



# Alstonville High School Newsletter

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

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Issue 1

05 February 2020

## Alstonville High School

Our community values integrity  
in all aspects of life

### Values

*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*

### Learning

*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*



2020 Alstonville High School Captains

## CALENDAR OF EVENTS

### Term 1 2020

6 Feb	Thursday	NR Zone Volleyball Gala day Evans River
14 Feb	Friday	School Photos
		NC Volleyball Trials
17 Feb	Monday	Swimming Carnival Alstonville Swimming Pool
19 Feb	Wednesday	P & C Meeting 7pm
20 Feb	Thursday	NR Zone Swimming Carnival
25 Feb	Tuesday	NR Zone 15yrs Touch Trials
		Year 7 Welcome BBQ 5pm
27 Feb	Thursday	NR Zone Basketball Trials

### 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

### Welcome to 2020

On behalf of all the staff at Alstonville High School I would like to welcome all our students to 2020. A special welcome goes to our year 7 students and to students in other year groups coming to Alstonville High School for the first time. Students have joined the Alstonville High School family from abroad, from all the states of Australia and from the local area. I hope everyone had a safe and enjoyable summer vacation and festive season.

Welcome to our new staff – Ms Kelsey Knee who has been appointed permanently to AHS in the English department and Mr Scott Robertson is here for 12 months on a teacher exchange from Canada replacing Mr North in PDHPE.

During term 1 I will continue relieving as Principal until the position is filled by merit selection. Mr Vince Trirro is relieving as Deputy of Years 8, 10 and 12 and Ms Anna Johns is relieving as Head Teacher Teaching & Learning.

### School Photographs

A reminder that school photos will be taken on Friday 14th February. All students should have an envelope regarding cost that is required to be returned on the day and handed to the photographers. There will be a catch-up day on 21st February. Envelopes should be returned even if not ordering photos.

### Building on the success of 2019

Congratulations to our Year 12 students from 2019. The HSC results that you achieved are something to be collectively proud of. Our students achieved very solid growth in NAPLAN. Our school academic achievers data improved for the 5th year in a row across all year groups and our student behaviour data improved by over 25%. We had students achieve amazing results in debating, public speaking, science and engineering, cattle showing, sports ... the list is too extensive to capture in this brief report.

### The challenge for 2020

We want to keep building on our previous work so that 2020 can be another successful year.

We have high expectations of our students. We have already reminded them of our three important questions:

- Are you being respectful? Are you being a good friend, do you care for the environment, are you a productive member of our team?
- Are you being responsible? Are you showing initiative? Are you proactive when it comes to your own learning? Do you have learning goals and are you working to make them a reality? Where are you on the path of moving towards being an adult?
- Are you participating? Do you seek out opportunities? Do you wear our uniform with pride? Do you bring a learning mindset to school each and every day? Do you allow the adults in the school to help you?

We will continue the Steps to Success program so students can meet with a learning coach more regularly. We have refined support to meet the request from students for a greater variety of activities over the year. We have increased the time available for our school leadership team to work collaboratively with teachers around effective teaching and learning. Our senior students have access to an increasing range of resources for their course work through subscriptions to ATOMI. These are just a few examples of how we are working with our students so that we can all continue to achieve successful outcomes.

### Opportunity for Year 8 students: "Future Proofing" study

Dear Parents and Carers,

We're excited to announce that our school will be participating in Australia's largest ever wellbeing trial for high schoolers. We'll be working with the [Black Dog Institute](#) and UNSW alongside more than 100 other schools to build the most comprehensive picture yet of the mental health and wellbeing of Australian teenagers.

The '[Future Proofing Study](#)' is kicking off at the beginning of Term 2. As this is a large population-based trial, all Year 8 are encouraged to sign up. Students in the trial will complete mental health programs using apps and complete surveys at school about their health and wellbeing until Year 12.

**Students will need parent permission and a smartphone to participate. Please follow this link to access the study information sheet, discuss it with your child, and submit your decision:** <https://www.fpstudy.org.au/s5vKu>

The research team at Black Dog will be hosting several live webinars for parents to learn more and ask questions. Please see the schedule below if you'd like to register for a webinar.

We do hope you consider your child's participation in this trial. Research shows that [mental health concerns in teenagers are increasing](#) and our school is keen to be part of the solution.

