TORONTO HIGH SCHOOL *"Ship to Shore"*





Upcoming Dates

18-28 June Trial HSC Exams

21 June CAPA Road trip Yr 10 Jewish Museum Excursion Try a Skill Day

22 June Yr 11 Mindplay Drama Assessment Task

24 June The Hive Homework Centre

26 June Yr 11 Visual Arts Assessment Task

27 June Yr 11 Advanced English Assessment Task

28 June Last Day of Term 2

15 July Staff Development Day

16 July Students Return for Term 3

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<u>Principal's Report</u> Greg Morgan (Relieving)

Star Struck

I had the pleasure of attending Star Struck 2013 this year, and I was extremely impressed with the talent we have here at Toronto High School.



We had 50 students participating in the event and each one is to be commended for the time and commitment they have dedicated to their preparation, which was reflected in their performances.

Well done to all those students involved, and a huge thank you to our teachers, Yvette Milwright, Kath Fotheringham, Sally Constable, Peter Chapman and Miss Ready who have supported our students magnificently.

I would also like to extend a warm thank you to our parents for supporting not only their child but also the school with this event. Without parental involvement the task of students' representing Toronto High School may have been that much more difficult to organise. So, thank you parents/caregivers and grandparents.

Subject Selections 2014

Parents of students currently in Years 8 & 10 recently attended an Information Evening regarding subject selections for 2014. This was an important night for parents to receive information about their child's subject selections for next year. It was great to see so many parents attend.

Considerable time and effort is placed into supporting Year 11 2014 with subject selections, as correct placement can make a significant difference in HSC results. The current Year 10 students have spent several mornings in presentations from Head Teachers about the faculty subjects, had a subject selection information evening, have received a notice from the school regarding suggested subject levels, and, individual interviews to check on subject patterns and appropriate choices by students.

If any parent or student has any concerns or questions regarding subject selections for next year, please contact our Deputy Principal Mrs Reilly.

Follow Us On facebook

Tuesday 25th June 2013 Commencing at 6.00pm in the School Library *All Welcome!*



Year 12 Parent Teacher Night

The Year 12 Parent Teacher Night held on Tuesday 4th June was a great success, with many parents keen to know how their child is progressing. This was an important night for parents and students to receive feedback from teachers regarding performance in their senior courses.

If you were unable to attend, or did not see all of your child's teachers, please contact the school to organise meetings. Class teachers are usually available after school to meet with you.

Half Yearly Reports and Parent Teacher Interviews

Half Yearly Reports for Year 7 – 10 will be issued first week back in Term 3.

Parent Teacher Interviews will be held on 24 July 2013 (Week 2 Term 3), and information will be sent home closer to the date.

Canteen

The upgrade to the THS School Canteen is now complete, and might I say, what a fantastic improvement.

The Canteen Co-ordinator Mrs Bradley is desperately in need of reliable volunteers for Tuesdays and Wednesdays of Term 3, and with the opening of the new canteen, there will be training in the new cash register system. This could be a great time to join in and support the school and see the new canteen!



Teacher Peer Learning

At Toronto High School we are constantly looking at ways to improve outcomes for our students. As part of our professional development THS staff have been undergoing a series of Peer Learning Workshops with the focus on the delivery of teaching in the classroom. THS leads the way in this form of professional leadership to staff which targets the essentials of how students learn and how staff can effectively reflect on their teaching and implement new ideas to improve the engagement of students.

<u>Year 12</u>

Our Year 12 students have now commenced their Trial HSC Exams this week. This is an important as well as a stressful time for both students and parents. The Trial HSC Exams should highlight strengths and weaknesses allowing students to focus their future study directions. Year 12 students, during this exam phase, only attend school for the actual exams. The school is able to further support Year 12 with counselling from their Year Adviser, Head Teachers and School Counsellors as required.

It is vital to keep Year 12 working steadily especially over the upcoming school holidays. Please ensure that your child has a study program in place for the HSC. If you feel your child needs support in this area please contact the Year 12 Adviser, Mrs Goman. Also please note that Mr Connell is our Careers Advisor and he is always up for a chat about future career paths. Please contact the school to make an appointment.



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Student Assistance

Parents experiencing financial difficulty in meeting school expenses including subject specific fees and uniforms are invited to confidentially contact me 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.

Last day Term 2

The last day of schooling for Term 2 is on Friday 28 June, 2013. School resumes in Term 3 on Tuesday 16 July. Monday 15 July is designated as a Staff Development Day which means it is pupil free.

