WHAT’S BUZZING
TERM 4 Week 4
Date Issued 31/10/2014

October
31st Year 11 Reports issued
      The Buzz - Distribution

November
6th Year 12 Formal
7th Virtual Excursion—State Finals Debating
7th Final day for HSC Exams
12th Aussie Bush Camp Years 7 and 8
14th The Buzz - Distribution
18th White Ribbon Football Gala Day
18th P&C Meeting - 6:30pm - Cafeteria
24th Year 7 Exams
25th Year 9 Exams
26th Year 8 Exams
28th The Buzz - Distribution

December
3rd Orientation Day - 12 noon
5th Gold Awards Ceremony
9th Presentation Night - 6.30pm - Hall
12th The Buzz - Distribution
      Years 7 - 10 Reports - Issued

Josh Miller, Lachlan Logue, Jackson O’Brien and Jake Taggart presenting invitations to Primary Schools for White Ribbon Day.
Principal’s Report

The year seems to be progressing rapidly as we reach the middle of Term 4 and race towards the end of 2014! As I write this, the HSC examinations are nearing completion. As mentioned previously, our year 12 students have demonstrated strong commitment to their HSC, attending and attempting their exams diligently. The Year 12 Formal, will be held on the evening of Thursday 6 November at Wests Leagues Club, I look forward to participating in this important final celebration.

Commencing from November 20, junior students will undertake yearly examinations. This is an important opportunity for all students to demonstrate skills and understanding developed throughout the year across a wide range of subjects. May I take this opportunity to wish all students the best of luck for these examinations.

As mentioned in several previous editions of The Buzz, Tamworth High School has been in the process of implementing a range of initiatives aimed at establishing stronger school management structures that enable the provision of even better educational opportunities for all students at THS. The latest innovation is the introduction of the new SENTRAL attendance system which commenced from 20 October, where all roll call groups and timetabled classes have had student attendance checked via a comprehensive digital system. Student attendance is one of the most important contributing factors in a child’s education – Tamworth High School is committed to ensuring all students are provided with the best educational opportunities and parents are well informed about their child’s attendance and educational progress.

Over coming months, and progressing into next year, there will be a stronger focus upon student attendance, including tracking student lateness and unexplained absences. To assist in this process, the school seeks the support of all parents in the following areas:

- If your child is absent from school, please provide a note that provides the reason and dates of absence when your child returns to school.
- If your child is late, please provide a note explaining the reason for the late arrival.

Parents may choose to use the THS ‘App’ to provide a digital note for these purposes OR contact the school by phone. As we proceed with this program, the school will be contacting parents via letter or directly by phone to verify contact details and/or follow-up absence issues. Your support of this important program is greatly appreciated.

Daniel Wilson
Principal
Senior Secondary Student Cards

Students 16 years and older travelling on NSW Trains and coaches require the Senior Secondary Student card to get the student 50% discount fare.

Students need to see SAO to obtain these travel cards.

The Busy Bee Coffee Shop wishes to acknowledge the support of Baker’s Delight, City Plaza for the delicious Focaccias our staff enjoy so much.

Baker’s Delight is also offering a voucher to receive $1 off your next purchase.

The Coffee Shop continues to develop the skills of our students through a range of activities connected to the Coffee Shop such as, cleaning and assisting with cooking. As the students attain a greater skill level they progress to serving and operating the cash register.

The Lioness Ladies, (who offer a mentoring program to the students), come to the Coffee Shop once a week. On these days, the students are learning to take orders, serve the ladies and discuss many things concerning their education and future employment. These skills are all necessary for the student to enter the work force with confidence.

Thank you to all who support the Coffee Shop.

The Marlin’s creating waves in the Tamworth Water Polo Competition

It’s that time of the year again where the grass turns brown and the temperature reaches above 30 which can only mean that’s it’s water polo season! This year I have been asked to take the reins of a particularly special group of water polo players called ‘The Marlings’. They are a combination of skilful gymnastics mixed with hockey and a touch of footy bravado.

