



Alstonville High School Newsletter

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

Cawley Close Alstonville

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Issue 4

16 March 2020

Alstonville High School

Our community values
integrity in all aspects of life

Values	Learning
<p><i>We value and support:</i> 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</p>	<p><i>We aspire to be:</i> 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</p>



Calendar of Events Term 1

March 19	Thursday	NC Basketball Trials - <i>cancelled</i>
March 20	Friday	NC 15yrs Touch Trials - <i>cancelled</i>
March 25	Wednesday	NC Netball Trials - <i>cancelled</i> Buckley Shield & Uni Shield Gala Day - <i>cancelled</i> P&C Meeting - <i>TBC</i>
March 26	Thursday	7-12 Parent Teacher evening - <i>cancelled</i>
March 27	Friday	Cross Country Carnival – LH Surf Club - <i>cancelled</i> NC Hockey Trials - <i>cancelled</i>
March 30	Monday	Riggers Camp – <i>cancelled</i> Wet and Wild Year 7 Excursion - <i>cancelled</i>
March 31	Tuesday	NC Soccer Trials - <i>cancelled</i>

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

Lions Youth of the Year

Over the last 2 weeks I have had the opportunity to attend 3 Club finals at Ballina, Alstonville and East Ballina. Unfortunately I couldn't attend Lennox Heads due to a prior engagement. Each participant prior to the evening had attended an interview and they were quizzed on their general knowledge and involved in general conversation, this is worth 70% of their marks. On the evening they are then given 2 impromptu questions which they are required to speak to for 2 minutes each, and then a 5 minute prepared speech on a topic of their choice, this is the other 30% of their marks.

It was very interesting to see how each contestant handled the impromptu, as it is a daunting task to stand up in front of strangers at the best of times when you are prepared, let alone when you hear a question read twice and then asked to speak about it for 2 minutes. How would you go speaking about "Is volunteering important and why?" or "What are the positive / negative aspects of the use of digital technology including social media?"

Eve's prepared speech was about the "Power of Language" and showed that she had researched her subject well. Eve described how learning a second language in fact expands the brain's capacity. When speaking in a foreign language people are in fact more expressive due to not thinking about their first language and some of the norms we associate with it.

Bella spoke about "Participation" and showed an interesting insight into how technology and social media is impacting on society. She believes and I would agree that here is a decline in the participation of younger generations volunteering or being involved in other activities, apart from their phones.

Charlotte spoke about "Birds" and was highly articulate and passionate about them. It was interesting to learn that birds are in fact one of five species on earth that are required to maintain our ecosystem and hence human survival due to the fact of their ability to pollinate vegetation.

Arjah spoke passionately about the "Power of Love" and has an interesting perspective on this. Arjah realises that sometimes we lose the passion and love. However there is nothing stopping you from trying to find that love again in a new pursuit or activity, and if necessary you can continue to do this repeatedly.

I would like to congratulate all of our contestants who represented us as follows:- Eve Buchanan – Ballina, Bella Karam – Alstonville, Charlotte Unsworth and Arjah Newman – East Ballina, Jessica Chate - Lennox. Charlotte and Jessica were in fact overall winners of their club finals and will now progress to the zone final which will be held in Lismore on the 21st March, we wish them well.

Speak Out

Students have a link on their SENTRAL portal where they can notify the school of any concerns they have about their welfare or the welfare of others. Of course students are encouraged to talk to us directly. Students can also access the SPEAK UP notification form via the following link: [SPEAK UP](#)

Alstonville Certificate of Excellence

This week teachers will commence the 2nd round of reporting against our ACE learning scaffold. This information will be provided to students and families before the end of term. The information from the first half of term and the 2nd half of term will be used to generate our new student achievement awards.

Attendance Reminder

The Sentral SMS message system is used to notify when a child is absent from school for all years. This will enable you to explain the absence by return SMS for this text only. This is not a dedicated number for future use. Parents are required to explain absences no later than 7 days from the first date of absence. This is a requirement of the Department of Education. If the school is not supplied with an explanation within that 7 day period the absence will be recorded as unexplained and appear as such on reports. Please phone, email, write a note or respond to the SMS to explain student absence.