Stay safe in the holidays and enjoy the break.



Deputy Principal's Report – Yrs 7, 9 & 11

Evelyn Wilson-Babic (Relieving)

Many thanks to Paula Reilly and Greg Morgan for their assistance this past week. It's wonderful to be able to learn in an environment where it's OK to make mistakes! And of course, to have two very experienced people to guide you along the way.

In our last newsletter Annette Gromek wrote about how students could best prepare themselves for examinations. I would like to add my 'welfare' perspective to her article. Over the last year or so, the Welfare Team has received an increasing number of parental enquiries about their child's internet use. Very commonly we receive the call following their child's refusal to come out of their bedrooms. The child is busy playing 'online massive multiplayer games' (OMMG)! The child starts to shut out the rest of the family with some even complaining about coming out to the dinner table.

To me, this is a new phenomena! However, never one to shun what our teenagers are involved in, I looked to the internet to see what I could find. And yes, there they were! Article after article on the dangers of gaming addiction. I found one article quite interesting and courtesy of 'Inside High Ed'. I would like to give a few insights into this growing issue.

Initial signs of gaming addiction are unclear as many children now study in their bedrooms with internet access giving them the freedom of quickly switching screens when the regular parental check is done. One of the first facts I found was that excessive gaming was linked to lower academic performance, a longitudinal study of 3,000 third- through eighth-graders in Singapore, researchers from Iowa State University found 9 precent of gamers to be "pathological," meaning that their gaming damaged multiple parts of their lives, including school performance. (Additional information may be found at National Academic Advising Association Clearinghouse Article on Gaming Addiction, by Lee Kem of Murray State University, Online Gamers Anonymous, an online support community modelled after 12-step programs, The Center for Internet Addiction, an online information resource, professional training and treatment service pioneered by Dr. Kimberly Young. NBC Rock Center story on computer game addiction).



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My understanding of the issue is that still-developing teenagers are vulnerable to the instant gratification of the games. Many of the above studies suggest that 'pathological gamers' are playing an average of 31 hours every week. 31 hours weekly! In the 2011 National Survey of Student Engagement over one-third of incoming males and nearly one-fourth of females reported playing computer games more than 16 hours per week. These students had lower high school grades, arriving at college less prepared to succeed, with fewer skills to succeed. The idea is that if teenagers are spending huge amounts of time on gaming it 'crowds out' time for other activities such as sport and study. (For the full article see http://cpr.iub.edu/uploads/2012 FYE Video%20Games.pdf)

Computer gaming is big business however I believe that parenting is big business too! Here's the warning signs of gaming addiction (3-4 yes responses suggest abuse; 5 or more suggest addiction);

- Increasing amounts of time spent on computer and internet activities
- Failed attempts to control behaviour
- Heightened sense of euphoria while involved in computer and internet activities
- Craving more time on the computer and internet
- Neglecting friends and family
- Feeling restless when not engaged in the activity
- Being dishonest with others
- Computer use interfering with job/school performance
- Feeling guilty, ashamed, anxious, or depressed as a result of behaviour
- Changes in sleep patterns
- Physical changes such as weight gain or loss, backaches, headaches, carpal tunnel syndrome
- Withdrawing from other pleasurable activities

Developed by Dr. Hilarie Cash, PhD http://www.netaddictionrecovery.com/the-problem/signs-and-symptoms.html

I hope I've provided some insight into the world of teenagers for you. Please do not hesitate to contact me on Ph 49591788 if you would like support for your child.



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

Paula Reilly

Being part of the Toronto High School community means opportunities to try new things, develop skills and take the sort of risks that help young people grow. We celebrate the end of a very exciting semester and congratulate the many students who have not only excelled but also those who have been willing to fully participate in what their school has to offer.

Trial HSC examinations

At the time of publication Year 12 are sitting their Trial Higher School Certificate and we wish them the very best of luck and a successful outcome for their hard work and study. Assessments have also been completed across all years, and of course, parents have or will receive reports soon for the first semester.



We encourage parents to talk openly with their son or daughter about their progress and how they might modify their organisation and work habits to support improved results.

I wish Year 12 all the best in achieving success in these trials and encourage them to use the results as an opportunity to learn what they can do to achieve their very best in the Higher School Certificate Examinations.

Years 8 & 10 Information Evening

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Thank you to all the parents and family members who joined us for the Years 8 and 10 Information Evening. The active interest that parents take in this school and in the partnership we share to educate their child is always appreciated. If there are any follow up questions or concerns in relation to Year 8 elective choices for Year 9, the Record of School Achievement (RoSA), or Year 10 Subject Selection, please do not hesitate to phone the school.