Having begun the season last week, I was keen to observe their game plan and style in which they approached the game. Much to my surprise it was very similar to the famous glue sticks approach to playing hockey, dive right in and hope for the best.

The first game was a 5-0 loss to Caryina. Not discouraged about this the girls decided a plan of attack was needed. So an early morning training session on Thursday had the girls primed to take on their opposition the following Monday.

Looking resplendent in their new swimsuits, the girls took to the water confident of performing well this week. What can only be described as a washing machine on the fritz, the girls dominated the game in attack and defence. Some brilliant saves by both Meagan (Mackerel) Su in the first half and Bree (Barnacle) Poetschka in the second aided the girls in their victory over Calrossy. Brittany (Barramundi) King was totally dominant in her first game for the season scoring all 4 goals.

There will be more articles to come in the following weeks documenting the rise of The Marlings.

‘Just keep Swimming’
Mr Vereyken
Park Improvements

Last week the Prefects and ED students were involved in a community event where they worked with students from Westdale to plant trees in Granny Monroe Park. The students worked hard digging holes, planting and mulching. They then had a BBQ lunch with some local community members. Thanks to Mr Pett for driving the bus.

Mrs Roser

Tamworth High School

The school is checking that correct uniform and shoes are being worn by the students daily, occasionally holding random assemblies. Please ensure your child has the correct uniform and footwear daily, this not only looks nice but it is for the safety of your child whilst at the school.

Wearing Appropriate Footwear at School

The Department has identified particular areas of the school where enclosed leather footwear (or other material confirmed by the manufacturer to be suitable and in accordance with Australian/NZ Standard 2210: Safety Protective and Occupational Footwear) is required these are:

- Industrial Arts and trades workshop areas
- Science laboratories
- Canteen or Food Technology (Kitchen) areas.

These areas include classrooms with areas used for Food Technology (e.g. C3, B8, HMP). Visual Arts classrooms are also practical classrooms because of the lino floor covering, practical activities (including use of knives and lino cutters) and use of chemicals (e.g. paints). The agriculture plot is another practical area where fully enclosed leather shoes are required. Sandals, open footwear or high heeled shoes are not permitted in these areas.

If students present for a class or activity with inappropriate footwear the Department of Education and Communities has stated that the students should not participate in practical activities and must be offered alternative educational activities.

School Uniform

The Tamworth High School Parents and Citizens Association together with the School Executive have agreed to accept a modification to the way in which students can wear the school uniform. Students are now permitted to wear their sports uniform on any day that they have Sport or a Physical Education class. However, students must bring fully enclosed leather shoes to school to change into if they have Science, Agriculture or Technology classes (Food Technology, Metal Technology, Wood Technology, Electronics etc.)

INCORRECT

CORRECT
What’s Happening in the Creative Arts Faculty

Stage Band: The THS Stage Band is starting again. We are in need of a guitarist and a bass player. Any students interested in joining please see Mrs Sullivan in the Music Staffroom or Music Classrooms. Rehearsals will be Tuesday lunchtime in HMus2.

Music Lessons: Our lessons will be continuing on Wednesdays & Thursdays from 8.30am in the Hall. Please be on time and ready to play. Fees are now due.

Guitar Group: Continuing during lunch time on Friday in HMus2.

Violin: Lessons continue on Wednesday mornings - See Mrs Sullivan for more information if you would like to learn the violin

Band will continue on Monday mornings at 8:30am in HMus2.

Choir: All members of the Choir are needed at rehearsals on Tuesday mornings at 8.30am in HMus1.

Drum Groups: The group will rehearse this on Wednesdays at lunch in HMus2.

White Ribbon Day

An Invitation

Tamworth High School, Peel High School and Parry School invite you to join us for White Ribbon Day on the 18th November 2014.

We will be holding a Gala Football Day and welcoming the White Ribbon Ultra Marathon Runner to Tamworth.

