

## SCHOOL NEWS

### Term 3, 2021 Newsletter Word from our Principal

As we finish Term 3, we do so with mixed emotions and feelings. It certainly has been a disrupted term with significant impact on our students, staff and community, returning to four weeks of Learning from Home.

We also had the devastating news of the passing of our respected Biripi elder, Aunty Pam Saunders, mother, grandmother, aunty, friend and mentor. I would like to pay my respects to her and her family at this very sad time. I would also like to acknowledge the enormous contribution Aunty Pam made to many schools, including Taree High School, TAFE and broader community in sharing Biripi culture, language, dance, weaving and stories. She was always willing to share her knowledge as well as teaching and mentoring our Aboriginal Girls Dance Group. Aunty Pam was a valued member of our School Reference Group (SRG) for the past 8 years assisting us in charting the direction of the school. I will miss her honesty and determination to ensure the success of all our students. Murrumbidgee, Aunty Pam.



As many of you would know our Senior Leader Community Engagement Jay Davis is in a fight for his life as he battles blood cancer and the effects of a stroke after his recent heart transplant. Jay is a strong Biripi man with a tenacious spirit, who will fight to regain his health and vitality. Our thoughts are with Jay's family, friends, colleagues and broader community. The SRC will be holding a fundraiser for Jay and his family early next term. I would urge our community to support in any way you can, with the community fundraisers which are happening around Taree and Old Bar for Jay and his family as he starts the long road to recovery. We are all with you Jay.



Year 12 will return to school in Term 4 to prepare for the delayed HSC Exams, to begin on November 9th. We will be holding a Presentation Evening for them during Week 3. Year 11 will complete their final assessments in Week 2 of Term 4 as the final exams were cancelled due to the lockdown. They will then move on to their HSC studies.

Thank you to all students, parents and families for your support during our Learning from Home month. It was great to see students return to school this week and they must be congratulated for their compliance with the wearing of masks both in indoor and outdoor settings.

I wish everyone a safe and relaxing holiday and look forward to Term 4. I will update you all with any changes to return to school arrangements.

Allison Alliston

Executive Principal

## ATTENDANCE

During Term 3, the Department of Education and Taree High have focused on improving the attendance of students with an attendance rate of 80-90%. Students in this range met to discuss the impact on their learning of missing classes. They were asked to think about why they have missed days and to suggest ways they could reduce days lost to improve their attendance and therefore their learning. Each student set a goal to achieve by the end of Term 3.

Due to students on lockdown for 4 weeks, we will review and adjust goals early Term 4.

### Minutes lost = days lost per year

A couple of minutes here and there doesn't seem like much, but...

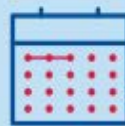
When your child misses just...

they miss days per year

**5** mins  
per day



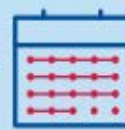
= **3** days



**30** mins  
per day



= **18** days



**Patterns of lateness  
can have a serious  
impact on your child's  
education.**

education.nsw.gov.au



## SUPPORT UNIT - MURAL

We are incredibly proud of our students in the Support Unit. They have shown dedication, persistence and enthusiasm to create this wonderful mural for their own learning space. With guidance from Uncle Russ and Miss Southwell and many other school staff, our students designed, painted and installed this mural themselves. They gained skills in the use of power tools, painting, equipment, stencilling, measuring and of course team work. This was no easy task, with unpredictable lockdowns due to COVID, the mural has taken almost 2 years to complete!

This mural will be used for future teaching and learning experiences to discuss storytelling, art, culture, language and land. These students have made such a valuable contribution to the Support Unit.



