



Alstonville High School Newsletter

Developing future citizens and leaders of the community – life long learning!

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Issue 17

07 November 2018

Alstonville High School

Our community values integrity
in all aspects of life

We value and support:

- A positive, healthy and safe learning environment
- Respectful attitudes and actions
- Diversity
- Pursuit of personal excellence
- Service to community
- Team work
- Quality learning and teaching
- Initiative, leadership and self-discipline

We aspire to be:

- Life-long learners
- Creative and critical thinkers
- Effective communicators
- Skilled in literacy and numeracy
- Independent and organised
- Competent and innovative with technology
- Environmentally, socially and culturally informed
- Caring and compassionate



CALENDAR OF EVENTS

8 November	Thursday	Parent Teacher Evening – Years 7, 8, 9, 10 and 11 4pm to 7 pm
12 November	Monday	Remembrance Day Assembly – 10am
12-16 November	Monday – Friday	Year 8 and 10 Exams
15 November	Thursday	Year 12 Formal – 5:30pm
19 – 23 November	Monday – Friday	Year 7 and 9 Exams
22 November	Thursday	Drug Education Parent Information Night – Alstonville High School Hall - 5pm -7pm
23 November	Friday	RRISK Day – Year 11/12 – Southern Cross Uni
28 November	Wednesday	P&C Meeting – 7pm – Admin Meeting Room
4 December	Tuesday	Year 6 – 7 2019 Orientation Day
17 December	Monday	2018 Awards Presentation Assembly – 9:15am – 11:00am
19 December	Wednesday	Last Day Term 4
2019		
29 January	Tuesday	Term 1 First day Staff
30 January	Wednesday	First day Year 7, 11 and 12
31 January	Thursday	First day Year 8, 9 and 10



Congratulations to our 2019 School Captains – Blair Ryan, Alex Bramley-O'Connor, Austin Fay and Kallista Fay

Our strategic guiding question:

- How can we ensure that our students achieve at least one year's worth of learning growth from one year's worth of teaching?

HSC exams wind down

This week most of our students will have finished their HSC exams. The presiding officers for the exams have indicated how much they have appreciated the cooperative approach taken by all our students during what can be a very stressful time. On Thursday 15 November we have the year 12 formal and then the graduating class of 2018 moves onto their next great adventure.

The P&C is making a difference for our students

At the last P&C meeting the P&C indicated that they were going to be able to provide around \$30,000 for the school to use to support our students. This is a huge achievement, particularly when you take into account challenges such as finding volunteers for the canteen and the busy lives that P&C members and families face. At our November meeting the school will be talking to the P&C about how we might use this money. One idea that has been discussed with the P&C has been that we purchase an additional laptop trolley and set of laptops to further increase student access to portable computer technology. We could also look at another water cooler for the bubblers outside the student toilet because the cooler installed near the hall has been very popular. Another idea has been to look at acquiring more outdoor seating for the quadrangle area so that the existing seating could be placed in other parts of the school. If you have any further ideas please email suggestions to the school at alstonville.school@det.nsw.edu.au and use the subject heading – P&C donation ideas. We will collate these ideas and discuss them with the P&C. Even if we decide not to use P&C funding it may be possible to respond via the 2019 school budget.

Hope Theory Video

Recently I was sent a link to a video that explained Hope Theory. I have since shared this link with staff because it fits well with the overall focus of our wellbeing policies and particularly the support we are developing through the Steps to Success program. The video can be found at the following link and might be of interest to students, parents and carers: [How to be scrappy like Nelson Mandela and the importance of Hope Theory and Rollercoasters.](#)

Alstonville Show and CAPA displays

Recently we have had a large display of student work at the Alstonville Show, including steers. We have also had a performance of music and drama for primary school students followed up by a CAPA night (along with samples of work from TAS and other subjects). The standard of what was on display has been of a really high quality, and the enthusiasm of students and staff has been noted by many community members and parents. I would like to thank all the students and staff (and parents who have helped) who showed such passion and commitment to learning, and sharing that learning with others.

