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## Tumbi Talks // 8 March 2019

### Principal's Message

As the term progresses at a speed, it is a pleasure to stop and reflect on the positive start to 2019 at TLSC Tumbi Umbi Campus. I am sure you will enjoy the newsletter entries and feel proud to be a part of our success.

It is however, timely to remind everyone to get the winter uniform organised – plain black jumper or jumper with the school logo and no active wear at all, especially tights.

Thank you for showing respect to the decisions made by community about uniform. Your support is appreciated as we strive for strong, purposeful personal presentation.

### Swimming Champions

Congratulations to the following students for achieving Age Champion at our recent carnival.

<b>House</b>	<b>Age</b>	<b>Girls</b>	<b>Boys</b>
McGrath	16	Emily Davis	Zach Tasker
Kuringai	15	Alana Bennett	Riley Adams
Webber	14	Tnika Tipper-Smith	Shannon Campbell
Tesch	13	Justine Carter	Brock Hepburn
Beachley	12	Heidi Dugan	Jett Shirlaw

We look forward to sharing achievements from Zone swimming.

## A Central Vision

The opening of "A Central Vision" was held last Wednesday night at Gosford Regional Art Gallery. The exhibition is a celebration of highly accomplished artworks from students attending secondary Public Schools across the Central Coast.

Congratulations to the following students who have works on exhibition:

Tallulah N	Drawing
Lucia S	Watercolour
Jaida P	Photomedia
Maddison I	Photomedia
Harrison D	Photomedia

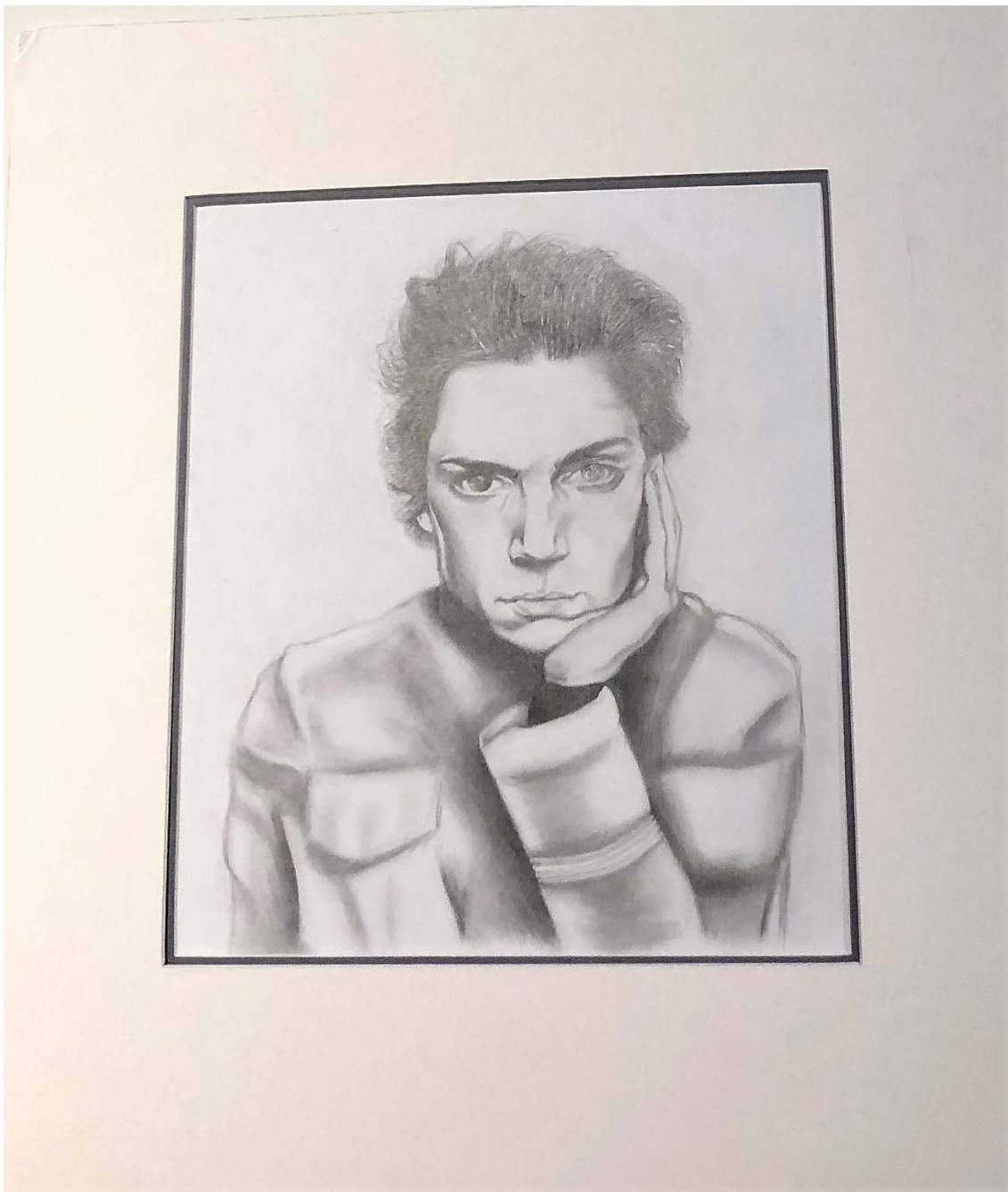
Special Congratulations to Jaida and Maddison on being awarded the Chroma Year 9 Highly Accomplished Prize.

