



## Year 10 Dinner

On Thursday, August 14, our Year 10 students gathered at the Sawtell RSL Club for a truly unforgettable evening. The Year 10 Dinner was a vibrant celebration filled with fun, dancing, trivia, and lasting memories – a perfect way to mark this important milestone in their high school journey.

I want to say a heartfelt thank you to Year 10. I am incredibly proud of your presentation, confidence, and the way you carried yourselves throughout the evening. You should all be proud of what you've achieved, just as I am proud of each and every one of you.

A special thanks goes to everyone who helped make the night so special, especially Ms Lord, whose creativity and effort made the event look absolutely stunning.

I'd also like to thank the staff who attended and celebrated alongside our students – your presence, support, and even your dance moves helped make the evening truly unforgettable.

This night was a wonderful celebration of our Year 10 students' growth, friendships, and achievements. It has been an honour to share this special occasion with you all. **Cathy Luff, Year 10 Advisor**





# NEWS LETTER

Safe Respectful Learners

TERM 3 | WEEK 6 | August 2025

## Flourish Showcase



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CRICOS Provider Name: NSW Department of Education CRICOS Provider Code: 00588M



### Principal's Column

What a fantastic and busy term we've had at Toormina High School! From sporting achievements and debating successes to excursions, primary school transition visits, and of course, our spectacular Flourish Showcase, it has been a term full of achievement, growth, and celebration.

Our Flourish Showcase was an outstanding success, celebrating the amazing talent and creativity of our students. It was incredibly rewarding to bring together schools from across the Bongil Bongil Learning Community strengthening connections and showcasing what makes our school community so special.

I'd like to extend my heartfelt thanks to all the staff and students whose dedication and hard work made the event possible. A special recognition must go to Sally Atkins, whose immense commitment, countless hours of preparation, and attention to detail ensured the smooth coordination of performances and participating schools. Sally, your passion and care for our students is truly admirable, and we are incredibly fortunate to have you at THS.

Thank you also to Kyle McGeary, Jake Birrell, and our exceptional CAPA team and students, who managed the technical aspects of the showcase with professionalism and precision. Your behind-the-scenes efforts did not go unnoticed.

Our sincere thanks also go to Greg Woods, Emma Nixon, Mel Sharkey, and the talented hospitality students for the outstanding catering across both evening shows. The meals and desserts were delicious and very much appreciated by our guests. Thank you to Bek Schafer for organising the photography students and artwork to be displayed, Lisa Mullan, Anita Milne and Scotty Bruton for their assistance with monitoring the school entrance on performance evenings, Adrienne Gillingham for her support in the library throughout the two days and to the THS PE staff for sharing their rooms and hall with us for the week. Our sincere thanks go to the SAMs of our schools, especially Kristy Watson and Allene Stanton, for their excellent work handling the financial aspects of this event. As you can see, it takes a whole team to support an event such as this amongst our community.

Lastly, thank you to the many staff and students who contributed in countless ways - ushering, decorating, supporting primary school students, and helping behind the scenes to bring everything together so seamlessly. Your teamwork and school spirit were evident in every detail.

We are incredibly proud of all that has been achieved this term and we can't wait to welcome our school community back for another amazing showcase next year.

**Paul Humphrey, Principal**







### Tennis

Recently, our Toormina High School tennis team proudly represented the North Coast Association as Regional Champions.

The team made up of Whitby Collins, Chloe Murphy, Lexi Tune and Onyx Raven, competed against the best in the state at the Floris Conway Trophy state finals. The girls were victorious over both Hay War Memorial Agricultural School and Kiama High School, while going down to strong teams from Greystanes and North Sydney Girls High School.

We finished in 7th place in the NSWCHS Schools competition, a fantastic achievement. The behaviour, sportsmanship and team spirit shown by the girls were exemplary, and they are a credit to THS. Well done girls, we're so proud of you all!

**Adam Berrada, PDHPE Teacher**

### Industrial Technology

In Industrial Technology Timber, students were tasked with creating a side table that incorporated laminated timber formed into a curve. Rising to the challenge, Daniel designed a sleek, functional table that slides neatly under a lounge chair, providing a convenient surface for food and drinks. His project is a great example of both creativity and craftsmanship — well done, Daniel!

