Alstonville High School Newsletter

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

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Issue 5

Alstonville High School

Our community values integrity in all aspects of life

Values

We value and support:
- A positive, healthy and safe learning environment
- Respectful attitudes and actions
- Diversity
- Pursuit of personal excellence
- Service to community
- Team work
- Quality learning and teaching
- Initiative, leadership and self-discipline

Learning

We aspire to be:
- Life-long learners
- Creative and critical thinkers
- Effective communicators
- Skilled in literacy and numeracy
- Independent and organised
- Competent and innovative with technology
- Environmentally, socially and culturally informed
- Caring and compassionate

Educational Idea for the week – adults involved with schools

International educational research clearly shows that students who attend schools where parents and carers are actively involved achieve better educational outcomes across a range of areas. These areas include engagement with their school, academic performance, positive behaviour and attendance.

When we reflect on why this is the case the reasons are pretty obvious. It is easier for parents who are involved with your school to be informed not only about what is happening but why it is happening. This reduces opportunities for confusion and makes it easier for parents to support school programs, policies or procedures.

We are all very busy. The fact that parents take time from their daily lives to get involved with school activities sends a very positive message to students about the value that is placed on education. One educational study compared parents’ willingness to get involved with sport and extra curricula activities and their involvement with school life. It pointed to the mixed message that was being sent to students because these activities could be seen to be more important than school. It also pointed to the fact that the reason many parents did commit to the extra curricula activities was because they provided time to build positive bonds and experiences with their children. The study showed how proactive and positive involvement with school activities could also build very powerful family bonds at the same time as providing immediate benefit to students. Parents generally indicated they found the experiences to be very positive.

What was also interesting was that the time commitment did not have to be large. One day a term or a couple of hours a month were often all that it took to help establish that visible positive relationship. Many parents also reported that their employers were very supportive of this commitment.

Schools, students, parents, families and communities all benefit from parents being visibly and positively involved with the school their children attend. Please give some thought to helping us help your children. We would love to see more parents involved with our school.

Alstonville P&C

Last week the Alstonville School P&C held its AGM. Attendance levels at this meeting were quite low and the P&C is looking for people who can help with a number of key positions. We have also been experiencing some difficulties with maintaining volunteer numbers in the canteen.

The recent Fun Run shows what positive things we can achieve as a community when we work together and have a good team of volunteers. Not only do we get a great outcome but the workload is able to be shared so that is it not too demanding. We also can have a lot of fun.
If we want to continue to have a well-resourced school, with students who engage positively and are proud of their school, if we want to have quality student services such as our canteen and uniform shop, if we want to have an avenue for seeking parental feedback and input into important educational policy and procedure we need an active, vibrant and strongly supported P&C. Please give this some thought.

We would like to thank the outgoing P&C executive for all the hard work they have done for our students. Congratulations to the parents who have volunteered to take on new positions, we really appreciate your willingness to get involved.

**Student Absences**

Obviously it is very important that students not miss school. Every day a student misses at school means that it is harder for them to keep up with work and to stay engaged. One of the reasons we have worked with the new mobile dental van is to provide an avenue for students to access dental care whilst minimising time lost at school.

We would ask parents to avoid making appointments for non-essential matters in school hours. This includes things like hair appointments, holidays or shopping trips.

We would also ask that you help us by ensuring that absence notes are provided immediately after an absence. We are spending increasing amounts of time chasing up notes about absences and the increased volume of this work means it is likely that our data will be incorrect and errors will creep into our processes. Thank you for your cooperation.

**Student Merit Auction**

Thank you to Mr North, staff and students who helped organise our first merit auction on Tuesday. Thank you to the many supporters who donated prizes for this event. Student enthusiasm was very high and we were surprised by the number of auction tickets students had managed to collect as a result of having positive behaviour observed by a staff member.

We will have to look at a couple of aspects of the operation of the auctions to ensure they work equitably and smoothly given the high level of enthusiasm but we would like to congratulate all our students who earned merit tickets during first term and encourage you to maintain this positive attitude for the remainder of the year.

**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.

**Parent Teacher Night – All Years**

Our first Parent Teacher Night for 2014 is being held next Tuesday 8th April. You can go online now and make bookings through www.sobs.com.au. To make a booking you will need to know the names of your child’s teacher(s). The Sobs site will close at 12 o’clock on Tuesday 8th April. If you cannot attend parent teacher night on the 8th April then you also have the option of arranging to talk with teachers at other times.