Attendance

With the term drawing to a close, it is important for students to continue to work hard until the very last day. Attendance every school day is required under the Education Act unless formal permission is given by the Principal prior to holidays or as a result of illness or misadventure. This includes the last day of each term. Please ignore your child when they say, "But no one else is going to school", as this is not true. Staff continue to teach normal programs to the last day of school.

I remind all students about the protocols of leaving school during the day. If sick, students may report to Sick Bay with a note from their teacher, contact will be made with family and if possible, students will be collected by a family member and will be signed out of school by the office staff.

Students **must not** simply leave the school. There have been incidents where students have had a small dispute with friends or staff and have decided to go home. This may have occurred with or without parents knowing. This places the student at risk. It will also be treated as truancy by the school and the usual school protocols will be followed.

It is also important for later life that students develop some problem solving skills around relationships and work to fix things up rather than making them worse by getting angry and upset and doing and saying things that only make the situation harder to resolve. In all work places, there will most likely be some conflicting personalities and disputes. There are many life lessons to be learnt through sticking with a difficult situation and making it better. This means looking at our own responsibility in what happened and not blaming others. Running from the problem is not the answer.

Study Skills

How Much Time Should You Spend on Schoolwork?

In secondary school if you do not have any specific homework or assessments to work on, you are then expected to spend some time that night on independent learning. This is where you ask yourself, what else COULD I be doing that will help me understand my subjects better and improve my results? Examples of independent learning are: reading ahead in your textbook, making a mind map about what you have



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been learning, doing extra research on a topic that interests you, making study notes, reviewing work you find difficult... the list is limitless!

However, schools do not expect students to spend ALL of their time on schoolwork! We want you to play sport, see your friends, spend time with family, do activities you enjoy and have some rest and relax time as well. If you work effectively, then you can do your work for school, but still have a life! So given this, how much time are you expected to spend on schoolwork?

It depends on your year level, your school, your parents and your own abilities and goals. First, check your school diary or ask your teacher what is expected at your school. Then discuss these outlines with your parents and see if you can both agree what is right for you.

As a general rule, expected time to spend on schoolwork at home:

JUNIOR YEARS: In the first years of high school students usually do at least half an hour to an hour each day. In many schools it is around 1-1.5 hours on average or 7-10 hours over the whole week.

MIDDLE YEARS: In the middle years of high school it should be at least an hour. In many schools the average is around 1.5-2 hours or 10-14 hours over the whole week.

SENIOR YEARS: In the final years of high school students do at least 1.5-2 hours a day and this will increase as students approach the end of their schooling. Most Year 11 students do 2-3 hours per day (14-21 hours over the whole week) and in Year 12 around 3-4 hours (21-28 hours over the whole week).

Remember this is just a guide.

FAQ 1: What about the weekend?

The amount of time students need to spend on schoolwork on the weekend will depend on their current workload. Most students will need to spend at least the same amount on the weekend on schoolwork as they do during a weeknight. At the same time, it is important not to overdo it! You do need relaxation and time to yourself. It is important to spend time with family and friends and doing things you really enjoy. You also need to ensure you are getting enough sleep. The key is to find a balance and avoid the Sunday night blues - where you leave everything to the last minute on the weekend and run out of time.

To end, I would like to wish all the students a happy and safe holiday.





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GENERAL NEWS

Thank you for Athletes Foot Glendale, and Charlestown for their valued support of our school. Through their "Kickback Program" the Athletes Foot donates \$5.00, from every pair of shoes sold to a Toronto High School family, to Toronto High.



Thank you to our parents and students for shopping at Athletes foot. We have received a whopping \$225.00!!!! This money will be utilised towards resources for our students.

<u>FEES</u>

Student Invoices will be mailed during Week 1 of Term 3. 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.

<u>P & C</u>

Our next P & C meeting will be held on Tuesday 25 June 2013, at 6pm in the school library. All are welcome to attend.

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.

UNIFORM SHOP

Tenders for the Uniform Shop have now closed and we are in the process of sifting through the applications. Further information will be provided in due course.

School Vegetable Garden

Mr Dufty and some of our hardworking students recently spent some time clearing the overgrown vegetable gardens down near the Science Block. Students have since planted peas, corn, beans and squash.

Last season's crop of home grown vegetables was a huge success with many staff reaping the rewards. Students are quite emphatic that this season's crop will be better than last season. Let's hope so!!



