Welcome back to Term 4. Thank you to the committee who organised a very successful Year 12 breakfast and assembly. Our guest speaker Dr Neal Lake commented to me after the assembly how wonderful the event was and that students would certainly remember this event.

Year 12 Higher School Certificate Commences
Year 12 students commenced their Higher School Certificate exams on Monday 13th October. All the best to students and parents during the next 3 weeks.

Bugsy Malone – School Musical
I attended the school musical Bugsy Malone on Saturday 11th October and left very proud of the efforts of students and staff. It is always good to see our students involved in these activities. Well done students, staff and parents (Mr Scott Thomas has written a report on the musical in this newsletter).

Staff Development Afternoon
On Tuesday 21st October (from 3:30pm to 6:00pm, after school) Alstonville High School staff will continue work on the “new school plan” for 2015 – 2017 as reported in the last newsletter. Following this session we will be in a better position to determine how best to engage our community and create a shared longer term vision for Alstonville High School.

Security Fence for School
We are currently finalising the location of a security fence to enclose Alstonville High School. The importance of our school being secured outside of school hours was highlighted during the recent school holidays when 15 windows were broken in one night.

Relieving Principal
On Tuesday 14th October I was informed by Mr Peter Campbell, Director of Public Schools, that Mrs Janeen Silcock has been appointed as Relieving Principal to replace me when I retire on the 30th October 2014.

On behalf of the staff and school community I wish Janeen all the best in her new role and I know you will support her as you have David Silcock and me recently.

I look forward to the next newsletter on the 29th October to reflect on my 8 years at Alstonville High School and 35 years in Public Education.

School Captains and Vice Captains for 2014
I would like to congratulate to the following students who have been chosen as our new school captains and vice captains for 2015.

Captains – Felix Margraf and Emma Clark
Vice Captains – Samuel Rohweder and Jessica Hauenstein
2015 School Captains and Vice Captains

L-R: Samuel Rohweder (Boys Vice Captain), Felix Margraf (Boys Captain), Emma Clark (Girls Captain) and Jessica Hauenstein (Girls Vice Captain)

Paul Grebert
Relieving Principal

Year 12 Final Assembly
The Year 12 final assembly was held Friday the 19th September. A large number of parents and family attended with tears and cheers being the order of the day. The Year 12 music class entertained guests as did a video presentation featuring photos from Year 7 onwards.

Our guest speaker was Dr Neal Lake who provided an inspiring and informed talk for both students and guests. Dr Lake is based at Southern Cross University and originally completed Year 12 at Alstonville High School.

After a final roll call for Year 12 the major and special awards were presented. The major awards are based on students’ performances and involvement in both the school and community and are voted on by the school executive.

Some of these included:

<table>
<thead>
<tr>
<th>AWARD</th>
<th>NAME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dux of Year 12</td>
<td>Chloe Timms</td>
</tr>
<tr>
<td>Long Tan Award</td>
<td>Bindjarla Cook</td>
</tr>
<tr>
<td>Lydia Fleming Griffith Writing Prize</td>
<td>Henry Coyne</td>
</tr>
<tr>
<td>John Kirsh Memorial Mathematics Award</td>
<td>Danielle Adams</td>
</tr>
<tr>
<td>Anthony Barling Memorial - Quiet Achiever’s Award</td>
<td>Jamie Gale</td>
</tr>
<tr>
<td>Karla Sawtell Memorial – Positive Contribution Award</td>
<td>Anais Cross</td>
</tr>
</tbody>
</table>

Geoff Timms / Year 12 Adviser

School Musical – 9th – 11th October 2014

When a school community comes together, it is truly wonderful to witness. I recently had that pleasure as I co-Directed Bugsy Malone, Alstonville High School’s musical for 2014. Over the course of the three night performances, and one matinee for local primary schools, I found myself reflecting on what I had been told when I first began to organise the production. People had said Alstonville High once had a strong tradition in musicals, which allowed me to set myself a goal to live up to that high expectation. Lofty ambitions? Perhaps. Yet, as the curtain drew to a close on Saturday night, my wife and I were left with nothing but a very sweet taste in our mouths and stars in our eyes as our performers left the audience with big smiles on their faces and the echoes of applause long after the final number had played.