Parent Webinar Schedule:

Date	Time	Register here
Wed 19 February 2020	7pm	<a href="#">Webinar 19 Feb</a>
Tues 3 March 2020	1pm	<a href="#">Webinar 3 March</a>
Mon 16 March 2020	7pm	<a href="#">Webinar 16 March</a>
Thurs 2 April 2020	1pm	<a href="#">Webinar 2 April</a>

### Thank you to our P&C for 2019

On Wednesday 4<sup>th</sup> December, our P&C held their final meeting for 2019. On behalf of the wider school community, I would like to thank the P&C for all their hard work during this year. They have provided good advice around school policy and operational matters. They supported us during the large building program. They helped us with the significant task of providing breakfast for the Year 12 final assembly and they continue to operate two vital school services, the uniform shop and the canteen. They have also provided support for staffing decisions during the year. All of these activities make a direct positive impact on the lives of students who attend Alstonville High School. This kind of support requires donating time, effort and goodwill to the school and this kind of commitment to our young people and to our community is greatly appreciated. I look forward to continuing our partnership in 2020. New members are welcome to attend the P and C meeting on the 17<sup>th</sup> February at 7pm.

*John Parker, Relieving Principal*

### AHS Non Negotiables











Dear Parent/Guardian

Alstonville High School staff have met in order to collaboratively support a clear and transparent range of behavioural norms referred to as Alstonville High 'Non Negotiables.' These expectations provide a consistent base in order to ensure that all students receive the same message; subsequently ensuring that learning opportunities are maximised and all students possess the utmost opportunity to achieve their personal best. The non-negotiables which have been communicated to all students are as follows:

### AHS Non Negotiables

- ✓ **Students wear correct AHS uniform**  
(As per AHS uniform guidelines).
- ✓ **Students are on time for class**  
(Consequences for those persistently or excessively late).
- ✓ **Students are prepared for learning**  
(Required equipment such as pen, books, calculator, covered leather or suede shoes for TAS workshops).
- ✓ **No hats on in classroom**
- ✓ **Electronic devices (e.g. phones, ipads, tablets etc.) are not to be used or visible during class time**  
(Unless teacher has given explicit permission for the student to use it for educational purposes).
- ✓ **Headphones are not to be used or visible in class**  
(Unless teacher has given explicit permission for the student to use for educational purposes).
- ✓ **No food or drinks in class except for water** (no water in Science or in computer rooms)  
(Class parties etc., lunchtime and practical cooking classes accepted).
- ✓ **No chewing gum at AHS**

**Students out of class, must have a teacher note or pass.**



We greatly appreciate your support in ensuring that all students are 'on the same page.'

Regards and best wishes for the 2020 school year.

*Mr Vincent Trirro, Relieving Deputy Principal*

### Canteen Volunteers

Remember:

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



### 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

### School Lockers Renewal for 2020

Locker payments are now overdue. If your child wishes to keep the locker for 2020 payment of \$25.00 needs to be paid to the office by Friday 14<sup>th</sup> February. If payment is not made the locker will be emptied by the General Assistant and offered to another student.

#### Term 4 Homework Centre ONLY!

**When: Every Monday**

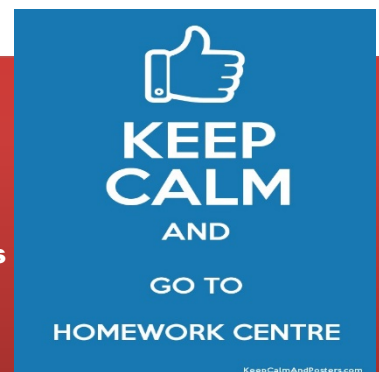
**Time: 3.20pm to 5pm**

**Where: AHS Library**

**Come along and please bring your latest H/W and assignment tasks**

**Provided: Fresh fruit and biscuits**

*Mrs Christmas TAS Head Teacher*



### 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 THOSE BOTTLES ☺

### New Project – Compost bins around the school

Please encourage your children to use the new bins around the school at recess and lunch. The school environmental group will collect the compost and take down to the school set up for composting in the Agricultural plot.

*The Environmental Group and Mrs Christmas/Ms Varela*

## Careers Communication

### Term 1-Calendar of Events • 27 February - All Year 12 and Parents/Carers Welcome- Uni/TAFE Visit to Alstonville High School Hall Period 5

- Welcome to 2020, especially new families. Contact details for Careers Information are karen.horne@det.nsw.edu.au or 66285222. We have a Careers website that is free to access [www.alstonvillehighcareers.com](http://www.alstonvillehighcareers.com). This website has a variety of useful information headings and drop down menus.
- TAFE/TVET 2020 - Due to changes to offers, late applications/withdrawals and online funding changes for TAFE 2020, the orientation and first day of lessons for most new and continuing students, will be on Wednesday 12th February. Information on bus times, Campus meeting locations and times to start/finish, will be handed to students in paper form, as soon as they are sent from local TAFE co coordinator in the next few days. NOTE: It is no longer possible to apply late for any TVET TAFE courses this year.