Thank you to parents

Thank you to parents who have already paid voluntary contributions and subject specific fees. Subject specific fees pay for the consumables used by your child in completing projects. Voluntary contributions assist with the purchase of textbooks, ICT equipment and learning resources, paper - in fact a multitude of things used to support our students.

We have EFTPOS and Payment on Line facilities to assist parents with payment options. Of course cash and cheques are still accepted! Your support with early payment is greatly appreciated.

John Parker, Relieving Principal

Aboriginal Student Mentor



Jingi Walla, Hello parents, carers and students. My name is Tashaya Roberts I'm a proud Widjabul Wiyabul woman from the Bundjalung nation. I'm a young mother, I've worked in the school system previously before. I'm happy to announce I'm the new Aboriginal Mentor and can't wait to get to know everyone over the coming year and be a part of enhancing the students education and connection to culture. Please feel free to come introduce yourselves and have a chat with me anytime.

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

See the English staffroom noticeboard for details

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

NOTE: If there, are any interested, parents / carers, volunteers that would be interested in helping out with this program by taking the bottles to a recycling station please contact Mrs Christmas.

Composting:

There are 8 black bins to place compostable food scraps into also. Please encourage your children to use these also.



10c REFUND HERE

The Environmental group and Mrs Christmas

Term 1 Homework Centre

When: Every Monday

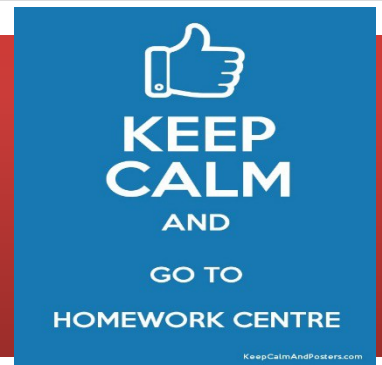
Time: 3.20pm to 5pm

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



Careers Communication Corner

- Reminder to Students and Parents to keep an eye out on Sentral Portal for any information on Careers events. This includes TAFE attendance. As at today 18th March, TVET TAFE Classes are still operating and students attend as they would if at school or provide an explanation note to TAFE and school.
- Great resources to use if Students or Parents are affected by COVID-19 and restricted health issues.
www.alstonvillehighcareers.com
www.gooduniversitiesguide.com.au
TAFE NSW- www.tafensw.edu.au
www.australianapprenticeships.gov.au
NSW/ACT UNIVERSITIES- www.uac.edu.au
QLD UNIVERSITIES- www.qtac.edu.au
VICTORIAN UNIVERSITIES- www.vtac.edu.au
<http://australia.gov.au/topics/education-and-training/scholarships>

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

St. Vincent De Paul Donation

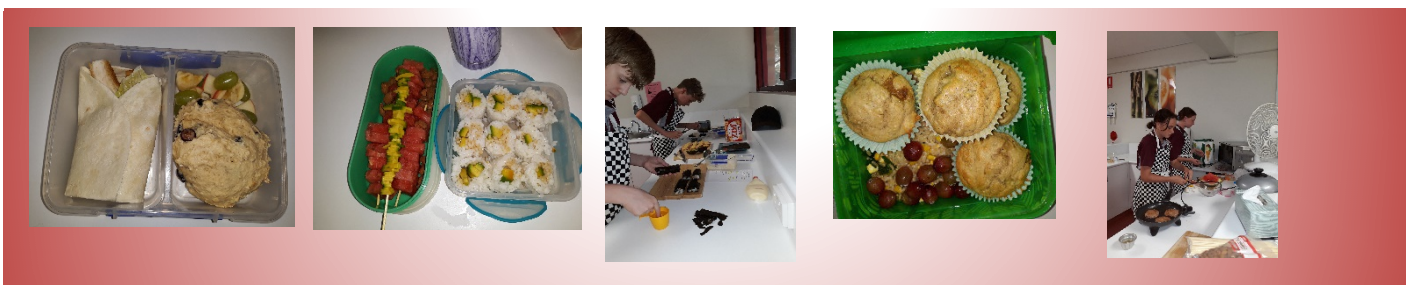


On Friday of week 5, we received a wonderful surprise visit from Melanie from St Vincent De Paul. This lovely lady came into school and met with Drew Fox and the Learning Support Team. On behalf of Vinnies, Melanie provided the school with a generous and very handy supply of stationary and book packs for the students who might be missing the necessary equipment in classes.

