Values

We value and support:

- A positive, healthy and safe learning environment
- Respectful attitudes and actions
- Diversity
- Pursuit of personal excellence
- 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

Educational Idea for the week – building successful study and revision habits

Kids and families run more smoothly when there's a plan - so print out our 2014 homework and study calendar, which includes key dates and school holidays.


Many kids find study difficult or boring, but you can help make it more rewarding by using the following ideas. Developing an understanding of key concepts through study is generally more important than remembering large amounts of information. If students process new material in ways that are personally helpful, the greater the chance there is that successful learning will occur.

Keep up with assignments and assessment tasks:

- Mark key dates on a calendar
- Make an assignment schedule for each week
- Make daily ‘to-do’ lists

Review class work each day:

- Keep a notepad handy while reading to make notes or reminders

Year 7 Welcome BBQ and Year 7 2015 Information Evening

Join the culture of success at Alstonville High School by enrolling your child in Year 7 for 2015.

Take the first step by attending the Information Night and BBQ on:

DATE: Tuesday 11th March 2014
TIME: 5.30pm
VENUE: School Hall

The evening will commence with a short talk and performances from our students. The sausage sizzle that follows will then provide ample opportunity to talk with the variety of teachers who work in the High School setting.

Also present on the evening will be our current Year 7 students and their parents so there will be a chance to mingle and share both the experiences and needs of a child entering high school.

There will be opportunities to observe our students at work and stroll the corridors of knowledge to observe our impressive facilities.
Principal’s report continued ………………

- Create flash cards of main ideas or key points (with details on the back)
- Make up study questions to test learning

Take breaks while studying:

- Your child will focus more if they’re not tired
- Suggest to your child that they stand up after 20 minutes and walk around the room (while thinking about the topic)
- Tell your child to take a complete five-minute break every 40 minutes

Good study approaches for your child to use:

- Make a summary of the main ideas
- Use organisers such as columns, lists or tables and colour-coded folders for different areas of the subject
- Draw a diagram, or mind map, to show main ideas and links between them
- Reorganise the information and label the points
- Use headings, subheadings, underlining or bold-face when making notes
- Create a list of key terms
- Paraphrase a difficult passage using simpler words
- Try memory testing by saying aloud what has been learnt
- Cover a paragraph, diagram or page and say aloud what it was about or write some brief notes

Year 6 and 7 Welcome BBQ

Families of students currently in year 7 at Alstonville and families of students who are currently in year 6 and are considering enrolment at Alstonville High School in 2015 are invited to a Open Night and Welcome BBQ starting from 5.30 pm on Tuesday 11th March.

The night will include a combined welcome and demonstration of student work in the school hall followed by tours of the school and demonstrations in classrooms.

Families of students in year 7 will have a chance to meet teachers as you help your child(ren) complete a teacher ‘dance’ card on the night.

There will be information sessions for year 6 parents repeated throughout the night by members of the school executive team ensuring that interested families can find out about what we can offer, as well as having a chance to ask questions in smaller group settings.

A BBQ will run during the evening and there will be tea, coffee and other drinks available. If any parents would like to volunteer to help on the evening this would be greatly appreciated.

Alstonville and Wollongbar P&C Fun Run

The Alstonville High School and Wollongbar Primary School P&Cs will be holding their annual Fun Run on Saturday March 15th 2014. Information about this event will soon be posted on the Fun Run Website http://www.alstonvillewollongbarfunrun.com.au/

In the meantime we would appreciate hearing from anyone associated with Alstonville High School who can help out with the event. In particular we would appreciate volunteers who can help with the BBQ, act as a marshal for one or more event, or help with the set up and pack away. If you are interested in helping with this terrific community event please contact Alstonville High School and leave your details with the front office or via email.

Tell Them From Me Student Survey

Alstonville High school is once again asking all our students to complete this online survey commissioned on behalf of the Department of Education and Communities. We first asked students to complete the survey in 2013 and we received very useful feedback from students about their levels of engagement with school and issues that were of concern.

We are serious about nurturing a love of learning in our students and student voice is an important part of this process. By gathering information over time we will be able to more effectively respond to issues concerning students and celebrate our successes.

The survey will be completed in class time and all information is confidential and held by the Department of Education. When students log in they do so using a randomly allocated username and password so at no point is any individual information collected that could be used to identify individual students. During the survey students can elect to skip questions they do not feel are relevant to them.
We will be asking students to complete the survey between the 10th of March and the 11th of April. A report will be produced two days after we close the survey so we can use the information that is generated to inform our activities during the year.