## General Information

- Year 12 - UCAT entry test registration (previously UMAT) to some Medicine/Health courses registrations opens March 2nd 2020. Closes 11th May.
- School Recommendation/Early Entry/Scholarships varies from place to place. Students need to check individual universities, their application details, and any extra eligibility requirements.
- Some information will arrive late Term 2 or early Term 3 to school.

**SAVE THE DATE - University and TAFE visit to Alstonville High School** will be in the school hall on **Thursday 27th February during Period 5: 2:20pm – 3:20pm**. It is expected classes will be cancelled and ALL year 12 will attend for awareness raising. Parents are also welcome to come along and gather information. Notes with more details will be handed to Year 12 in the next week

## Message to Students, Parents/Carers

- **USI Number**-If you or your child or are considering enrolling in Vocational Courses at school, TAFE or other providers, eg White Card, First Aid/ CPR, RSA and RSG in 2020 and beyond, you/they will need to create a mandatory USI number. This number stays with you for life & allows access to a digital record of your academic results/transcripts to show future employers or education institutions. Students in Hospitality and Primary Industries for Year 11 2020 will have to provide a USI when they start the course Term 1 2020. To save time, log in to [www.usi.gov.au](http://www.usi.gov.au) and use ID such as Medicare card or birth certificate or passport etc. to create your own personal USI before you start your course.

- **TAX FILE number**- If you are commencing work or applying for Centrelink you will need a TFN –Tax File Number. Use the link below or search “how to apply for a Tax File Number”. It can take up to 28 days to receive your TFN. How to get a tax file number (TFN), visit site| Australian Taxation Office: <https://www.ato.gov.au/Individuals/Tax-file-number/Apply-for-a-TFN/>

Karen Horne/Careers Adviser (Karen.horne@det.nsw.edu.au)



## Agriculture News

We have planted a diversified forage crop for cattle grazing or green manure using cowpeas, lablab, sunflowers and sorghum. Jill Groth helped Mr Holmes plant a late watermelon, Rockmelon, Zucchini and lettuce crop to take advantage of the recent rains. We have two Red Angus heifers that are pregnant and will calve later in the year.



**Year 12** are undertaking apply chemicals under supervision unit and will be observing the effect of soil pH adjustment on pasture growth with recent lime application and good rains.



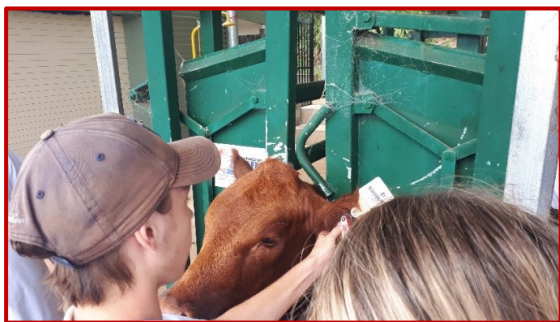
**Year 11** have been inducted into the course and are starting their work health and safety unit. The emergence of a buffalo fly pest situation in our breeding cattle led to immediate action and students were asked to perform ear tagging operations during their first lesson in class

**Year 10** are studying the bee units and will be visiting a local producer who has a permaculture enterprise in the centre of town with a focus on apiculture. Arnold Luppi and Lucinda Kelly helped pick mangoes as part of an integrated pest management strategy of reducing rat pestilence and fruit fly burden. We intend to make mango smoothies as a method of testing quality control and product standards.



**Year 9** are engaging in local agriculture – soils, climate and suitability of enterprises. They will produce a commercial winter crop for the school in coming weeks.

**Year 8** are being introduced to the school ag plot and are identifying features, equipment and types of enterprises and products.



*Ben Holmes/Agriculture Dept*

## TAS - Technological Applied Studies

This year at Alstonville High School, we welcome new syllabus changes to Stage 4 and 5. This will bring many creative and new project ideas into your homes during 2020. The TAS team have been working hard to develop new project ideas that incorporate technology and are 21st century focused.

**Year 12** - Textile and Design class also recently completed a research task on a contemporary designer. Included in the newsletter are a few images of their collage collections.



**Year 12** - Textiles and Design have commenced their Major Textile Project. We enjoyed a visit from Lois and Laurella from our local community "Frock Club" to build ideas and listen to the girls beginning stories for their projects. Picture featured is with Dove and building on the idea of making a hat to go with her swimwear range.



