Educational Idea for the Week – talking with your children about social media use

Social media can be enjoyable and useful. I use Facebook, Twitter and LinkedIn regularly. Twitter surprised me because it supports professional learning very effectively when you establish professional learning networks that you can follow for new ideas and online forums.

I am currently undertaking a course through Southern Cross University and have used social media to establish an online study group to share ideas and approaches to some of the tasks we have been required to complete.

Our students can also use social media very effectively to enhance learning and to stay in touch with friends and family.

On the other hand, social media can be a distraction and at worst it can be quite damaging. For these reasons it is useful for parents to regularly discuss how children or young people are using social media, and to reinforce the notion that it should only be used if it enhances the quality of your life.

Social media sites are not private forums like a personal diary. They are very public spaces and as such it is important to not let young people avoid conversations about why they want to use these sites and how they will ensure that this use enhances the quality of their lives. We care about the young people in our lives and as such it is entirely reasonable for adults to talk to them explicitly about how their use of social media is enhancing the quality of their lives.

What follows are some starting points for conversations:

- Make explicit statements in the profile or description section of the social media page describing how your child expects it to operate, setting the tone. This can be a simple statement like;
  
  “Welcome to my xxxx page/feed. My friends are welcome to use this space to contact me. I use xxxx to relax and have fun. If you do not help me achieve this goal by being happy and friendly then I reserve the right to block access to this site”.

- Talk to your child about why they want to use social media? Ask them to explain how they think it is going to improve their quality of life and keep up a regular dialogue checking that this is actually happening. Let them know you want them to be able to provide you with information about how much time they spend using social media during the week and what they used it for. If they, or any of their friends, are not demonstrating a considerate use of social media then support them to block access or to stop using this social media site.

- Examine lists of friends - are the people listed as friends actually friends? Does your child actually know them? If not I would suggest that they be removed from the list.

- Is anyone who is listed as a friend posting material that is in any way unfriendly? If they are remove or block them...
immediately. The person doesn’t have to be told that you are doing this

- Talk to your child about them ensuring that they do not post critical, nasty or inappropriate statements or pictures on social media – ever – because once it is there it could be there for ever. Why would they want this to happen?
- Talk to them about ways they can use social media to help improve the quality of their learning and perhaps to help friends. If they have a friend who misses a class at any time it is quite easy to make a copy of any work they have done that day and send it to their friend. Next time they have to miss a class their friends might repay the favour.
- If they are working on assignments or studying for exams they can act as peer coaches using a range of social media devices to support each other to set up and maintain routines, to share ideas and solutions to exercises or to provide motivation and encouragement.
- They can use particular forms of social media to follow individuals or groups who will provide useful resources and ideas for studying, time management, and specific curriculum area resources.
- Consider the advice offered by Alive Australia Advice and information for parents

Diane Mueller Retirement

Diane has worked in the front office of Alstonville High School for 27 years. During this time she has developed close and supportive relationships with school staff, our students and many of our families. She was a loveable character. Di has also been active in the community supporting the fundraising for our Religious Studies teacher and promoting the achievements of our students. Di has also taken a keen interest in the appearance of our school gardens and regularly volunteered her time to do some gardening in the front of the school.

Di retired at the end of Term 1 this year. We will miss her at school but wish her all the best for a wonderful life away from school.

Changes to the NSW P&C Federation

Attached to this newsletter is information about proposed changes to the NSW P&C Federation. This information has been passed onto our school P&C and I am sure they would welcome any feedback from parents.

Further information can be found at http://www.schools.nsw.edu.au/gotoschool/a-z/involvement.php.

Skye Deck

Last weekend a willing band of volunteers worked as a team to complete the ‘Skye Deck’ behind our school canteen. This project has been a long time in the planning, financing and construction phase and its completion is testimony to the dedication, hard work and commitment of supporters of our school. This facility will benefit our students for many years into the future.

Road Safety and parking around Alstonville High School

The street in front of Alstonville High School is a very busy place at the beginning and end of the school day. Parking spaces are quite restricted because of the need for buses to be able to come down the street, park and then move off.

It is very important that anyone looking to drop off or pick up a student, or wanting to park so they can come into the school carefully check that you are parking in the proper areas. Failure to do this may result in an expensive fine and I have spoken to a number of parents who have been fined recently because they were unaware of some of the parking restrictions.

One avenue that is available for families is to use Coral Street as a place to park or to drop off and pick up students. There is a lane way that leads from Coral Street to the school.