Professional Learning Update

On Tuesday 6 November all of the Alstonville High School staff are staying back at school until 6.30pm to engage in professional learning. The teaching staff will be looking at our literacy and numeracy data and reviewing our plans for 2019. We will also be reviewing the school plan and starting to set milestones for 2019.

Canteen Volunteers

Remember:



David Silcock
Principal

School Based Drug and Alcohol information session by Paul Dillon Alstonville High School Hall - Thursday 22 November 5pm to 7pm

Alstonville High School will be hosting a Drug Information evening presented by Drug Education expert Paul Dillon.

Mr Dillon's presentation aims to empower parents, carers and the wider school community with the knowledge and skills to be able to support young people and develop effective strategies in relation to drug and alcohol use. The session will be available to parents/carers and the wider school community both within our school and other local schools in our region.

Paul Dillon has been working in the area of drug education for the past 25 years. He is the founder of the Drug and Alcohol Research and Training Australia (DARTA) and has been contracted both nationally and internationally to deliver education on alcohol and other drugs. He continues to work with many school communities across the country to ensure that they have access to good quality information and best practice drug education. An ex-school teacher, Paul has an interest in working with young people, and regularly provides drug information sessions and workshops to students across the country and is the author of the best-selling book for parents titled 'Teenagers, Alcohol and Drugs' which was released in 2009.

Paul's extensive experience, research and training ensures that his community presentations provide the most up to date data and facts and are carefully designed to address local issues.

With a broad knowledge of a range of content areas, Paul regularly provides media comment and is regarded as a key social commentator in Australia, appearing on a wide range of television programs including Sunrise, TODAY and The Project discussing topical issues. He has had many media interviews on the subject of drug culture, and his current areas of interest are drug education, youth issues, and ecstasy and related drugs.

The information session is going to be held in the Alstonville High School Hall on Thursday 22 November from 5pm-7pm. Light refreshments will be available.

If you would like more information regarding this presentation please feel free to contact me at Alstonville High School on 66285222.

For more information go to <http://darta.net.au/biographical-information/>

Doug North / Relieving Deputy Principal

NASA - Nurturing Awesome Student Awareness

On Wednesday 23 October, 10Sc1 had an amazing experience with NASA. After Lisa Rheinberger attended a NASA space camp in the holidays, she organised for two scientists to SKYPE during class and help with our current topic – THE UNIVERSE.

Paulo (Mars mission robotics engineer) and Todd (jet-propulsion engineer for many NASA missions) talked to the class for almost an hour.

We got the chance to quiz them about many things:

- why they love doing their job
- if they will ever get to go to space personally
- Dark Energy
- Radiation in space and on Mars
- Artificial Intelligence
- The role of NASA robots now, and in the future

We also got the chance to observe scientists' reactions to questions such as:

Is the Earth flat? (spoiler alert – NO)

What do you think about space tourism? (yes please)

Are space elevators possible? (still a lot of engineering to work out there)



After being reassured about the length of time our Sun still has to go, we all found this experience amazing. It was inspiring to hear two scientists talk passionately about topics they love studying and are experts in.

Many thanks to Paulo and Todd for their time. Thanks to Lisa for organising the experience. Thanks also to Mr Sharp, Mr Pelley and Mrs Rheinberger for assistance.

The camp is running next year and the school has some grants available for four students from the current Year 8 or 9.

Ken Sharp / Science

Space Camp 2019 update - CHANGE TO SCHOLARSHIP CRITERIA



As a result of a question posed by parents about students' ages, I contacted the Department of Industry, Innovation and Science who awarded Alstonville High School the four Student Science Engagement scholarships (courtesy of the Inspiring Australia - Science Engagement Program). **With their approval, the criteria for the scholarships has been changed.**

The new criteria is as follows:

Number of scholarships	Year	Student	Scholarship amount
1	9	boy	\$5000
1	9	girl	\$5000
1	10	boy	\$5000
1	10	girl	\$5000

This now allows ANY student who will be in year 9 or year 10 in 2019 to apply.

Students who wish to apply need to obtain an expression of interest form from L6.