**Steven Markham, Industry Technology Teacher**



### BroSpeak

Our Year 10 boys participating in the BroSpeak program were fortunate to hear from Brenton Wright, the NSW Police Aboriginal Community Liaison Officer for the Coffs Clarence Command. Brenton generously shared his personal journey and spoke about the importance of seizing opportunities and making the most of life's paths. His words were both inspiring and impactful, offering valuable insights for our students. A heartfelt thank you to Brenton for taking the time to visit and share his story — it was an experience the boys won't forget. We look forward to welcoming more guest speakers throughout the program to continue empowering our young men. **Chris McDonald, AEO**





### Opens Girls Rugby 7's

The Toormina High School Opens Girls Rugby 7's team recently travelled to Kempsey to compete against the best schools from the North Coast. Facing St Paul's Catholic School in a best-of-three series, the girls went undefeated, securing all three wins in impressive fashion.

Led by team captain Eryn Sandry, the squad played with outstanding confidence, resilience, and teamwork. For several students, it was their first time playing rugby 7's, but you wouldn't have known it from the way they took to the field. The first game was a close battle, with Toormina holding strong for a 14-point win. The second match saw the team dominate, showing sharp communication and excellent defence to win by 15 points.

Across the day, there were standout moments from every part of the field. Valerie Dootson and Arteia Yekrop were relentless in defence, making some big tackles that helped shift momentum. Lyla Kelly and Ella Stock showed great speed, each running in full-length breakaway tries. In the final game, the girls came from behind to win by another 15 points, with a highlight moment seeing Eryn break through numerous defenders before setting up Savannah for a try under the posts.

In cold and wet conditions, the team's clean 3-0 sweep was a brilliant display of school spirit, courage, and determination. Congratulations to the Opens Girls Rugby 7's team on a fantastic day of rugby and a special congratulations for being crowned North Coast champions!

**Sami Berrada, Team Coach**



### U14's Girls Rugby

Emma Dunning, Isla Carroll, and Madison Johnston proudly represented Toormina High School at the Under 14s Girls Rugby 7s competition in Kempsey. The trio competed with determination across all three matches, securing one win and demonstrating grit throughout the day. When the Kempsey Adventist School team found themselves short on players, the girls stepped in to lend a hand without hesitation. Their selflessness and sportsmanship didn't go unnoticed, with the Kempsey coach praising them as outstanding representatives and fantastic company for their temporary teammates.

Congratulations to both the Under 14s and Open Girls on their efforts! An incredible achievement Well done!

**Sami Berrada, Team Coach**





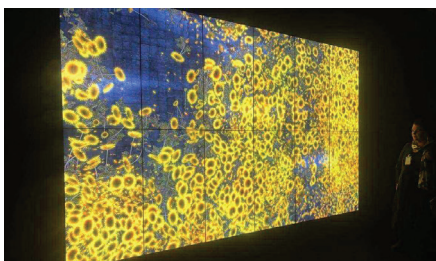
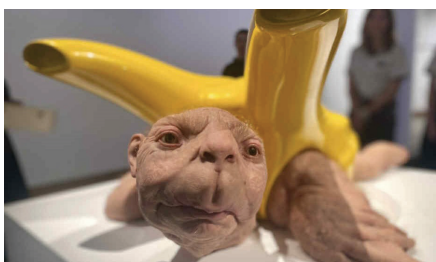


### Winter Warriors

What an unforgettable experience our students had at the Winter Warrior course at Lake Keepit! With courage, energy, and enthusiasm, they embraced every challenge - pushing their limits, supporting one another, and having a fantastic time along the way.

We're incredibly proud of how our students represented Toormina High School throughout the day, showing resilience, teamwork, and school spirit.

A heartfelt thank you goes to Mrs Johnston and Ms Williams for their dedication in making this adventure possible, and for capturing so many amazing moments to share with our school community!



