TEMORA HIGH SCHOOL

"Looking Toward the Goal"

Newsletter

Week 1- 3, Term 2 , 2021

Principal's Address

With Ian Pattingale

Welcome back to Term 2. As we begin Week 4 it is great to see our students continuing their learning journey. Plenty of learning and extra curricular activities have happened in the first 3 weeks of term.

Staff Awards

Please join me in congratulating Mr Brenton Hawken who on Friday 29th April, was announced as the 7 News – Younger Achiever for 2021 in the Aboriginal Education Council - Aboriginal Education Award category in Sydney.

Mrs Anne Cooper was named as a finalist in the National Portrait Gallery – Photographic Portrait Prize. The school is hoping that Mrs Cooper is named as the winner when announced in the future.

Congratulations to both. Great recognition for dedicated and passionate teachers.

7NEWS YOUNG ACHIEVER AWARDS

NATIONAL PORTRAIT GALLERY

ANZAC Day

THS held an ANZAC assembly in Week 1. Thank you to Miss Emily Muldoon and our school leaders, Damien and Lucy, for organising and running the assembly. It was great to see our students support the local Temora ANZAC day commemorations. It is always important to be part of these community events.

Parent/Teacher Interviews

Parent Teacher interviews were held last week. Thank you to the many parents/carers that attended. It is always great to learn more about students and how best to support their learning needs. The staff learn more and more each time parents/carers meet with them, so please continue to take the time to be part of your child's schooling.

Teen Mental Health

Thank you to the Black Dog Institute for presenting a parent/carer information session about navigating teen mental health. It was a highly informative session with some great advice on how to support teenagers by increasing mental health literacy, reducing stigma and promoting active help.

Black Dog Institute

School Calendar

May 11th - 21st

NAPLAN testing (Years 7 and 9)

May 14th

Year 11 RYDA (Wagga Wagga),
HSC Drama Study Day (Albury),
CHS Lawn Bowls Knock Out (Round 3)

May 18th

Temora High School's P&C meeting - 7pm (enter via the Administration)

May 21st

Quantum Leaps Dance (Canberra)

Ph: 02 6977 1988 Em: temora-h.school@det.nsw.edu.au Wb: https://temora-h.schools.nsw.gov.au/

TEMORA HIGH P&C AND CANTEEN UPDATE

The P&C is an important part of any school and vital to providing additional funds and services to help support students, school and the Temora community. **The P&C and Temora High School need your support now.** Without increased support both our canteen and P&C may not be viable beyond 2021. If this was to happen it would be a sad and disappointing moment for our school and community. The P&C has been a long-standing supporter for our school and community.

The P&C is looking into options to help structure our canteen to be a viable long-term service to our school. Many of these options still rely heavily on volunteer support. Initially, there will be an increase in prices from 3rd May 2021 (see attached price list) and this will be reviewed again at the end of May.

If you are able to help our P&C then please contact Sarah Streifeneder 0427 303 336 or Jenny McRae 0418 423589 to discuss small or big ways you can help.

RIEP - NURSING HOME VISIT

Students were welcomed at Narraburra Lodge during Week 2 to gain knowledge of the Aged Care industry. Students took a tour and had the opportunity to talk with the manager Mrs Gail Lynch to discuss the Aged Care Industry and have any questions they may have answered.
Thanks to Mrs Burns for arranging this opportunity for the students.

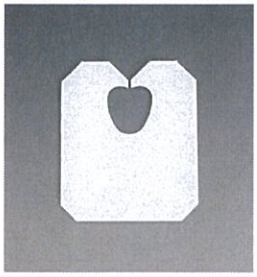
CSU WINERY EXCURSION:

Year 12 Business and Geography students travelled to Charles Sturt University Winery in Week 2 to expand their knowledge of business operations. They were able to have discussions with the Business Manager and gain knowledge of viticulture and wine making specialist. The students were also able to tour the property.