Students who have already handed in their expression of interest form **DO NOT** need to obtain a new form.

For further information, please email danielle.rheinberger@det.nsw.edu.au.

Danielle Rheinberger / MCC Teacher

Report on the 2018 Agricultural Shows

Lismore Show 18 October

Students from years 8, 9, 10 and 11 have been involved with the preparation of two steers for the Lismore Show. The year 11 Primary Industries class handled a lot of the husbandry and early calming activities. The feeding partnership with Riverina Stock Feeds has been very effective and gratefully received. An early cattle-handling excursion with year 10 students in Casino resulted in the development of student skills and the selection of our show team. The school also had the assistance of Tristan, from Norco Rural for some show preparation and grooming development and were lucky to receive some expert instruction during the holidays from a Kadina student Ms Nellie Witt.

Two Limousin steers were entered into the following classes on the day:

- Medium live weight 410kg domestic born at Alstonville High School
- Heavy live weight 538kg domestic purchased from Neville Creighton who has assisted the school for many years.

Lily Christmas and Eloise Hagate led the school animals on the day and Alahna Thomson led another producer's heifer in a separate class. All girls managed to be put forward (selected for finalist consideration) in their respective classes in a field of entries which was compared as equivalent to this year's EKKA by some of the judges and auctioneers on the day. Eloise led our heavyweight entry to win a third place in the George and Furmann Steer Classic later that night. The steer received a \$75 prize, which has been spent on a set of five handheld fertiliser spreaders for class activities. The same steer won a fifth place in the carcass competition resulting in an additional \$25 prize. A big thank you to the students who supported our paraders – Owen Halpin, Nelson Butler, Erin Bryce, Briar Godillon, Charly-Ann Nolte and Isaac White. Special thanks to Jack Nielsen, Angus Shum and Charlotte Nunn for helping Lily and Eloise on the day of the show. Also a special mention to the parents who supported students through the holidays and on the day of the show and thanks to Jill Groth our Agricultural Assistant for her extensive help throughout the process. Without Jill's help, support, guidance and knowledge this would not have been possible.



Alstonville Show 27 October

The agriculture department entered a number of livestock and horticultural competitions using student work from a range of classes. A stud bull calf supplied on loan by Stephen Maginnity was entered in the small breed stud cattle and junior paraders competitions.

Collection of natives (year 9 Bonsai project *Ficus macrophylla* species) Jade Cumming, Levi Shaw, Charlotte Munday and Aeryn Peiti won a highly commended notice from the judges.

Ornamental plants - Two potted Roses from year 10 - Niari Lee Bultitude, Adam Fletcher and a Croton by Sophie McKie, which won first prize in the ornamental plants category.

Cabbage - year 9 - Riley Ball (Red cabbage) won first prize in its class. The cabbage was a team entry including the work of Dakota Harder, Kaeleb Hoad, Rhys Hurlock and Riley Hughes amongst a number of other year 9 agriculture students.

Lily Christmas and Eloise Hagate constructed an agricultural produce display and students made a second display from the year 8 agriculture 2 class.

The Stud Limousin bull calf won 1st prize in the 12 month and under class and 1st prize in the best European bull class led by Lily and supported by Eloise. Alahna Thomson led our bull calf in the all breeds event for a 2nd place finish under a very high quality Angus bull. The show team have decided to enter the bull calf in the upcoming Bangalow Show on Saturday 17 November to finish a successful show year.



Ben Holmes / Agriculture

Speak Off Competition 2018

The Annual Alstonville High School 'Speak Off' Competition took place on Friday the 26th of October.

In Term 3, Years 7 to 10 all participated in an English assessment task that involved preparing and presenting a speech to their class. For each year group this involved differing topics:

Year 7 – Yarns

Year 8 – Amazing, Inspiring or Mysterious

Year 9 – Protest poetry and analysis

Year 10 – Persuasive

Representatives from each class who scored particularly well represented their class in the Speak Off. This involved presenting their speech before their whole year in the school hall. Students were also nominated as adjudicators to judge the speeches.