**Year 9** - Textile Technology have commenced their first task that involves beading and embroidery and featured in the picture below are the girls keen at work to practise these new techniques.



**Year 12** Industrial Technology are working hard to get major projects underway. Timber classes all engaged and working away at first project.

*Vanessa Christmas /Tas Department*



## Sports News

### Sports House Captains 2020

Congratulations to the following Alstonville High School Students for being members of the House Captain Committees for our sports carnivals for the year.

Their duties include:

- Encouraging enthusiasm and participation.
- Co-ordinate novelty teams and relay teams for their house.
- Act as a link between the student body and staff patrons e.g. special requests, event ideas, etc.

Members of house captain committee must attend all carnivals.

House	House Captains	
<b>Crawford (Red)</b> <b>Surname A to D</b>	Luka Newman Jessica Chate Jake Balfour Toby Bridges Bella Karam	Owen Halpin Matthew Allen Anita Budden Emma Bransgrove Joshua Smith
<b>Lumley (Green)</b> <b>Surname E to J</b>	Amy Davis Amelia Davenport-Waite Katie McCormick Emily Gage	Ryan Fox Nathan Leslie Kye Duesbury
<b>Maguire (Yellow)</b> <b>Surname K to R</b>	Emily Williams Ashleigh Larrescy Arjah Newman Sophie Petty Thomas Parker Cody Dibari	Fallon Morris Aolani Ware Abby Mitchell Kaitlyn Jordan Mikayla Nelson Jonathon King
<b>Marshall (Blue)</b> <b>Surname S to Z</b>	Sam Van Zuylen Dakin Mahony Blake O'Connor Charlotte Unsworth	Alesha Sudarshanam Lisa Rheinberger Maggie McGrath Keeley Lowenstein

### Competing in the correct age in School Sport

In all school sport competitions, all age groups are determined by an athletes age on the 31st December in the year of competition. In way of explanation, the following table demonstrates ages for competitions in 2020.

Age Group in 2020	Year of Birth
12 Years	2008
13 Years	2007
14 Years	2006
15 Years	2005
16 Years	2004
17 Years	2003
18 Years	2002

### Northern Rivers Zone Swimming Carnival - Thursday 20th February (Week 4, Term 1)

- The Northern Rivers Zone Swimming Carnival will be held at Lismore Memorial Pool on Thursday 20th February (Week 4, Term 1)
- Due to the postponement of our original date, the AHS Swimming Carnival will now be held on Monday 17th February 2020 (Week 4, Term 1.)
- If our Swimming Carnival is again postponed due to predictions of wet weather, we will not have enough time to run our swimming carnival before the zone swimming carnival.
- As a back-up students are required to nominate for the Zone Swimming Carnival.



- Students who would like to compete at the Zone Swimming Carnival must nominate at the tables outside the PDHPE Staffroom.
- The fastest two competitors in each event and the fastest four competitors in the 50m freestyle will qualify for the 50m Freestyle and the 4x50m age relay team for the zone carnival.
- If you do not nominate you will not be considered.
- If you are nominated and are selected, you are expected to attend and compete in this event at the Zone Swimming Carnival.

NB: These nominations will not be used if our swimming carnival is held as planned on Monday 17th February 2020 (Week 4, Term 1.)

Paul Francis/Sports Organiser

## Community Notice – Ballina Shire Council

**NO STOPPING**

Fine exceeds \$500 and attracts a penalty of two demerit points.

**What does it mean?** You cannot stop in this area for any reason.

**Why is it there?** To keep sight lines clear for drivers and children so both have more time to avoid accidents.

Stopping on a continuous **YELLOW LINE** will also attract a \$507 fine.

A driver must not stop at the side of a road marked with a continuous yellow edge line. It means the same as the No Stopping sign.

**picking up your children after school – have a plan**

Plan with your child how you will collect them:

- When and where will you be after school?
- Where should your child wait?

Make sure they know not to try and get into your vehicle while it is still in traffic, even if you are stopped, they should wait until you have parked.

Your school may have some arrangements in place to help you collect your children.

v. Feb 2019

**no apologies, no excuses**

When it comes to child safety, Ballina Shire Council makes no apologies for issuing infringement notices to drivers who break the law in and around school zones.

Illegal parking in school zones puts children at risk and endangers lives. Parking offences in school zones carry heavy fines and loss of demerit points.