To those who helped make this musical happen, I owe many thanks and an abundance of gratitude. A list might be too long for this kind of article, but the staff and family members who sacrificed their own time to help with props, costumes, stage design, and make-up are the real stars of this production. People like Ms Kelly Twyford who gave up time in her school holidays to fit students in costumes, bearing a few diva moments from our principal characters. Or, Mr Chris Barnes and Ms Lyn Hand who crafted a wide collection of props for our students to make use of during the production. It would also be remiss to not mention Ms Colleen Bowles, our Musical Director. Her passion and meticulous nature towards the band and the production left me inspired on more than one occasion. I would also pay great thanks to the forever patient, caring and extremely hard working Mr John Southon who slaved away in our school hall with a team, and quite often on his own, to give me the set that I knew would make an audience engage in the dingy nightlife of New York in the 1920’s and 30’s. Mr Southon was a tremendous support throughout the production and also gave his time to providing sound and lighting for every performance. His love for the performing arts certainly rivals, if not exceeds my own. To Mr Mike Sheehan and Ms Briana Thomas, thank you for keeping me rolling along when it all felt too busy. Mr Sheehan as producer who practically gave me anything I required when I needed it, and Ms Thomas who gave some extra energy to our leading cast when it was really required. All of the above and many more combined to give me an extremely organised, productive and entertaining musical.

Last but not least, however, I owe two final thanks. Firstly, to the cast, who smiled and laughed their way through each performance. It was a long and challenging journey that I hope will stay with you for a long time. Every night when the curtain was closed for the final time, people would tell me how wonderfully you all performed. I can’t repeat it enough, your dedication and commitment to the musical has been nothing
but impressive. Thank you for being so energetic and easy to direct.

Finally, to each of our audiences, young and old, small and tall, thank you for the laughter and applause. Sometimes, in our busy lives, it can be a lot of effort to go out and support a local school production, but I hope we gave you all the enjoyment that you expected.

As I said many times, everyone is a critic, and there’s plenty to improve. We all learned a lot this year. If we’re all crazy enough to do it in 2015, I look forward to seeing our community come together and celebrate all over again.

Scott Thomas  
Director – Bugsy Malone, Alstonville High School - 2014

Literacy and Numeracy School Leaving Test – 23rd – 29th October

The second 2014 Literacy and Numeracy test window is from 23 to 29 October, 2014. Enrolments are now open via Schools Online for eligible students who would like to participate.

The October Literacy and Numeracy tests are for students in Years 10 and 11 who are planning to leave school prior to May 2015, or for Year 12 students who are leaving prior to completing their HSC requirements. Year 12 students who intend to complete their HSC may also participate, should they wish to have information on their Literacy and Numeracy skills to show prospective employers.

For more information please contact Marina Wiggins.

Lismore Show Led Steer Competition Preparation

Students from both 10Ag 1 and 2 have been preparing three beef steers for the Lismore Show. Two Limousin and one Charolais steers are in the final stages of preparation for the show. A close team of select students have managed to work extensively in recent weeks to finalise the work required. I am pleased to acknowledge the efforts of Emily Griffin, Rebecca Parker, Amanda White, Rebecca Hunter and Melony Chapman (Year 11). I wish to thank Clare Jackson, Richelle Wood, Harrison Law and Gavin (Ag Assistant) for their efforts in support of the show team. Good luck on Thursday!

Mr Holmes / Ag Teacher

Sports News

Open Boys Cricket 1st Round North Coast Regional Knockout

Play started on a dry pitch on Tuesday 14th October with Kadina taking the crease. Some conservative batting saw Kadina all out for 31 overs and 76 runs. There was some strong bowling with Kael Little, Lewis McNally, Mitchell Pearce, Sam Northfield, Lachlan Bensley and Tim Horowitz as well as a tight field. Alstonville took the crease with Ben Grebert and Zac Clarke striking the ball comfortably to win the match in 9 overs.

Thanks to all involved.

Mr Holmes / Coach

Basketball

Congratulations to our 15 Years Girls Basketball team who have progressed to the state finals. The Alstonville girls were due to play Merewether High School next week, however, they had to forfeit.
The Alstonville girls have proved to be a very strong team so far by dominating all their opposition. This was clearly evident at the North Coast finals where Alstonville High with 36 points defeated Southern Cross K-12 with 16 points.

