Alstonville High School Newsletter

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

Cawley Close Alstonville  Phone: (02) 6628 5222  Fax: (02) 6628 1223  Web: www.alstonville.schools.nsw.edu.au

Issue 6  07 May 2014

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

Alstonville High School

Our community values integrity in all aspects of life

Educational Idea for the week – talking to students about valuing education

As a parent do you talk to your child on a regular basis about the value of education? Do you feel comfortable yourself that you can make a good case for regarding the value of education?

The Minnesota Parent Training and Information Centre (PACER) makes the following suggestions:

Parents Play Vital Role in Teenagers’ Education: Try These Ideas to Help Your Teen

How do you encourage your teenager to be successful at school? While being involved in your teen’s education may be challenging, nearly everybody agrees that parent involvement in education is important – teachers, parents, and policymakers work to increase parent involvement in many ways.

Unfortunately, research shows that parent involvement declines as children move into middle and high school and most involvement programs focus on the elementary level. It’s still important for you to be involved in your child’s education during the teen years, but you may need to try different strategies to stay connected. Try the following suggestions at home to stay involved in your teen’s learning.

AT HOME

Help your child dream for the future

Parents can help teens be specific about what needs to happen so they can have the adult life of their dreams. When teens feel like talking about it, ask for details of their dreams. Asking “which university” or “what kind of job seems most interesting” can help your teen form concrete goals, either about college, technical training, university or career choices. At this point, giving them something to aim for is more important than the specific job or career choice.

Motivate your child with high expectations

The evidence is overwhelming: Parents’ high expectations improve teens’ success. In fact, high expectations are the most significant influences on high school seniors’ achievement growth, credits completed, and whether the student will become a lifelong learner. When children experience high and realistic expectations, they understand and adopt the high value the family places on education. Regular encouragement and discussions about school and higher education also promote students’ college or training aspirations and preparation.

Help with homework

Parents can help a teen with homework even if they don’t remember chemistry, literature, or geometry. First, it’s important to agree on a time and place for homework. Many teens enjoy doing homework with friends. This can be a great

CALENDAR OF EVENTS 2014

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
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<tbody>
<tr>
<td>5th – 9th</td>
<td>Mon - Year 10 and 11</td>
</tr>
<tr>
<td>May</td>
<td>Fri - Half Yearly Exams</td>
</tr>
<tr>
<td>13th – 15th</td>
<td>Tues – NAPLAN – Years 7 and 9</td>
</tr>
<tr>
<td>May</td>
<td>Thurs - Zone Cross Country</td>
</tr>
<tr>
<td>16th May</td>
<td>Fri - Heron Island Excursion</td>
</tr>
<tr>
<td>19th – 23rd</td>
<td>Mon - Year 7, 8, and 9</td>
</tr>
<tr>
<td>May</td>
<td>Fri - Exams</td>
</tr>
<tr>
<td>26th – 30th</td>
<td>Mon - Alstonville High School Athletics Carnival</td>
</tr>
<tr>
<td>May</td>
<td>Thurs - Alstonville High School Athletics Carnival</td>
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Web: www.alstonville.schools.nsw.edu.au
way to make sure homework is completed, though it might take longer than it would by working alone.

Parents can also help by asking questions, especially those that connect current work to prior knowledge. For example, ask: “What do you know about this already?” Providing access to books, the Internet, calculators, and other resources is another way parents can help their teenager. Finally, remember that learning is a skill and parents are more experienced learners than children. If your teen doesn’t understand an assignment, help him or her think of specific questions to ask the teacher during the next class.

**Benefits for individuals**

International comparative analyses undertaken by the Organisation for Economic Cooperation and Development (OECD) make clear the extent to which higher levels of education pay off for individuals. These are documented regularly in the annual OECD publication *Education at a Glance*, the most recent being in the tables indicated in the slide from *Education at a Glance* 2007.