If you experience a problem with illegal or dangerous parking at your school, contact:

Ballina Shire Council  
PO Box 450  
Ballina NSW 2478  
Phone 1300 964 444  
Email council@ballina.nsw.gov.au

your child is worth the extra time it takes

**safe parking in school zones in ballina shire**

**SCHOOL BUS**

enquiries refer  
Joe Monks  
in reply please quote  
School Zone Parking  
CM 20/5188

29 January 2020

The School Principal  
Alstonville High School  
21 Cawley Close  
ALSTONVILLE NSW 2477

Dear Sir/Madam

Re: School Zone Parking Enforcement Program – “No Apologies, No Excuses”

It is that time of year again where Council would like to remind all schools, including teachers, parents/carers and children of the parking restrictions in place around your school. The Council's School Zone Parking Enforcement Program commenced on 28 January 2020 for this school year.

This Program is in response to a NSW Government directive following a number of accidents and severe injuries, even death involving children that have occurred in school zones.

Council Rangers monitor school zones and may be present in Council marked or unmarked vehicles. They will be observing vehicle movements and taking photographic evidence of illegal parking in prohibited and restricted zones.

The attached brochure is part of an education process for parents/carers of school-age children. Council requests that the information contained within the brochure be provided to all parents/carers and be included in your school newsletter at regular intervals throughout the year. An electronic version of the brochure and other school zone safety information is available by accessing Council's website at [www.ballina.nsw.gov.au](http://www.ballina.nsw.gov.au) (search Parking, then click on the “Safe Parking in School Zones” link to download the brochure).

Brochures are also available in bulk for inclusion in school packs for new students and for placement at the front office. Please contact Council and arrange quantities required on the phone number below.

When it comes to road safety, Council makes no apologies for issuing penalty infringement notices to drivers who break the law in and around school zones.

Council appreciates your ongoing co-operation and commitment to promoting school zone safety around your school.

Should you have any further questions in relation to this matter or would like to arrange a meeting to discuss specific road safety concerns, please contact Council's Parking Officer or Road Safety Officer on phone 6686 1210.

Yours faithfully

Kristy Bell  
Acting Manager Public and Environmental Health  
Planning and Environmental Health Division

Enc. 'Safe Parking in School Zones' Brochure  
'Recurring parking offences' Factsheet

**safe parking in school zones**

As a community we need to ensure that children have safe passage to and from school. To improve road safety around schools, we need your assistance to understand the parking restrictions around schools and teach our children to be safe around traffic.

Always supervise a child and hold their hand when crossing the road.

Schools are areas where there is a lot of interaction between cars and pedestrians; including children. Children are small, hard to see, behave unpredictably and are extremely vulnerable. Their lack of road experience means it is difficult for them to judge dangerous situations.

Boys are twice as likely to be involved in child pedestrian casualties as girls and children aged 10 to 14 years have the highest rate of child pedestrian casualties (Roads and Maritime Services). You need to take extra care when driving and parking in and around school zones, even when you think there are no children around.

**important road rules in school zones**

**PEDESTRIAN CROSSINGS**  
Fine exceeds \$439 and attracts a penalty of two demerit points.

**What is the rule?** You must not stop within 20 metres before a pedestrian crossing or 10 metres after a pedestrian crossing unless there is a control sign permitting parking.

**Why?** To ensure that pedestrians can have a clear view of approaching vehicles and drivers can see pedestrians who are about to cross the road.

**INTERSECTIONS**  
Fine exceeds \$439 and attracts a penalty of two demerit points.

**What is the rule?** You must not stop within 10 metres of an intersection.

**Why?** To ensure that there is a clear view of children crossing the road at the intersection.

**DOUBLE PARKING**  
Fine exceeds \$530 and attracts a penalty of two demerit points.

**What is the rule?** You may not stop on the road adjacent to another vehicle at any time even to drop off or pick up passengers.

**Why?** Double parking forces other cars to go around you causing traffic congestion and reduces the view of drivers and children crossing the road.

**important signs around schools**

**BUS ZONE**  
Fine exceeds \$530 and attracts a penalty of two demerit points.

**What does it mean?** You must not stop or park in a bus zone unless you are driving a bus.

**Why?** To provide a safe place for large buses to set down and pick up passengers. Cars parking in bus zones put lives at risk by forcing buses out of “their” safety zone.

**NO PARKING**  
Fine exceeds \$162 and attracts a penalty of two demerit points.

**What does it mean?** You can stop in a NO PARKING zone for a maximum of two minutes to drop off and pick up passengers. The driver must stay within three metres of the vehicle at all times.