INVITATION TO STUDENTS "PRINTING & PHOTOCOPY SERVICE"

THS currently offers a printing and photocopy service in the school library to our students. This service is primarily used by students who do not have access to a computer and internet facilities at home, for the completion and printing of homework/assignments etc.

In order to increase our efficiencies within the school, our existing procedures have been improved and we are inviting our students to avail themselves of these changes. The new system offers cheaper costs, flexibility, efficiency and convenience to both students and staff. Our new "Printing & Photocopy Service" is available to all students.

Questions & Answers

1. What do I need to do? How do I get started?

A. Students simply need to visit the school's front office and place a minimum of \$5.00 on their account. Students then take their receipt to the Library and an account will be created.

2. Then what?

A. The student will then be issued with a PIN to allow access to the printing and photocopy services.

3. Can someone else use my PIN?

A. If you give someone else your PIN or do not store it securely then it is to your detriment – you are liable for any printing costs and your printing account will be charged.

4. If I have lost/forgotten my PIN what do I do?

A. We can reissue you with your PIN, please see library staff.

5. **Do I have to do my printing this way?**

A. No you don't. *It is not mandatory*, but it is more cost efficient, time efficient and more convenient. You print what you want, when you want, before school/after school, and you collect it from the printer yourself. This saves waiting for library staff to help you when they are attending to other students.

6. How much does it cost to print my work using my PIN as opposed to the old way?

A. Under the old system students pay – Per sheet - Black/White 15cents; Colour \$1.00. Under this *new system* students pay – per Sheet – **Black/White 10cents; Colour 50cents.**

7. When do I top up my account?

A. The printing pop up box displays the current balance. Printing jobs cannot exceed the available balance. Students need to visit the front office and top up their account with a minimum of \$5.00.

8. What if I don't use my account often? Is there a time limit on how long my money stays on my account?

A. There is no time limit, your account will be active whilst ever you attend THS and there is a balance in the account.

9. Can I print from the TAS Computer Room as well as the library?

A. At the moment you can only use the Library to print your work. We will be offering this service in the TAS Computer Room in the near future and will keep you informed.

You are then set to start printing. Just logon to computer as normal, have your work on the computer screen, press print, select printer – student_secure_Print. Follow the directions. Respond to the pop up box to select colour, duplex format, confirm selection, go to the "Library printer", enter PIN and retrieve print job.

If you need assistance, please ask our library staff who are more than happy to help.



A new sport was introduced to students this year – Playgrounds Park at Warners Bay. Playgrounds Park is an eco training facility for all levels of action sports. Mrs Knox was the fortunate teacher who tried to harness the excitement and enthusiasm of some of our students during the first visit to the facility.

Mrs Knox reported that Gavin Conroy was the only one to attempt the biggest jump into the foam pit on a skateboard, and Jake Evans showed no fear on the scooter. Jessie Brady seemed to have the most trouble getting out of the pit! All the boys loved it, and it was great albeit a little nervewracking to watch!!















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Year 10 VET Hospitality students have been busy catering for many events this year.

The students worked very hard to produce some lovely platters of food for the Biggest Morning Tea and Parent Awareness Seminar.

Students are expected to prepare and cook the food, work in the kitchen during the day and serve their finished product in the evening. Their work ethic and kitchen skills are to be commended.

VET Hospitality Catering

By Mrs Pratt











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Year 10 Child Care

By Mrs Pratt

The Year 10 Child Care class has been studying "Play and Toys" appropriate for children. In recent weeks they have made play dough and are learning how to occupy young children using many forms of play equipment.

Play Dough Recipe

2 cups of plain flour
4 tablespoons of 'cream of tartar'
2 tablespoons of cooking oil
1 cup of salt
2 cups of boiling water
food colouring



*Just pop it all in a mixing bowl and mix!

*It looks as though it is not going to mix well at first but hang in there and throw it onto the bench to knead, and it will come together really nicely.

*We put different things in ours also such as glitter and sand. Just be careful you don't put things in like rice as they tend to go mouldy - we find glitter is really good.

*Add peppermint oil for a great smell and even longer lasting playdough...

*Hope this helps everyone.









Tickets \$511

Toronto High School Dance



Party!!!



Tuesday 23rd July at 6-9pm!

A Canteen providing drinks, snacks and glow sticks will be available!

SEE SRC FOR TICKETS!

ON SALE LUNCHTIMES IN COLA AREA



Congratulations to our students who entered the Dobell Art Competiton recently. A special congratulations to Shannon Cadman and Daniel Sneddon who both won prizes.





