylan Rendal Harvey Azas Daniel Moore
---	---	--	---

### **Year 9:**

Lilly Chen Abigail McGovern Roxanne Poole William Lenanne Lauren Jones Tomasella Haynes Ainslee Herd Tylan Winslade Shayne Flint	Matthew Denniss Jon Ridgeon Maeghan Brown Joseph Ling Kimberley Taylor Brianna King Jorjah Sharp Jacob Becker Floyd Bonar	Bradley Gallagher Alicia Roughley Kiarna Elloy Chloe Hoschke Dayle Beazley Brendan Macey Tina Smalley Cody Armstrong	Samuel Maxwell Brittany Rudland Taylah Harris Kaysha Scott Emily Black Wayde McCullough Natalee Smith
--	---	---	---



March 2013

## *PDHPE Faculty News*

Term 1 is flying by! We're already over half way through the term.

Students have completed practical units in fitness testing (to be repeated in Term 4 to assess levels of improvement achieved through the PE practical lessons).

We are now interspersing Athletics and Cross Country runs so students are getting lots of active movement. In theory classes students will be completing homework and assessment tasks before the end of term.

A reminder, students require their blue shorts, red t shirts and joggers for all practical lessons.

If you haven't paid your \$10 book fee, please pay it at the office ASAP so we can get the next books for Term 2 printed in preparation for students return after the holidays.

### **Girls CHS Knockout Volleyball**

A great representation of our school by our girls' volleyball team!

We were led by the great all round performance of Mel, and ably backed up by the serving prowess of Loz and the Maddies. The court coverage of Carla, Nicola and Chelsea, the hard hitting of Bianca and finesse of Johanna, Shaylee, Chloe and general play of Sav and Britt were all brilliant!

Our warm up had the opposition quivering in their boots and we were able to transfer this into the first rubber. While our performance was overridden in subsequent games, opposition coaches congratulated our girls on their fighting spirit and determination and most importantly, the way they represented Toronto HS. Well done, girls!



## Library Newsletter

### Toronto High School

#### NEWS

We would like to welcome Toronto High School students to

#### The Premier's Reading Challenge 2013.

The Challenge aims to encourage a love of reading for leisure and pleasure in students, and to enable them to experience quality literature. It is not a competition but a challenge to each student to read, to read more and to read more widely.

Toronto High School is registered and ready to go. **All students wishing to participate need to logon to the following website:-**

<https://products.schools.nsw.edu.au/prc/logon.html> (using student Portal username and password) All students are welcome to

borrow any of

T.H.S. Library's range of reading material.

Please contact the Library staff in if you experience any difficulties.

**Mrs Frost/Mrs Figures**  
Librarians

#### 'The Hive'

Homework Centre

THSLibrary  
Mondays 2.25-3.25pm

Mrs Smith - Kain



#### LinkLook



**Tale** - the NSW gateway to Primary, Secondary and TAFE teaching and learning resources.

**Have a LINKLOOK!!!**

[http://www.tale.edu.au/tale/?ssosource=cdagent  
&muid=000000&taleUserId=-  
445990256&userType=u&username=](http://www.tale.edu.au/tale/?ssosource=cdagent&muid=000000&taleUserId=-445990256&userType=u&username=)





March 2013

*from the Careers Desk*

**Newcastle Career Expo** this year will again be held at the Newcastle Jockey Club on Friday the 24 of May. This has proved to be a worthwhile event with 150 Year 10 - 12 students having the opportunity to attend and gain valuable hands on knowledge of jobs training and Careers. The Expo will have on show Newcastle and Sydney Universities, TAFE NSW, Private Colleges and many employers such as Defence, Building and Trade options. There will be a charge of \$9 per head to pay for entry and bus in and return. Information will soon be made available for students who will be requested to return a permission slip and pay for the event at the front office.

**Jobs Info** is still being emailed out to all students in Years 10 to 12 and sometimes I include Year 9 if there are suitable casual jobs. Parents should encourage their children to check these emails on the DET Portal which all students can access at school and at home if they have a computer with internet capabilities. They are generally sent on Mondays and I also include training courses that suit our students' needs. Several times a year I send out information on resume writing with 5 basic samples available to be easily modified for the individual. I can also assist with cover/introduction letters when required.

**Tax File** numbers can be applied for by picking up the form from the Career Office, completing it and returning it to the Careers office. A Tax File number is required for any type of paid work. These are also required for some benefits through Centre Link. The forms provided through school are modified and do not require your birth certificate to be sent to the Tax Office, this makes the process faster and easier.

**Work Placement** - Here is a list of employers who accepted our students, for work placement. If these employers did not take our students we could not send them out on work placement. This is very important as it is a requirement for most VET courses that a mandatory work placement be completed in both Year 11 and 12.