The day begins at 11.30am with formal proceedings starting at 1pm. The events will be held at Pirates’ Rugby Park, South Tamworth.

Gold coin donation at the gate.

The Tamworth Community are also invited to The Tamworth City Pool for a BBQ, entertainment and community activities as part of our Community’s Awareness of White Ribbon Day.

Items of Interest

Public speaking made easier.
Many people rate speaking in public as one of their worst fears. But it’s an important skill for kids to master, which is part of the reason why we start them off with News in Kindergarten and progress to other presentation skills from an early age. Helping your child prepare their speeches and presentations at home will really boost their confidence. Here are practical tips any parent can use: http://bit.ly/Kr3ukB

Motivating “laid-back” children
Why do some children prefer to lead a lazybones life, while others love to tear around the sports field? Is it a hereditary trait? And what can parents do to encourage those children to get up off the sofa, or switch off the computer, and get a little physical?

Find out more: http://bit.ly/1s5TN5Z
Year 7 to 10 Examinations

Examinations will be held in Weeks 7 & 8. Students who are absent in Week 8 will sit their examinations on Thursday 20th November. Year 10 students away in week 7 must report to the Hall on Monday 24th November 2014.

Examination Procedures - Students
Students have the responsibility to check the examination timetable and ensure that they know when their examinations are to be held. Students will bring pens, ruler, calculator, pencils, eraser, sharpener and any other necessary and approved equipment. This equipment must be in a clear plastic bag. Students may bring water in a clear drink bottle. Paper will be supplied.

The examinations will be held in the school hall. Students should move to the front car park doors of hall immediately the bell rings for class. Students are to have their mobile phones switched off. Electronic devices are not permitted in the examination room. This means that you must remove all devices from your person.

Students must remain silent from the time that they enter the examination room until they leave the examination room.

Exam Timetable – Year 10

<table>
<thead>
<tr>
<th>Day</th>
<th>Thursday 20.11.14</th>
<th>Friday 21.11.14</th>
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<tbody>
<tr>
<td>Year</td>
<td>Year 10</td>
<td>Year 10</td>
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<tr>
<td>9:00am – 9:10am</td>
<td>Mark roll</td>
<td>Mark roll</td>
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<tr>
<td>Session 1 9:15am – 11:15am</td>
<td>English</td>
<td>Geography/History</td>
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<tr>
<td>11:20am – 11:35am</td>
<td>Break</td>
<td>Break</td>
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<tr>
<td>Session 2 11:40am – 1:40pm</td>
<td>Science</td>
<td>Maths Finish 1.10pm</td>
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A Healthy Schools Healthy Futures Message: Empowering Young People

To empower others means to help them become stronger and more confident, especially in controlling aspects of their lives.

The process of youth empowerment is not something that can be altered or enhanced overnight. It is a long journey that requires cultural change and processes, rather than a one-off event. Research suggests that young people need structured, on-going opportunities that aim to enhance their confidence and empower them in a supportive environment. This supportive environment may be the school and school community or the home.

Ways in which adults can help young people enhance their confidence and become more empowered include:

Engaging Youth: encourage young people to take an active role in the things that are happening in their lives. This can be simple initiatives such as involving them in decision-making processes or by constantly emphasising the important role that they play at school or around the home

Encouraging youth to be involved in change: This could include speaking up for something they believe strongly about or negotiating change with adults to include youth perspectives

Involving students in leadership opportunities: to support other students. This may enable student to student connections develop as well as interpersonal skills and self-confidence

If you would like more reading on ways to empower young people please see the links below:

1: https://www.healthiergeneration.org/take_action/empower_young_people/
Foster and Kinship Forum—Tamworth
Next meeting is scheduled for Wednesday 3rd December 2014
11.30pm —1.30pm

What is the structure of the program?
The program is run over nine 2.5-hour sessions run fortnightly.
Telephone follow-up is conducted between sessions and after completion of the program.