We would like to extend a BIG Thank You to our wonderful donors!

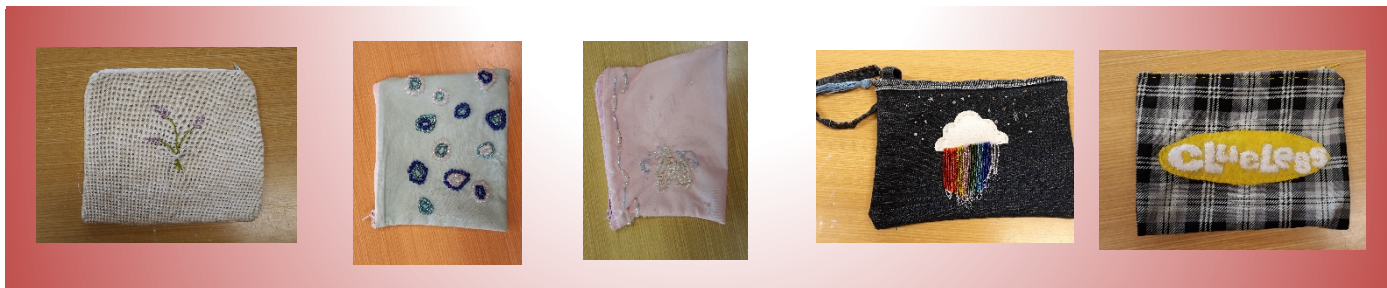
Year 7 Technology Mandatory

Have been busy in the kitchen and produced some nutritious lunch box ideas. The task was to create a healthy lunch box, with variety and colour. The pictures below speak for themselves, well done year 7.



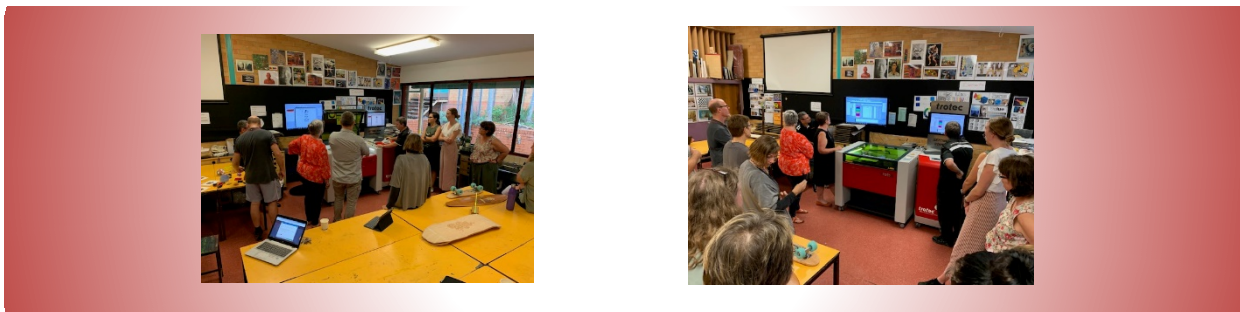
Year 9 Textiles Technology

We have all enjoyed learning about the history of beading. The class have produced some outstanding examples of beading, pictured below. The Textile students are now fully aware of the time and effort involved in any beaded textile article in their wardrobe collection.



Term 1 Technology Educators Association meeting for the Northern Rivers

In 2020 these meetings are being held at our school and we bring together a like minded group of Technology educators and get inspired and share resources. In this case we have all enjoyed learning about Laser cutters and their use in schools (see pictures below). Asltonville High School are looking into the purchase of there own Laser cutter in the coming months. The benefits to students will be seen in the professional finish of surface enrichment to their projects. Exciting times!



