Alstonville High School Newsletter

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

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ALSTONVILLE

5 March 2020

Issue 3

Alstonville High School

Our community values integrity in all aspects of life

Values	Learning
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 1							
March 3	Tuesday	NC Swimming Championships					
March 5	Thursday	NR Zone Netball Trials					
		NR Zone Rugby League Trails U15 and Open					
		Boys					
		Yr 11 Biology Field Trip					
March 9	Monday	NC Rugby Union Trials					
March 10	Tuesday	NR Zone Hockey Trials					
March 11	Wednesday	NC Open Boys and Girls Water Polo KO Carnival					
March 16	Monday	NR Zone Soccer Trials					
March 20	Friday	NC 15yrs Touch Trials					
March 25	Wednesday	NC Netball Trials					
		Buckley Shield & Uni Shield Gala Day					
		P&C Meeting					
March 26	Thursday	7-12 Parent Teacher evening					

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

Alstonville Certificate of Excellence - ACE

The first round of ACE reports have been released this week to the parent portal via Sentral. The ACE reports are compiled by all teachers for every student they teach. We complete the reports twice a term and provide students and parents with this information.

Why are we doing this?

The ACE reports provide feedback on student engagement with learning against a ten point scaffold. There are specific descriptors for each level of engagement. International research has clearly demonstrated that students who consciously and deliberately reflect on the learning strategies that they use will experience greater success than students who do not. Students who explicitly seek to build a range of strategies to enhance learning have also shown to be more resilient and develop an improved sense of purpose.

In Steps to Success sessions and in classes we will work with students to help them understand what each level of the ACE scaffold represents and what evidence of achievement at each level would look like. We would encourage students to talk to classroom teachers about what they can do differently to move upwards through the scaffold.

At the end of this term we will be issuing those students who achieve ACE reports in the top four bands with merit certificates. Those students who have moved up by at least two bands will also receive an award.

Year 7 Welcome BBQ



Last Tuesday afternoon we had two-thirds of our Year 7 students and their parent(s) come to school to meet their teachers for 2020. It was a pleasant afternoon for parents to have a chat and a snag, and find out from their child's teachers how things have started. It was lovely to meet many new families to Alstonville High school to be part of our extended family and community. In addition there were members of our P&C there to say hello. During the afternoon students received a dance card where they were asked to get their teachers signed off so they ensured their parents/carers met each teacher. At the end of the evening a draw was then made for a prize **of**

Sunbeam tower fan, which was kindly donated by Harvey Norman Ballina. The lucky winner was Grace Odermatt, she was very excited about this going to her room considering our current weather. Congratulations.



John Parker, Relieving Principal

Canteen Volunteers

Remember:

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







Come join the



For the love of writing and literature

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 RECYCYLING THOSE BOTTLES ⁽³⁾

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

See the English staffroom noticeboard for details



Clean up Australia Day - Alstonville High School

What a wonderful job the Environmental group and the whole school did last Friday 28th February for clean-up Australia Day at Alstonville High School. They collected rubbish in every corner and place in our school. Overall collecting over 20 big bags of rubbish from the school grounds. A marvellous achievement for our school community. Thanks to all the staff that motivated this collection of rubbish and all our students who took participation seriously and made a difference to our school environment. The yard was looking superb by conclusion.



Mrs Vanessa Christmas / Head of the Environmental Committee and our great Environmental group of volunteers

Communication Corner

 Reminder to Year 10/11/12 TAFE Students....attendance is compulsory every week including exam weeks. Notify school AND TAFE if you cannot attend and take a note to your TAFE Teacher before or after your absence. School gets sent regular updates of attendance by email



- 2. SCU Lismore Campus- Head-Start Semester 1 2020- Congratulations to the 11 Year 11/12 students commencing their Head-Start courses this Wednesday afternoon 4th March and running each week until end of May. Students will be in Lectures with University students in areas such as Processes & Philosophy of Engineering, Biology, and Communications in Organisations and Visual Communication & Design as well as the NEW Australian Legal System unit for Headstart. Great chance to experience University life and expectations in adult learning environment.
- 3. From previous Newsletter.....YEAR 12 2019...Where are they now? The Careers Adviser is still currently collecting data on what Year 12 students are doing since they finished school last year. Names are not published, but I need to get statistics on what type of course or employment area they are in e.g psychology or mechanic apprenticeship and location e.g Alstonville or Sydney. If they are seeking employment, travelling or having a GAP year? Please email the Careers Adviser on karen.horne@det.nsw.edu.au with any information ASAP. Thank you.
- 4. Defence Force Work Experience 2020 Students over 15 years at time of Work Experience are able to apply online for different programs in Army/Navy/Air Force at different locations around Australia. Places/dates may be limited so you can pick up an info booklet or visit the website <u>https://www.defence.gov.au/workexperience/Default.asp</u> for details.
- 5. Free resource: www.alstonvillehighcareers.com