**Why?** To provide a safe place for older children to be set down and picked up without endangering other children.

**NO STOPPING ON PATH/NATURE STRIP**  
Fine exceeds \$530 and attracts a penalty of two demerit points.

**What does this mean?** You cannot stop in this area for any reason.

**Why?** To keep sight lines clear for drivers and pedestrians.

BALLINA SHIRE COUNCIL

## Recurring parking offences

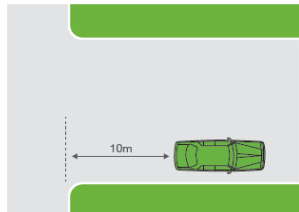
Recurring parking offences that do not appear to be well known but which can give rise to serious safety situations if ignored.

### INTERSECTIONS – NSW ROAD RULE 170

It is an offence to stop within 10 metres of an intersection (with no traffic lights) unless a sign is present that indicates that you can park closer. For an intersection with traffic lights it is an offence to park closer than 20 metres unless a sign indicates that you can park closer.

By ignoring this rule you create a hazardous situation for other vehicles and pedestrians as vision is obstructed and space for turning vehicles is restricted.

The fine exceeds \$340 with the loss of 2 demerit points. In school zones the fine exceeds \$450 with the loss of 2 demerit points.



### YELLOW LINE PAINTED ON THE SIDE OF THE ROAD – NSW ROAD RULE 189

A continuous yellow line indicates that you cannot stop on that stretch of road. No stopping zones can be indicated by a sign and yellow line or one or both. Such zones have been created to address a safety issue.

The fine exceeds \$260.



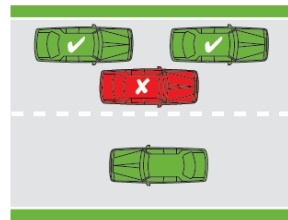
## Recurring parking offences

### DOUBLE PARKING – NSW ROAD RULE 189

It is an offence and very dangerous to stop outside vehicles already parked on the side of the road. This is an offence that quite often occurs in school zones and is particularly dangerous at times when children are arriving or leaving school.

It creates obstruction to other vehicles and presents a real danger to children leaving or entering a vehicle.

The fine exceeds \$260. In school zones the fine exceeds \$340 with the loss of 2 demerit points.

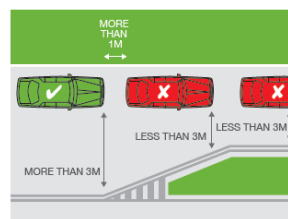


### 3 METRES FROM CENTRELINE OR OTHER SIDE OF THE ROAD – NSW ROAD RULE 208

Parking any closer than 3 metres does not allow enough clearance for other vehicles to pass safely.

If there is an unbroken centerline you must not park any closer than 3 metres. If there is no centerline then you must leave at least 3 metres clearance from the other side of the road.

The fine exceeds \$260. In school zones the fine exceeds \$340 with the loss of 2 demerit points.



## Community Announcements

### Student Exchange Australia New Zealand

OPPORTUNITY FOR STUDENTS AND THEIR FAMILIES TO  
EXPERIENCE A FOREIGN CULTURE FIRSTHAND,  
BE EXPOSED TO A LANGUAGE AT HOME,  
DEVELOP FRIENDSHIPS THAT LAST A LIFETIME,  
REDISCOVER AND SHARE THE BEAUTY OF AUSTRALIA

In May, July & August this year we will be welcoming a new group of exchange students from all over the world. These students are excited to live with an Aussie host family, attend a local school for 3, 5 or 10 months and live like a local. As we plan for their arrival, we are keen to hear from suitable families who might be interested to host a student and have a truly rewarding experience for the whole family.

Host families come in all shapes and sizes, backgrounds and ages. To this end, we would be grateful if you would place a notice in your newsletter or mention it on your website.

Host families help provide students with the chance to experience life in Australia. It's a great way to develop language skills, share stories and establish a lifelong link to a family overseas. Hosting a student also contributes to international goodwill.

All students have at least basic levels of English and a wide range of interests and hobbies. If families would like a selection of student profiles sent to them to review and decide which student may fit into a particular family best, please contact us or reply to this email.

The James family have had a wonderful time hosting exchange students from Canada, Germany & Finland. This is what Host Mum Katherine shared with us about their experience *"We have had the pleasure of hosting Ines from Germany for 10 months. We have used this time together to explore places we never would have been before and share experiences that were once in a lifetime! In Tasmania, we hiked the Three Capes Track and pushed ourselves out of our comfort zones. We saw wombats and Tasmanian devils and wallabies and so much wildlife. We have loved having Ines be part of our family for a short*

*time but she'll always be a part of the James Family for a life time. Who would have thought we would come across a koala drinking from our farm dam? and that it would let us get up close and personal... You can't get that in the city! Truly memorable shared experiences - that's why we love having exchange students join our family. It makes us live life to the fullest!"*

Student Exchange Australia New Zealand is a not-for-profit organisation that is registered with all state and territory Departments of Education around Australia. We lead the way as the first secondary exchange organisation in the world to be certified to ISO 9001 (Quality Management System) and we ensure the highest standards of care and support to our participants. You can find out more about our organisation by visiting [www.studentexchange.org.au](http://www.studentexchange.org.au).