REROC LEADERSHIP FORUM

On Wednesday 24th March, Years 9 and 10 SRC representatives travelled to CSU Wagga Wagga to participate in a series of leadership workshops and activities involving problem-solving, robot building, a mindfulness session and taking the ultimate photography workshop. Students also listened to a range of guest speakers on leadership and what drives them to be a leader. Congratulations to Emerson Kurtzer, Ned Gillard and Victoria Russell for winning the robot-building competition, literally taking out the competition and destroying other robots to win. Well done to all students who were excellent ambassadors for Temora High school.

PLEASE HELP THE AWESOME UNIT



The Awesome Unit students have been studying Sustainable Practices and are currently collecting bread tags to help build prosthetics limbs. If you can help, please bring unwanted bread tags up to the Administration Office for collection.

What an amazing idea Awesome Units!

Ph: 02 6977 1988 Em: temora-h.school@det.nsw.edu.au Wb: https://temora-h.schools.nsw.gov.au/

SRC EASTER RAFFLE WINNERS

Congratulations to all the winners of the SRC Easter Raffle:

1st prize: Johnathon West
2nd prize: Scott Frazier
3rd prize: Dana Cross
4th prize: Xander Chessor
5th prize: Mrs Galloway
6th prize: Ebony Axtell
7th prize: Joshua Boyton
8th prize: Lachlan Beurckner

The SRC would like to thank everyone for their support and acknowledge the following local businesses for their generous donations towards our raffle: Temora Capital Chemist, Woolworths and IGA. The total money raised was $814.55 and will support student leadership and student-driven projects at THS.

THS STUDENTS REPRESENTING THE RIVERINA

RIVERINA

Our talented sporting students have been busy representing the Riverina with various sports. Rhys Wood has made it to the next Under 15's NRL game after playing in Canberra late April. Rhys will participate at state level towards the end of May, in Wollongong. Ruby Watterson has spent Week 3 playing basketball whilst Waisea Tudulu has been carving up the football field playing Rugby Union in Kiama and has been selected into the NSWCHS Rugby Union Team.
Our talented swimmers Kai Sleeman, Charlotte Stimson, Chelsea Reid, Skye Mayor and Lana Pike participated in the NSWCHS Swimming competition during Week 2 in Sydney.

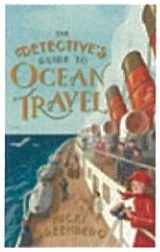
Congratulations to all students involved, what amazing achievements from all!

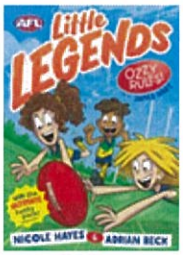
BUILD A BRIDGE PROGRAM

Sam & Kate Goesch along with Xavier Maxwell were selected to take part in the Build a Bridge program during Week 1. Build a Bridge is a 3-day camp designed to give participating students the opportunity to experience what civil engineering would be like as a career choice. What a fantastic opportunity!

LIBRARY NEWS

We have lots of new books added to our collection and would love to see them being read and enjoyed. Also, don't forget to return any you've borrowed and finished reading, or come in to renew them if you'd like to keep them for





Now that the weather is getting colder, remember that the Library is open in break times every day except Wednesday. We have board games, shuttleboard, Lego, craft, computer access and a warm space where you can read, study and hang out.

As assessment tasks, tests and some exams may be on the horizon, don't forget that THS subscribes to an excellent website to help us improve our study skills. Lately we've been talking about summarising (SUM = shorter than the original text, use your own words, main points only) and note-taking (mind-maps and/or summaries including key information, examples, diagrams and colour) as well as ways to improve memory (e.g. mnemonics, associations, repetition). For more information go to www.studyskillshandbook.com.au and login with the username: temorahs and password: 60success.

If students need help accessing reliable and easy to read information, our World Book Encyclopedia online subscription is a great place to start researching any topic for any KLA assignment. Go to www.worldbookonline.com and login in with the username: temora and password: paleface. Our library staff can help students access additional relevant and detailed information, during breaks or after school before the buses leave.

- Mrs Willoughby

STUDY SKILLS TIPS

Are you riding a rollercoaster at school? Rollercoaster study is where you stay up late doing last minute assignments, then you take it easy for a while and do very little, then panic again when something is due and have to spend huge amounts of time at the end completing the work. If you plan ahead and are prepared, you will find school much less stressful and more rewarding.

