WHAT’S BUZZING
TERM 4 Week 6
Date Issued 14/11/2014

November
14th  The Buzz - Distribution
18th  White Ribbon Football Gala Day -11.30am
       at Pirate’s Rugby Park
18th  P&C Meeting - 6:30pm - Cafeteria
20th  Year 10 Exams
21st  Year 10 Exams
24th  Year 7 Exams
25th  Year 9 Exams
26th  Year 8 Exams
28th  The Buzz - Distribution

December
3rd   Orientation Day Year 7 - 12.30pm - 3pm
5th   Gold Awards Ceremony -THS Hall
9th   Presentation Night - 6.30pm - Hall
12th  The Buzz - Distribution
       Years 7 - 10 Reports - Issued
16th  P&C Meeting - 6.30pm - Cafeteria
17th  Last day for students

Tamworth High School
Date Issued 14/11/2014

WHITE RIBBON DAY CAMP

STAFF AND STUDENTS FROM TAMWORTH HIGH SCHOOL
AND PEEL HIGH SCHOOL
Principal’s Report

Tamworth High School conducted the final official function for our outgoing Year 12 students with the Year 12 Formal held Thursday November 6th at Wests. This was a very enjoyable evening for all present, with students, staff and parents joining together to celebrate the successful conclusion to thirteen years of education and completion of the Higher School Certificate. My thanks go to Mrs Jenny Murray for leading the organisation for this evening, Mrs Roser, (current Year 12 Adviser), and the SAS staff who assisted her in the run-up to this event.

Earlier in the week, Tamworth High School hosted Japanese Exchange students and staff from Sannohe Junior High School. A small but committed team of students billeted the visiting students and in the process, developed a special bond with their Japanese guests. I have had many positive comments and reports from all concerned regarding the many benefits of this special event. From my perspective, it was very interesting and enjoyable to share time with the staff from Sannohe. My sincere thanks go to Erinn Scott and Greg Allen, who did an outstanding job in organising and running this important cultural exchange event.

By the time this edition of ‘The Buzz’ is published, the annual ‘White Ribbon Day’ will be upon us, with a group of boys from Tamworth High School working in collaboration with their peers from Peel High School. They will be completing the various aspects of the White Ribbon program, aimed at raising awareness of the issues of domestic violence. Our young men have been a credit to both schools.

This year’s event is being held a little later than usual to allow us to work with White Ribbon Australia on Tuesday 18th.

In addition to playing the feature game of Rugby League, our students will welcome the White Ribbon Ambassador and Ultra Marathon runner, Kirrily Dear, to our event. My thanks go to Dr. Kate McCrohon and her team of staff and students who have worked tirelessly to organise and promote this event – well done to all

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.

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.

White Ribbon Day Promotion

Our preparation for White Ribbon Day 2014 has continued this last week. The Year 10 gentlemen and a group of Year 11 gentlemen went into the business district to share information about White Ribbon Day and to seek support for the program. The team also undertook to hand out the information flyers for the afternoon events at the Tamworth City Pool. The team received wonderful feedback from various community members, including a congratulatory email from Kevin Anderson’s Office.

We will have a special guest arrive at our White Ribbon event on Wednesday 18th November. Kirrily Dear is completing an Ultra Marathon of 860 km around New South Wales. This was planned to include the amazing work of the THS White Ribbon Project.

Read about her run on the White Ribbon Website. Link over page.

We Would Like To Extend 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.

Mrs McCrohon
Kirrily’s White Ribbon Run

Kirrily will run 860kms over 12 days throughout regional NSW in support of White Ribbon and demonstrating a zero-tolerance stance toward violence against women.

The ultra marathon is a prime example of one person taking responsibility for actions that can lead to the elimination of violence against women.

This event aims to:

- Bring attention to the outstanding work in regional NSW that aims to stop violence against women
- Help educate the community about the nature of the issue and its enabling factors
- Encourage every Australian man and woman to think about steps they can take to help stop violence against women
- Encourage organisations, community groups and schools to sign up to a White Ribbon program and become leaders of change in their community
- Most importantly, to let the women of regional NSW know that they are not forgotten or alone.

Kirrily will showcase the work of these community groups, listen to the voices of experience, and follow their incredible leadership as she learns practical steps that can help stop violence against women.

To join the community conversations and see what is happening in your area please have a look at our Facebook group:
https://www.facebook.com/whiteribbonrun/info

To get involved please email
whiteribbonultra@gmail.com

To show support for Kirrily and her ultra marathon, click here:

Foster and Kinship Forum—Tamworth
Next meeting is scheduled for Wednesday 3rd December 2014
11.30pm —1.30pm

Guest Speakers

Sue Hombsch - Speech Pathologist, Tamworth Community Health.

Guy Porter - Psychologist, Dept. of Education, NSW Public schools

Quentin Dignum - Senior Clinical Psychologist, CAMHS

Jodi Barton - Psychologist, FaCS FTamsTamworth TaTTamworth)

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.
Relationship repair

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

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

14’s Knockout Cricket Team

On Monday the 10th of November Tamworth High Schools under 14’s North West knockout cricket team were successful in defeating Duval High, with Tamworth High bowling Duval High out for 102 with 19 overs to spare.