More information can be found on our website at http://www.alstonvill-h.schools.nsw.edu.au/news/tell-them-from-me-survey

**Mobile Dental Van Update**
The mobile dental van is complete and will visit Alstonville High School on **Wednesday 5th and Thursday 6th March**.

If you want your child to use this facility then the necessary paperwork will need to be completed prior to the van visiting Alstonville High School.

Students who have made an appointment should have received an email indicating a time. They can use this email to show classroom teachers that they have permission to leave class. They should then go to the front office and get a leave pass. When they finish their appointment they must return to the front office and they will be signed back in and sent straight back to class.

Of course, any parent or carer who wishes to accompany a child for their appointment can arrange to meet them in the front office in the same way that you do if you are taking your child offsite for an appointment.

Further information and forms can be found on our school website at:


**The Importance of our P&C**
The first P&C meeting for 2014 was held last Wednesday evening. Topics that were covered including planning for the upcoming Year 6/7 Open Night and the Fun Run. Marina Wiggins, who is Deputy Principal responsible for years 8, 10 and 12 for 2014 attended the meeting and spoke about planning for the Open Night. An initial budget for 2014 was discussed. An update was provided about progress on the Sky Deck behind the canteen. We then had a discussion about a new Electronic Devices Policy that the school is developing. A copy of this policy can be found at:


Leone Chapman who is Head Teacher Teaching and Learning ICT also spoke about Bring Your Own Device programs that are operating in schools throughout the world. We looked at some of the different models, the disadvantages and advantages. This is the start of a conversation we will need to keep on having as we try to ensure we use technology as an aid to student learning in a way that is equitable and sustainable. The conversation was very useful as we explored alternative ways forward to benefit our students.

The P&C is a very important contributor to our school’s success. An active and well supported P&C demonstrates to our students that families and the community are strong supporters of our school and that education is important. The P&C also provides a model for students of the school as a learning community. At each and every P&C meeting learning occurs for all participants and this reinforces our focus on nurturing a love of learning and the importance of life-long learning.

Please give some thought to making time as a parent or carer to come along and participate in our P&C.

**New Lockers**
As was mentioned in our last newsletter we are looking to place further orders for new lockers to replace the old metal lockers that have been in the school for many years. Interest from families has been strong. The sooner we have enough expressions of interest the sooner we can place an order. We would like to place an order for a minimum of 40 to 50 new lockers to reduce the cost of delivery.

If you are interested in taking a new locker if we order more please let us know by sending an email to our school email account alstonvill-h.school@det.nsw.edu.au using the subject “locker” and including your child’s name and roll group in the email or simply send a note into the front office with the same information. If there is sufficient demand for more of the new lockers we will place an order. The new lockers cost $20 per year.

**Footwear reminder**
It is disappointing that we still have students wearing the incorrect footwear to school. We remind students and parents that canvas shoes are not suitable shoes to wear to school and are not part of our school uniform. Students should be wearing shoes that are predominantly white or black and which have leather or a leather-like vinyl upper. Students who do not wear the correct footwear can find themselves on detention or restricted in activities at school until we can ensure they are wearing the right shoes. We would like to avoid this situation occurring and ask for your support.

David Silcock
Principal

**Attendance**
When a student is absent from school due to illness or family matters, they are required to supply a note to the school explaining the absence. This note must be brought in within 3 days of the absence and given to the roll call teacher. Please
ensure that your child's note contains their surname, year and reason for leave.

If a student is required to leave school early, they are to bring a note to Mrs O'Brien in the front office before 8.45am. Notes must also contain the student's surname, year, reason for leave as well as a parent's phone number so that we can verify the leave request if needed. Any queries with attendance, please phone Mrs O'Brien.

Mrs O'Brien / Head Teacher Attendance

**English, Maths, Science and Technology**

Notes have gone out for the Science, Maths, English and Technology competitions being run in 2014. If you have misplaced the note you can print out a copy from the Alstonville High School website at:


Competition notes and money need to be returned by the end of Term 1.

**Science News**

**Science Homework**

A reminder to all parents that Science homework is given out each term. Each year group has three tasks to complete as well as an extension task. All copies of the homework as well as the major assignments for year 8 and 10 are available through the Alstonville High School website at the link below.


**Year 11 Biology Fieldwork**

A stream is usually a home for many different types of animals. These include insects, crustaceans, molluscs and worms, which are all commonly referred to as water bugs. Scientists have found that the number and variety of water bugs found in a stream can give an indication of the relative levels of water pollution.