If your students, families or language teachers have any questions about hosting an exchange student or would like to view profiles of students arriving from other countries, they can respond to this email or call our office on 1300 135 331. Our staff members will be happy to discuss which student might be best suited to their family. No obligation.

Please note that the purpose of this email is to find families to host international exchange students. Thank you in advance for your assistance.

Yours sincerely,

Sandra Harders  
Host Family Placement Manager

### **Rural Youth is looking for Members for 2020**

- **Membership is \$5 per person for the year**
- **Friday the 7th February at 7pm.**

Rural Youth is a local organisation that meets once a month at Lismore Showground. Members learn a variety of skills including but not limited to Public Speaking, Debating, Show preparation for cooking, craft, produce, animals and the ability to participate in formal meeting procedures. Rural Youth aims to encourage young people who are interested in the land and rural community to become self-reliant, responsible and effective citizens.



For all Enquiries Contact

- Marilyn 0435736150
- Melissa 0432366217
- Bronwyn 0438248134



## **Alstonville Junior Water Polo**

### **TRAINING FOR 2020 BEGINS**

Wednesday 29<sup>th</sup> January

6pm – 7.30pm

### **FRIDAY NIGHTS BEGIN**

Friday 31<sup>st</sup> January

6pm

Alstonville Pool

For more information call Michelle Bransgrove 0428 834 860



## Media Release

31 January 2020

### 2020 Get Active Expo & Registration Day!

The Get Active Expo & Registration Day is back for 2020 in the new Ballina Indoor Sports Centre (BISC)!

This FREE community event gives sporting clubs the chance to connect with local families and help kids find out what sports are on offer in Ballina Shire – all in one place.

Roberta O'Brien, Community Facilities Coordinator with Ballina Shire Council explained that the inaugural 2019 Get Active Expo held in Alstonville was a great success. "Now we have a purpose built sports centre, the BISC is an ideal venue to exhibit all sport providers under one roof."

"We invite families to come down to the Ballina Indoor Sports Centre (BISC) on **Saturday 29 February 2020 between 10am and 2pm** and check out over 30 sports including cheerleading, martial arts, surfing, soccer, dancing, AFL and basketball," added Roberta.

"Meet the amazing volunteers behind Ballina Shire's strong sporting culture and get registered for the upcoming season," enthused Roberta.

Fun activities and demonstrations will keep kids entertained. Take a tour of the new sports centre and chat to the friendly staff on what's happening at the BISC. Shoot hoops, grab a sausage sizzle and meet this year's expo ambassador (soon to be announced)!

Remember to register for the Active Kids voucher and receive \$100 towards sport registration. To find out more about Active Kids visit [service.nsw.gov.au](http://service.nsw.gov.au).

If your club is not yet registered for the Get Active Expo email the BISC Team at [communityspaces@ballina.nsw.gov.au](mailto:communityspaces@ballina.nsw.gov.au) or telephone 02 6681 0599.

Authorised By	Linda Coulter Acting Director Corporate and Community Division	Media Spokesperson	Amy Fortescue or Roberta O'Brien Community Facilities 02 6681 0599
Distribution	Local Media		





# LISMORE

## Swans Juniors

Australian Rules Football

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www.lismoreswansjuniors.com.au






## ALL STARS (Football 4 All)

### 'COME AND TRY' DAYS

10am to 11am  
Sunday, 9 February 2020 & Sunday, 16 February 2020  
Pine Avenue, Mullumbimby

MBVFC is excited to announce the establishment of a new Football 4 All program specifically catering for young boys and girls who live with special needs or a disability - the MBVFC All Stars. The MBVFC All Stars program aims to provide players and their families with a supportive and inclusive environment, that gives every player the opportunity to maximise their potential and enjoy playing non-competitive football at a community-based club. The program will run every Sunday morning from 10am to 11am, during the winter football season. A parent/carer must be present at each session.

If you would like to join the All Stars, we need you to register and attend our 'come and try' days in February 2020. It is essential that every potential player that wants to join us attends, as we will have our specialist coaches at these sessions, and they will assess each player so that we can fit the player to their most suited team. We are not bound by age groups for teams, we will make up teams based on a range of factors to ensure all players in each team work well together and that every player enjoys their football experience.