To be one of the final 8 teams in NSW is a huge achievement and the team coached by Allison Larrescy should be proud of their success. The NSWCHS 15yrs Girls Basketball State Championships will be held at Scholastica Sport Stadium in Terrigal on the 5th and 6th of November.

Team members are: Charlotte Yager yr8, Zoe Hurley yr9, Sarah Brangrove yr8, Leilani Rohweder yr8, Molly Hughes yr9, Trisha Calugay yr10 and Ashleigh Brown yr9.

Waterpolo

Congratulations to the following girls selected in the Open Girls North Coast Waterpolo team. These girls will now travel to Wagga Wagga for the State Carnival from 18th to 21st November. Last year the North Coast Girls team finished fifth and one Alstonville High Student was selected in a NSWCHS Representative team. Good luck!

Sarah Brangrove yr8, Jade Cusack yr10, Sontae Caldwell yr7, Ashleigh Brown yr9, Riley Steer yr10, Madeline O’Brien yr10, Sophie Sproule Yr9.

Congratulations to the following boys selected in the Open Boys North Coast Waterpolo team. These boys will travel to Tamworth for the State Carnival to be held Monday 24th November to Thursday 27th November. Last year the North Coast Boys team finished fifth and four Alstonville High Students were selected in NSWCHS Representative. Good luck!

Sam Stanek yr11, Ben Galbraith yr10, Josh Galbraith yr10, Tom Fleming yr11, Felix Margraf yr11, Liam Hair yr11, Isaac Sheehan yr10, Daniel Sawyer yr11, Callum Sweeney yr11, Julian Aenishaenslin yr11, Aenishaenslin yr11, Josh Patston yr10.

Paul Francis / PD/H/PE

RRISK Reduce Risk – Increase Student Knowledge

Adolescent Drinking Behaviour

Young people aged 16-24 are amongst the heaviest drinkers in Australian society. In NSW, 46% of males and 43% of females in this age group are drinking at levels that could pose a serious risk to their health if they continue to drink at this level during their lifetime.

Over half of this group regularly drink to intoxication, which places them at risk of an alcohol related injury on any single drinking occasion. (NSW Health Statistics, 2011)

Young people are less likely than adults to be concerned about the negative consequences of heavy drinking. They are more at risk than adults as they are physically and psychologically immature, lack experience with alcohol, are more willing to engage in risk taking behaviour and are often unaware of the dangers of excessive consumption.

Choosing not to drink or learning how to drink responsibly can be among the most difficult tasks facing young people today. The earlier young people start drinking, the more likely they are to become high risk drinkers and experience alcohol related harm whilst they are young and in later life.

Alcohol and adolescent brain development

The brain is not fully developed until about 25 years of age. Drinking alcohol to intoxicating levels during adolescence can result in permanent brain damage. Areas of the brain that control memory, learning, decision making and problem solving can be permanently affected.

Learning problems can result in poor exam results and life skills which will reduce future career options and employment. Lack of judgement often leads to greater risk taking and increased likelihood of violence or sexual assault. Regular heavy drinking can cause irrational and aggressive behaviour, inability to understand social cues, depression and anxiety.

For more information on the effect of alcohol on the developing brain, see http://darta.net.au/wordpress-content/uploads/2013/02/ALCOHOL-AND-THE-DEVELOPING-BRAIN.docx.pdf

Mental health

Drinking at a young age increases the risk of mental health problems. For more information or support contact Beyond Blue www.beyondblue.org.au 1300 22 4636

Look for information about the RRISK Program and risk taking at our website www.rrisk.com.au

Doug North / Head Teacher PD/H/PE

Careers News

Southern Cross University Seniors Day – 30th October

Southern Cross University Seniors day is being held on Thursday 30th October. Cost is $5. Permission notes and seminar choices on the day are available from the Careers Office (attached to the door). Notes and money need to be handed in by Tuesday 28th October to the front office.
Reminder Years 10 and 11 Griffith University Experience Days

Years 10 and 11 - Griffith University QLD Experience Days are occurring in November 2014. To register for any of the campus days, students MUST place their names on the list attached to the Careers Office door with all sessions completed by this Friday 17th October. This is the registration closing date! Details are on Careers Office window or google “Experience Griffith 2014” to view options. Students must have their own transport to and from the chosen Campus.