The program sessions will explore:
Understanding the impact of trauma and attachment difficulties.
Skills in building a firm relationship foundation with your child such as “special play” and emotion coaching.
Developing safety plans and plans to look after you.
Problem solving techniques and strategies to optimise compliance
Using limits to manage anxiety.

Guest Speakers
Sue Hombsch - Speech Pathologist, Tamworth Community Health.
Guy Porter - Psychologist, Dept. of Education, NSW Public schools
Quentin Dignam - Senior Clinical Psychologist, CAMHS
Jodi Barton - Psychologist, FaCS FTamsTamworth TaTTamworth)

Where:
Tamworth Community Health
“ Boronia Room”
Johnson House
101 Johnston St
TAMWORTH

Contact:
Sarah McMurtrie
OOHC Coordinator
NSW Public Schools
Ph: 67 555 045

Exam Timetable – Years 7,8,9

<table>
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<th>Day</th>
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<tr>
<td>Year</td>
<td>Year 7</td>
<td>Year 9</td>
<td>Year 8</td>
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<td>Period 1</td>
<td>Science</td>
<td>Maths</td>
<td>English</td>
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<tr>
<td>Period 2</td>
<td>English</td>
<td>Science</td>
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</tr>
<tr>
<td>Period 3</td>
<td>Maths</td>
<td>English</td>
<td>Science</td>
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</tbody>
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Senior Mathematics Study Groups

Attention Senior Mathematics Students and Parents
All Year 11 and 12 students studying Mathematics are encouraged to come to ACOM at the following times to study.

Week 1 - Thursday - Period 4
Week 2 - Wednesday - Period 4

There will always be a Mathematics staff member on hand to help.
P&C Stage 4 Scholarships- Applications have now closed. Thank you to everyone who has sent in applications. Successful recipients will be notified in Term 4. We look forward to meeting the parents of these students and working with them in 2015.

Sale of the new bucket hats and caps is progressing well. Remember the $10 cost is only available while current stocks last or until the end of Term 4.

School jackets have arrived into the Uniform Shop and are available for $75.

Country Music is around the corner. Anyone interested in helping the P&C with cleaning duties between 16/1-26/1/15 please text your interest to 0487114030. Shifts are approx. 1hr. All money raised goes directly to our students’ education.

Next P&C Meeting: Our next meeting will be Tuesday 18th November in the school cafeteria. 6:30pm start. Come and make a difference to your child’s schooling!

Canteen Helpers: Urgently needed. If you are able to assist please contact Canteen Supervisor Mrs Judy Watson on 6765 9602.

Parent email addresses required! The school is currently compiling a data base of parent email addresses. This will allow us to notify you of special events, information evenings, P&C meetings etc.

If you would like to receive emails from the school please either send an email to the school at tamworth-h.school@det.nsw.edu.au or contact the school on 6765 7888.

CAFETERIA SPECIALS

WEEK COMMENCING 3-11-14

<table>
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<tbody>
<tr>
<td>Chicken Chippies</td>
<td>3 for $2.00</td>
</tr>
<tr>
<td>Potato Wedges, Sour Cream and Sweet Chilli Sauce</td>
<td>$4.50</td>
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<tr>
<td>Custard Tart</td>
<td>$2.00</td>
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WEEK COMMENCING 10-11-14

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<tr>
<td>Mini Chicken Skewers</td>
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<tr>
<td>Rissoles, Chips and Gravy</td>
<td>$5.00</td>
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<tr>
<td>Caramel and Cream Tart</td>
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ALSO AVAILABLE

ORDER ONLY

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<th>Item</th>
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<tr>
<td>Chicken Burgers</td>
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<tr>
<td>Fresh Fruit Salad</td>
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<tr>
<td>Fresh Yoghurt</td>
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MONTHLY SPECIAL FOR OCTOBER ONLY

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<tr>
<th>Item</th>
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</thead>
<tbody>
<tr>
<td>Soft Serve Yoghurt</td>
<td>$1.00</td>
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Also try our new range of hot food see the white board at the Canteen