



Alstonville High School Newsletter

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

Cawley Close Alstonville

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Issue 17

06 November 2019

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

Term 4

11 Nov	Monday	Remembrance Day assembly 12.40pm
11 Nov	Mon – Fri	Year 10 Exams
14 Nov	Thursday	Year 12 Formal night
18 Nov	Mon – Fri	Year 7, 8 & 9 exams
21 Nov	Thursday	RRISK Year 12
27 Nov	Wednesday	Junior CAPA night
3 Dec	Tuesday	Orientation Day for Year 6 to 7 2020

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?

Principal's report

2019 Year 12 HSC and formal

Monday 11th November is the last day for the 2019 HSC with six students sitting their Design and Technology exam, which finishes at 3.30pm. Our final school event for this cohort is their formal being held at the Lismore Workers Club on Thursday 14th November. This is a red carpet affair where we will see the students dressed like stars and arriving in a myriad of vehicles to conclude their time at school. Students will start arriving from 5pm and all will be inside ready to start proceedings at 6pm.

A reminder to Year 12 that you need to come and sign out of school prior to the formal so you can collect your tickets. Remember you need to return all books and equipment, and have paid for your elective/subject fees.

School Elective Fees

A reminder to parents and caregivers that as the year draws to a close there is still a large percentage of elective fees outstanding for students in Years 9, 10 and 11. It is an expectation that these fees are paid as the students have elected to participate in these courses. By paying off each year they don't accrue and become a large amount to be paid by the end of Year 12.

School canteen and change of menu

Your child may have mentioned that the canteen menu has been evolving lately and some items are either no longer sold or a different variety is available. This is due to the regulations changing in terms of what we are able to sell through the canteen under the "Healthy School Canteens". There will be further changes this term as we have to meet the standard expected by the end of term if we want to operate a canteen in 2020. I have attached a link for parents who are interested in reading more of what is expected and allowed.

<https://healthyschoolcanteens.nsw.gov.au/>

We have just received our approval and are now a healthy school canteen.

Junior Exams

A reminder to all Year 7 to 10 students and caregivers that junior exams are about to commence – Year 10 during week 5 and then Year 7 to 9 in week 6. Students should have seen a timetable and be planning their revision around this. It is never too late to start revision, to try and maximise results which can have an impact on final grades. I wish all students well and believe they will receive a result which reflects their ability and effort.

Attendance and on time

As previously indicated regular attendance at school is a really significant factor for student success. Not only do students have the opportunity to complete schoolwork but students who attend regularly display enhanced levels of resilience, are more engaged with their learning and maintain stronger peer relationships. They are less likely to be negatively affected by bullying and do better academically.

Facts - 1 day absent per week

- leads to 40 days per year
- leads to 240 days for secondary schooling (equates to missing 1 year and 1 term of school)

It is also important that students arrive at school on time, with enough time before the start of the first class to catch up with friends and orientate themselves for the day before heading off to class. Students who arrive late have a more complicated start to the school day. They have to undergo a different attendance check process that can be time consuming (depending on the number of people who have arrived late). Their first lesson of the day is impacted by arriving late and missing early instructions or having to catch up on work that other students have already collected. They can miss out on messages provided to the class or loose time because the class has moved to a new location.

John Parker, Relieving Principal

Canteen Volunteers

Remember:

Please volunteer for our school canteen. We need you – our students need your support!



School Lockers Renewal for 2020

If your child has a school locker they must be cleaned out before the end of the year. **If they wish to keep the locker for 2020 payment of \$25.00 needs to be paid to the office by Wednesday 18 December 2019.** If payment is not made by this time, the locker will be emptied by the General Assistant and offered to another student.

Brookfarm excursion

On Tuesday, October 29, six of our Aboriginal students attended an excursion to Brookfarm in Bryon Bay.

In the morning we visited the farm. Founder Martin Brook and Clinton Brown, Head of Marketing, gave us a tour of the macadamia orchard and rainforest.