Here are the top tips for thinking ahead:

STUDY NOTES: If you know that you have a test at the end of each topic or examinations approaching, then on the nights you do not have much homework start working on your study notes and summaries. File them in folders at home so they are ready to go when you need them.

ASSIGNMENTS: Always start the assignment the day it is given to you, even if it is just a little bit. Make sure you understand the requirements and, if you don't, ask your teacher straight away the next day. Brainstorm the steps the first night and do a rough plan of when you will do each step.

ASK FOR HELP EARLY: There is nothing more frustrating than a student who says 'I haven't understood anything we did in the last 3 weeks'. Ask for help as soon as you have a problem. Keep a list of questions for your teacher on a post-it in your textbook or sticky notes on your computer or a list in your phone. Don't let problems or issues build up, ask for help early and often.

THINK ABOUT WHO YOU SIT NEXT TO: Choose wisely who you will sit with in class. This can make a world of difference to your results. If you sit with someone where it is a productive relationship, you encourage and help each other and stay on task in the classroom you will understand your work better and have less to do at home.

CONSIDER YOUR WEEK: Plan ahead for busy times. If you know you have nights where you can't do much work or a busy weekend, plan ahead and get things done early. Always look ahead for possible times where you could be caught short of time and make plans to avoid problems.

Learn more this year about how to improve your results and be more efficient and effective with your schoolwork by working through the units on www.studyskillshandbook.com.au - our school's access details are:

Username: temorahs

Password: 60success

WHAT A SCHOOL LIBRARY CAN DO FOR YOU

The school library can enable students to achieve **better learning outcomes**

The school library is a **welcoming, flexible environment**

Provide **equitable access** to resources to help communities cater for:

- individual learning styles
- varied abilities
- cultural differences

School libraries help improve students' literacy by offering reading opportunities

School libraries support **interdisciplinary learning**

inquiry ▸ creativity ▸ reasoning ▸ reflection ▸ evaluation ▸ metacognition ▸

LEARNING

RESEARCH

Teacher-librarians can teach students the **information literacy skills framework**

READING

Match the right reading experience to the right child at the right time

Provide access to quality reading experiences that foster **reading for pleasure**

RESOURCES

Provide a world of resources - local and global, physical and digital

Reading experiences enrich our knowledge of the wider world

Reading experiences increase **empathy** and **emotional intelligence**

Library staff are the best resource in the library. They can:

- help plan a unit of work
- find a resource
- integrate ICT into teaching
- curate internet sources
- teach and promote the ethical use of Information

School library spaces can be :

- active
- cultural
- creative
- quiet
- collaborative

There is a large body of evidence-based research that shows **effective school libraries have a positive impact** upon learning and enrich the lives of their school community

Assist us all to understand how to interact and create in an online world

slav

School Libraries make a difference
www.slav.org.au
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THS CANTEEN MENU- NOTE: CANTEEN CLOSED WEDNESDAYS
NEW PRICE LIST STARTS 3 MAY 2021

Online orders are preferred.

Cash orders must be handed into canteen **BEFORE SCHOOL STARTS - between 8.30am & 9am**

HOT FOOD: (PLEASE ORDER)

ANY DAY	$
Nachos (Mince, corn chips, cheese)	8.50
Steamed Dim Sims plus Choice of Soy Sauce OR Sweet Chilli Sauce	5 for $2.50 8 for $4.00

WEDNESDAY (CANTEEN CLOSED)

SALAD BOXES: (PLEASE ORDER)

ANY DAY	$
Chicken Poppy Seed Salad (Chicken, lettuce, parmesan cheese, beetroot, carrot, ham, crotons, poppy seed dressing)	8.00
Garden Salad Box (Lettuce, carrot, cherry tomatoes, cucumber, cheese, onion, balsamic or poppy seed dressing)	6.00
Garden Salad Box plus Choice of Meat (Same as above plus choice of fresh chicken or ham)	8.00

OTHER INGREDIENTS AVAILABLE ON REQUEST
Pineapple, beetroot $0.50 extra
Egg, avocado $1.00 extra