David Silcock
Principal

**Careers News**

**Work Experience**

Mrs Horne, Careers Adviser, has had enquiries about students waiting to do Work Experience. The minimum age may be 14 years but the school has to make sure students are “work ready” in relation to Work Health and Safety, behaviour, transport, responsibilities in the workplace etc.

I conduct the “work ready” training during Term 1 of Year 9 by taking classes for three weeks from Religion. Therefore Work Experience generally cannot be applied for until the beginning of Term 2 of Year 9. The only exceptions may be in consultations between Deputy Principal and the Careers Adviser for individual students. Work Experience Insurance is covered by the Department of Education and Communities and the school has to follow legal directions for preparation and paperwork.

**Year 12 Careers Newsletter**

Year 12 Newsletter for Careers has been issued via English classes during Week 9 of Term 1. It contains information for students and parents about relevant Post School Planning such as useful websites, scholarships, optional careers excursions and employment. If you would like an electronic version emailed to you, please send me a message on my school email at Karen.horne@det.nsw.edu.au

**TAFE / TVET students in Years 10 / 11 / 12**

A reminder to students to make sure they attend TAFE every week in the scheduled timeslots for the whole lesson. During school exam times we do not put exams on when TAFE classes are still running. The TAFE’S have a limited schedule to get through course content and they cannot change for each school exam weeks. We have had reports of some students...
arriving late or leaving early which could mean NO Higher School Certificate if they get an ‘N’ Award at TAFE.

Mrs Horne / Careers Adviser

The $30 000 question...
Would you donate a day of your time every six months if it meant $30,000 went towards your child? Would you give up a few hours a week for 30K?

$30,000 is the amount the P&C donated to the school last year. This money ensured the purchase and installation of data projectors, interactive whiteboards and a new integrated sound and display system in the hall – all things that the teachers and students use on a daily basis.

Would you give a few hours if it meant your child wasn’t standing in the rain waiting for the bus? The new covered area at the front of the school is another project made possible by the funds brought in by the P&C.

The bulk of this money is made through our canteen and uniform shop which are run by our canteen manager and assistants, with the help of parent volunteers.

This is overseen by the P&C who ensure the funds are handled appropriately and end up funding further resources for our school...

...so – will you give up a little of your time to ensure that this continues to happen?

The P&C needs you to come on board.

If a parent or carer from every family in the school gave a day of their time to help in the canteen every 6 months we would strengthen the connections within the school community and have ample volunteers.

We also need people on the P&C to oversee the distribution of funds with skills in business, accounting and decision making...and others like myself who just have a vested interest in the direction the school is taking.

...so...will you contact Robynne at the canteen and organise to spend a day at your child’s school, or call me and offer your services to the P&C?

We will all be $30,000 better off for it!

Annette McGrath
President
Alstonville High School P&C
mcgrathx4@westnet.com.au

Science

The ESSA results for Year 8 2014 have been distributed to all Year 9 students. The test was held in Term 4 last year and the results have just been released. All students should be proud of their achievements with over 41% of students in the top two bands and over 75% of students in the top 3. This was way above the state average. No student was placed in the bottom band. Students also answered very positively to the survey questions about their attitude to Science and these again were above the state average. Thanks to all the students who participated and congratulations on your great achievements and positive attitude.

A reminder to Year 11 students that payments for the Heron Island excursion need to be made for this to go ahead.

Mr Pelley / Head Teacher Science

Alstonville High School Auction

On Tuesday 1st April Alstonville High School held its inaugural Auction.

Students have had the opportunity to collect auction tickets during the term for positive behaviour. Yesterday the auction was held where students were able to use these tickets to ‘bid’ for a variety of items that had been donated.

Special thank you to Bindjarla Cook on his outstanding performance as an auctioneer! Well done!