Best bowlers were Kyle Jennings (2-16), Addison Coutman (3-20), Josh McCulloch (2-26) and Lucas Constable (1-0).

Then we were sent out to bat, Lucas Constable and Josh McCulloch opening the batting and getting us to a good start of 43-1 bringing in Toby Whitten to unfortunately get out on 1, bringing Addison Coutman to the crease, not long after Lucas Constable was dismissed on 31, calling Kyle Jennings in.

Addison and Kyle forming a partnership of 44 chasing the runs in 19 overs, Addison finishing on 24* and Kyle Jennings finishing on 20*.

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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</thead>
<tbody>
<tr>
<td>Year</td>
<td>Year 10</td>
<td>Year 10</td>
</tr>
<tr>
<td>9:00am – 9:10am</td>
<td>Mark roll</td>
<td>Mark roll</td>
</tr>
<tr>
<td>Session 1</td>
<td>English</td>
<td>Geography/History</td>
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<tr>
<td>9:15am – 11:15am</td>
<td>Break</td>
<td>Break</td>
</tr>
<tr>
<td>11:20am – 11:35am</td>
<td>Science</td>
<td>Maths</td>
</tr>
<tr>
<td>Session 2</td>
<td>Finish 1.10pm</td>
<td>Finish 1.10pm</td>
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<tr>
<td>11:40am – 1:40pm</td>
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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, Brass and Flute: Lessons continue on Wednesday mornings - See Mrs Sullivan for more information if you would like to learn to play.

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 on Wednesdays at lunch time in HMus2.
RELAY FOR LIFE

On the 1st and 2nd of November, a group of year 12 students set up a stall at the Relay for Life. They sold choc-chip cookies, brownies, jam and coconut slice, and banana bread, all for only 50c each, and a lolly guessing competition was held for $1 a guess. A total of $152.00 was raised, all of which was donated to the Cancer Council. They all showed their support by walking many laps throughout the 24 hours. Some set themselves goals for their lap count, and even kept walking into the early hours of the morning. They all enjoyed themselves, whether it was participating at the various stalls, or watching Shrek in the middle of the night. They would like to thank everyone that helped set up their fundraising.

MELBOURNE CUP

On the 4th of November, the prefects organised events for the Melbourne Cup. During lunch time “horse” races were held for juniors, seniors and staff, with the winner of each race receiving a free Zooper Dooper. They also were on the oval selling Zooper Doopers for 50c each. This event was a success, with many students and staff getting in and giving it a go or even just watching from the sidelines. The Zooper Doopers were very popular in keeping everyone cool on the hot day.

Exam Timetable – Years 7,8,9

<table>
<thead>
<tr>
<th>Day</th>
<th>Monday 24.11.14</th>
<th>Tuesday 25.11.14</th>
<th>Wednesday 26.11.14</th>
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</thead>
<tbody>
<tr>
<td>Year</td>
<td>Year 7</td>
<td>Year 9</td>
<td>Year 8</td>
</tr>
<tr>
<td>Period 1</td>
<td>Science</td>
<td>Maths</td>
<td>English</td>
</tr>
<tr>
<td>Period 2</td>
<td>English</td>
<td>Science</td>
<td>Maths</td>
</tr>
<tr>
<td>Period 3</td>
<td>Maths</td>
<td>English</td>
<td>Science</td>
</tr>
</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.

Smart travelling

Is your child heading overseas after finishing their HSC? Suggest they consult safety advice on the Australian Government’s Smart Traveller website before they go.

Digital citizenship

We’re the first generation of parents responsible for equipping our children with digital citizenship skills – how to use technology safely and responsibly, and how to evaluate, manage and use the information and tools they find online.
Here are some tips to get you started:
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 17-11-14

<table>
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<th>Price</th>
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<tbody>
<tr>
<td>Mini Spring Rolls</td>
<td>3 for $2.00</td>
</tr>
<tr>
<td>Chicken and Gravy Roll</td>
<td>$5.00</td>
</tr>
<tr>
<td>Pineapple Cheesecake Slice</td>
<td>$2.00</td>
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WEEK COMMENCING 24-11-14

<table>
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<th>Item</th>
<th>Price</th>
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<tbody>
<tr>
<td>Mini Quiche</td>
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<tr>
<td>Lasagne</td>
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<tr>
<td>Vanilla Slice</td>
<td>$2.00</td>
</tr>
<tr>
<td>Chicken Burgers</td>
<td>$5.00</td>
</tr>
<tr>
<td>Milkshakes –Chocolate, Strawberry and Caramel</td>
<td>Large $4.00, Small $3.00</td>
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INTRODUCING OUR NEW RANGE OF HOT FOOD

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
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<tbody>
<tr>
<td>Cheese and Bacon Rolls</td>
<td>$3.00</td>
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<tr>
<td>Chicken Roadie Pie</td>
<td>$3.50</td>
</tr>
<tr>
<td>Potato Pie</td>
<td>$3.00</td>
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