### Street Art Excursion

Last week, our Year 11 Street Art students enjoyed an inspiring excursion to the Yarilla Arts and Museum. They explored a remarkable exhibition showcasing works by two of Australia's most celebrated female artists, Patricia Piccinini and Caroline Rothwell.

The exhibition focused on themes such as hybridity, transmutation, future technologies, and biophilia, providing the students with plenty of thought-provoking material to discuss and reflect upon.

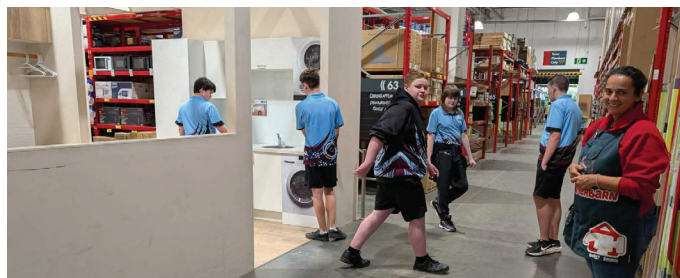
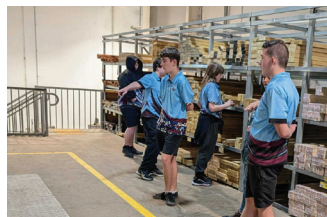
A big thank you to the wonderful staff at Yarilla for their warm welcome and for making the experience both educational and enjoyable for our students.



### Inclusive Education

Students of Room 25, together with their teacher Mrs Squires, recently took part in a hands-on excursion to Bunnings as part of their Community Access program. This visit was designed to support students in developing important life and employment skills, with a focus on transition to work, employment readiness, work experience opportunities, and workplace safety. During the visit, students explored different roles within the store and had the opportunity to speak with staff about their career journeys and the skills needed for success in a retail environment.

It was a highly engaging and educational experience that will support our students as they prepare for life beyond school. A big thank you to Bunnings for welcoming our students and providing such a valuable opportunity!



Students from Room 22, accompanied by Mrs Muldoon, recently enjoyed a fun and creative day out at the Bunker Cartoon Gallery in Coffs Harbour. The visit provided a fantastic opportunity to explore a wide range of artworks and dive into the world of cartooning and visual storytelling. One of the highlights of the day was viewing the vintage cars on display, which sparked plenty of interest and conversation among the students. The combination of art and history made for a truly memorable experience.

A special shoutout goes to Nate, who brought along some of his own artwork to share. The gallery staff were incredibly impressed by his talent - what a wonderful moment of recognition for one of our budding young artists!

It was a day full of inspiration, creativity, and connection with the arts - well done, Room 22!



Students from Room 13, along with Mr Trice, recently had an unforgettable experience during a special visit to a Navy helicopter. The group had the exciting opportunity to get up close to the aircraft, explore its features, and learn firsthand from the knowledgeable Navy crew.

The students were captivated by the detailed information shared about the helicopter's functions, the roles of the crew, and the technology involved in operating such an impressive machine. It was a unique, hands-on learning experience that sparked curiosity and excitement.

A big thank you to the Navy team for welcoming our students and providing such an engaging and inspiring visit!



### Coffee Shop

What a spectacular morning we had on Tuesday at THS! Our latest Inclusive Education and Senior Hospitality Coffee Shop was one of our biggest and most successful events yet, filled with warmth, community spirit, and plenty of delicious treats. We were especially excited to welcome some very special guests from our local Bongil Bongil primary schools. Students and staff from Sawtell Public School, Boambee Public School, Toormina Public School, William Bayldon Public School, and Bonville Public School joined us for a delightful morning tea.

This event provided a wonderful opportunity for Year 6 students to spend extra transition time with us, getting to know our staff and experiencing the friendly, inclusive atmosphere that makes THS such a supportive school community. A heartfelt thank you to all the staff and students who attended and helped make the day so memorable. We also extend our sincere thanks to our amazing THS families and wider community – including Bree and Delilah from Well Being Support Dogs Mid North Coast – for your ongoing support and presence at our events. Your involvement truly makes a difference. As always, we're incredibly proud of Mrs Lumley and our dedicated team of staff and students, who work tirelessly behind the scenes to ensure Coffee Shop runs smoothly. Your hard work, teamwork, and commitment are what make these mornings so special.