Congratulations to the students that successfully bid for items and thank you to the following businesses, friends and staff who donated prizes for this auction:

<table>
<thead>
<tr>
<th>Prize - Donated By</th>
<th>Winner</th>
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<tbody>
<tr>
<td>Wendy’s Lismore – Special Offer</td>
<td>Phoenix Fusek</td>
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<tr>
<td>Wendy’s Ice Cream Cake</td>
<td>Lilyan Chilcott</td>
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<tr>
<td>$10 Meal voucher Lismore Square</td>
<td>Multiple winners</td>
</tr>
<tr>
<td>Drum Kit – Music faculty</td>
<td>Clare Johns</td>
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<tr>
<td>$30 Book Voucher – Hooked on Books</td>
<td>Sam Breugem</td>
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<td>Soccer Ball – PE faculty</td>
<td>Liam Davenport-Waite</td>
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<td>Folding Guitar Stand – Music Faculty</td>
<td>Peter Jarvie</td>
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<td>Netball – PE Faculty</td>
<td>Sascha O’Halloran – Wilson</td>
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<tr>
<td>Hard Disk Recorder – Music Faculty</td>
<td>Liam O’Connor</td>
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<tr>
<td>Rugby League Ball – PE Faculty</td>
<td>Josh Patston</td>
</tr>
<tr>
<td>Full set of 2008 Official NRL Collector cards – Mr Roberts</td>
<td>Robin Cubis</td>
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<tr>
<td>Basketball – PE Faculty</td>
<td>Breanna Stevenson</td>
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In the pool rounds the girls recorded good wins over Keira and Wagga with all players contributing both in attack and defence. Unfortunately they lost against Kirrawee in the final round game, despite winning the second half 3 -2. This placed them second in their pool and then played Lambton in the semi-final. They lost this and then played off for 3rd against Kincumber. Kincumber were too strong so the girls finished 4th in the state. Best players were Alyce Tozer and Jade Cusack. We farewell Alyce, Jacinta Spinks and Matilda Sweeney, all Year 12 students, and wish them all the best in their future Waterpolo.

The boys were more dominant in their pool games having convincing wins over Picnic Point and Winmalee. Their final game resulted in a draw against the strong Warners Bay team. This placed them 1st in their pool and saw them win their semi-final convincingly against Homebush Boys. This placed them into the final against the traditional rivals Kirrawee. We led throughout the game until the end of the third quarter where a lucky deflection off our defenders head gave Kirrawee some momentum and they created a 2 goal lead. To our boys’ credit they fought back and the score was 10 all at the end of regulation time. This created the dreaded penalty shootout. In an absorbing tussle through 8 shots each we finally won 17 -16 with Felix Margraf saving 2 in an amazing display of all round ability as both a field player in most games as well as keeping in the penalty shootout. All players had exceptional games through the tournament. The boys team were: Jono Cusack, Nic Stanek, Zac Galbraith, Liam Hair, Tom Fleming, Felix Margraf, Sam Stanek, Josh Galbraith, Ben Galbraith and Daniel Sawyer. Farewell to the departing players who are in Year 12 Jono, Nic and Zac, Thank you for your efforts over the years.

Many thanks to Mrs Tozer and Mrs Cusack the parent helpers on the trip. Also thanks to Charlie our professional driver from Simes Coaches and team coaches Mr Maginnity and Mr Hill.

Basketball

Recently two of our talented Basketball players, Zoe Hurley yr9 and Charlotte Yager yr8 returned from the NSWCHS Girls Basketball State Carnival held at Wollongong. Both girls enjoyed the experience of the State Championships and put in a strong effort as part of the North Coast team and played their best against the senior more experienced metropolitan competitors. The young North Coast team were excellent representatives, maintaining a solid stance against teams with much more team training opportunities. Well done!
**Touch Football**
Recently four Alstonville High School students were selected into the Northern Rivers Zone 15yrs Girls Touch Football team. Members of the team were: Lucy Turner yr 8, Mikayla Hofmeyer yr 9, Shana Povey-Hyatt yr10, Tarni Fay and Maya Layton both Yr 8.

On the 18th March these students travelled to Hepburn Park Goonellabah for the North Coast Combined High Schools Regional Trials. At these trials Mikayla Hofmeyer was selected in the North Coast team. Mikayla will now be involved in a number of training sessions at Kingscliff before she travels to the NSWCHS 15yrs Touch Championships to be held at Newcastle on the 3rd and 4th May. Well done.

**Hockey**
Congratulations to Year 11 student Isaac Layton for his selection into the North Coast Open Boys Hockey team. Isaac has been selected into the Northern Rivers Zone Open Boys Hockey team for the last 4 years, however, this year he’s made the step up into The North Coast team. The NSWCHS Boys Hockey Championships will be held at Unanderra near Wollongong form the 27th to the 29th May. Good luck Isaac.