Health Services Careers Information Day

The Health Services Careers Information Day is on Wednesday 22nd October from 1:00pm to 3:00pm at Ballina TAFE. Preference will be given to students in Year 10 who have applied to do Health Services/Nursing at TAFE in 2015. See Ms Horne for more information or the flyer in this newsletter. Transport will need to be organised with parents or carer attending as well if possible.

Karen Horne / Careers Adviser

Thank you to local businesses

CONNECT Work Placement and the school would like to thank the following businesses for their ongoing support in taking vocational students to assist them in fulfilling the work placement component of their VET course.

- Sailfish Catamarans Pty Ltd
- Harvey Norman - Computer Department
- Adaptive Computer Services
- The Pioneer Tavern
- Martins Timber Joinery
- House with No Steps - Turning Point Café
- Federal Hotel
- Steve's Bakery & Cake Shop
- Jeff Smith Plastering
- Brian Beazley Constructions
- The Blue Shop
- GG Automotive
- Lismore Diesel Service
- Alstonville Automotive Service
- Ballina Auto and Performance
- The Coffee Club - Ballina
- Alstonville Smash Repairs
- North Coast National A&I Society Inc.
- Northern Rivers Auto Electrical
- Pacific Garage
- Tranquil Pools and Landscapes
- Mantra on Salt Beach
- M10 Communication
- Advanced Automotive Solutions

Mark O'Neill Painter
- Naramaa Detail Joinery
- Skullcandy Oz Grom Open Surf Contest
- Essential Energy - Ballina
- Rural Buying Machinery
- Options in Alstonville
- NJ Construction Pty Limited
- Quattro Country
- Sirocco Café Restaurant & Gallery
- Black Sombrero
- Australian Hotel
- Andy O'Maley Building
- David Howe Building
- TD Irvine Building
- Lismore 4x4 Accessories
- Max Graham Welding Services
- Priceline Pharmacy - Lismore
- Doug Ferris Beef Cattle and Stud Farm
- Phillip Convery Beef Cattle Farm

Recycling Reminders for Students

Please bring in all your old batteries and mobile phones for recycling!

PHONES: Drop into the Library
BATTERIES: These are to be dropped into the Canteen - a plastic jar is located on the bench top.
INK CARTRIDGES: These are collected in the Print room.

Environment Group
BUGSY MALONE MUSICAL 2014
**P&C, Canteen & Uniform News**

**Year 12 Farewell Breakfast BBQ**

The final morning of Term 3 saw Robynne & Helen in the canteen at 6am co-ordinating deliveries while Rob fired up the BBQ outside. Soon the whole place was alive with activity as people arrived to find a superabundance of muffins to be organised and a large fresh fruit salad that required the finishing touches.

Rosie and Terri and a small band of artisans continued to work on a fantastic flower display, and Greg arrived with a trailer load of plants to help bring the area to life.

By 7.30am the ‘Welcome to Alstonville High School’ banner was dusted off and hung, tables were resplendent with cloths and flowers and the eggs were sizzling.

All this was in honour of our 2014 Year 12 students – the guests of honour at this annual breakfast event.

There were egg and bacon rolls, congratulatory hugs and photos a-plenty – and many parents hardly able to comprehend that after so many years, it was all coming to an end.

This wonderful morning of memories and tears is made possible by an equally wonderful band of workers and my thanks go out to them all.

**Thank you to:**

Wendy and Marina who drove the event from the early stages.

To Rob Walker and his Year 9 and 10 students for so many wonderful hot breakfasts in such a short time.

To Robynne and Helen in the canteen for food orders, muffins, catering advice and much more.

To the ladies in the office who handled ticket sales.

To all the volunteers who arrived on Thursday afternoon to start the preparation – Wendy, Alison, Trish, Simon, Lynda, Jessica, Sarah and Roo among them.

To Rosie and Terri who organised the flowers – including the magnificent floral school emblem flower wall, and the wonderful ‘take-home’ posies on the tables.

To Greg for his delivery of terrific plants kindly lent from the Alstonville Garden House courtesy of Andrew.