Representatives of Ballina Council will be outside the school this Tuesday afternoon between 3.00pm and 4.00pm observing the flow of traffic and liaising with the school about any possible improvements.

NAPLAN exams completed

NAPLAN exams have been completed for 2014. I would like to thank the students for their cooperation helping us to administer these exams. With two year groups involved there is considerable disruption to many of our daily routines. In particular I would like to acknowledge Mr Grebert who spent many hours of his own time organising rosters, arranging for students to complete catch up exams, collating and bundling up completed exams to be sent off for marking. Thanks must also go to all the staff who helped with additional supervision, to student volunteers who helped as readers or writers for students who needed this support and to Ms Byron who coordinated this support for students.

Future directions for the use of technology at Alstonville High School – a possible bring your own device policy

Four years ago the Federal government provided funding to schools so that we could supply laptop computers to all...
students in year 9 to use until they completed their studies at the end of year 12. This program ended last year.

During the period of this initiative, called the Digital Education Revolution (DER), schools and students discovered many new ways to use portable devices to aid learning in classrooms. At the same time the variety and availability of devices changed dramatically.

As a school we want to continue to the journey to successfully use portable computer devices in our classrooms to enhance student learning. The challenge is to be able to do this in an environment where the initial Federal funding has been withdrawn. Eventually we would like to make this access available to students in all year groups.

The school will continue to provide computer labs and banks of portable computer devices – at the least for the foreseeable future. Equity of access to computer devices will continue to be a priority.

As a result we are exploring the possibility of students bringing their own devices to school to use in classrooms. Classroom surveys have indicated that many students would welcome this opportunity.

If we decide to make this option available for students at this stage we think that devices should conform to the following specifications:

- 802.11n capable wireless – this allows for 5ghz bandwidth and connection to the DEC wireless
- At least 6 hours of battery life
- Between 11 and 13 inch screen
- 4gb RAM
- At least an i3 processor (or Apple equivalent)
- No specific hard drive capacity
- USB port(s)

If the devices is Windows 7 or 8 based or Apple based we can supply Office and Adobe Creative software. This would not be available for other operating systems.

Students would be responsible for the security, maintenance and care of these devices.

We aim to reach a decision about our future directions this term so that we can develop an implementation plan in the second half of the year. We would welcome you feedback. Feedback can be addressed to Leone Chapman, Head Teacher, Teaching and Learning. We are also planning an after school consultative meeting and will publicise this event soon.

**New Lockers**

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.

**National Indigenous Youth Leadership Academy National Gathering**

We are very proud of the fact that Jamira Kelly has been selected to attend the National Indigenous Youth Leadership Academy this month. Jamira was selected from 150 applicants Australia wide to participate in this event held in Sydney. Students will meet to learn about and provide suggestions on topics that include:

- Education – lifelong learning
- Health and healthy lifestyles
- Juvenile justice and breaking the cycle
- Mental health and overcoming the stigma
- Young people and safe and happy communities

David Silcock
Principal

**Science**

**Homework Year 7 to 10**

A reminder that all HOMEWORK (for Year 7 to Year 10) is available to download on the school website. You can use the link below to access it or follow the links from the curriculum page.


**Science and Engineering Challenge**

Also we have the Science and Engineering Challenge coming up this term so any students from Year 9 or 10 who are interested should see Mr Sharp as soon as possible.

**Honeywell Engineering Summer School**

The Honeywell Engineering Summer School is open for application again for 2014. This is for Year 11 students going into Year 12 in 2015 who are looking to do engineering after their HSC. Application can be made at the website below or see Mr Pelley in Science for more details.

ConocoPhillips Science Experience
The ConocoPhillips Science Experience is another great opportunity for students wishing to investigate possible careers in Science. For Year 9 and 10 students, this 3 - 4 day hands on program allow students to access programs at Universities across Australia. Rotary is a proud supporter of this program and are often willing to sponsor students to attend this program. Application can be made at the website below or see Mr Pelley for more details.


Sport News

Touch Football
Congratulations to Mikayla Hofmeyer of year 9 for her selection into the North Coast Open Girls Touch Football team. Mikayla was selected after her outstanding performances at the North Coast Open Girls Touch Football Championships held at Bowraville on Thursday 8th May. Mikayla will now travel to Tomaree near Nelson Bay to compete at the NSWCHS Touch Football Girls State Carnival from the 3rd to 5th June. Well done!