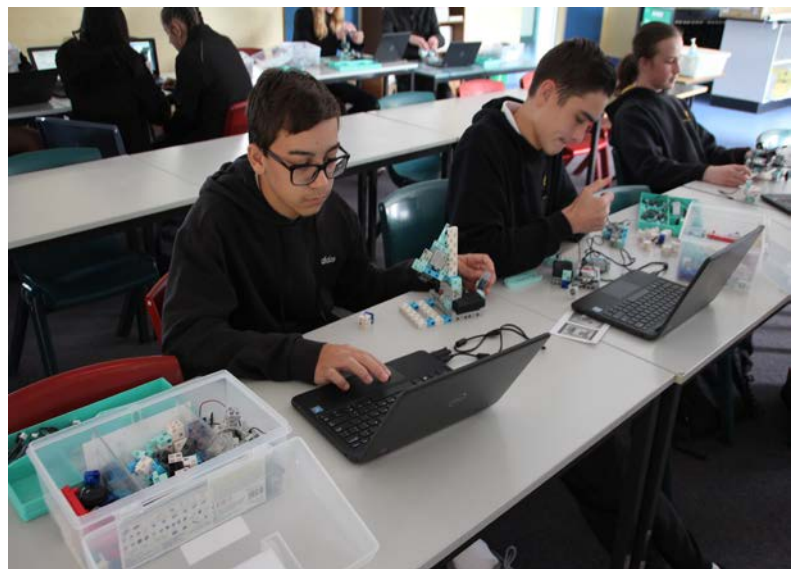


## SCIENCE - ROBOTICS

In Week 5 students from Years 9, 10 and the Support Unit worked with some teachers from the STEAM (Science, Technology, Engineering, Art and Mathematics) Committee and the school's new Artec Robotics kits, provided courtesy of EduTech Australia. They have been building and coding their robots in Studuino (Scratch programming) to perform a number of tasks including playing music and flashing lights, following tracks and picking up other blocks, and will hopefully get to compete in a robotics competition later in the year.

The STEAM Committee hopes to run a number of similar activities to include interested students from Years 7 and 8 in Term 4.

Also during lockdown 4 students participated in an Online Simulation Competition building and coding virtual versions of the same robots. The challenge tasked them to clean up Covid 19 particles in the simulator. Mr King our STEAM Co-ordinator assisted the students with accessing and competing for the first time at Taree High School.





## SPORT REPORT

### Hockey

Week 1 Wednesday 14th July 2021 – Newcastle Hockey Centre – CHS Hunter Finals  
Taree High School Open Boys and Girls hockey teams travelled to Newcastle to play in the CHS Open Hockey Knockout on Wednesday the 14th July 2021.

Both teams played Whitebridge in the Semi-Finals and both came away with a 2-1 win.

Goals were scored by: Lillianah Williams, Tilley Hunter, Lachlan Bowman and Jordyn McIntosh.

Both teams then progressed to the Hunter Finals to play off for Hunter A and Hunter B teams.

The boys played a very strong game but unfortunately come away with a 5-1 loss to Merewether High School. Goal was scored by Griffin Coleman.

The girls played Tomaree High School in their second game and came away with a 4-1 win. Tilley Hunter scored all 4 goals.

Both teams will now continue to progress in the Open CHS Knockout. We wish them all the best in the following games.

Ms Hardy / Mrs Harris





## SPORT REPORT

### Basketball

Week 3 - the U15's Boys Basketball team participated in a Gala Day at Saxby's stadium on Friday 30th July. They competed against Gloucester, Great Lakes and Wingham High Schools.

They came up against Wingham in their first game and it was a close contest for the first half and Taree managed to develop a hard earned lead. In the second half the boys tightened up their defence and managed to extend their lead and convincingly win the game 61-25.

The boys won their second game against Great Lakes 103-41.

After this game there was an extended break for lunch while the Taree Girls U15 team played a friendly match against themselves, they split into two groups and played Year 7 against Year 8. With many of the girls new to the sport it was a good opportunity for them to play on a good court with a referee. They really enjoyed the experience and the Year 7 girls managed to take the win.

The boys were then back on the court for their final game against Gloucester. It started off close and both teams rushed to 10 points with some good shooting and a couple of 3 point shots apiece. The rest of the game was all Taree however and the final score was a convincing 66-18 with Taree taking a comfortable win.

The boys showed good character after each win and were quick to shake hands with the other players. They will be off to Maitland (COVID depending) where they will come up against other winning teams and have to put in their best effort to continue their undefeated streak.