To the early morning volunteers who rolled up their sleeves in the canteen – Alison, Bridget, Bernadette, Chris, Jane, Sophie, Charlene, Trish, Lindy and others.

It was a wonderful effort by all and a great celebration of the culmination of six years of hard work by Year 12 and their parents.

Annette McGrath
P&C President

**Please Note:** Our next P&C Meeting has been changed to the 29th October.
Canteen and Uniform News

- Sushi, Salad Rolls and Sandwiches available this term in the canteen.
- Check out our daily blackboard specials

Uniform Shop

- Year 10 Graduation Jersey $86.00. **Last orders taken Friday 7th November**
- Hours open 8-10am Monday Wednesday and Friday for general uniform and stationery needs
Empower U

World Class Course for 14-25 year olds Ballina 21-23 Nov 2014

Learn Advanced Living Skills

- Goal Setting
- How to manage emotions
- Breaking through barriers
- Money skills & wealth building
- 6 Steps to career: success
- Communication, family & Relationships

The Participants will walk away from the weekend with

- An absolute certainty and belief within themselves that they can achieve anything
- The tools and strategies to take that belief and take immediate actions as they are now equipped to achieve what it is they want

Don't miss out - enroll NOW at Empoweringlocalyouth.com.au or 0412734454 Ask for Tim

The Rotary Club of Bellina on Richmond

John Huegli Memorial Charity

Barefoot Bowls Day

Sunday 9th Nov 2014

3pm start

$20 per person, teams of 4 or we can put you in a team, no experience necessary

Flat shoes, socks or bare feet. Bowls and coaching provided

Includes BBQ Dinner, Dessert and Drink

Rink Prizes, Fantastic Raffle and Lots of Fun

Bookings:

Call Cherry Street Sports Ballina 6666 2811 or
Col Lee 0417 862 602 or Julie Shelley 0427 287 627

Proudly Supported by:

Funds raised will go towards purchasing an Emergency/Crash trolley for Ballina District Hospital

Get Job Ready!

Teen Workshop

- Do you have little or no work experience?
- Want to start earning your own money?
- Desire personal freedom?
- Want to increase your self belief and confidence in your abilities?

Then come along and meet inspirational author Lisa-Marie Kerr!

In Get Job Ready, you will learn the secrets to:

- Disciplining your thoughts and problems
- Effectively communicating your skills and potential to potential employers
- Writing a killer interview-winning resumes and cover letters

On Thursday 6 November

5pm - 8pm

at the Goonellabah Library

Pizza and drinks provided

Limited spaces, bookings essential

For bookings and enquiries call 66212464
ENGAGING ADOLESCENTS™
PARENT COURSE
A 6-segment program for parents and carers of BCSA Youth Services
63 Swift St

Starts: Wednesday the 5th of November, 2014, at 6:00pm

Learning:
- Some common ground shared by parents & reasonable expectations to hold about adolescents
- New understandings of adolescence
- A three-option model for charting decision-making
- Self-check in, Robin: Repercussions.
- Building relationship with your teenager and making the best of your non-crisis conversations with them
- Skills for short conversations for handling those problems you just can't ignore

Registrations required
50 places Free

Register for this course contacting Steve Bowden at BCSA on 66 013 423

For more information contact Steve on 0417 116 511 or 0417 381 708
steve.bowden@bcsa.org

• An end to the arguing and yelling! • It saved our lives • tempers, sane, effective •

Hotel prices are set by a Government Board - www.parens.org.au

Health Services Careers Information Day
- Have you chosen Health Services for next year?
- Are you interested in a career in Health Services?
- Would you like to know about the opportunities and career pathways available to you?

Wednesday 22 October 1—3 pm
Ballina TAFE Room JG.03
- Learn about School Based Traineeship Pathways to Health Services Careers
- Get a tour of the TAFE facilities
- Get yourself ahead in your career!

For further details contact Tiffany Bennett
Tiffany.bennett@csu.edu.au

2015 bcu Bill Usher Enterprise & Innovation Scholarships

students, apprentices & trainees

Best up to $1,000

for your study stuff

Apply at bcu.com.au/scholarships

Win an iPad mini!
Follow bcupeeps and repost our comp pic with bcu2win