Winners for each year are as follows:

	First	Second	Third
Year 7	Charlie Mudge-McCall	Zoe Ball	Dominic Pearce
Year 8	Levi Maxwell	Adrian Singh	Grace Turner
Year 9	Georgie Hampson	Chelsea McInnes	Flora Greenslade
Year 10	Maggie McGrath	Charlotte Unsworth	Lara Porter

Congratulations to all our winners.

We would also like to congratulate all students who took part in the event; it takes enormous courage to stand up in front of all of your peers to deliver a speech. The calibre of presentations was very high.

The winners in each year will go on to represent the school by delivering their speeches for Alstonville Probus Club and Alstonville Rotary Club.



Kelsey Knee / English Faculty

Year 10 Students leading in literacy

Caroline Bradshaw, Tanika Bradley (absent), Kathlyne Cadiz, Helen Chester (absent), Jade Convery and Jessica Heyhoe reading with children at Alstonville Public School.

Every Wednesday afternoon a team of dedicated Year 10 students go to Alstonville Public School to assist with the school's reading program and help struggling young readers to develop their literacy skills. Our students display kindness, gentleness, patience and encouragement as they practise teaching literacy to the little ones. Through their consistent and cheerful efforts, these students have made a positive difference to the children they have been helping to read and in doing so; they have also grown in confidence and ability themselves. It has been a pleasure and an honour to watch them develop as thoughtful and compassionate young women over the year.

Deb Gale / Learning Support



Year 10 Agriculture Enterprise Projects Term 4

Year 10 agriculture students have produced a range of products for their major enterprise projects. There have been a number of interesting experiments conducted through the process including temperature, mulch, potting mix, variety, breed and fertiliser trials

We expect to see a range of parsley and basil, tomatoes, watermelon, sunflowers, succulents, corn, aquaponics herbs and silver perch for sale in coming weeks.

Ben Holmes / Agriculture



Goonellabah Transition Program Visit

On Tuesday 30 October, 7MatHP had the opportunity to visit Goonellabah Transition Program (Ngulliboo Muggi).

The day was divided into three sections. Firstly, after an acknowledgement of country the GTP students shared the work they had been completing this year. These little jarjums shared bundjalung language, what it means to bundjalung, they talked skin colour and shared the work they had done during the year with elders.

After some morning tea, we jumped on the bus and went down to the Lismore Showground. Here Uncle Gilbert Laurie shared information about the site and surrounding area, Banyam Bagham. We walked through Slatters Creek guided by elders of the past.

We returned to GTP and had a maths session, looking at the sleeping lizard and discussing ways to measure the perimeter of an irregular shape.

It was exciting day for all students and staff involved. I would personally like to thank the 7MatHP students for their maturity, respect, thoughtfulness and love they showed during the day. I would also like to thank David and the executive team for allowing me to take the students on such a special excursion.

We had special helpers: Sarah-Ania and Elize Strydom who helped with the day. I would also like to acknowledge and thank the work of Mim O'Grady, Shuana, Kadeisha and Uncle Gilbert in helping the day be what it was.

It was a truly special day and I encourage you to ask our 7MatHP students about what they learned.

Bugalbaer (Thank You)



Kathryn Smith / Maths

Youth Frontiers Showcase

Friday 2 December was the time to shine for our *Youth Frontiers* program representatives. And shine they did.

Lachlan Sampson, Samuel Dayhew, James Ford, Christian Fox and Jo Young did a fantastic job of sharing their vision of a mountain bike trail for the school to all who attended the showcase. To an audience including mayor, David Wright, and local Member of Parliament, Tamara Smith, these Alstonville High students showed the community the outcome of their work. Alongside Ballina Coast High School, which also had some wonderful ideas, these inspirational students did an excellent job of representing both themselves, the school, and public education.

Youth Frontiers is an initiative of the NSW Government that targets students aged 12-16 years, with the capacity to benefit from the support of a mentor.

Natalie Lincoln / English



Introducing Aaron Peters – Aboriginal Mentor

I would like to introduce myself. My name is Aaron Peters and I will be working in the role of Aboriginal Mentor for the remainder of Term 4 2018 at Alstonville High School.