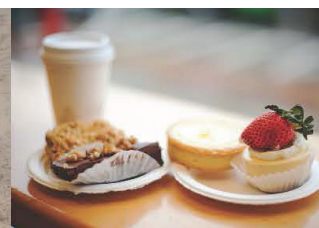
Don't forget – our next Coffee Shop will be held on Tuesday, September 16th. We can't wait to welcome you back!







**TUESDAY 16TH  
SEPTEMBER  
10AM - 1:30PM**



## INCLUSIVE EDUCATION & SENIOR HOSPITALITY COFFEE SHOP

### SOMETHING SWEET \$4.50

- RED VELVET CAKE (GF)
- CARAMILK CHUNK COOKIE
- WARM CHOCOLATE BROWNIE WITH ICE CREAM
- LEMON AND TOASTED COCONUT SLICE

- BLUEBERRY AND WHITE CHOCOLATE MUFFIN

### SOMETHING HOT \$4.50

- CAPPUCCINO
- LATTE
- FLAT WHITE
- LONG BLACK/ SHORT BLACK
- MOCHA
- HOT CHOCOLATE
- TEA (ENG BREAKFAST/EARL GREY/ PEPPERMINT)

### SOMETHING SAVOURY \$4.50

- TOASTY'S, HAM & CHEESE AND HAM, CHEESE & TOMATO
- PORK AND FENNEL SAUSAGE ROLL
- ZUCCHINI AND BACON SLICE (GF)

### SOMETHING COLD \$4.50

- MILKSHAKES (CHOCOLATE/CARAMEL STRAWBERRY/VANILLA)
- ICED COFFEE
- ORANGE JUICE
- APPLE JUICE
- LEMON MYRTLE CORDIAL

**DEVELOPING VALUABLE VOCATIONAL SKILLS AND  
CONFIDENCE AMONG OUR STUDENTS  
WE APPRECIATE YOUR SUPPORT!**





### Age Champions

A huge congratulations to Rogan De La Cruz, who has been named 15 Years Boys Age Champion, qualifying for long jump, triple jump, and the relay, and to Zoe Lloyd, named 14 Years Girls Age Champion, who has qualified in long jump, triple jump, high jump, and the 100m sprint. Both students have earned a place at the upcoming Athletics State Championships in Sydney, a remarkable achievement that reflects their outstanding talent, hard work, and determination.

Well done, Rogan and Zoe, your commitment to your sport is truly inspiring. All of us at THS are incredibly proud of you and will be cheering you on as you compete at the state level!



## The World's Greatest Shave

Our Student Leadership Team is proud to announce that Toormina High will be participating in the World's Greatest Shave to support blood cancer research and patient care.

The event will be held on Friday 5th September during an extended lunchtime in the school hall. Students and staff are encouraged to get involved by shaving or dramatically cutting their hair.

We've set a school fundraising goal of \$2000.

Donations can be made:

- Online:  
<https://www.worldsgreatestshave.com/fundraisers/ToorminaHighSchool2025>
- At school: via roll call collections or the school office

Want to raise money individually? Join our team here:

<https://www.worldsgreatestshave.com/join/ToorminaHighSchool2025>

If your child wishes to shave or cut their hair, please:

- Contact Ms Bilbija and ensure online permission is given

All haircuts will be done by a qualified hairdresser.

If you're a hairdresser willing to volunteer your time, please get in touch with Ms Bilbija.

Thank you for your support! Let's make a difference together.



# GETTING TO KNOW OUR FANTASTIC STAFF...

## Nicole Kowald

Inclusive Education Head Teacher



**Where was your first job?** Take away shop

**One place you've always dreamed of going?** France

**Favourite place you have been?** Tokyo, with New York a close second behind

**If you could make a rule that everyone had to follow for a day, what would it be?** Be kind

**Your favourite food?** Chocolate and Dylan's Donuts at the Jetty Markets

**If you could pick up a new skill in an instant, what would it be and why?** Reverse parallel parking. Have never been able to manage it...I'm still practicing

**Your secret/obscure talent or something we don't know about you....** No talents that I can think of.... But I was an exchange student in Hong Kong for a year when I was 16.