**Rugby Union**
Congratulations to the following students who have recently been selected in Northern Rivers Zone Open Boys Rugby Union team to compete in the North Coast Regional Championships to be held on Thursday 10th April in Kempsey.

Robin Cubis yr 11, Liam McIntyre yr12, Ryan Graham yr12, Sam Dawson yr12, Daniel Salgram yr12, Travis Gifford yr11, Zac Galbraith yr12 and Aidan King yr12.

*Paul Francis / Sports Organiser*

**ANZAC Day Assembly – 1st April, 2014.**
The Alstonville High School ANZAC assembly for 2014 was an emotionally charged occasion that commemorated the ideals of courage, endurance and mateship which are still relevant today. We remembered the sacrifice of those Australians who have died, or were maimed, in not only the Gallipoli campaign, but in any theatre of war.

We were fortunate and grateful for the presence of seven special guests. Representing Alstonville RSL were: Mr Graham Gooding (President), Mr Michael Letts (Vice President) and Ms Liz Hill (Welfare Officer). Representing the Evans Head Airforce Bombing Range was Flight Lieutenant Jason Van Rysbergen accompanied by two additional Airforce representatives. A last minute and valuable addition to the official party was Norman Lord, a pilot in WW2 with the New Zealand Airforce.

I would like to acknowledge the wonderfully appropriate musical items performed by students and led by Mrs Bowles. Mrs Bowles also prepared and decorated the stage, paying such attention to detail as the construction of paper poppies to wind around the white crosses symbolically spread across the stage. Mr Bruce Fleming presented a brilliantly paced, considered and poignant address that developed the awareness of who and what Australians of today should remember, value and commemorate. The tone of emotional respect was set by Mr Fleming and flowed through the speech by Flight Lieutenant Rysbergen, through to the visual presentation developed by Mr Vincent Chodez.

Many thanks to Bhodi Scott-Jones, who played the Last Post and Reveille brilliantly. Also congratulations to the chairpersons, Bindjalara Cook and Anais Cross who controlled the flow of the ceremony perfectly. Thank you also to student speakers Tamika Honeyman, Tarah Clark and Reegan Vidler. Many thanks to everyone who contributed to this wonderful commemorative assembly.

**NOTE:** to all students and staff- Please remember that ANZAC Day (25th April) is the last Friday of the school holidays. Please make a diary note to represent Alstonville High School in the ANZAC March through the main street. Assembly starts at approximately 8:45am at the Bugden War Memorial in school uniform.
$20 Tickets at eventbrite.com or at the door.
High school and under 18 only
Food and Drink sales on the night
Dance competitions
Live band
DJ
Graffiti corner with prizes
Fluro best dressed prize

Viewpoint Protection Services are keen to promote a night of fun and safety and the following security and child protection arrangements have been put in place for the night. These details will be displayed at the entrance to the venue on the night.

No junior students (aged 12-15 or years 7 – 9) will be allowed to leave the Dance venue unless there is a parent reporting to the front door of the entertainment centre to pick them up.

If a young person would like to leave earlier than arranged, then they will have to provide a parent’s telephone number that will be contacted by a Viewpoint Protection Services officer to arrange for a parent to pick their child up from the centre at the front door. Viewpoint security will be there to meet the parent.

Junior students are welcome to arrive at 6:30pm and go home earlier than the dance night finish time of 11:30pm, as long as there is a parent reporting to the front door of the Entertainment Centre to pick them up.

Older kids can turn up later in the night if they wish and will be permitted entry, as long as they are under 18, have an authorised paid Dance ticket and their school ID with them.

There is a Viewpoint Dance HOTLINE mobile number to contact a Viewpoint Security Officer by phone. (0498 667 188)

No PASSOUTS will be given on the night.

Mr Fleming / Religion Teacher

School Zone Parking Enforcement Program – No Apologies, No Excuses
It is that time of year again when Council would like to remind all schools – including teachers, parents / carers and children of parking restrictions in place around your school.

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

A brochure can be viewed on the Ballina Shire Council Website at www.ballina.nsw.gov.au/

Health Facts

Influenza – Flu
Influenza (flu) is a contagious respiratory illness caused by influenza viruses. Most people recover after a few days but for some people it can be fatal. An influenza vaccination each year provides the best protection against influenza.