The benefits for individuals lie in:

- higher employment rates,
- lower unemployment rates,
- higher average earnings

Furthermore, now that OECD has accumulated data going back over more than a decade, it can be said that, at least over that period, the benefits have not decreased despite more people reaching higher levels of education. ([Reference](#))

**Health benefits**

The magnitude of the relationship between education and health varies across conditions, but is generally large. An additional four years of education lowers five-year mortality by 1.8 percentage points; it also reduces the risk of heart disease by 2.16 percentage points, and the risk of diabetes by 1.3 percentage points. Four more years of schooling lowers the probability of reporting oneself in fair or poor health by 6 percentage points and reduces lost days of work to sickness by 2.3 each year. These are not trivial effects. ([Reference](#))

**Nurturing a love of learning and teachers collaborating in the classroom**

Teacher quality plays a very important role in shaping the nature of learning that occurs in classrooms. We are committed not only to nurturing a love of learning for our students but also for all our staff. We try to model the fact that our teachers are also engaged with ongoing learning.

One of the strategies that we are using with increasing frequency is for teachers to collaborate in planned visits to the classrooms of other teachers, or for teachers to collaborate in conversations about the nature of learning that occurs on classes.

As a consequence students might notice their teacher videoing all or part of a lesson delivery. Students might also be videoed as they participate in various classroom activities. Teachers can then use these recordings to reflect on a lesson or as evidence to inform a conversation with a colleague or supervisor. We can also use this information to discuss with students the nature of their contribution to a learning activity. This can be very useful for lessons where the class is working on developing cooperative learning skills. Watching a video and comparing the strategies that are actually used with those they intended to use can be very productive. Students in practical lessons can benefit from watching attempts to master a practical skill as they gain feedback from a teacher.

Students may have noticed that I have been visiting classes with Head Teachers to observe the learning that is occurring. I have spoken to students in some of these visits about what they can do to contribute to ensure productive learning occurs. When I have provided written feedback to the Head Teacher and Teacher I have also included feedback for the students.

Hopefully this term your child will notice more teachers visiting classrooms. We are doing our bit to nurture our love of learning with a focus on improving the quality of learning for our students. It is also important that each and every student also consider what they can do to ensure that quality learning is occurring in every classroom.

**Exchange student from America in 2015**

We have been approached by a family of a female student looking to spend terms 1 and 2 at our school in 2015. She will be enrolling in year 11. She currently lives in Central Oregon and attends the Cascades Academy. Her family has asked if I could approach families from our school who might be interested in hosting their daughter whilst she attended Alstonville High School.

Cascades Academy has also indicated that they would be interested in facilitating an exchange for one of our students from years 9 to 12.

If you are interested in either hosting a year 11 student for 6 months in 2015 and/or taking part in an exchange to Central Oregon please contact me and I will provide you with some further information.

**New Lockers**

We are still 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 alstonville-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.

David Silcock
Principal

Notice to Parents of students in Year 7 and 9
NAPLAN and Calculators
In week 3, students in years 7 and 9 will again be sitting a NAPLAN exam. Part of this examination requires the use of a calculator. This has meant that students will now need to buy a suitable calculator before next week.

The school offers a reasonably priced calculator that will meet all classroom needs. The cost of the calculator is $24.00 including GST, payable at the front office. The major advantage of buying this calculator is that students will all have the same calculator, and this will assist the teacher in the classroom and as a result benefit student learning. Experience has shown that those students with different brands and models of calculator can find it difficult to utilise/learn important functions, as teachers are often not familiar with the more obscure features of unfamiliar calculators.

This calculator will also be used extensively in the classroom and in tests and exams, in years 8 – 12.

The Maths department will engrave names on the calculator, once they have been bought.

Steve Duncan
Head Teacher Maths

BOSTES (Board of Studies Teaching and Educational Standards NSW)
The first 2014 Literacy and Numeracy test window is from 22 to 28 May, 2014. Enrolments are now open via Schools Online for eligible students who would like to participate in the May 2014 test window.

The Literacy and Numeracy tests held in May are for students in Years 11 and 12 who are planning to leave school. Students in Year 10 who intend to leave school before the October test window may also sit the tests.