We then visited the warehouse, where students further learnt about agribusiness, warehousing, transport and logistics.



Our next stop was the bakehouse. Students learnt about the range of roles in the bakehouse including baking, ingredient management, forklift driving, health and safety procedures and maintenance.

After lunch students experienced department presentations on topics such as: operations, procuring, advertising, marketing, sales and administration.

Thank you to Brookfarm for a fantastic day and thank you to Jarred Roberts and Nena Johnson-Carroll from Bunjum Aboriginal Corporation for organising the excursion.

Kelsey Knee / Aboriginal Programs Coordinator

Speak Off Competition 2019

The annual Alstonville High School 'Speak Off' Competition took place during Weeks 2 and 3.

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	Annie Tolman	Holly McDonald	Ethan Sudarshanam
Year 8	Zoe Ball Ally Wenban	Francesca Hampson	Molly Spencer
Year 9	Clara Tolman	Grace Turner	Levi Maxwell Thomas Tibbs
Year 10	Sa'miko Hedus	Hayley Jones	Georgia Turner

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 in Week 7.

Year 9 Protest Poetry

Last term, all Year 9 English classes studied a unit on protest texts, including poems, songs and speeches. Students were then required to write their own protest poems. Below is a powerful composition by Year 9 student Chelsea Allen.

All lives matter and all lives include black lives

So, why are my brothers and sisters still being shot?
When they choose to wear a hoodie,
when they looked suspicious,
or when they attempted to pull out their licence,
and the biggest violation is because they are black.

Black lives matter!

Your eyes just see the colour,
but there is much more to me.
My friends, my family, my culture,
just let us be.

You are free to walk the earth unharmed;
I wish this could be me.
We walk alone in silence,
pretending to be free.

Black lives matter!

The concrete laid me bare,
surrounded by bars, I didn't dare.
Not a scream, not a murmur.
I was in, based on a rumour.
Colour me guilty, colour me sin.
My heart is pure, but I cannot win.

Black lives matter!

If you cannot see why I am explaining why black lives
matter,
then you are part of the problem.

Black lives matter!

Kelsey Knee / English Faculty

Agriculture

Lismore show 2019.

Congratulations to all members of the AHS cattle show team and Jill Groth for a very successful program and event.

Students included Eloise Hagate, Nellie Witt, Alahna Thompson, Georga Wilson, Erin Bryce, Aiden Gow, Lennox Bird, Clara Tolman, Zoe Fairfull, Brooklyn Bird, Lachlan Sampson, Cody Thompson, Jeremy Wade and Brenton Ellis.

Thursday steer events included the parading of seven animals in various age divisions. Then Rex (Chabray steer – producer John and Sue Wraight) was presented by Nellie Witt for a first place in the under 430kg school steer class. Pablo (Red angus – AHS homegrown) was presented by Georga Wilson in the same class. He presented well on the day but was not noticed by the judge. Paddington (Limousin- Colin and Mikayla Rucker producers) was shown by Eloise Hagate in the above 430kg school steer class for a second place. Poiter (Limousin – Nev Creighton producer) was shown by Aiden Gow in the heavy weight class but did not have the fat cover to catch the judge's eye on the day. Rex and Paddington were then judged in the overall school steer event and Rex was awarded Champion school steer (\$60) with presentation by Nellie, Eloise presented Paddington for an overall 3rd place result (\$20) for the schools event.

All steers were then shown in the George and Fuhmann open steer classic. Rex caught the judge's eye with some skilful handling by Nellie to win a 5th place (\$25) in the 380-430kg light domestic class with the other animals not advancing into the winners circle on the day.

The steer auctions averaged a \$5.70 price on HSCW (hot standard carcass weight) with the animals achieving a good return in the following order Pablo=\$4.90/kg, Poiter=\$5.90/kg, Paddington=\$5.90/kg and Rex achieving the top of the auction price at \$6/kg. The expected return is estimated at \$6000, which will go towards covering the high level of expenditure on feed for this year.