Take action to stop the spread of influenza by remembering to:

- Cover your face when you cough or sneeze and throw used tissues in a rubbish bin.
- Wash your hands thoroughly and often. Wash hands for at least 10 seconds, especially after coughing, sneezing or blowing your nose, or use an alcohol-based hand rub.
- Stay at home until you are well. Wait at least 24 hours after your fever resolves so that you are unlikely to infect other people. Keep sick children away from school and other activities.
- Call ahead to see a doctor. If you think you may have influenza and you need to see a doctor, call first so the clinic can take precautions to reduce the risk to other people.

For more information go the NSW Government Health site.
11 Biology Field Trip
to Woody Head

A busload of intrepid Year 11 Biology students travelled to Shark Bay near Woody Head on Monday 10th March. The purpose of the day was to carry out the practical component of the first assessment task for the Preliminary Biology course.

Students completed an investigation of an aquatic ecosystem to measure abiotic factors and biotic species distribution and abundance. This involved collecting, analysing and presenting data in order to relate distribution of biotic species to abiotic variables.

Students worked very hard throughout the day and the aim of tasks included:

- describe adaptations of organisms for life on a rock platform.
- describe the abundance of organisms at different zones on the rock platform through quadrat measurement.
- describe the distribution of plants in the sand dune area by mapping out a transect.

Assisting the field study, were Christine Freeman and Allan Thomson from the Dorroughby Environmental Education Centre. They helped provide valuable insight into the human impacts on the area as well as identification of species.

The weather was ideal and all activities planned for the day, were completed. A yummy BBQ cooked by Mr Allan Pelley helped keep the troops happy and energetic.

Many thanks must be extended to Christine and Allan from the Dorroughby Environmental Education Centre and teachers who assisted on the day.

Finally, a big THANK YOU to our Year 11 Biology class of 2014—you were great and it was an absolute pleasure working with you all!!
Is she going on about King Neptune’s Necklace again?

Did you see that Stone Curlew?

There is a Sea Hare around here someplace.
**P&C, Canteen & Uniform News**

This year the P&C will once again be administering the profits from the canteen and other fundraising ventures, including an intended $30,000 directly added to the school budget. What resources do you think the school should be buying? We would appreciate your input.

Our next meeting is Wednesday 28th May. You should include this date in your diary? Decisions made at P&C meetings directly influence your child’s school experience. Come along and learn what is going on at your child’s school and contribute to your child’s education in a whole new way.

**Canteen and Uniform News**

The Business Committee would like to thank the school community for their support over the past year. They would especially like to thank the students for their good manners, courtesy and respect displayed continually to the canteen/uniform staff and volunteers.

**VOLUNTEERS ARE STILL NEEDED.**

Please ring Robynne on 66281797 if you can spare a day or a few hours. Robynne would appreciate being notified if you are unable to attend a rostered day.

**Uniform Shop**

- Hours open 8-10am Monday and Friday for general uniform and stationery needs with emergency sport uniform sales Wednesday 8-10am.
**Maroon** and **Grey** Sloppy Joe’s are now available in all sizes. Get in early for winter!

**STOP PRESS!!!!!!** Grey stockings are now available from the uniform shop. Come CHECK them out!!!!

Boys White shirts are now available in all sizes

Junior everyday band and sport polos have been restocked and are available in all sizes

- Limited stationery needs available.

These are P&C’s two main fundraisers for the school to resource needs beyond that provided by the Department of Education.

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**RAISING MONEY FOR BREAST CANCER**

**YOUNG GIRLS CAN HELP!**

We need girls for this year’s Debutante Ball GALA Event for Lismore at the Lismore Workers Club on the 5th May.

- Beautiful gowns
- Learn to do ballroom dancing
- Be presented to the Mayor Jenny Dowell and Dr Rob Symonds – Breast Cancer Doctor at Lismore Base Hospital

Come on girls, grab your partners. You won’t be sorry.

PHONE Janelle on 6621 6724

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**WALK YOUR WAY TO MORE MONEY!**

Are you a school student looking for financial independence?
Are you a full time parent or carer, who needs extra income with flexibility? Do you need more money for increasing bills, birthdays or that something special you cannot afford?

Walks are now being sought in your area to distribute brochures, catalogues and flyers. Get paid to exercise and walk your way to more money.

Call 6621 2770

Phone Debbie today and start earning more money.