UCAT Previously known as UMAT – Entry to Medicine and some Dentistry courses in 2021. Year 12 students planning to apply for some Medicine/Dentistry university courses, are reminded that registrations for the UCAT (University Clinical Aptitude Test) open on 2 March 2020 and close 11 May 2020. Check website for more details. The testing dates will be in the month of July 2020. A reminder that students who are preparing for entry into any of these courses are encouraged to familiarise themselves with the format of the test at UCAT Test Format and the practice tests and preparation material provided at UCAT Preparation. https://www.ucat.edu.au/

6.Discover the possibilities......Years 10/11 or 12 can attend...March/April 2020. Various campus locations.

Register now



Click on above link or go to Home page of CSU website click on "future students" to register.

Tax File Numbers- Any student will need at tax file number if they start work (part-time and full-time or casual) and all students planning on a tertiary education require one when they start. Importantly, current Year 12 students are reminded that they will be requested to provide their Tax File Number (TFN) on enrolment to TAFE or university next year, so it is worthwhile getting an application submitted early! Students must now apply for a TFN online and have their identity verified through an interview at a participating Australia Post office. To apply and also to find out about participating Post Offices, visit Apply for a TFN or visit your School Careers website > Important Information > Money Matters > Tax file Numbers.

Karen Horne Careers Adviser Email: karen.horne@det.nsw.edu.au

AHS Year 9

IST class have spent this week exploring concepts through a range of computer software and hardware practical activities and research. Here they are showing just how good they are at practical problem solving and using critical thinking skills!



CHRYSALIS Young Women's Program

At the end of last year, our Year 10 Chrysalis students joined many other Chrysalis young women for the Annual Chrysalis Graduation Ceremony in Ballina.

Amie Dreyer conducted a beautiful celebration for our young women who have shown great personal growth and have moved into caring and supportive mentoring roles for our future butterflies.

Also in attendance at the annual graduation were Members from Northern Rivers Scope and Northern Rivers Quota groups. These wonderful community organisations have been extremely supportive of the program for many years now.

Jeanie Runiciman of Brunswick Valley Quota had this to say, "I was privileged to witness the large group of Chrysalis girls graduate for 2019. The story of Chrysalis, the continuous amazing work of Amie Dreyer & the incredible young women present all add up to a tale of love, inspiration & hope that never ceases to move me! Congratulations girls & well done, as always so wonderful to see so many beautiful butterflies emerging!"



This unique and valuable program will not be available in semester 1, sadly due to illness, but we wish Amie a speedy recovery and hope to continue Chrysalis later in the year. Girls can still check in with Sarah-Ania around school.

Sarah-Ania Heydon - SLSO

Agriculture News

Year 12 students have completed their work placements and are studying the application of chemicals in primary Industries. Year 11 are completing the Work Health and Safety unit.

Year 10 are establishing a Mother's Day crop of Chrysanthemums and Strawflowers for sale in May.

Year 9 are establishing a commercial crop of snacking tomatoes after a wet period and have identified the role of experimentation in agriculture with an experiment comparing the effect of temperature on corn germination using the hothouse, greenhouse and an outdoor space (light was not controlled fairly with some differences in growth and plant health noted after germination). We achieved a very clear result with the higher temperatures of the hot house achieving 3 days advance in germination. Year 8 students are propagating seedlings for their vegetable patch.



Special thanks from the school to the 2020 cattle show team who represented the school with pride at the Ballina Bunnings BBQ fundraiser event on Saturday 22nd of February. Under cool and overcast conditions a strong team practised superior teamwork skills under pressure in a public environment. The call of "two with onion" was constant. The students in uniform, their conduct and communication with the public was commendable and I am confident we will achieve our aims as a team in the cattle shows this year.