I am a Pitjantjatjara Aboriginal man from my mother's homeland in central South Australia. My father is from Tasmania. I grew up on the Sunshine Coast and have been in this area for eight years. I have been working as a Youth Development Officer based at Evans Head and now work at the Evans River High School as an Aboriginal Student Learning Support Officer and mentor.

I will be in and around Alstonville High School two days a week. So do not be shy and say hello.



Alstonville
High School's
fantastic
display for the
annual
Alstonville
Show

Nadine Ebb and Vanessa Christmas

Alstonville Show 2018 – Textile entries

For this year's Alstonville Show, Alstonville High School, had 24 entries of textile garments and products hand made by our students from year 7 to 10. These entries won our school 5 first and 5 second places in the show. This is an outstanding effort that was showcased beautifully in our local community.

Good job everyone.



Vanessa Christmas / TAS

CAPA night 2018 – Textiles Fashion Show Models

We thank the following models for help on CAPA night:

Charlotte Unsworth, Zoe Fairfull, Rose Christmas, Hannah Cashman, Lily Christmas, Eloise Hagate, Alesha Sudarshanam, Charlotte Lopes and Georgia Turner.



Our year 9 and 10 classes opened the 2018 CAPA night with a runway extravaganza of their textile technology projects. From pyjamas to formal wear, the students displayed their talent and style to the audience. We had a mix of bright, fun patterns and vintage designs reinvented into modern streetwear.

At the back of the hall, we displayed other textile items the students had been making of non-apparel items. Bunting, wall art, pillows, quilts, chairs and pugglies from year 7.

Vanessa Christmas / TAS



- **Library Team** Thank you to Mrs Gordon, Ms Lee, Ms Kenway and Mrs Woodward for keeping the library humming during my leave.
- **Study Skills for the Modern Student and Stay Same during Term 4** Come and see the display of books if you are a Modern Student and want to Stay Sane during exam time!
- **Ebooks and EAudiobooks** Free to download and read on smartphones, tablets or desktop computers. The easiest way is to check this link out and sign in with your DEC login: <https://alstonvillehighschool.wheelers.co/> You can download the free app and read on your ipad or smartphone.
- **Library Borrower of the Month** Cool dude, Ethan Mueller!! Ethan and friends have colonised the lower library during breaks for their Yu-g-io! Card Trading, from the Japanese manga series of the same name.

Rachel Varela / Library

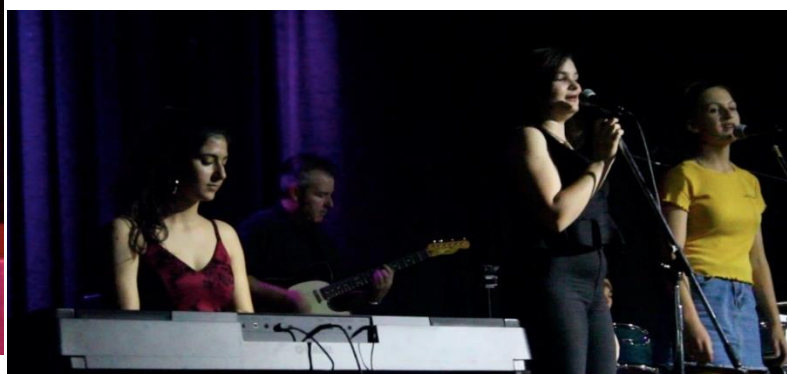


Junior CAPA Night

Alstonville High's annual Junior CAPA Night proved yet again that our students are incredibly talented in Music, Art, Drama and Textiles. The evening commenced with a fashion parade by textiles students showcasing a selection of the garments produced this year.

The audience then experienced musical performances ranging from original piano solos, duets, rock bands and solo vocalists. The drama performances by students from years 9 -11 left the audience spellbound and wanting more. Intermission allowed everyone to view the art exhibition as well as examples of textiles and creative language sculptures. A great night was had by all!