Friday activities involved the stud cattle events where Jan was paraded in the heavy weight senior heifer class to a first place by Clara Tolman. Clara also presented Jan to win the Reserve senior champion heifer (\$10) in the Red Angus event. Pebbles was shown by Alahna Thompson and Poppy shown by Cody Thompson in the junior Red angus heifer class but were outclassed by the animals presented from the other exhibitors on the day.

On Saturday the carcass competition did not produce the results we were hoping to achieve and we identified two clear errors in the data which we queried and confirmed with a spokesperson for NCMC foods. The errors cost us 8 points and possibly the overall reserve champion school steer and a 10th overall carcass in the open event. The three breeders were led in the grand parade by Clara Tolman, Alahna Thompson and Cody Thompson before being returned to the school grounds.

The organisers informed us that we had also won a second place (\$250) in the overall Country Life schools competition, which recognises student conduct, representation during the event, student presentation and pride, public perception, participation in cattle events and the presentation and management of cattle in the cattle yards outside the main show ring.

I would like to extend my thanks to the executive school team for permissions and advice during the year, teachers who have supported incursions and excursions, SASS staff for finance, bus bookings and note taking. I would also like to thank the students of the 2019 AHS cattle show team who have all contributed strongly to the program in a variety of ways including animal welfare, hygiene, presentation and clipping, handling and leading and maintenance of nutrition and rations. The school would also like to thank parents and organisers of events that we have participated in for the year. We would also extend our gratitude to the producers of cattle who have helped us with selection and advice on nutrition and management for our steer and breeding programs (Colin and Mikayla Rucker Limousin stud, John and Sue Wraight Chabray stud and Neville Creighton Limousins).

The school would also like to acknowledge the wide support of sponsors for our agriculture program through the year including Guy Porter representing Riverina stock feeds, Stephen Hagate representing Ballina Toyota, David Sullivan at Herron Todd White Property Valuers in Lismore, Justin and Amy at JAD Speckled Park in Dubbo to support our breeding program with quality genetics, Seasol and Powerfeed, Terranova seeds and Annie Smith at Bunnings in Ballina.



Ben Holmes/Agriculture Dept

TAS

TAS CURRICULUM: An overview of Technology Mandatory the new syllabus in AHS in 2019.

Technology encompasses a diverse range and collection of knowledge, skills and processes that people use to satisfy their needs and to extend human capabilities. Technology Mandatory is a rich and complex subject providing students with opportunities to become technologically literate individuals capable of developing creative solutions to identified problems and situations.

Technologies affect and enrich the lives of people and societies globally and contribute to shaping preferred futures. Through the study of Technology Mandatory, students develop the capacity for action and a critical appreciation of the process through which technologies evolve and how they contribute to society.

Knowledge and understanding of technological content is developed through pedagogical approaches, such as project based learning and using problem solving skills. The students use a variety of thinking strategies to embrace new concepts and learn through trialling, testing and refining ideas. It is an engaging subject due to its practical nature. These authentic learning experiences provide students with a sense of satisfaction and are the foundation for lifelong learners.

There is opportunity to investigate problems, generate ideas and produce sustainable solutions. The skills they learn are the foundation for further education in TAS based subjects and career opportunities in design, technology, engineering, science, mathematics, food, textiles and other related fields.

Alstonville Show 2019 – Textile entries

For this year's Alstonville Show, Alstonville High School had 10 entries of textile garments and products handmade by our students from years 7 to 11. These entries won our school 6 first and 2 second places in the show. This is an outstanding effort by the students and was wonderful to be showcased in our local community. Good job everyone.



Vanessa Christmas / Relieving TAS Head Teacher

Careers Communication

Resource for Job Seekers:

As we move toward the summer holiday period, you may have students who are hoping to get a part time job and may therefore need some help with their resume. To help support your students, we have collated some resources from myfuture that will help them to find and gain a job.