Very special thanks to parents - Mark Thomson for maintaining the supply and quality of the sausages and onion for the whole day - above and beyond! Also Sarah Fairfull who took control of an emergency bread run and demonstrated her skills with onion dissection. I would like to also acknowledge Andrew Fox who supported the team with pack up and cleaning in the afternoon. I would also thank parents for providing transport for students on the day and rearranging your weekend plans. Thanks to the following students in no particular order for their work on the day.

- Cody Thomson Apprentice Sous Chef
- Alahna Thomson chief server
- Zoe Fairfull Master of onions and serving
- Brooklyn Bird Master of onions and serving
- Clara Tolman Master of onions and serving
- Pauline Scheubel Master of onions and serving
- Joe Young Chief cashier
- Christian Fox Front of house
- Joshua Young front of house and server
- Eloise Hagate front of house and cashier
- Lachlan Sampson Master of drinks
- Jeremy Wade Drinks and server
- Nellie Witt Bunnings liaison (working onsite during the day).
- Apologies from Brenton Ellis who was not able to attend on the day.

Total funds raised exceeds \$1100 after costs and the float balanced. With cattle prices at record levels this will support both the purchase of 3 steers for Lismore show as well as refine our cattle handling and grooming resources.



Ben Holmes/Agriculture Dept

Agriculture equipment sale.

All items second hand but good condition – enquiries and inspection welcome.

1. Jacky bin 1730L side discharge (grain storage).

- Bargain <u>School price = \$1400</u>
 - a. Brand new Quote over the phone on 14/11/19 = \$2372 inc GST (not including shipping). https://www.orionproducts.com.au/jacky-storage-hopper-bins/side-discharge-bins/1730-ltr-side-discharge-bin
 - b. 2nd hand quote =\$1750 https://www.farmtender.com.au/listing/machinery-equipment/grain-storage--2/jacky-bin



2. Bordin Brothers feeder bin 3000L



Sports News

Alstonville High School Annual Swimming Carnival

On Monday 17 February, Alstonville High School's 2020 Swimming Carnival was conducted. The weather was good with plenty of cloud cover early in day and sun in the afternoon, making conditions ideal for a swimming carnival. The standard of competition throughout the day was excellent, with some students recording personal best times and a number of records broken. Congratulations to all the Year 12 students and House Captains who organised their students for the lap for points and novelty activities. The spirit and participation shown throughout the day was great.

Age Swimming Champions 2020

New Records

1.Lachlan Trease 13 Years Boys 200m Freestyle N.R 2:26.20 Old Record (Pasa Alyuz 2.35.55, 1997)

2. Angus Smyth 14 Years Boys 200m Freestyle N.R 2:19.46 Old Record (KartalAlyuz 2.21.38, 1996)

3. Angus Smyth 14 Years Boys 50m Backstroke N.R 32.85 Old Record (Paul Hoskins 33.47, 1992)

4. Angus Smyth 14 Years Boys 50m Butterfly N.R 30.59 Old Record (Andrew Harrap 31.73, 1996)

House Point-score 2020

Age		Champion Girl	Point	Age	Cha	ampion Boy	Point
12yrs Jasmine Buckley yr7		32	12yrs	Jac	k Flynn yr7	40	
13yrs		Meggan Ellis Yr7	26	13yrs	Lac	hlan Trease yr7	60
14yrs		Imogen Fox yr8	48	14yrs	Angus Smyth yr8		60
15yrs		Lucy Trease yr9	53	15yrs	Lachlan Offley yr9		36
16yrs		Grace Turner yr10	30	16yrs	Cody Thomson yr9		50
	Place 1st 2nd		House	House		Points	
			Maguire	Maguire (Yellow) Marshall (Blue)		1147pts 1143pts	
			Marsha				
	3rd		Crawfor	Crawford (Red)		1048pts	
	4th		Lumley	Lumley (Green)		887pts	

Volleyball

The North Coast Area Volleyball Trials were recently held at Ballina on Friday 14 February. 5 of our students, Madeline Mitchell. Anna Young, Giorgia Bertonali, Angus Levot and Thomas Parker gained selection in the Northern Rivers Zone team to compete for a place in the NC Area team. The North Coast trials involves a round robin between the four zones that make up the North Coast Region. After playing the round robin and possible / probable games the North Coast Girls and Boys Teams are selected. Because of her excellent performance at these trials, Year 11 student Madeline Mitchell was selected into the North Coast Open Girls Team. Madeline will now compete at the NSWCHS Open Girls Volleyball Championships to be held at the University of New England, Armidale, from Tuesday 24 to Thursday 26 March. Well done to all of these students and congratulations and Good Luck to Madeline



Northern Rivers Zone Swimming Carnival

On Thursday 20 February, a team of 20 very keen and competitive swimmers travelled to the Lismore Memorial Baths for the Northern Rivers zone carnival. This team was very successful finishing second in the overall point score.