A Central Vision is open until the 27th March 2019 and is well worth the visit.





April/May 2019 (Part II)  
Tumbi Talks  
No Entry  
Photography





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## Year 10 Parent Evening

Thank you to our parents and students who attended this evening. It was a pleasure to share ways that we ensure the success for the first year of senior study for our students.

Clear guidelines were shared for assessment, attendance, uniform, transition to Year 11, formal examinations, minimum standards, Year 10 interviews and Year 10 formal expectations.

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## HSC Dance Callback

Our Year 10 dance students recently attended CALLBACK accompanied by senior students from The Entrance Campus.

Callback is a display of exemplary works from the 2018 Dance HSC. Our students were

inspired watching these amazing performances. We will see our brilliant TLSC Tumbi Umbi Campus students performing in Callback at the Seymour Centre in the years to come!



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## Surfing

Twenty students recently represented our campus at Surfest which was held in Newcastle. Everyone performed excellently and we are very proud of their efforts both in and out of the water.

Congratulations to Mr Davis, Mr Pollard and our students for their sportsmanship and skills.









## Indigenous Champion

Congratulations to **Jasmine** on being the **2019 Surfest Wandiyali Indigenous Open Women's Champion**, an outstanding achievement.

We are so proud to support you!



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## Champion Sailor Rory

Rory R from Year 7 recently defended his title as the National Maricat 5.0 Sailing Champion for the third year in a row. He is the youngest competitor in this all ages event. Coming in with a silver is a highly credible performance from Rory.

He has held the NSW State Champion title for the past four years. Well done Rory on your outstanding efforts and results!

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## Open Mic

Mr Pennings and Mrs Drennan continue to grow the musical talents of our students. Students are invited to come along every Friday Week B at lunch to join in the fun.



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## Tennis

Our students continue to hold strong positions in college tennis. Congratulations to Jayden, Jackson, Michael and Caiden on your respectful win over Lisarow High School 5 sets to 3.

Congratulations also to Olivia, Vanessa, Lucy and Emma – we made Carlingford High

School play top tennis for their win.



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## Learning Cottages

Our learning cottages are starting to look like they belong on our beautiful campus. Our students and teachers are finding them very comfortable for learning and are proud to have such a great new space.



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## Year 7 Parent Evening

Our Year 7 parents were out in force this week to meet their child's teachers, find out about learning in Year 7 and view samples of student learning.

The whole event was an opportunity to continue the successful transition of our newest students to secondary school.

Parents, carers and staff were simply amazing in their conversations, strengthening already strong partnerships.

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## Cricket

Recently our boys played Lisarow High School who went in to bat first and were bowled out for 121 after 26 overs. It was a great display of bowling and fielding from our boys with everyone contributing positively.

After a great all-round effort our boys had a well-deserved victory after 25 overs. Well done to Harry on his half century.

The girls took on Erina High School and had a very convincing win. After losing the toss and being sent in to bat, they notched up a total of 100 runs after 30 overs.

After an awesome display from Ruby and Kate as opening bowlers, Erina were down 7 from 7 and finished the day being dismissed for 22.

The girls showed the quality, intensity, and sportsmanship that is now imbued within our culture. Despite facing an opposition with very little cricketing experience, our girls played the game with humility and grace, frequently supporting their teammates and their opponents in what was a wonderful, fun day of sport.