Mrs Christmas TAS Head Teacher

Agriculture News



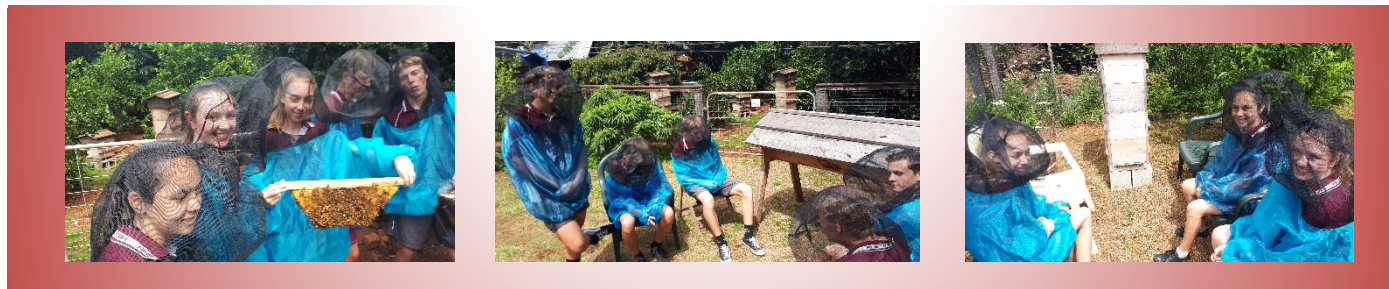
Year 8 students have started cultivating and planting their vegetable plots but have had some difficulty having to wait for suitable drier conditions due to the good run of moisture we have had.

Year 9 students have welcomed a flock of young layer chicks to the school and have been recording growth data. Some modification to the brooder environment was made due to a vertebrate pest issue. Year 9 have also set up a high-quality commercial market garden and are growing corn, shallots, spinach and snacking tomatoes. It is expected that an early frost may cause some damage to the corn and tomatoes.



Year 10 agriculture 6 attended the bee excursion as shown in the photos. They have also established the Chrysanthemums for Mother's Day enterprise with 516 seedlings planted and at this stage all have survived due to the care and skill of students and

favourable weather conditions during the planting phase. Advertising for flower bunches to be sold in May will occur next semester.



Year 11 students have completed the work health and safety unit and are currently managing the school's Red Angus stud beef cattle program. We have also celebrated the arrival of a new steer for the Lismore show.

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 School price = \$1400

- 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

Bargain school price = \$1300

Brand new Bordin Bros (same as ours) is \$2197

New grain feeder **\$2390** <https://www.universalfeeders.com.au/feeders-accessories/3000-medium-feeder>

new grain feeder <https://advantagefeeders.com.au/product/1800hd/> Price = **\$2400**

assembled <https://advantagefeeders.com.au/prices/>



Sports News

Swimming

On Tuesday 3 March, a team of 12 very keen and competitive swimmers travelled to Coffs Harbour for the North Coast Secondary Swimming Carnival. This team was quite successful with 11 of our students qualifying to compete at state. We also had Year 7 student Lachlan Trease finish as a runner up in the 13 Years Boys Age Champion Point Score. Thank you to all the parents who transported and supported their children on the day. Congratulations to the following students who competed at the north coast regional carnival held in Coffs Harbour for their success and excellent behaviour:

Thomas Bowker, Jasmine Buckley, Meggan Ellis, Grace Hadlow, Amalia Jobson, Coen Jobson, Eva Jones, Sonny Stenner, Alahna Thomson, Cody Thomson, Lachlan Trease, Lucy Trease.

Alstonville High School's 2020 Cross Country Carnival

All students/parents/carers the Alstonville High Schools' Cross Country Carnival was to be at the Lennox Head Surf Club on Friday 27 March 2020 (Week 9, Term 1) – **has been postponed until further notice.**

16 Years Boys North Coast Region Rugby Union Trials

On Monday 9 March Year 10 student Kyle Hyde-Theakstone travelled to Grafton to compete at the North Coast 16yrs Boys Rugby Union Trials. Although Kyle played very well and enjoyed the experience, he was not selected into the team this year.

Rugby Union

On Monday 9 March Year 12 students Angus Levot and Thomas Parker travelled to Grafton to compete at the North Coast Open Boys Rugby Union. As a result of their fine performance at these trials both Angus and Thomas were selected into the team. Congratulations.