## SRC "OUT OF UNIFORM" DAY

Week 4 our SRC hosted an Out of Uniform "Mismatch Day" with students and staff getting involved and wearing their most mismatched outfits. A very popular Cake Stall was held at both recess and lunch time (as well as a gold coin donation on the day). The total amount raised was \$934.05 and this was donated to Orange Sky Laundry Charity. Thank you to everyone who participated, we had lots of fun.





# E-Cigarettes

## What you need to know as parents.

If you, or a parent you know, is concerned about the risks of electronic cigarette use in teenagers, the following information provides you with the facts.

### WHAT ARE E-CIGARETTES?

Also known as covies, stigs and vapes an e-cigarette is in simple terms a device that heats a flavoured liquid (popular flavours include; strawberry, watermelon, peach and creme brulee) to an aerosol which can be inhaled. The device can be disposable (often allowing for up to 600 inhalations) or it can be reusable by refilling the device with e-liquid or a pod (containing e-liquid). Recent data shows an increase in use of e-cigarettes over the past three years, with one in five students aged 16–17, trying e-cigarettes.

### HOW DO THEY WORK?

E-cigarettes produce an aerosol by using a battery to heat a liquid. This liquid is sometimes called "e-juice," "e-liquid," "vape juice," or "vape liquid." The liquid used in e-cigarettes is made up of flavours, chemicals and often contains nicotine.

Users inhale e-cigarette aerosol into their lungs. Bystanders can also breathe in this aerosol when the user exhales it into the air.

### WHAT DO THEY LOOK LIKE?

E-cigarettes come in a variety of shapes and sizes. They can be as small as a USB and even look like one, they can also look like pens, highlighters or cigarettes.



### WHY ARE THEY UNSAFE/RISKY/DANGEROUS?

E-cigarette liquid is made up of different chemicals. These chemicals can include:

- Nicotine (although illegal without a prescription in Australia, many disposable devices that youth are using contain nicotine.)
- Flavorings such as diacetyl, a chemical linked to a serious lung disease
- Volatile organic compounds
- Cancer-causing chemicals
- Heavy metals such as nickel, tin, and lead

**Studies have also shown that kids who use e-cigarettes are more likely than their peers to go on to smoke cigarettes.**

### Effects of nicotine on youth:

- Nicotine can harm the developing teenage brain.<sup>1</sup> The brain keeps developing until about age 25.
- Using nicotine as a teenager can harm the parts of the brain that control attention, learning, mood, and impulse control.<sup>1</sup>
- Each time a new memory is created or a new skill is learned, stronger connections – or synapses – are built between brain cells. Young people's brains build synapses faster than adult brains. Nicotine changes the way these synapses are formed.
- Using nicotine as a teenager may also increase risk for future addiction to other drugs.<sup>1</sup>

### WHAT CAN I DO AS A PARENT?

The KEY is talking about e-cigarettes with your child, preparing yourself with the facts and role modelling with a smoke and e-cigarette free environment. KEY considerations for talking about e-cigarettes:

**K:** Know the facts or where to find them from a reputable source

**E:** Engage on the topic in a relaxed and easy way. Use the cues around you, a note home from the school, a person using a device, a story on the news as the way into the conversation and the way to keep talking about it ongoing.

**Y:** You know your child, communicate with them in ways that work for you and allow you to provide them with the right information to make healthy decisions.

**Important note** – if you are concerned that your child may be experiencing nicotine withdrawal please speak to your pediatrician or doctor.

For advice on existing evidence based methods to quit call the Quitline on 13 7848 or find online support here: [www.cancercouncil.com.au/cancer-prevention/smoking/quitting-smoking/](http://www.cancercouncil.com.au/cancer-prevention/smoking/quitting-smoking/)

More information on e-cigarettes can be found here:

[www.cancercouncil.com.au/cancer-prevention/smoking/electronic-cigarettes/](http://www.cancercouncil.com.au/cancer-prevention/smoking/electronic-cigarettes/)