Thank you to our players and Mr Harvey for bringing honour to us all.

# Mental Health Awareness

## Finding e-Mental Health Resources for Young People

Young people concerned about mental health are increasingly turning to the internet for help. Allied health professionals can provide important guidance to help young people find safe, credible e-Mental Health resources.

e-MH resources can help young people identify problems, work out which interventions might suit them and tackle the uncertainty, fear and stigma that can hinder help-seeking.

e-MH intervention programs can teach young people how to tackle symptoms of anxiety and depression and improve resilience and coping skills. These programs draw on evidenced-based therapies such as cognitive behaviour therapy, and can be self-help and/or therapist-assisted.

The e-MH services and programs described here are free unless otherwise stated. Many can be used anonymously and many are 24/7. e-MH is flexible and can be used before, during and after other forms of treatment.

### Find online crisis support

**KidsHelpline** Online, email and phone counselling for young people with a website tailored for kids (5-12) and teens (13-25). Online 'chat' counselling open 7 days a week.  
1800 55 1800 (24/7)  
kidshelpline.com.au



**Suicide Call Back Service** provides free nationwide 24/7 professional telephone and online counselling for anyone affected by suicide.  
1300 659 467 (24/7)  
suicidecallbackservice.org.au



**Lifeline** online crisis support chat with a trained crisis supporter available every night. Phone available 24/7.  
13 11 14 (24/7)  
lifeline.org.au/Get-Help



### Find online counselling

#### Youth services (from 12 yrs)

**CanTeen** Online, email and phone counselling and forums for people aged 12-24 yrs living with the impact of cancer.  
1800 829 932  
canteen.org.au



**ehedspace** Online 'chat', email and phone counselling with a qualified youth mental health professional for young people aged 12-25 as well as parents/carers concerned about a young person.  
1800 650 890  
ehedspace.org.au



**Youth beyond blue** information, online and phone counselling for young people (12-25 yrs) with trained mental health professionals 7 days a week.  
1300 224 838 (24/7)  
youthbeyondblue.com



#### Other counselling services

**Counselling Online** Online 'chat' and phone counselling 24/7 for people concerned about their own or another person's drug or alcohol use.  
1800 888 235  
counsellingonline.org.au



**QLife** Online 'chat' and phone counselling for lesbian, gay, bisexual, transgender and intersex people (LGBTI).  
1800 184 527  
qlife.org.au



**The Butterfly Foundation** Online and phone counselling, information, and online support groups for people concerned about eating disorders, disordered eating, body image problems.  
1800 334 673  
thebutterflyfoundation.org.au



**1800RESPECT** information, phone and online counselling provided by the National Sexual Assault, Domestic and Family Violence Counselling Service for people seeking help for themselves or someone else. Also for professionals wanting support for referrals or vicarious trauma problems.  
1800 737 732 (24/7)  
1800respect.org.au



This brochure is intended for information purposes only. Whilst many of the services listed are government-funded and endorsed, health practitioners should independently investigate and verify the credentials of any service before choosing to use the service or refer a user.

### Find information and peer support

**BITE BACK** Promotes wellbeing and resilience in young people (12-18 yrs) through psycho-education, positive psychology and related approaches.  
biteback.org.au



**ReachOut** Provides practical tools and support to help young people aged 14-25 yrs get through everything from everyday issues to tough times. Includes information on mental health, peer support forums, and apps. **ReachOut Next Step** service for 18-25 yrs recommends support options. **ReachOut Parents** provides information and support to "help parents help teens".  
reachout.com



**The Toolbox on ReachOut.com** recommends mental health and wellbeing apps endorsed by mental health professionals and young people aged 13-25 yrs. Includes links to apps, reviews and information.  
au.reachout.com/sites/thetoolbox



### Intervention programs for under 18 yrs

**The BRAVE Program** BRAVE is a free online self-help program for prevention, early intervention and treatment of anxiety in young people. It has child (8-12 yrs), teen (12-17 yrs), and parent components.  
brave4you.psy.uq.edu.au



**MoodGYM** Online program that teaches skills from CBT to help prevent and manage symptoms of depression for 15+ yrs. Also useful for anxiety.  
moodgym.anu.edu.au



**OCD? Not Me!** Online program for people aged 12-18 yrs with OCD. It has eight stages and provides information, as well as support for parents and caregivers.  
ocdnofme.com.au