Netball

On Thursday 5 March Year 10 students Hannah Gilmour and Amy Bransgrove travelled to Goonellabah Sports and Aquatic Centre to compete at the zone open girls netball trials. Congratulations to Hannah Gilmour for her selection into the Northern Rivers Zone Open Girls Netball Team.

Northern Rivers Zone 15yrs Touch Football Trials

On Thursday 5 March, Lachlan Offley from Year 9 travelled to Kadina High Campus to compete at the Northern Rivers Zone 15 Years Boys Rugby League Trials. As a result of his fine performance at these trials, Lachlan was selected into the Northern Rivers Zone 15 Years Boys Rugby League Team. Well done.

Mr Paul Francis / PDHPE Teacher

Library News



Faculty Text Books and Library Overdue: 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 be asked to return it or look for it, either at home, in your locker or in the faculty storeroom before you can borrow. It is your responsibility to take care of the resource and know where it is, not your teachers.

Ms Rachel Varela

Community Announcements

Educational Pathways Pilot Program in 2020

In November last year, the NSW Government announced an Educational Pathways Pilot Program to transform the way students and parents think about their post-school options and future careers. It is with great pride that Alstonville High School was selected to participate in this important program.

Over the next two years, Alstonville High School along with the support of the Department of Education, will focus on improved career advice and in-school opportunities for our students.

We believe the education students receive here should be of the highest quality and the broadest range. Under the Pilot, we will be opening up new opportunities such as school-based apprenticeships and wider subject options to ensure the students of Alstonville High School and their parents have all the facts they need to take that critical next step.

To give you an idea of what's to come, please read on for some of the Pilot highlights:

- Specialist Careers Immersion Teams have been launched. Under the leadership of a dedicated Head Teacher - Careers Education, the Teams will be collaborating with local industry and employers to create training opportunities for students. Our goal is to make sure all students are work-ready for the industries Far North Coast is crying out for.
- Dedicated School Based Apprentice and Trainee Mentors will soon come on board to support and guide students and also work with industry and employers to develop partnerships with the school and broker employment opportunities.
- Career guidance and support for students who may be struggling to decide which subject choices and post-school education is right for them.
- Firsthand accounts from NSW's best apprentices and trainees discussing the valuable and long-term career opportunities that a vocational qualification offers.
- Opportunities to study apprenticeship or traineeship units at school that could lead to higher level VET qualifications and a one-year credit into a university degree.
- Workshops to help inform students about employer expectations for work, including how to dress, how to behave and important employability skills.

- The extension of funding to school students who do not want to pursue an HSC to undertake VET pathways while still at school.

Important wrap-around services for early school leavers looking to access TAFE NSW.

These are just a selection of what is on offer for our students. We are thrilled to participate in this pilot, and encourage you to contact Karen Horne or John Parker on 0266 285 222, to learn more and get involved in these exciting initiatives.

Free Student Exchange LIVE Online Information Session for Alstonville High School Students and Scholarships Available in 2020

We would like to invite your students and families to a FREE LIVE Online information session being held on Wednesday, 25th March at 5.30pm (AEDT / Sydney Time).

The LIVE Online session gives students and families the opportunity to learn more about becoming an exchange student and the various scholarship options that are available in 2020.

We offer scholarships and discounts worth over \$100,000 to students each year. All scholarships are valued at either A\$2,500 (semester program) or A\$3,500 (year program) each. Students don't need to be A-grade to apply and the top language student doesn't necessarily win. Your career advisor and/or language teachers may be interested to promote our

- 3 Language Scholarships
- 3 International Affairs Scholarships
- 3 Community Involvement Scholarships
- 2 Australian Ambassador Scholarships
- 3 Digital Video Scholarships

"Leaving Sydney for Vienna, I had no clue what was ahead of me. Taking the leap to embark on exchange was one of the best decisions I've ever made. You obtain a new global perspective: new language, new knowledge of your extensive capabilities and a vision of everything that's possible!"

Nicoline, Austria Semester Program, Australian Ambassador Scholarship Winner

We would appreciate it if you could please mention our upcoming information session in your newsletter or place the notice on a study room noticeboard. Visit studentexchange.org.au/info-sessions/ or call 1300 135 331 for more information

Lismore Library in conjunction with Byron Writers Festival & StoryBoard PRESENT

Creative Writing MASTERCLASS

Cultivate your creativity and hone your craft with help from well-known authors and industry professionals.