We cater for boys and girls ages 6-18 years inclusive of individual special needs. Our activities aim to develop the skills required to play modified games on small fields with a reduced number of players. Playing modified games is a proven formula for ensuring every player has increased participation resulting in greater involvement and more touches on the ball.

To register for our 'come and try' days, please complete the application form (available from the MBVFC website [www.mbvfc.com.au](http://www.mbvfc.com.au)) and email it to [info@mbvfc.com.au](mailto:info@mbvfc.com.au). For more information please contact the project co-ordinator, Sharon Scryen, on 0435 057463. It is essential that you register in advance of our 'come and try days' so that we can cater for player numbers.

If you do not attend a 'come and try' day, we unfortunately will not be able to offer you a place on the program, as it is essential that we assess every player to make our program successful and ensure the enjoyment of all players.

Please register early to avoid disappointment as places are limited.



P.O. Box 715 Mullumbimby NSW 2482 - Email: [info@mbvfc.com.au](mailto:info@mbvfc.com.au) - Website: [www.mbvfc.com.au](http://www.mbvfc.com.au)



## ALL STARS (Football 4 All)

### 'COME AND TRY' DAY: REGISTRATION FORM

PARENT/GUARDIAN NAME		
ADDRESS		
PHONE NUMBER		
YOUR EMAIL		
YOUR CHILD'S NAME		
CHILD'S AGE AND D.O.B.	AGE:	DOB:
CHILD'S SPORT SHIRT SIZE		
Does your child have a friend they would like to play with?	Friend's Name:	
Please provide your child's diagnosis and describe any limitations / health concerns (please attach health plans etc that you would like to share)	Details:	
Does your child have any allergies?	YES <input type="checkbox"/> NO <input type="checkbox"/>	Details:
Emergency Contact name:		
Phone:		
The success of the program relies on the goodwill of volunteers. How would you like to contribute?	Coaching: YES <input type="checkbox"/> NO <input type="checkbox"/> Set up/pack down: YES <input type="checkbox"/> NO <input type="checkbox"/> Canteen (general, barista, BBQ, roster co-ordinator): YES <input type="checkbox"/> NO <input type="checkbox"/> Do you have a current Working with Children Check or would you obtain one to volunteer for this activity: <input type="checkbox"/> Details of previous experience (if any): _____	
No previous experience necessary - full support & training will be given.		
Consent	Do you give consent for MBVFC to use photos taken of your child for media and promotion purposes on social media outlets, newspapers, newsletters and television? YES <input type="checkbox"/> NO <input type="checkbox"/> Parent/ Guardian name: _____ Parent/ Guardian signature: _____ Date: _____ Do you give consent for MBVFC to share your contact details with other families participating on the program? YES <input type="checkbox"/> NO <input type="checkbox"/> Parent/ Guardian name: _____ Parent/ Guardian signature: _____ Date: _____	

P.O. Box 715 Mullumbimby NSW 2482 - Email: [info@mbvfc.com.au](mailto:info@mbvfc.com.au) - Website: [www.mbvfc.com.au](http://www.mbvfc.com.au)

## Alstonville Hockey

### Come & Try/ Sign On/

### Pre season Training Evenings

All Ages Welcome 4 years +

Tuesday 11th Feb 2020- 4:30-5:30pm

Tuesday 18th Feb 2020- 6:00-7:00pm

Tuesday 25th Feb 2020- 4:30-5:50pm

Tuesday 3rd March 2020- 5:00-6:00pm



Follow us on facebook "Alstonville Hockey Club"

or at

<https://www.revolutionise.com.au/ahc/>






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phone: 0425241049

The Zonta Club of Northern Rivers would like to invite young women aged 16-19 who demonstrate leadership skills and commitment to public service, volunteering and civic causes to enter the YWPA Award 2020. Zonta is an international organisation/charity working to empower all women through service and advocacy.

The 2020 Application form can be downloaded from the website <https://foundation.zonta.org/Our-Programs/Educational-Programs/Young-Women-in-Public-Affairs-Award>

Entries close on the 6th March 2020 and entries/completed applications are to be posted to PO Box 108 Alstonville 2477 by this date. The Awards Night is the 18th March at Alstonville Bowling Club.

For further enquiries or help with the application process please contact:  
Lyndall Smith 0424427077 or [email lyndall907@hotmail.com](mailto:lyndall907@hotmail.com)  
OR  
Linda Grudnoff 0431622656 or [email lindagrudnoff@yahoo.com](mailto:lindagrudnoff@yahoo.com)



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ENVIRONMENTAL WARRIOR  
2018 WINNER



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