View the job search resources here:

<https://myfuture.edu.au/footer/assist-others/job-search-resources>

Source: Cathy Danaher- Stakeholder and Partnerships Coordinator |myfuture|Careers



Parent Survey

This week all Parents of students at Alstonville High School will be sent a Careers Faculty anonymous survey link. This will be on the email address we have on our school records, via Survey monkey, to assist future Careers Planning and programs offered at Alstonville High. We often get comments and questions from parents, so this is an opportunity for you to have your say and support your child. If your email has changed please contact me on my school email below so I can forward the link direct to you.



Reminder

Term 4 Work Experience students and parents: Students in Years 9-12 and over 14 Years of age can still organise work experience this term for potential casual work or school leaver apprenticeships/traineeships trials. This may also be subject to DP approval, if students have unsatisfactory behaviour or not seen as being "Work Ready". Cannot be during Exam Weeks i.e. Year 9 Week 6 and Year 10 Week 5 this term. Students need to pick up the application form and insurance info and return to me at least 3 days before the Work Experience begins.

Reminder

Still waiting for a large number of Year 12 to complete a short anonymous exit survey for Careers Adviser to help with forward planning. Link was sent out to school email late last Term. Thanks in advance.



Karen Horne Careers Adviser

Email: Karen.horne@det.nsw.edu.au

RRISK Year 12

Young Drivers aged 17-25 years.

Why are they at risk?



Facts:

1. Road crashes are one of the leading causes of injury, disability and death among young people.
2. Young drivers and their passengers are over-represented in road crashes compared to other age groups -especially young males.
3. Drivers in rural areas experience a higher rate of fatalities than those from urban areas.
4. Speeding is the major cause of road crashes in NSW and crashes which involve speeding are more likely to result in fatal crashes.
5. Other high-risk behaviours that significantly contribute to road crashes and injuries include:
 - Drink driving
 - Driver fatigue
 - Driver distraction, especially mobile phones
 - Not using seat belts

Driver inexperience: Often young drivers don't realise that it takes time and lots of practice to develop safe driving skills.

Developing brain: Parts of the brain responsible for self-control and for recognising and managing hazards do not fully mature until after the teenage years, so young drivers are more likely to experiment and take dangerous risks.

Overconfidence and risk taking: Young drivers can be over confident about their driving ability and underestimate dangers on the road.

Mobile phones: Driving is complex. Anything that takes your mind or eyes off the road, or hands off the wheel, not only compromises your safety, but also puts other people at risk. Being distracted increases your chances of being in a crash, and impedes your attention to traffic lights, stop signs, pedestrians and cyclists.

Know the conditions for your licence and laws regarding mobile phone use. For more information see:

<http://roadsafety.transport.nsw.gov.au/stayingsafe/mobilephones>

Having friends as passengers: Young drivers may be distracted by passengers or may feel pressured to take risks, such as speeding. Every extra peer passenger carried by a young driver increases the chance of crashing.

Alcohol and other drugs: Young people often do not understand that alcohol and other drugs affect a driver's skills, mood and most importantly behaviour. Safe driving requires clear judgement, concentration and ability to react to what's happening on the road

Busy lifestyles: Work, sport and study often mean busy lifestyles for young people, which may cause them to drive when tired – especially late at night. Driving tired significantly impairs driving, even if the driver doesn't feel sleepy.

For more information on risks for young drivers see;

<http://roadsafety.transport.nsw.gov.au/campaigns/donttrustyourtiredself.html>

Look for more information about the RRISK Program in this newsletter over the coming weeks.



Alstonville Rotary recently raised \$1,242 to help eliminate Polio worldwide.

In 1985, Rotary International launched its PolioPlus eradication programme through the mass vaccination of children. Rotary has contributed more than \$1.7 billion and countless volunteer hours to immunize more than 2.5 billion children in 122 countries.

Poliomyelitis (polio) is a paralysing and potentially fatal disease that still threatens children in some parts of the world. The poliovirus invades the nervous system and can cause total paralysis in a matter of hours. It can strike at any age but mainly affects children under five. Polio is incurable, but completely preventable with vaccines.