Alstonville High had two age champions, Meggan Ellis 13 Years Girls Multi-Class Age Champion and Lachlan Trease 13 Years Boys Age Champion. We also had Cody Thomson finish as a runner up in the 16 Years Boys age champion point score. Alstonville High School had a total of 12 students and 4 relay teams qualify for the north coast regional swimming carnival. The North Coast Swimming Carnival is to be held at Coffs Harbour on Tuesday 3 March.

Thank you to all the parents who transported and supported their children on the day. Congratulations to the following students who have qualified to compete at the North Coast Swimming Championships - Thomas Bowker, Jasmine Buckley, Meggan Ellis, Grace Hadlow, Amalia Jobson, Coen Jobson, Eva Jones, Sonny Stenner, Alahna Thomson, Cody Thomson, Lachlan Trease, Lucy Trease

14 Years Boys AFL Trials

On Tuesday 25 February, Thomas Bowker of Year 8 competed at the Northern Rivers Zone and Far North Coast Inter-Zone AFL Trials held at the Cavanbah Centre in Byron Bay. Although Thomas played very well and enjoyed the experience, he was not selected into the team this year.

Northern Rivers Zone 15yrs Touch Football Trials

On Tuesday 25 February, six AHS students travelled to Woodenbong to compete in the 15 years touch gala day. Congratulations to Joseph Young and Joshua Young who were selected into the zone 15yrs boys touch team and Connor McKnight was selected as a shadow member of the team. Other boys that competed on the day were James Ford, Christian Fox and Lachlan Offley. Students selected into the northern rivers zone team will now travel to Bowraville on Friday 20 March to compete at the north coast regional 15 years touch trials.

Northern Rivers Zone Basketball Trials

On Thursday 27 February, Jordan Butts of year 10 and Dakin Mahony of year 12 competed at the Northern Rivers zone open girls' and boys' basketball trials held in Lismore. As a result of their fine performance at these trials, Jordan was selected into the open girls' basketball team and Dakin was selected into the northern rivers open boys' basketball team. Both students will now contest the north coast secondary basketball trials to be held at Port Macquarie on Thursday 19 March. *Congratulations*.

Mr Paul Francis / PDHPE Teacher



Year 9 Elective History Digest the Past

Last week, as part of the students' investigations into some of the most important archaeological sites uncovered around the world, the students were given the task of creating an 'edible museum' to showcase these locations. Working in small groups and individually, the students needed to create museum boards of key information and images of their chosen sites, scale drawings, and (maybe most importantly), plan and construct a model of their chosen site made entirely out of food.

We then held a brief museum display, before truly digesting our understanding of the past! Sites such as Gobekli Tepe in Turkey, the Palace of Knossos on Crete, the cliff-dwellings from Mesa Verde in the USA, and the Mausoleum of the first Emperor of China Qin Shi Huangdi – including his army of terracotta warriors – were all re-created by the students.

I would like to commend all the students on their engagement in the task, and hopefully we are able to conduct some more fun investigations into the past during this year.



Mr Doug Gardiner/ HSIE Head Teacher

TAS Subjects Term 1

The TAS students are well under way with new projects and we look forward to bringing you more pictorial updates as they come to hand. In the last fortnight the food area has been busy turning out great practical lessons of delicious food from Burrito Baskets, Gourmet egg and bacon rolls, Pizza scrolls, to Tomato Pasta in year 7 and experiments with eggs benedict and hollandaise sauce in Year 11 Food Technology. See the pictures below of some of these scrumptious prac's.



Year 11 Hospitality enjoyed a guest speaker form Harvest at Newrybar pictorial evidence reflects the engagement of the students with this guest speaker.



The TAS workshops have been a busy place also and students remain engaged and actively producing projects for Term 1, see the action pictures attached.

Community and Family Studies even had an opportunity for hands on learning making playdough. This activity is to determine what children's needs are met by making and playing with playdough.