A primary & a high school group. For young writers from 10 to 18 years. New writers always welcome. Pizza provided! These masterclasses are free!

Lismore Library
Every second Thursday during school terms
Term 1 dates
Thursdays 6 & 20 Feb, 5 & 19 March, 2 April
from 5pm to 6.30pm

Richard Tweed Regional Library
byron writers festival
Story Board
Lismore Library 02 6621 2464

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:email.lyndall907@hotmail.com)
OR
Linda Grudnoff 0431622656 or [email lindagrudnoff@yahoo.com](mailto:email.lindagrudnoff@yahoo.com)

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 of the AFS program fee. Competition for scholarships varies, and recipients are selected on a number of criteria including cultural awareness, community involvement and consistent academic achievement.

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.

MIMI Student Exchange Scholarship
Japan Australia LNG (MIM) has a long history of supporting two Australian students each year experience a one year exchange program to Japan. Successful applicants will receive a \$5000 scholarship to help cover the program fee. Students who wish to take up this opportunity must also be willing to share program updates with the Sponsor.
Application deadline: 1st July 2020

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

Asia Pacific 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 <https://afs.org.au>

REGISTER TO PLAY FOR
- LENNOX HEAD NETBALL -
 TODAY!
 REGISTER ONLINE @
LENNOXHEADNC.NSW.NETBALL.COM.AU

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 11th MARCH 2020
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 LEARN NEW SKILLS

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 Have you lost the ability to communicate?
 What are your children learning from their parents about relationship?
 Has raising a family crowded out your love affair?

CALL 0404 386 399

Dr Judith C Miller
 has a private counselling practice
 in Wollongbar

Fee: \$150.00 per session of 60-90 minutes

Lismore Library in conjunction with Byron Writers Festival & StoryBoard
 PRESENT

Siboney Duff

writer, editor, teacher, manuscript assessor

Preparing for HSC English Creative Writing

Thursday 19 March
 5pm to 6.30pm
 Lismore Library

High school group - 2nd floor. Free event. Pizza served!
 Enquiries - Lismore Library 02 6621 2464

Richmond Tweed Regional Library | byron writers festival | StoryBoard | Creative Writing MASTERCLASS

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 instagram / the_training_den
 M: 0406 628 575

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New Location

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WEP STUDENT EXCHANGE TO 27 COUNTRIES!

REQUEST A FREE INFO PAGE!
 SMS 'STUDENT' TO 9459 246 633.

BALLINA COME ALONG TO A WEP INFO SESSION!

WEP AUSTRALIA
 INFO@WEP.ORG.AU
 WEP.ORG.AU
 1300 804 723

FIND OUT ALL ABOUT YOUR WEP STUDENT EXCHANGE OPPORTUNITIES:

WHEN: 5 MARCH 7PM
 WHERE: BALLINA BYRON ISLANDS RESORT - CONFERENCE CENTRE

WEP IN USA
 WEP IN ITALY
 WEP IN NEWZEALAND

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 THIS IS A DRUG, TOBACCO & ALCOHOL FREE EVENT

RAFFLE

\$2 EACH OR 3 FOR \$5

PRIZE PACK INCLUDES:

1st Prize "Ultimate Byron Bay Experience"
 - 1 night stay at Byron Palms Guest House
 - \$200 meal voucher at Balcony Bar and Oyster Co
 - Stone & Wood Brewery Tour for two
 - Half day surfing for two with Soul Surf School

2nd Prize "Ride & Relax"
 - Forest to the Beach horse riding adventure with Zephyr horses
 - Massage Voucher at Holistic Health Evans Head
 - Native plant based skin serum from Evolve Skin

3rd Prize "Beach Bundle"
 - The ultimate beach trolley, fully stocked with all your beach essentials to keep the whole family entertained

4th Prize "Meal Voucher"
 - Meal voucher at No Bones Byron Bay

Tickets available at the MRNC Office.
 Raffle drawn at Crankfest Youth Festival 18th April 2020.





Ballina Toyota 

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