**Your 'go to' karaoke/ shower song.....** Livin' on a Prayer – Bon Jovi

**If you could 'uninvent' something.....** Social media, especially TikTok

**Do you have pets?** Yes – Labradoodle – Rosie and a Tuxedo Cat - Louie

**Pineapple on pizza, yes or no?** YES. Love a Hawaiian pizza

**Cats or dogs?** Both

**Binge watch - Game of Thrones, Vikings, Succession or.....** The Kardashians

**Favourite quote from The Castle...** "Dad, I dug a hole"!!!

**Time travel – would you choose the past or future?** Past..... back to the 90's for me

**If you could meet anyone, who and why?** Michelle Obama – she is the ultimate in grace, dignity and coolness

**Something you're really bad at?** Playing any musical instrument

**If money were no object, what's the first thing you would buy?** Mercedes Benz hatchback

**Describe your perfect day.....** Morning at the beach, shopping and the lunch by the water

**First album you bought...** Nirvana: Nevermind

**What can always make you feel better after a bad day?** Online shopping

**What's your favorite flavor of ice cream?** Salted caramel

**What are you most grateful for in life?** My family, friends and the ocean



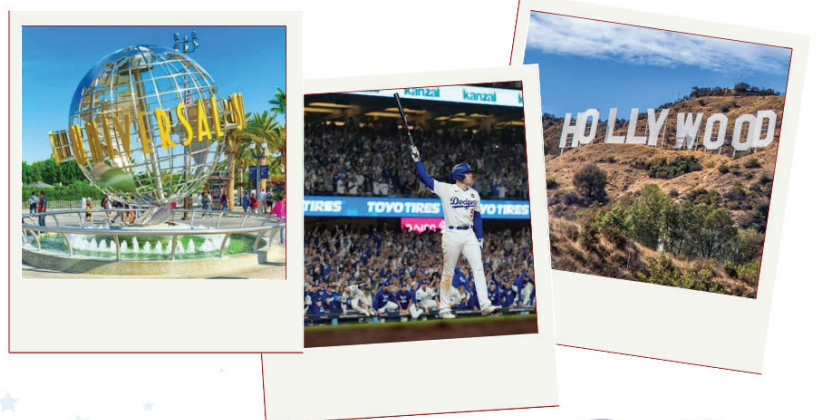




**INFORMATION  
EVENING**

10/9/25 6:00pm  
Toormina High  
School Library

For all current Year 7-10 Toormina High School students  
and incoming Year 7 2026 and 2027 cohorts

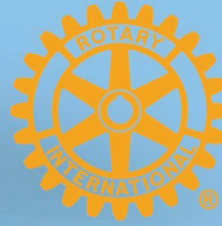


Perform at Disneyland & Universal  
Studios as well as down Main St USA  
Disneyland in the parade & take part  
in professional dance classes  
**DEPARTURE: APRIL 2027**





**Rotary**  
Club of Sawtell



**FRI SEP 5TH 2025**

# **TRIVIA FUNDRAISER**

**6.30PM ARRIVAL FOR 7.30PM SHARP START**

**TO BENEFIT:  
ROTARY'S YOUTH &  
LITERACY PROGRAMS**

**SAWTELL R.S.L PRINCESS ROOM  
\$25PP ENTRY INCLUDES HOT CANAPES  
PRIZES WON! MAX 8 PLAYERS PER TABLE  
(SINGLE BOOKINGS ALSO CATERED FOR)  
NAME YOUR TEAM & DRESS IN THEME  
BISTRO OPENS AT 5.30PM FOR YOUR CONVENIENCE**

**CONTACT ALAN FREEDMAN  
ALAN.L.FREEDMAN@BIGPOND.COM  
OR PHONE 0419 357 864**





# PLACE OF PLENTY

A BONGIL BONGIL YOUTH  
COLLECTIVE PROJECT



THE BBYC PRESENTS 'PLACE OF  
PLENTY,' AN EXCITING AND  
DIVERSE ARTS PROJECT  
DESIGNED FOR, BY AND WITH  
YOUTH IN TOORMINA AND THE  
2452 AREA.