The Index was calculated along the creek from directly across the Alstonville High School buildings, to along the oval and up to the Ag Plot, using the water bugs collected by the students at a variety of sites.

The Index is a rough guide, however, and its accuracy is very dependent on how well the sampling is conducted. To make comparisons meaningful, it's important to use the same sampling technique at each site. Students observed a wide variety of species ranging from an eel, which unfortunately got away, to mayfly nymphs, dragonfly, nematodes, water mites, beetle larvae as well as adult beetles. No platypus were sighted, though apparently there is a colony upstream from the Ag Plot.
The class data obtained on the day was collated and assessed to give a Stream Water Quality rating for our creek. Whilst the results were somewhat inconclusive overall, we aim to repeat this activity a number of times in different weather conditions to obtain more reliable data in the future.

Next Monday 10th March will see Year 11 Biology conduct further field study work, travelling to Woody Head rock platform for the day, as part of their first compulsory assessment task. This will be valuable preparation, also, for the week long excursion to Heron Island on the Great Barrier Reef in May.

School Auction
This term, Alstonville High School has introduced an auction to support the school’s focus on positive behaviour within the school.

Teachers will provide students with an auction ticket when the student displays positive behaviour within their classroom and around the playground. These tickets support lessons students are receiving in roll call that provide an emphasis on the school’s values of participation, responsibility and respect.

At the end of the term, the SRC will conduct an auction in the school’s hall. Students will “bid” by calling out an amount of tickets. The student with the highest bid will receive that prize. We hope to have a variety of prizes auctioned off on the day.

If parents or other community members would like to donate prizes for this auction, please call Doug North at the school on 66285222. Any donations would be very much appreciated.

Doug North / PD/H/PE Head Teacher

Maths Textbook Protectors
Please note that the cost of the Maths Textbook Protectors are available at the front office for $5.00.

Sports News
Northern Rivers Zone Swimming Championships
On Tuesday 25th February a team of 31 very keen and competitive swimmers travelled to the Lismore Memorial Baths for the Northern Rivers Zone Swimming Championships. This team was very successful finishing first in the overall point score. This is the third year in a row that we have beaten Maclean High School in the overall point score. We also had five age champions: 13yrs girls Alyssa Iles yr8, 14yrs girls Sarah Bransgrove yr8, 15yrs girls Jade Cusack yr10 and 17+yrs boys Julian Aenishaenslin yr11. This team also had 10 Relay teams qualify for the North Coast Regional Swimming Championships to be held at Lismore Memorial Baths on Tuesday 11th March. Thanks to all the parents who transported and supported their students on the day. Congratulations to the following students who competed at the Zone Carnival in Lismore for their outstanding success and excellent behaviour:

Aenishaenslin, Julian yr11 Bransgrove, Sarah yr8
Chung, William yr10 Cusack, Jade yr10
Edward, Pearce yr7 Fay, Austin yr7
Fleming, James yr7 Fleming, Tom yr11
Galbraith, Josh yr10 Green, Josh yr8
Hair, Liam yr11 Hofmeyer, Brooke yr7
Iles, Alyssa yr8 Jones, Scarlett yr7
Kerry, Olivia yr8 Leslie, James yr8
Margraf, Anna yr7 Margraf, Felix yr10
Margraf, Moritz yr9 Maxwell, Zachariah yr9
Moosberger, Will yr7 Mulcahy, Jasper yr8
Mundt, Torsten yr7 Peiti, Giaan yr7
Rawson, Thomas yr7 Sawyer, Daniel yr8
Sheehan, Isaac yr10 Sproule, Sophie yr9
Stanek, Gabrielle yr9 Van Zuylen, Adam yr9
Wenban, Domenica yr8

Basketball
Congratulations must go to two of our talented Basketball players: Zoe Hurley of yr 9 and Charlotte Yager of yr 8 have been selected as members of the North Coast Open Girls Basketball team. Both Zoe and Charlotte will be involved in plenty of training before they head off to the NSWCHS Girls Basketball State Carnival held at Wollongong from 25th to 27th March. Commendation to Zoe and Charlotte on their hard work and good luck to them both!

Thanks for Billeting Athletes
The school would like to express their appreciation to all the families who provided accommodation for students from Port Macquarie and Westport High who participated in the North Coast Open Girls and Boys Basketball Championships held at Lismore on Friday 28th February.