Mrs Vanessa Christmas / TAS Head Teacher

Library News



2020 Premier's Reading Challenge

Opens on Monday March 2. Don't forget you can keep track of books you are reading over the summer to be added to your reading log once the challenge opens. Anything you have read from August 31 2019 can be counted towards the 2020 PRC. All information can be found on the website or come to the library and ask. This year we will reward readers with PRIZES!

Faculty Text Books and Library Overdues: Just a reminder – all text books (English novels, Maths, HSIE or Science text books) should be borrowed through the Library. If you have an overdue book you will asked to return it or look for it, either at home, in your locker or in te faculty storeroom before you can borrow. It is your responsibility to take care of the resource and know where it is, not your teachers.

Borrowers of the Month: New Yr 7 students, Bailey Skinner, Ewan Burley and Tye Campell being inspired by Alfred E. Neuman's philosophy of "What, me worry?"



Ms Rachel Varela

Alstonville Rotary Supporting Local Youth

Alstonville Rotarians, friends and guests were treated to two terrific 'Youth Evenings' at the Bowling Club in early February.

Alstonville Rotary

Two Alstonville High School students, Jessica Chate and Charlotte Unsworth reported back from the recent very successful RYTS



evident.

Jessica's words to her mum when being picked up from the camp - "I honestly feel like this week changed my life, the way you learn about yourself and the beautiful people around you, and the deep special connections you make are amazing beyond words. On top of that it's literally so incredibly fun, I'm so incredibly grateful to have this experience as part of my life and the way I look at life now, I couldn't recommend it enough." Jessica

camp (Rotary Youth Transition Seminar). Their enthusiasm and excitement about the experience was self-

Hannah Adcock, a former student at Alstonville High School, reported on her one year Youth Exchange to the Netherlands. Hannah fully immersed herself in another culture and learnt to speak the language. Hannah had the opportunity to visit many amazing places in the Netherlands and she also spent two weeks

on a Rotary "Eurotour" with other Exchange students.

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We were pleased to present Nellie Witt with a \$1000 scholarship, the 'Rotary District 9640 Matching Grant to Complete Secondary Education'. Nellie is embarking on a new teaching initiative that combines agricultural studies by the Department of Primary Industries with year 11 and year 12 studies at Alstonville High School. Nellie's passion for farming and love for cattle was clear.

Next we heard from Lisa Rheinberger who attended the Engineering Summer School in Sydney. Lisa's enthusiasm shone through. This annual event provides a unique opportunity for attendees to visit several universities and companies that embrace cutting edge technology, and at the same time inspire students with ambition to study science at university.

Two students, Jack Larrescy and Adrian Singh entertained us with a terrific double act, reporting back on their attendance at the 'Science Experience' at the University of Queensland in January. Again, their contact and involvement with cutting edge science inspired them for further studies at university.



Our guest speaker Alexia Keskerides from YWCA introduced the programme 'Youth Frontiers' adopted at Alstonville High.

"Young people are our future leaders. Youth Frontiers is a NSW Government-funded Youth Mentoring program for people aged 12 to 16 that focuses on leadership and civic engagement.

The program will give mentees an opportunity to build life skills and self-confidence by working collaboratively with their mentors to undertake a community project that makes a positive difference in their local community. The purpose of Youth Frontiers is to connect young people with volunteer mentors."

We enjoyed two wonderful evenings. A big thank you to the students reporting back to Alstonville Rotary, you are inspirational!