If your child wishes to participate in this Literacy and Numeracy test please contact Mrs Wiggins as soon as possible.

Marina Wiggins / Relieving Deputy Principal

Year 7 - 9 Exam Timetable for Week 5
Is now available on the calendar on the school website at the following link: Exam timetable

Student Visit - 27th July to 12th August 2014
In early Term 3 Alstonville High will be hosting a visit by a group of up to 20 Chinese students. We are required to billet students in the local community. The students are aged 11 and 12 so we are asking families of Year 7 and 8 students who may be interested in assisting to contact Mr Steve Duncan at the school. Host families will be provided with an allowance to offset expenses.

Uniform
Due to the colder weather, students are searching for something warm to wear to school.

Our school uniform for students Yrs 7 – 10 is a maroon jumper (NOT GREY). These may be purchased from the uniform shop here at school.

Junior girls may wear grey tailored slacks or grey track pants. Black stockings may be worn under the summer uniform, but never under shorts of any kind.

Junior Boys may wear grey tailored trousers as well as the maroon fleecy jacket or jumper.

Senior student uniform is a grey jumper and grey pants.

Hoodies of any colour are not permitted.

We appreciate all parental help in ensuring that full school uniform is worn by all students each day.

Stephanie O’Brien HT Teaching and Learning Equity

Careers
Careers Excursion to Northern Rivers Careers Expo
Thursday 15th May
This excursion will be held at the Goonellabah Sports and Aquatic Centre on Thursday 15th May from 9:10am to 11:30am. Years 10, 11 and 12 may attend and the cost for this is $2 for the bus fare. Representatives visit from TAFE, Universities, government and employment. For the list of exhibitors visit www.nrcareersexpo.com.au. Students can pick up permission notes from Careers office. The note and money MUST be returned to the front office by Recess 2 on Tuesday 13th May.

Year 10 Annual TVET – TAFE Open Day Friday 13th June – Wollongbar TAFE
This is a great chance for students to plan future options for Years 11 and 12 and also get to see how a local TAFE operates for apprentices and trainees. More information and permission notes will be available late May from the Careers Office.
Year 12 Information on Early Entry or School Recommendation Schemes

Information on Early entry or school recommendation schemes will start filtering into school late Term 2 or early Term 3. University admission booklets UAC (NSW/ACT) and QTAC (QLD) etc. will not be available until July 2014. Students and parents need to look at individual university and TAFE websites for CURRENT information on entry, scholarships, accommodation etc. as closing dates and procedures may vary.

Tax File Numbers

Tax file numbers are processed every few weeks. Forms are inside the box attached to the Careers Office door.

Make Your Mark Website

'Make Your Mark' is an exciting new website designed to help people from under-represented communities discover future life opportunities through further education. This brand new website aims to provide early information about tertiary education options for those whom university is not an obvious choice.

For more information go to - www.makeyourmark.edu.au

Sports News

Lawn Bowls

On Monday 7th March, Alstonville High School’s Lawn Bowls team participated in the second round of the NSW CHS Lawn Bowls knockout.

The triples team consisted of Daniel Sawyer, Kit Conlan and Indi Conlan.

We came up against a very strong Evans River team. Evans River have contested the state finals for the previous two years.

After trailing 12-6 after 10 ends, Alstonville stormed back to level the scores at 15-15 after 20 ends, meaning the game depended upon the 21st and final end. Alstonville held the shot bowl with just one bowl by Evans River remaining. Unfortunately for us, the final bowl finished right on the jack and Evans River won by a point (16-15).

Daniel, Kit and Indi represented Alstonville with distinction. I received many positive comments from the public in regards to the boy’s manners, attitude and sportsmanship.