U.G.M. Engineers PTY LTD  
Toronto Private Hospital Hospitality  
Toronto Chamber of Commerce and Industry  
Toronto Bay Bistro  
Todd Burton Building Services  
SMIKTECK  
RSL Carem, Ollie's @ Toronto Diggers  
Newcastle Machine Shop  
Lake Macquarie Landcare  
L E Computers Toronto  
KMart Glendale, Kent Rowe Digital Print  
Innovative Computer Solutions  
Hughzies Lakeside Brasserie  
Harvey Norman- Bennetts Green  
Gray's Mechanical Repairs  
Elron Engineering P/L  
Dak-Wal Constructions

Boatshed Restaurant, Bay Hotel Motel  
Belpray Pty Limited, Bella Beans  
Austedan Fabrications Pty Ltd  
CALM  
Hunter Valley Buses  
Myuna Bay Sports & Recreation  
Toronto Public School  
Anglicare  
Anacapri Café Toronto  
Allcom Networks Pty Ltd  
Able Constructions  
AA Brothers Pty Ltd  
Figtree Point Aged Care  
Hilly's Automotive Rathmines  
Toronto Vet Surgery  
Rathmines Vet Surgery

A big thank you to all of the above and it is good to see so many local companies involved and supporting our students and Toronto High School.





# TORONTO HIGH SCHOOL

March 2013

## Paddlefest

This event is put on by Sunrise Rotary Toronto and has become one of Year 12's major fundraisers for their formal. This year we had 3 teams compete and for the second time in our 3 year history our students have one.

It was a great day even though the park was mostly underwater and the competition was fierce. There were four local schools competing and all the students did us proud. The events students competed in were, Laser shooting of clay pigeons, Catapult firing tennis balls over a net and then catching them to win points, an Outrigger race of 200 metres and a couple of challenging tasks that involved memory and fast thinking. The highlight was the manufacture of a boat using a piece of cardboard and a piece of black plastic 2.4 metres square and constructing an object that resembled a boat then racing it over 50 metres. As expected our teams did very well and were cheered on by their Year Adviser, Miss Goman.



For the first year the teachers entered a team into the Dragon Boat race and although we made it through to the finals we didn't win. Thanks to UMWELT from Toronto for sponsoring us in this event we had a lot of fun.



We did enlist the assistance of some students to help as we needed 20 persons in the Dragon Boat and we were a few short. After winning the B Group Final, due rough conditions or someone rocking the boat, we began to take on water and sank just offshore which gave us all a chance to cool down after the race.

Hopefully, we will enter the event again next year and we will have completed all the homework and expect to come away with the win. Thanks to all the teachers and students involved on the day. It was great fun and a worthwhile event where money was raised for the homeless in Toronto.

*Trevor Connell*  
Career Adviser







# TORONTO HIGH SCHOOL

March 2013







# TORONTO HIGH SCHOOL



## DRIVING SCHOOL

*Female Instructor*

- \* Special attention given to Nervous Students
- \* Work with Parents for more effective outcomes
- \* Teach to drive safe NOT just drive
- \* Automatic Lessons in Toyota Camry Altise
- \* Pick up and drop off - Home, Work or School
- \* A 1 hr structured lesson entitles you to 3 hrs in logbook

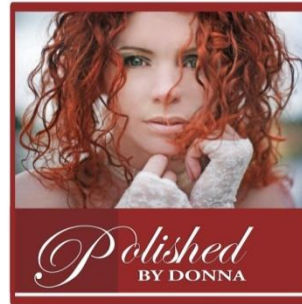
PRESENT This Advertisement and receive  
\$10 Off 1st Lesson  
Discounts for 5 or more lessons booked

**Call Wendy PH: 0422 787 450**

[westlakesdrivingschool@gmail.com](mailto:westlakesdrivingschool@gmail.com)

A great value "Five Lesson Package" is available.  
Find Us on Facebook!

## Fashion, Grooming, Department, Etiquette and Modelling



*Every school holidays...*

Personally taught by  
**Donna**  
International Fashion Model

### Learn

Makeup, skin care, hair care & styling  
drama & tv, posture, catwalk  
job interview techniques, goal setting  
and more...

### Plus your own professional fashion shoot and catwalk show

"Donna is a wonderful role model.

I would highly recommend this  
course to anyone with a teenager"

Mrs E.M. Erina

Guaranteed to improve your self-confidence  
Suit 12-17yrs

More information at [polishedbydonna.com](http://polishedbydonna.com)  
(02) 4304 5735



TERM ONE TO-DO LIST:  
-buy Amy's textbooks  
-get new uniform for James  
-find out more about Saver Plus!

Match your savings for school costs, dollar for dollar,  
up to \$500.

You may be eligible if you have:

- a Health Care or a Pensioner Concession Card
- a child at school or starting next year
- some regular income from work (you or your partner).

Contact Cynthia Culhane, your local Saver Plus Worker:  
02 4927 8385 / 0418 699 646 or  
[cynthia.culhane@thesmithfamily.com.au](mailto:cynthia.culhane@thesmithfamily.com.au)

Saver Plus was developed by ANZ and the Brotherhood of St Laurence and is delivered  
in Newcastle by The Smith Family.

Saver Plus is funded by ANZ and the Australian Government.

## Student Exchange Program

WEP – World Education Program is a not-for-profit student exchange organisation registered with the education departments, now accepting applications for students to live overseas in 2013/14 as exchange students.

WEP is offering 2 \$3000 scholarships towards student exchange programs to Argentina and China commencing in 2014. Find out more!!

Visit [www.wep.org.au](http://www.wep.org.au)  
Call 1300 884 733

LJ Hooker  
Toronto,  
Rathmines &  
Wangi Wangi  
proudly sponsor  
8 local schools

**LJ Hooker**