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FUTSAL Gala Day By Miss Crawford



Last week we had an Under 19s boys team and an Under 16s girls team play in a Futsal Gala Day competing against many schools from the area.

The girls played against 4 variations of Wallsend teams, and managed to make the semi's. All 5 girls (again, no subs for the day!) played hard and were exhausted by the end of the day. Their semi final did not go as successfully as they would have hoped, but all girls played a great game and only received minor injuries.

The boys started off well, intimidating other teams by almost scoring a goal off the first kick. They had the top goal difference in their final game of 13-1 (our way!), but unfortunately did not make the semi's. This wasn't too much of a surprise considering one of the schools, "International Football School", had a child

prodigy playing. But all boys played hard and competitive games, and had a lot of fun throughout the day.

The bench was never empty as both teams supported each other. It was great to see the support between teams, and the fun they all had on the day. I also had a lot of fun. Great job quys!





by Mrs Allanson

What a busy time of the year! The CAPA Faculty has had many activities this term.

We started the term with our GATS WOT Opera program which has proved to be a huge success. The students gained experience in writing a story line, writing the music, learning the music and performing a 20 minute opera in four days. They performed their work at the Newcastle Conservatorium of Music.

The other schools which were chosen to participate in this program also performed. They were Lambton High, Warners Bay High and Swansea High. Our students performed extremely well and parents were extremely proud of the students' achievements.

Starstruck is over and what a great show it was! The students performed in all of their items with great drive and determination. A big thank you is extended to the teachers - Mrs. Milwright, Mrs. Fotheringham, Miss Constable, Miss Ready and Mr Chapman who accompanied these students at Starstruck.



Year 11 Drama students have progressed to the final stage of MINDPLAY for this year. This is an outstanding achievement already. They perform in the grand final of the Hunter Region this Saturday night. We wish all students well in their endeavours.

The annual Road Show is also on this week, where our CAPA students visit the local primary school students with a small show which tells the Year 5 and 6 students about high school life. Best wishes to those students as well.

Also, our best wishes to our Year 12 classes who are now completing their Trial Higher School Certificate Examinations. These examinations are extremely important for the students and we are hoping again for good results from these students. So get studying and do your best!



STARSTRUCK 2013 was held last week at the Newcastle Entertainment Centre. What a fantastic show! We had 50 students from Year 7 to 11 students involved in a total of 5 dances - the talent we have at Toronto High School is unbelievable.

Our students performed magnificently in Don't Stop Me Now, Titanium, Dance With Me Tonight, Will You Be There, and The Edge.







The Booklook Newsletter

Toronto High School Library

NEW FICTION TITLES







Ptoleny's DONATHAN STROUD De Ney Tek Tek Tek Tek http://en.wikipedia.org/wiki/Ptolemy 's Gate

Library Newsletter Toronto High School



The exciting new initiative for the Library, the **'Chess on Tuesday'** Club, is proving to be very popular. Practice games are now being played every lunch time, well done!

The Premier's Reading Challenge 2013 is underway. 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 rushing to borrow the **new Fiction** books which are featured in the **'BOOKLOOK'** so don't miss out

> Mrs Frost/Mrs Figures *Librarians*

PRINTING CHANGES!!



Due to the introduction of PAY TO PRINT, students printing in the Library will need to pay a minimum of \$5 to the office ASAP. This will allow an account to be created for printing (10c per page black and white) An account will then be created for student use and a security pin will be allocated. This will allow students easy access to printing. *Any concerns please see the Library staff.*

<u>LinKLook</u>



Essay Writing: The process

This website is designed for senior students. It helps students with the process of essay writing - from analysing the question through to the final redrafting and editing of the essay before you hand it in. We encourage students to have a plan that will allow you to complete each step to get your highest possible grade for your essay.

http://www-

public.jcu.edu.au/learningskills/resources/wsonline/academi c/essay/index.htm







RECYCLE!! RECYCLE!! THS School Uniforms

If you or someone you know has left the school and has no use for their old school uniform we are happy to accept your donation.

These can be left at the front office

Thank You!!

Managing depression

One in four kids over 12 have symptoms of depression.

What to look for and how to help. Listen to brain and mind specialist Professor Ian Hickie chat with James O'Loghlin on helping kids beat the blues.

Find out more: http://www.schoolatoz.nsw.edu.au/wellbeing/he alth/managing-depression-in-children

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





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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

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



Tuesday 25th June 2013

6pm School Library

All Welcome!!

Entertainment Books

For sale from the

School office

\$60.00