Today, there are only three countries that have never stopped transmission of the wild poliovirus: Afghanistan, Nigeria and Pakistan. Just 37 polio cases were confirmed worldwide in 2016, which is a reduction of more than 99.9% since the 1980s, when the world saw about 1,000 cases per day.

The polio cases represented by the remaining one percent are the most difficult to prevent, due to factors including geographical isolation, poor public infrastructure, armed conflict and cultural barriers. Until polio is eradicated, all countries remain at risk of outbreaks.

The Bill & Melinda Gates Foundation will match every dollar raised by Rotary with two additional dollars. These funds are vital to fund the international immunisation campaign.

Throughout the world, more than one million Rotary members have donated their time to end polio. Alstonville Rotary is proud to contribute to this world health challenge.

Recycle 10c Bottles at school:

Please encourage your children to use the new 10c bottle collection cages located in the school. Return their used bottles and poppers at the end of recess and lunch. The school environmental group will collect and ensure that money is then used to improve the environment at Alstonville High School.

KEEP RECYCLING THE BOTTLES 😊

The Environmental Group and Mrs Christmas/Ms Varela

Canteen News

AHS Canteen second hand fridge and second hand freezer

will be for sale by tender.

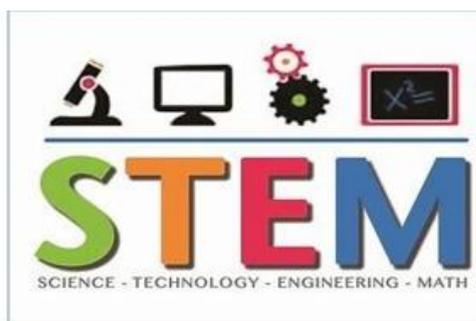
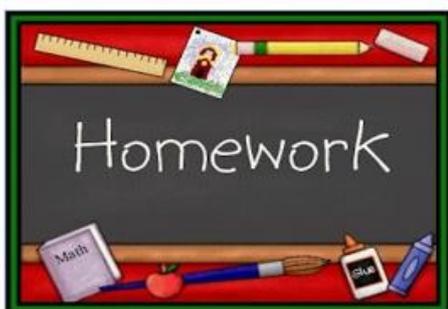
Stay tuned for details, happening soon.

Please see Canteen staff if you would like to view the items.

Wanted Second Hand Uniforms

Our Uniform Shop is in need of any second hand uniforms.

If your child has outgrown any of their uniform could you please donate to our Uniform Shop



Term 4 Homework Centre and STEM Learning

When: Every Monday
Time: 3.20pm to 5.00pm
Where: AHS Library
Provided: Fresh fruit and biscuits

Come along please bring your latest homework and assignment tasks, or get hands on with our latest STEM kit on loan for Term 4 from the Department.

Mrs Christmas TAS Head Teacher

Jessica Chate, Charlotte Unsworth and Samina Rowhani are performing two musical items on Thursday night



CURTAIN CALL

STARCOURT THEATRE LISMORE

Performing Arts Festival
A showcase of talent from local Public Schools.

Infants and Primary Schools:
Tuesday 5th November at 6:30pm

Secondary Schools:
Thursday 7th November at 6:30pm

TICKETS AT: TICKETHOST.COM
Tickets will also be available the door
Enquiries: 0427 660 401

‘Designed to Inspire’

You are invited to a Collaborative Exhibition:

Frock Club and Alstonville High School
Technological Applied Studies (TAS)

Showcasing current students’ work from Alstonville High School 2019 and select pieces from the Museum’s Frock Club Collection. Support our TAS students. Delight in their potential. They are our future!

Exhibition Opening, Fashion Show & Garden Party

- Venue:** Crawford House Museum
10 Wardell Rd, Alstonville
- Date:** Saturday, 7 December 2019
- Time:** 1:30pm
- Cost:** \$10 per person (BYO chair or rug)
Children under 18 years free
Light refreshments will be served
- Payment:** Prepaid Tickets ONLY
Eventbrite (online)
Alstonville High School office
9am to 3pm weekdays

Event will run rain, hail or shine – alternate venue
BOOK YOUR SPOT NOW!!!!