Peter Swain, Youth Activities Coordinator, Alstonville Rotary

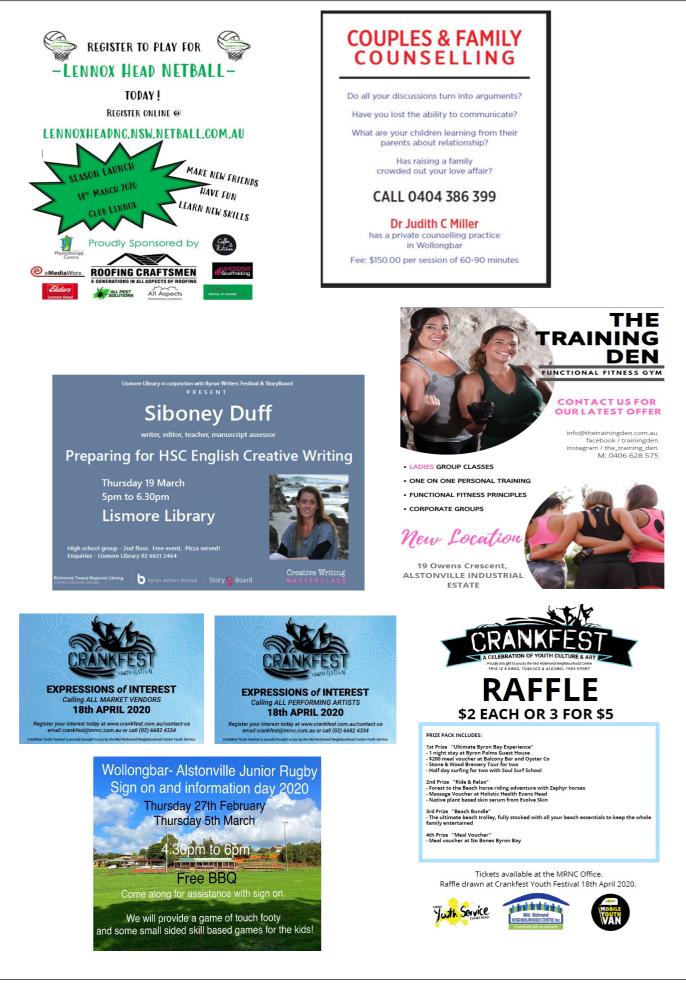
Thanks to all those parents and students that attended our recent Youth Night showcasing some of the youth programmes we support to benefit students from the area. Supporting programmes for young people is just one the areas in which Rotary works and if you're keen to find out more about what we do, please come along to our Rotary Experience Evening on **Tuesday 17th March** at the **Alstonville Bowling Club**. We'll meet a 6pm for a 6.30pm start, there'll be a complimentary buffet dinner provided and we'll be wrapped by 8.30pm. In between, you'll learn more about the local, national and international projects that the club supports and opportunities to take part in our upcoming Environmental Fair! So please come along, bring a friend and enjoy what promises to be an entertaining and informative evening. I look forward to welcoming you.

Community Announcements



Next week, not-for-profit organisation, **WEP** Australia, is holding a public student exchange information session in Ballina. Please find attached a flyer to alert your students. Ballina Student Exchange Information Session March 5 at 7pm Ballina Byron Islander Resort and Conference Centre WEP Australia is registered with the education departments/regulatory authorities in Queensland, New South Wales and Victoria A WEP information session covers everything students and parents need to know about complementing high school

studies with a summer, semester or year abroad





Property valuation & advisory solutions

2020 SCHOLARSHIP OPPORTUNITIES

AFS is committed to providing opportunities for young people to participate in programs regardless of their financial situation. That's why AFS works with a wide variety of corporate and community sponsors to help finance AFS programs through scholarships.

Thanks to the generosity and support of corporate and community donors, AFS offers a range of scholarships which cover all or part AFS program fee. Competition for scholarships varies, and recipie selected on a number of criteria including cultural awareness, community involvement and consistent academic or part of th ement.

Global Citizenship Scholarship

Designed for students who can demonstrate an active engagement in their local community and interest in global issues (sustainability, inequality, peace & justice). Successful applicants will be awarded a \$3000 scholarship to help cover the cost of a trimester, semester or year exchange program to selected countries.





APPLY HERE



Adrienne Rowell Exchange Scholarship In recognition of AFS volunteer Adrienne Rowell's years of dedicated service, AFS is excited to announce a new scholarship opportunity for young students in 2020. Students who can demonstrate an active involvement in their community and motivation in learning about the world around them are encouraged to apply. Successful applicants will receive a \$5000 scholarship to help cover the costs of a semester or year program to selected countries.

Application deadline: 15 March 2020

Application deadline: 1st July 2020

cific Initiative Scholarship

The AFS Asia Pacific Initiative (AAI) was created to strengthen connections between Australia and the rest of Asia Pacific. The program focuses on providing students with global competence tools and in-depth opportunities to learn about their host country. Successful applicants from the Asia-Pacific region will receive \$4000 scholarship to go towards an exchange program in selected countries (Thailand, Indonesia, India and Turkey).

Application deadline: April 2020

Please visit our website to check individual program requirements 🛛 🌐 http



Terranova SEEDS