Accommodating a billeted student in your home has given an equitable opportunity for all students to compete with their peers. The billeted students all expressed gratitude to the families and benefited from this experience.
We would like to thank all the families for opening their homes, providing a safe and comfortable environment for the visiting students. Thank you to yr 8 student Erica Kelly and teachers Mrs Amanda Borthwick, Mr Paul Francis and Mr Doug North for billeting these students.

**Billets**
The Northern Rivers Zone will host the North Coast 15yrs Girls and Boys Touch Football Championships at Goonellabah on Tuesday 18th March. We require host families to billet students from the most southern schools in our region. Host families will be required to provide a bed and dinner on Monday 17th February and breakfast on Tuesday 18th March. Families interested in providing a billet should give their names and contact details to Mr Francis.

**Waterpolo**
Two Alstonville High School students, Jade Cusack yr10 and Daniel Sawyer yr9 will travel to Sydney this weekend for the NSWCHS 15yrs Waterpolo Trials. If selected these students will participate at the Pan Pacs Waterpolo Championships in Auckland New Zealand from the 4th to 14th July. Representative Waterpolo is not new for Jade Cusack and she was selected into the NSWCHS Under 17yrs 2nds team late last year. Well done!

**Volleyball**
Congratulations to Michael Blackler yr 11 for his selection into the North Coast Open Boys Volleyball team.

Michael travelled to Coffs Harbour on Monday 24th February for the North Coast Championships and was happy to be selected into the North Coast team. Michael will now compete at the NSWCHS Volleyball State Carnival which will be held at Orange in Regional NSW from 25th to 27th March. Well done!

**Triathlon**
This Thursday and Friday 6th and 7th March three of our students will compete at the NSW All-School Triathlon Championships held at the Penrith Regatta Centre in Penrith. These girls will compete in the Intermediate 15yrs and 16yrs Girls Triathlon teams: Jade Kershaw yr10 will compete in the swim leg, Gabrielle Stanek yr9 will ride the bike leg and Chloe Hughes yr10 will finish the race with the run. Gabrielle will also compete in the individual triathlon race the day after. Good luck to all these girls!

Paul Francis / Sports Organiser
P&C, Canteen & Uniform News

The P&C will be having a stand at the Year 6 and 7 welcome night. Please come over and say hello and see what projects we are working on for the year.

Canteen News.

Check out the weekly menu on the board and our daily specials.

Any special dietary needs please see Robynne Surtees in the canteen.

Orders taken daily for lunch, so as not to miss out on some of our limited specials.

- Canteen debit card available at the canteen
  Minimal withdrawal $10 before school only
  Surcharges apply
  See Robynne in canteen

Volunteers always needed daily.
Flexible times available.
Seniors welcome.

Volunteers needed 12.30-1.30pm on Fridays. Please notify Robynne if you can help

IMPORTANT! PLEASE notify Robynne if you are unable to attend rostered canteen day.
Uniform Shop

- Hours open 8-10am Monday and Friday for general uniform and stationery needs with emergency sport uniform sales Wednesday 8-10am.

- Limited stationery needs available.

- Boys ties $20

How to tie a tie instructions can be seen on notice board outside Uniform Shop!!

All profits go back to the school for resources not provided by Governments. Please support P&C Business
**Netballers Needed!**

Clunes Netball Club is seeking players, new and experienced, for our Intermediate (13 – 15 years), Cadet (14-16 years) and Senior teams. All games are played at the Ballina Road courts in Lismore on a Saturday. We are also chasing players for our ‘Nettas’ (7-9 years) and 12s (10, 11 & 12 years) teams. If you are interested in joining the best club in the competition, please contact me for more information!

Annette McGrath
President
66291678 or mcgrathx4@westnet.com.au

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**Northern Star Promotions iPads Competition**

The Alstonville Newsagency is collecting coupons for the Northern StariPad competition for our school.

If you would like to drop the coupons into the box at the newsagency for Alstonville High School to be in the running to win 10 iPads for our school.

Thank you

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**Alstonville Religious Education Association presents the**

**2014 AREA BREAKFAST**

**Saturday 22nd March**

**Alstonville Baptist Fellowship**

**Wardell Road, Alstonville**

7:30am – 9:30am

Fruit juice, cereal, tea, coffee, bacon, eggs

Hear Bruce Fleming speak about the work he does at Alstonville High School

$10 per person; $20 per family

All funds raised go to AREA to support Bruce's work

Enquiries: Greg Hay on 6628 8543