Special thanks must go to all student performers and exhibitors, our school captains for being MCs, as well as the sound and lighting team. Your dedication and commitment towards achieving excellence is inspiring and makes our jobs as teachers so worthwhile. Thank you to parents and carers for coming along on the evening and supporting your child.



Futsal Results

On Tuesday 30 October, our under 14's and 16's Futsal teams travelled down to Coffs Harbour and competed in the Regional Championships. All students represented Alstonville High School exceptionally well, displaying great competitive spirit and sportspersonship throughout the day. Both boys and Under 14's girls team placed 3rd on the day and the Under 16's girls placed 4th.



Brendan Fox / Team Coordinator

Student Seeking Accommodation in 2019

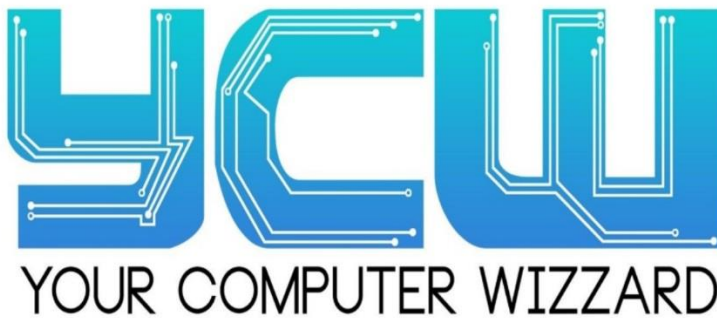
Year 10 student seeking board for 2019. Male, 16 years old. Payment provided for accommodation and food.

Please contact Year 10 Advisor, Nicola Kane at Alstonville High School: 66 285222.

MESSAGE FROM CANTEEN

PLEASE NOTE THAT EVERY
WEDNESDAY AT THE LUNCH
BREAK HOT FOOD NEEDS TO BE
PRE ORDERED.

CANTEEN MANAGER



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Reduce ewaste & landfill • Refurbished, new & customised systems • Onsite visits
Speed up your system with an upgrade • Virus/Malware cleanup • Remote fixes
Hardware repairs • Mobile phone issues • Personalised set up • Latest updates



INVITE YOU TO ATTEND A

FREE CANCER INFORMATION EVENT FOR COMMUNITY MEMBERS

PRESENTERS

- Dr Daniel Bills - General Surgeon**
Presenting on Colon Cancer
- Dr Adam Boyce - Medical Oncologist**
Presenting on Treatment Options
- Dr Sally Butchers - General Surgeon**
Presenting on Skin & Breast Cancer
- Dr Stephen Strahan - Urologist**
Presenting on Prostate Cancer

INFORMATION AVAILABLE ON THESE SUPPORT SERVICES:

- Cancer Council
- Richmond Breast Care Nurses
- Cancer Compassionate Fund Inc.
- North Coast Radiology
- Look Good Feel Better
- Shartan Hair Studio

LISMORE WORKERS SPORTS CLUB

202 Oliver Ave, Goonellabah
Saturday, 10 November 2018
Registration: 9.00am - 9.20am
Event: 9.30am - 12.00pm

REGISTER TO ATTEND BY 7 NOVEMBER 2018
P:02 66279 239

BIG LIVE ENTERTAINMENT TV IS BACK AND WE WANT YOU!



Chris & Julia's Sunday Night Takeaway is an unpredictable new show that's packed with hilarious pranks, celebrity guests and incredible prizes for both our studio audience and viewers at home.

**WE ARE LOOKING FOR FAMILIES AND FRIENDS FROM ACROSS AUSTRALIA
TO TAKE PART IN THIS NEW HEART-WARMING SERIES!**

If you want to...

- Dob in a mate
- Nominate a hero
- Share an amazing story
- Play a game show from your couch
- Propose to your partner

APPLY AT SUNDAYNIGHTTAKEAWAY.COM.AU

This could be your chance to nominate yourself, or surprise a friend, colleague or a family member on TV with a prize, an experience or a celebrity encounter!



IT'S TOO GOOD TO MISS!