Alstonville High Athletics Carnival – Thursday 12th June
The date of Alstonville High Schools Annual Athletics carnival has been changed to Thursday 12th June (Thursday, Week 7, Term 2). The Athletics Carnival is to be held at Geoff Watt Oval. Students travelling on bus services will need to walk to Geoff Watt in the morning and back to Alstonville High School in the afternoon to catch their bus home. All other students need to walk directly to Geoff Watt in the morning. There will be supervision on the route to Geoff Watt and no student is permitted on the main street or at the plaza. No Roll Call at School, but it will take place at Geoff Watt Oval at 8.53am (usual time). Students will be dismissed at 3.10pm, with enough time to return to school to catch buses. Students who need to vary from the above time/programme need to bring a signed note from their parents giving details for their other arrangements and give this to Mrs O’Brien on the day to get a leave pass.

Extra Information:
- Wear correct sports shoes and a hat
- No cartons of soft drink, No tents and No eskies
- Year 12 will run a full canteen including BBQ
- No footballs or soccer balls. Ball games will not be permitted at the carnival
- This is a compulsory day for all students
- If the carnival is cancelled due to wet weather a cancellation will be announced on ZZZ/2LM from 6:45am

If the carnival is cancelled bring books and equipment for normal Thursday lessons.

Northern Rivers Zone Cross Country Report
On Friday 16th May a team of forty three Alstonville High students took part in the Northern Rivers Zone Cross Country Carnival held at Lismore Race Course. The Lismore Racecourse was a great venue with plenty of shelter from the rain. The Cross Country track ran anti-clockwise through the scrub that surrounded the south side of the race track and proved to be challenging but fast. Our students made the best of the wet conditions with 5 Individual Age Champions and 4 Champion Teams. Alstonville High also came first in the overall point-score, the fourth year in a row we have been the Champion School at this event.

A total of twenty four Alstonville High School students won the right to progress to the North Coast Regional Cross Country Championships that will be conducted at the Kempsey Racecourse on Friday 6th June. The Northern Rivers Zone will be running a bus with notes to be handed out when details for the bus are finalised.

Thank you to all the parents who took the time to support the team and drive students, and also to the students who represented the school with great results and conduct. Congratulations and good luck to all the students representing the school at the Regional Cross Country Championships. These students and their results are as follows:

<table>
<thead>
<tr>
<th>Age</th>
<th>Name</th>
<th>Place</th>
</tr>
</thead>
<tbody>
<tr>
<td>12yrs Girls</td>
<td>Hofmeyer, Brooke</td>
<td>2nd</td>
</tr>
<tr>
<td>13yrs Girls</td>
<td>Margraf, Anna</td>
<td>1st</td>
</tr>
<tr>
<td>Team</td>
<td>Peiti, Giana</td>
<td>4th</td>
</tr>
<tr>
<td></td>
<td>Iles, Alyssa</td>
<td>5th</td>
</tr>
<tr>
<td></td>
<td>Maxwell, Jasmine</td>
<td>19th</td>
</tr>
<tr>
<td>14yrs Girls</td>
<td>Hofmeyer, Mikayla</td>
<td>2nd</td>
</tr>
<tr>
<td>Team</td>
<td>Brauns, Sarah</td>
<td>5th</td>
</tr>
<tr>
<td>15yrs Girls</td>
<td>Stanek, Gabrielle</td>
<td>1st</td>
</tr>
<tr>
<td>16yrs Girls</td>
<td>Hughes, Chloe</td>
<td>1st</td>
</tr>
<tr>
<td>17yrs Girls</td>
<td>Mol, Yarrow</td>
<td>2nd</td>
</tr>
<tr>
<td>18yrs Girls</td>
<td>Kortick, Kelly</td>
<td>1st</td>
</tr>
<tr>
<td>12yrs Boys</td>
<td>Fleming, James</td>
<td>5th</td>
</tr>
<tr>
<td>14yrs Boys</td>
<td>Lindsay-Smith, Jackson</td>
<td>6th</td>
</tr>
<tr>
<td>15yrs Boys</td>
<td>Baker, Mitchell</td>
<td>2nd</td>
</tr>
<tr>
<td>Team</td>
<td>Walls, Cooper</td>
<td>3rd</td>
</tr>
<tr>
<td></td>
<td>Breugem, Henk</td>
<td>6th</td>
</tr>
<tr>
<td></td>
<td>Maxwell, Zachariah</td>
<td>7th</td>
</tr>
<tr>
<td>16yrs Boys</td>
<td>Bensley, Lachlan</td>
<td>4th</td>
</tr>
<tr>
<td>Team</td>
<td>Patson, Joshua</td>
<td>6th</td>
</tr>
<tr>
<td></td>
<td>Gifford, Travis</td>
<td>7th</td>
</tr>
<tr>
<td></td>
<td>Forster, Miles</td>
<td>13th</td>
</tr>
<tr>
<td>17yrs Boys</td>
<td>Povey-Hyatt, Brad</td>
<td>1st</td>
</tr>
<tr>
<td>Team</td>
<td>Bottomley, Brodie</td>
<td>5th</td>
</tr>
<tr>
<td></td>
<td>Coates, Michael</td>
<td>6th</td>
</tr>
</tbody>
</table>