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National Recycling Week Beeswax Wrap Workshops

Learn how to go cling wrap free with DIY beeswax wrappers. All ages welcome!
Drop by and ask us about plastic free options, recycling and composting.

» FREE drop-in workshops across Ballina Shire:

Alstonville Library
10am - 11.30am
Monday 11 November 2019

Ballina Library
11am - 12.30pm
Tuesday 12 November 2019

Lennox Head Library
2pm - 4pm
Friday 15 November 2019



» Parental supervision required.
Suitable for ages 5 and above.



YOUR COMPUTER WIZZARD

Suite 2, 88a Main Street, ALSTONVILLE, NSW • 02 6628 0099 • info@ycw.com.au
ABN 57 627 736 441



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1 Owens Crescent, Alstonville NSW 2477

Tips for good mental health

1. CONNECT

Spending time with family, friends (including pets) and people in your community can help strengthen your mental health.

Getting involved in new activities can help you feel better. Here are some examples of activities you can take part in:



- Physical activities like sports, yoga, dance, etc.
- Cultural activities such as music, theatre, choirs, film, painting, writing, etc.
- Join or volunteer with an organisation, be it related to religion, politics, the environment, animals, gaming, or whatever interests you.

2. STAY ACTIVE

Make time to take a break from study or work. Go outdoors and kick a ball or go for a walk along the beach or in a national park. This can help you sleep better and manage stress.

3. GET ENOUGH SLEEP AND EAT WELL

Sleeping well is good for your brain and body. Eating well can improve your mood, energy levels and general health and wellbeing.

4. AVOID ALCOHOL AND DRUGS

Even though alcohol and drugs may make you feel good in the very short term, they can impact your mental health and make you feel much worse in the long term.

For more information

Visit: blackdoginstitute.org.au and ourhealthyclarence.org.au



The North Coast YAM Initiative has been made possible with funding from the North Coast Primary Health Network.

Where to go for support



If someone is injured or at immediate risk of hurting themselves or someone else call 000 immediately

Help with a crisis (online chat available)

Kids Help Line kidshelpline.com.au	1800 55 1800
eheadspace	1800 650 890
Lifeline lifeline.org.au	13 11 14
RESPECT	1800 737 732
Suicide Callback Service suicidecallbackservice.org.au	1300 659 467
NSW Mental Health Line	1800 011 511
Beyond Blue	1300 224 636
StandBy	0417 119 298

Help with your mental health

headspace

- Tweed Heads 07 5589 8700
- Lismore 02 6625 0200
- Grafton 02 6642 1520

QLife (LGBTQI+)	1800 184 527
Youth Beyond Blue	1300 224 636
Clear Minds	1300 900 091
ReachOut	reachout.com

Or contact your local doctor

Aboriginal Services

Rekindling the Spirit	02 6622 5534
Bugalwena Medical Service	07 5513 1322
Jullums (AMS)	02 6621 4366
Bulgarr Ngaru (AMS)	02 6644 3555
Gurelgham Healing Centre	02 6642 8677
Legal Aid	02 6620 7113

e-mental health apps

- Beyond Now
- Check-In
- Unwinding Anxiety
- Mood Gym
- My Compass
- Mind Shift
- Calm



Help with food, housing & money

Connecting Homes	1800 048 310
Momentum	
- Tweed Heads	07 5524 9732
- Lismore	02 6622 0309
- Grafton	02 6642 4736
Legal Aid	02 6620 7133

Or contact your local
Neighbourhood Centre

Help with drugs & alcohol

The Buttery	02 6687 1111
Alcohol & Drug Info Service	1800 250 015
Nthn NSW Local Health District	02 6620 2100

Cyber safety & bullying

bullyingnoway.gov.au	
esafetynsw	1800 505 581
Kids helpline	1800 551 800
ReachOut.com	
ThinkUKnow.org.au	