## WORKSHOPS

**PAINT YOUR OWN SKATEBOARD DECK**  
WITH CATH FROM @MYBEARDEDPIGEON  
SUNDAY 17TH AUG | 10AM - 4PM  
TOORMINA PUBLIC SCHOOL

**KICK, PAINT, CREATE**  
WITH LOCAL ARTIST, UNCLE KEV DUMAS  
WEDNESDAY 8 OCT | 10AM - 11AM & 2PM - 3PM  
LOCATION - TBC

**POP UP CHOIR**  
WITH THE BBYC  
SUNDAY 16TH NOV | 10AM - 2PM  
TOORMINA PUBLIC SCHOOL

**BIG IDEAS & BIG ART**  
WITH LOCAL ARTIST, LEESA ELLIOT  
SUNDAY 14TH SEPT | 10AM - 4PM  
SAWTELL PUBLIC SCHOOL

**'PLACE' PHOTOGRAPHY**  
WITH PHOTOGRAPHER, LEAH MOORE  
TUES 21ST & TUES 28TH OCT | 3.30 - 5.30PM  
LOCATION TBC

**CLAY & CREATE**  
WITH THE BBYC  
SUNDAY 21ST SEPT | 10AM - 2PM  
WILLIAM BAYLDON PUBLIC SCHOOL

**COLOUR YOUR TOWN**  
WITH LOCAL ARTIST, KATY DEE @SHIZTASTIC  
SATURDAY 1ST NOVEMBER | 10-2PM  
LOCATION TBC

**SHOWCASE**  
**EXHIBITION DATES**  
**FRI 28 - SUN 30 NOV**

THIS IS YOUR CHANCE TO GET CREATIVE, SHOW OFF YOUR STYLE, AND REP YOUR COMMUNITY!  
YOU'LL TEAM UP WITH AWESOME LOCAL ARTISTS FOR CREATIVE WORKSHOPS, GET GUIDANCE  
FROM EXPERIENCED MENTORS, AND BUILD SOMETHING EPIC TOGETHER. IT ALL LEADS TO A  
HUGE SHOWCASE EXHIBITION HAPPENING AT THE END OF NOVEMBER WHERE YOUR WORK  
WILL FRONT AND CENTRE CELEBRATING OUR DIVERSE AND WONDERFUL COMMUNITY!

DO YOU LIVE IN THE 2452 AREA AND ARE  
AGED BETWEEN 11-18? REGISTER NOW

**FIND OUT MORE** →  
[WWW.BECOMINGU.ORG.AU](http://WWW.BECOMINGU.ORG.AU)



**Becoming U**  
**Uniting**



FOR MORE INFO - CONTACT [KT.SHIZTASTIC@GOOGLEMAIL.COM](mailto:KT.SHIZTASTIC@GOOGLEMAIL.COM)





# Love Cricket? Play Cricket!

Registrations are now open for the  
2025/2026 Cricket Season

Have fun, make friends, be part of a team, keep fit, build  
your cricket skills.

SAWTELL CRICKET CLUB registrations are open for the  
2025-26 season for U10s, U12s, U14s, U16s, Seniors.

Search 'sawtelcricketclub.com.au' and scroll to the  
'Registration' link

Call Michael on 049161903 for more information.

## Club Information

email - [sawtelcricketclub@gmail.com](mailto:sawtelcricketclub@gmail.com)

Richardson Park, Hulberts RD, Sawtell 2452 NSW



When your child  
misses just...

they miss weeks  
per year

and years over their  
school life

# Rural Clinical Campuses, Coffs Harbour

Are you interested in pursuing a career in  
Medicine?

Are you completing your HSC in 2026?

Would you like to have insight into life as a  
medical student and doctor - and gain tips  
and tricks for entry into Medicine?

Applications open now for the 2025 - 2026  
UNSW School of Clinical Medicine, Rural  
Clinical Campuses, Coffs Harbour Medicine  
Mentoring Program.