SANDWICHES/ROLLS/WRAPS: (PLEASE ORDER, limited supply over the counter)

	S/W $	ROLL $	WRAP $
Buttered Roll	N/A	1.00	N/A
Cheese	2.50	3.00	N/A
Chicken (Fresh)	4.50	5.00	N/A
Chicken (TOASTED)	4.50	N/A	N/A
Chicken & Mayo	4.50	5.00	N/A
Chicken & Mayo (TOASTED)	4.50	N/A	N/A
Chicken, Lettuce & Mayo	4.50	5.00	5.00
Chicken & Salad	5.00	5.50	5.50
Egg or Curried Egg	3.00	3.50	N/A
Egg or Curried Egg & Lettuce	3.00	3.50	N/A
Ham	3.50	4.00	N/A
Ham (TOASTED)	4.00	N/A	N/A
Ham & Cheese (TOASTED)	4.00	N/A	N/A
Ham, Cheese & Tomato	3.50	4.00	N/A
Ham, Cheese & Tomato (TOASTED)	4.00	N/A	N/A
Ham & Mustard/Pickles	3.50	4.00	N/A
Ham & Salad	4.50	5.50	5.50

	S/W $	ROLL $	WRAP $
Salad	4.00	4.50	4.50
Spaghetti/Baked Beans	2.50	3.00	N/A
Tuna/Salmon	3.50	4.00	N/A
Tuna/Salmon & Salad	4.00	4.50	N/A
Vegemite	2.50	3.00	N/A

BREAD white or wholemeal

SALAD includes lettuce, tomato, cheese, carrot, cucumber, beetroot, onion (pineapple - optional on request)

No corn beef offered this term

BURGERS: (PLEASE ORDER)

	$
Beef Burger (Patty, cheese, lettuce, tomato sauce)	6.00
Chicken Burger (Flamed grilled chicken breast, lettuce & mayo)	6.00
Chilli Burger (2 x sweet chilli tenders, lettuce & mayo)	6.00

THS CANTEEN MENU - NOTE: CANTEEN CLOSED WED

OTHER FOODS: (PLEASE ORDER, limited supply over the counter)

	$		$		$
Chicken OR Beef Noodles	2.50	Pies	3.50	Wedges	2.50
Garlic Bread	1.50	Pizza Rounda	3.00	Sauce (BBQ, tomato, sweet chilli)	0.50
Mini Pizza (Cheese Bacon)	3.00	Sausage Roll	2.50		

COLD TREATS:

	$
Bulla Ice Cream Cups	1.50
Ice Mony (TNT)	1.50 (Red Berry Blast, Chocolate, Blue/Rasp, Lemonade Fizz)
Paddlepops	2.00 (Choc, Rainbow & Banana)
Quelch Sticks	0.50
Slushies	2.00

DRINKS:

	$		$
JUICE		**OTHER**	
Orchy Juice 250ml (Apple, Apple/Blackcurrant, Orange, Orange/Passionfruit)	2.50	Juice Bombs 250ml (Apple/Blackcurrant, Apple/Cola, Orange/Passio, Apple/Raspberry)	2.50
MILK			
LG FLAV Milk Lite Choc/Straw/Lite Coffee	4.00	Quench Springwater 350ml (Cola, Raspberry, Lemonade)	2.50
SM FLAV Milk Choc/Straw/Coffee	3.00		
SM PLAIN Milk	1.50	Up & Go (Choc, Strawberry, Vanilla)	2.00
Hot Chocolate	2.00	**WATER**	2.00

SNACKS & OTHER FOODS: offered at recess and lunch

	$
CHIPS	
Grainwaves	1.50
Sea Salt Chips	1.50

FRUIT CUPS (Not Offered during winter months)

Muffin Melts 2.00
(1/2 English muffin topped with tomato sauce &
variety of toppings e.g. ham, cheese, chicken, pineapple)

OTHER: Various snacks will be offered during the term on a trial basis.
Please check the notice board at front of canteen or the Temora High School Canteen & P&C Facebook

PLEASE NOTE: the canteen staff are doing their best. Problems do occur so please have patience and remember to thank the staff for the wonderful food you are receiving.