Alstonville High School Cross Country Results

2014 X-Country Age Champions

<table>
<thead>
<tr>
<th>Age</th>
<th>Champion Girl</th>
<th>Year</th>
</tr>
</thead>
<tbody>
<tr>
<td>12yrs</td>
<td>Brooke Hofmeyer</td>
<td>7</td>
</tr>
<tr>
<td>13yrs</td>
<td>Anna Margraf</td>
<td>7</td>
</tr>
<tr>
<td>14yrs</td>
<td>Sarah Bransgrove</td>
<td>8</td>
</tr>
<tr>
<td>15yrs</td>
<td>Gabrielle Stanek</td>
<td>9</td>
</tr>
<tr>
<td>16yrs</td>
<td>Chloe Hughes</td>
<td>10</td>
</tr>
<tr>
<td>17yrs</td>
<td>Jamie-Lee Dancer (equal first)</td>
<td>11</td>
</tr>
<tr>
<td></td>
<td>Yarrow Mol (equal first)</td>
<td>12</td>
</tr>
<tr>
<td>18yrs</td>
<td>Kelly Kortick</td>
<td>12</td>
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House Pointscore

<table>
<thead>
<tr>
<th>House</th>
<th>Point Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lumley (green)</td>
<td>720</td>
</tr>
<tr>
<td>Marshall (blue)</td>
<td>656</td>
</tr>
<tr>
<td>Maguire (yellow)</td>
<td>637</td>
</tr>
<tr>
<td>Crawford (red)</td>
<td>591</td>
</tr>
</tbody>
</table>

Congratulations to everyone on a great day.
Some of the highlights of the day were:

- excellent participation and times in the cross country events
- a great BBQ
- the excellent social atmosphere that students and staff enjoy at the carnival

The first six runners in each age division will now represent the school at the Northern Rivers Zone Cross Country Carnival at Lismore Race Course on Friday 16th May. Results from the school carnival were excellent and it is hoped that all competitors will maintain the high standard of competition at zone where Alstonville High have won the School Point-Score for the last 3 years.

Football

Congratulations to three of our students selected in the North Coast Open Boys Football (Soccer) Team. These boys were selected after their outstanding performances at the North Coast Football Championships held at Coffs Harbour last Thursday. These boys will now travel to Rooty Hill to compete at the NSWCHS Football Championships from the 20th to 22nd May. Congratulations to Reece Bramley yr 12, Zak Illife yr 11 and Michael Blackler (North Coast Teams Goal Keeper) yr 11 and Cody Lawrence yr 12 selected as a reserve.

Rugby Union

Alstonville High has six boys selected in the North Coast Open Boys Rugby Union Team. These boys will now travel to
Newcastle to compete at the NSWCHS State Rugby Union Championships from Wednesday 21st to Friday 23rd May. Congratulations to Aidan King yr 12, Robin Cubis yr 11, Ryan Graham yr 12, Liam McIntyre yr 12, Sam Kerry yr 12 and Travis Gifford yr 11.

Netball

Congratulations to Year 9 student Molly Hughes for being invited to trial for the NSWCHS 15yrs Girls Netball Team. Molly will travel to Menai to contest the 15yrs Girls Netball trials on Friday 16th May. Good Luck.

Aussie Rules

Congratulations to Lewis McNally of Year 9 for being selected in the North Coast 15 Years Boys AFL Team. Lewis will now travel to Newcastle early in term 2 and play the Hunter Region with hope of being selected in the Northern Coast/Hunter Inter-Regional Side to play in the NSWCHS 15 yrs AFL Championships.

NSWCHS Swimming Championships

Congratulations to the Alstonville High School Swim Team who recently competed at the NSW Combined High School Swimming Championships at Sydney Olympic Aquatic Centre in Homebush Bay. Students representing Alstonville High included Julian Aenishaenslin yr 11, Jade Cusack yr 10, James Fleming yr 7, Tom Fleming yr 11, Liam Hair yr 11, Alyssa Isles yr 8 and Jasper Mulcahy yr 9.

The Alstonville High School Team swam really well with a number of swimmers making finals for their individual events. The 17+yrs Boys 4 x 50m Freestyle Relay Team (Julian Aenishaenslin, Tom Fleming, Liam Hair and Felix Margraf) finished 3rd in the Final and were presented with the Bronze Medal. Well Done.