UNSW  
SYDNEY

**Commencing  
October 2025**

Wednesday  
afternoons  
4:00pm – 5:30pm  
(twice per term)

Applications due  
**Friday, 29 August  
2025**  
via MS Form  
Submission



# School Community Charter

 **Collaborative. Respectful. Communication.**

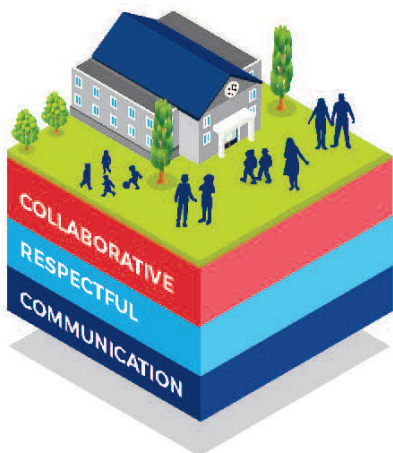
The following School Community Charter outlines the responsibilities of parents, carers, educators and school staff in NSW public schools to ensure our learning environments are collaborative, supportive and cohesive.

## What our schools provide

NSW public schools work to create positive environments for students, staff and the entire school community that support student learning. We strive to ensure that every student is known, valued and cared for.

**The best education happens when parents and schools work together.**

The School Community Charter aligns with Our Plan for NSW Public Education.



## Positive environments

It is important that our NSW public schools are positive environments and that parents and carers are kept informed of students' progress and school announcements.

Parents and carers can expect:

- To be welcomed into our schools to work in partnership to promote student learning.
- Communication from school staff will be timely, polite and informative.
- Professional relationships with school staff are based on transparency, honesty and mutual respect.
- To be treated fairly. Tolerance and understanding are promoted as we respect diversity.

We treat each other with **respect**

We **prioritise** the wellbeing of all students and staff

**Unsafe behaviour** is not acceptable in our schools

We work **together** with the school

**Ensuring respectful learning environments for all members of NSW Public Schools communities.**





We create  
**collaborative**  
learning  
environments

We  
all play  
**our part**

We work  
**in partnership**  
to promote  
student  
learning

## Communicating with our schools

Our staff will find a time to talk to you when they can give you their full attention. Please remember that while our staff are in class or dealing with other matters, they may not be available to answer your questions immediately.

Our schools and communities will make sure that written communication is appropriate, fair and easy to read. We encourage you to use email and social media appropriately to connect with your school and stay up-to-date with up-coming events in the school community.

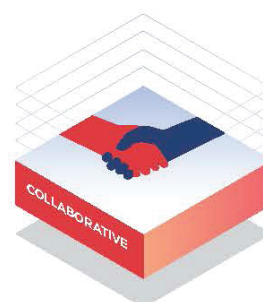
Our guide for parents, carers and students provides useful information about the complaints process:

[education.nsw.gov.au/about-us/rights-and-accountability/complaints-compliments-and-suggestions/guide-for-parents-carers-and-students](https://education.nsw.gov.au/about-us/rights-and-accountability/complaints-compliments-and-suggestions/guide-for-parents-carers-and-students)

## Respectful communication is a right

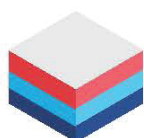
In all workplaces people have the right to feel respected. Unacceptable and offensive behaviour has no place in our school communities.

To ensure the wellbeing of students, staff and the community in our schools, steps will be taken to address unacceptable behaviour. This may include restricting contact with the school community or, in more serious cases, referral to NSW Police.



### Unacceptable behaviour may include but is not limited to:

- Aggressive or intimidating actions, such as violence, threatening gestures or physical proximity.
- Aggressive or intimidating language, including the use of obscenities, making sexist, racist or derogatory comments or using a rude tone.
- Treating members of the school community differently due to aspects such as their religion or disability.
- Inappropriate and time wasting communication.



**Collaborative.**  
**Respectful.**  
**Communication.**

**School Community Charter**

[education.nsw.gov.au](https://education.nsw.gov.au)