**Smiling Mind** Online and app based program to improve wellbeing of young people through mindfulness meditation. Provides age-specific content for 7-11, 12-15, and 16-22 yrs.  
smilingmind.com.au



**OnTrack (Get Real! Early Psychosis Program)** OnTrack offers the Get Real! program for managing unusual experiences/early psychosis for 14+ yrs. Program consists of self-guided modules and interactive tools.  
ontrack.org.au



**Stay Strong** A mental health and substance misuse intervention in an iPad app (available on iTunes for a small fee) for 10+ yrs. The app guides users and therapists through a structured, evidence-based intervention that is culturally appropriate for Indigenous clients.  
menzies.edu.au/page/Resources/Stay-Strong-iPad-App/



### Intervention programs for 18+ yrs

**Mental Health Online** Information, automated assessment (optional) and online self-guided treatment programs for anxiety, panic, OCD, PTSD, and mixed anxiety/depression for 18+ yrs. Courses available as self-help for free or with therapist support for a small client fee.  
mentalhealthonline.org.au



**Mood Mechanic Program (MindSpot Clinic)** Mood Mechanic Program is an online therapist-supported program for 18-25 yr olds with anxiety and/or depression. Other treatment courses for OCD and PTSD for 18+ yrs. Self-referral or online health professional referral.  
mindspot.org.au



**OnTrack** OnTrack offers a suite of self-guided modules and interactive tools for 18+ yrs including alcohol use, depression, alcohol/ depression, food and storm recovery, diabetes, and for carers, as well as a program for unusual experiences/early psychosis for 14+ yrs.  
ontrack.org.au



**THIS WAY UP™** Therapist-assisted or self-help courses for depression, anxiety (GAD), panic, social phobia, OCD) and mixed depression/anxiety for 18+ yrs. Topn programs in development (contact TWU for release date). Requires a small client fee. Also has free self-help course for stress.  
thiswayup.org.au



MO-CARE16313

## P&C Meeting and AGM

Our P&C Annual General Meeting and general meeting will be held on **Monday 18 March at 4.30pm**. We welcome all parents/carers to join us at this meeting to ensure that our P&C remains well supported. Please be aware that our P&C does not run fundraising. It is specifically for having a clear picture about what is happening at our campus for your children, our students.



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## Essential Health Information for all Parents and Carers

We have several students with extremely low immune systems and as such their health and wellbeing is at risk from such illnesses as:

- Measles
- Chicken Pox; and
- Shingles

If your child contracts any of these illnesses, please alert the campus immediately so that measures can be put in place to support these students and your child. It is a Department of Health and Department of Education requirement that students with such illness are to receive a medical clearance before returning to school.

Thank you for your support as we make sure our campus is inclusive of all students.

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## Community Feedback

“My child enrolled from a private school and I am so happy with the move and congratulate the campus on their wonderful communication with parents.

We know what our children are doing and we thank you for the effort to include us in their day and education.”





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## Lowes Uniform Sale

## ZERO & REWARDS CARD HOLDER EXCLUSIVE OFFER



**1 DAY ONLY**

**20%\***

**OFF**

**SCHOOLWEAR**

AND  
EVERYTHING ELSE




**INSTORE & ONLINE THURSDAY 14TH MARCH.**

\* Excludes gift cards, all suit packages & Schoolwear layby's. Cannot be combined with other offers or discounts. Floor stock only.  
Styles and colours may vary from store to store.  
No rain checks. Please choose carefully, exchanges and refunds only with docket. Includes existing 5% discount.  
**Offer ends midnight (AEDT) 14/03/19. Must use Zero or Rewards card to receive discount.**

### Claim These Dates

- 8 March Student Leadership Council Induction
- 11 March Central Coast Dance Festival senior ensemble rehearsal
- 11 March Tumbi Tours 3pm-5pm
- 11 March Year 7 Immunisation
- 12 March Tumbi Tours 3pm-5pm
- 13 March Year 9 Extension History Big Dig excursion
- 13 March Girls Open Water Polo
- 14 March Boys Open Water Polo

- 14-15 March ATSI Surf Camp
- 15 March Certificate I Financial Services Course
- 15 March National Day of Action Against Bullying
- 18 March Year 7 Immunisation
- 18 March Years 9 and 10 Marine Port Stephens excursion
- 18 March P&C AGM
- 21 March Regional Swimming Carnival

*Shayne Player*

**Proud Principal**

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