Touch Football

Over the weekend Year 9 student Mikayla Hofmeyer competed at the NSWCHS 15yrs Touch Football Championships in Newcastle. This week Mikayla and Shana Povey-Hyatt yr 10 will travel to Bowraville to contest the North Coast Open Girls Touch Football Championship. Good Luck.

Triathlon

Gabrielle Stanek of year 9 recently competed at the 2014 School Sports Australia National Triathlon Championships held at Bendigo in Victoria. Gabrielle competed in the Intermediate Girls 15 yrs and 16 yrs age category. This was the second year in a row that Gabrielle competed at the National Triathlon Championships. In 2014 Gabrielle has moved up an age group which races a longer distance and the cold water at Bendigo meant athletes had to wear a wetsuit in the swim.

Gabrielle raced really well to finish 2nd to QLD. Gabrielle should be proud of her efforts at this very challenging event.

Gabrielle’s individual race results:

<table>
<thead>
<tr>
<th>Discipline</th>
<th>Swim</th>
<th>Cycle</th>
<th>Run</th>
<th>Overall</th>
</tr>
</thead>
<tbody>
<tr>
<td>Approx.</td>
<td>600m</td>
<td>16km</td>
<td>4km</td>
<td>n/a</td>
</tr>
<tr>
<td>Time</td>
<td>8:55</td>
<td>31:57</td>
<td>16:01</td>
<td>59:30</td>
</tr>
<tr>
<td>Place</td>
<td>16th</td>
<td>6th</td>
<td>5th</td>
<td>9th</td>
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The TAS Faculties new 3D Printer

For some time now the Industrial Arts Department have been investigating the use of the emerging technologies of 3D Printing. After some savings from 2013, supplemented by the 2014 budget, we have been able to purchase an UP Plus 2 3D Printer to add to the diversity of equipment on offer to staff and students in a variety of courses.

A 3D prototype of a peg which the students attempt in Year 7 Timber

Already the printer has generated much interest among the students, with plenty of ideas of how it could be used.

Craig Groves / Head Teacher TAS
The TAS Faculty has For Sale

1 ROBOT COUPE Food Processor Model R301 includes blades and instruction book.
Price $500 ono.

1 WOODSON Deep Fryer 5 litre capacity.
Price $200 ono.

Ph: Rob Walker or Sandra Griffiths 6628 5222
**P&C, Canteen & Uniform News**

Our next P&C meeting is Wednesday May 28. Please 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.

*The P&C require a new Treasurer.*

If you are able to help please contact Annette McGrath 66291678

**Canteen and Uniform News**

Fridays is Enchilada Day, this is our most popular day for canteen. We also cook and sell other lovely dishes every day of the week. Try our butter chicken........nachos........creamy pasta bake.... Come and give them a try!

**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 Wednesday and Friday for general uniform and stationery needs.

**STOP PRESS!!!!!!** Grey stockings are now available from the uniform shop. Come CHECK them out!!!!
LEARN TO DANCE @ Dance Lab Au where we nurture dancers and inspire dreams!

Exciting NEW Jazz Dance Classes by industry professional commencing in Term 2 at Alstonville High School Dance/Drama Shed on Monday afternoons. Don’t miss your chance to be involved and learn the latest dance trends.

This adds to our delightful AHS program of Pre-School & Kindy Ballet on Thursdays, Junior & Intermediate Ballet on Saturdays and our very popular Adult Ballet Barre fitness on Mondays at Wollongbar Hall as well as a full dance program 6 days a week in Bangalow.

Phone Dance Lab Au to enquire or register your interest. All levels welcome and catered for from beginners to more advanced.
Tel: 0411 306 430 or 0410 653 775
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Are you a school student looking for financial independence?
Are you a full-time parent or carer, who needs extra income with flexibility?
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Bite Back's Canvas Quotes Competition

"Write, draw, design or create your favourite quote"

WIN a Kindle Fire HD + HEAPS more fun creative prizes

For more info on how to enter check out...

www.biteback.org.au