Other team members on the day were:

Baker, Oliver
Fay, Austin
Patson, Joshua
Patron, Tani
Turner, Lucy
Wilding, Taylah
Williams, Ashleigh

Young, Daniel

Paul Francis / Sports Organiser
Alstonville High School Newsletter: Issue 7, 21st May, 2014

Water Polo and Year 10 end of year activities
A successful fundraising BBQ was held last Sunday. We would like to thank Bunnings in Ballina for providing the opportunity to run this BBQ and to the many locals who stopped by and bought a sausage sandwich. Our great team of helpers: Riley, James, Ashleigh, Elly, Carly, Jade and Emma made the day pass quickly. A special mention must go to Mr Leslie and Mrs Hill as well as the staff, Mrs Thomas, Mrs Farrell and Mr Hill who all helped with organisation and serving during the day.

Chris Hill

Careers
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. Notes are available NOW from the Careers office.

Karen Horne/ Careers Adviser

For Sale - Bank of Old Lockers
Alstonville High School has for sale a bank of old lockers for sale – nine lockers for $15. For more information please contact the school.

Home Economics Department
P&C, Canteen & Uniform News

A big thank you to David Sproule and all his helpers for their work on the Skye Deck at the back of the canteen.

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

Reforms to P&C Federation

The NSW Parliament has introduced legislation to reform the NSW Federation of Parent and Citizens Associations, which has suspended operation pending Supreme Court action. While these reforms will not affect the day-to-day operation of individual school P&Cs, they will introduce a new executive structure which will ensure the Federation operates as a modern and representative body on behalf of school P&C Associations.

Each school’s P&C Association will be asked to vote for councillors and delegates who will represent their electorate at the Federation’s Annual General Meeting and councillors who will serve on the Federation’s Board of Management. More information will be available on the Department’s website at:


Canteen and Uniform News

The pantry in the canteen has had a much needed paint. Many thanks to Robyn Kirsch and Skye Gallop for giving up their weekend to get the task done.

VOLUNTEERS ARE STILL NEEDED.

The winter months are upon us and we are short of volunteers. Can you help? If you can spare a day or a few hours, please ring Robynne on 66281797
Uniform Shop

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

STOP PRESS!!!!!! Black stockings are now available from the uniform shop. Cost is $12.00 a pair. Come and CHECK them out!!!!

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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
Parent Tips

Too sick for school?
As the cold weather hits, so do the winter bugs. It’s often hard to know whether to send your child to school or let them stay home to recover, especially when that means an adult cancelling work. For safety’s sake, if your child seems unwell you should always keep them home from school and seek medical advice.

School A to Z and the NSW Health have created an at-a-glance chart to help answer your questions about common childhood illness and how long sick kids need to miss school. Find it by typing this link into your web browser www.bit.ly/1hytn2E

Teenager’s seeking more independence
Knowing how much freedom and responsibility to give your teenager is difficult, especially if they’re your eldest or only child. To become capable adults, teenagers need to learn to make good decisions on their own and have opportunities to show you they can. The Raising Children Network website has a wealth of expert information and guidance for parents of teens and younger children.

If your child is testing the boundaries and pushing for more independence, you may find the article ‘Shifting responsibility to your child’ worth reading. Go to www.bit.ly/1jCxKhe

Study help for high school
It’s often quite difficult parents to assist their children with their high school homework and study. Even if we have professional experience in the subject area, children tend to find it difficult to take parental advice when it comes to school. (Don’t feel bad, teachers’ own children do exactly the same thing) www.khanacademy.org is an excellent, not-for-profit website which may help your child study and revise tricky concepts in science, maths and the humanities.